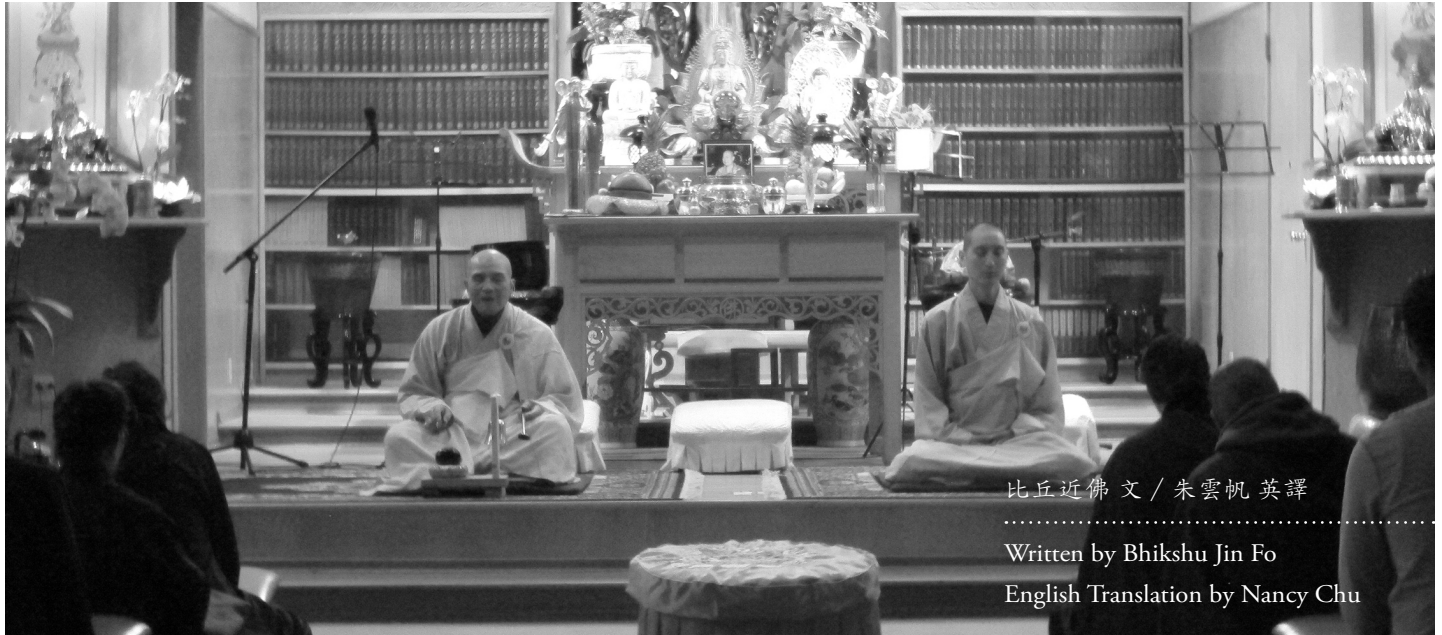


柏克萊寺感恩節佛三

Berkeley Buddhist Monastery's 3-Day Thanksgiving Amitabha Session



DHARMA REALM NEWS | 法界音

感恩節在美國社會是親人團聚的重要節日，柏克萊寺在今年感恩節也邀請阿彌陀佛、諸佛菩薩、以及諸聖眾大德等眷屬，共度三天的念佛法會。這是柏克萊寺成立19年來，首度舉辦三天的共修法會。佛弟子們顯得特別歡樂法喜，正如同宣公上人的偈頌：「夙植德本種勝因，諸佛菩薩眷屬親」，所以我們才有這殊勝相聚的因緣。

為達到清淨修行，並能專心於「阿彌陀佛」聖號上，受持「八關齋戒」是最佳途徑。在法會的第一天早上八時整，佛殿擠滿了受戒的戒子，個個都願意過著如出家人一般精進清淨的修行生活，真是值得讚嘆鼓勵。

此次法會有六位西方人，都是初次參加念佛法會，近傳師特別為他們在齋堂

Thanksgiving is an important holiday in America. It is a time when families get together. This Thanksgiving, Berkeley Buddhist Monastery asked the Amitabha Buddha, the Buddhas and bodhisattvas, and sages and great virtuous ones to be present for a three-day Amitabha session. It was the first such 3-day session held at Berkeley Buddhist Monastery in the past 19 years. Many local disciples were delighted and filled with joy in the Dharma. It was like Master Hua's verse: "Having planted excellent causes and roots of virtue in the past, all Buddhas and bodhisattvas are one's own family." It was also due to past causes and conditions that enabled this wonderful gathering to happen.

A transmission of the Eight Precepts was offered as a way to support those who wanted to cultivate purely and focus on being mindful of Amitabha Buddha. On the first day of the session, the Buddha hall was packed full of participants who, having received the precepts, were eager to experience life similar to a monastic's. It was encouraging and praiseworthy to see the widespread interest in cultivating purely and with vigor.

