

Teaching Healing Led Me to My Teacher

能量治療帶我見到上人

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In the summer of 1977, I was one of three nurses from New York City who was invited by Dr. Effie Chow to present at the first East West Academy of Healing Arts Conference in San Francisco, California. We were part of the original group of nurses who learned a healing modality called Therapeutic Touch. We were all pioneers in using energy in healthcare. At this conference, we each presented a different topic related to energy healing. My presentation was entitled, “Meditation as a Way of Life.” In retrospect, given my neophyte status in the practice of meditation at the time, it was quite ironic.

It was at the opening ceremony of this conference that I, along with many helping professionals from many different disciplines, first encountered Master Hua and the three nuns who accompanied him, Bhikshuni Heng Chih, former Bhikshuni Heng Yin (Loni Baur,) and Bhikshuni Heng Ming. I had no idea, at the time, that this meeting would change my life forever.

I remember standing in line to enter the auditorium for the opening keynote address, with my two colleagues when, suddenly, instead of just the three of us, there were six. As we passed through the entrance into the hall, somehow three nuns got interwoven

1977年夏天，我們受到周佩瑤博士的邀請，出席了在加州舊金山舉行的第一屆東西方康復藝術學院會議。我是來自紐約市的三位護士成員之一，我們是學習這種叫能量治療的原始護士團隊的部份成員。我們都是在醫療保健領域中使用能量的先驅。在這次會議上，我們每個人都提出了與能量治療相關的不同主題。我的演講題為「冥想作為一種生活方式。」回想起來，鑑於我當時在冥想練習中的新手地位，這是非常具有諷刺意味的。

正是在這次會議的開幕式上，我遇見許多不同領域的專業人士，首先遇到了宣化上人和陪他一起出席的三位比丘尼，比丘尼恒持，比丘尼恒隱和比丘尼恒明。當時我沒料到這次會議會永遠改變我的生活。

with us. A tall, thin nun led us to the first row and we took our seats. The three of us would never have chosen to sit there on our own. But that's where we were with a nun sitting in between each of us. All three of us was wondering how this had happened, and who these nuns were.

Following O 'Shanna, a Hopi shaman who sang a very powerful healing song, the Master was introduced. He took the podium accompanied by a bhikshu who would translate for him. Once at the podium the Master waited, and waited, and waited a bit longer. I remembered feeling uncomfortable, and then becoming aware of a very tangible, and profound silence filling the room. It was very different from the fidgeting din, which sometime occurs when an audience is made to wait.

Later, I asked my teacher Dolores Krieger, the cofounder of Therapeutic Touch, why he waited so long, and she explained that he was waiting for his Dharma Assembly to descend. At the time, I could not quite discern what this meant, but I could feel the quantifiable change in the atmosphere of the room, and that was something completely new to me.

At the end of the Master's keynote address, the six of us introduced ourselves. During the conference, all three bhikshunis (nuns) attended each of our presentations. Later we received word that the three of us had been invited to visit the Master at the City of Ten Thousand Buddhas.

Since my colleagues, Nancy and Janet, were both academics and had the summer off, they accepted his invitation. I, on the other hand, had to be at work in a hospital in New York City on the following Monday. So, they got to go to the City of Ten Thousand Buddhas and meet the Master, while I boarded a plane and returned to New York.

On the plane ride home I felt downcast and cheated out of a special opportunity. I couldn't quite understand why these feelings were so strong, but I was determined to go to the City of Ten Thousand Buddhas as soon as possible. Although I couldn't put it into words, something resonated deeply between me and the Master, to whom I had not even been introduced yet, and with the three bhikshunis also.

About four days after I returned from the conference, I was taking a walk by the Narrows Waterway. I sat down to rest on a bench, and was gazing out at the Atlantic Ocean, when a man sat down next to me. I cannot remember how it happened. But this very pleasant Asian man started to talk to me about San

我記得排隊進入禮堂參加開幕主題演講，與我的兩位同事，突然間不是只有我們三個人，有六個人。一起穿入大廳的入口，不知何故，三位比丘尼與我們交錯同行。一個又高又瘦的比丘尼把我們帶到了第一排，我們坐了下來。我們三個人永遠不會選擇去坐在那裡。而我們在每個人之間都坐著比丘尼。我們三個人都想知道這是怎麼發生的，以及這些比丘尼是誰。

在一首由霍皮族薩滿祭司唱的非常強烈的療癒歌曲O'Shanna之後，師父被介紹了。他帶著一個為他翻譯的比丘陪同登上領獎台。一旦登上領獎台，上人等待，等待，等待好一段時間。我記得感覺不舒服，然後意識到房間裡充滿了一種非常明顯而深刻的沉靜。這個和有時候讓觀眾等待而造成煩躁不安非常不同。

