



前航太總署工程師 金曉丹的「萬佛法門」

The Dharma Method of Ten Thousand Buddhas
for the Former NASA Engineer
—Xiaodan Jin

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居於杭文
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金曉丹，遼寧鞍山人，畢業於大連理工大學。1993年同修呂書德經常受頭痛困擾，學佛的朋友介紹他們讀誦禮拜《華嚴經》，並建議吃素。吃素後，呂書德的頭痛竟然不藥而癒。她自己則在讀誦《華嚴經》後，不自覺地高興起來，所有的煩惱生氣都消失了，連她自己也感到奇怪。

1996年初，夫妻一同來美深造。在馬里蘭大學攻讀機械博士期間，金曉丹經歷懷孕、生產、就業等人生大事。懷孕期間，她抽空讀誦《華嚴經》，誦完一部之後，覺得應該給這個未出世的孩子多些選擇，因此將家中所有的佛經包括《法華經》、《楞嚴經》、《金剛經》、《地藏經》等多部大乘經典全部讀過，讓孩子「喜歡哪部經自己挑」，也成了她給孩子的胎教。果然，後來兒子呂明賜對每部經典都很喜歡。

2002年，公司大幅裁員，金曉丹也在被裁之列。於是她抓緊時間努力讀誦《華嚴經》，一年內誦了超過十部，持誦期間曾夢見宣公上人。後來聽人說起，一年內持誦七部《華嚴經》就有機會夢見上人，正與自己的經驗不謀而合。

待業期間，她帶六歲的呂明賜到萬佛聖



Xiaodan Jin is from Anshan City, Liaoning Province, China. She graduated from Dalian University of Technology. In 1993, her husband Shude Lu suffered from frequent headaches, so a Buddhist friend introduced them to reciting and bowing to the *Avatamsaka Sutra*. She also suggested they switch to a vegetarian diet. After becoming a vegetarian, Shude Lu's headaches were cured. After reciting the *Avatamsaka Sutra*, Xiaodan became spontaneously happy and all her afflictions and anger vanished. It astonished her.

In early 1996, Xiaodan and her husband both came to the United States to further their studies. During the years of pursuing a PhD degree in mechanics at the University of Maryland, Jin had a baby and landed a job. She used the time of her pregnancy to finish reciting the *Avatamsaka Sutra*. After reciting the *Avatamsaka Sutra*, she thought that she should give her unborn baby more choices, so she continued to recite other Mahayana Sutras, such as the *Lotus Sutra*, the *Shurangama Sutra*, the *Diamond Sutra*, and the *Earth Store Sutra*. "This would allow my child to pick whatever Sutra he/she likes," she said. This was the prenatal education she provided for her baby. Sure enough, later her son Michael Lu liked all these Sutras.

In 2002, the company she worked for went through a massive downsizing

城拜萬佛寶懺。拜懺圓滿回到東部不久後，人才仲介公司主動找上她，提供美國航太總署(宇航局)光纖設計工程師的職位。這份工作薪資福利俱佳，上班環境方便舒適，並採取彈性上班時間。雖然樂在工作，但這時她也開始希望修行能更上層樓，更期盼為兒子找到最好的教育環境。

其實在拜萬佛寶懺期間，她已萌生搬家來親近聖城的念頭。兒子就讀小學一、二年級時，放學回家有時不免玩電腦遊戲，使她更加積極勸說同修換個環境。最後呂書德的老闆同意讓他遠距上班，金曉丹則是毅然辭掉親友稱羨的工作。2007年，一家三口橫越全美來到瑜珈市，圓滿心願。

呂明賜不負父母的期望，從育良小學到培德中學，在各方面都是十分優秀出色的學生。2015年高中畢業時，順利獲史丹福大學電機工程系錄取。呂明賜自己特別高興的則是：史丹福大學的素食在全美各大學中排名第一。

因為中英文俱佳，呂明賜經常為法師翻譯。法師應邀外出弘法，若逢學校放假，他也都會隨行，發揮即席口譯的長才。在聽眾驚嘆他翻譯得又快又準、談吐穩重有禮的同時，呂明賜也成為培德中學教育成功的典範。

回想兒子的幼兒時期，金曉丹說每晚會唸故事書哄他入睡，後來發現越唸故事，呂明賜的精神越好，不肯睡覺，於是索性趁睡前教他背〈楞嚴咒〉。當時呂明賜才四歲大，就已將〈楞嚴咒〉背熟。

兒子離家上大學，金曉丹終於有更多時間投入道場生活。平日忙碌於錄音室、功德部、君康素齋館和大齋堂之間，只要有空，絕不錯過佛殿功課。問她修持什麼法門？她展露一貫的笑容說：「每天上佛殿，環繞在萬尊佛像間，那就是『萬佛法門』囉！」❀

and Xiaodan Jin was laid off. She used the time to recite the *Avatamsaka Sutra* over ten times in a year. During that year, she dreamed of Venerable Hua. She later heard that if one could recite the *Avatamsaka Sutra* seven times in a year, one would be able to dream about Venerable Hua, which was exactly her experience.

When waiting for the next job, she took her six-year-old son Michael Lu to the City of Ten Thousand Buddhas for the Ten Thousand Buddhas Jeweled Repentance bowing session. Not long after the bowing session, a company offered her a job as a fiber optics design engineer at the National Aeronautics and Space Administration. This high-paid job offered a good benefit package with a convenient and comfortable working environment and flexible working hours. At this new job, Jin was very happy. However, she also aspired to advance her spiritual practices and to find the best educational environment for her son.

In fact, during the bowing session, she came up with the idea of moving closer to the City of Ten Thousand Buddhas. When Michael was in first and second grade, he would sometimes play computer games after school. Her concern about this made Jin more proactive in persuading her husband to move. Finally, Shude Lu's boss agreed that he could telecommute. Xiaodan then quit her NASA job, a job which many friends and relatives envied. Their family of three moved across the United States in 2007 to Ukiah to fulfill their wishes.

Michael Lu was an outstanding and well-rounded student throughout his years at Instilling Goodness Elementary and Developing Virtue Secondary Schools; he never let his parents down. In 2015, he graduated from high school and was accepted at Stanford University in Electronic Engineering. For him, one of the best things about entering Stanford University is that the vegetarian meals offered on campus rank number one among all universities in the United States.

Michael has been doing translation work because he is proficient in both English and Chinese. When school is out, he joins the Dharma Masters on their Dharma propagation tours and provides on-the-spot translation services. The audience always marvels at his fast and accurate translation as well as his steady and polite style of speaking. Michael's success is an example of the excellent education that the Developing Virtue Secondary School provides.

Looking back at her son's childhood, Xiaodan told the *Vajra Bodhi Sea* staff that she read stories to Michael every night, but the more stories she read, the more excited Michael became and would not go to sleep. Finally, she decided to teach him to recite the *Shurangama Mantra* at bedtime. Hence, Michael committed the *Shurangama Mantra* to memory at the age of four.

Since Michael went to college, Xiaodan Jin has had more time to volunteer at the monastery. She works in the tape room, the donation department, the Jyun Kang vegetarian restaurant and the big kitchen. She also attends Buddha Hall ceremonies when she has time. When asked what Dharma method she practices, she smiled and said, "I go to the Buddha Hall every day and am surrounded by the ten thousand Buddha statues, so I would say that I practice the 'Ten Thousand Buddhas' Dharma method." ❀