

# 浴佛滌心垢，長養諸善根

## Bathing the Buddha to Cleanse the Mind's Defilement It Nourishes All Roots of Goodness

### ——記萬佛聖城浴佛節慶典暨北加州中文學校聯合會來訪

#### A Report on the Buddha's Birthday ceremony and the visit of ANCCS at CTTB

法界佛教總會於4月22日在北加州瑜伽市達摩鎮萬佛聖城舉行浴佛節，慶祝釋迦牟尼佛聖誕。舊金山金山寺與聖荷西金聖寺，各安排兩輛巴士載著信眾前來。

當天恰逢北加州中文學校聯合會首次在萬佛聖城舉辦教師研習講座，主題為「文化與道德」。金山灣區華僑文教中心副主任蘇上傑，與北加州中文學校聯合會會長汪昌泰、副會長王進德、秘書長邱佩芝，以及近80位中文教師正巧得便參加隆重的浴佛大典。

The Dharma Realm Buddhist Association held the Bathing the Buddha Ceremony to celebrate Shakyamuni Buddha's birthday at the City of Ten Thousand Buddhas (CTTB) in Talmage, Ukiah, California on April 22. Gold Mountain Monastery in San Francisco and Gold Sage Monastery in San Jose each arranged two chartered buses bringing people to CTTB to participate.

The Association of Northern California Chinese Schools (ANCCS) held a seminar on the same day for Chinese teachers at CTTB for the first time, the topic was "Culture and Virtue." Sean Su, the deputy director of the Culture Center of Taipei Economic and Cultural Office in San Francisco, ANCCS president Thomas Wang, assistant president David Wang, secretary Peggy Chiu and almost 80 Chinese teachers had the opportunity to attend the adorned Bathing Buddha's Ceremony.

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# 浴佛滌心垢，長養諸善根 (續)

## Bathing the Buddha to Cleanse the Mind's Defilement It Nourishes All Roots of Goodness (continued)

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### 【續封面內頁】

由於浴佛節次日隨即開始拜「萬佛寶懺」，各國善信紛紛提前抵達，使得慶典氣氛更加熱鬧。浴佛場地位於萬佛殿與法界佛教大學教學大樓之間的廣場帳篷內，最前方是大型釋迦牟尼佛與普賢菩薩、文殊師利菩薩聖相，七尊「一手指天、一手指地」的小佛像立於金色盆中。

這些小佛像與金盆都由培德中學女校學生在法會前以鮮花裝飾得十分莊嚴，培德中學12年級學生並負責規劃浴佛路線，引導接待近1,500名信眾與來賓。信眾在法會中行進井井有條，充分展現這些學生的組織能力。

比丘近巖法師在午齋時首先開示指出，一般人都認為12月25日是聖誕節，對佛教徒而言，佛誕日才是聖誕日。這一天是佛弟子們盡孝思、傳承師道的日子。其精神在求同存異，促進社會和諧與世界大同。香港已將佛誕日列為公訂假日，希望未來西方也能將佛誕日列為公訂假日。

比丘尼恒輔法師稍後也結法緣，指出浴佛共

### [Continued from the inside of front cover]

Since the 10,000 Buddhas Jeweled Repentance was about to start on the following day, participants from all over the world had arrived before the ceremony. A big tent was set up in the plaza between the Buddha Hall and the Dharma Realm Buddhist University building. Big statues of Shakyamuni Buddha, Samantabhadra Bodhisattva, and Manjusri Bodhisattva were in the front. Seven small statues of Shakyamuni Buddha, each standing in a gold-colored pan with one hand pointing towards the sky and the other pointing to the ground were set up for bathing the Buddha.

Girl students of Developing Virtue Secondary School (DVSS) beautifully decorated the small statues of the Buddha and gold-colored pans with fresh flowers. Senior students of DVSS were in charge of drawing routes for ceremony. They received and guided almost 1,500 guests during the ceremony, which showed their ability in organizing events.

Dharma Master Jin Yan gave the first speech during lunchtime. He said that December 25 is considered the birthday of a sage for most people. However, for Buddhists, the birthday of a sage is Shakyamuni Buddha's birthday. On this day, Buddhists fulfill filial piety and carry on the principles of the fundamental teacher, the Buddha. The purpose is to seek common ground while preserving differences, to promote harmony amongst people and the world peace. The Buddha's birthday is already a public holiday in Hong Kong, hopefully it will also become a public holiday in the western world in the years to come.

