



最美好的時光——漢堡大學師生2019年春參訪萬佛聖城

The Best Time in My Life

—Humboldt State University 2019 Spring Trip to City of Ten Thousand

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“This is the best time in my life! I’ve learned the method of quieting my mind and letting go of my attachments!” This was said by a senior student majoring in Communications at Humboldt State University (HSU), after spending a weekend at the City of Ten Thousand Buddhas (CTTB).

From April 5th to 7th, the Religious Studies Department of HSU sponsored the 2019 spring trip to CTTB, which is open to all students regardless of their major. The forty-two students who participated either tried practicing meditation for the first time or developed some other new skills to improve their meditative-concentration while at CTTB.

During the weekend at CTTB, the students experienced the Buddhist monastic lifestyle, including getting up before 4 AM for the hour-long Morning Recitation Ceremony in the main Buddha Hall that houses over 10,000 Buddha images. Throughout the day, they had various activities including classes on meditation, Tai Chi, question and answer sessions with monastics on Buddhist philosophy and practice, as well as participation in the daily rituals and ceremonies including Meal Offering Ceremony and the hour-long Evening Recitation Ceremony. And on Saturday evening there was an hour and a half panel discussion with the topic “How can one mitigate suffering during this chaotic age?”

At the panel discussion, Bhikshu Dharma Master Heng Shun shared a story from childhood when he saw his mother crying after his grandfather’s death, and reflected how, as a 4 year old, he did not understand what death was at all. He went on telling the audience that the way the Buddha teaches living beings to be free from suffering is to reach Nirvana or enlightenment. The Mahayana Buddhist path teaches that we should strive to become enlightened for ourselves and then also help others to end birth, death, and

「這是我一生中最美好的時光，學會讓心安靜，放下執著的方法。」加州州立漢堡大學傳播系一位大四學生，在萬佛聖城度過一個週末後如是說。

漢堡大學宗教系舉辦的2019年春季班萬佛聖城參訪之旅，自4月5日至7日舉行，不限科系都可報名，吸引了四十二名學生前來。他們有的是第一次嘗試打坐，也有些學生是來萬佛聖城學習新方法，以提高攝心專注的程度。

在萬佛聖城的這個週末，學生們體驗佛教出家人的生活方式，包括清晨4時之前起床，到萬佛殿參加一個小時的早課。白天他們有各式各樣活動：打坐課、太極拳、由法師主持的問答時間，討論佛教哲學和修行；另外還要上殿過堂，參加午供和一個小時的晚課。週六晚間則是一個半小時的座談，這次的主題是：「如何在混亂的時代中減輕痛苦？」

比丘恒順法師在座談中，追述一則童年往事。他還記得看到母親在外公過世後哭泣，當時年僅四歲的他，完全無法理解死亡是什麼。他接著告訴聽眾，佛陀教導眾生離苦之道就是入涅槃或開悟。大乘佛教教導我們要努力開悟，也要幫助別人了生脫死，跳出輪迴。他說佛陀教導我們，所有眾生都是我們過去的父母或六親眷屬。因此佛陀鼓勵我們

rebirth in Samsara as well. He mentioned that according to the Buddha every living being has been our parents or close relatives in previous lives. Therefore, he encouraged people to look upon all living beings with the same loving-kindness as we would have for our own parents. Dharma Master Shun also introduced to students to the Four Noble Truth that the Buddha taught.

Bhikshuni Dharma Master Jin Jing's talk encouraged people to look into their own minds to see how suffering is in every thought, and to "return the light to reflect within." She mentioned affliction (klesha), and the three outflow studies in Buddhism to eliminate greed, anger, and delusion, which are disturbed states in our mind. She emphasized that suffering is not external but internal; therefore, by learning about our mind and ourselves we can be free from suffering. Brutal honesty with oneself is needed. The first step in this process of reflection and to retrospection is to look into our mind and thoughts.

Dr. Hudaya Kandahjaya said that we should look into the five sciences of Buddhism, which are inner sciences. He feels that external forces, such as the legal system and especially various technologies, impose much of suffering upon us today. He thinks people are way too attached to technologies today, which cause people to live in a less than ideal condition.

Bhikshuni Dharma Master Heng Yuan told us that she recently had a conversation with one of her mentors, and then shared some insights with everyone from their conversation. First insight: know oneself first. She asked if we know who we are. Second: being content will keep ourselves happy. Third: give kindness to others. Extending a helping hand to others will create harmonious relationships. And lastly, keep a sense of humor. There is no permanent suffering. She mentioned that this is a good example of how talking with a knowledgeable teacher can be very helpful.

Dharma Realm Buddhist University MA program student Sophie Wu shared the lessons she learned from living at CTTB and DRBU after college. First lesson she learned is to do no harm, and choose a wise lifestyle. She mentioned how people at CTTB live a sustainable lifestyle and are guided by their moral precepts. Second lesson is to use self-cultivation as a tool to alleviate suffering. She mentioned that at CTTB and DRBU, students are given many spiritual exercises as their tools. Chanting, bowing, and meditation all can help us to look into our mind, and allow us not to be impulsive or reactive when face with adverse circumstances.

