



宗旨，就能增長善根。即便在旅行中，每個人都要特別注意自己的一舉一動，努力做佛事，奉行師教比如節約餐巾紙和塑膠杯，資源再用。

讓我先告訴你一點波蘭和她的歷史。波蘭位於歐洲的中部，北有來自波羅的海的沖刷，南接西喀爾巴阡山脈的屏障。在16世紀，波蘭是歐洲最大的國家，也是最富的國家之一。幾十年後，它被其他的國家侵略，最終被俄國、普魯士、奧地利所瓜分，於是它在地圖上消失了123年。1918年，波蘭人起義並獲得了獨立。然而獨立自主不久，在1939年，希特勒納粹佔領了波蘭，從此二次世界大戰爆發。雅爾達會議使波蘭歸入蘇聯的勢力範圍。1989年的一次突圍，波蘭重新獲得了主權獨立，成為北大西洋公約組織成員之一。隨著它的經濟發展和政治主張，歐盟在2004年接納了它。今天，波蘭有四千萬人口，大多數人信奉天主教。

我們來到華沙的禪修中心，這座大房舍坐落在樹木繁茂的法稜西亞的住宅區。大約60位華沙的居士中，以年輕的男眾居多，他們不遠千里，驅車前來，為的是要親近及學習佛法，此行距上次上人帶領的歐洲弘法團，至今有十七年了，他們求法若渴的心，令人感動；其中有二人在1990年皈依上人。他們把聖

Cause and effect determine the world we live in. If we waste our blessings and do not cultivate merit and virtue, then even if we have wealth, we can lose it in one lifetime. By holding the Six Principles of no fighting, no greed, no selfishness, no seeking, no self-benefit, and no lying, we can nurture our wholesome roots. I realized that even when traveling, one has to watch one's every move and work hard doing the Buddha's work -even saving napkins and plastic cups and reusing them.

First I want to tell you a little about Poland and its history. It lies in the center of Europe, washed by the waves of the Baltic Sea in the north and bordered by the Western Carpathians Mountains in the south. In the 16th century, Poland was Europe's largest state and had one of its richest cities. Decades later, it was invaded by other countries and eventually divided between the Russian, Prussian, and Austrian Empires. This resulted in its disappearance from the map for 123 years. Uprisings were launched, and in 1918, the Poles gained their independence. The freedom was shortlived. Hitler's Nazis fell upon Poland in 1939, thereby beginning the Second World. The Yalta Conference left Poland under the influence of the Soviet Union. With a breakthrough in 1989, Poland was returned to national sovereignty and became a member of the NATO. With its economic development and political will, it was acceded to the European Union in 2004. Today, Poland has a population of 40 million and is largely Roman Catholic.

We were guests at the Zen Center in Warsaw, a large house in a wooded residential area called Falenica. Most of the 60 laity in Warsaw turned out to be young men. They had driven a long distance to further their learning of the Buddha Dharma. It had been seventeen years since the last delegation led by Venerable Master had visited Poland. We were all moved by their enthusiasm for the Dharma. Two of them had taken refuge with the Venerable Master during the 1990 delegation to Europe. Photos of the CTTB Buddha Hall and Venerable Master Hua were put up high in the Zen Center Buddha hall making us feel very much at home!

The weekend consisted of ceremonies, Dharma talks, bowing, meditation, and Tai Qi, with an introductory talk by each Sangha member.





城大殿和上人的相片分別放在佛堂，真使我們賓至如歸。

周末的法會安排如下：早晚課，佛法講座，禮拜，靜坐，太極，訪問團僧眾的結法緣，從英語翻譯到波蘭話。在過去的幾年，有人已經把法總出版的幾本書（楞嚴經四種清淨明誨及五十陰魔、上人事蹟，父母恩重難報經、地藏經、六祖壇經）譯成波蘭文。日誦儀規也已譯成波蘭文，所以每個人很容易跟讀。

佛友們表示非常感謝法總出家眾能到波蘭講法、傳三皈五戒，因為這在波蘭太稀有了！有幾位自修多年後，終於有機會可請教法師。

我發現問答互動部分是最有趣的，反映了波蘭學習者的誠摯。

問：我皈依了一個在家居士，這算皈依嗎？

答：不算。你需要皈依真正的僧人。你最好重新皈依。如果你皈依的僧人往生，或者還俗，或者離你太遠，或者你和他失去了聯繫，你皈依別的法師，這沒有問題。但不要背棄一個與你有緣的好老師。佛陀所有的弟子離開了別的老師而追隨佛學，除了佛陀的親戚。

