

# 改變一生的體驗——

漢堡州立大學師生參訪萬佛聖城

## A Life-changing Experience

—Humboldt State University Faculty and Students Visit the City of Ten Thousand Buddhas



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北加州漢堡州立大學師生近70人，於2016年9月30日至10月2日參訪萬佛聖城，共同研究宣公上人提倡的六大宗旨：不爭、不貪、不求、不自私、不自利、不妄語。

這次的參訪活動照例由比丘恒順統籌安排，學生們隨眾參加佛殿的早晚課、上供，並有佛學問答、打坐、太極拳等課程。周六晚間的全體座談會主題是「六大宗旨」，比丘近永講述：四百年前清朝乾隆皇帝在鎮江金山禪寺欣賞長江風光時，見到江面上許多船舶。他問法磬禪師，長江一日來往船舶有多少？法磬禪師的回答卻是：「只有兩條船，一條船為名，一條船為利。」

近永法師指出，有些人不但要名利，還要權力。中國歷代皇帝只有堯帝與舜帝兩位實行禪讓政治，將政權交給賢德之人，而非自己的兒子，天下因而太平。近永法師認為，宣公上人提出不爭、不貪、不求、不自私、不自利、不

Nearly 70 students and faculty from Humboldt State University (HSU) in northern California visited the City of Ten Thousand Buddhas from September 30<sup>th</sup> to October 2<sup>nd</sup>, 2016, to study the Six Guiding Principles promoted by the Venerable Master Hua—No fighting, no greed, no seeking, no selfishness, no self-benefitting and no lying.

Once again Bhikshu Heng Shun helped to coordinate this event and planned the schedule for the students. Students joined the assembly at the Buddha Hall for morning and evening recitation as well as meal offering. There were also classes on Buddhism, meditation and Tai-chi. The theme for the panel discussion on Saturday night was “The Six Guiding Principles.” Bhikshu Jin Yong told the story of Emperor Qianlong of the Qing Dynasty who went south to Gold Mountain Chan Monastery in Zhenjiang to view the scenery of the Yangtze River. Emperor Qianlong saw many boats on the river and asked Chan Master Faqing, “How many boats come and go on the Yangtze River in one day?” The Chan Master replied, “Two boats: one boat is out for fame and the other is out for wealth.”

Dharma Master Jin Yong noted that some people are after not only fame and wealth, but also power. Throughout Chinese history, only Emperor Yao and Emperor Shun abdicated their thrones to a worthy and virtuous person instead of their own sons and the country was quite peaceful during their reign. Dharma Master Jin Yong suggested that the Six Guiding Principles promoted by Venerable Hua can also help us to decide which candidate is better suited for the presidency.

妄語六大宗旨，正足以為總統大選中，選民觀察候選人的標準。

比丘尼恒持法師寫了一首詩，採取青少年最喜歡的饒舌風格，以充滿節奏感又創意十足的吟唱方式，讓這群大學生對宣公上人人生前致力提倡的「六大宗旨」留下深刻印象。其中部份詞句如下：

「……所以要和氣，這是頭一樣，夥伴，要合作。第二，要大方。那是一定要，別貪心。心裡塞滿的東西要放下，沒有什麼少不了，至少希望能做到。第三，就是一句話，要滿足，不外求。超過你已擁有的東西都是太多。這六大中的第四，是對付你的自我，放下它，學著不自私。讓它去，不再執著自我，才能離開這一團糟……接著是第五，這很合邏輯。要大公無私，捨棄利益。讓別人贏，讓給那些需要的人。要分享……我們不再累積更多，讓別人擁有更多……最後是說真話，不要說謊度日，這永遠成不了事，為什麼呢？因為我們都有良心，不會坐視不顧。真相總會浮現……」

胡達亞博士認為六大宗旨基本上就是五戒，許多傳統信仰中都有戒律，不過要持得很清淨有時並不容易。例如亞洲佛教徒的主食是稻米，而稻田裡通常有很多蟲害，農夫為了整地種稻，並避免稻米在收成前被吃掉，往往必須除蟲。因此在吃米飯時，來處仍難免有殺業。他希望大家都能嚴持戒律，但必須認清世上沒有絕對的「不」，因此在盡力持戒之餘，也要多做功德迴向。

