

修行在聖城

《阿彌陀經》上說，在極樂世界的人，都是吃完飯了就經行；我們現在在萬佛城這兒，也要學極樂世界這種的方法。打佛七，要是不是熱的天氣，我們在外邊經行更好。到外邊，一方面又換換新鮮的空氣；這個地方松柏花草樹木，你能吸到這種新鮮空氣，一定會益壽延年的，會長生不老。所以在萬佛城住的人，你就不修行，這也會得到很大的利益。這個地方這是天造地設的，給我們佛教預備一個這麼天然的道場，教我們到這個地方來用功修行。

CULTIVATION IN THE CITY OF 10,000 BUDDHAS

The *Amitabha Sutra* says that in the Land of Ultimate Bliss, people stroll around after they eat; We should learn from them here in CTTB. In the Amitabha session, if the weather is not hot, it would be even better if we could walk and recite outside. Since there are pines, cedar, flowers, grasses and trees around, we can get more fresh air outside. By doing so, our life spans will definitely be lengthened, and we will live a long fresh life. People who live in CTTB obtain great benefit from this even if they are not cultivating. Therefore CTTB is a place created by the heaven and set up by the Earth, it is a natural wayplace prepared so we Buddhists to come and work hard in our cultivation here.

