



# 佛光照心地

## *The Buddha's Light Shines upon the Mind Ground*

葉親法 講於2010年1月2日萬佛城大殿

By Raymond (Chin Fa) Yeh on January 2, 2010 in the Buddha Hall at the City of Ten Thousand Buddhas

我是親法，六年前跟同修一起搬到萬佛聖城來住，這次很幸運能夠全程參加兩個佛七。

法會以前抱著很大的希望，因為2007年我打了一次佛七，記得在最後幾天，每天早上醒來的時候，就聽到到處都是念佛的聲音，走在路上也是念佛，風吹也是念佛，什麼都是念佛的聲音！法會結束以後，大概三四天就不見了，所以我希望這次有兩個禮拜，也許可以把這種經驗延長一點。

這次法會開始前一個禮拜，就準備每天早上起來禮佛，然後念經。法會開始前兩天，看到上人的開示，說到念佛要念得不要太快，也不要太慢。祇是這麼一句話我就說：「噢，我來試試看。」那是早上五點鐘看到的，一直念到晚上都沒有停，所以覺得非常殊勝和非常高興。

法會開始的頭兩天沒什麼動靜，很平常。第三天忽然間覺得右膝蓋上面好像牙科醫生的鑽子開始在鑽，膽經及整條腿又酸、又疼、又燒，簡直是難過得不得了！

My name is Chin Fa. I moved to CTTB six years ago with my wife, and therefore we had the great fortune to participate in this two-week Amitabha Session.

Before the session I had high expectations because two years ago I participated in a one-week Buddha Session. Toward the end whenever I woke up I could hear the Buddha's name being recited throughout empty space. When I walked to the Buddha Hall, I could hear the Buddha recitation following me ... even the wind blowing sounded like the Buddha recitation. However, this experience lasted only 3-4 days. I had hoped that it would be repeated during these two sessions, and perhaps would last longer.

I prepared for this session a week before it began. Every morning, I read the sutra and bowed to the Buddha. Two days before the session, I read the Venerable Master's talk given in a previous Buddha recitation session, and he said, "When you recite the Buddha's name, it should neither be too fast nor too slow." That was at five o'clock in the morning. I began to experiment with the speed of recitation in accordance with the Master's teaching. My recitation lasted all day, and I felt wonderful about participating in the session.

So when the session started, the first couple of days were fine. On the morning of the third day, I felt as if a dentist's drill were drilling into my right knee, and the gall bladder meridian on the right side began burning with sensations of soreness and pain, which made my sitting extremely difficult. At that time I asked myself, "Should I just practice

那個時候就在想我到底是要念佛還是要練腿？放腿是很容易；可是後來又想不行，到死的時候，四大分張，想放也放不了。我就說好吧！不能放！就這樣每天都堅持不放。一直到第十二天，就是前天，每天都是又酸又疼又燒的在那裡掙扎，不是我期待的法會。

十二天來都忙極了。怎麼忙呢？因為又酸又疼又燒，不能專心念佛，我就來數息。除了念以外還要數，後來還是不行。想起恒君師曾教我說每次念的時候，中文字阿彌陀佛都要出現，所以三個一起來，雖然能夠保持念佛，可是還是很疼。

昨天早上進大殿時，下定決心今天什麼都放下，一切隨緣，因為每天都在那裡掙扎奮鬥不行。早上一開始繞佛的時候，聽維那近梵師念佛的聲音，真的就跟我那天看上人開示說的一樣「不快不慢」，念頭一閃就把我帶到一個很祥和的境界。忽然就想到：「噢，阿彌陀佛，四十八願裡有一個願，說您的光照到的時候，我就身心柔軟嗎？為什麼我照了十二天還沒有身心柔軟呢？」好像聽到回答：「歡迎每個人帶著業障、垃圾來；可是你被身上的垃圾包得緊緊的，一點都不肯放，我怎麼幫你？」這時我就開始一直哭一直哭。

普通一坐下來大概念到十分鐘，腿就酸起來，而昨天早上當坐下來時候，就覺得很平靜。覺得有一股很溫暖的氣流把我包住，好像回到小時候媽媽的懷裡一樣，然後就看到全身好像被一團金光跟紫光包住，感覺很溫暖。腿還是痛，可是並沒有太注意痛，完全到了另外一種境界。後來當我們拜佛時，眼淚情不自禁得流個不停，若不是四周有人，我會放聲大哭，因為有一種遊子終於回家的感動。

所以我的體悟，就是阿彌陀佛隨時歡迎所有人去淨土；可是我們祇有在一個放下的心境下，才能跟阿彌陀佛感應道交。要不然他雖然歡迎每個人去，可是我們會當面錯過。總之這十二天沒有白費工夫，我終於能放下一些垃圾，不那麼以自我為中心了。阿彌陀佛！

my sitting or focus on reciting the Buddha's name?" In other words, I was coming up with excuses for letting go of my legs. But then it dawned on me that when I die, I couldn't let go of anything, and my whole body would be painful. Would I, under those conditions, still be able to recite the Buddha's name? So I decided not to let go of my legs and to focus on reciting the Buddha's name while my legs were burning with pain.

I was quite busy, as I wasn't able to focus on my recitation because of the pain. So I used the counting method to help my mind to focus. But that wasn't enough, and I remembered that Dharma Master Jyun taught me to also visualize the Chinese characters when reciting. So I used all three methods and kept myself very busy. Although the whole process was a struggle, I was able to keep on reciting the Buddha's name.

Yesterday, when I came to the session, I told myself, "I'm not going to strive for anything further." As we were doing walking recitation, the speed of Dharma Master Jin Fan's voice was simply "not too fast and not too slow," and it reminded me of the experience I had two days ago before the session. It brought me to a place of peace and tranquility. In such a state, I remembered that one of Amitabha's vows is that his light will shine without any obstructions, and anyone who receives his light will become supple. So I asked him, "Why for 12 days I haven't received any light?" Then I heard a voice saying, "Well, I welcome people with all of their karma and garbage. But you have wrapped your garbage tightly and don't want to let go of any, so how can I help you?" At that instant, I started to cry and cry.

When we sat down to recite the Buddha's name yesterday morning, I felt total peace. Normally the pain would come in about ten minutes, but yesterday I felt as if I had gone back to my mother's arms when I was very young. And then I saw, in my mind's eyes, golden and purple lights throughout, warm and peaceful. Although there seemed to be some pain in my legs, it did not seem to have anything to do with me. I was in another world full of warmth and peace. When we began to bow to the Buddha, tears flowed uncontrollably. And I would have cried out loud if there weren't people all around me. I felt like I was finally coming home from a long journey.

So my understanding is that although Amitabha welcomes all of us, we have to let go of our garbage in order to reach a state of selflessness and connect with Amitabha's frequency. My 12 days' struggle was not in vain because as a result of my insistence to not let go of my legs, I was able to finally release some of my garbage and become less self-centered. Amitabha!

