



# 拜萬佛懺之感想

## Reflections on the Ten Thousand Buddhas Repentance

文碧鈴文

By Celeste Man

我是一個來自香港的腦科醫生，信佛大概有兩年的時間。在學習佛法的初期便很幸運地在油管上看到上人的錄影，被上人的威嚴及凜然的正氣所吸引，後來便參加了萬佛城的一些網上法會，也學習去供養三寶。之後又覺得自己應該對佛法作出多點貢獻，便報名做聖城的義工，參加了些翻譯小組。

說到今次的萬佛懺，本來也是在法會宣傳上得知這是萬佛城一年一度的大活動。因我本身是個書蟲，平日極少做運動，每天只是拜佛二十次也覺得有點頭暈和氣喘。所以對長達一整個月的萬佛懺也從來沒有想過參加。本只是想在Zoom上參加開懺儀式去隨喜功德，但出乎意料地發覺拜懺也不是想像當中的困難，並神奇地繼續參加了餘下大部份的網上活動。在圓滿儀式時，自己也十分高興，想不到自己竟然能夠完成這一種壯舉！

我想與大家分享一下自己第一次拜萬佛懺的經驗及心得。

第一，雖然自己體能很差，而萬佛懺一天拜幾百次佛，是自己的正常運動量的十多二十倍。很感謝佛菩薩的加被，我不但出乎意料地能做到，在當中也並沒有感覺到有任何不舒服，甚至連明顯的肌肉痛也沒有，這是很

I am a neurologist from Hong Kong who has been a Buddhist for about two years. In my early days of learning Buddhism, I was lucky enough to see the videos of the Venerable Master on YouTube. I was attracted by the Venerable Master's awe-inspiring virtue and righteousness. Later, I participated in CTTB's online Dharma talks and learned how to make offerings to the Three Jewels. Afterward, I sensed an inner calling to further support the teachings of Buddhism, which motivated me to become a volunteer at CTTB. In addition to my volunteer work, I also actively participated in various translation groups to help spread the message of Buddhism even further.

Speaking of the Ten Thousand Buddhas Repentance this time, I heard in the Dharma talks that this is an annual big event of CTTB. As an avid reader, I often neglect physical activity, leading to occasional dizziness and shortness of breath even after bowing to the Buddha just twenty times a day. So, I never thought about participating in the month-long Repentance. I initially joined the Zoom opening ceremony to show support for the event. However, I ended up realizing that participating in the activities online was not as challenging as I thought. Surprisingly, I even managed to take part in most of the remaining activities. At the closing ceremony, I was so excited as I never thought that I could accomplish such a feat!

I would like to share with you my reflections on my first-time participation in the Ten Thousand Buddhas Repentance.

Despite my low exercise tolerance, I am grateful to the Buddhas and Bodhisattvas for their blessings. I had to bow hundreds of times daily during this period, which was ten to twenty times more than my usual exercise. Not only was I able

感恩的地方。

第二，在萬佛懺開始後幾天，近永法師突然叫我幫手改良萬佛懺的文稿。這對我是一個很大的挑戰！因本身信佛年期很短，佛學知識薄弱，佛學英文更加是有限公司。所以當看到萬佛懺的經文時，實在有一種不知如何下手的感覺。因此在拜懺的時候，我特別地留意佛名的英文，希望在當中可以學習。

本來看著也是一頭霧水；但有一天，突然之間就好像有個天幕被拉開了似的；從本身很茫然的狀態，突然間便能很清澈地見到英文當中的問題所在。這種感覺實在很奇妙，就像一秒鐘前還是一片朦朧，完全不知所措；一秒鐘後卻突然豁然開朗，明白自己可以從何處去改善經文。就如電腦系統突然間進行了系統升級般。這經驗實在很有趣。

自此之後，我對於翻譯萬佛懺便起了很大的興趣。經文中有些很長的佛名，由十多二十個字所組。以前我一看到這種名字便有種頭暈的感覺，完全不能集中精神去理解當中的內容。但在這次有趣的經驗之後，我對這種名字變得特別有興趣，也特別喜歡去改良這種名字，使其變得更有意義。

我對此的反省是其實自己看經文時覺得無聊、昏沉、頭暈或不能理解其內容，都是因為被自身的無明所遮蓋，使自己不能明白經文內容的重要意義，也不能得到法喜充滿及佛法的好處。但在拜懺時，因為諸佛洪名的力量，自己的無明便被慢慢除去，並能看清以前看不到的東西，發現佛法的奧妙及樂趣，並能增長智慧。

這是我個人的小小分享，希望大家同修能夠明白拜懺及佛名的功用是妙不可言的，願大家都能得法喜充滿。✿

to do it unexpectedly, but I also did not feel any discomfort during the process, not even obvious muscle pain. This is something I am very grateful for.

Shortly after the commencement of the Ten Thousand Buddhas Repentance, Dharma Master Jin Yong surprised me by requesting that I thoroughly examine the scriptures pertaining to this auspicious occasion. This is a big challenge for me! I haven't been practicing Buddhism for long, so my understanding of Buddhism is limited and I don't know much about Buddhist terms in English. So, when I saw the Ten Thousand Buddhas Repentance scriptures, I didn't know how to start. Therefore, when I bowed and repented, I paid special attention to the English translations of the Buddhas' names, hoping to learn from them.

I was confused at first, but one day, it seemed as if a curtain had been lifted suddenly, and from my dazed state, I could suddenly see the problems in the English translation. The feeling was absolutely incredible, as if things had been unclear just a moment before, completely bewildering, but in the next moment, it hit me like a revelation that I had the power to enhance the scriptures. It is as if the computer system had suddenly undergone a system upgrade. The experience was fascinating.

Since then, I have become very interested in translating the Ten Thousand Buddhas Repentance. For example, some very long Buddha names in the scriptures are composed of ten or twenty characters. I used to feel dizzy when I saw these kinds of names, and I couldn't concentrate at all on understanding them. But after this interesting experience, I became very interested in these kinds of names, and I especially enjoy improving them to make them more meaningful.

When I engaged with the Sutras, I experienced a disheartening sense of boredom, drowsiness, and confusion. I struggled to grasp the profound essence within their teachings, hindered by my own ignorance. As a result, I failed to uncover the invaluable meaning encompassed by the Sutras and missed out on the immense joy and transformative benefits of the Dharma. However, during the repentance, because of the power of the great names of the Buddhas, my ignorance was slowly removed. I could see previously invisible things, discover the profound meaning and joy of the Dharma, and gain some wisdom.

This is my reflection, and I hope to share with you the wondrous functions of bowing, repenting, and reciting the Buddha's names. May everyone be filled with the joy of Dharma. ✿