



廚房或地板，少用紙巾或即棄拖布。
 • 以廢紙空白的一面作草稿。

Note: Dining Hall, Gold Mountain Dhyana Monastery
 by Dharma Master Heng Chih

【附記】金山禪寺齋堂
 恒持法師 記

金山寺整修時使用的木頭，來自觀世音菩薩的感應。一天，上人的弟子，果同·勞頓夫婦，得知三藩市鬧區有一所辦公樓要維修，需要拆走一些木架子，誰來拆除，木料就歸誰。果同夫婦立即通知金山寺，寺裡便派了弟子們去把木架子拆下並送回金山寺。



The lumber used to renovate Gold Mountain came as a response from Guanyin Bodhisattva. Guo Tung and Guo Tung Laughton, disciples of the Master, learned that an office building in downtown San Francisco was about to be renovated and that the wooden shelving needed to be removed. Anyone willing to remove the wood could have it free of charge. The Laughtons quickly informed Gold Mountain and crews

of young disciples were sent to tear out the shelving.

The wood was the major material used in the initial renovation of Gold Mountain. The small pieces left over from major work were saved and used to make the tables and small wooden stools used in the dining hall at Gold Mountain. The Master's lesson to extravagant westerners about the principle of reusing and not wasting was repeated again and again during the renovations of the Association's monasteries.

在開始整修金山寺時，這些木頭是主要的材料。其餘的小塊木頭則用來做齋堂的飯桌和小凳子。在整修很多法總道場時，上人一再地教導奢侈的西方人不浪費、重複使用可用的材料。

☯待續

☯To be continued



萬佛聖城對我的影響

How the City of Ten Thousand Buddhas Has Influenced Me

徵文得獎作品—A組喜捨獎 莊果藝

Written by Chuang Gwo Yi, Winner of the Joy and Giving Award, Group A in the 30th Anniversary Essay Contest

李海昱 英譯 / 沙彌尼近海 修訂 Translated into English by Lotus Lee / Revised by Shramanerika Jin Hai

2003年第一次讀到宣公上人的開示錄，知道有萬佛城這麼一處恪遵佛制的道場；城中的修行人是如何地嚴持戒律、衣不離體、日日轉法輪。從而得知，原來世尊時代的修行人日中一食、夜不倒單。很想親自到這樣一處清淨又嚴謹修行的聖地，體驗那裏的人事物，不僅只從書上讀到又加上自己想像的那樣而已。聖城的前身還是一座精神病院，我知道精神病人在精神病院如何過生活。但是變成一座佛教道場，住進法師和想要清淨

The first time I read the Venerable Master Hua's lectures was in 2003. That was the first time I learned that there was a place called the City of Ten Thousand Buddhas (CTTB). The Venerable Master said that cultivators at CTTB still follow the rules that the Buddha set down for disciples. For example, the precepts are upheld very seriously, the Dharma wheel is turned every day, and members of the Sangha always wear their precept sashes. Not only that, they also eat only one meal a day and don't lie down to sleep. It is all very impressive, but since I had never been to CTTB, I could only read about it and imagine it in my mind. I really wanted to go to such a place and experience life there. I had heard that CTTB's "past life" was



修道的人。這是怎麼一回事呢？我充滿了好奇與一窺究竟的期待，告訴自己：這輩子至少要去一次萬佛城。

2005年有機會到美國一趟，原本想順便到聖城。但是因緣不具足，回台灣時覺得有點遺憾。於是計畫2006年的6月就要去聖城。然而，就在將要去聖城的三個月前，有一天好心幫同事的忙，結果意外地左腳斷了一根骨頭。我要對佛菩薩有信心，對於去聖城要堅持；無論如何都要在三個月內好起來，並且去到聖城。

後來我真的如期到了聖城，同行的還有母親。在踏進祖師殿禮拜上人的那一刻，看見上人塑像慈悲的容顏，覺得好感動，眼淚不自主地流下來。彷彿我的心在這一世終於回到那尋覓已久的家，如此地安詳、寧靜、又感動，上人就像在那裡等待我的長者。

