

2023年萬佛寶懺開懺

The Start of the Ten Thousand Buddhas Jeweled Repentance 2023

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「〈萬佛懺〉的力量是不可思議的，有萬佛來擁護你，所以你求什麼都能遂心滿願……過去諸佛也是拜〈萬佛懺〉，現在諸佛還是拜〈萬佛懺〉，未來諸佛也都是拜〈萬佛懺〉而成就的。」

——宣公上人

“The power of the Ten Thousand Buddhas Jeweled Repentance is inconceivable. Ten Thousand Buddhas come to protect you; therefore, you can gain everything you seek... The Buddhas of the past bowed this repentance before the Ten Thousand Buddhas, as do the Buddhas of the present. The Buddhas of the future will realize Buddhahood through bowing this repentance.”

— Venerable Master Hua

2023年4月23日〈萬佛寶懺〉在瑜伽市萬佛聖城，和西沙加緬度法界聖城同日開懺。法界聖城尚未對外開放，目前集中訓練將受三壇大戒的女眾戒子們，將連續拜懺至5月14日圓滿。

萬佛聖城在疫情前的〈萬佛寶懺〉通常23天圓滿；2023年的〈萬佛寶懺〉則安排28天，預定5月20日圓滿。週一到週五的上午為出坡時間，大家

The Ten Thousand Buddhas Jeweled Repentance began both at the City of Ten Thousand Buddhas (CTTB) in Ukiah and the City of Dharma Realm (CDR) in West Sacramento on April 23, 2023. However, CDR is not yet open to the public, focusing on the training of the female preceptees who will be ordained during the Threefold Ordination Ceremony later this year. The repentance bowing session at CDR will continue until May 14th.

Before the pandemic, the “Ten Thousand Buddhas Jeweled Repentance” usually completed in twenty-three days at CTTB. However, this bowing session is scheduled for twenty-eight days



在清晨7時供花，拜完一支香後，上午8時至午供前，為道場服務。午齋後，從中午12:45分起，繼續拜懺。

來自馬來西亞、新加坡、台灣、加拿大、法國等地的信眾，在開懺前三天即抵達萬佛聖城，確認沒有染疫之後，加入拜懺行列。為了迎接遠道而來的信眾，萬佛殿裡的拜墊位置也特別調整。疫情初起時，左右兩邊每排拜墊各只有兩個；上殿時，僧俗二眾分散在佛殿、祖師殿和側殿。隨著疫情減緩，拜墊數目跟著增加。這次〈萬佛寶懺〉開懺時，每排已有六個拜墊。

來自馬來西亞的賴翌玄，是第二次到萬佛聖城參加寶懺。2019年她第一次來拜〈萬佛寶懺〉時，全身痠痛不已，每天拜完連上下樓都感到吃力。這次再度前來拜萬佛，卻不再覺得痠痛。賴翌玄認為是因為自己的業障大為減輕之故。她說：「能夠來上人的道場拜萬佛，需要相當大的福報。我覺得很幸運，能夠來拜〈萬佛寶懺〉。也很感恩法師們唱誦非常用心，帶領我們拜

at CTTB this year and is expected to finish on May 20. After bowing the first incense at 7:00, which includes the offering of flowers, people will help with work for the monastery from 8:00 am to before the meal offering. After lunch, from 12:45, the bowing will continue.

Laypeople from Malaysia, Singapore, Taiwan, Canada, France and other places arrived at the City of Ten Thousand Buddhas three days before the opening of the bowing session, and joined the ranks of bowing after they tested negative for COVID-19. In order to welcome people from afar, the bowing cushions in the Buddha Hall have also been specially adjusted. At the beginning of the pandemic, there were only two bowing cushions in each row on the left and right sides; monastics and lay people were scattered in the Buddha Hall, the Patriarch Hall and the side halls for morning and evening recitations. As the pandemic has slowed down, the number of bowing cushions has increased. When the “Ten Thousand Buddhas Jeweled Repentance” opened this year, there were already six bowing cushions in each row.