問：我怎樣識別哪個出家人是真正的師父？

答：你自己要辨別。他戒守得很好嗎？他貪錢嗎？他有女朋友嗎？他吃齋嗎？

問：一個人怎樣誠心的皈依？

答：你盡形壽皈依。即使你沒有再去廟裏，只要心真誠，佛不會忘記你。你將收到一個皈依證，你誠心簽署它，你才是真的皈依。如果不誠心，即使你皈依了，也不是真的皈依。要確定了再皈依。

星期天，訪問團應天越廟邀請，傳授三皈五戒，為波蘭祈福。下午，24人皈依三寶。

世界和平長跑

午餐時，我們意外地看到一組40名馬拉松運動員，來自波蘭、奧地利、匈牙利、柏林、荷蘭、捷克，拿著一面旗與和平火炬，一起為世界和平而跑。他們集合在桌前，衷心問

Dharma talks were translated from English into Polish. In the past seventeen years, Polish disciples have translated several BTTS books into Polish: Volume 6 (from the Four Kinds of Clear Teaching on Purity to Twelve Categories of Living Beings) and volume 8 (Fifty Skandha Demon States) of the Venerable Master's commentary on the *Shurangama Sutra*, the Venerable Master's Biography, the *Sutra on the Kindness of Parents that is Difficult to Repay*, the *Earth Store Sutra* and the *Sixth Patriarch Sutra*. The Daily Recitation Handbook has also been translated into Polish, so everyone could follow along.

Many of the participants expressed to us their appreciation that so many monks and nuns from DRBA could visit Poland, share the Dharma, and give them the opportunity to take refuge and receive precepts, since it was so rare to have monastics or hear the Dharma in Poland. Quite a few of them have been practicing the Dharma on their own for some years and took this opportunity to request guidance.

I found the Question & Answer sessions to be most interesting, revealing the sincerity of the Polish cultivators.

Q: I took refuge with a lay-teacher. Does that count?

A: No. You need to take refuge with the real Sangha. You can take refuge again. If you take refuge with a Sanghan who dies, or disrobes, or is too far away or you lose track of him, then it is okay to take refuge with another teacher. But don't turn your back on a good teacher that you have affinities with. Except for his relatives, all the Buddha's disciples left other teachers to follow him.

Q: How can I tell if a monk/nun is a true teacher?

A: You have to decide for yourself. Does he hold the precepts purely? Is he greedy for money? Does he have a girlfriend? Is he a vegetarian?

Q: How can one sincerely take refuge?

A: You take refuge until the end of your life. If you never set foot in a monastery again, as long as you are sincere in your heart, the Buddha will never forget you. You will receive a certificate. Only if you sign it with your heart, can you be true. If you are insincere, and you take refuge, it is wrong. Wait. Be sure.

On Sunday, the delegation was invited to the Tian Yue (Heavenly Vietnam) temple for a meal offering and to transmit the Three Refuges and Five Precepts. That afternoon, 24 people took refuge with the Buddha, thus joining the Buddha's family.

World Harmony Runners

We were surprised during lunch by a team of 40 marathon runners, carrying a banner and peace torch. Gathering around the table, they gave a hearty greeting and presented us with a World Peace Certificate, asking for our blessings.





“Who are you? Where did you come from?” we asked. “Poland, Austria, Hungary, Germany, Holland, and Czechoslovakia. There are teams of runners in almost every country,” they said. “We’re running together to create harmony in the world.” We chanted the Great Compassion Mantra for them, the peace torch was passed around the Sangha and off they bounded, singing:

Run, run, run!

World’s harmony run!

After lunch, a panel on Buddhism was held at the Vietnamese Culture Center next to the temple. Three Buddhist scholars shared their learning and insights. Professor Wieslaw Kurpiewski from the Academi Gorniczko gave a talk titled “An Outline of Social Ethics in Buddhism”. Professor Jacek Sieradzan from the University of Bialymstoku spoke on “Tolerance in Buddhism”. DM Sure concluded with a talk on “30 Years of Interfaith and Education Inspired by the Vision of Ven. Master Hsuan Hua.”

候並贈與我們世界和平證書，訪問團則為他們誦大悲咒，祝福一切順利。

和平火炬在僧團中傳送，他們跳走了，唱道：奔跑，奔跑，奔跑！世界和平奔跑！

午齋後，在廟旁的越南文化中心舉行佛教討論會，三位佛教學者分享他們的研究見解。格尼舟學院的柯皮斯基教授講「佛教社會道德大綱」，百利斯多庫大學的西也禳瞻教授談「佛教的容忍」，實法師最後以「30年來宣化上人鼓勵的宗教交流與教育」作結束。



華沙老城之旅

二次世界大戰期間，華沙市幾乎被完全燒毀。戰後，老城和皇宮如我們所見到的以忠實於17-18世紀的風格重建。「儘管建築物被毀，但波蘭的民間傳說仍然保留著。」導遊告訴我們美人魚挽救城市的故事，指著在窗戶上的繪畫講述禁止妖怪吃小孩的故事。離開了有文藝復興建築風格的老城，我們遊覽了新城。新城的整體景觀是現代化建築和迅速成長的大都市。

