

赴一場心靈的饗宴

Partaking in A Spiritual Feast

— 參加觀音法會感言 (續)

Reflections on Attending a Guanyin Session (Continued)

2008年7月26日觀音七圓滿日心得報告
REPORT ON THE FINAL DAY OF A GUANYIN SESSION, JULY 26, 2008

News from True Cultivators

By Jonathan Chan

Chinese translation by David Yin

I am from Cupertino, California, and I am rather new to Buddhism. When I told my parents I wanted to come to the City of Ten Thousand Buddhas, they were definitely very surprised. But I guess they were even more surprised when I told them I would stay there for three weeks. They did not expect this so soon. But I think their greatest fear was that I told them I signed up for the volunteer week and that it was going to be organic farming. Being a city kid, I have no experience with such things so they thought I might die or something being in the fields all day. But having survived that week and now at the close of this week, I have to say the Guanyin Session is much more intense both mentally and physically.

But the thing about the Guanyin Session is that I really notice how still my mind gets after reciting Guanyin's

name all day, bowing, and doing the other recitations. It's just so different from the world outside, going through so much pointless talking that we hardly even notice the people we interact with. It is just a real blessing to be here this week. What I want to say is that just being here, we realize we have such deep affinities with each other. Sometimes in the outside world, when we interact with other people, we don't notice these things. And sometimes just by taking a little bit of time, we can really appreciate how we are all interconnected.

This week, there were a few high school kids from Ukiah that came here to visit who were new to Buddhism. We had a little talk with them. Dharma Master Heng Sure gave me a copy of the book *News from True Cultivators* at the Berkeley Conference; I felt it was appropriate that these kids who seem so genuinely interested in Buddhism could also read it. What really struck

修行者的消息

Jonathan Chan 講 / 尹達偉 中譯

我是從加州庫布蒂諾來的，佛法對我而言是嶄新的，算是初學者。當告訴父母要來萬佛城的時候，他們非常的驚訝，更令他們驚訝的是我會在萬佛城待上三個星期，他們沒料到我那麼快就要來，他們最擔心的是我要在有機農場當義工。因我是一個城市裏長大的孩子，沒有在外面上過班、做過事，所以父母擔心我整天在農場工作，可能會死掉。但是，上個星期農場的工作我還是堅持下來了。不過在身體上、心靈上，我倒是覺得觀音七比農場的工作難多了。

在觀音七中，覺察到當我們一整天念觀音菩薩聖號和拜「普門品」時，我們的心變得寧靜、祥和，這裏和外面的世界非常不一樣。在外面的世界我們每天會說一些無聊的閒話，不會注意到天天發生在身邊的人和事；有時候我們需

要花上一點時間搜索，才能真正地瞭解到人與人之間，有累世因緣之類的事。在這裏我相信我們這次能共聚在一起，也都是因為過去我們彼此有很深的因緣。

這個星期有幾位從Ukiah來的高中生參加我們的晚課，他們都是初學者，我們和他們一起討論佛法。想起在柏克萊佛青會活動中，實法師曾給了我一本《修行者的消息》的書，覺得應該把那本書送給這些對佛法很有興趣的高中生們。當時我把書給他們的時候，他們一看到這本書時，那種愉悅快樂，爭先恐後搶著要先睹為快的舉動，讓我覺得很不可思議。看到這個畫面，我真的很感動。

更奇妙的事情，就是我叫他們其中一個高中生朗誦那本書給我們聽，這樣我們大家就都可以聽到。當他讀到一半的時候，有位照顧他們的居士很興奮地告訴我們：「啊，記得當我還小的時候，看見過那兩位法師在我家門口三步一拜！」就是那麼的偶然的事，大家可能沒有意識到彼此有很深的因緣，而因為有佛菩薩和正法，能讓我們和一些特殊的人、一些特定的事又共聚在一起。這正是我特別要感恩及感謝的。

一切是考驗？

潔西卡克拉克 講 / 陳果璞 中譯
我住在Ukiah，在這次觀音七之前，大概是在2005年或2006年的夏天，參加過另外一次觀音七法會。當時感覺不太耐煩，而且還懈怠懶惰。不過，相信一定往昔種了很多善根，所以才會在這次又回到這裏來參加觀音七。萬佛

城雖然距離我家這麼近，但是有時候，不太容易想回來，因為我的心跟世界眾生一樣充滿著煩惱，總是想要找各種的藉口不要來，就留在家裏依循著舊有的習性過日子。可能是第一次跟觀世音菩薩結的緣，加上法會中誦經、持咒，讓我找到回來的路。

今年夏天，我跟一個朋友決定來萬佛城做早課。當時意識到有一股無聲而慈悲的推力，強烈驅使著我來參加這次觀音七，當然我的心又再一次想要留在家裏；但是這股力量太大了，所以還是來了。我跟上班的地方請了假，很驚訝的是好像一切事情都有觀世音菩薩在背後推動，決定展開一項龐大清淨身心、治療身心的過程。

我一向不喜歡遵行社會的成規和既定的標準。抗拒甚至挑釁這種壓力。但是來到這裏，盡我最大的能力，閉上嘴巴專心打七，遵守這邊的規矩，特別是儘量挑很樸素、很簡單的衣服穿。當大家念誦得正專注起勁的時候，突然有人告訴我，要穿著得體一點，讓我真得很受傷。但是我想這就是師父常說的「一切是考驗」，當我們執著修行初期的境界，考驗就來了。所以雖然這件事讓我感到很洩氣，我還是決定請觀世音菩薩加持，讓我脫離煩惱。

