

轉法輪、沐法喜 ——歐洲訪問隨行記

編輯部
彙編

訪歐日誌

比丘尼近育 文 / 石義環 英譯

六月二十三日

我們一行二十九人從四面八方陸續抵達英國倫敦，訪問歐洲近一個月。

六月二十四日

令人印象深刻的是英國人對傳統建築的維護真可謂不遺餘力，寧可犧牲舒適方便的現代化，也不願意濫改室內外的設計，對古蹟如此，連我們下榻的旅館也不例外。

早上到西敏寺附近的財政大樓演講，湧進了八十三位上班族，聆聽實法師打坐的講演。期間還得不斷加椅子給遲到的人，足見現代人的生活壓力龐大，積極尋求解脫之道。一個小時的演講後，有些人留下來和我們討論，氣氛融洽。

緊接著趕到倫敦大學，五點左右開始兩個鐘頭的演講，首先實法師介紹打坐須圓滿孝悌之道，接著我們五位分享個人佛學在日常生活的應用。鼓勵與會者放下執著，反聞聞自性。從現場爆滿的人潮，可見歐洲人渴望佛法的殷切。

六月二十五日

早上十點趨車前往蘇美度法師的道場。蘇美度法師已退休雲遊去了，接待我們的是現任住持阿曼諾法師，率領僧尼二眾熱誠歡迎我們。餐後，實法師開示了佛陀的本生故事。

六月二十六日



Turn the Dharma Wheel and Enjoy Dharma Bliss: A Report on the Delegation to Europe 2011

Compiled by Editorial Staff

Diary on the Trip to Europe

By Bhikshuni Jin Yu / English translation by Yi-Huan Shih

June 23

The DRBA Europe Delegation, a group of 29 people, flew from all directions and arrived in London, where we started our nearly month-long trip in Europe.

June 24

The British people who spared no effort to maintain and restore the traditional architecture impressed me. They would rather sacrifice the comfort and convenience of modern amenities than diminish a building's original character from interior to exterior. Not only have they maintained heritage buildings, they even preserved the hotel buildings where we stayed.

This morning, we went to Her Majesty's Treasury, a department in the United Kingdom's government, near Westminster Abbey, to give a lecture. Eighty-three employees attended Dharma Master Sure's lecture on meditation. We had to keep on adding chairs for latecomers. It is clear that modern people are under tremendous pressure in life and are seeking the way of liberation. After the one-hour lecture, some people stayed for further discussion.

Next we hastened to London University for another lecture starting at 5:00 p.m. and lasting two hours. Dharma Master Sure began by introducing the notion that in order to practice meditation, we have to practice filial respect. Five other delegation members including myself also shared experiences in applying the Buddhadharma in our daily life. We encouraged participants to let go of attachments and to redirect their hearing inward and contemplate the listener within. The room was crowded. We were inspired and realized that Europeans also yearn ardently for the Buddhadharma.

June 25

At ten o'clock in the morning, we drove to Venerable Ajahn Sumedho's *bodhimanda*, Amaravati Buddhist Monastery. Since Venerable Ajahn Sumedho has retired from his abbotship, Ven. Amaro Bhikkhu, the current abbot, led the male and female Sangha to welcome us cordially. After lunch, Master Sure told stories from the Jatakas, tales of the Buddha's animal reincarnations.



早上十點抵達一越南社區中心演講，吸引了百三十人參加。演講在大眾齊聲稱誦觀世音菩薩聖號中揭開序幕。法師鼓勵大眾一心體現觀世音菩薩同體大悲的精神，然後開放現場問答。

六月二十七日

前往荷蘭的鹿特丹，晚間和十來位當地人談打坐，並問答。

六月二十八日

九點坐火車到Goes校友Anne的家，她父母平日提供家宅給越南信眾共修，我們抵達時便有二三十位佛友列隊歡迎。演講題目鎖定在：人道盡，佛道成。因為很多移民的第二代，對文化的認同與父母有很大的差異，佛法如何幫忙他們解決問題，成為討論的主題。實法師分享了個故事：有位上人的老弟子，脾氣很大，偏偏執教於高中，天天得面對高頭大馬，情緒不穩的青少年，彼此日子都很難過，一天他請教上人，上人二話不說傳給他一個咒：忍耐，忍耐，須要忍耐，切莫生氣，娑婆訶。果真隔天學生又要找麻

