

Sharing Insights from the Repentance Before Ten Thousand Buddhas 2011

2011年萬佛寶懺心得分享

2011年5月31日講於萬佛城大殿

The talks given on May 31, 2011 in the Buddha Hall at CTTB

萬佛寶懺最後一個晚上通常都會請大家分享經驗，幫助大家在修行上得到一些鼓勵，茲摘錄今年心得報告如下，以饗讀者。

恒君法師：能來拜萬佛寶懺的人，是世界上最幸運的人。要有時間、有因緣、身體狀況佳，種種因緣具足才能來，所以要用感恩的心來拜萬佛懺！

我想提醒各位，能拜佛，千萬不要站著；能站著，千萬不要坐著。等有一天病了，想拜佛，腰也不行，腿也無力了，那時真的就只能坐在那邊，看著別人拜了。不要偷懶，能拜盡量拜。今年能拜，不知道明年身體還能不能拜。

既然有心，那麼辛苦來到萬佛城，花了那麼多錢，也請了假，就要好好把握時間。有些人一有空，趕快找人聊聊天，我覺得好可惜！把握時間用功，這才是你來萬佛城的目的。要找人家聊天，你就不必來了，在你住的那個地方，陪你聊天的人一定比這兒多。

希望來年，明年再來的時候，大家能夠少說話，能拜佛盡量拜。天天念佛、憶佛、拜

In order to encourage and help people in their cultivation, we always ask participants to share their experiences and stories on the last day of the Repentance Before Ten Thousand Buddhas. Below are excerpts of inspiring reports from participants.

Dharma Master Jun: People who can make it to this repentance are lucky that they have the time and conditions to be able to come, and the health to participate. We should all be grateful for this good fortune.

I would like to remind everybody that when you're attending the session if you are able to bow, do not stand; if you are able to only stand, do not sit. If you become sick, if your back and legs are weak, you can't bow even if you want to. You would only be able to watch others bow while you sit on the side. Therefore, do not be lazy and bow as much as you can while you can. You may be able to bow this year, but you do not know if you will be able to bow next year.

Since you made the resolve to come, went through hardship to take time off work, spent a lot of money and arranged everything to be able to attend the session, then you should seize the opportunity to participate fully. Some people may want to take every bit of free time to chat with others; I feel this is such a waste. Your main purpose in the City of Ten Thousand Buddhas (CTTB) should be to cultivate most vigorously, every single minute. If you are looking for someone to chitchat with, then you do not need to come here since there are

佛，身口意時時都在念佛、拜佛，身口意也時時在佛光注照中，這個拜佛功德必定殊勝圓滿。

梁林森：我從上海來美國，現在在馬里蘭居住。這次我帶著真誠的懺悔心，自行向佛菩薩懺悔。年輕的時候，為了飽口腹，在家裡殺雞、殺鴨、殺魚，現在回想起來，殘害了不少眾生。回首往昔，罪業深重，現在知道過去做錯了，藉著真心懺悔，認真念佛，想要求得寬恕，令眾生解怨。

有一顆真誠的心，拜懺的障礙也小了。記得第一次來的時候，拜了沒幾天，腳就非常痠痛，連走路都有些困難，兩腳發軟，需要扶著扶手走，一個多禮拜後才恢復正常。這次就不一樣了！拜了三天以後，體力恢復正常，順利參加法會到結束。這都是佛菩薩的加持，讓我繼續努力精進。

梁果亮：有一位從澳洲來的居士在萬佛懺期間多次看到上人。她允許我跟大家分享。

她去年來拜萬佛懺，在萬佛殿外面看到一個非常非常大、很莊嚴的大丈夫相，在萬佛殿的上空，上半身包住了整個萬佛殿，她以為是佛，就問：「您是誰？」得到的答覆：「我是你師父！」在講的當下，就現出師父的樣子，大小就小了一點。

