

澳洲生活的甜酸苦辣

Various Aspects of the Summer Retreat in Australia



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編按：2014年澳洲金岸法界的三週夏季共修，一位從馬來西亞來的十六歲高中生辜智恒，全程參與楞嚴七、禪七、佛七，精神可嘉。以下這篇文章，記述他這次澳洲行的心得。文句流露出作者的天真，也讓讀者認識金岸法界——這座大自然中道場的生活。

我覺得很榮幸，有機會來到依娜老師從去年就推薦的金岸法界。在這難忘的旅程中，我體會與學習到各種各樣的東西。說實在話，從第一天開始到最後一天，我都過得很快樂，雖然有時候會不開心。但是又怎樣，這就是生活！生活就必須包含五味，那就是甜、酸、苦、辣、膩。不然的話，生活就會很悶啦！那麼就讓我簡要地說說這趟旅程所體會的五味。

首先就是甜，意味著快樂。我不知道其他人想法如何，但我發現能遇到不同國家的人是一件非常開心的事。台灣人、新加坡人、中國人、馬來西亞人、越南人、香港人，甚至澳大利亞人，這些人不僅把身體帶來，還有他們背後的故事也一同帶來。我們一起把金岸法界打掃的乾乾淨淨，一起煮美味可口的食物；雖然我沒有幫忙煮，但是我有幫忙吃。感謝你們能到這裏。

接著是酸，意味著悲傷。整個旅程裏，令我覺得悲傷的是無法把東西做得更完美。一開始，

Editor's note: During the 2014 three-week retreat at Gold Coast Dharma Realm in Australia, one of the participants, sixteen-year-old Khoo Zhi-Hern, finished the entire session, taking part in the week-long Shurangama, Chan, and Amitabha sessions. His resolve is truly admirable. From his essay, readers will be able to get a taste of daily life in Gold Coast Dharma Realm.

I feel fortunate to be given a chance to go to Gold Coast Dharma Realm, which Teacher Yee Nah had been recommending since last year. It is a trip that I can never forget, as I experienced and learnt so many different things there. To be honest, I enjoyed myself throughout the whole session although sometimes I got frustrated. But what of it? This is life—it is always filled with the five flavors of sweetness, sourness, bitterness, spiciness and greasiness, otherwise, life would be boring! Allow me to briefly talk about the flavors I experienced in the trip.

The first flavor is sweetness, which represents happiness. I do not know about the others, but I found myself happy to meet so many people from other countries, from Taiwan, China, Singapore, Malaysia, Vietnam, Hong Kong and even Australia. They brought not just themselves, but also the stories of their lives. We all cleaned GCDR and made good food together. I may not have helped with the cooking; I certainly helped with the eating. Thank you to those who made it to GCDR.

The next flavor is sourness, which represents sadness. Throughout the whole trip, the only thing that made me sad was the fact that I could have done some things better. My friend and I were responsible for cleaning the Buddha Hall and the hallway next to the image of Maitreya Bodhisattva. Everything worked fine until my friend went

我和我的朋友被安排打掃佛殿和彌勒菩薩邊的走廊。一切都很順利，直到我的朋友回馬來西亞，依娜老師要我領導Dustin，並且與他分工合作。那位小朋友就如法師所說，能跑50公里/小時回到男眾宿舍，我就覺得不如自己把兩邊都打掃乾淨，不必浪費那五分鐘走回男眾宿舍去叫他。結果我就被依娜老師大罵一頓，因為沒有和他分工合作。我知道依娜老師是不要我把自己累垮，但是當被罵的時候，我真的覺得很傷心。這就是唯一讓我覺得悲傷的事情。

接著，就是苦味。各位都知道什麼是苦，所以不必我多加解釋。老實說，在這整個旅程，禪七是最痛苦的。坐在同一個地方45分鐘，不做任何事情，只是問自己：「念佛是誰？」這對我來說是很困難。我比較喜歡做不同類型的事情和講話，但是我們不被允許講話。雖然如此，當我知道禁語的好處之後，我覺得一次半次禁語也不錯，但我卻無論如何都不能閉口。持法師，對不起我沒有禁語。