Dharma Master Heng Fu said later that bathing the Buddha is to purify our

有15種殊勝功德。人天富樂、無病延年、於所願求無不遂意、親友眷屬悉皆安穩、永出苦源、不受女身、速成正覺等等功德，今天大家誠心浴佛，這些功德都已不求自得。

文教中心副主任蘇上傑致詞指出，這是他第一次來到萬佛聖城，印象深刻也很感敬佩。中華民國僑委會大力支持海外華文教育，提供師資培訓與教科書。這裡的男女校推動華語文教育成效很好，金山灣區華僑文教服務中心很樂意提供協助與支持。

瑜伽市長藍迪絲也應邀參加這項佛教慶祝儀式。曾擔任聽障兒童教師與特許學校校長的藍迪絲致詞指出：浴佛的目的在清除我們心中的貪瞋癡，充滿愛心、尊重、與求知欲的家庭是孩子們的第一所學校，而學校教育正是另一個主要的抗體，幫助兒童免於世間毒素的傷害。

藍迪絲認為育良培德中小學跟華爾道夫學校、回應課堂學校、理想教育學校等校，都在教導兒童慈悲、不要暴力、提供的環境都讓孩子們喜歡深入思考並學會專心。

萬佛聖城方丈恆律法師則開示指出，我們雖有身份、地位、年齡、性別、教育程度種族、膚色等等的不同，但都有覺性，都有成佛的潛力。「人人有座靈山塔」，萬佛聖城六大宗旨：不爭、不貪、不求、不自私、不自利、不打妄語，就是帶領我們回到清淨自性的靈山塔，並發現釋迦牟尼佛的靈山法會儼然未散，正在放大光明轉妙法輪，讓我們的心中充滿祥和的喜悅與智慧。

午齋後大眾前往無言堂瞻仰佛陀、虛雲老和尚、宣公上人的舍利。下午舉行放生法會，晴空下多隻雉雞與烏龜在佛殿前廣場幸運獲得新生。

在舉行放生法會的同時，道源堂裏女校校長恆音法師對北加州中文學校聯合會的中文老師們介紹育良小學、培德中學願景，包括重視學生的學業，更重品德，因此老師們必須以身作則。有豐富企管經驗的學校顧問周瑞芬，則從帶領學生打掃校舍等許多小故事談「啟發孩子們領導力的潛能」，培養學生「盡我所能、團隊工作」的價值觀。

周瑞芬又以美國登陸月球計劃能獲國會通過，是因為太空總署登陸月球小組充滿願景，連清潔女工都表示是為登陸月球計劃服務，打動了握有

mind. There are 15 kinds of merit and virtue from bathing the Buddha. Since we have sincerely bathed the Buddha today, we can enjoy wealth, happiness, and longevity without any illnesses; whatever wishes we have will be fulfilled, all our family and friends will be in peace, we will forever leave the source of suffering. For women, they don't need to be reborn as a woman again, and we will realize proper enlightenment. We have attained all these merits and virtues without seeking them.

Sean Su, the deputy director of Culture Center of Taipei Economic and Cultural Office in San Francisco, said that this was his first time visiting



CTTB, it was impressive to him and he respected what people have done here. Overseas Compatriot Affairs Commission of the Republic of China in Taiwan greatly supports the overseas Chinese education. Su further said that the boys and girls schools at CTTB had excellent Chinese programs, the Culture Center of Taipei Economic and Cultural Office in San Francisco would be glad to offer help and support.

Ukiah mayor Mary Ann Landis was also invited to this ceremony. She once served as a deaf kids teacher and the principal for a charter school. She pointed out that the purpose of bathing the Buddha is to purify our hearts from greed, hatred, and ignorance. A family of kindness, respect, and curiosity is the child's first school. Schools serve as another primary inoculation against the toxins of the world.

Mayor Landis considered Instilling Goodness Elementary School (IGES), Developing Virtue Secondary School (DVSS) and Waldorf Schools, Responsive Classroom Schools as well as Edutopia Schools all focus on teaching children about compassion, non-violence and imbue the educational environment with a love of deep thinking and mindfulness.

The Abbot of CTTB, Dharma Master Heng Lyu, said that we are different in position, status, gender, race, and skin color. However, we are all endowed with the Buddha nature and all have the potential to become a Buddha. "Everyone has a spiritual mountain beacon" and the six guiding principles of CTTB—no fighting, no greed, no seeking, no selfishness, no self-benefitting, no lying, are beacons guiding us back to our spiritual mountain, the peaceful enlightenment. We will also find Shakyamuni Buddha still hosting the Spiritual Mountain Dharma Assembly and emitting golden lights and turning the wonderful Dharma wheel so our mind is filled with peaceful happiness and wisdom.