今年她在搭飛機來萬佛城的路上，飛機震動得很厲害，十五分鐘都沒有停，大家都很害怕。她就看到師父搭在飛機上面，坐在飛機頭鎮住了飛機，然後亂流就停止了。因為時差的關係，她在聽經的時候打瞌睡，感覺到好像有人在看她，她一看，是師父在大殿裡瞪著眼看她，她趕緊坐好。這是她的三個感應，我覺得很值得和大家分享。

胡果興：我來自馬來西亞。一九九五年有機會來到萬佛聖城，參加上人茶毘，之後就發願，將來要帶一家人來聖城。

二〇〇九年，女兒很想到萬佛城拜萬佛寶懺，我也想來，便和家人發願要來聖城。我們一家五口，真的順利地拿到了美國簽證，都來萬佛城拜萬佛。

未來之前，扭傷了腿，頭一兩個禮拜，拜佛不方便，腳很不順，但是堅持拜下去。才開始拜兩天，我又開始頭暈，就求佛菩薩、上人加持繼續拜，一直拜到圓滿為止。在拜佛時，維那法師唱各種調子，帶領大眾拜佛，每當唱「

many more people available for chitchatting where you reside.

I hope in the coming years that everyone will succeed in bowing more and talking less. Keep the Buddhas in your body, speech and mind so that you're constantly reciting and bowing. Have hope that everyone will be complete in merit and virtue.

Liang Lin Sen: I am originally from Shanghai but now I'm living in Maryland. This time I brought a sincere mind of repentance to the session. I killed many chickens, ducks, and fish when I was young because I was greedy for flavor; this caused me to have heavy, bad karma. I can see now that I was extremely ignorant, taking wrong for right. Now I truly repent and seek forgiveness for the beings I harmed.

A sincere mind definitely has helped my karmic obstructions to disappear. The first time I attended the session, my legs swelled within a few days. It was extremely difficult and painful to walk. I had to hold onto the railings and it took about a week for my legs to return to normal. This time is much different! After three days of bowing, my health returned to normal and I was able to smoothly complete the entire bowing session. This is because the Buddhas and Bodhisattvas extended their blessings to me and allowed me to continue to cultivate.

Liang Guo Liang: An upasika from Australia, on many occasions, has seen Venerable Master Hua during the Repentance Before Ten Thousand Buddhas. With her permission, I am going to share her experiences.

Last year, when she participated in the bowing session, she saw an image of an adorned man hovering over the main Buddha Hall. He was remarkably big and his upper body covered the entire Buddha Hall. She thought it was the Buddha so she asked, "Who are you?" The response was, "I am your Shi Fu [Master]." At that moment, the man manifested the appearance of Master Hua as we know him, but smaller in size.

This year, she had another experience on board the plane from Australia to the United States. There was turbulence during the flight which made the plane shake violently for fifteen minutes and everyone was terribly frightened. Then she spotted Shi Fu sitting on the plane, stabilizing it, and the turbulence ceased. After arriving here, due to the jet lag, she was dozing off during the sutra lectures and Dharma talks when she saw Shi Fu in the Buddha Hall staring at her. Immediately she sat upright. These are three of her responses which I think are worth sharing with everyone here.

Hu Guo Hsing: I am from Malaysia. I had the opportunity to come to CTTB in 1995 to attend the Memorial Ceremony for the Venerable Master Hua's Nirvana. After that I made a vow to come again and bring my family as well.

In 2009, my daughter really wanted to come to CTTB to attend the Repentance Before Ten Thousand Buddhas, and so did I. Then our entire family made vows to come. Eventually all five of us were

唵嘛呢叭咪吽」，還有唱「至心歸命禮」，我會拜得很攝心，法喜充滿，忘記了腳痛，也忘記了頭暈了。

Kimberly：我是從加拿大來的，在虔誠佛教家庭裡出生長大，但是生活經歷讓我有比較消極的體驗，後來就成為基督徒。

二〇一〇年，我對人重新生起信心，又成為佛教徒。我是社會工作者，對工作的對象，必須要有慈悲。我工作對象的心理狀態都是不穩定的，不是安寧的。想要找一個有智慧的精神導師，教導我怎麼樣打坐。就這樣重新成為佛教徒。

