

Notes from Bowing in the Ten Thousand Buddhas Repentance in 2008



Take a Step Back and the World Opens Up

唐淑儀 文 By Shu Yi Tang

蔡志豪 英譯 Translated into English by Philip Choy

這次拜萬佛對我來說，好像得了無價之寶。十年前因為母親的病，開始學誦心經。她往生以後，為她做七，立牌位在佛堂。當時並沒有真信，只不過是為她做最後一件事，以後每月都會去佛堂拜一拜。三年前無意間到了金山寺，被法師誦梁皇寶懺的梵音吸引了，以後三年，我都到金山寺拜梁皇寶懺。在這三年裏，我聽到好像仙樂一樣的聲音，也聞到花香。

今年四月初到金山寺，為一個朋友的父親誦地藏經，才知道萬佛城有萬佛寶懺，又聽到揚法師開示有關萬佛寶懺的好處，所以決定跟佛友到萬佛城

To me, attending the Ten Thousand Buddhas Repentance Ceremony this time was like receiving a priceless treasure. Ten years ago, due to my Mother's illness, I began learning to recite the *Heart Sutra*. After she passed away, I arranged for a weekly ceremony for her and set up her plaque at a temple. At that time, I did not truly believe but was just doing one last thing for her. Afterwards, I would go to the temple to pay my respects once every month. Three years ago, I came to the Gold Mountain Monastery by chance. I was drawn to the Dharma Masters' chanting of the Jeweled Repentance of Emperor Liang. In the three years after, I always came to bow to this Repentance Ceremony. During these three years, I heard sounds like heavenly music and smelled fragrances of flowers.

In the beginning of April this year, I came to the Gold Mountain Monastery to recite the *Earth Store Sutra* for the father of one of my friends. Then I found out that there was a Ten Thousand Buddhas Repentance Ceremony being held at the City of Ten Thousand Buddhas (CTTB), and also heard

拜萬佛懺，拜萬佛懺和在萬佛城留宿都是第一次。

以往我是不怕黑的，但到了萬佛城以後，一到晚上我就怕，失了控制的怕。一直到第三天晚上，我清楚的聽到一個男人說：「火燒唐淑儀的心。」當時嚇得我從床上跳了起來，卻又見不到任何事物，而同房的佛友都在睡覺。我睡下又坐起來，怕得不知道怎麼辦，當時有一個感覺，可能家中失火，想打電話回去，一看時間清晨兩點多，只好放下電話。等到有人起床，我就跟著起床。

我到了佛殿，那時殿裏人很少，我在佛前懺悔，我「往昔所做諸惡業，皆因無始貪嗔癡」這些都不能表達我心裏的感受。我很傷心的哭，我不知道我做了什麼事？竟然有人要火燒我的心！我想自己一定是諸惡必做，才讓人那麼生氣。現在怎麼辦？有什麼辦法和解呢？「如果沒有其他的辦法，你要火燒我的心，我願意接受，但不要連累他人。」我惱自己這樣的不良，令別人恨我恨得那樣深。在那個時候上大殿的人慢慢的多了，我勉強控制自己的情緒，開始做早課。那幾天開懺文的時候我都忍不住要哭。



Dharma Master Yang's explanation of the benefits of the Ten Thousand Buddhas Repentance. So I decided to go with a Dharma friend to CTTB to bow in the Ten Thousand Buddhas Repentance. This was my first time bowing in this Repentance and staying overnight at CTTB.

Usually I was not afraid of the dark. However, after getting to CTTB, I was afraid once the night arrived, uncontrollably afraid. On the third night, I clearly heard a man say, "Burn Shu Yi Tang's heart." I was so scared that I jumped out of bed but I did not see anything. And all my roommates were sleeping. I lay down and got up, so afraid that I didn't know what to do. At that time I had a feeling that there might be a fire at home. I wanted to call home. Seeing that it was 2 a.m. in the morning, I had to put down the phone. I waited until someone else got up and I got up too.

I went to the Buddha Hall and there were only a few people there. I repented in front of the Buddha: "All the evil karma I created in the past was due to beginningless greed, anger and ignorance," but even these repentances couldn't adequately express the feeling in my heart. I cried brokenheartedly. I didn't know what I had done. There was someone who wanted to burn my heart. I thought I must have done every evil deed for someone to be so angry with me. What should I do now? Was there any way to settle this? "If there is no other way, then I am willing to accept your burning my heart but do not involve others." I was upset with myself for being so bad that it caused someone to loathe me so deeply. At that time, there were gradually more people in the Buddha Hall. I forced myself to control my emotions and joined the Morning Recitation Ceremony. For the next few days, I could not stop crying while reciting the opening text of the repentance.

