

萬佛聖城佛七暨三皈五戒 Amitabha Session and Three Refuges and Five Precepts Ceremony at the City of Ten Thousand Buddhas

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2022年12月4日是萬佛聖城自疫情以來，第一次開放讓城外大眾參加佛七；也是在疫情中，第一次舉辦三皈五戒的日子。當天下午，萬佛殿湧進了近百位善信，無論是參加三皈五戒者，或是在旁隨喜，大家都感到法喜充滿。

這次的三皈五戒儀式，由恒江法師與近永法師共同主持。原有60人報名，但當天有八人因臨時染疫等種種因素而無法參加。恒江法師提醒大家，皈依是皈依上宣下化老和尚領導的法界佛教總會僧團，所有法總法師都包括在內。皈依後有任何問題，可就近請教各分支道場的

December 4, 2022 was the first time since the onset of the pandemic that the City of Ten Thousand Buddhas' seven-day Buddha's Name Recitation Session was open to the public to participate. It was also the first time during the pandemic that the Three Refuges and Five Precepts ceremony was held. In the afternoon, nearly a hundred people poured into the Buddha Hall. Whether they were participating in the Three Refuge and Five Precepts ceremony or rejoicing and watching from the side, everyone felt full of Dharma joy.

This time, the Three Refuge and Five Precepts ceremony was hosted by Dharma Master Heng Chiang and Dharma Master Jin Yong. Sixty people originally signed up, but eight people were unable to make it that day due to various factors. Master Heng Chiang reminded everyone that they were taking refuge with the Sangha of the Dharma Realm Buddhist Association led by Venerable Master Hua, which includes all the Dharma Masters in DRBA. If anyone had any questions after taking refuge, he

法師。近永法師則強調，宣公上人說三皈依儀式後，要拜佛拜滿一萬拜，才算完成皈依。這一萬拜可以自己在家裡拜，也可以到萬佛聖城參加萬佛寶懺，寶懺圓滿時，也拜了一萬多拜。

當天現場參加的52位居士來自海內外不同地區，最遠是來自北歐挪威的海蓮娜·伊蜜斯蘭德，法名親同。她是作家，也從事法律顧問工作。

海蓮娜在挪威有個來自北京的建築師朋友，這位北京朋友在2016年旅居挪威之前，曾赴香港慈興寺參加禪七，並請了一些法界佛教總會出版的書籍。2020年疫情全球爆發後，海蓮娜心情低落。她的北京朋友就送她宣公上人淺釋的《心經》和《楞嚴經》英譯本。一讀之下，海蓮娜當即覺得觸動內心深處，並驚歎於上人解釋的佛理如此清楚明白，真是妙法！因此興起到萬佛聖城皈依三寶並受五戒的念頭，這個心願直到2022年12月終於圓滿。她認為能在正法道場受三皈依五戒，非常幸運。儀式圓滿後，她覺得身心輕鬆自在，很開心。也因為她的誠心，她的北京建築師朋友至今尚未皈依受戒，她卻已後發先至。

來自洛杉磯的謝國瑞在金輪寺擔任義工已有20餘年，原來擔心犯戒，因此雖然皈依佛門多年，但遲遲不敢受戒。他的同修吳麗詩五年前受了五戒後，經常鼓勵他加入受戒行列。謝國瑞開始考慮受戒時，又逢百年大疫。如此這般再三拖延，這回終於扭轉了「怕犯戒」的心態，驅車直上萬佛聖城。受戒後，他說：「每天警惕自己不要犯戒，也感覺到自己

said, they could consult the Dharma Masters at any nearby DRBA branch monastery. Dharma Master Jin Yong emphasized Venerable Master Hua's instructions that after the Three Refuge Ceremony, one must bow to the Buddha 10,000 times before one is considered to have completed the process of taking refuge. For these ten thousand bows, one can bow at home or go to the City of Ten Thousand Buddhas to participate in the Ten Thousand Buddhas Repentance bowing session. This is because when the bowing session is completed, participants will have already bowed to the Buddhas more than 10,000 times.

The fifty-two lay Buddhists in attendance that day came from various parts of the United States as well as abroad, the farthest being Helene Imislund from Norway, whose Dharma name is Qin Tong. She is a writer and also works as a legal consultant.

In Norway, Helene has a friend who is an architect from Beijing.