從三月七日到四月七日，一個月當中，我三次夢到上人。第一次拿著拐杖，戴著帽子，穿著黃色跟棕色的僧袍，從天空下來。我禮拜上人，好像在夢中事先就看到我們拜懺的情境；看到大殿、齋堂，還有住宿的寮房。我醒來，感覺到上人就在眼前。可以看到他的臉，感到他還在。

兩個禮拜以後，又做了一個夢，上人要我回學校去拿博士學位，還告訴我，論文題目是「黑洞」。醒來的時候，想到上人十一、十二歲做了一個夢——他迷失在荒野，而且周遭有很多的洞。第三次夢到上人，上人告訴我現在就是時候了！他也給了我數學的考試，要我把這些點連接起來。

我不知道上人叫我連接這些點有什麼用意，但是覺得聖城可能是第一個點。這是我第一次來，是上人帶我到聖城的，覺得這裡好像是我的家，心裡非常平和。

我發願完成「黑洞」的論文，以報答上人、三寶、聖城。希望這篇論文，幫助別人轉變生命觀。我也希望能夠往生極樂世界。

第二個點，是我在拜懺期間感悟到的。黑洞，就好像痛苦的深淵，貪婪、愚癡的深淵。娑婆世界本身就是大黑洞。我們每一個人都為自己挖了一個大洞，卻不知道，直到有一天，才突然意識到這個洞。有時候不了解這個洞的含意，也失去瞭解的機會。也因為不會；也因為不了解，就越挖越深，把自己陷在這個黑洞裡面，就是等很久很久也不一定脫離生死和痛苦。

林鼎富：我是從溫哥華來的，對佛法的認識非常淺，而且很不用功，所以拜懺沒有感應。

granted visas to come and participate.

I sprained my leg before coming to CTTB. It was certainly hard to bow during the first and second week but I persisted. After bowing for two days, I began to experience dizziness then bowing became intensely difficult. I asked the Buddhas and Bodhisattvas to give me strength and vowed that I would bow until the session was completed. When we bowed and recited the phrases 'Om mani padme hum' and 'I sincerely bow to the Buddhas' before the Buddhas' names, I was filled with Dharma joy to the point that the dizziness in my head and the pain in my leg vanished.

Kimberly: I come from Canada. I was born and raised in a faithful Buddhist family. Later, due to negative life experiences, I converted to Christianity.

In 2010, I regained faith in people and returned to Buddhism. I am a social worker so I must have compassion for my clients. My clients' minds are not settled and their hearts are not at ease. I wanted to find a wise spiritual teacher to teach me to meditate. Just like that, I converted back to being a Buddhist.

In a one month period from March 7 through April 7, 2010, I dreamed of Venerable Master Hua three times. In the first dream, he was walking with his cane, wearing a hat and dressed in yellow and brown robes. He came down from the sky and I bowed to him. I vividly foresaw the Ten Thousand Buddhas Repentance event - the main hall, the dining hall and the dormitory room where I stayed. When I awakened, I felt his presence. He was there, I saw his face. I sensed he was there. That was my first dream.

Two weeks later, I had the second dream. Master Hua told me to go back to school for my Ph.D. and to title my thesis The Black Hole. When I woke up, I remembered one of his teachings - when he was eleven or twelve years old, he had a dream wherein he was lost in the wilderness and was surrounded by holes in the ground. In the third dream about Master Hua, he told me, "Now is the time, go! It's now!" He then gave me a math test and told me in these exact words, "Connect the dots."

I do not know what it meant but I felt that to come to CTTB was my first dot. This is my first time to come to the City of Ten Thousand Buddhas. On account of Master Hua bringing me here, I felt so much at peace and felt at home.

