

病中的領悟

MY REALIZATION IN TIMES OF ILLNESS

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BODHI FIELD | 菩提田

經過三十二年半漫長的時光，終於在二〇一三年一月初，從美國國防部的Walter Reed National Medical Center結束了我的護理生涯，開始步入退休的生涯規劃。退休後最想做的第一件事，就是去萬佛聖城參拜為期三週的「萬佛寶懺」；而且我發願一定全程參與，絕不漏掉一炷香。

到聖城拜萬佛懺，是我嚮往多年的心願。以前因為工作的關係，要拿一個月的假期，尤其是在四、五月間，對一名護理長而言，是相當困難的事，因為美國腸胃科護理協會的年會，固定選在每年五月召開。我因為必須代表醫院參加，所以許多會議前後的瑣事都需要詳細安排。因此這些年來，拜萬佛懺的心願都事與願違。好不容易等到退休在即，從法總新出

After thirty-two and a half years as a nurse at the Walter Reed National Medical Center, Department of Defense, I finally retired in January 2013. My foremost wish after retirement was to participate in the Ten Thousand Buddhas Jeweled Repentance session at the City of Ten Thousand Buddhas (CTTB). I made a vow that I would participate in the entire session without missing any single bow.

Attending the Ten Thousand Buddhas Jeweled Repentance at CTTB has always been my wish for many years, but it was impossible for me, as a nurse manager, to take a month off of work during April and May. Each year, there is the National Gastroenterology Nurses and Associates annual conference in May and I represented the hospital and attended this very important conference. Before and after the conference, I had lots of detailed works that need to be planned and completed. Therefore, my wish of attending the Ten Thousand Buddhas Jeweled Repentance had never been fulfilled. Once I retired, I quickly checked the newly released DRBA calendar and booked an airplane ticket within an hour after I had learned the schedule of the Repentance. I decided that I would participate in the entire session and would not miss any bowing. With great joy, I was looking forward to the arrival of May 11th, 2013.

After arriving at CTTB, I sincerely attended the ceremonies. I made vows to follow the rules of just having one meal a day and would not miss any morning and

的月曆得知萬佛懺的日期，我立刻在一小時內預訂好機票，決心全程參與。於是，滿懷喜悅，等待五月十一日的來臨。

抵達聖城後，我非常虔誠地參加法會，並發願日中一食，每日早晚課絕不缺席。用我全身每個細胞，一心一意禮拜求懺悔，希望無始劫以來，因為貪瞋癡所造的種種惡業，能藉由真心誠意的拜懺消滅些許。

五月二十二日上午，當唱到「志心歸命禮，佛前求懺悔」時，想起自己往昔所造的諸惡業，我淚如雨下，不能自持。每想到自己的壞脾氣、口氣粗魯、待人不夠圓融、對家人要求嚴厲，雖心存善念，卻也造下諸般惡業，感到難以自容。整整五十分鐘，淚流不止。我虔誠地向冤親債主求懺悔，祈求原諒和寬恕，並發願與冤親債主同發菩提心，一起成佛道。

這天下午，突然感覺右眼視力特別模糊，右眼的左前方似乎看不清楚。警覺事態嚴重，所以等到拜懺休息時間，即刻打電話給眼科醫生，希望能在最快的時間預約門診。幸好眼科醫生慈悲，安排於六月七日，也就是拜懺回家後的隔天，迅速替我做仔細的檢查。

六月七日上午，眼科醫生初步檢查後，認為需要換眼鏡。接著做周邊視力試驗（Vision Field Test）時，發現右眼的左內側視力消失；即時就轉診到另一位視網膜專家（Retina Specialist）做進一步，包括血管攝影、眼睛黃斑的檢查，結果卻顯示一切正常。眼睛沒問題，視力卻消失，我自己心知肚明，看來情勢不妙，莫非問題是在腦部？心裏忐忑不安。