Before moving to Norway in 2016, this Beijing friend went to Cixing Temple in Hong Kong to participate in a seven-day Chan session, and they brought back some books published by the Dharma Realm Buddhist Association (DRBA). After the global outbreak of the coronavirus pandemic in 2020, Helena experienced low mood, so her friend from Beijing gave her the English translations of the *Heart Sutra* and the *Shurangama Sutra* with Venerable Master Hua's commentary. After reading them, Helena immediately felt touched deep in her heart, and she marveled at how clearly the Master explained Buddhist principles so wonderful! Therefore, the idea arose of going to the City of Ten Thousand Buddhas to take refuge in the Three Jewels and receive the Five Precepts. This wish finally was fulfilled in December 2022. She considers herself very lucky to be able to receive the Three Refuges and Five Precepts at a monastery that propagates the proper Dharma. After completing the ceremony, she felt relaxed and happy both physically and mentally. Because of her sincerity, even though her Beijing architect friend has not had the opportunity, Helena has been able to take refuge and receive precepts first.

Daniel Shieh from Los Angeles has been a volunteer at Gold Wheel Monastery for more than twenty years. He was worried about violating the precepts, so although he had taken refuge years ago, he was hesitant to take the precepts. After receiving the Five Precepts five years ago, his wife Michelle often encouraged him to join the ranks of preceptees. But just when Daniel began to think about taking the precepts, the COVID-19 pandemic broke out. After repeated delays, this time he finally conquered his mentality of "fear of violating the precepts" and drove straight to the City of Ten Thousand Buddhas. After taking the precepts, he said, "Every day I remind myself not to break the precepts. I feel that my desires are being transformed, and I am no longer as attached to some things as I used to be."

的欲望能夠轉化了，有些事情不再那麼執著。」

大學二年級就開始打坐的邢恩然，來自天津。在美國威斯康辛大學麥迪遜分校攻讀化學博士期間，遭逢疫情，讓他頓感人生無常，上網瀏覽佛教資訊，恰好看到宣公上人開示，字字都說到他的心裡。因此拿到博士學位後，立刻申請進入法界佛教大學碩士班。法大第一學期末，正巧有機會參加萬佛聖城三皈五戒儀式。法名親願，他很高興，並發願要在修行路上繼續努力前進。

這次三皈五戒儀式中，年紀最長的是78歲的越戰老兵約翰·布里特斯基。越戰後，長年飽受創傷後壓力症候群的困擾。2016年搬到瑜伽市，開始探索道家 and 佛家思想，並到萬佛聖城流通處請購多本佛書，「一本接著一本買，一發不可收拾。」恰好住在易果容、倪果歸附近，有問題就請教他們。他的脾氣變好了，心境也平和了。2021年7月，在瑜伽市善財參學中心參加恒來法師主持的皈依儀式，法名親健。皈依後的一萬拜早已拜完，如今他每天禮拜阿彌陀佛多次，並打坐三至四小時。這回報名受五戒，他有一個很大的心願，就是幫助其他受苦的眾生，「因為這一生我經歷過太多的痛苦。」

六歲的吳親皓，是這次三皈五戒儀式中，年紀最小的一位。小小年紀已將《心經》和〈大悲咒〉念誦得琅琅上口。父母和兩個姊姊都早已皈依佛門，吳親皓不甘落後，當然也要皈依。本來還想受五戒，只是年齡太小，不符受戒資格。平日調皮愛玩的吳親皓，在皈依儀式中，可是全程隨著大眾唱誦禮拜，一點都不含糊。他的小名是「多多」，但對於皈依後規定的一萬拜，他可不貪多，打算以「十年大計」來完成——每天拜三拜。

Enran Xing, who started to meditate in his sophomore year in college, is from Tianjin, China. While studying for a PhD in chemistry at the University of Wisconsin-Madison in the United States, he experienced the pandemic and acutely felt the impermanence of life. When he browsed for Buddhist information on the Internet, he happened upon Venerable Master Hua's lectures, every word of which spoke directly to his heart. Therefore, immediately after earning his PhD, he applied to the master's program at Dharma Realm Buddhist University (DRBU). In the last week of his first semester at DRBU, he was able to participate in the Three Refuges and Five Precepts Ceremony at the City of Ten Thousand Buddhas. His Dharma name is Qin Yuan. He is filled with joy and vows to continue to work hard on the path of practice.