煩，試探老師的忍耐底線，他想到這個四句心咒，念了三次後，氣也沒了，智慧升起了，老師的心一柔軟，學生也就知難而退了。法師鼓勵大家：學佛就是在長養自己的慈悲心，而不是每天念了幾部經，又拜了多少佛，脾氣卻一點也沒改。

法會一直持續到下午五點才結束，大夥在三十五度高溫下無一不汗流浹背，但卻個個法喜充滿。

六月二十九日

早上坐火車到萊登大學演講，講完有些人意猶未盡，不僅把握和我們共進午餐的時間問問題，更一路跟我們坐火車到首都阿姆斯特丹的自由大學再次聆聽對百多位師生精彩的演講。

略略遊覽了荷蘭風光後，六點和當地曼達拉佛教學校的教職員交換意見，他們想向我們取經，以爭取政府的核准，我們同時也吸取他們以慈悲喜捨，及六波羅蜜為校訓的理念。雙方同意日後再進一步交流。

六月三十日

今天前往法國巴黎，越南廟靈山佛學院，晚間九點拜見廟上老和尚，老和尚勸勵大家弘揚佛法於西方，他老人家畢生致力於翻譯大藏經成越文、法文等，其為法忘軀的精神令人敬佩。

七月一日

實法師集合團員以及法國居士討論法會事宜。該廟有位比丘尼對我們的規矩，做課時所站的位置等等多所意見，實法師指示：一切都真認自己錯，不要起爭心。上人在時曾告訴我們：碰到這種情況，我們可以用英文做課。果然，順利解決了問題。令人不得不折服於上人的睿智。

七月二日

觀音法會開始，約有二百人參加，都十分誠心。

下午大悲懺後開始問答，晚間講經，法師也說他朝拜聖城時，一年正值國慶日，很多人趁此外出郊遊，因此塞車長達百尺，他在如龍的車陣中三步一拜，心中甚是害怕，不

June 26

At 10:00 a.m., we arrived at a Vietnamese community center to give a lecture. This event attracted about 130 people. The lecture began with people chanting Guanyin Bodhisattva's name. Dharma Master Sure encouraged people to manifest Guanyin Bodhisattva's spirit of "being one with all" and to practice great compassion. At the end, we entertained questions from the audience.

June 27

We arrived in Rotterdam, Netherlands. That night, we talked to ten local people about sitting meditation and then had a Q & A session.

June 28

We took the 9 a.m. train to Anne's home in the city of Goes. Anne's parents offered their house as a gathering place for Vietnamese lay people to cultivate together. As we arrived, twenty to thirty lay people lined up to greet us. Today's Dharma talk was "After One Perfects One's Humanity, One Can Realize Buddhahood." Many second-generation immigrants joined this session; their cultural identities are different from their families' native cultures. They wanted to know how Buddhadharma could help them solve their differences. The topic of the entire lecture tonight focused on this issue.

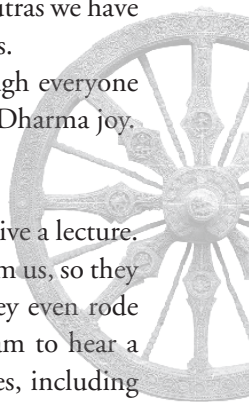
Dharma Master Sure shared a story with us: Venerable Master Hua's longtime disciple had big temper. Since he taught in high school, every day he had to face the emotional instability of young teens, and they were all brawny and tough. One day, he came to the Venerable Master and asked for help. Without a second thought, Master Hua gave this disciple an English mantra, which goes, "Patience, patience, got to have patience, don't get angry, *so po he*." The next day, one of his students tried to hassle and provoke him. The disciple thought of the four-line mantra right away and recited it three times. The mantra worked. Instead of getting angry, he brought forth wisdom. The student saw his teacher become soft and dared not cross the line and challenge him. Dharma Master Sure encouraged us: In learning Buddhism, the point of practice is to nourish and grow our compassion and transform our bad temper and character, not just to calculate how many sutras we have recited, and how many bows we have made to the Buddhas.