"It is a chaotic time that we are living, but focus on the stars (light), not the darkness," said Professor Stephen Jenkins. For over two decades, he has been inspired and touched by the CTTB community

應以愛父母之心對待眾生。順法師也將佛陀教導的四聖諦介紹給這些學生。

比丘尼近經法師鼓勵大家檢視自心，以見念念皆苦，並「迴光返照」。近經師談到煩惱以及佛教中可消除貪瞋癡的三無漏學，貪瞋癡即亂心。她強調苦不是外來的，而是來自內心；因此認識自心、認識我們自己，將可離苦。我們必須誠實面對自己，第一步就是要觀照我們的心和我們的念頭。

胡達亞博士說，我們應看佛教的五種科學，也就是內心的科學。他認為今天外在的力量，例如法律系統，特別是各種科技，給我們帶來很大的痛苦。他覺得如今人們對科技太過執著，使得大家都活得不自在。

比丘尼恒圓法師分享了最近和一位師長談話的感想，第一：首先要認識自己。她問大家是否真的知道自己是誰。第二：知足常樂。第三：待人慈悲；伸出援手將帶來和諧關係。最後，要有幽默感；痛苦不會長存。她說這就是跟善知識談話獲益甚多的例子之一。

法界佛教大學碩士生吳夢笑分享了大學畢業後，住在萬佛聖城以及就讀法大的收穫。第一是不要害人，並選擇智慧的生活方式。她提到聖城住眾的生活方式環保永續，並以戒為師。第二是藉著修行減輕痛苦，在聖城和法大，學生們有很多修行方法。持誦（經咒）、禮佛、打坐都能幫助我們觀照自心，讓我們在面對逆境時，不至於衝動或反擊。

「我們雖然生逢亂世，但要仰望星辰（光）而非黑暗。」史蒂芬·詹金斯教授如是說。過去二十多年，他深受萬佛聖城的啟發和感動。聖城男女眾法師提倡並過著智慧與慈悲的生活。他告訴大家慈悲的力量不可思議，以及慈悲如何得以護佑人們。當人處於負面情緒時，無論自處或與人

where the monks and nuns promote and try to live a life of wisdom and compassion. He shared the incredible power of compassion, and how compassion protects people. If one is in negative emotions, be present with oneself and others, and be compassionate with yourself and others. He mentioned the Buddhist Pain therapy and suggested that people should not be afraid of pain. By stepping into pain, one's compassion and loving-kindness grow. When one undergoes suffering or observes other people suffering it can be catalyst for bringing for the heart of great compassion.

Dr. Ron Epstein emphasized that the “constructed self,” which is ultimately illusory, is a form of suffering. The self carries heavy burden that is counterproductive in mitigating suffering. Instead, he suggested people listen to and question the “who” internally and intuitively. He asked the audience, “What are you doing here? What was the inner motivation of you being here?” Dr. Epstein also emphasized that having good and wise friends is important. And try to not associate with unwholesome friends.

On the final day of this trip, students filled out evaluation forms. Bhikshu Dharma Master Heng Shun found that they had very good experiences across the board. At the end of the last Q & A session on Sunday morning, a couple of students actually said that this visit to the City changed their lives. ❀

A student of the MA program in Sociology at Humboldt State University felt this trip was mind-opening to her and enjoyed the meditation very much. She liked to stay in the Buddha Hall and was touched by the *Heart Sutra* that was recited at the morning recitation. A line of the sutra text goes, “Form does not differ from emptiness; emptiness does not differ from form.” She marveled, “I had never been exposed to this idea before.”

漢堡大學社會學碩士班一位學生覺得此行讓她打開心胸，她很喜歡打坐，也喜歡參加大殿功課。早課所誦的《心經》令她深受感動，經文中「色不異空，空不異色」的道理讓她十分讚歎，她說：「我以前從沒接觸過這樣的想法。」

A senior student in the Department of Geography was amazed by a story Richard Josephson, a senior disciple of Venerable Master Hsuan Hua, shared with them. It was when Richard meditated in a forest and was surrounded by coyotes at night. Richard thought that the coyotes would gobble him up. Surprisingly, they didn't eat him but instead surrounded him very closely to keep him warm throughout the chilly night.

該校地理系一位大四學生覺得宣公上人老弟子理察·約瑟夫森分享的自身經歷十分神奇。那是有一次當理察在森林中打坐時，夜裡被一群野狼包圍。理察本以為死定了，會被野狼吞下肚。不料這群野狼竟貼著他，徹夜為他禦寒。

Another senior student in the Department of Geography had studied Yoga for a few years. Over the weekend at CTTB he figured that even though walking meditation is less demanding than physical Yoga, it is more focused on inner activities. He really enjoyed this trip to CTTB, he said, “I would like to come back to be a volunteer here.”

另一位也是地理系大四學生曾學過幾年瑜伽，在萬佛聖城度過的這個週末讓他發現，雖然行禪與跑香所消耗的體能沒有瑜伽動作那麼多，但更注重觀照內心的活動。他十分喜歡這趟參訪，並說：「以後我想來這裡當義工。」

相處，都應活在當下，並對自己和其他人慈悲。他談到佛教的忍痛吃苦療法，建議大家不要怕痛怕苦。吃苦可讓人增長慈悲心，當人受苦或看到別人受苦時，可以油然而生大悲心。

易果容博士強調「建構的自我」，畢竟是虛幻一場，也是一種受苦。自我帶著沈重的負擔，對於減輕痛苦有反作用。因此他建議大家以直覺向內傾聽並自問是「誰」，他問聽眾：「你們在這裡做什麼？你們來這裡的內在動機是什麼？」易博士也強調益友善知識非常重要，他希望學生們不要和損友交往。

這趟參訪行程的最後一天，學生們填寫評估表。恒順法師看到這群學生對此行各方面都有很好的評價。週日上午最後一次的問答時間中，有幾位學生確實提到這趟參訪已經改變了他們的人生。❀