

恒實法師帶領善財參學中心週日打坐班

Reverend Heng Sure Leads the Sunday Meditation Circle at the Sudhana Center



郝達佐文/譯

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由恒持法師於2016年一月開設的法界佛教大學瑜伽校區善財參學中心週日打坐班，自2016年8月起，時間由原來的傍晚6時至8時，改為下午4時30分至6時30分。並且由恒實法師與恒持法師輪流帶領，實法師將帶領夏秋兩季的週日打坐班。

除了帶領大家打坐之外，實法師也適時穿插引人入勝的修行故事。例如地藏聖誕法會當天，實法師就順便介紹地藏菩薩的故事以及「地獄不空、誓不成佛」的大願。有時，實法師也會敘述追隨宣公上人的許多小故事。喜歡說故事的實法師指出：「宗教(的宏揚)很大部份仰賴故事，所有宗教都由故事組成。」

來自鄰近湖郡的卡洛西亞·柯媿表示，她從網路上得知這個週日打坐班，第一次來參加的感想是：「感覺身心舒泰，以後還要再來。」

瑜伽市會計師梅莉莎·赫南德茲則說：「我的工作壓力很大，打坐能為我紓壓。」瑜伽市民艾佛拉多·巴希納從今年一月底、這個打坐班一開課就來，他說：「我跟我太太每個星期天都來打坐，我們感覺很安寧祥和。你知道，打坐之後，總是感覺更好。」巴希納太太在旁補充說：「這是展開新的一週很好的方式。」

Starting August 2016, the Sunday Meditation Circle at the Sudhana Center has been rescheduled from 6-8pm to 4:30-6:30pm. Dharma Master Heng Chih started this class last January. Reverend Heng Sure is now sharing the responsibility for leading the meditation. He will lead the meditation circle this summer and autumn.

In between the meditation period, Dharma Master Sure also tells interesting stories about spiritual cultivation. For instance, on the day of the celebration of Earth Store Bodhisattva's birthday, he told stories about Earth Store Bodhisattva and the great vow "I will not become a Buddha until the hells are empty." He also told stories about the years when he followed the Venerable Master. In support of story telling he said, "Religion relies a lot on stories. All religions are a collection of stories."

Carlotta Curti, who came from the neighboring Lake county said that she learned about the Sunday meditation class from the internet. Her thoughts about the first time attending class is: "I feel comfortable and I would like to come back."

Ukiah accountant Melissa Hernandez noted, "I suffer great pressure from my work. Meditation helps me alleviate work pressure." Ukiah resident Everardo Bahena has attended this meditation circle since the first class. He said, "My wife and I come here every Sunday, we feel peaceful. You know, after meditation, you always feel better." His wife Terry Bahena added, "This is a nice way to start a new week."