The Dharma assembly lasted until 5:00 p.m. Even though everyone was sweating in the 95 degree weather, all were filled with Dharma joy.

June 29

In the morning, we took the train to Leiden University to give a lecture. Afterwards, some people could not get enough Dharma from us, so they asked questions while we were having lunch together. They even rode with us all the way to Vrije University (VU) in Amsterdam to hear a splendid lecture given to an audience of over 100 attendees, including VU's teachers and students.

At 6 p.m., after visiting some of the Netherlands' cultural sites, we





went to the Mandala Buddhist School and shared experiences with their teachers and colleagues. They wanted to learn from us how to gain government recognition. In the meantime, we learned from them too. We valued their school's motto of the Four Unlimited Minds (loving-kindness, compassion, joy, and giving) and the Six Paramitas. Both groups agreed to collaborate further in the near future.

June 30

Today, we left the Netherlands for the Vietnamese temple, Linh Son University, in Paris. We paid a formal visit to the Venerable Dr. Thich Tinh Hanh. The Venerable encouraged us to continue to propagate the Buddhadharma in the West. He has devoted his life to carrying out the translation of the Tripitaka from Chinese to Vietnamese and French. We were touched by his selfless dedication to the Dharma.

知如何是好，但繼之一想，朝拜祈求和平乃自己的願，怎可退卻，於是稱念觀音菩薩的聖號繼續往前，果然一切都順利如願。他說：觀音菩薩又叫做施無畏菩薩，不見得只以白衣大士的身份出現，尋聲救苦，也會在眾生心裏害怕時，布施無畏。

七月三日

法會順利進行。晚間法師開示：上人說，到無求處便無憂。禮佛不僅可收拾內裏的垃圾，去我慢，而且把我見，架子放下。如此一來，心裏培養善根，世界也就增長善法，這也就是說要改變世界，須要先改變自己。同時學佛先要問問自己：脾氣改了沒有，一發脾氣，護法善神全都跑光了。

七月四日

早上普門品，下午拜完大悲懺便開始佛學問答。

有人問：如何處理破損的佛教文物？法師答：主要在恭敬心、虔誠心。我們大多喜新厭舊，說穿了，這是分別心作祟，總有新舊，好壞之分。如果真正遇到破損不堪時，可用乾淨的布包起來，然後置於高處，心態一樣是誠敬的才可。

七月六日

下午問答時間，介紹法大和中小學校。吸引近百位參加。最為精彩的莫過於學生的現身說法。其中有校友說：他原本不做功課，天天電視加漢堡、薯條的學生。後來有位

July 1

Dharma Master Sure gathered all the delegates and French lay members to discuss the Dharma ceremony, because one of the Bhikshunis in the temple had some comments regarding how we hold the ceremonies, how we position ourselves during ceremonies, etc. Thus, Dharma Master Sure instructed us to truly recognize our own faults and not to argue. In the past, the Venerable Master Hua said: "When we encountered such situations, we could conduct the ceremonies in English." Indeed, all problems were solved. Therefore, I was convinced of the Venerable Master Hua's superior wisdom.

July 2

When the Guanyin Dharma Ceremony started, roughly 200 people attended. Everyone was extremely sincere. In the afternoon, an open discussion session followed the Great Compassion Repentance ceremony. During the evening Dharma lecture, Dharma Master Sure told a story about his Three-Step-One-Bow pilgrimage. On Independence Day, everyone was out celebrating, so the traffic jam stretched several miles. Bowing along the road beside the traffic jam, he was quite anxious and did not know how to deal with the situation. Then, he gathered himself and reflected inwardly: "I am praying for world peace. How could I retreat?" Then, he started to recite Guanyin's name and stepped forward. As expected, everything went smoothly and he passed the traffic jam. He said, "Guanyin Bodhisattva is also called the Bodhisattva Who Bestows Fearlessness. She does not just appear a white robe and save beings whenever she hears their sufferings. Guanyin will also dispel our fear when we are afraid."



