

## 保持悠久的傳統—漢堡大學師生2019年秋參訪萬佛聖城

# Maintaining a Long Tradition: Humboldt State University's Fall 2019 Weekend Retreat at the City of Ten Thousand Buddhas

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For over thirty years, students from Humboldt State University (HSU) make a semiannual trek to the City of Ten Thousand Buddhas (CTTB), and the tradition continued with this Fall semester's weekend retreat. Over thirty university students were immersed in Buddhist monastic life from October 4 - 6, 2019, a totally new experience for most of the students.

Dr. Sara Hart, a professor of religious studies at HSU, led the group to CTTB this year. Past visits were led by Dr. William Herbrechtsmeier and Dr. Steve Jenkins for over 20 years. Dr. Hart took her whole family (her partner, their two teenage sons and two toddlers) along for this trip.

As part of trying the disciplined monastery schedule, students woke at 3:30 a.m. each morning to prepare for the 4 a.m. morning recitation. The weekend program included attending various ceremonies, introduction to meditation and Buddhism classes, introduction to Guanyin Bodhisattva recitation, Q&A sessions, and Tai Chi. In addition to this, there was a Saturday evening panel which explored the question, "How to Foster Compassion in Polarizing Times?"

The panel discussion was hosted by Dharma Master Heng Shun. Dharma Master Jin Yong gave an example of fostering compassion with a recent event reported in the news of a policewoman who mistakenly shot a man who she thought was trespassing into her home. In court, the man who was shot did not resent the policewoman,

漢堡州立大學學生自第一次參訪萬佛聖城以來已逾三十年了，這每半年一次的傳統一直延續到2019年秋季學期。10月4日到6日，三十多名大學生沉浸在佛教僧侶生活中，這對其中絕大多數學生來說是全新的體驗。

這次是首次由該大學宗教研究教授薩拉·哈特帶隊來到萬佛聖城。過去二十多年的訪問都由赫布勒特米爾教授和詹肯斯教授帶隊。哈特博士帶著她的全家人（她的同修和他們的兩對雙胞胎）一起參加。

作為體驗僧侶律己生活的一部分，學生們每天凌晨3:30醒來，以準備參加4點的早課。週末活動包括參加佛殿的各種功課，上介紹禪坐、佛教和念觀音菩薩聖號的課，疑難解答及學打太極拳。除此之外，星期六晚上舉行了討論會，主題是「如何在兩極分化時代培養慈悲心？」

比丘恆順師主持了討論會。比丘近永師以最近新聞報導的一起事件為例來說明如何培養慈悲心。在此事件中，一名女警員誤以為一名男子闖入她家而槍擊之。在法庭上，被誤擊的男子並未怨恨女警，而是詢問法官他是否可以給女警一個擁抱。他不僅原

but instead he asked the judge if he could give her a hug. He not only forgave her; he even wished her the best. He was a devout Christian and able to foster compassion. In Buddhism, the basic belief is that all beings have the Buddha nature and can become a Buddha. If we see everyone as a future Buddha, then it will help us foster compassion.

Dharma Master Jin Xiang shared that kindness and compassion are present in every one of us. She reflected that we can foster compassion is by reflecting within. We work towards minimizing discord, try to see things objectively, and try to see things impartially. We can use Venerable Master Hua's Six Great Guiding Principles to help us foster compassion. She gave us examples of activities that the Instilling Goodness Developing Virtue girl students are doing to help foster compassion. Lastly, she reminded everyone to think positively.

Dr. Hudaya Kandahjaya noted that polarizing times are not a new issue. He mentioned that Guanyin Bodhisattva was symbolic of compassion. She has many faces, not just one. There are many faces of compassion and they are not just kind faces. Guanyin Bodhisattva also displays the face of anger. Compassion can be expressed differently but most importantly is that you need to have wisdom. Sometimes you are being forced or pushed to do something for your own benefit and it is done out of compassion. If we can follow this idea that Guan Yin Bodhisattva can appear in different forms to help beings, then it will help us to foster our compassion.

Dr. Sara Hart asked, "What is compassion?" One can say it is to suffer together with others, to experience life together, or to see the lives of others through their own perspectives even if we don't share or agree with them. We embrace differences rather than push them away. Learn not to push other people's ideas away. Other religions can also offer us insights and wisdom. She touched upon the Buddhist principles of no-self, right thought, and proper action, and how these can help us to foster compassion.

