

蜿蜒起伏心地平——

記花蓮彌陀菩提園區朝山

Winding Mountains and Motionless Hearts

—Records of a Three-Steps-One-Bow Occasion at Amitabha Bodhi Park, Hualien

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第一次參加朝山，是在美國聖城，從山門一路拜向大殿，然後開始浴佛大典；第二次朝山，是花蓮園區的觀音菩薩開光大典，從灰濛濛一片，偶有小毛雨飄落的天氣拜到豔陽高照、佛光四射的大晴天。今天（10月27日），早上六點五十分，準備參加第三次朝山。

還不到集合時間，大家就都來到地藏殿前等待。居士大概都已身經百戰，有綁頭巾的、有戴護肘的，背朝山包的，穿壞色衣；沒幾個像我這樣的初學，穿色彩鮮豔的衣服、易沾毛塵的褲子、短袖子。約定的時間一到，法師準時出現，簡單的說明流程之後便進殿裏開始儀式；唱完爐香讚，啟程朝山。

還不到七點，太陽剛剛升起，溫度十分涼爽怡人，山上的空氣清新，大家神清氣爽、精神飽滿的唱著拜著。法師要我們能大聲唱誦的要大聲唱誦，於是有幾個喉嚨內建麥克風的居士唱得可洪亮，真是九霄雲外都能聽見。雖然自己也在行列中，但還是忍不住讚嘆一番；一般來說，一個數十人的隊伍是很難行動中還排列整齊的，更別說是個幾分鐘前才集合，邊走、邊唱、邊五體投地的隊伍。我常常以生為佛子弟感到榮耀，真正的佛子弟，是從生活中一切細小瑣事，都能看出諸佛、菩薩給的教化；這行整齊的隊伍正是。

從涼爽的氣溫拜到豔陽高掛，是朝山很重要的一部份，這表示至少拜了一個小時以上；但這段山路，我們拜了兩個小時。雖然是時而上坡、時而下坡的山路，雖然人數眾多，但隊伍前進的速度不疾不徐，大眾和合、莊嚴的唱誦，讓心裏升

It was at the City of Ten Thousand Buddhas that I took my first three-steps-one-bow session. We bowed from the front gate to the Buddha Hall and started the ceremony of Bathing Buddhas. The second time was the inauguration ceremony of Guan Yin Bodhisattva image in the Bodhi Park, Hualien. It was dusky and sometimes rainy at the beginning and then later when we finished bowing, the sky turned into a brightly sunny day, embracing by the light of Buddhas. Today, October 27th, I was going to do the three-steps-one-bow for the third time at 6:50 AM.

On the day of our bowing, a group of us were early and so we waited in front of Earth Store Bodhisattva's Hall. It seemed that most participants had experienced in battles. They wore head-scarves, elbow pads, backpacks and multi-colored clothing. Few of them were primary learners like me who dressed bright colored cloths and pants that were easily to stick dust. When it was time to begin, Dharma Masters showed up punctually. After a brief introduction of the process, we entered the Buddha Hall started the ceremony. We begin bowing after singing the Incense Praise.

The sun appeared before 7 AM. The weather was cool and comfortable and the mountain air refreshed all of us. We chanted and bowed vigorously. The Dharma Masters told us to chant as loudly as possible, therefore, some of us chanted so loudly that it seemed as if there were microphones in each of our throats and we could be heard miles away. Although I was a team member, I was very impressed with the whole group. In general, it's difficult for a team with more than fifty people to line up neatly in order, let alone a team that was organized in few minutes and walked, chanted, and bowed along their way in order. I always feel honored and blessed to be a Buddhist disciple. Real Buddhist disciples can receive the Buddha and Bodhisattvas' guide from trivial things in life. This team is one of the examples.



起妄念的速度漸漸變緩。我試著不生一念的走著、唱著、拜著，絲毫沒注意到已經過了那麼久的時間。九點多一點，隊伍終於抵達正法堂，大眾入殿，整個朝山儀式順利、圓滿。

我最大毛病之一，是極不容易專心；然，總又任猶妄念紛飛。但今次的朝山，讓我有點學習：「如果念頭靜不下來，就大聲唱誦，專一的唱誦，妄念就震飛了。」看來我是找到一個對機的方法囉！感謝諸佛、菩薩、上人、諸法師，以及諸位內建麥克風的居士，阿彌陀佛！✿



The bowing session should have lasted an hour and the sky turned from dark to light. However, it took us two hours due to the windy roads of the mountain. Although the mountain path sometimes was uphill, the team kept forward at a steady speed. Everyone chanted together, which helped us get rid of our false thoughts. I tried to walk, chant and bow without any false thinking, so I did not realize how long the process had lasted at all. When it was just past nine o'clock, the team eventually arrived at the Proper Dharma Hall. All the participants entered the Hall and the whole ceremony had an auspicious perfect ending.

One of my biggest shortcomings is that I can't concentrate and I have many false thoughts. However, the bowing session made me learn more about one thing, "If you cannot keep your mind still, try to chant loudly with all your attention, then the false thoughts will fly away." It seems that I found an appropriate method! I sincerely want to express my gratitude to all the Buddhas, Bodhisattvas, Venerable Master, all the Dharma Masters and those participants with the "plug-in" microphone. Amitufo! ✿