This was the first Amitabha session for six of the Western participants. Dharma Master Jin Chuan compassionately explained for them the method and meaning of the Pure Land dharma door. Since Berkeley Buddhist Monastery is located in

以英語解說淨土念佛法門的修行方法與意義。這是極為重要的工作，尤其柏克萊寺位於市區中心，隨時都有初學佛的新面孔上門，這是介紹佛法的好機會。

感恩節之前，加州地區已連續兩年少雨多旱，柏克萊市政府於2014年特別實施限水措施。然不可思議的是，彌陀法會期間竟然連續下雨三天，這應該是甘露雨吧！它及時解除了市民大眾的煩惱焰。

由於眾人齊心和諧地念誦著彌陀聖號，使得整個佛殿顯得特別吉祥安樂。這股瑞氣綿延相繼三天，大家同沐在彌陀聖號中，忘卻塵囂事。正如西雅圖來的東尼菲爾班克所說，他隨眾持誦佛號，常懷在心，竟沒察覺殿外下雨事。

上人說過：「念佛人要念到風吹不進，雨打不斷。」具有這樣綿綿密密的功夫，才是真正念佛人。



晚課之後，除了聽經，同時安排居士心得分享。忠實堅固的同參菲力普賴與薇樂瑞分享說：修行念佛首要注意將跳上跳下像猴子的心，安放在佛號上，久而久之就降伏其心，而習慣了隨順佛號誦念，而且要有忍耐心與長遠心。

波蘭來的馬瑞可邱德基偉克茲是僧伽訓練班的學員，發願出家。他說：「念佛要專心，聽到自己的念誦聲，及大眾的念誦聲。尤其大眾念誦聲的力量，可攝受妄想心，使我更能專心。」

第一次受八關齋戒的安琪拉佳絲緹絲說：「八關齋戒對念佛人非常重要，能使人得

downtown Berkeley, newcomers interested in Buddhism often come by. This was a good opportunity to introduce Buddhadharma to them.

For the past two years, right up to Thanksgiving, California suffered a drought and in 2014, the City of Berkeley implemented measures to reduce water usage. During the session, however, it rained for three consecutive days. This was really inconceivable and it was as welcome as sweet dew for the session's participants and city residents alike as it immediately put out everyone's anxieties.

During the session, the participants' harmonious chanting of the Buddha's name filled the Buddha hall with an auspicious and joyous atmosphere for all three days of the session. Everyone was immersed in the chanting of Amitabha Buddha's name and forgot what was going on outside. Tony Fairbank from Seattle said that he followed other people's recitation and he was so absorbed in practicing mindfulness of the Buddha that he didn't know that it was raining outside.

Master Hua once said, "Those who practice mindfulness of the Buddha should recite the Buddha's name until they can no longer feel the wind blowing or the rain falling." One who is able to be constantly mindful of the Buddha is a true practitioner.

Following the evening recitation was the sutra lecture and Dharma talk, which was a time for session participants to share their experiences. Four laypeople spoke. Phillip and Valerie Ly, the first two speakers, are longtime Buddhist followers. They said cultivating mindfulness of the Buddha requires establishing the mind in the Buddha's name. Our minds jump up and down like a monkey. It takes a long time to tame the mind's restless habits to become accustomed to reciting the Buddha's name and requires patience and perseverance.

Marek Chodkiewicz, from Poland, is a member of the Sangha Laity Training Program (SLTP) and intends to enter the monastic life. He said, "We should be mindful of the Buddha, and when we recite we should be listening to our own recitation and others' recitation. Listening to others' recitation help us calm our scattered minds and make us more focused."

Another session participant, Angela Justice, said, "The Eight Precepts are absolutely important for those who practice mindfulness of the Buddha. They establish us in purity and greatly lessen our afflictions and worries." This is her first time taking the Eight Precepts. When she reached the sixth precept during the precept-taking ceremony, which is the precept against wearing jewelry, perfume, and other adornments of the body, she immediately took off her decorative ring, bracelet, necklace, and other objects. She said that without fussing about her body, there was less fuss in her mind. She felt more clear internally and more able to focus on reciting the Buddha's name.

Although the brief 3-day Amitabha session has ended, the participants' cultivation has not. Every Sunday, Berkeley Buddhist Monastery holds a daylong Amitabha session and from now on,

清淨，而減少煩惱及掛心。」儀式進行到第六條，離香花瓔珞香油塗身時，她立即取下佩戴的戒指、手環及項鍊等裝飾。她說，這樣心裏更清淨，身上沒有掛東西，人就沒有掛心，而能專心念佛。

短短的三天念佛法會雖已結束，但佛弟子們的修行使命並未結束。柏克萊寺目前每週日舉行全天念佛法會，日後也會提供更多共修時間，並以上人「念佛念法與念僧，十方淨土寶蓮燈；華開佛現圓覺果，任運來往剎那中」這首偈頌為目標去努力。❀



the monastery will be holding more Dharma sessions for people to attend. This is in keeping with Master Hua's verse, "Mindful of the Buddha, Dharma, and Sangha, one is born in the jeweled lotuses of the pure lands of the ten directions. When the lotus blossom opens, the Buddha manifests and one attains full realization. One is then free in each moment to come and go." We should practice according to this verse diligently and reach the goal of enlightenment. ❀