四天後，做了每年例行的健康檢查，並做腦部的磁共振造影。影像顯示，腦部有一顆瘤；為了更進一步診斷，又做了一次加顯影劑的腦部MRI；出來的影像，更清晰地顯出腫瘤的大小和位置，證實了我的疑懼。我的心，猶如沉入海底深淵。慌亂了片刻，我定下心來，知道業障來了，我必須平靜地面對它，祈求腦瘤和我一起念佛求懺悔，消除我們共同的業障，增長我們

evening recitations. I participated in the ceremonies with every single cell of my body to pray and repent wholeheartedly. I prayed that my karma created in the past, due to ignorance, could be eradicated or somewhat reduced.

On the morning of May 22nd, I burst into tears uncontrollably when I chanted “With all my heart, in front of the Buddhas I pray in repentance”, and thought of all the evil karma that I had created in the past. I thought about my bad temper, rudeness, unkind words to others, and harsh manner toward family members. Even though I had good thoughts and never really wanted to hurt anyone’s feeling, I also created offensive karmas. It was very difficult to control myself during that full 50 minutes, as I wept. I sincerely repented and asked my karmic collectors to forgive me. Also, I made a vow that they would bring forth the Bodhi Mind and realize Bodhi with me.

In the afternoon, I felt a blurred vision in my right eye, particularly in the left side of the right eye. Immediately, I sensed the seriousness and called my ophthalmologist for an appointment in Maryland. Out of his compassion, he gave me an appointment on June 7th, the day after I would my return home from CTTB.

On the morning of June 7th, after initial eye examination, he thought that I might need to change my glasses. After an eye Vision Field Test, it revealed that I had lost the lower half of my right eyesight. Immediately he sent me to an eye retina specialist to have more advance tests, which included a right eye arteriogram and check for macular degeneration. The test results showed that the eye was normal. I knew immediately that my problem might be in my brain. With the test results showed the normality of my eye yet I lost part of my vision, this was a strong indication that I was encountering very serious problem in my brain. I was worried.

Four days later, I had my annual physical examination and a Brain Magnetic Resonance Imaging (Brain MRI). The MRI result showed that I had a brain tumor. Physicians wanted to know more details about the tumor, I underwent further MRI test with contrast. The result showed a clear picture of my brain tumor with its location and size. This confirmed my suspicion. My heart sank to the endless bottom. I was shocked and nervous for a moment then I calmed myself down. I knew that my karma had come to seek for revenge. I must remain calm to deal with this problem. I prayed that my brain tumor and I could pray and recite Buddha’s name together asking for repentance. With the Buddha’s help, I hope I could eliminate my karma and increase my Bodhi mind. Hopefully, I could achieve the Bodhi way in the future. At the same time, I also asked my husband to go with me to Avatamsaka Vihara to pray and practice the Great Compassion Repentance daily. With these efforts, hopefully we could pass the storm.

After a few days of struggling, I finally regained clarity to face the most difficult time in my life. I kept telling myself that I had to be calm, use my knowledge and wisdom to meet the gigantic challenge. I did not know what the outcome would be, but I must remain positive and made the best plan for the worst situation. For situations within my control, I would make the best decision with my best knowledge. For situations out of my control, I would

的菩提心，能早日成佛道。與此同時，我也請求我的同修，能每天一起到華嚴精舍拜〈大悲懺〉，共渡我們的難關。

經過數日的掙扎，終於漸漸恢復理性。面臨一生中最大的危機，我告訴自己必須冷靜，用智慧來迎接眼前的巨大挑戰。結果將會如何，不得而知，但是我必須抱最好的希望，作最壞的打算。我能決定的事情，就盡力做最妥善的安排；輪不到我作主的，就交給佛菩薩。我深信「自助人助」，如果我有強烈求生意志，並且努力、正面地接受治療，佛菩薩一定會保佑加持我。此外，樂觀正面的思想，也會增強身體的免疫系統，使我更有體力接受開刀的挑戰。