I made a vow to complete the Black Hole thesis as my contribution to Master Hua, the Three Jewels and the City of Ten Thousand Buddhas. It is my hope that this thesis will help others transform as I have. I also vow to be reborn in the Pure Land.

The second dot was disclosed during the repentance session. Fundamentally this black hole represents the hole of suffering, the hole of greed, the hole of stupidity. The Saha world basically is a big black hole. Each and every one of us digs a hole for ourselves without realizing the hole exists. Until one day, we suddenly encounter the

這是我第五次到聖城。以前來，不是參加夏令營，就是短住。住三個星期，又參加法會，我是第一次。其實，今天是我大學畢業典禮的日子，雖然沒有出席，絲毫不覺得遺憾。在萬佛懺開始前的三天，才突然想起來，一直希望能夠拜的萬佛懺就要開始了，所以隔天就買了機票趕過來。大學每年的暑假，五月到八月這段時間，我不是一直在上課就是工作，來此拜懺的因緣一直不具足。

萬佛懺第一天的第一柱香，我很震撼。因為根本不知道萬佛懺內容是什麼，我想中國人常說「萬歲萬歲萬萬歲」，這個「萬」其實都是比喻而已，萬佛懺的「萬」，不可能真的是一萬拜吧！沒想到，萬佛懺是來「硬」的，從頭拜到尾，所以第一柱香拜完腿就痠了，小腿也軟了，還好腿痛幾天就比較能適應了。

每天最開心的，就是聽上人或法師的開示，可以馬上察覺到自己的習氣，更可以帶走滿滿的法財、法寶。拜這些天雖然很累，也很氣餒，因為自己妄想特別多，心想如上人所講，肯定沒什麼功德跟效果。可是聽法後，信心又滿滿，又有動力多拜一天。

沒有來拜萬佛懺，就得不到這麼多從來沒聽過的法寶；沒有法師的慈悲教導，就不能了解萬佛懺的意義如此深遠。這次也開了眼界，見到這麼多精進的修行者，讓我生起效法的心；另外，看到這麼多不諳中文或者是中英文都不熟悉的居士這麼用功，也讓我深感佩服。

趙果圓：我是馬來西亞的趙翠圓，這是第一次到萬佛聖城來參加萬佛寶懺。在去移民局面試之前，就在家裡做了很多功課，持誦地藏菩薩聖號超過一萬遍，也禮拜上人，希望上人幫忙，我真的順利拿到了美國簽證。

第二點，拜懺的第三天，覺得好像有東西跑到縵衣裡面，整支香都在縵衣裡面面跑去跑去，但是我就不去理，繼續專注拜懺。第三是我夢到上人。有一天晚上，夢到上人給我一碗甜點，問我甜不甜？我說很甜！

最後，我想說的，這是我第一次來拜萬佛寶懺，但是我沒有感覺到身體痛，反而覺得身體非常輕、非常法喜，身心非常輕鬆。希望有一天可以再回來。

moment of awakening and realize the hole's existence. Sometimes we do not realize the meaning of the hole and miss the opportunity to understand. Because we do not understand, we continue to dig deeper and deeper. After falling into this black hole, one has to wait a very long time to escape the circle of birth and suffering.

Lin Ding Fu: I am from Vancouver, Canada. I have a very limited understanding of the Dharma. Furthermore, I am not diligent in cultivation hence I did not experience any responses during the repentance session.

This is my fifth visit to CTTB. I always came here for summer camp or for a short visit. So a three-week stay and attending the full Dharma session were new to me. In fact, today is the day of my university commencement ceremony but I do not regret missing it. I remembered about this Dharma session only three days before it started. It is a Dharma session that I always wanted to attend. I bought a plane ticket the next day. Every summer in the past few years of college, I took courses or worked full-time so I never had a chance to come.

My first surprise came on the first day and the first period of bowing. I didn't come prepared for this much bowing. Additionally, Chinese people are usually metaphorical with their numbers so I assumed the Repentance Before Ten Thousand Buddhas was not going to be ten thousand bows. I did not anticipate that it was true to its name. My legs were sore after the first period and I could hardly walk for the first few days. Later on, I became better accustomed to the bowing routine and found it more manageable.