分支道場法師建議他父母，將他轉學到培德中學，於是舉家遷到加州，一開始上學並不習慣，後來生活規律，加上老師、同學的幫助，漸漸學習就上了軌道。他說當初如果沒去聖城讀書，不僅上不了大學，現在都不知道身落何處呢！還有一位只在聖城就讀一年的同學說：那一年是我一生中最難忘的，在那兒我學到佛法、禮貌、待人接物，在沒去聖城前跟家人的關係很不好，等離開家後，才發現我有多想念他們，所以我在一年後回到荷蘭和家人一起。我覺得家庭是最重要的。他們真心的分享贏得了滿堂彩。

美夢成真

倫敦的法總弟子 文 / 張嫦娥 中譯

二〇一一年六月二十三日，法界佛教總會出訪英國，在倫敦停留五天。就我而言，籌備過程是大挑戰，因我不很擅長溝通協調。



July 3

Today's Dharma ceremony went well. In the evening talk, Dharma Master Sure said that the Venerable Master Hua told us, "When we seek nothing, we have no worries." Bowing can clean up our inner junk, reduce pride, and let go of the ego. When we increase our good roots, the proper Dharma will grow in this world at the same time. That is to say, if we want to change the world, we have to change ourselves first. Therefore, in cultivating the Buddhadharma, we have to reflect inside and ask ourselves: "Have I changed my temper yet?" When you lose your temper, your Dharma protectors and good spirits will run away.

July 4

We held a recitation ceremony of the "Universal Door Chapter" of the *Lotus Sutra* in the morning followed by the Great Compassion Repentance Ceremony in the afternoon, after which there was a Buddhism Q and A session. Someone asked: "How do we deal with ruined sutras and Buddhist accessories?" Dharma Master Sure answered: "Use a respectful and sincere mind. Most of the time, we like the new and grow tired of the old. Our conscious mind discriminates what is new or old, good or bad. However, if something is really broken or cannot be used again, you can wrap it in a clean cloth and put it on a high shelf. Again, use an attitude of sincere respect."

July 6

During the Q and A session in the afternoon, we introduced Dharma Realm Buddhist University and the elementary and secondary schools at CTTB. More than 100 people participated in this event. The highlight was when alumni spoke up and shared their personal experiences. One alumnus said that, in the past, he was the type of student who didn't want to do homework. He ate hamburgers and French fries and watched TV every day. A Dharma Master from a branch monastery of DRBA encouraged his parents to transfer him to Instilling Goodness and Developing Virtue Schools. Then, his family also moved to California. In the beginning, he was not used to the disciplined lifestyle. However, day-by-day, he adapted to the daily schedule. He received lots of help from teachers and classmates, and then he finally got back on the right track. He said if he didn't study in the CTTB, he would not have been able to go to college and would definitely have been lost.

Another alumnus who only spent a year at CTTB said, "That was the most memorable year in my whole life. At CTTB, I learned Buddhism. I learned how to treat people with respect, and how to do things right. Before I studied at CTTB, my relationship with family was pretty bad. After I left my family and studied there, I found out how much I missed my family, so I came back to Holland and stayed with my family. I really think family is a first priority!" These heartwarming talks brought enthusiastic applause from the audience.

