

你自己才是那個從苦海中得度的關鍵。因為，心即是佛，佛即是心；一心念佛便得解脫。阿彌陀佛！

over again. Buddhas are everywhere. Although you cannot see them, they will never give up on you. I would also like to say, you are the only person who can save yourself from suffering. All external power can only help you control yourself, but you are the one who can liberate yourself from suffering since mind is the Buddha, Buddha is the mind. Single-mindedly reciting the Buddha's name, one can eventually get liberated. Let's recite Buddha's name. Amitabha!

他是兒童的善知識 A Wise Advisor

明州佛教會 蘇珍頤 文 BY JENNY SU

仁德 中譯 CHINESE TRANSLATED BY REN DE



班的貴賓/導師。為慶祝觀音菩薩出家日，許多移民和領養家庭帶著中國孩子來參加，兒童班的兒童與家長，受中國殘疾人藝術團在大舞台表演的「千手觀音」所鼓舞，聯合演出觀音舞。實法師的教化是慶典的高潮，他寬大、善巧，對兒童和成人說故事講法很有本事；以許多歌曲和故事款待家長和孩童。儘管明州兒童班也一直採用同樣的教法，但法師所分享的有深度又有意義，就顯得非常特別；尤其是家長兒童都學到「孝順的重要與懂得感恩」。此外，法師的出席和教導體現了慈悲、和諧、和平的精髓；我們都感激實法師到兒童班並期盼他早日再來！

The Midwest Buddhist Association (MBA) was honored to have Dharma Master Heng Sure as the special visiting teacher/leader at its Children's Program during his visit to Minnesota. Many immigrant and adoptive families with Chinese children came to participate in this special event. In celebration of Guan Yin Bodhisattva's Leaving Home, children and parents who have been attending the Children's Program regularly performed a Guan Yin dance that was inspired by the magnificent stage performance by the China Disabled People's Performing Art Troupe called "Thousand Hand Guan Yin".

DM Sure's teachings constituted the highlight of the event. He is a generous and skillful teacher, who has the rare ability to relate and reach out to children as well as adults. He treated parents and children with lots of singing and storytelling. Although songs and stories have always been included as a part of the MBA Children's Program, those that were introduced and shared by the Dharma Master were extra special, because they seemed to impart deeper meaning and significance. In particular, the parents and children learned about the importance of being filial, as well as being grateful for people and things that many of us tend to take for granted. Moreover, both the presence and teachings of the Dharma Master embodied the essence of compassion, harmony, and peace. We are extremely grateful for DM Sure's presence at the Children's Program and sincerely wish that he will visit us again in the near future!