

口述上人教化
The Oral History Project

大悲事眾生

Serving Beings with Great Compassion

果須 (Barbara Waugh) 口述 Spoken by Barbara Waugh
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The Master invited to speak to UC Berkeley students at a Redwood City Retreat on March 1, 1970
1970年3月1日上人爲在紅木城進修的柏克萊加州大學學生講演

Editorial Note: Barbara is one of the earlier western disciples of the Venerable Master Hsuan Hua and she has taught Sanskrit at Dharma Realm Buddhist University for many years. She is a registered nurse in addition to that. Her story started when she met the Venerable Master in the summer of 1969

The Master's Good Roots Stew

I grew up as a sort of spiritual orphan. My parents were engineers and weren't religious at all. I always felt I was looking for something pretty much all of my life

編按：果須(Barbara Waugh)是宣公上人最早的西方弟子之一，多年來她一直在法界佛教大學教授梵文，此外，她也是一位註冊在籍的正式護士。果須和上人的法緣從一九六九年的夏天開始……

師父的善根羹

我是個性靈孤兒，積極地尋找精神上的導師。我父母都是工程師，都沒有任何宗教信仰。自小到大，我似乎都在尋找著什麼，卻茫然沒有頭緒。

but I didn't see anything around me. I was looking for a teacher and spiritual direction.

I was living with some friends in Aspen, Colorado, in 1969. That summer, I had a long, elaborate dream with a lot of details where I met Shi Fu. I was in a place that was kind of dark and cave-like. There were people who had this knowledge, this gnosis. I was very interested in different cultures, religions and philosophy and all that kind of stuff. In the dream, we had all gathered together; we'd all known each other from past lives. There were people saying, "I've got the knowledge; I've got the gnosis; maybe I'll give you a little bit." I quickly realized they really didn't have it. They'd say, "We'll give you a little bit and you'll leave you and you will forget everything. But you will go through life doing certain things that are good and in your next life maybe you can make a little more progress."

I don't want to forget, so maybe I can escape before they can do this science fiction thing of making me forget. I was running and people were chasing after me. Finally I ran through big doors that opened to a giant white kitchen. It was huge and bright. There was only one person in there -- it was Shi Fu. He was dressed in just very plain monk's robes. He was cooking something in a huge cauldron. As soon as I had entered through the doors, I knew I was safe. I knew I had found what I wanted and at last I was safe. He had all the answers. I said, "What is it (the thing he was cooking)?" He said, "It is good roots stew." I said, "Can I have some?" He was wearing a big smile on his face and answered, "Sure, you can have some. No problem." I realized that wasn't the right question. The right question was, "Will you show me how to make this?" He said, "Yes, of course." and that was the end of the dream.

I ended up going back to school at Berkeley, California, and signed up for a course in Buddhism. Part of the course was a weekend retreat for the whole class at La Honda. I had to work on Friday night, the first night of the trip, so I went on Saturday. As soon as I got there, it started looking like the dream; it was kind of dark. My classmates told me that I had missed the really good stuff because there had been a Tibetan teacher the night before and everyone was very impressed but some Chinese guy was coming tonight.

On the evening of March 1, 1970, Shi Fu arrived with five monks and nuns (Heng Chih Shi, Heng Yin Shi and three monks) and a bunch of lay disciples. Everybody came inside where they led the evening ceremony. I remember finding it hard to follow. I actually didn't notice Shi Fu at first, but I did notice the American monks and nuns. They really impressed me. They had some kind of awesome deportment and demeanor. But when Shi Fu started to talk, even though he was speaking Chinese, and even before his words were translated,

一九六九年的夏天，我和一些朋友住在科羅拉多的雅斯本(Aspen)。那時我做了一個長長的卻又很清晰的夢，在夢裡見到了師父。夢裡我一個人在一個好像黑山洞的地方。那裡有一些具有知識和靈覺的人。我對不同的文化、宗教和哲學方面的東西都很感興趣。我們聚集在一起，大家在前世就互相認識了。有些人說：「我有這種知識，也得到了那種靈覺，或許我可以給你一點點。」然而很快我意識到他們其實並沒有得到。他們說：「我們給你一點，你就可以離開自己，並且忘記所有的事情。但是你將經歷生命去做某些善事，然後在來生，你可以得到進一步提昇。」