周瑞芬居士則表示，她個人自六大宗旨受惠良多。例如從前總覺得需要多一件衣服，還要有能夠搭配的皮包、鞋子、首飾。13年前搬進萬佛聖城之後，奉行六大宗旨，生活簡單，衣服只有灰黑二色，不管穿什麼，顏色都搭調。在聖城擔任義工跟從前與夫婿共同創業的日子大不相同，生活重心從追逐外在的物質改為向內追求，感覺人健康得多，也快樂多了。

Bhikshuni Heng Chih composed a poem in rap style which was very popular among the young people. She chanted this poem about the Six Guiding Principles promoted by the Venerable Master and it made a deep impression on this group of college students. Some lines in this poem read as follows:

“...So be nice, that's the first one, mate, cooperate. Second, be generous. That's a must! No greed. Let go of the stuff that clutters your mind. And find there is nothing missing of any note. At least that's the hope! The third, in a word, is contentment, not seeking. Anything more than you've got, which is already a lot! The fourth of the six is to fix your ego. Give it up! Learn to be unselfish. Give it a go. Make yourself egoless, to get out of this mess.... The fifth follows. It's logical. Be public spirited! Give up gains. Let others win. Yield to those in need. Share and share alike.... We stop keeping score. Let others have more.... and last but not least, tell the truth. Do not lie to get by. It never works. Because why? We all have a conscience that won't keep still. The truth will come out...”

Dr. Hudaya Kandahjaya pointed out that the Six Guiding Principles are basically the five moral precepts, and that precepts are part of many spiritual traditions. However, it's not easy to strictly uphold the precepts. For instance, rice is the staple food for Asian Buddhists and rice paddy fields are often infested with rodents. In order to prepare the field and prevent the rodents from eating the rice, rice growers kill rodents and insects. Hence, there is killing involved in eating rice. He hopes Buddhists will do their best in holding the precepts. However, we need to be aware that there are no absolutes. Sometimes we simply cannot avoid indirect killing and so we just do our best and transfer as much merit as possible.

Mrs. Priscilla Yeh said that she has obtained many benefits from observing the Six Guiding Principles. For example, in the past, she always needed one more outfit and matching purse, shoes and jewelry. She moved into CTTB 13 years ago, and has only worn black and grey since then and is delighted to discover that no matter what she wears, everything matches. The lifestyle here as a volunteer is totally different from the life of entrepreneurs that she and her husband lived when they founded their own companies. Her life has shifted from chasing material things outside to focusing on the inner self. She feels much healthier and happier now.

Professor William Herbrechtsmeier from the Religious Studies Department at HSU said that among the Six Guiding Principles, “no lying” especially struck a chord with him because “once you tell a lie, you lose the ability to see the truth and you live in delusion. You cannot distinguish lies from truth. It's much more self-destructive than it is harmful to the person you are lying to. Whatever you gain from telling lies cannot balance the loss you suffer from doing so.”

Becca Hueckel, a sophomore in the Environmental Science Department at HSU, signed up for this trip because she had heard her fellow students say that the trip to City of Ten Thousand Buddhas is a life-changing experience. She felt it was, indeed, amazing and worthwhile. She enjoyed chanting in the Buddha Hall because she could attend the ritual, unlike some places where people could



漢堡大學宗教研究系教授威廉·賀伯茨米爾，對六大宗旨的「不妄語」特別有同感，因為一旦打妄語，就不容易分清謊言與真實，進而失去看清真相的能力，對自己的傷害遠甚於對對方的傷害。打妄語所得的利益，無法彌補所造成的傷害，可謂得不償失。

漢堡大學環境科學系二年級的貝卡·惠克爾聽同學說，參訪萬佛聖城是「改變一生的體驗」，因此這次特別報名參加，果然感到不虛此行。她很喜歡佛殿的唱誦，而且可以親身參與，不像有的地方只能旁觀。齋堂的素食很可口，她笑說：「如果每天都能吃到這樣的食物，我也可以變成素食者。」六大宗旨她以前從沒想過，而且家人未必能理解。比方說，如果她在家裡救一隻蜘蛛，可能會被全家人當笑話講很久。但在聖城目睹大家身體力行，令她很感動，並希望有機會再來聖城。

