

# 漢堡大學與戴維斯加大學生聯合參訪萬佛聖城

## Students from Humboldt State University and UC Davis Visit City of Ten Thousand Buddhas together

薛達文/譯

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「我們希望打坐時間能夠再多一些。」加州州立漢堡大學心理系學生芮納爾，和生態復原系學生麥爾斯異口同聲說。他們兩人和同校五十多位學生，以及加州大學戴維斯分校六名學生，於2018年4月13日至15日，聯合參訪萬佛聖城。這趟令人難忘的性靈之旅，在他們的生命中，留下不少感動時刻。

自1994年代起，漢堡大學宗教研究系每年都安排學生參訪萬佛聖城；並由一年一次增加為一年兩次。2017年因受土石流與野火等天災影響，暫停一年；2018春季班恢復辦理。課程安排包括打坐入門、佛學介紹、觀音法門介紹、太極拳、主題座談、以及上殿過堂、參觀萬佛城等。

週六晚間的主題座談，探討如何運用佛教的修行開創更具意義、更和諧的人際關係。比丘尼永師率先指出，奉行萬佛聖城六大宗旨——不爭、不貪、不求、不自私、不自利、不妄語，不僅可擁有和諧的人際關係，而且會受大家喜愛和尊敬。

比丘尼近祥師則認為，無論運用哪一種修行法門，首先要把人做好，具備正確的知見。有些人極度追求個人的成就，近祥法師認為，應該學習走在中道上。

比丘尼恒圓師表示，布施是開創和諧人際關係的好方法，因為布施能讓你跟別人互相連結。例如有位護士（上人老弟子）曾應病人要求，幫病人洗頭。病人出院多年後，仍念念不忘這位護士在她最需要時所提供的幫助。

比丘尼近簡師指出，想要擁有和諧的人際關係，首先必須了解自己。打坐能夠幫

“We want more meditation,” says Psychology major student Renar Akhmetdinor and Ecological Restoration major student Miles Oliart in unison. These two students from Humboldt State University, along with over 50 fellow students and 6 students from UC Davis, paid a visit to the City of Ten Thousand Buddhas from April 13 to April 15, 2018. This unforgettable spiritual trip has left many with heartwarming moments.

The Department of Religious Studies at the Humboldt State University has arranged student visits to the City of Ten Thousand Buddhas since 1994. It started annually and then became twice a year. However, due to mudslides and wild fires in 2017, the visit discontinued for one year until the spring semester of 2018. Their classes included: Introduction to Meditation, Introduction to Buddhism, Introduction to Guan Shi Yin Bodhisattva Recitation, Tai Chi, Panel Discussion, and ceremonies in the Buddha Hall and a campus tour.

The topic for Saturday evening's panel discussion was “Using Buddhist Practices to Create More Meaningful and Harmonious Connections with Others.” Bhikshu Jin Yong first said that by following the Six Guiding Principles of CTTB—No fighting, not to be greedy, no seeking, not to be selfish, no pursuing of personal advantage, and no lying—one would enjoy harmonious relations with people and would be well-liked and respected by all.

Bhikshuni Jin Xiang felt that we first need to be good people and have proper views in whatever Buddhist practice we uphold. Some people go to extreme measures to gain personal achievements, but Dharma Master Jin Xiang's advice is to practice the middle way.

Bhikshuni Heng Yuan said that giving is a good way to create harmonious relationships with people, because through giving, you connect with others. Dharma Master Heng Yuan told a story about a nurse who is a senior disciple of Venerable Master Hua. One time this nurse washed her patient's hair at the patient's request. Many years later, after the patient was discharged from the hospital, she still remembered the nurse who helped her when she was in need.

Bhikshuni Jin Jian notes that people need to know themselves in order to have harmonious relationships with others. Sitting in meditation helps us to be mindful, which gives us a split second to change our habitual reactions to people and hence change our future.

