



## 難怪素食這麼好吃！

### No Wonder Vegetarian Food Is So Delicious!

賈斯汀講於2010年4月3日萬佛聖城大殿 A talk given by Justin in the Buddha Hall of the City of Ten Thousand Buddhas on April 3, 2010  
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**M**y name is Justin. I'm a college student from the Bay Area, and this is my first time participating in the Guanyin Session and also my first time here at the City of Ten Thousand Buddhas. Let me tell you what brought me here. Several weeks ago a friend brought me to Berkeley Buddhist Monastery for the Friday meditation session and lecture with Martin Verhoeven. I never had much exposure to Buddhism but has always appealed to me and so I went. To be blunt, the experience was very good. Dr. Verhoeven taught that the opposite of pain was not pleasure, as I had always thought, but "wisdom". How profound! I thought to myself that wisdom can dispel sufferings and afflictions. I continue to go every Friday to obtain more of this wisdom. When someone suggested that I sign up for this Guanyin Session, I did not hesitate. I am blessed that the session coincided with my spring break.

I really had no expectations going into it; I didn't even know who Guanyin was before I came into the session. All I knew was that I was looking forward to practicing Buddhism with the Buddhist community. My first thought upon coming into the Buddha hall for morning recitation was "Wow! There really are ten thousand Buddhas here!" I actually tried to count them. And from my count there are actually more than ten thousand Buddhas in the hall. Then someone told me that the figure is only symbolic for the potential of all living beings to awaken and become Buddha. I did learn a lot about Buddhas and Bodhisattvas, mostly about Guanyin and Amitabha. One thing that I was not looking forward to though when coming here was eating only vegetarian food for a whole week. For me this is more vegetarian food than I have had in a very long time. I was surprised to find that the food is really good, so good that I find it difficult to not be greedy and eat more than my share. Helping with the dishes when eating, I notice a figure in the kitchen I did not know. It was not Guanyin, and it was not Amitabha, so

**我**的名字叫賈斯汀，來自灣區的大學生，這是第一次來參加觀音七，也是第一次來到萬佛聖城。所以想要告訴大家，到底是什麼樣的因緣讓我來到萬佛城。幾個禮拜以前，我的朋友帶我到柏克萊去參加每週五馬丁·維荷文的打坐班與講課。我不曾和佛教有過太多的接觸，但是它卻很吸引我；所以就去參加，這個經驗可以說是非常的好。他教我們，「苦惱」的相反並不是我一直以來所認為的「快樂」，而是「智慧」。智慧可以驅逐痛苦和苦難，這是多麼深奧啊！我每個禮拜繼續去上課，想要多學一點智慧。當有人提議我報名參加這次觀音七的時候，我完全沒有猶豫就來。很幸運的，這次觀音七跟我的春假剛好是同一時間。

參加這次觀音七，我真的沒有懷抱什麼期望；因為在此之前，甚至不知道觀世音菩薩是誰，只知道我是來跟一個佛教的團體共修佛法。當我走進萬佛殿做早課的時候，第一個念頭就是：「欸，這裡真的有一萬尊佛耶！」真的試著去數，數了之後發現，其實在佛殿裡比一萬尊還多。後來有人告訴我這個數目只是一種表法，表示所有眾生可以覺悟而成佛的可能性。我的確學到很多關於佛和菩薩的知識，不過最主要就是認識阿彌陀佛跟觀世音菩薩。來到這裡，有一件沒有預料到的事，是整個禮拜都只吃素食。對我來說，這可是長久以來都不曾吃過這麼多的素菜！很驚訝地發現，這個素食真的很好吃，好吃到我無法不貪心，而吃得比原來所需要的份量還要多。有一天吃飯的時候幫忙洗碗，注意到廚房有一塑像；看來既不是觀世音菩薩，也不是阿彌陀佛。所以就問這是誰？他們說這是廚房的神（也就是大聖

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I asked, “Who is that?” They told me that it was the “kitchen god.” I asked, “What’s his name?” They said, “Kitchen God!” So, not only are there amazing kitchen staff but there is also a kitchen god to bless the food; no wonder it is so good.

I also did not expect that much chanting or recitation, but it turned out that I really enjoyed it. I found many songs very catchy, very melodic. It is quite beautiful to listen to everyone chant “Na Mo Guan Shi Yin Pu Sa” knowing that compassion is in their heart.

All the people here at the City of Ten Thousand Buddhas are so friendly. I like how people bow to each other as they passed each other by, you can tell that everyone is very respectful and mindful of each other’s faith. With a place as special as this, it is difficult not to get attached. I will miss being here and already look forward to coming back. I also plan to take refuge soon and receive a Dharma name.

When I leave here, I will take Guanyin’s name with me as I continue to cultivate. Perhaps the most profound thing I learned is that the wisdom that overcomes suffering is the wisdom of compassion. And with Guanyin Bodhisattva, I notice wisdom and compassion are balanced. I thank you all here at the City of Ten Thousand Buddhas for listening to my experiences here.

緊那羅王菩薩)。這兒不只是有令人驚歎的廚房人員的手藝，還有廚房的神每天來加持食物，難怪素食這麼好吃！

還有，沒有預期會念這麼多的「觀世音菩薩」，結果當然我非常喜歡。發覺有許多讚頌都非常的迷人，旋律令人陶醉。聽著每一個人唱頌「南無觀世音菩薩」，我知道每一個人心裡面都有著慈悲，這種感覺真是太美好了！

萬佛聖城的每一個人都非常友善。我滿喜歡人們擦身而過時互相問訊的方式，可以說大家都非常恭敬對方，用心保持彼此的信任。像這麼一個特別的地方，很難叫人不執著它；雖然還沒有離開，已經開始期望下一次的歸來。還有，我也預定很快再來這兒皈依，並得到一個法名。

離開這裡之後，我知道，當我繼續修行時會帶著觀世音的聖號。或許在這邊所學到最深奧的事情，就是：智慧可以讓我們離苦得樂，智慧需以慈悲為支柱。能體會出觀世音菩薩是悲智雙運的，我非常法喜。感謝萬佛城在座的各位，能在這兒聽我的心得報告。