

# Reflections on the 2018 Chan Session at Gold Coast Dharma Realm

## 金岸法界2018禪七心得

By Chin Jue 親覺文



One day, while driving, about two years ago, I saw the gateway to (Gold Coast) Dharma Realm, and on a whim entered and discovered that there was a functioning Chan Buddhist Monastery five minutes from my house. I had been practicing Vipassana Meditation for two hours daily for over five years, and had done five ten-day retreats at Dharma Rasmi in Pomona, Queensland. Meditation became part of my life, and since my first course, I have not missed my two sessions each day.

During the last two meditation retreats, I meditated in a cell. On day four of my meditation, a friend of mine became very present in my mind. On Day Four of my meditation, a friend of mine became very present in my mind. From about nine o'clock till after twelve the next day, she dominated my thoughts to the extent that I was going to ask the teacher for help. Then, she suddenly left my thoughts, and for the next five days I cultivated without any strong disturbances. It was not until I returned that I found out that she had a massive heart attack the morning that I began thinking of her

兩年前的某一天，我開車時路過金岸法界的大門，一時興起就進來一探究竟，發現這處離家僅五分鐘的佛教禪寺。我每天花兩小時練習內觀禪修，已長達五年以上，並曾經在位於昆士蘭州波莫納鎮的達摩拉斯米禪修中心參加五次為期十天的禪修營。從第一堂禪修課開始，打坐已經成為我生活的一部分。我每日打坐兩次，至今不曾間斷。

最後兩次課程，我一個禪房裏打坐。在禪修營的第四天，我的一個朋友不斷地出現在我的腦海中。從這天早上九點直到第二天十二點，她的形象盤據我的心，以至於我想尋求指導老師的幫助；後來她突然消失了。接下來的五天，我沒有受到任何大的干擾。返家後，我才獲悉友人她當天上午（我禪修的第四天）嚴重心臟病發，於第二天中午左右往

and died the next day around noon. This intense contact with her made me realize that although Mr Goenka's retreats were definitely in the Buddhist Vipassana tradition of meditation, they lacked the spiritual teachings necessary to understand how my friend reached out to me from so far away. She was a vibrant, intelligent, young woman who had been disabled by a previous heart attack. She suffered ten years of difficult rehabilitation, yet showed tremendous spirit.

So, I was looking for a deeper understanding of Vipassana, for a spiritual dimension to my limited practice, and then, right there in front of me was (Gold Coast) Dharma Realm. I inquired and found out that every Sunday there was a guided meditation, and then I started to attend every week. The Blessing Hall felt welcoming and comforting as Rev. Heng Sure guided the diverse group of people through practicing meditation and learning the Dharma. His deep knowledge and academic understanding of the topics, and also the music made for many enjoyable Sundays. After about six months, I asked Rev. Heng Sure if I could take refuge.

As a young man in the nineteen seventies, I met the Sixteenth Gyalwa Karmapa, Rangjung Rigpe Dorje in Switzerland when he performed the Black Crown ceremony over three days. I was granted an audience with him which had a lasting effect on me till this day. I saw from a very up-close perspective the spiritual power and compassion of this man, and realized that the stories were true.

Hearing the stories of the Venerable Hsuan Hua from Rev. Heng Sure and the other Dharma Masters at the monastery, and also from reading about his life, I realized that there was a Sangha that was ordained by and were also direct students of Master Hua five minutes from my home. So, I found the thing that I needed most when I needed it on my doorstep. For this, I am very grateful as such fortuitous circumstances are indeed rare in today's world.

生。這個與友人性靈上密切接觸的經歷，讓我意識到，雖然葛印卡老師教的確實是佛教內觀課程，但是他們缺乏靈性方面的指導。因此我無法理解我的朋友何以從遠方和我交流。她是一位充滿活力、聰明的年輕女子，因為心臟病導致殘疾。十年非常辛苦的復健過程中，展現她生命的韌性。

因此，我想更深入瞭解內觀，想要在我有限的修習中尋求靈性上的指導；就在這時，金岸法界出現在我面前。詢問之後得知這裏每周日都有打坐課，從那時起，我每周都參加。禪堂讓人感到自在，恆實法師透過打坐和佛法指導來自不同背景的學員。恆實法師對教學主題具有深度的認知與了解，又輔以音樂帶動，讓我們度過很多愉快的周日。大約六個月後，我問恆實法師可否求受皈依。

在七〇年代，我年輕的時候，在瑞士遇到第十六世大寶法王噶瑪巴讓瓊利佩多傑，當時他舉辦三天的黑寶冠法會，此次儀軌的共修給我的影響至今。我當時有機會親近並感受他的神通和慈悲，讓我相信他的故事所言不虛。我從恆實法師和其他法師那兒聽到有關「宣化老和尚」的故事，也閱讀他的生平事蹟。我意識到，這個離家五分鐘的僧團是在上人座下出家並傳承其教法。在我最需要的時候，我在自家門口發現所需。這種幸運巧合在現今世界稀有難得，為此我非常感恩。



I took Refuge and the Five Precepts in a wonderful ceremony attended by my wife and son. This has given me the focus and circumstances to deepen my cultivation in the monastery. The Dharma Realm Buddhist Association has also offered local and on-line practice opportunities including: *Avatamsaka Sutra* Lectures by Rev. Heng Sure every Sunday afternoon (check your timezone) on DharmaRealmLive accessible via YouTube, the website for the City of Ten Thousand Buddhas (<http://www.cttbusa.org>), and also the website for Berkeley Buddhist Monastery (<http://www.berkeleymonastery.org>) have a life time of information in a very accessible format.

