

The Wonders of Bowing in Repentance Before Ten Thousand Buddhas

拜《萬佛懺》的妙用

摘錄自宣化上人《華嚴經》淺釋

Excerpt from the commentary on the *Avatamsaka Sutra* by Master Hsuan Hua

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我們過幾天也要開始打一個念佛七，凡是信佛的人都應該參加念佛七，來克期取證。在這佛七的期間，或者得到念佛三昧，或者見光、見華就能消除你的業障。念佛七是難遭難遇的，你看一切的天王都念佛，我們在人間若不念佛，那豈不是更要墮落了！所以希望每一位佛教徒都不要錯過這個機會。在這個佛七之後，又有一個禪七。我們大家共同來修行，在一起用功。還有《佛說佛名經》已經來了，我們最好在晚間，大家共同來拜這個《萬佛懺》。

拜《萬佛懺》的功德是沒有辦法可以說得完的，有罪業的，罪業就沒有了；沒有善根的人，善根就有了；沒有修行的人，藉此來修行，增長善根，善根圓滿了就會開悟。所以拜《萬佛懺》的功德是不可思議的。每天我們先試驗著在晚間拜一個鐘頭《萬佛懺》。明年我們就開始正式拜《萬佛懺》。各位對拜懺都應該看得特別重要，才能得到拜懺的好處。

現在我們每天晚間都拜《萬佛懺》。這個《萬佛懺》的力量是不可思議的，有萬佛來擁護你，所以你求什麼都能隨心滿願。你求開大智慧，就會得大智慧；你求消除你的業障，就能消除你的業障；你求增長你的善根，就會增長你的善根。不是這個《萬佛懺》能增長你的善根，是十方諸佛都來加持你，令你的病沒有了，業障也消除了，所以這個《萬佛懺》是非常重要的。

In a few days we will commence the session of recitation of the Buddha's name. Every Buddhist should participate in the Buddha recitation session to seek certification. During the recitation session, one may gain the Buddha recitation *samadhi*, or see bright lights or flowers - these images can all help reduce one's karma. It is very rare to encounter a Buddha recitation session. All the heavenly kings recite the Buddha's name. If we people in the world don't recite the Buddha's name, then we will fall into lower realms. Therefore, I hope each and every Buddhist won't miss this chance. After the Buddha recitation session, a Chan session will be held. We come together to practice and work hard. Copies of the *Sutra of the Names of Ten Thousand Buddhas* have arrived, and it would be best for everyone to bow in repentance before the Buddhas through a section of this sutra each evening.

The merit and virtue derived from bowing this repentance can never be fully expressed. Bowing in repentance can eradicate people's karma; bowing in repentance can nurture people's good roots. Bowing in repentance can help people who have never done any spiritual practice learn how to practice and help people without good roots to develop them. When our good roots are full and complete, we will become enlightened. Therefore, the merit and virtue of bowing in the Repentance Ceremony before Ten Thousand Buddhas is inconceivable. We will experiment with bowing in repentance for one hour every evening. Next year we can start to officially bow the repentance. Everyone should recognize the importance of bowing in repentance; only then can you derive its benefits.

We bow in the repentance ceremony before Ten Thousand Buddhas every evening. The power of this sutra is inconceivable. Ten thousand Buddhas come to protect you; therefore, you can gain everything you seek. If you seek to open up your wisdom, you will gain wisdom. If you seek to eliminate your karma, you will eliminate your karma. If you seek to gain good roots, you will gain good roots. The Ten Thousand Buddhas will help you gain good roots, and the Buddhas will come bless you

的。過去諸佛也是拜《萬佛懺》，現在諸佛還是拜《萬佛懺》，未來諸佛也都是拜《萬佛懺》而成就的。你看，虛老和尚以前也拜《萬佛懺》。從前我遇見過一個福建人，他原來有心臟病，病得很厲害。他就拜《華嚴經》，一個字一拜、一個字一拜，一天就拜一千多拜。後來他的心臟病不知不覺就沒有了。所以修持佛法，必須要有一份至誠懇切的心，自然就有感應。以後每天請法，一個人請就可以了，因為我們這兒人不多，一個一個輪著來就可以了。等人多的時候，再兩個人一起請。這法無定法，要合乎中道。拜佛、拜《萬佛懺》都是非常重要的。我們修道的人，不拜《萬佛懺》就談不上修行。我以前也拜《萬佛懺》。修行必須要經過一番艱苦奮鬥，才能有成就。你若不誠心，根本就不會有成就。