後來，我問我的老師德洛瑞絲·克里格，她是「能量治療」的聯合創始人，為什麼他停頓這麼久，她解釋說他正在等待他的法會降臨。當時，我無法了解這個所代表的意義，但我能確切的感受到房間氛圍的變化，這對我來說是全新的。

在上人的演講結束時，我們六人介紹了自己。在會議期間，三位比丘尼都參加了我們的每次演講。後來我們收到消息說我們三個人都被邀請去萬佛城參見上人。

由於我的同事南希和珍妮特都是學者並且在放暑假，他們接受了他的邀請。而我必須在下週一在紐約市的一家醫院工作。因此，當我登上飛機返回紐約時，他們得以去萬佛城並與師父會面。

在乘坐飛機回家的路上，我很沮喪並覺得被騙走了一個特殊的機會。我不太明白為什麼這些感覺如此強烈，但我決定要盡快去萬佛城。雖然我和師父之



Seminar for Academy of Healing Art at CTTB in 1977.
1977年萬佛城能量治療小型會議

Francisco. He told me it was just 3,000 steps away. Then he smiled, stood, and walked away. My rational mind was saying, “You mean miles not steps,” but I also felt strangely comforted and affirmed by him. Although I wasn’t able to be at The City of Ten Thousand Buddhas while my friends were there, I would go, even if I had to go by myself. I never told anyone about this kind-hearted gentleman. I went back to that place a few times, looking for him, but I never saw him again.

Eventually, I did get to go to the City of Ten Thousand Buddhas. In the fall of that same year I attended a Guanyin recitation session there. I flew out by myself and two bhikshunis met me at the airport and gave me a ride. We arrived at the City of Ten Thousand Buddhas just as the car the Master was in drove up. The two bhikshunis got out to greet him and I followed along behind them. One of them spoke to the Master in Chinese and introduced me. He turned towards me with a big smile and said “Eloise! I’ve waited a long time for you.” I bowed to him and felt a deep expansion within me. I knew I was home.

This was the beginning of my bi-annual trek to the City of Ten Thousand Buddhas for the Guanyin recitation session. Whenever I came, the Master permitted me to live with the bhikshunis. It was an experience for which I will be forever grateful.

間還沒有被介紹過，但是我深刻的感覺到和師父以及三個比丘尼的心靈契合，這是我無法用言語來形容的。

從會議回來後大約四天，我在紐約灣海峽的水道旁散步。我坐在長凳上休息，正當凝視著大西洋時，一個男人坐在我旁邊時。我不記得是怎麼回事。這個親切的亞洲男人開始跟我談起舊金山。他告訴我說距離只有3000步之遙。然後他笑了笑，站了起來，走開了。我的理性思想說，「你的意思是里程不是步數。」但我也從他那裡得到感到奇特的安慰和肯定。雖然我無法和我的朋友們在那時一起進入萬佛城，但即使我必須獨自去，我也一定去。我從來沒有告訴任何人這個善良的紳士。後來我回到那個地方幾次，找他，但我再也沒見過他。

後來，我終於去了萬佛城。同年秋天，我參加了那裡的觀音七法會。我自己坐飛機去，兩個比丘尼在機場接我，然後載我一程。我們到達了萬佛城時，師父的座車就開上來。兩個比丘尼出來迎接他，我跟在他們身後。其中一人用中文與師父交談並介紹我。他帶著燦爛的笑容轉向我，說道：「艾洛伊思！我已經等你很久了。」我向他鞠躬並感到內心深處的擴張。我知道我已回家了。





Seminar for Academy of Healing Art at CTTB in 1978.
1978年萬佛城能量治療小型會議

For a brief time, the Master opened the City of Ten Thousand Buddhas for small conferences on healing and Therapeutic Touch, but I did not participate in these conferences. At that point, the community had already become something very different for me. During one of those conferences, though, a nurse colleague of mine asked the Master if he would allow her to take his picture for Eloise. She told me that he nodded, gave her a huge smile, and she took the picture. That photograph still hangs in my office, and every day I look at him, smiling at me. He is standing there in his brown and yellow robes, a yellow cloth bag draped around his neck and his walking staff in his hand. It is priceless. I bow to the Master every day because of that picture.

The last time I visited the City of Ten Thousand Buddhas was in 1982. Somehow I knew that it would be my last visit, as my life was changing. I left Talmage, to stay overnight at the San Francisco convent on Washington Street, and catch my flight back to New York in the morning. I recall sitting in one of the rooms on the second floor. The room had a large picture window, which looked out on the Golden Gate Bridge. I do not know how long I sat there just looking out the window, feeling so down-hearted and knowing that I would never be back.