可是我並不想忘記所有的事情啊，於是趁著記憶還鮮明的時候，我趕緊從這群人中逃離。然而那群人在後邊追趕著，最後我通過一道大門，走進一個又大又亮的白色廚房，裡邊只有一個人，那就是師父。他穿著普通的僧袍，正在煮一口大鍋的東西。當時不知怎麼地，我知道自己安全了，並且找到自己想要的了，師父會知道所有的答案。我說「這是什麼？」（就是他正在煮的東西），他說，「這是善根羹。」我脫口而說，「我能吃點嗎？」他笑得很開心地說，「你當然可以吃，沒問題。」接著我意識到這個問題問得不對。正確的問題是，「您能教我怎麼做這個嗎？」他說，「當然可以了。」於是這個夢就結束了。

沒有多久，我回到加州柏克萊繼續就學，還很巧的選修了一門佛學的課程。在一次的到拉宏達紅樹林(La Honda)校外靜修教學中，本來我應該在星期五晚上到，可是我得工作，所以星期六才趕到。那天一切就彷彿就像夢境裡所出現過的那樣，那天的天色很暗。我同學說「真遺憾，你錯過了很棒的課程，昨晚有西藏的老師來為我們演講。今天晚上會有些中國人會來！」

那天(一九七〇年三月一日)晚上，師父與五位美國的比丘和比丘尼(恒持師、恒隱師還有三位比丘)和一批在家弟子來到紅樹林。大家都進來做晚課，我記得當時我很難跟得上。一開始我並沒注意到師父，只注意到美國的比丘和比丘尼；我對他們印象非常深刻，他們都很有威儀和品行。但是當師父一開始講話，即使他講中國話，甚至在翻譯之前，我已經被深深打動了——那真是無法言喻。他的聲音太不可思議了！後來聽到他們翻譯，真是太妙了！原來師父講的是普賢菩薩十大願王：「我們所有的人都曾經聚會在一起，因為我們都和普賢菩薩有緣。所以下面我要講普賢菩

I was moved. I can't describe it. His voice was incredible. And when they translated what he said, it was amazing, because he lectured on the ten Vows of Samantabhadra Bodhisattva. He said, "All of us have gathered together during another time because we have conditions with Samantabhadra Bodhisattva, therefore, I am going to lecture the Ten Vows of Samantabhadra Bodhisattva," which he did. Then he said, "When you leave, you're going to forget all this." I thought, "Oh, no. I don't want to forget this time." As they were leaving, I approached Heng Chih Shi, 'cause everyone was leaving rapidly. I managed to catch her sleeve, saying, "Where are you? How do I get there?" and she gave me the address for Waverly Place in Chinatown, San Francisco.

I felt like I had just found my spiritual family. I could almost hear voices in the woods saying, "It's okay now. We are here. You are not alone anymore." It was unbelievable how much I was moved, but I thought, "Oh what if he won't take me as a disciple? What if I am unworthy?" I was really frightened.

A month passed before I went to Waverly Place. It was a flat with no elevator, on the fourth floor. I gave out of breath on the fourth floor and stood there thinking, "I don't know about this, maybe I should leave." I looked around the corner and there was Shi Fu standing at the door, looking right at me. He said "Come in, Come in!" So of course, I couldn't leave at that point.

Visiting CTTB for the First Time

I remember when I first saw the City of Ten Thousand Buddhas. It was after a lengthy process of acquiring the place. People were reciting the dabeizou 108 times every day. It was considerably run down, broken down, buildings were a mess and weeds were growing everywhere. One day Shi Fu came to lecture and he said to us, "Guess what I am doing today?" Someone responded, "What are you doing?" to which he replied, "I am cleaning the toilet with my bare hands." Everyone was aghast. "You know, there's a lot of work to do here. Guys, why don't you just jump in and do it?" He did things like that; nothing was beneath him. If something required attention, he would just do it.

1979, I went to live in CTTB with my husband. The story behind we lived there was this: One day, in 1977, Heng Yin Shi grabbed me and said, "You gotta come see this place." So we went -- and I loved it. It was a ram-shackled, dilapidated mess. It was serene and so wonderful. There weren't a lot of people and there wasn't a lot of structure so it was, in fact, really nice in a way. I thought, Someday this is going to be huge magnificent complex with all kinds of great people. That will be wonderful, but it is wonderful, in a different kind of way, in the beginning.