到處都有著戰爭的痕跡。許多建築仍然留著佈滿了彈洞的牆壁和粉碎的正門。救護車仍然發出同戰爭影片相同的「叭叭 - 叭叭 - 」恐怖可怕的聲音。導遊告訴我們大屠殺的一個短故事。納粹在城裏用牆圍出一塊地方，猶太人被隔離在那裏，挨凍受餓。沒有人知道為什麼。波蘭人和猶太人已經在他們的社區生活了一輩子，他們相互通婚。至少有一個祖父 / 母是猶太人的，就算猶太人，許多猶太人的家庭處於危險中。他們盡力來幫助。小孩子承擔了為他們的親友偷送食物的任務，把食物藏在衣服下面，溜出大門，而他們的朋友擾亂德國守衛的注意來掩護他們。如果被抓住，他們被拘留槍斃。進一步的，猶太人在猶太人區曾有一次起義，起義失敗後，猶太人被送到特雷布林卡或者工作營用毒氣毒死。1943年4月末，猶太人區被夷為平地。



Trip to the Old City

The city of Warsaw was almost completely destroyed and burned down during WWII. After the war, the Old City and Royal Castle were reconstructed faithfully in their 17th -18th century form, as we saw on our visit. "Although the buildings were destroyed, the folklore of Poland still remains. The guide told us stories of how a mermaid saved the city and pointed out elaborate paintings over windows to keep monsters from eating the children. Leaving the Old City with its Renaissance architecture, we toured the new Warsaw with its panoramic view of modern architecture and rapidly growing metropolis.

Everywhere there were countless reminders of the war. Many buildings still wear the remembrances of the war, with bullet-hole walls and crumbling facades. And the ambulances still have the same *berp-berp, berp-berp* sounds from the war movies-- sounds of dread and fear. Our tour guide told us a brief story of the Holocaust. "The Nazis walled off an area in the city, and isolated the Jews there, cold and hungry. No one knew why. The Poles and Jews had lived in the same communities all their lives. There was inter-marriage. Anyone with at least one Jewish grandparent was considered a Jew. Many Polish families were at risk. They did all they could to help. The children took it

upon themselves to smuggle in food for their relatives and friends. Hiding the food underneath their clothing, they slipped through the gates, while their friends distracted the German guards. If caught, they were arrested and shot. It was further known that there was an uprising in the Ghetto. After the uprising, the Jews were taken to be gassed in



「成千上萬的波蘭人死於反對德軍的自衛戰中，甚至兒童也拿起了武器。在一百萬華沙人口中，八十萬犧牲，這佔人口總數的百分之八十！在華沙，無一家庭有成員倖免於戰場的。」

我們乘坐颶航去巴黎，費用是超級便宜。很快我們知道了原因。航站是露天的，各種年齡和國籍的旅客拖拉著行李，沿著街道形成一英里長的行列。佇列緩慢的移動著，火辣辣的太陽直射著。遇到兩位修女，年輕的為老修女送行，她將單飛巴黎。實法師在交談後把她們介紹給我們。儘管我們不會說法語，我們在隊伍中照顧這位修女。波蘭佛友在這兩小時內把握機會，分享他們的生活經驗、學佛心得並向法師頻頻請益。也許居士們精誠所至，實法師慈悲答應他們，兩年後再回來；聽聞這好消息時，他們立刻回報：訪問團再來時他們要有十本新譯書！祝福他們的工作一切順利，希望佛法能幫助這歷經兩次亡國的苦難國家，重新建設，成長起來。

Treblinka or to work camps. The Ghetto was razed to the ground at the end of April, 1943.

“Thousand of Polish citizens died defending themselves against the German soldiers, even children who took up arms. Out of Warsaw’s population of 1,000,000 people, more than 800,000 died. This was 80% of the population. There is no one in Warsaw who did not have a family member killed in the war.”

We flew on an economy airline to Paris. Travelers of all ages and nationalities, lugging suitcases, formed a mile-long line down the street outside the terminal. The line moved slowly. The hot sun poured down. We encountered two Catholic nuns and the young one was seeing off the elder one who would fly alone. After talking to them, DM Sure introduced them to us, and although we could not speak French, we took the elder nun under our wings for the trip.

Our Polish Dharma friends took the chance during the two hour wait at the airport to share their life stories and Buddhist study experiences and ask many questions. Due to their sincerity, DM Sure compassionately promised them that a delegation would return in two years. In the meantime, they are planning to translate another ten BTTS books! We wish their work will go successfully and hopefully the Buddha Dharma will continue to help this country that has undergone dramatic rebuilding and development since it regained independence.

