

Three Decades of Friendship: Humboldt State University Students' Annual Visit to CTTB

三十年的友誼：漢堡大學學生參訪萬佛城

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2018年9月29日清晨四點，佛殿進行著日常的早課，與往常不一樣的是，那日的佛殿裏站滿了從漢堡大學來的學生。從1989年四月，約翰·羅吉斯神父帶領第一批學生來萬佛聖城開始，在過去的二十九年中，漢堡大學的學生每年會參訪聖城兩次，作為他們的宗教研究體驗活動。這次由宗教研究系教授威廉·賀伯茨米爾帶領，這將是他今年退休前最後一次的造訪。

At four o'clock in the morning of September 29, 2018, as the daily morning recitation ceremony took place in the Buddha Hall at the City of Ten Thousand Buddhas (CTTB), the space was filled with university students from Humboldt State University (HSU). A tradition of the past twenty-nine years since Father Rogers brought a group of his students from HSU to CTTB several times from 1989 to 1993. Then starting in 1994 HSU students visited two times each year until the present as part of a weekend experiential workshop open to all students and sponsored by the HSU Religious Studies Department. William Herbrechtsmeier, a professor of religious studies at HSU, led the group to CTTB this time, and shared that this would be his last visit with the students before retiring this year. Professor Herbrechtsmeier has been attending these workshops at least once a year for the last 20 years.



到達萬佛聖城，學生便開始豐富的生活體驗。每日從早晨四點開始，至晚上九點半左右結束，活動包括早課和晚課、佛學和打坐入門課程、介紹持誦觀音菩薩聖號的法門、問答時間、太極拳以及週六的晚間講座。

這次晚間講座在法大教學大樓二樓舉行，主題是「個人精神修行對世界和平的貢獻」。在科技迅速改變人類生活方式，越難保持靈性覺照的時代，研討會邀請了法師、學者和居士分享他們的經驗。在活課結束的問卷單上，學生都十分感謝有機會聆聽多元的見解，學習如何通過改變自己來改變世界，以及如何在平常生活中對世界和平有所貢獻。

作為講座的第一位分享者，近巖法師以《楞嚴經》第六卷為中心，強調：「眾生之苦水深火熱——哪來的水深，哪來的火熱？眾生的知見，眾生的觀聽而來的！」因此，內在的和平可以帶來世界的和平，通過內在的修行來度眾生的苦。如果我們內心沒有了憤怒和貪婪，外面世界的熱火也會熄滅。

在討論「和平」這個主題的時候，恒持法師用既幽默又認真的方式，鼓勵學生成為佛教徒。她告訴學

Upon the students' arrival, they began following the schedule that was made to enrich their weekend experience at CTTB. Their day started from 4:00 in the morning and ended at around 9:30 at night. The agenda included attending the morning and evening recitation ceremonies; introduction to meditation and Buddhism classes; introduction to Guan Shi Yin Bodhisattva Recitation; Q&A sessions; Tai Chi Chuan exercise, and an evening seminar with various speakers.



The theme of the Saturday evening seminar was "How Personal Spiritual Practice Contributes to World Peace", which took place on the second floor lounge of Dharma Realm Buddhist University (DRBU). In a world in which technology causes rapid and significant changes to the way people live their lives, spiritual practice and awareness is difficult to maintain. The panel gathered various speakers consisting of monastics, scholars and practitioners to offer their insights on these challenges. The students commented on their evaluation forms saying that they appreciated the diversity of perspectives, learned about the importance of changing the world through self-cultivation, and were inspired by many ideas on how to contribute to world peace through daily spiritual practices.

As the first speaker, Dharma Master Jin Yan's insights centered around Chapter Six of the *Shurangama Sutra*, "On the teachings of the Bodhisattva Who Hears the Cries of the World." He highlighted that sentient beings' suffering is like deep water and burning fire. Where do the depth of water and the heat of fire come from? They come from beings' views and outward hearing. He shared that inner peace brings world peace, and one can cross over others' suffering through inner cultivation. "If we are free of anger and greed

生，成為佛教徒可以幫助我們穩定自己，也可以使我們保持覺知力，並介紹戒律對修行和保持覺知的重要性。她強調持戒是無漏（戒定慧）的修習，能讓人在日常生活中保持覺照，防止做出錯誤的行為。



和萬佛聖城有二十年友誼的漢堡大學教授威廉·賀伯茨米爾，提出對德行和政治的見解。他強調當今領導人需要自我修行，並且不用貪婪來制定政策，人們需要以智慧和慈悲來反思我們到底是誰。他借用了《孟子》來闡述人人都有的明亮內德，希望我們都明白如何使它發光。

恒圓法師也引用《大學》中的「修身、齊家、治國、平天下」，說明天下和平來自於個人的修行，即使傳送善念也能為世界和平做貢獻。

來自日本弘法協會美國分會的胡達亞·坎達賈博士強調，科技的勢力已變得十分強大，很多人認為在實體世界裏的精神修行和日常生活沒有相互關聯。當今的學校沒有引導學生的靈性成長，整個社會環境也不支持靈性發展。但是佛陀教導我們，日用當中的每件事情都具有精神意義，並且修行就從當下開始。

within,” he said, “the fire in the external world can also be extinguished.”

