

爲漢堡大學學生舉辦線上論壇

Humboldt State Students Join City of Ten Thousand Buddhas for a Virtual Event

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北加州州立漢堡大學宗教研究系，每年春秋二季，都由教授帶領數十名學生到萬佛聖城參訪一個週末，實地體驗佛教道場生活，並成為該系的一個正式學分。這項每年兩次的參訪活動，逾25年前即已展開。

2020年，受疫情影響，這項參訪活動被迫中斷。但2021年春季班，漢堡大學宗教研究系寇瑞葛俐安諾教授的「探索佛教」課程與哈特教授的「世界宗教」課程，聯合為兩班約三十名學生「請法」，最後訂於3月12日上午11時至中午12時40分舉行線上論壇，由萬佛聖城比丘恒順法師、近巖法師；比丘尼恒圓法師、近簡法師為學生們介紹「淨土法門」。

論壇由恒順法師主持，近巖法師介紹了淨土三經：《無量壽經》、《觀無量壽經》、《佛說阿彌陀經》；並指出，淨土經典的重點即是往生阿彌陀佛極樂世界，阿彌陀佛往昔於世自在王如來時代曾為國王，但聽了世自在王如來說法後，決定棄國捐王，成為沙門，也就是法藏比丘。

法藏比丘勤修五劫，思惟攝取莊嚴佛國清淨之行，終於成立極樂世界；他曾在世自在王如來前發四十八大願，所謂「四十八願度眾生，九品咸令登彼岸」。其中第十八大願是十念必生願，第十九大願是聞名發心願，都是阿彌陀佛與諸聖眾必定接引念佛眾生到極樂淨土的願力。

Every spring semester and fall semester, professors from the Religious Studies Department of Humboldt State University in Arcata, California would lead dozens of students to visit the City of Ten Thousand Buddhas (CTTB) for a weekend immersion for course credit to experience life in a Buddhist monastery. These biannual visits to CTTB started over twenty-five years ago; however, their 2020 visits were cancelled due to the COVID-19 Pandemic.

This spring semester, while an in-person visit was still not possible due to the continued pandemic, Dr. Stephanie Corigliano's "Exploring Buddhism" and Dr. Sara Hart's "World Religions" classes combined together had thirty students that requested monastics from CTTB to hold an online event so they might learn about the Pure Land School in Buddhism. This virtual event was hosted online for the students on March 12, 2021 from 11:00am to 12:40pm. Bhikshus Heng Shun and Jin Yan as well as Bhikshunis Jin Jian and Heng Yuan were the four Dharma Masters in the forum.

Dharma Master Heng Shun was the host of this forum. Dharma Master Jin Yan introduced the three major Pure Land Sutras: *the Sutra on the Buddha of Infinite Life*, *the Sutra on Contemplation of Amitayus*, and *the Amitabha Sutra*. He noted that the focus of Pure Land Sutras is to be reborn in the Western Pure Land of Ultimate Bliss of Amitabha Buddha, who was a king during the era of the Buddha Lokeshvararaja. Having heard the Buddha's exposition of the Dharma, the king rejoiced in his heart and awakened the aspiration for the highest, perfect enlightenment of a Buddha. He renounced his kingdom and throne, and became a monk named Dharmakara.

For five kalpas, Dharmakara contemplated and practiced the Buddha's teachings and eventually established this Buddha land: the Western Pure Land of Ultimate Bliss. Dharmakara came to the Buddha Lokeshvararaja and proclaimed his forty-eight vows. It is said, "His forty-eight vows will be our liberation. In nine lotus-stages we reach the farthest shore." Among the forty-eight vows, the eighteenth vow states that whoever recites Amitabha Buddha's name for even ten times

Great Master Shando (613-681)



近巖法師又介紹阿彌陀佛與極樂世界的殊勝，以及中國蓮宗初祖慧遠大師（西元334-416）、二祖善導大師（西元613-681）的行誼。

近簡法師則詳細解釋修行淨土法門的方法與利益。包括宣公上人所教的四種念佛方法：持名念佛、觀想念佛、觀相念佛、實相念佛。其他的淨土行門還有持誦〈往生咒〉、〈大悲咒〉等。修行淨土法門的八大利益包括攝心、但受諸樂無有眾苦、念佛放光驅逐黑氣、帶業往生、不退轉、保證開悟、諸上善人俱會一處、萬人修萬人去等。往生極樂世界的三資糧信、願、行，更是缺一不可。

比丘尼恒圓法師在網上帶領漢堡大學的學生念佛五分鐘，靜坐五分鐘。接下來的30分鐘問答時間裡，四位法師分別答覆學生們的各種問題。

好幾位學生都表示非常喜歡念佛，這次的線上論壇對他們而言是很棒的經驗。順法師稍後也表示，在線上課程仍有若干限制的情況下，這項活動可以說辦得非常好。✿

could be reborn in Amitabha's Pure Land. The nineteenth vow states that whoever resolves to be reborn in Amitabha's Pure Land will be welcomed by Amitabha Buddha and a multitude of enlightened sages when this person dies.

Dharma Master Jin Yan further introduced the supreme qualities of Amitabha Buddha and his Pure Land, as well as the first and second patriarchs of the Pure Land School in China: Great Master Huiyuan (334-416) and Great Master Shando (613-681).

Ways To Practice & The Benefits



Dharma Master Jin Jian explained in detail the methods and benefits of the Pure Land School. There are four types of mindfulness of Amitabha Buddha that the Venerable Master Hua taught: 1. Mindfulness of the Buddha through holding the name; 2. Mindfulness of the Buddha through contemplative reflection; 3. Mindfulness of the Buddha through contemplative visualization; and 4. Mindfulness of the Buddha through the Buddha's True Appearance. Other practices for rebirth in the Pure Land include reciting the *Pure Land Rebirth Dharani* and the *Great Compassion Mantra*. The eight great benefits of practicing Pure Land methods are: 1. Mindfulness, focus, and concentration; 2. Born in the Land of Ultimate Bliss, one endures no suffering but enjoys every bliss; 3. When you recite the Buddha's name, you emit a light which frightens away all negative energies; 4. You take your past karma with you to the Pure Land; 5. Non-retreat; 6. Guaranteed to attain Awakening; 7. Superior and good people will be your companions; 8. Ten out of ten succeed. The three requisites of Faith, Vows and Practices are necessary for being reborn in the Pure Land.

Dharma Master Heng Yuan then led five minutes of chanting Amitabha Buddha's name, followed by a five-minute silent sit. There was a 30-minute Q & A session in which all four Dharma Masters answered questions from the students.

Several students commented that they really enjoyed the chanting, and that this session was a great experience for them. Dharma Master Shun commented later that this event went very well considering the limitations of a Zoom class. ✿