Dr. Raymond Yeh pointed to the many problems in the world today and how we desperately needed compassion in the world. There's no time for bickering; we only have time for love. We need to get rid of the notion of "I" in order to have the notion of at "one." He offered other helpful advice such as: learn to practice mindful self-reflection, see what others around you need and offer help, learn to see the good qualities in the people around you, learn to listen, learn to ask the right

了了她；他甚至還祝她一切順利。他是一名虔誠的基督徒，並且能夠培養慈悲心。佛教的基本信念就是所有眾生都有佛性，皆堪作佛。如果我們將每個人都視為未來佛，這將幫助我們培養慈悲心。

比丘尼近祥師分享說，我們每個人都存有善心和慈悲心。我們培養慈悲心是通過自我反省來做到的。我們應該努力化解不和，嘗試客觀、公正地看待事物。我們可以運用宣公上人教的六大宗旨來幫助我們培養慈悲心。近祥師舉了一些女校學生為促進培養慈悲心而開展的活動的例子。最後，她提醒大家要正面看問題。世界還有希望。

胡達亞博士指出，兩極分化時代不是一個新問題。他提到觀音菩薩是慈悲的象徵。她有很多面孔，不僅只是一張。觀音菩薩有很多慈悲的面孔，但並不全是慈愛的相。她也現憤怒相。慈悲可以用不同的方式表達，最重要的是你要有智慧。有時您被強迫或勉強去為自己的利益做某事，而這種強迫其實是出於慈悲心。如果我們能夠遵循觀音菩薩現不同的身來幫助眾生這樣的方法，那麼這將幫助我們培養慈悲心。

薩拉·哈特博士問：「什麼是慈悲心？」慈悲心可以說是與其他人一起受苦，一起體驗生活，或者通過他們的觀點來看待他們的生活，而這些的觀點並不是我們所具有或贊同的。我們接受差異，而不是排斥它。要學會不排斥別人的想法。其他宗教可以為我們提供真知灼見和智慧。她談及了佛教「無我」、正思維和正行的原則，以及這些原則如何幫助我們培養慈悲心。

葉祖堯博士指出了當今世界上的許多問題，以及我們如何迫切地需要慈悲心。我們沒有時間吵架，只有時間去愛。我們要擺脫小「我」的概念，才能擁有「一」的概念。他提供了一些有用的建議，例如：學著專注於自我反省，了解周圍人的需要並提供幫助，學會看到身邊人的優點，學會傾聽，學著提恰當的問題，學習站在他人的立場看待問題等等。

周瑞芬居士自問我們是如何到達這個糟

questions, learn to walk in someone else's shoes, and so forth.

Priscilla Yeh wondered how we got to this dire point, and reflected that it is because everyone is out for themselves. We believe that we are all separate and do not see how we are all interconnected like Indra's net. She shared a few tips on how to minimize our ego so we can become at one with others. Shift the idea of fighting for my share into sharing with everyone. Change the thought of "more is better" to contentment to help us reduce our greed so we have more capacity to help others. Turn around the thought of always wanting to take advantage of others into having compassion for others. Instead of chasing things outside, we can reconnect with our inner selves and our compassion will shine through.

From the students' evaluations, it was evident that this was a life-changing experience for some of them. Estrella, one of the HSU students, was asked by Dr. Hart on Monday after the visit, "How are you? How was the weekend?" She smiled wider than I had ever seen her smile before and said, "Nothing will ever be the same." One student had such a pleasant experience that she and her partner are considering having their daughter attend school at CTTB. Other students would like to come back to attend a longer retreat or volunteer to give back to the CTTB community. Many of the students enjoyed the meditations, recitations, and the delicious vegetarian food. All were grateful for this unique experience! ❀

糕的地步的。這是因為每個人都只為自己奮鬥。我們相信我們都是孤立的，看不到我們是如何像帝釋珠網那樣相互聯繫在一起。她分享了一些有關如何最大程度地減少自我的方法，以便我們與他人成為一體：把「爭取我那一份」的想法轉變為「與大家共享」。將「越多越好」的思想轉變為「知足常樂」，以幫助我們減少貪婪，而有更多能力幫助他人。改變「總想佔別人便宜」的想法為「慈悲對待別人」。不應向外馳求，而應重新連上內在的自我。如此，我們的慈悲心將照徹內外。

從學生的評估來看，對一些學生來說這次訪問顯然是改變一生的經歷。參訪萬佛聖城之後的週一，哈特博士問一位學生埃斯特雷亞：「你好嗎？週末過得怎麼樣？」她說埃斯特雷亞的笑容比她以前所有的笑容還要燦爛，埃斯特雷亞說：「一切都與從前不一樣了。」有一位學生的經歷非常愉快，以致她及伴侶考慮讓他們的女兒到聖城上學。其他學生想回來參加更長時間的法會或做義工回饋聖城。絕大多數學生都喜歡禪坐、念誦和可口的素食。所有人都感謝能有這樣獨特的經歷。❀



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