My favorite times during the day were when Venerable Master Hua and the Dharma Masters gave Dharma talks. I'm more aware of my problems and I can put theories into practice right away. Most importantly, I feel I received many precious treasures of the Dharma that I can take away after the session ends. At the end of every day, after hundreds of bows, I was always exhausted and disappointed with myself because Master Hua said that if people don't find progress in



Gary Stone: 我來到萬佛聖城之前，先回到阿拉巴馬州，去看看家人跟朋友。

離開阿拉巴馬州，來聖城的那一天有暴風雨，去機場遇到一些困難。當時沒有想是有什麼特別的事情，因為在那裡，那個季節常常有暴風雨。我抵達舊金山，看到新聞說有大颶風，剛從我家鄉那裡過去，造成很多傷亡，吹倒很多房子。



趕緊打電話給母親，看看她是不是平安，她說沒問題。她第一件事就說我很幸運。幾個小時前我還在那裡，而現在那裡是一片混亂。掛完電話之後，想了很多，我真的是很幸運。不是因為我那個時候不在，而是因為現在可以來到萬佛聖城。我來到這裡真的是非常幸運，可以參加這個法會。這件事讓我想到無常，我們隨時都可能走；警告我不要浪費時間，要趕緊修行。

their cultivation, it is likely they have too many false thoughts when they practice. And I think that's exactly my problem. But every time I listened to a Dharma talk, I was encouraged to try again the next day, to try with new ideas and methods.

If it were not for this repentance, I wouldn't have been able to have learned this much new Dharma. And if it were not for the Dharma Masters' compassionate teachings, I wouldn't understand the depth of the Repentance Before Ten Thousand Buddhas and its vastness that reaches the Dharma realms in the ten directions. From this session, I discovered how vigorous all of you are. From children to senior cultivators, you inspired me. And to all of you who are not familiar with Mandarin Chinese or English, I sincerely respect your diligence.

Chao Guo Yuan: I'm Chao Chu Yuan from Malaysia. This is my first trip to CTTB to participate in the Ten Thousand Buddhas Jeweled Repentance. First, I did some homework before I went to the United States visa interview. I recited Earth Store Bodhisattva's name more than ten thousand times. I bowed to Venerable Master Hua seeking help in getting my U.S. visa approved, and I got it.

Secondly, on the third day of bowing I felt something running around underneath my sash, during the entire incense period. But I just ignored it and continued to concentrate on bowing. Third, one night I dreamed about Venerable Master Hua. He gave me a bowl of dessert and asked me, "Is it sweet?" I replied "Yes!"

Lastly, even though this is my first time to bow the Jeweled Repentance Before Ten Thousand Buddhas, I feel no pain. I feel very light, full of joy and relaxed. I would like to come back again someday.

Gary Stone: Before I arrived here, I traveled from California to Alabama to visit my family and friends. I am from Alabama.

On the day I was scheduled to leave Alabama and fly back to California to CTTB, we had trouble getting to the airport because of storms in the area. I didn't really think much of it at the time because this time of year there's a lot of rain and a lot of storms in that region of the country. I made my flight but when I got to San Francisco, I saw the news at the airport. A wave of destructive, violent tornadoes went right through the heart of my hometown, destroying much of the city and killing many people that day.

The first thing I did was call home. I called my mother to make sure she was safe and she was. I remember one of the first things she said to me was that I was lucky. I had left three hours before the chaos. After we got off the phone, I thought about that a lot. I thought I was very lucky, but not so much that I wasn't there but that I was coming here. Yes, I feel very blessed and fortunate to be here now and to participate in this ceremony. What happened back in Alabama made me really think about impermanence. Nature can come down from the sky and take life away without any warning. It is a warning to me to get busy and not waste any time, cultivate.