At this Three Refuges and Five Precepts ceremony, the oldest preceptee was 78-year-old Vietnam War veteran John Britschgi. After the Vietnam War, he suffered from post-traumatic stress disorder for many years. In 2016, he moved to Ukiah and began to explore Taoist and Buddhist thoughts. He would go to the bookstore at the City of Ten Thousand Buddhas to purchase many Buddhist books, "I bought one after another, couldn't stop." He lives near Ron Epstein and Alan Nicholson, so he can ask them whenever he has questions. Gradually, his temper improved and his mood became more peaceful. In July 2021, he participated in the Three Refuges (and Five Precepts) ceremony hosted by Dharma Master Heng Lai at the Sudhana Center in Ukiah. His Dharma name is Qin Jian. He has already completed the 10,000 bows after taking refuge, and now his daily practices include bowing to Amitabha Buddha many times and meditating for three to four hours. This time he took the Five Precepts and made a noble vow, which is to help other beings in suffering, "because I have experienced too much suffering in my life."

Six-year-old Qin hao Wu was the youngest one at the Three Refuges and Five Precepts ceremony. At a young age, he can already recite the *Heart Sutra* and the Great Compassion Mantra fluently. As his parents and two older sisters had already taken refuge long ago, Qin hao did not want to be left behind. Originally, he had also wanted to take the Five Precepts, but he was too young. Qin hao, who is usually mischievous and playful, sang and prayed solemnly with the assembly throughout the entire ceremony. His nickname is "Duo Duo," which means "more and more", but he is not overly ambitious about the 10,000 bows stipulated after the ceremony. He plans to complete it with a "ten-year plan"— three bows a day.

The 2022 seven-day Buddha's Name Recitation Session at the City of Ten Thousand Buddhas was an abbreviated edition. Every morning



2022年萬佛聖城佛七是精簡版，每天上午和下午各誦一部《阿彌陀經》，並有繞念、坐念、止靜默念。阿彌陀佛聖誕法會當天，以及阿彌陀佛聖誕正日，均增加普佛儀式。其餘時間則是各人自己的念佛時間。上宣下化老和尚曾開示指出：念佛要「念念真誠念念通」，第一個「念」字是心中所發出的念，第二個「念」是從口中發出的，有之於心而形之於口。若只存有第二個念——口念的「念」，便不能算是真誠的念了。

萬佛聖城自2022年11月7日起，每天下午一時至五時，萬佛寶殿開放給各地善信前來禮佛。佛七期間，萬佛殿仍維持原訂的對外下午開放時間，因此城外善信只能參加下午法會。下午法會還包括大迴向和往生堂迴向，於每日下午三時左右圓滿。為親近道場而全家搬到瑜伽市定居的居士劉洋，這次佛七得以進城在法會現場念佛，深覺意猶未盡。她指出，和大家一起在萬佛殿誦經念佛共修，感覺比上網參加共修更

and afternoon, the *Amitabha Sutra* was recited once, followed by walking recitation, sitting recitation, and silent recitation of Amitabha Buddha's name. On the commemoration day as well as the actual day of Amitabha Buddha's birthday, a session of universal bowing was scheduled. The rest of the time was made available for individual recitation of the Buddha's name. Venerable Master Hua once said, "When reciting the Buddha's name, 'every recitation needs to be true and sincere; every recitation needs to connect [with the mind].' The first instance of "recitation" comes from the mind; the second instance of "recitation" comes from the mouth. Each recitation originates in the mind and takes form with the mouth. If you only recite with the mouth, that is not reciting with true sincerity."


Starting from November 7, 2022, the Buddha Hall of the City of Ten Thousand Buddhas has been open to the public from 1:00 p.m. to 5:00 p.m. every day. During the seven-day Buddha's Name Recitation Session, the Buddha Hall continued to only open in the afternoon, so lay people outside CTTB could only participate the afternoon session, which also included the Great Dedication and the Rebirth Hall Dedication, and finished at around 3:00 pm every day. Yang Liu, a laywoman whose family moved to Ukiah in order to be close to CTTB, was able to participate in the Amitabha Session in-person this time and expressed her wish for the session to be longer. She pointed out that cultivating together with everyone in the Buddha Hall — such as reciting sutras and Amitabha's name — carried more Dharma flavor than participating online, but compared with before the pandemic, the afternoon session was relatively short. She really misses the pre-pandemic days when she could attend the session all day long and listen to Dharma lectures in the evening. She hopes that the pandemic will end soon.