At some point Shi Fu discontinued lecturing in San Francisco,

薩的十大願王。」講過之後，他又接著說：「等你們離開的時候，你們就會把這些都忘乾淨了。」我想：「不會的。這次我可不忍忘記了！」當他們走的時候，我趕上了恒持師——他們都走得很快。我拽住了她的袖子，問她，「你們在哪兒？我怎樣才能到那裡？」於是她給了我三藩市中國城天后廟街的地址。

那時我覺得好像找到了自己精神上的家。在腦海裡、心裡仿佛聽到樹林裡有聲音說：「現在沒事了！我們在這兒，你再也不會孤單了！」我真的太感動了，但是心想著「假如他不肯收我做徒弟怎麼辦？假如我不夠資格怎麼辦？」當時我害怕極了。

過了一個多月，我終於去了天后廟街。那兒是一間老公寓的四樓，那裡沒有電梯，當我上氣不接下氣地站在四樓樓梯口，心想：「我不知道這是怎麼回事，也許我該離開。」就在此時師父就站在門邊注視著我，說：「進來，進來吧！」當然，那會兒我就不能離開了。

初訪萬佛城

我記得那是一段漫長的購買過程，那時大家每天誦一百零八遍〈大悲咒〉來迴向。之後，我終於第一次來到萬佛城，那裡是一片衰落破敗的景象，亂糟糟的樓群，雜草叢生。有一天師父來開示，他說：「你們猜我今天做了什麼？」「您做了什麼？」「我徒手洗了廁所！」所有的人都嚇呆了。「你們知道，這兒有很多工作要做，對吧？為什麼不投入去做呢？」他會做類似的事情，對師父來說，沒有什麼工作是低賤的；假如事情需要注意，他就直接去做了。

在一九七九年，我和同修搬到萬佛城來住。然而其背後故事是，有一天恆隱師抓住我說：「你得來看看這個地方！」於是我們就去了。我很喜歡萬佛城，雖然看上去重重障礙而破敗零亂，但卻非常寧靜、美好。事實上這是因為當時人不多，也沒有什麼好的建築物。而我當時憧憬著有一天，這裡將會有宏偉的建築，群英薈萃，前景很美好；不過眼下卻也是另一種的美好形式。

然後我回到萬佛城參加觀音七法會，大概是在一九七七年，那年正值大旱。有一陣子，師父停止在三藩市的開示，開始在萬佛城講法，我甚至不知道為什麼師父不再在三藩市講法了。觀音法會在春季舉行，我們正經歷乾旱，每個人都希望能下雨。那時我的情況很差，覺得疲累不堪，什麼都不想再做下去了！我自己有一個房間，但裡

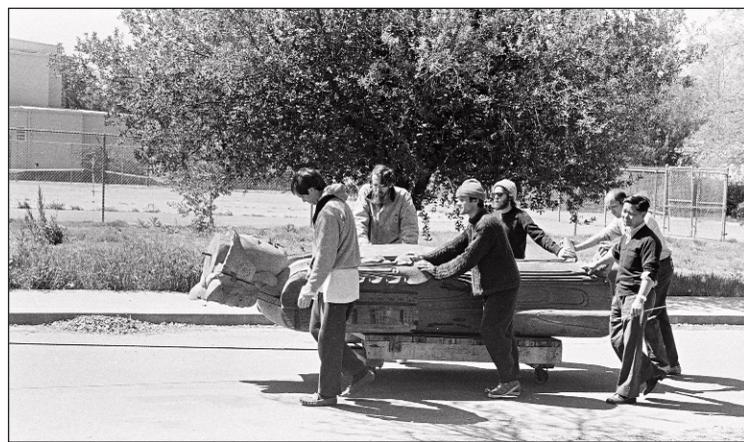
and started lecturing in the City of Ten Thousand Buddhas. I couldn't imagine why Shi-Fu wasn't lecturing in San Francisco. So I came back to CTTB for a Guan Yin session that was held in the spring; I think that might've been 1977. Some people had already arrived before the session began. We had been in the middle of an extraordinary drought. Everybody wanted rain. I was having a terrible time, was tired and I couldn't do it. I had a room to myself, but it was very, very dirty. I had allergies, so I spent a lot of time cleaning the room.