雖然如此，我有家人協助，並且很高興全家人都能有機會種福田。家人大部分都知道一些佛法但尚未發心修行。

籌備時，考慮了許多場地，最後選擇信眾可能最容易到達之處。我還想在倫敦大學亞非學院（SOAS）安排公開演講，甚至看能不能在我上班的地方——英國財政部大樓舉行打坐研討會。

訪問團給我的家人與家庭帶來正面積極的能量。抵達的第一天，天空還飄著一些象徵祥瑞的小雨。訪問團的法師與居士全都在我家用齋。過去只能夢想法師與法友哪天來用餐，沒想到竟然美夢成真了！

研討會非常成功。超過八十人參加在財政大樓舉辦的打坐研討會。起初以為可能就只有二十來人，只預訂了容納四、五十人的小房間，但隨著登記的人數越來越多，只好趕快改訂較大的會議室。實法師殷切鼓勵我許多同事打坐。有位女士發來電郵說研討會後，受到啟發懂得觀察自己的呼吸。另一位女士說已將實法師加成她「臉書」上的朋友。

第二天我們在亞非學院（SOAS）舉辦公開演講。同樣，事前沒想到會有很多人，可能不超過二、三十位吧。但出人意料，大約有七十人來聽。倫敦的最後一場法會是在越南社區中心舉行。過去多數的越南佛教儀式都在那裡舉行。印象中那些活動都十分嘈雜，法師講法時，大眾常常是只顧著相互交談，而不專心聽講。然而那天每個人都出奇安靜，專心聆聽法師講法。有些人甚至在整個演講都片刻不離席，坐好幾個鐘頭。

記得上人說過：「只要你有誠心，自然會有人來。」整個過程還算順利，但感覺法會與後勤支援，我應該可以規劃得更好些。就我而言，這是新的學習經歷，告訴自己下次一定要更加努力，到時候也許會有更多的人來參加。

在籌備法會過程中，最令我欣慰的是看到家人第一次感受到法喜並且轉變。他們是第一次遇上真誠、善良、親切又大方的法總訪問團佛友。真心感謝法總訪問團的所有成員，若不是他們的幫助與支持，這次活動根本不可能實現。最小的妹妹在巴黎受五戒後，過來擁抱我說：「謝謝你成就了這一

My Dream Come True

By a DRBA disciple in London / Translated into Chinese by Daisy Chang

On June 23, 2011, the DRBA delegation visited the UK. They stayed in London for five days. The planning process was quite a challenge and involved a great deal of communication and coordination, which I'm not very good at. Nevertheless, I had some help from my family, and I was happy that they got a chance to plant some blessings. Most of them are already familiar with Buddhism, but have not yet brought the resolve to cultivate.

During the planning process, we considered many venues. In the end we chose a place that would be most accessible for the local Buddhists. I also had an idea of organizing a public lecture at the School of Oriental and African Studies (SOAS), University of London and went even further in exploring the possibility of having meditation seminar at the UK Treasury department, where I work.

The whole delegation brought really positive energy to my family and home. On the first day of their arrival, auspicious little raindrops fell. Both the monastics and lay people of the delegation had lunch at my home. I could only dream of having the Dharma Masters and my Dharma friends dining at my home. Who would imagine all of this would come true!

The turnout for the events was a success. More than eighty people participated in the meditation seminar at the Treasury. Initially, I thought only twenty people would be interested, so I booked a small room for forty to fifty people, but as more and more people registered for the event, I had to quickly change to a larger room. Dharma Master Heng Sure really inspired many of my colleagues to meditate. One woman emailed me and said that she felt inspired to observe her breath after attending the seminar. Another woman said she added Dharma Master Heng Sure as 'friend' on Facebook!

The following day we had a public lecture at SOAS. Again, I wasn't expecting many people, perhaps no more than twenty or thirty people. But, to my surprise, around seventy people showed up. The final Dharma event was held at a local Vietnamese community hall. In the past, most local Vietnamese Buddhist events would take place here. I remember the events would be very noisy, and people were usually less attentive when Dharma Masters gave lectures and would talk during the sessions. However, on that day, everyone was surprisingly peaceful and listened attentively to the lectures. Some actually sat throughout the lectures, which lasted a few hours long.

I remember the Venerable Master once said that if you are sincere, then people will turn up. Although the turnout was good, I felt the events were poorly planned and managed on my part. This was a big lesson for me to learn, and I told myself that I would try harder next time.