In both a humorous and serious way, Dharma Master Heng Chih mainly encouraged the students to become Buddhists as she spoke about peace. She told the students that becoming a Buddhist enables one to ground oneself on spiritual practice and awareness. The students were introduced to the importance of practicing the moral precepts in Buddhism. Dharma Master Chih emphasized that precepts are one of the three non-outflow practices, (morality, samadhi, and wisdom) that help people be mindful in daily life, and prevent them from creating bad karma.



Three Decades of Friendship

Professor William Herbrechtsmeier from HSU, who has been coming to CTTB for twenty years, integrated insights on virtue and politics. He emphasized that today's leaders need to not make decisions out of greed. And people need to develop wisdom and compassion. He mentioned the luminous inner virtue all people have that was taught by *Mencius*, and hoped that we can know how to make it shine.

Dharma Master Heng Yuan also quoted a passage from *The Great Learning*. “The ancients who wished to illustrate illustrious virtue throughout the empire, first ordered well their own States. Wishing to order well their States, they first regulated their families. Wishing to regulate their families, they first cultivated their persons.” She said that world peace comes from cultivation of the individual. One can contribute to peace by developing and sending out good thoughts.

Dr. Hudaya Kandahjaya from BDK America stressed that technology has become very powerful today, and many

最近出版應用佛學倫理新書《Responsible Living》的易象乾博士與學生分享說到：年紀越大，他越不會把事情看得太嚴重，個人的問題就變得不那麼重要。他強調我們有能力控制自己的意識，所以可以選擇是否要陷入對立衝突中。他問大家：我們的動機目的是什麼？其實都是自己可以選擇的。最後他告訴學生，慈悲不在他處，就在此處此刻，所以我們都能更經常對他人和自己慈悲。

講座接近尾聲，簡親道分享自己修行的心得。其中一個故事是，有一段時期她很希望有同參道友能互相切磋，於是她問法師要去哪找，要跟誰一起修行。法師告訴她：「看看妳的左邊，再看看妳的右邊，這些就是妳可以同參的道友」。她發現持戒和發願，在與左右同參道友的相處過程中十分重要，因為這可以為對方創造一個安全的空間。一位聽眾表示，修行雖然是個人層次，但其影響力可以散佈得很廣。

評估問卷顯示學生的參訪動機，有些是出於對佛教和寺院生活的好奇，有些是為了尋找個人和靈性上的答案。兩天的參訪中，學生對於所接觸的法門以及課程收穫，都或多或少感到契合。對於聖城的法師及義工，幾乎每位學生都表達深深的感激之意，謝謝他們的教導、慈悲以及食宿的款待。✽

people think spirituality is not related to daily life in the physical world. He mentioned that schools are not directing students to spirituality and general environment is also not supportive to one's spiritual development. However, he said, in Buddhism "spiritual things are all kinds of things we do in daily life", and "spiritual practice can start from where we are."

Dr. Ron Epstein who recently published his new book *Responsible Living: Explorations in Applied Buddhist Ethics Animals, Environment, GMOs, Digital Media* told the students that the older he gets, the less he takes things too seriously because by doing so one's problems become less significant. He emphasized that we have control over what consciousness we are in, and thus we do not have to have a consciousness that creates conflicts with others. It is our choice. "What are our intentions?" he asked, "we all have choices to make." he added. Lastly, he told the students that loving-kindness, compassion is right here, right now. We can send out thoughts of loving-kindness to ourselves and others more often.

Angela Justice brought the panel discussion to its end by sharing some of her reflections. One story she shared was about a time when she really wanted to find someone to practice with, so she asked a Dharma Master who she should practice with. The Dharma Master told her to look right and left, and those are the people she should practice with. She found that moral precepts and a formal commitment to spiritual cultivation are very powerful and they help to create a zone of safety for others next to her. One audience member commented later, "Although spiritual practice is very personal, its influence can expand to indulge many others."

From the students' evaluation forms, we learned that some of them came to CTTB to learn more about Buddhism and Buddhist/monastic lifestyle, while others were seekers who came for spiritual edification. Most of them were able to relate to one or more of the different practices and classes offered during their visit. All extended their gratitude to the teachers and volunteers at CTTB for their teachings, kindness, and offerings of food and lodging. ✽



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