

Eckerd College is the only national private liberal arts college in Florida. The college encourages students to undertake a variety of explorations, so there are diverse student organizations. This semester, one student leader from Eckerd College who had a good impression of the City of Ten Thousand Buddhas (CTTB) came with eight other students during their eight-day spring break (March 27-April 3) to CTTB to volunteer and experience the Buddhist community. They were very pleased with working on the organic farm, not even minding the rain, because they learned a lot about planting. The following are their impressions from this trip:

愛克德學生 來聖城作社區服務之旅

Community Service Trip from Eckerd College

講於2010年4月3日萬佛聖城大殿 Talks given in the Buddha Hall of the City of Ten Thousand Buddhas on April 3, 2010
三合一 中譯 Translated into Chinese by San Heyi

Casey: I was excited to come here to see the actual concept lived by the monks and nuns. I was pleasantly surprised to see that not only all the monks and nuns live this way, but the entire community of Buddhists. That really just reflects the compassion and the consideration and everything that I liked.

At first the new lifestyle was a little intimidating and foreign, but within only a day I felt pretty much at home. The chanting was inspiring, and I felt basically like a new person as I started to meditate throughout the day. Farming was great and helped me be mindful, which is something I plan to take with me back to Florida and be everyday for the rest of my life.

I would like to thank everyone at the monastery for having such a welcoming energy and inspiring presence. I think I can speak for the entire group when I say that we have been affected and will be mindful, and completely consider your way of life every day all day.

Chris: I always had an overactive mind, and I didn't really know what it was to relax until just recently before coming

位於美國佛羅里達州愛克德大學，是全美唯一私立的文理學院的學校。校方鼓勵學生作多方面的嘗試，學校社團多采多姿。這學期社團負責人對萬佛城印象非常好，就帶著八位同學(連她九位)，趁著八天春假(3月27日至4月3日)，來萬佛城作義工及體驗佛教社區生活。他們都非常歡喜到有機農場種植蔬菜，即使下雨也不在意，因為他們都從種植工作裡，學到很多。以下是他們此行的感受：



凱西：來這兒，從出家人身上看到活生生的佛教真理，讓我非常興奮。不僅出家人活生生地體現了佛法，這整個佛教社區真的都反應出佛教這種慈悲和包容的精神，每件事都令我歡喜。

剛開始，這裡新的生活方式讓我覺得有一點害怕和生疏，但是只隔一天，我就感覺像家一樣。這邊的唱頌真的很有啟發性，當我開始打坐，一整天下來，我感覺自己基本上彷彿成了一個全新的人。在有機農場工作很棒，能幫助我專心，提起正念，這是我希望能一起帶走的東西；等回到佛羅里達州以後，能在以後的歲月裡每天都這樣子的修行。

我想感謝這寺院裡的每一個人，因為大家給了我們這樣一個歡迎的氣氛很鼓舞我們。我想我可以代表我們的團體這麼說：我們真的都受到你們的影響，希望我們回去以後都可以保持專心正念，並且在每一天，都完全採取你們的生活方式。

克里斯：我一直有著過於活躍的心思，不知道放鬆是怎麼一回事。我來這裡主要是想學習靜坐，因為經

here. A large part of the reason I came here was for the meditation. I thought it would help me to relax and be able to focus on my mind.

I've been struck by some of the ideas that I've learned about since I've been here, such as there is no such thing as real birth and death. The idea of individual being is one of the main problems and why we stress out so much in this world and can't calm down and focus on things. Another idea is the inner connectiveness of the world. These concepts gave me some peace of mind. There was also the idea of just taking myself as a joke: Don't take things too seriously except for the cultivation of your mind and have a more long term outlook—don't take small, everyday factors so seriously.

I was just hoping to gain some calmness and patience, but this community has helped me gain insight and better understanding on how I want to cultivate, as well as giving me the tools to train my mind to do this.

Linorral: I am the group leader of the students from Eckerd College, and we've been taking part in some of the Guanyin Bodhisattva session. We've been going to the ceremonies, and we've also been volunteering in the farm here on campus.

There comes a time in many students' lives when we're studying, and it hits us that there is so much in the world that needs our help, and there's so much that we can do to help the world. We question: How can I help? How can I be of service? And that was something that really was very important to me ever since I began college, so I became involved with volunteering opportunities on and around the campus at Eckerd.

Something that I learned through my service experience is, that it's important to have to learn from the experience, to see a set of beliefs that comes to you through doing service. It is just as much about doing the work as it is thinking about what you're doing. So when the opportunity came for me to lead a group of students to go somewhere to do service for spring break, I immediately thought of the City of Ten Thousand Buddhas, which some of my friends have been to and told me great things about.

I personally love farming and growing food, because it makes the people who are eating the food more mindful of where the food is coming from, where the life forces are coming from. It's also a very enjoyable and wholesome experience, and it does make one question a lot of things – a line of questioning that maybe isn't reinforced in our society but should be.