Professor Stephen Jenkins from Humboldt State University said that when you are in a relationship, it's normally because that person has some elements,



助我們專注，讓我們在與人相處時，多出瞬間的選擇時間，可以改變自己對人的慣性反應，進而改變我們的未來。

漢堡大學教授詹肯斯則說，與人交往，通常只是對方有些部份符合自己的幻想；往往在分手時，才驚覺自己從來沒有真正認識對方。把自己想成是發光的靈體好像很神奇，但真正神奇的是，身為萬物之靈，我們把自己想像成不過是器世界的實體罷了。

胡達亞博士以他申請赴印度簽證的經驗為例，若原本相當簡單的事，往往變得複雜，既費事又費時才能完成。因此胡達亞博士對大家的建議是：為人處世要有耐心，多多忍耐。要過上有意義的人生，須在物質財富與精神財富之間取得平衡。

法界佛教大學榮譽校長易象乾教授表示，佛教徒的核心問題就是要弄清楚「我是誰」，方法就是將注意力從向外馳求轉為向內追尋。我們和有情眾生的心靈是相連相通的，無論我們是否察覺。即使獨處山洞，你跟地球上一切有情眾生還是相連的；你也跟兩百哩路以外的人相連，無論你跟他們相處得如何，這正是「同體名大悲」。

這次的參訪活動結束後，比丘恒順師整理男同學的參訪心得，發現漢堡大學學生每次前來，反應都很好，這次更是20多年來他所見「反應奇佳」的一群，不僅盛讚齋堂食物可口，而且三分之一的同學都希望「打坐時間更多一些」。有些同學甚至認為這是一趟「改變人生」之旅。恒順法師建議以後學生參訪時，不妨安排四次打坐時間。

女學生方面，來自戴維斯加大運動生物學系的雷絲莉·歐荔薇拉絲說：「非常感恩能學到如何做個更好的人，希望以後能夠再來。」戴維斯加大心理與認知系學生梅莉莎則表示：「很感激女法師和義工的慈心善意，樂意分享她們對佛教的信仰，而不強迫我們接受。我喜愛在此停留的時光，希望你們繼續為以後的學生舉辦這項活動。」❖

which comply with your fantasy. When the relationship ends, you are surprised to figure out that you don't really know that person. It may seem like an amazing act of visualization to consider yourself a radiant spiritual being, but in fact the amazing thing is that as spiritual beings we imagine ourselves as mere physical entities.

Dr. Hudaya Kandahjaya recalled his experience of applying for the visa to India, which should be an easy procedure, but somehow it became complicated to the point that it took quite a lot of time and energy to get it done. Dr. Kandahjaya's suggestion for the audience is to have more patience to deal with people and in handling things. To have a meaningful life, we need to find balance between our physical and spiritual wealth.

Dr. Ron Epstein, DRBU president emeritus, said that the core question for Buddhists is, "Who am I?" The way to find out the answer is by reversing the direction of your attention to seek inward to see what or who is in there. Whether you are aware of it or not, our minds are interconnected with all sentient beings. You can be off in a mountain cave all by yourself, but you are still interconnected with all beings on the planet. You are still interconnected with people you get along with, or those you don't get along with even though they may be 200 miles away. This is what is called "the great compassion of shared identity."

Bhikshu Heng Shun went through the evaluations from his Humboldt State male students after the visit. He found out that one third of the students asked for "more meditation." The evaluations, just like all previous assessments, were extremely positive, but this year's was one of the best groups of evaluations Dharma Master Shun ever read. Other than the exceedingly positive comments about the food across the board, one thing stood out amongst all the other comments: the desire for even more meditation. Several students asked for more meditation and said that the experience was "life changing." Dharma Master Shun's recommendation would be to have four meditation periods for their future visits.

For the female students, Leslie Olivares who majors in Exercise Biology at UC Davis said, "I am so grateful for the knowledge that you showed us to better ourselves as people. I hope to visit again in the future." Another UC Davis student, Melisse Claireneth Liwag, majoring in Psychology and Cognitive Science said, "I appreciated everyone's kind thoughts and openness with sharing their faith in Buddhism without any intention of imposing it upon us. I loved my stay here and I hope that you all continue to do this for students for years to come." ❖