What I enjoyed most from organizing the events was seeing my

切！我感覺自己就像換了個新人似的……。」她的話深深打動了我，並且會永遠記在我心裡。看到別人轉變並且發菩提心，這種喜悅是無與倫比的。我真心希望正法能在歐洲發揚光大——我永懷希望……。我們還需要耐心等待……。

法總訪問行之回顧

何心安 文 / 張嫦娥 中譯

最初開始籌備，便知道這是艱巨的任務。然而，等所有的片段逐漸串聯起來，發覺許多籌辦者實際上是年輕人。很快我們便利用社交媒體，電子郵件、簡訊、Skype、臉書等來籌備。雖然有些人從未謀面，但忽然間同時來做這項工作。若不是途中每一站籌辦者家人與朋友的支持，我們此行可能就會亂成一團了，尤其是考慮到所打交道的人數。

直到最後一刻，都還在不斷交涉機票、住宿以及一般的後勤支援問題，但忽然發現自己和家人已經在前往歐洲的班機上了。一到了那邊，事情就非我所能掌控。只能在旁邊看著這些令人讚歎的信眾，他們盡心盡力，無論我們停留多少天，都精心安排住宿，而且在細節上，都考慮得極其周到與細緻。舉例來說，不管在哪裡，房間內總備有食物，有人載我們，有雨傘備用，有導遊帶路。還聽說Xavier的家人以及Solene的家人和其他人在法會開始前一星期，就去打掃整個場地了。

整個歐洲之行，最令我喜悅的大約就是法會了。我熱愛觀光旅遊，但在那一週裏，心中一直有為法會做事的強烈意念。真的感覺我們好像在經營餐廳，包辦了一天三次的烹煮、上菜、清理，但和這麼多令人讚歎的人一起做這些事，使得每一刻都讓人難以忘懷。記得Angelique和其他一些年輕的法國人每天都到廟上去，即便他們或許並不喜歡打掃。哈哈！

family experiencing the joy of the Dharma for the first time, and being transformed. For the first time they had met sincere, kind and generous Dharma friends from the DRBA delegation. I am deeply grateful to the entire DRBA delegation; without their help and support I don't think the events would have been possible. After my youngest sister took refuge and the five precepts in Paris, she came over and hugged me and said, "Thank you for making this all happen, I feel like a new person...." Her words deeply moved me and will forever remain in my mind. Nothing compares to the joy of seeing people transform and bringing forth the Bodhi resolve. I truly hope the Proper Dharma will flourish in Europe. We just have to be patient...I remain hopeful...

Reflections on the 2011 DRBA Delegation Trip

By Julia Ha / Translated into Chinese by Daisy Chang

When we first started organizing the event, we knew it was going to be a big job. However, as the pieces started coming together, we found out that many of the organizers were actually young people. Soon our organization hit the social media fan—emailing, texting, Skyping, using Facebook, etc. Though some of us had never met each other, we were suddenly working in tandem. Without the support of friends and families of the organizers on each stop of our tour, the whole trip would have been a giant mess, especially considering the number of people we were dealing with.

Up to the last moment we were constantly managing airline tickets, accommodations, and general logistics issues. Suddenly, I found myself on the plane with my family, headed to Europe. Once there, everything was out of my control. I watched as these amazing disciples bent over backwards to not just put us up for however many days, but to do it



看到不同國籍、不同種族的人走到一起，真是件很美妙的事情！多數人彼此之間無法用言語進行溝通，手勢成了主要的溝通方式，而美就美在那些言語上的障礙，使得這個經歷如此的震撼人心。

雖然照了許多相片，卻實在很難選出一張，但我會告訴您們使我流淚的那張。在法國的最後幾天，您們與其他一些人已去了波蘭，我們每晚都在Solene家中用餐。這些晚餐不同於平日，但對我而言，這真正是一段動人的時光。我喜歡看到年紀大的婦女、阿姨、叔叔、伯伯們以及年輕人一起開懷大笑，享受彼此的陪伴。這讓我想到血緣並不能真正限定誰是你的「家人」，家人並不一定非要有血緣關係。我深深地感激旅途中照顧我們的所有人。