我發現聖城裡的人事物，在經歷的時候是那麼地平凡，事後回想卻又那麼地奇妙。正在煩惱的問題，總是不經意地找到答案，並且在日後的生活裡受用不盡。記得2006年媽媽和我參加了幾天的華嚴法會。回台灣後，媽媽主動地要我幫她請《華嚴經》，之後她每年都誦一部《華嚴經》。我甚是驚訝，也為此覺得很高興。

2007年有因緣受菩薩戒。有一位法師對我說，病人會聽心理治療師的話，你要用佛法影響病人，幫助他們走上正道。當時我就只把這一段話聽了過去。在菩薩戒的課程裏，法師講授邪淫戒的主題時，推薦〈壽康寶鑑〉這本書。回去後在台北法界的佛青藏書裡找到了這本書，讀完以後覺得很棒，發現有很多內容是我們這一代年輕人所不知道，卻又對身心健康很重要的。後來，我有一位心理治療個案，他在婚姻關係中覺得很痛苦，他和配偶都各自有婚外情，也都覺得情人才是他們各自合適的人生伴侶。雖然親友都支持他的婚外情，但他對婚外情有罪惡感。正當他陷入感情關係抉擇的掙扎時，我推薦他〈壽康寶鑑〉這本書。再下一次他來見我時告訴



a state hospital for the mentally ill, but later on the Venerable Master acquired it and turned it into a monastery. What a big change. For my part, I was filled with curiosity and a desire to see for myself, so I told myself, “I must visit CTTB at least once in this lifetime.”

In 2005, I had a chance to come to America and was planning to visit CTTB, but conditions did not allow it. I wasn't able to come at that time after all, and I returned to Taiwan feeling rather sad. So, I planned another trip to CTTB in June of 2006. But three months before the trip, one day, as I

was helping a coworker, I accidentally broke my leg. I had to have faith in the Buddhas and Bodhisattvas and be strong in my resolve to go to CTTB. No matter what, I had to recuperate within three months and make the trip.

Together with my mom, I finally made it to CTTB on schedule. When we stepped into the Patriarchs' Hall and I saw the statue of the Venerable Master with his compassionate face, tears ran down my cheeks, and I felt that I had finally returned home. The Venerable Master seemed like someone who had been waiting for me all this time. He looked so peaceful and calm. I was really touched.

During the time I spent at CTTB, I discovered that on the surface, things may look quite ordinary, but upon further reflection I realized that actually many things happen at a subtle and wonderful level. For example, when I had a question in my mind, I would find the answer where I least expected it, and then the benefits would be enormous. I remember in 2006, my mom and I participated in the Avatamsaka Dharma assembly for a couple of days. After we returned to Taiwan, my mom told me that she wanted a complete set of the *Avatamsaka Sutra*. Since then, she has recited the *Avatamsaka Sutra* in its entirety every year. I was very surprised and happy to hear that.

As I think back, before I knew about the Venerable Master, there were a few times when I thought about taking the Bodhisattva Precepts in Taiwan, but I was never able to do it. It turned out that my affinity with the Bodhisattva Precepts was at CTTB. So, in 2007, I went to CTTB to take the Bodhisattva Precepts. One of the Dharma Masters there knows that I am a clinical psychologist, so she told me that patients always listen to their doctor's advice. “You should use the Buddhadharma to influence your patients and help them find the right path,” she said. I didn't really take her suggestion to heart at the time. Then, during the classes for the Bodhisattva Precepts, a Dharma Master was lecturing “The Precept against Lustful Behavior” and she recommended a book called *The Book of Longevity and Health*. Some time later, I found it in the Dharma Realm Buddhist Books Distribution Society in Taipei. It is a



我，他和他的情人都讀了這本書，並且決定要分手，各自回到婚姻關係裡。這是多麼不容易又令我感到振奮的決定。縱然他們失落了愛情，卻守住了倫理道德，為孩子保持完整的家，學習用更寬廣的心與配偶相處，並從中提升自己的心靈。回想在接觸上人之前，有幾次想在台灣受菩薩戒，但都去不成。原來我的菩薩戒因緣在聖城，而菩薩戒課程是那麼廣泛又深度地影響我的生活，真是棒極了。