有了這樣的認識，計劃就有了方向。首先，必須找到一個好的醫療團隊。我每日誦讀《普門品》、《地藏經》，祈求佛菩薩保佑能幫我找到最理想的醫生。很慶幸地，世界上最好的神經外科醫生之一Dr. Jon D. Weingart（約翰霍普金斯醫院的神經外科主任）願意接受我這個病人，並詳細解說治療方法、流程和風險。從他的聲譽，堅定而充滿信心的話語中，讓我有強烈的預感，一定可以克服一切困難。

開刀時間，原本預計是五個半小時，結果卻開了十個多小時。兩個孩子說：「爸爸唯一做的事就是唸〈大悲咒〉，而且非常虔誠。」也許因為他的誠心，開刀雖然困難，但很幸運地沒有出現併發症。開完刀兩天後的上午，主治醫師說我康復得很快，情況良好，當天下午即可出院。真沒想到，十個多小時的腦部大手術，不到四十八個小時就能出院。在我三十多年的護理生涯中，幾乎聞所未聞。這全憑佛菩薩的保佑和朋友們的禱告迴向，除此以外，還有什麼能解釋這奇蹟呢？

一位開刀房的老同事Chamsi，在我開刀那天，留在醫院全程陪伴我的家人，甚至在手術後最危險的第一個夜晚，整夜守在加護病房照顧我。她說我整夜都在唱中文歌，同修說我可能是在念佛。如果在麻醉劑影響下，我還能平靜唸佛，這實在是一

leave them to Buddhas and Bodhisattvas. I truly believe that I must help myself first, before anyone could assist me. If I have a strong will to survive; face the problem head on with positive attitude; to receive treatment, Buddhas and Bodhisattvas will protect me and aid me. In addition, I also believe that positive attitude will increase body immunity system; hence increase my ability to take the challenge in a major surgery: Craniotomy.

After I thought through this whole situation, I then had a clear direction. First, I must find the best medical team who could take care of my brain tumor. I recited *Universal Door Chapter* and the *Earth Store Sutra* daily, praying to the Buddhas to guide me to find the best neurosurgeon. Luckily, I found one of the world's best neurosurgeon Dr. Jon D. Weingart, (Professor of Neurological Surgery, Professor of Oncology, Director, Neurosurgical Operating Room) at the Johns Hopkins Hospital. He was willing to take me as his patient immediately. He carefully explained in detail of my treatment, my surgery and possible risks to me and my family. From his reputation, his confidence and calmness, and his explanations, I strongly felt that I am in the hands of the best surgeon and in the best hospital and I would be all right to pass the tide.

The plan for the craniotomy was about five and a half hours, but it took more than ten hours. Our two adult children said to me, after I returned home, "The only thing Daddy did over ten hours was to recite the Great Compassion Mantra sincerely!" May be because of his sincerity, even though some difficulties encountered, my surgery was successful without major complication. I recovered very quickly. The physicians wanted to discharge me the afternoon two days after the surgery. This was inconceivable! After more than ten hours of a major craniotomy, I didn't want to be discharged within forty-eight hours of surgery. In my more than thirty years of nursing career I had never heard of such situation! I truly believe this is all due to Buddha's and Bodhisattva's protection; and Dharma Masters and all my Dharma friends for their prayers, well wishes and transference. If not, what else could explain this miracle?

A colleague who worked together years ago in the Operating Room at the Walter Reed Army Medical Center, Ms. Chamsi stayed with my family and me the entire day of my surgery. She even stayed in the Neurosurgery Intensive Care Unit with me the first night after the surgery, the most critical night, watching my neurological status, taking care of me. She told my family that I was singing chinese songs the whole night in the Intensive Care Unit. My husband said to her that I probably was reciting Buddha's name. If under general anesthesia, waking up and I could still recite the Buddha's name—this was a good thing for me. Another colleague, Ginny, who was in faraway in Texas, used FaceTime to watch my recovery along with Chamsi. Ginny knew that I love nature and care about environment, so she and her husband planted one hundred trees in the National Parks in my name to lengthen my life. I deeply appreciate their friendships and love.