現在訪問活動已經結束了，回到現實世界中來，感覺有些怪怪的，不大適應。我特別想念那群年輕人，我們的心仍然沉浸在訪問團的氛圍中。Felix告訴我，如果有時光機，他想把它撥回到六月二十三號，訪問團啟程的那一天。我的家人離開維吉尼亞時，Tammy和Felix在開玩笑，在外面推著空



with incredible thoughtfulness and care. For example, no matter where we were, there was always food in the rooms, people to transport us, umbrellas available, and tour guides to lead us. I remember hearing how Xavier and Solene's families, among others, came a week before the Dharma assembly to clean the entire place.

What I enjoyed most about the European delegation was probably the Dharma assembly. I loved sightseeing and traveling, but during that one week there was this strong sense of purpose that has stayed with me. It felt like we were running a restaurant with all the cooking, set-up, and cleaning three times a day, but to do it with so many amazing people made every moment memorable. I remember Angelique and other young French people coming every day to the temple, even though they probably hate cleaning. It was also wonderful to see all the different nationalities and ethnicities come together. Most people could not understand each other and yes, sign language was indeed the main mode of communication, but the beauty of it all was that it was those barriers that made this experience so powerful.

I have so many snapshots that I cannot just pick one. But, I will share one that makes me shed tears. During the last few days in France, when part of the delegation had gone to Poland, we began having dinner at Solene's house every evening. These dinners were not like ordinary dinners, however, but rather a powerful time for me. I loved watching the elderly women, the aunts and uncles, and the young people laughing and enjoying each other's company. It made me think that blood really doesn't define who your family is. I was grateful to the people who took care of us on this journey.

Now that the delegation is over, it feels weird to be





的行李箱，跟他們的父母告別說歐洲回來後見。回來後，我們嘗試著設計訪問團的T恤時，很多時候大家只顧著圍坐在一起分享旅途中的故事了。現在還在網上分享照片和故事，哈哈。

我想此行收穫最大的，並非我們做了「超級洗碗機」，而是我們何其幸運，並且體會到慷慨與感恩的真義。旅途中的許多費用都是由歐洲信眾支付的一一交通費、住宿費、觀光費、餐費等等。此外，美國的阿姨、叔叔、伯伯們也總是在一旁照顧我們這群年輕人，我們到哪都替我們付錢，為我們做飯，在旁邊陪著我們。然而，最大的付出是人們在時間與精力上的投入，所有人從工作中抽出時間來花在我们身上，參加法會，在廚房工作，清洗浴室。我們見到這一切後，怎會不自覺慚愧呢？非常感恩所有人，籌辦者、義工、法師及與會大眾所做的一切。

待續

back in the real world. I think, for the young people especially, our hearts still lie within the "delegation bubble." Felix told me if there were a time machine, he would take it back to June 23, the first day of the delegation. When my family left Virginia, Tammy and Felix joked around and started wheeling empty suitcases outside, telling their parents goodbye and that they'll see them when they come back from Europe. While trying to design the delegation t-shirt after the trip, often we sat around and shared stories about the trip. People are still sharing photos and stories online.

I think the biggest lesson we all learned was not that we are exceptional dishwashers, but rather how lucky we are, and the meaning of generosity and gratitude. So much of the trip was funded by the European disciples themselves—the transportation, housing, sightseeing, food, etc. Moreover, the USA aunties and uncles were always there taking care of us young people, paying for us wherever we went, cooking for us, and just being there for us. However, the biggest giving came in the form of time and energy—people taking off time from work to spend time with us, attend the Dharma assembly, work in the kitchen, or clean the bathrooms. How can a person see all that and not be humbled? We are all eternally grateful for everything everyone has done—the organizers, the volunteers, the Dharma Masters, and the assembly.

To be continued