One day after lunch, we were walking around and reciting. The large Guanyin statue in the Buddha Hall hadn't been gilded. It was just wood. They were taking it out in pieces and loading it onto a truck, which was kind of strange. I observed, and thought about it. I was wondering if it was better gilded or not. Then I noticed a cloud that appeared suddenly in the sky. The cloud was like a miracle. It looked like Guanyin. It was coming from the west, right over the pieces of the statue of Guanyin.

At that time, I had taken a vow of silence. I decided that the only way I was going to cultivate was to not talk. It was really great because I didn't even have to tell anyone about my vow; they figured it out and were very supportive. But then I got upset. After I had taken the vow of silence, one of the nuns said to me, "We've got very important people who are coming and we need a nice clean room for them. So we're going to give them your room." I had just spent days cleaning it! The nun continued, "You're getting a room that is really filthy." I couldn't say anything. I was full of rage and I couldn't say even one word. After a while, the anger went away, and I felt much better. And then I saw that cloud that looked just like Guanyin. The more I looked at the cloud, the more it looked like Guanyin, and the more adorned it was. It was like going to the Heavens where things are adorned so much more than you can imagine. This world is just filthy in comparison.

After a while, I saw another cloud and it looked like Wei Tuo Bodhisattva. I thought, oh, this is too much. So I just bowed and nobody paid any attention to me. After that, I was overcome with incredible energy, felt very calm and peaceful, and was spirited with vigor. The rest of session went just well.

Shi Fu had been away and came back shortly after I had seen the clouds. He gave a little talk to us and said, "Maybe someone had some interesting experiences. Why don't you share your experience?" I was bursting at the seams wanting to talk about my experience. He said, "Come on. Come on, you can talk about it." I just sat there; I couldn't talk. Some minutes later, he said, "Okay, you can talk about it later." At the end of session, he asked about it again, so I talked about it. He said, "Did anyone else see this?" I said, "No."  To be continued



邊非常非常髒，而我又患有過敏症，所以花了很多時間打掃屋子。

有一天吃過午飯，我們開始繞念。當時佛殿裡的觀世音菩薩像還沒有貼上金箔，只是木刻的。人們把雕像卸成幾部分，裝在卡車上，看上去有點奇怪。我看了心想：貼了金箔好？還是不貼金箔好呢？忽然我發現天空中出現一朵的雲彩奇蹟般地停在卡車上方，那朵雲看上去就像觀世音菩薩，不偏不倚從西邊飄來，就籠罩在觀世音像的部分木頭上。

那段時間我曾發願止語，我認為自己修行的唯一方法就是禁語；這真的是個很好的方法，因為甚至都不必告訴任何人，大家就發現了，而且很支持我。不過後來我挺苦惱的，發願止語後，一位比丘尼說：「有非常重要的客人要來，我們得幫他們整理出一個乾淨的房間。所以就打算把你的房間給他們了！」可是我剛剛纔花了好幾天的功夫把它打掃乾淨！「妳再搬到另一間骯髒的房間吧。」我氣到爆，可是什麼話也不能說，一個字也不能說。過了一陣，我的怒氣消了，也覺得好受多了，接著就看到了這片像觀世音菩薩的雲彩。我望著這朵雲，越看越像觀世音菩薩，越感覺莊嚴；感覺我好像置身於天界，一切都是那麼的香光莊嚴，不可思議。

過了一會兒，看到另一片雲，像韋馱菩薩，我心想：「這真是目不暇給！」於是就在原地朝拜。沒有人注意到我。從那之後，我感應到一種難以置信的能量，心情非常寧靜平和，精力充沛；後來參加法會的過程就很順利了。

很快地，師父回來了——他早先離開了一段時間。他做了很短的開示，然後說：「也許有人經歷了一些很有意思的事情，為什麼不來和大家分享一下呢？」我當時發願止語，所以坐在那兒沒有動；其實我很想講出來，差點兒就脫口而出了。他說：「來！來！你可以把它說出來！」我還是坐在那兒，沒法張口。過了幾分鐘，他說：「好吧！過一會你再講！」等到結束的時候，他又問了，於是這次我說了。他說：「有其他的人看到了嗎？」我說：「沒有！」  待續