啊，終於是辣味的時候了，意味著興奮。毫無疑問，我覺得很興奮要在楞嚴法會當維那。好吧，那我長話短說。當這個楞嚴法會的維那是人生一大快事。誰會猜到，一個16歲的年輕人有能力帶領大眾念〈楞嚴咒〉？我自己也不敢相信自己竟然做得到。每一次走到前面，都覺得有一股力量在推我一把，雖然第一天是有點差。在這個短短的楞嚴七裏，我學會了很多對我在社會有益的東西，其中一個就是並非全部事情會跟著你想的那樣走。

想起第一天當維那的時候，我還以為能很順利地帶領大眾，但是事出不如我想，大眾並沒有與我的節奏一同。我當時覺得很驚慌，也不知所措，只能靜靜地坐在那裏。慢慢地，我跟到大眾的節奏，就一同念到位。雖然這次維那當的有點差，但是無論如何，還是要感謝大家給我這個機會。

最後，就是膩的味道，意味著悶。自從Walter老師來了之後，每天早上都有morning call。Walter老師會把我叫醒，然後去做早課。做早課不是一個壞事情，可是我還很想睡。每天早上同樣的事情都會發生，然而久而久之就覺得很悶。我只對於做早課很悶，我也不知道為什麼。雖然是很悶，但是這個世界上不會有人每天在你身邊叫醒你，

back to Malaysia, at which point Ms. Yee Nah asked me to take care of Dustin and share the job with him. Just as Dharma Master predicted, he sped back to the dorm at a speed of fifty miles per hour as soon as he heard of this arrangement of affairs. I did not want to waste five minutes walking back to the dormitory to call him, so I decided to clean both places myself. Because of that, I was scolded by Ms. Yee Nah for not sharing the responsibility with Dustin. I know she just did not want me to exhaust myself, but when she shouted at me, it really hurt a lot. This was the only thing that made me sad during the trip in GCDR.

The next one is bitterness, which I am sure you all know very well, no need to explain it in details. Frankly speaking, during the entire session, the most painful part for me was the Chan session. Sitting there for forty-five minutes simply asking myself “Who is mindful of the Buddha?” over and over again really took a toll on me. I never like sitting still; I prefer moving around, talking, and doing different things, but unfortunately, at that time, we weren’t supposed to speak a word. After learning about the benefits of taking a vow of silence, I guess it is not so bad to try it once in a while but I was still unable to shut my mouth completely. I am sorry to Dharma Master Chih for breaking the silence.

Next we have the flavor of spiciness, which stands for excitement. Without a doubt, I was very excited to be the cantor for the Shurangama session, to make long story short. Being able to lead the Shurangama session was a once in a life time experience. Who would have guessed a sixteen-year-old teenager would be able to lead the assembly to recite the *Shurangama Mantra*? I myself could not believe it. Every time I walked to the front, I felt a surge of energy supporting me and pushing me forward although the first day was a little shaky. In this short week of reciting the mantra, I have learnt various things. One of them is that not everything will go the way you wanted it to be.

On the first day I was the cantor, I thought that I would be able to lead very smoothly, but things did not go the way I expected, as the others did not follow my pace. I began to panic, and I couldn’t do anything but sit there quietly. Gradually, I got used to their pace and was able to catch up. Although not everything went as I had planned, I am still very grateful for this opportunity.

Last but not least is greasiness, which represents the feeling of weariness. Ever since Mr. Walter arrived at GCDR, there would be a morning call every morning. Mr. Walter would wake me up in the morning for morning recitation. Morning recitation is not a bad thing, but I was always very tired and groggy. The same thing happened every day and after a while it started to get very irritating. For some reason, it was only morning recitation that got me very irritated. Although it was quite aggravating at times, I am sure not every person in the

並且忍受你發脾氣。謝謝Walter老師你的仁慈和寬恕。
這些是我在金岸法界所體會到的一部分。在這兒我過得很開心，如果還有機會，我會再來的。希望大家過得好，新佛殿的建設也能取得成功。✿

world would be willing to wake me up in the morning and put up with my temper. Thank you Mr.

Walter for your kindness and forgiveness.

These were my experiences during the trip to Australia. It was great and I hope to can come back here again if I ever have the chance. I wish you all the very best and hope that the construction of the new Buddha Hall will be a success. ✿