During this period of difficult time, Dharma Master continuously sent articles to encourage me; another Dharma Master said to me "Each time you

件很好的事。另一位老同事Ginny，更遠從德州利用視訊觀察我開刀後的反應。她知道我喜歡大自然，為了替我增福延壽，她和她先生為我在國家公園裏種下了一百棵樹。她們的友情讓我深深感動。

這一段時間裏，法師陸續寄來多篇文章，鼓勵我走過困難的日子；法師一句「經過一次難關，增長一分智慧」的教誨，更令我獲益良多；佛菩薩的保佑，以及親友們的祈福迴向，使我有勇氣面對病魔的挑戰；在最緊要的生死關頭，許多貴人及時出現扶我一把，化險為夷。沒有這些精神上及物質上的支持，我是不可能如此順利地渡過這個難關。

經歷這次變故，令我深刻體會世事無常，萬事皆由因緣生，由因緣滅。遇到困難不畏懼，老老實實地接受，放下妄心，一心禮佛求懺悔，一步一步地處理事情。如果世緣已盡，阿彌陀佛來接我，我也一定會放下萬緣，跟隨阿彌陀佛往生西方極樂世界。我知福！惜福！阿彌陀佛！

執 著

為什麼心，總是那麼煩躁！
何事讓我，捨不得，放不掉？
是非？成敗？得失？人我？
興風作浪的，到底是哪條？

抹去了平靜，掀動了我洶湧的心潮！

萬事皆繫因緣！
既有緣起，豈無緣滅？
又有何事，非得糾纏不清？在牛角尖裏繞？
捨不得、放不下的執著，
只會帶來無盡的煩惱。

經云：

色不異空，空不異色；
色即是空，空即是色。
平凡如我，想要，
斷無明，了生死。
談何容易？豈能做到？
唯有努力加把勁！
希望日復一日，更接近正道！❀

encounter a difficult obstacle, you will gain some additional wisdom.”
Because of their teachings, I learned a lot and gain additional wisdom.
The blessings of the Buddhas and Bodhisattvas, and the prayers of family members and all Dharma friends are the main supports that gave me the courage to challenge and fight my illness. I am forever grateful. At the most critical juncture of life and death, I am blessed to have so many friends timely lending their helping hands to pull me to safety. Without encouragement and these moral and material supports, the overcome of my obstacle would not have been so smooth.

Having gone through this test, I deeply understand that things are impermanent. Everything arises and extinguishes because of causes conditions. When difficulties arrive, face them head on without fear, honestly accept the situation, get rid of the polluted thoughts, single-mindedly worship the Buddhas and seek repentance, and handle things one step at a time. When the condition to live in this world ends, Amitabha will come to pick me up. I will put down everything and leave all conditions, following the Amitabha Buddha to the Western Pure Bliss Land. I recognize blessing! I cherish my blessing! Amitabha!

Attachment

*Why do I constantly feel unsettled?
Why is it that I cannot let go?
Praise/blame, success/failure, gain/loss, or self/others—
Which one is responsible for the turbulence?
Which has disturbed my calm
and stirred up a tidal wave of emotion?*

*All phenomena arise from causes and conditions.
Having arisen thus, how can they not cease thus?
Why get so entangled and stuck in insoluble problems?
The attachments that we cannot give up and let go of
Only bring us endless afflictions.*

The Sutra says:

*“Form does not differ from emptiness;
emptiness does not differ from form.
Form is emptiness; emptiness is form.”
An ordinary person like me wants to
Cut off ignorance and end birth and death.
That’s easy to say, but how can I achieve it?
The only way is to redouble my efforts!
Day by day, may I move closer to the Way.*