It is the second time for Lai Lih Shyen from Malaysia to participate in the bowing session at the City of Ten Thousand Buddhas. In 2019, when she came to bow the “Ten Thousand Buddhas Jeweled Repentance” for the first time, her whole body was sore, and it was hard for her to go up and down the stairs after bowing every day. This time she came to bow Ten Thousand Buddhas Jeweled Repentance again, but she no longer felt sore. Lai Lih Shyen thought it was because her karmic obstacles were greatly reduced. She said, “To be able to come to the Venerable Master’s Way-place to bow the Ten Thousand Buddhas Jeweled

懺，我希望以後每年都有機會來拜萬佛。」

來自上海的榮妹，也是第二次到萬佛聖城參加寶懺。她第一次來拜〈萬佛寶懺〉時，同樣是2019年。當時雖然剛開頭的五、六天，手臂和腿部都感痠痛，但心裡非常歡喜。後來因為疫情，直到今年才能再度來拜。儘管頭一天和上次一樣手腿痠痛，心裡的歡喜卻有過之而無不及。這次她還發現，想要連續多天拜懺，就不要穿太合腳或比較硬的鞋子，鬆軟的布鞋對她而言最相宜。

新加坡華人傅樂燈也是第二次來拜寶懺，但第一次來是30多年前，她才21歲時。她還記得當時有位被下了降頭的女居士，到處求救，都不見效，特來求上人幫她。只見上人拿起手杖，在她頭上「咚、咚、咚」重敲三記。傅樂燈猜想那位居士一定被敲得很痛，沒想到事後一問，那位居士竟然說不痛，而且在上人敲頭後，她的降頭就這樣化解了。上人毫無條件、助人不求回報的大慈大悲、大雄大力，給傅樂燈留下深刻印象。因此後來又到萬佛聖城，參加過一次地藏法會。以後因為生活、工作兩頭忙，不再長途搭機來聖城。

這次疫情期間，她的母親、同事、供應商相繼遽然離世，讓她深刻體會什麼是「無常」。因此放下工作，專程來萬佛聖城拜懺。她說：「很遺憾上人色身已經不在了，但是看到佛殿裡的上人畫像，就覺得上人還是跟我們在一起，讓我覺得很溫暖。我也希望以後每年都能來拜寶懺，可是要看機緣。」

Repentance requires a lot of blessings. I feel very lucky to be able to attend this bowing session. I am also very grateful to the cantors who attentively chanted and led us to bow. I hope to have the opportunity to bow Ten Thousand Buddhas Jeweled Repentance every year in the future.”

This is also the second time for Rong Mei from Shanghai to participate in the bowing session at the City of Ten Thousand Buddhas. It was also in 2019 when she first came to bow the “Ten Thousand Buddhas Jeweled Repentance.” At that time, although her arms and legs were sore in the first five or six days, she was very happy. Later, because of the pandemic, it was not possible to visit again until this year. Although the first day her arms and legs were as sore as the last time, the joy in her heart was even more. This time she also found that in order to bow for many days in a row, it is better not to wear shoes that fit too well or are relatively hard. Soft cloth shoes are most suitable for her.

It is also the second time for Singaporean Chinese Fu Ledeng to attend the bowing session, but the first time she came was more than thirty years ago when she was only twenty-one years old. She still remembered that there was a lay woman who was hexed at that time. She asked for help everywhere, but it didn't work, so she came here to ask the Venerable Master to help her. The Venerable Master picked up his cane and heavily struck her head three times, “Boom, Boom, Boom.” Fu Ledeng guessed that the laywoman must have suffered from the beating. Unexpectedly, when asked afterwards, the laywoman said that it didn't hurt, and after the Venerable Master knocked her head, the hexes on her were gone. Fu Ledeng was deeply impressed by the Master's unconditional, great compassion and great strength in helping others without asking for anything in return. So later she went to the City of Ten Thousand Buddhas and participated in an Earth Store Dharma session. But then because of her busy life and work, she no longer took long-distance flights to CTTB until now.