Then a bhikshuni came into the room and said the Master was on the phone and wanted to talk to me. I do not know HOW he knew how I was feeling, but

這是我每年兩次跋涉到萬佛城參加觀音七法會的開始。每當我來的時候，師父都允許我和比丘尼一起生活。這是一個讓我永遠感懷的經歷。

有一段時間，上人開放萬佛城為療癒和能量治療舉行小型會議的場地，但我沒有參加這些會議。對我來說，那個領域已經和以前非常不同的。然而，在其中一次會議中，我的一位護士同事詢問師父是否允許她拍攝照片給艾洛伊思。她告訴我他點了點頭，給了她一個巨大的微笑，然後她拍了照片。那張照片還掛在我的辦公室裡，每天我都看著他，朝我微笑。他穿著棕色和黃色的長袍站在那裡，脖子掛著一個黃色的布袋，手裡拿著拐杖。它是無價的。由於那張照片，我每天都可以向師父禮拜。

我最後一次去萬佛城是在1982年。不知怎的，我知道這將是我的最後一次到訪，因為我的生活正在發生變化。我離開了達摩鎮，在舊金山華盛頓街的道場過夜，然後第二天一早要搭飛機返回紐約。我記得坐在二樓的一個房間裡。房間裡有一個大的觀景窗，可以看到金門大橋。我不知道我坐在那裡只是看著窗外有多久，感到非常沮喪，知道我永遠不會回來。

然後一個比丘尼走進房間，說師父在電話上，想跟我說話。我不知道他怎麼知道我的感



he said, in a broken English that, for some reason, I could totally understand, “Eloise, don’t be so down-hearted — I am always with you, wherever you are.” Love for this man just poured out of me—it flowed, suspended in space and time.

I had not had any contact with the community or the Master in well over a decade when one day, while I was working at my desk, the Master appeared in front of me, dress in all his regalia. It was sudden, though not frightening, just unexpected and I thought that I must have been imagining it, since he had never done this before. So, I did not attend to him but, instead, wondered if there was something wrong with me!

The next day while I was meditating he appeared, quite vividly, in front of me again. I tried to reach out to him intuitively, but felt I was not sensitive enough to understand what he was trying to tell me. The following day the same thing happened once more, only this time, I called the City of Ten Thousand Buddhas and told the person who answered the phone about my experience. I then asked the person to please let the Master know that Eloise was on the phone, trying to understand his message.

The person asked me to please hold. While I waited for him to get someone to talk with me, I felt as if a wrinkle in time occurred, and fifteen years had not gone by. Then a woman’s came through the phone, and informed me that this venerable, kind, teacher who had taught me so much about unconditional compassion, and the realities of the metaphysical realm in the human spiritual experience, had crossed over. I believe she said the week before or perhaps a few weeks before. She said that many people had been calling to say they had seen him. I thanked her and hung up. The Master never appeared to me again. I think of my time with the Master, the City of Ten Thousand Buddhas, and the bhikshunis, as one of the most significant periods of my life. I will be forever blessed by those experiences. ❀

受，但他說，用一種破碎的英語說，出於某種原因，我完全可以理解，「艾洛伊思，不要那麼沮喪，無論你在哪裡，我總是和你在一起的。」我對這個人的感念和愛於是傾瀉而出——它遍滿整個空間和時間。

十多年來，我沒有與這個團體或師父有任何接觸。有一天，當我在辦公桌前工作時，上人出現在我面前，穿著所有標誌著他的行頭。這是突然的，雖然並不可怕，只是很意外。我以為一定是我的幻覺，因為以前從未發生過。所以，我沒有注意他，反而懷疑我自己是否有問題！

第二天在我打坐時，他再次生動地出現在我面前。我直覺地試圖與他聯繫，但覺得我不夠靈敏，無法理解他想要告訴我的內容。第三天又發生了同樣的事情，只是這一次，我打電話給萬佛城並告訴接電話的人我的經歷。然後我請那個人讓上人知道艾洛伊思正在電話上，想要了解他要釋放的訊息。

那個人請我等一下。當我等他找人跟我說話的時候，我覺得好像時間壓縮了，15年並沒有過去。然後一個女眾在電話上告訴我，這位可敬而慈悲的老師曾經教過我很多關於無條件的悲心，已經入涅槃，超越了人類在形而上學中精神上的實際體驗。我相信她是說在前一周或前幾周。她說許多人一直打電話說他們見過師父。我感謝她並掛了電話。從此師父再也沒有在我面前出現過。

我想起了我與師父，萬佛城和比丘尼的這段時間，是我生命中最重要時期之一。我會永遠被這些經歷所祝福。 ❀