Also, I see a great similarity in the mode of thinking involved in farming and in Buddhism. They both train you to see things clearly, and to focus in on how to be

由打坐可以把自己放鬆，並能把心專注。

自從我來到這裡，學到一些觀念，譬如沒有什麼像生死這麼真實。又如因為有個「個人」的我執觀念存在，所以在這個世界上我們才會感受到很大的壓力，無法把心冷靜下來及專注在一件事情上。還學到每一個人與世界都是互相通的，都是連在一起的。這一些觀念讓我覺得心裡比較心安，比較安詳。還有，看待自己不要太認真的想法：除了自身的修行以外，其它事情都不要過於認真。應該把時間拉長，看什麼事情都要看長遠的，不要著重在日常雞毛蒜皮的事情上。

我本來只是希望能學到一些冷靜和耐心，但是在這個佛教社區確實幫助我比較有智慧，知道怎麼樣來修行，同時也給了我方法來訓練我的心這樣做。

凌諾羅：我是愛克德大學這個團體的領導人；我們來這裡有參加早晚課，觀音七，也到有機農場服務。

很多學生在求學生涯中會遇上這樣的時機：世界上有這麼多的事情需要幫助，也有很多可以幫助的。問題就是：怎樣幫忙這個世界？怎樣服務人群？一上大學以來，這些對我來說，一直是重要的事情。所以就加入義工社團，很投入於志願服務的機會。

在做義工過程中，從經驗中學習是非常重要的。從服務過程中來看出我們完整的信念，實踐遠比想像你在做什麼來得重要。所以當領導一群學生，在春假期間去外地服務的機會來時，馬上就想到萬佛城，因為我的朋友曾經來過，並告訴我有關它的絕妙事情。

我個人喜愛在農場工作，並種植蔬菜，因為它使吃東西的人更銘記食物是從哪兒來的，生命力量的來源又在哪裡。這是一種有益身心健康又充滿樂趣的經驗，它確實讓你想了很多問題；這一系列的質疑，可能是在我們的社會裡應該被加強而卻沒做到的。



compassionate to yourself and to all life forms around you.

Learning about Buddhism and farming together has really given me a clear path as to what I want to be and what I want to do for the rest of my life. And I can see it also in all the members in my group. This has had a profound impact on all of us in terms of how we want to live our lives, and how we want to create compassion and positive change in the world that we all share.

Something that I learned from this experience personally is that: It's not when you're doing the service that makes you a better person, and it's not just doing the service that makes the world the better place; it's every waking moment of your life that you have the power to make that be positive for your environment, for the people you live with, and yourself. I think that is true for all of us. In every moment that we have the chance to make this place a better place.

It's really refreshing for our sanity to witness this community, witness the people, experience the energy and see what a sustainable community is, and how to cultivate goodness and live like a Buddha. I think that's something that is hard on the outside of this gate to really understand for yourself. I think you've created a great model that I will follow for the rest of my life to the best of my ability.

In closing, this place has been truly inspiring. As an artist, I can say that I have experienced things beyond my wildest dream here. Also, I feel very cleansed and awakened as well, at least a little bit more than I was before. And the most inspiring thing has been to see the response in my peers who have left here. During one conversation someone asked the question: "What would it be like if everyone in the world was a Buddha?" Someone else said, "Well, I guess we'd all be farmers." That really warmed my heart, that was the whole reason I planned this trip – just to hear those words. Thank you so much to the members of my group, and to the community: we love you all so much.

此外，我看到在涉及耕作種植的思維方式，和佛教有一個很大的相似點：訓練每件事情要看得清楚和透徹，及專注於如何對自己和對所有周遭眾生慈悲。

學習佛教也一起學習務農，對於我想成為什麼和我今後的生涯中想要做什麼，真的給了一個明確的路徑。這種體會不是只有我有，在小組的所有成員也都有此感受。在這裡學習經驗，對我們所有的人都是一個真正深遠的影響——如何來過我們的生活，以及從內心發起慈悲和正向的力量，來改變我們所居住的這個世界。

我個人從這個經驗所學到的東西是：不是說我們來到這裡做義工，就會變成比較好的人；或者做義工，就會讓世界成為更美好。而是在我們生活中，在我們醒的每一分每一秒裡面，為周遭的環境、周遭的人都需要有正向的知見，正向的氣。我認為這事對我們每個人都是非常真實。這是很重要，在每一分每一秒裡面，我們都可以有機會幫助這個世界更美好。

我覺得，在這裡的體驗，真的清爽了我們的神志，讓我們體驗這個社區、體驗了這些人們，並經驗這種活力。並且看到可持續發展的社區是什麼樣子，人要怎麼樣來修善，怎麼樣來學佛，怎麼樣讓生活過的和佛一樣。在外面社會很難真正去了解自己；我認為你們給了一個很好的榜樣，在我未來的生活中，會盡我最大的能力，遵循這個模式。

最後，這個地方確實令人鼓舞。身為一個藝術家，我可以說，在這裡得到的體會和經驗，大大超出我的想像。而且這裡讓我覺得非常清淨，也有些覺悟——至少比我之前好一點。而最鼓舞人心的事情，是看到先前離開的同伴的感應；以及有一次大夥在聊天時，有人問：「如果這世界上每一個人都是佛，那這個世界會變成什麼樣子？」有人回答說，「我猜，那我們都會是農夫。」這的確溫暖我的心；我計劃這整個行程，只是為了聽到這些話！我很感恩我的小組成員和萬佛城整個社區。