如果專心地來念觀世音菩薩聖號，就會有一股神奇而平靜的喜悅來撫慰我，讓我能夠渡過情緒很難過的時刻。我也發現，當我們熬過痛苦的時候，就能夠從傷害你的事物和感受中獲得解脫，這是在這裏學到的一大課題。控制我們痛苦的方式，就是

要忍受它，熬過去，這個想法帶給我很大的自由，也給我新的工具，讓我能夠從根深蒂固的習性當中脫離出來。所以當我回去的時候，很感謝能夠帶著這麼大的工具箱走；這個工具箱裏頭裝著修持的技巧，能夠幫助我度過人生當中很多困難和自己搞砸的局面。

接下來我要念一首詩，這是我昨天晚上寫的：

我正在清除長久以來累積在身心
性靈的許多毒素。

我重獲片片斷斷的念力，過去如
失落，以致於我害怕這些念力
再也回不來。

觀音菩薩教我使用許多工具，可
以用來關照自心，讓我安心，
並且治療重病的自我。

我走在回歸自性的路上，我的自
性是深深地靜止。

有更多自然的直覺記憶和清明，
這是我拋下也拒絕已久的，因
為我不願聽到世界的痛苦。

打七圓滿結束了，我要再度回到
滾滾紅塵，

又或等待著我如同一條盤踞的
龍，好整以暇噴著氣。

在我能夠忍受的邊緣，此刻我正
面對著它，明天又或還將更多。

當我回到俗世紅塵，有點害怕，
有點脆弱，同時又是開放而自
淨其意。

在很多看似偉大壯觀的事物當
中，我一定要放下俗世來追求
更深刻，更平靜，更豐富的境
界；

那正是我所本來就有的，只是失
落已久，現在我準備好了。

me was the joy they had when they received the book, for they were almost fighting each other to decide who would read the book first. To see people to do that over a book really touches my heart.

What is more, I suggested to one of them that maybe he should start to read the book aloud to all of us, so we could all enjoy it together. And about halfway through, their caretaker's face completed lit up and he said, "Yeah, I remember this: when I was a kid, I saw these guys bowing in front of my house." To see a seemingly random gathering, with people who may not even know how deep affinities go with certain people and certain places, and to know that we can all be brought up together by Buddhism and the Proper Dharma, is really something to be thankful for.

Everything Is a Test ?

By Jessica Clark

Chinese translation by Yvonne Chu

I live locally in Ukiah. I've been to one other Guanyin Session before this; one in the summer of 2005 or 2006. Back then, I was impatient during ceremonies and lazy throughout the days. I must have planted enough good seeds to be able to be here again. I feel like it was the initial connection to Guanshiyin Bodhisattva, reciting from sutras and mantras during the session that allowed me to find my way back. Even though CTTB is so close to where I live, it can be difficult at times when I need to find my way here. Even when I want to, I'm riddled with afflictions as we all are. My mind is always finding some excuse not to come out here, to stay home and continue with my habitual patterns.

This summer, a friend accompanied

me to the morning recitation. I realized a silent compassionate force was strongly nudging me to attend the session. Again my mind wanted to come up with any reason to stay away. But this nudging was too persistent. Not really having much to say about the matter, I requested and received time off from work much to my surprise. It was and it is Guanyin Pusa behind me pushing the whole time. I decided to begin a massive cleansing and healing process.

Being one not wanting to follow along with the social mind, I was really resistant and felt even defiant with this pressure. Nonetheless, I tried my best to just keep quiet, focus and follow the rules, especially trying to dress as modestly as possible. Still, while I was focusing deeply during recitation, someone told me I had to dress nicely. This was something that drastically hurt my feelings. It was a test of Shifu though. He always says, "Everything is a test." The tests come right as we are attaching to states of being during cultivation. So feeling miserable about these things, I decided to let Guanyin lift it off of me, just giving up and falling into her arms.

I found if I truly focused on Guanyin during feelings of deep suffering, a magical blessing would come, rise, comfort, and hold me. It is an amazing revelation to know that actually standing through a bit of pain brings relief from the very thing that hurts. That has been a theme whenever I am staying here, to get control of my suffering through bearing through it. This concept brings me a sense of freedom and new tools to deal with persistent habit patterns. I am grateful to go home with such a toolbox of practices and techniques that can

help me through many matters I'll go through in life.

I'd like to end with a poem I wrote last night about these things. It is a little bit more elaborate:

*I am emptying out many poisonous substances that I have held for so long in body, mind, and spirit.
I am regaining pieces of will so lost, I feared they could never return.
With the tools Guanyin shows me on how to monitor and settle the mind that is desperately ill and eager,
I am returning to my true nature of deep stillness, a more natural intuition, memory, and clarity which so long I've abandoned and denied in an attempt to not hear the pain of the world.
I am concluding this session tomorrow. No, it is over today and I will again turn to the world outside where temptation waits for me like a snarling dragon, pouring on the edge of what I can tolerate.
I am facing it now and so much more tomorrow when I am back in the home world.
I'm a bit scared and vulnerable. The open and outside world, with its seeming greatness, I will somehow leave behind for something richer, the state which I am returning to, lost so long ago I am ready.*

