



# 這裡是我們真正的家

## OUR GENUINE HOME IS RIGHT HERE

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我喜歡讀宣公上人的開示錄，因為上人說法很有道理。聽上人教誨，讓我覺悟自己年紀大了，沒有幾年光陰，不能再拖時間不修行了。每天清晨起床，禮拜楞嚴咒，一句一大禮拜。我覺得不拜不行，不用功不行，否則智慧不能開。要開智慧，一定要用功修行。晚上打坐，開始時腿很痛。我說痛沒關係，學佛要苦一點。可是眼睛不好，有白內障，打坐時眼皮蓋不上

，眼睛開著，看到光又不能打坐。我就到觀音菩薩前面說：「弟子眼睛不好，眼皮蓋不上，打坐時坐不住」。沒想到講完後

，一坐下，就有光射過來，眼皮自然蓋上了，後來又射光來，我打開眼睛看看，知道是觀音菩薩感應，垂念加護！眼睛於是漸漸好起來，現在都好了。

我每天上午六點鐘起床，喝過開水後，拜佛，拜楞嚴咒半小時，打坐兩隻香，到上午十點鐘。本來我有風濕，自從大禮拜後，甚麼病都好了，真是不可思議！我人很笨，以前學經怎麼學都不會，現在心一靜，經典的意思都明白了。在萬佛城拜萬佛懺的時候，每一拜拜下去，下一尊佛號就會在心裡跳出來，我也不明白怎麼這麼奇妙。我們要把真心拿出來，就一定會有感應。我甚麼也不想，就想自己不好，要趕快修。

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I love to read the Venerable Master Hsuan Hua's *Instructional Talks*, because everything he said has great significance. After reading his instructions, I realized that life is short and that I should not waste my lifetime not cultivating. Every morning I get up early and bow to the Shurangama Mantra. I make a prostration to each line. I feel it is essential to bow. If I don't work hard, my inherent wisdom will not come forth. If we wish to bring forth our inherent wisdom, then we must apply effort. I sit in meditation at night. In the beginning, folding my legs was so painful, but I told myself to bear the pain because one must endure a little suffering in studying Buddhism.

However, my eyes have cataracts. When I sat in meditation, my eyelids wouldn't close. Since my eyes had to stay open, the light kept me from being able to contemplate. I went to Guanyin Bodhisattva and said, "This disciple has an eye problem. My eyelids cannot close and I have not been able to meditate." Who would have guessed that after I said that, the minute I sat down, a light shone upon me and my eyelids naturally closed? Rays of light radiated upon me once again, and when I opened my eyes, I saw that they came from Guanyin Bodhisattva. The Bodhisattva was bestowing his compassionate blessings! Gradually my eyes improved, and now they are completely well.

I get up at six o'clock every morning. After I drink some water, I start to bow to Amitabha Buddha. Then I bow for half an hour to the Shurangama Mantra. Following that, I sit in meditation for the duration of two incense sticks, until it is ten o'clock. I suffered from rheumatism and other diseases. After I practiced full prostrations with my entire body to the ground, all of those diseases went away. It is incredible! I was so ignorant, for I studied sutras without understanding them. Now when I read sutras with a calm mind, I understand them naturally. During the Ten Thousand Buddhas Repentance at the City of Ten Thousand Buddhas, every time I bowed down, the next Buddha's name would pop up in my mind. I didn't understand why this amazing thing happened. If we are sincere, we will certainly experience responses.

I don't think of anything else, except that I am good for nothing and must cultivate quickly.

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