Strangely enough, the evening after I repented and reformed, all my fears went away. However, I still could not sleep well. Even though it was difficult, I continued to focus on bowing to the Buddhas. It was my first time to bow so sincerely. Another several days later, an elder laywoman was standing on my left side. Every time she bumped into me, I had to move to the right. By the third time she did this, I became angry and decided not to give way should she bump into me again.

Then when she bumped into me again, we both jumped. I suddenly thought that perhaps her back or leg had problems so she would lose balance standing. I immediately took one step back. After that, she never bumped into me again when she bowed to the Buddhas. We could both pay respect to the Buddhas in peace and without irritations. Henceforth, she would happily move beside me when she saw me and bow to the Buddhas with me. The sutras and book stands frequently fell on my head and my back. She went as far as gently patting my head and my back like I was her own child. I was moved by her actions, thinking that not too long ago I was going to fight with her. Had I not taken a step back at the time, I would be unhappy while paying respect to the Buddhas. Not only would I not reduce my bad deeds, I would also create a bad affinity. Because of this step back, not only did I not suffer any loss, the result was completely different. It

懺悔後的那天晚上很奇怪，我所有畏懼都消失了，但是我還是睡不好。雖然是辛苦，我還是很專心的拜佛，這是我第一次這樣用心的拜。又過了幾天，有一位年紀較大的居士站在我左邊，每次她都撞到我，我只好向右邊，等她撞到第三次，我的無明火就起來了，決定她再碰我絕不讓她。

當她再一次又撞到我身上的時候，我們都跳了一下，我突然想到她的背或腳可能有問題才會站不穩，我馬上向後退了一步，以後她拜佛就沒有再撞到我，我們都可以平安沒煩惱的拜佛。從那天開始，她見到我都高高興興跑到我旁邊，和我一起拜佛。甚至經書和經架常常掉到我頭上背上，她慈愛的像對自己孩子似的用手摸我的頭和背。我很感動她的舉動，心想不久之前我還要跟她爭；如果當時沒有向後退一步，自己拜佛拜得不開心，非但沒消罪業還會結一個惡緣。因為向後退一步，不但沒有任何的損失，結果就完全不同。由鬥爭對立變為菩提善緣，這樣明顯的分別，還好自己當時沒有選擇第一個的作法。

在我生活的世界裏，我就常常選擇第一個，是多麼的愚蠢，還以為自己有骨氣。我的「我見」是那樣的強，為別人想一想、讓一讓，我們的世界一定會比現在好。我一直以來都覺得這個世界不公平，親人對我不夠好，同事朋友都一樣，為什麼別人不對我好一點？我生活得很辛苦、很吃力，現在想起來，有多少次我可以讓人，可以退一步，但我選擇了「我見」，我不讓步。

回來以後，我常發覺自己常有那樣的「我見」，而與過去不同的是知道錯後，盡力的跟別人道歉。生活的擔子好像是輕了一點，心理也感覺到輕安很多，我終於體會到萬法唯心的意思。以前別人對我不好，其實就是我对別人不好，這都是我自己的反影；當我改變我的思想，我就改變我的生命。

感謝這次機會去萬佛城，多謝法師和佛友。我每天都繼續的去改，希望有一天，我可以變得容易和人相處一點，謝謝各位的包含。



changed from a conflicting opposition into a good affinity for bodhi immediately; that was a clear difference. I was glad I did not choose the first reaction at that time.

In the world I lived in, I often chose the first reaction. That was so stupid but I thought I had principles. My egoism was that strong. Think for the others a bit. Yield a little. Our world would be much better than it is right now. I always felt this world was unfair. My relatives did not treat me well enough, nor did my colleagues and friends. Why would the others not treat me better? I lived in a way that was hard and strenuous. In retrospect, how many times could I have yielded to others? How many times could I have taken a step back? But I chose the egotistic view. I did not yield.

After returning home, I often realized I was sticking to the “egotistical view”. However, the difference from before was that I sincerely apologize to others after realizing my mistakes. My burden of life seems to be a little lighter. My mind also experiences much more peace. I finally understood the meaning of “Everything is created by the mind alone”. Others treated me badly before. In reality, it was me treating them badly. This was all a reflection of myself. When I changed my thinking, I also changed my life.

I am grateful for this opportunity to go to the City of Ten Thousand Buddhas. I really appreciated the Dharma Masters and the Dharma friends. Every day I continue to correct myself. I hope one day I can change and get along more easily with others. For now, I beg for everybody's forgiveness.