

第一次遊萬佛城奇妙之旅

A Wonderful First Trip To the City of Ten Thousand Buddhas

文親慈 文

By Bik Ling (Celeste) Man



我是一個來自香港的醫生。在2013年10月我第一次來萬佛城受三皈五戒。當時選擇遠渡重洋來萬佛城受戒，主要是抱着朝聖的心態，想去參訪這座宣公上人創立的大道場。以下是這行程中一些奇妙的經歷。

我每天有聽上人講經的習慣。在出發前我連續四、五次聽到上人教導在家人在廟上一定要去早晚課。我是由基督教轉信佛教的，在香港都是參加萬佛城的網上法會，從未去過真正的佛寺。到聖城後的

I am a doctor from Hong Kong. In October 2013, I went to the City of Ten Thousand Buddhas for the first time to take refuge and receive the Five Precepts. At that time, I chose to go all the way to the CTTB to receive precepts, mainly with the intention of making a pilgrimage, and I wanted to visit this great monastery founded by the Venerable Master Hsuan Hua. Here are some amazing experiences during this trip.

I habitually listen to the Venerable Master's lectures every day. Before departing, four or five times in a row, I heard the Master teach laypeople that they must attend Morning and Evening Ceremonies at the temple. I was a Christian before becoming a Buddhist. In Hong Kong, I

第二天早上三點鐘便起床準備去早課。我提前五分鐘到了大殿，發現一個人都沒有。由於從未參加過現場的法會，我連自己該站在什麼地方也不知道。結果因站錯地方被連續罵了兩次。因為不懂佛堂規矩，當時心情十分緊張。到晚課時，我合上眼睛背經文時，放下了正拿着課誦本的手。結果被人當眾指出這樣不尊重經典，並立即沒收了我手上的課誦本，場面十分尷尬。我當時情緒突然波動起來，感到自己心跳加快，一股熱氣沖上頭頂。然後就在這時，佛殿裡忽然有一股很強的能量從我的頭頂灌入，把我那股正在燃起的怒氣平息了。我並記起宣公上人常說的：「一切是考驗，看爾怎麼辦；對境若不識，須再重頭煉！」雖然我當時沒有發脾氣，但情緒卻變得十分低落。

到晚上七點半聽上人的錄音講課，我坐在佛殿後面的長凳上，遠遠看著觀世音菩薩像及上人的畫像。突然間我眼前的場景開始發生變化，畫像中的背景開始變得模糊，然後我似乎見到上人栩栩如生地站在台上，用很慈悲的眼神看我及台下的眾生。我當時好像一個受委屈的孩子見到慈父般，眼淚便忍不住如瀑布般流下。如是哭了很久，內心便有聲音用廣東話對我說：「好啦，這豆大的事都喊(哭)咗咁耐，唔好再喊啦！」當時自己的心情便慢慢平復了。

我頭幾天心情還是有點低落。有一天聽上人的講經時，突然錄音自動跳到一個很奇怪的點，上人用響亮的聲音說：「我常對各位講，『一切是考驗』，我們在多生多劫，不知道造了什麼罪業，不知道和哪一位有什麼因果，有什麼不圓滿的地方，所以就有很多不如意的問題發生。在這個時候，就是『一切是考驗，看我怎麼辦？』看看我自己怎麼辦？不是看

attended online Dharma talks or CTTB's ceremonies and never visited an actual Buddhist temple. After arriving at the CTTB, I got up at three o'clock the following day to prepare for the Morning Ceremony. I arrived at the Buddha Hall five minutes early and found no one there. I didn't know where to stand since I had never attended a real Dharma assembly.

I got scolded twice for standing in the wrong place because I wasn't clear about the temple's rules, which made me very nervous. At the Evening Ceremony, when I closed my eyes and recited the sutra, I put down my hands while holding the *Daily Recitation Book*. As a result, I was publicly called out for disrespecting the sutra, and someone promptly took away my book. The situation was very embarrassing. At that time, my mood suddenly fluctuated. I felt my heart beat fiercely, and heat rushed to my head. Then, there was a strong energy in the Buddha Hall that entered my body through my head, calming me down and soothing my simmering anger. I also remembered what the Venerable Master often said: "Everything is a test to see what you will do. If you don't recognize the situation, you have to start all over again!" Although I didn't lose my temper at the time, my mood became very low.