Laypeople who came from afar to attend the Buddha's Name Recitation Session felt the same way. During their visit this time to the City of Ten Thousand Buddhas, they were very happy to see that the mountain gate renovation project had been completed (in January 2022), revealing once

有法味，只是和疫情前相較，共修時間相對短。十分懷念疫情前可以全天參加法會的日子，晚間還可以聽經聞法，非常期待疫情盡快結束。

遠道前來參加法會的居士們都有同感。這趟來到萬佛聖城，他們很高興見到山門整修工程已（於2022年一月）竣工，重現三拱山門的宏偉莊嚴。地藏殿也接近完工，手持錫杖的地藏菩薩坐像已安座，只見菩薩斂目俯視，法相慈悲安詳。從美國東岸馬里蘭州專程前來參加佛七的孫親玉居士，很喜歡疫情前參加法會住在廟上，和大家共修的那種攝心的感覺，因此她深深期盼疫情快點結束，以便早日參加全程法會。

法界佛教大學碩士班學生王莎月在期末考之前，遇上一大考驗，她的銀行帳戶被盜，幾近全空，銀行人員告知這筆失款可能追不回來。來自江蘇的王莎月，在美國獲得學士學位，接著到義大利攻讀碩士，並留在義大利教中文和中國文化七年，世面見了不少，但帳戶被盜還是生平頭一遭碰上，真不知如何是好？報警之後，就跪在宣公上人像前，懇求上人加被。隔兩天，銀行通知她，金額已全數追回！因為還有期末考，所以她只能參加三皈五戒和最後一天的佛七。她全心和大眾一同誦經念佛，感覺心神安寧、又能懺悔業障、為家人祈福。法會功德迴向「世界和平、國泰民安、風調雨順」，也讓她覺得能夠為全世界盡上一份心意。

萬佛聖城2022年的佛七於12月10日圓滿，雖然因疫情之故，採精簡版，但正如宣公上人所說：「打佛七天天念佛，這叫做什麼呢？這叫種『佛的種子』……我們念佛人種的功德，真是不可思議；你在念佛，就不打其他的妄想；不打其他的妄想，這就是你自性的功德。」

again the three-arch mountain gate in its full grandeur. The Earth Store Hall is also nearing its completion, and the seated statue of Earth Store Bodhisattva, who holds a tin staff and gazes down with a compassionate and peaceful appearance, has been placed in position. Laywoman Qinyu Sun from the state of Maryland on the east coast of the United States specially made the trip to participate in the Buddha's Name Recitation Session. She was fond of the sense of concentration and mindfulness she had from participating in the Dharma assembly, living at the monastery, and practicing together with everyone before the pandemic. Therefore, she deeply hopes that the pandemic will end soon so that she can fully attend sessions as soon as possible.

Before her final exams, Shayue Wang, a master student at Dharma Realm Buddhist University, encountered a big challenge. Her bank account was stolen and almost entirely emptied, and the bank staff told her that the lost money most likely could not be recovered. Shayue, from Jiangsu Province, China, obtained a bachelor's degree in the United States, then went to Italy for a master's degree and stayed there to teach Chinese and Chinese culture for seven years. She has seen a lot in the world, but it was the first time in her life that her account was stolen. She didn't know what to do? After notifying the police, she knelt in front of the statue of Venerable Master Hua and sincerely begged for his help. Two days later, the bank notified her that the stolen amount had been recovered in full! Because she had final exams, she could only participate in the Three Refuges and Five Precepts ceremony and the last day of the Buddha's Name Recitation session. She wholeheartedly recited the sutra and Amitabha Buddha's name together with the assembly; she felt a sense of peace while simultaneously repenting of her karmic offenses and praying for her family. The merits of the session were dedicated to "world peace, safety for all people, and seasonal weather and an appropriate amount of rain," which also made her feel that she could do her part for the whole world.

The 2022 Buddha's Name Recitation Session at the City of Ten Thousand Buddhas was completed on December 10. Despite it being only an abbreviated version due to the pandemic, as Venerable Master Hua said, "What are we doing when we recite the Buddha's name every day during a seven-day session? We are planting 'seeds of the seeds for Buddhahood'... The merit and virtue that we plant by reciting the Buddha's name are truly inconceivable. When you are reciting the Buddha's name, you will not have discursive thoughts; when you don't have discursive thoughts, you are creating the merit of your inherent nature."