



佛教之心靈式的消災解厄

Buddhist Disaster Relief

各位佛友：

「法界佛教青年會」邀請您參與我們，為所有在南亞地震海嘯中生命受創傷者，來持誦〈大悲咒〉。

Dear Dharma Friends,

We of the Dharma Realm Buddhist Youth are inviting you to join us in pledging (www.drby.net/drive) to recite the Great Compassion Mantra on behalf of all those whose lives have been touched by suffering in the South Asian earthquake and tsunami disaster.



安坐在北加州讀著南亞午後震嘯之各種有關殤痛與希望的報導時，我們誠敬的推薦一種參與消災工作的方式。我們能提供的幫助，不但要照顧到身體的需要，也要針對另方面人類的體驗、精神、性靈給予慰藉。在災區，通常即便人身安全了，而性靈的創傷仍舊有待醫療。

基於此考量，對蘇門答臘、斯里蘭卡、印度沿岸、泰國、馬來西亞、索馬立亞等這十二個受創國家的人民而言，我們都不是陌生人。我們都息息相關，我們此刻與那些埋葬了三個孩子、或眼見親人被沖走而下落不明的人，彼此的心沒有藩籬。我們可用轉變大家心意來持誦的這種既單純且深廣的行動，來使那不可見，但深深相接的心靈活躍起來，以傳送積極的能量、療治的福報與安慰。

〈大悲咒〉是佛教的福澤，它涵蘊著觀音菩薩的慈悲心。觀音菩薩是大慈大悲的覺者，示現身著白

Sitting in the relative safety of Northern California reading the accounts of grief and hope in the aftermath of the South Asian earthquake and tsunami, we would like to respectfully propose a way to get involved in the relief efforts. We can offer a gift that serves not only the physical needs of the body but is aimed at another part of the human experience, the psyche, the spiritual realm of the heart/mind. Often in disaster zones, even after the body is safe, the soul and the psyche still suffer wounds that have not healed.

In that regard we are not strangers to the people in Sumatra, Sri Lanka, the coast of India, Thailand, Malaysia, Somalia—the twelve countries that were hit. We're all related; there is no fence between our mind right now and the mind of someone who's buried their three children or seen relatives washed away and don't know where they are. We can use the simple and profound act of turning our minds and hearts to recitation, to activate the invisible, yet deep spiritual connection and send positive energy, healing blessings and comfort.

The Great Compassion Mantra is a Buddhist blessing that contains Guan Yin Bodhisattva's heart of kindness and compassion. Guan Yin Bodhisattva is the Awakened Being of Great Compassion, the woman in white who resembles the Blessed Virgin of Catholicism, and whose sacred name: Namo Guan Shi Yin Pusa, has been bringing shelter and refuge to Asian Buddhists for generations. Guan Shi Yin also teaches a mantra, the Great Compassion Mantra, a chant with efficacious effect that people have recited for thousands of years in East Asia to bring auspicious energy, to dispel fear, to transform evil and to heal the heart.

People are welcome to pledge mantra recitations; one is not too few and 108 recitations a day are not too many. This is another way for us to continue the rescue effort, beyond material needs. It's some-

衣的婦女相，有如天主教的聖母。她的聖號是「南無觀世音菩薩」，世世代代來加被著亞裔佛教徒。觀世音也教念〈大悲咒〉，這個神咒的靈驗，數千年來為東亞誦持者帶來吉祥感應、消除怖畏、消災解厄，也慰癒心靈。

歡迎大家發願誦持〈大悲咒〉，每日一遍不嫌少，每日一〇八遍也不為多。這是超越物質需要，我們可持續營救的另類方式。它是我們可以付出，有時甚至比捐款更直接、更持久——它並非取代樂捐；而是精神福澤和祝願，是常被人們忽視的另類付予。被害人或失蹤者在北美與歐洲的親屬，肯定會需要安慰與勇氣的。我們可為此祝願來誦念：願賜予他們精力，去幫助創傷的癒合、恢復他們的積極、搭救苦難者，並在黑暗的迷茫中帶來福蔭與吉祥。

在我們的網頁(www.drby.net/drive)上，我們提供發願誦持的表格，及〈大悲咒〉的華、越、梵語拼音。

請加入這心靈解脫的工作，讓我們凝聚力量，使觀音菩薩慈悲的光輝能照耀於世！我們會持續誦念四十九天（從二〇〇四年十二月廿六日至二〇〇五年二月十三日）。

法安！

佛青/www.drby.net



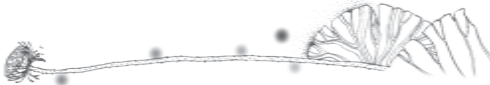
thing we can give and in some ways more direct and longer lasting than money—not that it replaces financial offering but spiritual blessings and prayers are another kind of giving that we often overlook. The relatives in North America and Europe of those killed or missing certainly need comfort and courage. We might recite with the wish to give the good energy to help their healing, to transform negativity, to rescue those from suffering, and to bring blessings and auspiciousness in the midst of darkness.

At our web site (www.drby.net/drive), we will provide an online pledge form, the mantra in Romanized Chinese, Vietnamese, and Sanskrit.

So join the spiritual relief effort! Let's unite to radiate Guan Yin's compassionate light to the world. We will recite for 49 days (from 12/26/04 to 2/13/05).

Peace,

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在救災的緊急援助工作中，往往無暇顧及精神及心靈上所需的安定力量；持誦〈大悲咒〉並回向，將可為災區帶來安定，並產生無形的保護力量。歡迎大家一起來做這份精神上的義工！

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During the emergency rescue work, the peaceful energy that disaster areas need is often overlooked. Reciting the Great Compassion Mantra will create peaceful energy and invisible protection for the disaster zones. Everyone is welcome to join this spiritual volunteer work.