When I took refuge, I also vowed to complete 10,000 bows which I incorporated into my meditation practice; due to bad knees, I only did a hundred per day. As time went on, I found that it was satisfying both spiritually and physically, and now that I have finished my vow, I continue to bow to the Buddha, the Dharma, the Sangha and Venerable Master Hua as part of my practice. I also attend Friday night bowing to Fundamental Teacher Shakyamuni Buddha at Blessing House which I enjoy. This practice defiantly promotes a peaceful respect for others while chipping away at one's ego.

I have just completed the Chan Meditation retreat at (Gold Coast) Dharma Realm, which I found quite different from the ten-day Vipassana retreats which I have done annually. The Chan meditators are overall hard sitters, full lotus, sitting with no cushions, on mats; all were very disciplined. We were led by bhikshus and joined by other monastics, so the atmosphere in Shakyamuni Hall, which is very beautiful, was serious, calm and

我在妻子和兒子見證下的一場莊嚴法會中，受了三皈五戒；道場也給我提供更進一步修行的目標和環境。法界佛教總會為我們提供當地和網路上的學習機會，每周日下午（澳洲時間）實法師在Youtube的法界直播頻道講解《大方廣佛華嚴經》。萬佛聖城的官網和伯克萊道場的官網也提供簡單易懂的網路學習的資訊。

當我皈依的時候，發願要拜完一萬拜。我把拜佛加入每天的打坐定課中，因為我的膝蓋不好，所以每天只能拜一百拜。隨著時間的推移，通過拜佛，我發現自己在身心上都得到益利。我已經完成了一萬拜，但是拜佛、拜法、拜僧、拜上人已成為我日常修行的一部分。每周五晚上我也參加金岸法界的拜願共修，禮拜本師釋迦摩尼佛。這個修行方法可以消除我慢，讓我們更能尊重他人、和平共處。

我剛剛打完金岸法界的禪七，我發現這和我過去幾年參加的十日內修禪修營非常不同。禪七的規矩很嚴，而且必須雙盤坐在沒有墊子的禪席上。禪七由比丘主持，我們和其他僧眾一起共修；莊嚴的佛殿氛圍非常的祥和。清晨四時，大殿猶暗，唯一的聲響是外頭的雨聲和鳥叫聲。我發現身上的海青和縵衣是如此的溫暖而舒適。我只能勉強保持單盤，雖然辛苦但很值

peaceful. At four in the morning, in the dark hall, the only sounds were from birds and light rain. I found my robe and precepts sash surprisingly warm and comfortable. I can only manage half lotus at the moment, but it is worth it, as the stability and wide footprint take away the pressure points and markedly reduce the pain of sitting for long periods. Alternating sitting meditation with walking meditation was a joy the mind, keeping it clear — step, step, step, run, then the sound of the wooden fish stopping you in your tracks, another tock, and back to the mat again. The ebb and flow of the Dharma.

I also felt the touch of the incense board a few times from the legendary Chan monk named Tien Huei (meaning “Celestial Wisdom”). There was an incense board in the shape of a sword — this sword threatens to chop your head off if you do not try hard to achieve enlightenment! It also symbolizes the Sword of Diamond Wisdom which can cut off the cobwebs of timeless Ignorance and Illusions. It was a privilege to participate in this retreat, and even though my level of practice is basic, I have gained an understanding of my mind and a deeper bond with the Sangha of the Dharma Realm. Amitabha! ❀

為迎接金猪年，萬佛聖城多處張貼宣公上人偈頌春聯、懸掛紅燈籠、裝飾鞭炮，在飄著瑞雪的除夕夜，顯得一片喜氣洋洋。

大年初一清晨，方丈恒律法師帶領數位如來寺比丘，到福居樓向年長尼師拜年，關懷問候法師們的起居作息與生活所需，並大略講述山門及地藏殿整修過程及進度。

今年有來自台海兩岸和東南亞等地的善信，到萬佛聖城度過身心清淨的年，並參加大年初一舉辦的新年護國息災法會。舊金山灣區也有信眾專程前來萬佛聖城上香，祈求猪年吉祥如意。培德中學、育良小學男女校分別舉辦農曆新年慶祝活動，為萬佛聖城增添新春氣息。❀



To welcome the Year of the Golden Pig, the City of Ten Thousand Buddhas posted Spring Festival couplets composed by the Venerable Master all over the grounds as well as decorative red lanterns and firecrackers ornaments. In the midst of an auspicious snow flurry during Lunar New Year Eve, everything appeared especially festive.

On the morning of the Lunar New Year, the Abbot, Dharma Master Heng Lyu, led the Bhikshus of Tathagata Monastery for a special visit to the Tower of Blessings to wish the elder Bhikshunis a very happy new year. The Abbot inquired about their daily activities and needs, and gave them a brief report regarding the construction of the Earth Store Hall and mountain gate.

Disciples from Taiwan, China, and Southeast Asia also came to the City of Ten Thousand Buddhas to spend a quiet New Year, and to participate in the Chinese New Year Mantra Recitation Assembly. Many from the San Francisco Bay area made a special trip to the City to light incense and pray for a good and auspicious year ahead. The Boys and Girls' division of Developing Virtue Secondary and Instilling Goodness Elementary Schools also held their annual Lunar New Year celebrations respectively, bringing about a festive joy throughout the City. ❀