我們每天晚間拜《萬佛懺》，拜《萬佛懺》的功德是沒有法子能說得完的。有的人壽命本來是很短的，若能拜《萬佛懺》，壽命就可以延長了；有的人有很多的病痛，若能誠心拜《萬佛懺》，病痛就可以沒有了；有的人這一生也沒有什麼幸運的事情，所行所作、所遭所遇都很不吉祥的，若能誠心拜《萬佛懺》，就可以一切一切都如意吉祥。修道的人常常拜《萬佛懺》，很快就可以開悟了。拜懺的這種功德是不可思議的，就拿這位成祥法師來講，我在香港認識他的時候，他什麼也不會說、不會講，連字都沒認識多少。後來他到了加拿大，沒有什麼事就天天拜《萬佛懺》，他一個人拜。前後拜了五年，拜了二十六部。現在看他的樣子，比以前是聰明得多了。虛老在過去也拜《萬佛懺》。西方人不願意禮拜、叩頭，所以也沒有人懂得叩頭的這種功德。拜《萬佛懺》的時候，大家要特別拿出一份誠心來拜，無論你有什麼病痛，你誠心拜都會好的，不知不覺病就沒有了。現在成祥法師在宏福寺那兒還是天天拜《萬佛懺》，前幾天他拜了一部《梁皇懺》，現在又拜《萬佛懺》。懺就是懺悔，「彌天大罪一悔便消」，你能懺悔，罪業就消除了。罪業消除，善根就會增長。

to help your illness and to eliminate your karma. Thus, the repentance is extremely important. The Buddhas of the past bowed in this repentance ceremony before Ten Thousand Buddhas, as do the Buddhas of the present. The Buddhas of the future will realize Buddhahood through bowing this repentance. You see, Venerable Master Xuyun bowed in this repentance ceremony before the Ten Thousand Buddhas. I encountered a person from Fujian Province who had severe heart disease and was very sick. He bowed to each word of the *Flower Adornment Sutra*, making about 1000 bows each day. His heart disease disappeared. It is very important to have a sincere heart when you practice Buddhism. Sincerity will bring a response. From now on, one person at a time can request the Dharma. You can take turns. Since we don't have many people right now, one person will suffice. If there is a larger crowd, then two people can request the Dharma. Nothing is certain -- simply follow the Middle Way. Bowing in the Repentance before Ten Thousand Buddhas is very important. If you don't participate in this repentance, you can't really be called a practitioner of the Way. In the past, I also did this repentance practice. Therefore, in spiritual practice, you must undergo a process of hardship and exertion, and then you'll have some achievement. If you aren't sincere, you won't achieve anything at all.

We do the repentance before Ten Thousand Buddhas each night, and the merits and benefits are tremendous. Those who are destined to have a short life spans can increase their life spans if they bow. If those who have many illnesses honestly bow in repentance to the Ten Thousand Buddhas, their illnesses will disappear. Some people do not have any luck in their life, and everything they do or experience is unfortunate. If they sincerely do this repentance before Ten Thousand Buddhas, they will enjoy good fortune. Practitioners who frequently do this repentance will soon attain awakening. The merits of bowing in repentance are inconceivable. I will talk about Dharma Master Cheng Xiang. I first met him in Hong Kong. He did not have much to say because he did not know many words. Later he came to Canada where he began his daily routine of bowing in repentance for five years. He finished bowing the repentance ceremony 26 times. When I see him now, he is much smarter than before. Venerable Elder Master Xuyun also bowed in this repentance. Westerners tend not to like to bow; therefore, they do not experience the merits of bowing. When bowing in repentance before Ten Thousand Buddhas, have a sincere heart. No matter what kind of illnesses you have, if you sincerely bow, you will become well and your illnesses eventually will disappear. Dharma Master Cheng Xiang is at the Vast Blessings Monastery every day, bowing the repentance before Ten Thousand Buddhas. For the last few days, he has been there bowing the Emperor of Liang Repentance, and now he is bowing in repentance before Ten Thousand Buddhas. To repent also means to reform. There is a saying, "Offenses that fill the skies disappear with a single thought of repentance and reform." If you can repent of your offenses, they will be eliminated and your good roots will grow.