

寺院生活對靈修的助益

How Monastic Life Can Benefit One's Spirituality —Interfaith Dialogue

Article and Chinese translation by Qing Feng 青楓 文及中譯



以下是漢堡大學學生臨走時寫的一些評估意見摘錄：

Here are some excerpts from the evaluations written by the departing HSU students:

在這個物質世界裡，有什麼能比寧靜與簡樸的生活更讓人感受到生命的真知與幸福呢！

The silence and simplicity can offer the individual much more insight and happiness than anything that can be found in the material world.

我很喜歡持誦〈大悲咒〉及其他的咒；因為持誦的時候能得一念通古之幽，並窺得此法之殊深玄奧。

I enjoyed chanting the Great Compassion Mantra and the other mantras. I gained a sense of the ancientness of this tradition as well as a glimmer of the depth of this practice.

誦念〈大悲咒〉很感人的——給人一種安慰、一種保護、一盞明燈。

The recitation of Great Compassion mantra is very moving. It gives one the feeling of comfort, protection, and guidance.

在哪裡你能不想說：「我要」？

Where else can you be free of wanting?

於釋疑解難處，佛教有撥雲見日之功，一錘定音之速。

Buddhism addresses you right where you are, right now.