關鍵票數的國會議員。「只要有明確的願景，清潔女工也能發揮影響力。」許多中文教師聽了頻頻點頭。

培德中學男校教師近梵法師讓三名同學示範打坐，所有中文教師都在現場靜坐15分鐘。有些教師雖然無法盤腿，但也略略體會靜心的效果。男校陳威宏老師主持問答時間，由中文教師隨意向現場近20名培德中學的學生提問。

培德中學的規矩之一：學生在校時不使用手機，也不能隨意上網。很多老師好奇這些十來歲的孩子怎麼受得了？以及他們認為學校有什麼需要改進的地方嗎？沒想到同學們的回答竟然出人意料：「這樣會讓我們比較專心」、「功課很忙，沒時間打手機、上網閒逛」、「我覺得以前唸的學校比較需要改進」，令中文學校聯合會的老師們大笑鼓掌。



培德中學畢業的校友經常在大學畢業後，返回母校擔任一段時間的義務老師。今年男校的校友老師謝阜廷說，學校規模小，學生很團結，感情也特別好。他對學生兼學弟的一大期望就是，唸書不要以犧牲健康為代價。

在他身旁的學生呂明賜隨口吟出《孝經》經文：「身體髮膚，受之父母，不敢毀傷，孝之始也。」由於呂明賜是在美國出生長大的學生之一，中文竟能出口成章而且一字不差，讓現場許多老師忍不住再度熱烈鼓掌。

中校聯合會會長汪昌泰指出，培德中學學生多年來參加中校聯合會舉辦的各項比賽，表現出色，讓他們對這所學校很好奇。恰好近梵法師之前曾表示歡迎中校聯合會到萬佛聖城舉辦教師研習講座，因此安排了這趟成果豐碩的研習之行。他表示很多中文教師都希望，明年能夠再度參觀強調品德教育的育良小學與培德中學。❀

People went to No Words Hall after lunch to view the shariras of the Buddha, Venerable Master Hsu Yun, and Venerable Master Hsuan Hua. The Liberating-life ceremony was held in the afternoon. Many pheasants and turtles were luckily set free in the sun.

In the meantime, the Girls School principal Dharma Master Heng Yin introduced the vision of IGES and DVSS to Chinese teachers of ANCCS, including an emphasis on students academic performance, and even more so on students' virtues. Teachers have to be role models for that matter. School counselor Priscilla Yeh who had lots of experiences in business management told stories about engaging students to clean up school building, to inspire their potential for leadership, and to instill values of trying their best and team work in them.

Priscilla told another story about NASA's moon-landing project in which a female janitor said that her work was for the moon-landing project because she shared the vision of the moon-landing team. Her words moved a Congressman who played a pivotal role in approving the moon-landing project. Priscilla said, "Even a female janitor can be influential when she knows clearly about the vision." Quite a few Chinese teachers nodded upon hearing her words.

Dharma Master Jin Fan of Developing Virtue Boys School asked three students to demonstrate sitting in meditation. All the Chinese teachers meditated for 15 minutes. Even though some teachers couldn't cross their legs, they experienced the effect of quieting down to some extent. Another Boys School teacher, Wei-Hong Chen, hosted the Q & A session, for those Chinese teachers had questions for DVSS students. About 20 students were present.

One of the rules is that students are not allowed to use cell phone or get on-line at their will. Many Chinese teachers from ANCCS were wondering how come the students could put up with the rule? What did the students feel that the schools should improve? To their surprise, the answers came like this: "We can be focused this way." "We are too busy to use cell phone and to surf the web." "Actually the school I went to before this one needs improvement."

Alumni of DVSS often come back to become volunteer teachers for some time. Michael Hsieh volunteers this year. He said that because the school is small, students work together and have a very good relationship with each other. Michael's expectation for his students is that not to harm their health when it comes to studying.

His student Michael Lu quoted a line from the *Classic of Filial Piety* which goes—Our body, hair, and skin are from our parents so we don't dare to get injured. That's the beginning of filial piety. Since Michael Lu is American born Chinese, his Chinese fluency and the exact quote won him a round of applause from those Chinese teachers.

ANCCS president Thomas Wang said that they were curious about DVSS because DVSS students had attended many contests held by ANCCS for many years, and they did very well in the contests. And it was Dharma Master Jin Fan who invited ANCCS to hold the teachers' training seminar at CTTB so they arrange this fruitful trip. Thomas Wang said that many Chinese teachers wanted to come back next year to see IGES and DVSS again.