

人民修路去了。

我今天講這個故事，因為它確實永遠激勵著我，我永遠不能忘這個事。觀音菩薩是應聲救苦，是大慈大悲、救苦救難，只要你求助於她，就能度一切苦厄；你看他們康復的奇蹟，這倒不是我念得怎麼地，而是觀音菩薩救了這三個孩子。我一直激勵著自己，到哪裡都想用這個經驗給大家講，讓大家好好修佛；就像偈讚裏頭唱的：「千處祈求千處應，苦海常作度人舟。」觀世音菩薩有求必應，佛法真是不可思議！

就像宣公上人所講的「不自私、不自利」，也就像書上所講的「為別人就是善，為自己就是惡」；只要我們去為別人做善事，一定能成事，自己也就受益了。所以雖然今年我已經接近了六十，但是我感覺我的精神很充沛。從我修觀世音菩薩、修佛以來，我就是三、四十歲時，也不如現在的身體，這都是佛對我的厚愛。最後祝大家早日成佛！阿彌陀佛！

Now I am sharing this story about Guanyin Bodhisattva saving those three kids because it always inspires me and I will never forget it. Guanyin Bodhisattva rescues people in distress according to their prayers. He responds compassionately and saves people from suffering. If you ask for his help, you will surely be freed from suffering. The three kids were miraculously saved not because I recited so well, but because Guanyin Bodhisattva rescued them. I always tell this story about the three kids to encourage people to cultivate and to illustrate how, as the Praise to Guanyin says: "Prayers depart a thousand hearts; in a thousand hearts she answers, / Sailing the sea of suffering, crossing people over." Guanyin Bodhisattva surely responds to all quests, so I think Buddhism is really inconceivable.

The Venerable Master always told us to be unselfish and not be self-seeking. "Whenever we act on behalf of others, it is good; when we act just for ourselves, it is not good." So when we do good to help others, our endeavors will succeed and we will also benefit. Although I'm nearly sixty, I still feel very energetic. Since I started practicing Guanyin Bodhisattva's dharma door and reciting Buddha's holy name, I feel even healthier than I was in my thirties and forties. This help must come from Buddhism. May everyone become a Buddha soon! Amitabha!

何庸自擾 Why Worry?

A TALK BY SHRAMANERA CHIN HO ON NOVEMBER 6, 2004 IN THE BUDDHA HALL AT THE CITY OF TEN THOUSAND BUDDHAS

紗彌親和2004年11月6日講於萬佛聖城大殿觀音七心得報告

我回想到我一生最糟糕的狀況有三樁，第一件，就是我發生了一個意外之時。我跳到游泳池裡，那個游泳池比我想像的淺，我的頭就撞到游泳池的底，我的頸椎就斷了。真的是一個奇蹟，我毋須淪落到坐輪椅度日。到現在我什麼事也沒有！

第二件是我在攻讀博士的時候，如果有人

I was thinking about the worst moments in my life and I found three. The first one was when I had an accident, I jumped into a swimming pool that was too shallow so I hit my head on the bottom and I broke my neck. It was a little miracle that I did not end up in a wheel chair. But here I am nothing happened!

The second one was during my PhD studies. For those who



讀過博士，就知道這是非常辛苦的；面臨各種截止日期，會有很多壓力，你必須相當用功。我讀到第三年的時候，我申請一個獎學金，可以到溫哥華去；萬事俱備，只欠論文，就去得成了。可是到最後一個月的時候，每件事的問題都接踵而來，我就沒有辦法如期提出論文。我的獎學金沒了，我在西班牙的合同也被取消了；所以到最後，我什麼都沒有，也哪兒都沒去。我想過回我父母家住，因為我只剩光棍一個。那真是個困境！

第三個是很簡單的，就是我的女朋友拋棄了我，老天！那真是苦！為什麼我說這些呢？現在，隨著時間的消逝，我回想這同樣的三件事，本來是最苦的，後來卻變成是最好的。

由於我在游泳池的意外事件，當我照X光時，就看到我的骨頭曾經破碎過；因此在西班牙我就不必去服那種可怕的兵役，因為服役要一年，士兵還必須使用武器。當日，他們告訴我不用當兵時，我真是太高興了！

因為我需要轉換我研究的小組，我開始了一個新項目，而得一個很好的結果——這使我有機會到柏克萊讀書。在柏克萊，我就發現佛教，這是最好的！

因為我的女朋友離開我了，所以我就出家了。可能有的人認為這不是很好的，可是其實很好。

所以，你看，我們老是去分別好壞；想要這個、不要那個；其實，我們並不知道什麼對我們比較好。我這麼說，是因為我們在祈禱或是念觀世音菩薩聖號的時候，我們總是這麼說：「喔！請滿我這個願、請滿我那個願！」「請賜予我一個男朋友或一個女朋友！」「讓我不要生病！」「讓我活長一點！」等等。其實我們不知道什麼是對我們最好的。所以，我們只要有誠心、有信心，發生在我們身上的，總是最好的，不用掛心求那麼多！

have gone through a PhD you would know it's a very hard time you have to work very hard, and there's a lot of stress for dead lines. I had been working for three years and I had attained very nice fellowship to go to Vancouver. Everything was ready for me to present the thesis and traveled to Vancouver. But the last month, various problems occurred one after another. Finally the time came to present the thesis and I couldn't present it. I lost the fellowship; I lost the contract I had in Spain, so I didn't go to Spain and was left without anything. I was thinking about going back to my parents' house, I had nothing. It was a very hard time.

The third one is very simple. It was when my girl friend left me. Man! That was suffering. Why I say these? Now after time has past, I look back at them the very same three things were the most difficult ones have turned out to be the best.

Because of the accident I had in the swimming pool, when I took X-ray, I saw a very nice broken bone. Due to that I could avoid the military service in Spain which was horrible. The service was for one year and soldiers have to use weapons. The day they told me that I couldn't go to the military service, I was really happy!

Because I had to change the group of my research, I began a new thing and it was very fruitful. Because of the good result, I went to Berkeley. At Berkeley, I found Buddhism which was really good!

Because my girlfriend left me, I left home. Maybe some people think that's not so nice, but it is!

So you see, we tend to decide what's good and bad, I want this and don't want that, but in reality, we don't know what's better. I say this, because when we pray or recite Gwan Yin's name, we always say, "Oh, I want this and I want that, please!" "Bring me a boyfriend or a girlfriend!" "I don't want this sickness!" "I want to live longer!" In reality, we don't know what's better for us, so all we have to do is to be sincere, to really have faith. If you recite with faith, the best is what you will always get! Don't bother asking for things.