During this pandemic, her mother, a co-worker, and a supplier passed away suddenly one after another, which made her deeply understand what “impermanence” is. So she left her work behind and made a special trip to the City of Ten Thousand Buddhas for the bowing session. She said, “It's a pity that the Master's physical body is no longer there, but seeing the portrait of the Master in the Buddha Hall, I feel that the Master is still with us, which makes me feel very warm. I also hope that I can come to participate in the

來自台灣的侯柏橙，是第一次參加〈萬佛寶懺〉。他觀察其他人的拜懺方式，有些人拜下時，又快又重。侯柏橙認為，如果自己也是這樣拜懺，身體會吃不消。他又看到有些人拜下起身的動作十分專注緩慢，因此決定採取同樣的慢速拜懺方式，結果拜完一天也不覺得累，而且感到法喜充滿。

萬佛聖城的鄰居約翰·布里特斯基，是美國海軍陸戰隊退伍軍人。2021年皈依法總僧團後，養成每天禮佛的習慣。萬佛殿自2022年11月起，下午對外開放，他就經常來參加〈大悲懺〉。這回是他生平第一次參加〈萬佛寶懺〉，開懺第一天是週日，共有六支香。拜完第一天的心得是：「好像參加奧林匹克運動會一樣啊！」雖然身體疲累，78歲的他還是決定每天繼續來拜懺，深入體會拜懺的奧妙之處。

家住舊金山的曹長齊，已參加〈萬佛寶懺〉逾20年，只有疫情期間曾中斷。總是笑臉迎人的她，在退休前，是香港的執業醫師，深懂養生保健之道。但是「上了年紀，體力就是不如從前。」曹長齊希望大家都趁著身體堪用的時候，多參加〈萬佛寶懺〉，因為宣公上人說過，即使不容易懺悔、不容易消滅的罪業，都可以藉由拜〈萬佛寶懺〉而消除。

這次萬佛寶懺開懺前不久，萬佛聖城地藏殿整修工程終於完工了，並於4月4日獲得郡政府的使用許可。萬佛聖城5月27日恢復全面開放後，若逢大型法會，萬佛殿不敷使用時，地藏殿將可望容納更多信眾。❀

bowing session every year in the future, but it depends on conditions.”

This is the first time for Hou Bocheng from Taiwan to participate in the bowing session. He observed the way of other people's bowing, and saw that some people bow down fast and heavily. Hou Baicheng believed that if he bows down in the same way, his body would not be able to bear it. He also saw that some people were very focused and slow when they bowed down and got up, so he decided to adopt the same slow way of bowing. As a result, he didn't feel tired after a whole day of bowing, and he felt full of Dharma bliss.

John Britschgi, a neighbor of the City of Ten Thousand Buddhas, is a veteran of the US Marine Corps. After taking refuge under the Sangha of DRBA in 2021, he has developed the habit of bowing to the Buddha every day. Since November 2022, the Buddha Hall has started to open to the public in the afternoon, and he often came to participate in the “Great Compassion Repentance.” This is the first time in his life to participate in the “Ten Thousand Buddhas Jeweled Repentance.” The first day of this bowing session is Sunday, and there were six incense periods in total. After the first day of bowing, he felt: “It's like participating in the Olympic Games!” Although he was physically tired, the 78-year-old decided to continue attending this session every day to deeply understand the profound subtlety of bowing repentance.

Cao Zhangqi, who lives in San Francisco, has participated in the “Ten Thousand Buddhas Jeweled Repentance” for more than twenty years, only interrupted during the pandemic. She always greets people with a smile. Before retiring, she was a licensed physician in Hong Kong. She is very knowledgeable in taking care of health for people and for herself. But “as you get older, your physical strength is not as good as before.” Cao Zhangqi hopes that everyone will take advantage of the time when their bodies are available to participate in the bowing session, because the Master Hua said that even karmic offenses that are considered to be very difficult to repent of and extinguish, can still be eradicated by doing this repentance.

Not long before the opening of the Ten Thousand Buddhas Repentance, the renovation project of the Earth Store Hall at CTTB was finally completed, and the use permit was issued by the county government on April 4. After the City of Ten Thousand Buddhas resumes its full opening on May 27, whenever there is a large-scale Dharma Assembly and the Buddha Hall does not have the capacity to accommodate all the participants, the Earth Store Hall is expected to take the overflow. ❀