聖城每天的作息，有著各種不同的修行功課可以參與。我最期待晚上聽經的時刻。雖然有時候太累了，就睡著了，但總有清醒的時候，或者聽到跟切身有關的內容時，也會突然清醒過來。常常疑惑的問題就在那時得到解答，或者就看到自己的習氣毛病，有了改變自己的方向和目標。有時感覺到上人的語氣像在諄諄地提醒著我，有時又像被上人訓了一頓；無論前者或後者，我都覺得很服氣，很慶幸自己能遇到這樣的學習機會，能夠聽聞上人所說的佛法。

佛殿裡有萬尊佛，每一尊都是金色的，從天花板到各面牆壁都是。每一尊都是上人親手雕塑的，也每一尊都不一樣。看了就期許自己要在修學佛法上精進用功，要珍惜與上人的法緣，無論如何都不退轉，有朝一日成為其中的一尊佛。

走在聖城裡，無論天空、花、草、樹木、動物、和人物，都是那麼地真摯又可愛，激發人們展現純真的心靈，浸潤其中真叫人不想離去。有一回在晒衣場猛然抬頭，看見鹿媽媽帶著一頭小鹿看著我。不知牠們觀察我的行為多久了，我也很高興在聖城裡遇見牠們。



過去我喜歡到處旅行，每年都計畫休假要去哪裡玩。現在，瑞士優美的山景和希臘浪漫的愛琴海已不再吸引我，再沒有比聖城更令我嚮往的地方。對我而言，萬佛聖城裡看似平凡的人事物，卻給人不平凡的生命迴響。

good book, and I learned many things about physical and mental health that most young people today do not know. Subsequently, I had a patient who had an extramarital relationship problem. He and his spouse both had affairs. Although many of his friends and relatives supported his extramarital affair, he still felt guilty about it. I recommended *The Book of Longevity and Health* to him. On his following visit, he told me that he and his partner had both read the book and decided to end their relationship and to return to their own marriages. This was a difficult, yet encouraging decision for them to make. I understood that it was not easy to end their relationship, but in return they were able to adhere to their morals and integrity, keep their families together, and learn to get along with their spouses with an open heart and mind.

The daily schedule at CTTB includes a variety of cultivation methods for everyone. I myself look forward to the evening lectures the most. Although sometimes I am really tired and fall asleep, the interesting thing is, when I hear something that I can relate to, I will suddenly wake up. Questions that I have are often answered at that very moment, or I will become aware of my bad habits and discover a direction and method for changing myself and be able to set some goals. Sometimes I feel (because of the tone in the Venerable Master's voice) that he is patiently reminding me of something important, and at other times it feels like he is admonishing me. No matter what, these talks are quite convincing and I totally agree with what he says. I feel very fortunate to be able to encounter such a learning opportunity and to hear the Buddhadharma spoken by the Venerable Master.

In the Buddha Hall there are ten thousand Buddhas, and every one of them is the color of gold. They are everywhere, from the walls to the ceiling. The Venerable Master cast every single one himself from the original sculpture that he made. Every time I see them, I make a promise to myself that I will work hard in investigating the Buddha-dharma. I feel that I must cherish the Dharma affinity that I have with the Venerable Master. No matter what, I will never retreat, so that one day I will become one of the Buddhas too.

The sky, the flowers, the grass, the trees, the animals and the people at CTTB are all so beautiful and enjoyable. The people are all so sincere and admirable. I don't feel like leaving at all. One time, when I was drying clothes outside, I looked up and saw a doe and her fawn looking at me. I don't know how long they had been observing me, but I was very happy to have met them.

In the past, I enjoyed traveling, and I would plan trips every year. Now, even Switzerland's beautiful scenery and Greece's laid back Aegean Sea resorts are no longer my interest. There is nowhere else that I long for more than CTTB. To me, CTTB may look very ordinary, but it has given me unforgettable memories.