三次參訪萬佛聖城的賈許·若亞，是漢堡大學野生動植物管理與保育系三年級學生。每次來萬佛聖城都覺得學到新東西，有新的感動，他特別喜歡誦觀世音菩薩聖號。參加完週六晚間的座談會後，他認為六大宗旨是可以做到的，並不難落實。

也是第一次來聖城的英格麗·柯瑞蘿，目前就讀娛樂管理系三年級。她感覺萬佛聖城僧俗二眾都受過良好的教育。聽聞六大宗旨之後，她想到自己「平日為人處事一切都是為了自己，即使有時為別人服務或買禮物送人，也都期望有所回報。」過去從沒想過要珍惜食物，「反正吃不完都可以堆肥。」在聖城學到惜福的觀念，她覺得很受用，今後願意儘量遵從六大宗旨，也希望下回有機會再來。

英文系一年級新生威廉·歐布萊恩，高中就開始自學打坐，也在住家附近的禪修中心參加過幾次禪七。直到這次來萬佛聖城，才第一次學到打坐時要舌抵上顎，還有打坐時妄想紛飛不已，不妨睜開眼睛，可暫時止住妄想，這些小技巧對他幫助很大。在聖城打坐是男女分開，對他也是全新體驗，感覺更專注。六大宗旨對他而言很有意思，也很喜歡聖城的食物，在在都讓他覺得「明年一定要再來。」

only observe the ritual and chanting and not participate. She also liked the food at the dining hall a lot and said, chuckling, “If I could have food like that every day, I could become a vegetarian, too.” She had never thought about the Six Guiding Principles before and felt her family would not understand them. For example, if she saved a spider at home, she would become the butt of a standing joke with her whole family for a long time. However, after witnessing people at CTTB putting the Six Guiding Principles into practice, she was moved and hoped that she could have the opportunity to come again.

It was the third time for Josh Roa, a junior in the Wildlife and Conservation Management Department of HSU, to come to CTTB. He learns something new every time he comes and had been moved every time. He likes chanting the holy name of Guan Shi Yin Bodhisattva the best. After listening to the panel discussion of the Six Guiding Principles on Saturday night, he felt he could follow those principles without much difficulty.

Ingrid Carrillo, a junior in the Recreation Administration Department, was visiting the City of Ten Thousand Buddhas for the first time. She noticed that most Sangha members and laity at the City of Ten Thousand Buddhas are



法界佛教大學公關主任簡親道第一次在柏克萊佛寺看到「螞蟻過路」的標語，令她印象非常深刻。明白「物我同體」的道理之後，現在成為一名素食者。

Angela Justice, Director of University Relations for Dharma Realm Buddhist University, was impressed deeply when she saw a sign saying “Ant Crossing” at Berkeley Monastery. After realizing the principle of all beings sharing the same substance, she became a vegetarian.

well educated. She reflected that everything she has done has been for herself. Even when she has served others or bought things for other people, she expected something in return. Ingrid never thought about cherishing food, “because leftover food can always go in the compost.”

Now, learning the concept of cherishing food, she felt it is very beneficial. She’s willing to follow the Six Guiding Principles and hopes to come back to CTTB next time.

William O’Brien, a freshman majoring in English, started practicing meditation on his own in high school and attended

several Zen retreats at the Zen center close to his home. However, it wasn’t until he came to CTTB that he learned the knack of curling the tongue back and letting it touch the roof of the mouth when sitting in meditation. Another tip he learned is when there is too much false thinking, he could open his eyes a little to stop false thinking for a while. He felt these instructions were very helpful. The separation of men and women when sitting in meditation was also a new experience for him and it allowed him to be more focused. He found the Six Guiding Principles interesting. As for the food at the dining hall, he enjoyed it a lot. He will definitely come back again next year. ❀