At 7:30 pm, I listened to the Master's recorded lecture. I sat on the chair at the end of the hall and looked at the statue of Guanyin Bodhisattva and the Venerable Master's portrait from a distance. Suddenly, the scene in front of me began to change; the background of the portrait started to blur, and then it was as if I "saw" the Master, like a real person standing on the stage looking at me and all the audience with very compassionate eyes. I felt like a wronged child seeing his loving father, and I couldn't help but shed tears like a waterfall. After crying for a long time, a voice in my heart said, "Okay, you have been crying so hard about such minor things; don't cry anymore!" At that time, my mood gradually calmed down.

I was still feeling a bit down during the first few days. One day, when I listened to the Venerable Master's lecture, the recording suddenly jumped to a very strange place. The Venerable Master said in a clear voice: "I often tell you, 'Everything is a test.' We have been living for many kalpas, and we don't know what sins we have committed, what karma we have with whom, and what is not perfect, so there will be many unsatisfactory things and problems. At this time, 'everything is a test; it depends on what you do.' What should you do? Not what should you not do?"

爾怎麼辦？看爾是往外看了。『一切是考驗，看爾怎麼辦？』看你怎麼辦，看你自已怎麼辦？對境若不識，須再重頭煉。『一切是考驗，看他怎麼辦？』你若明白他，也就不會埋怨他；對境若不識，須再重頭煉。這幾句話都是反求諸己的話，你不要看你、我、他，你要學菩薩。」（《六祖法寶壇經淺釋》）我當時內心很震撼，覺得這是上人對我當時心情最直接的回應。我在聖城大殿一張畫像中見到上人的示現，也在他的講經中聽到他對我當時心中疑問的直接回應，這真是一種不可思議的境界。

萬佛城大殿中不可思議的境界

我在聖城參加了觀音七。因為我很散亂，打坐參禪一向是我的弱項，在家打坐不是打妄想便是打瞌睡。一天在聖城大殿止靜時，我突然入了一個很平靜柔和的境界，一種很清醒但又不大留意外面事物的奇妙境界。這是我第一次感覺到如此強大的氣場，明白只要繼續努力，也可以去到更深的境界。此後我也比以前喜歡打坐。

我曾遊歷世界各地的名勝，飽嘗珍饈美食。但在萬佛城的經歷是很特殊的。住在窄小的房間，吃着清淡的齋菜。但就如方丈和尚常說：「歡迎大家回到我們的家——萬佛聖城。」我覺得自己真是回家了，回到自己內心的家中。就如法師說過，萬佛城就如一個大冶熔爐，我們有多少功夫一煉便知道。如我這個佛教徒，就連佛教最基本的儀規也不懂。我覺得信佛後自己脾氣好了很多，但真遇到考驗便隨境界轉了，一點定力也沒有。我很喜歡觀世音菩薩，但菩薩若真站在我面前，我相信自己也不認識，因我沒有清淨眼。對於我這種愚昧的眾生仍能在世上安然居住，真的很感謝佛菩薩們慈悲的蔭庇！

Looking at others is to search outside. ‘Everything is a test to see what you should do?’ — if you don’t recognize the situation, you have to start all over again. ‘Everything is a test; let’s see what he does?’ — if you understand him, you won’t blame him; ‘if he doesn’t know the situation, he has to start over again.’ These few words are all about self-reflection. Don’t look at you, me, or him, but learn from Bodhisattvas.” (*The Sixth Patriarch’s Platform Sutra*) I was shocked at that time, as this was the Master’s most direct response to my feelings. I saw the Master’s presence in a portrait at CTTB and heard his response to the questions in his lecture. This was indeed an inconceivable state.

The inconceivable state in the Buddha Hall of the City of Ten Thousand Buddhas

I attended the Guanyin Session at CTTB. I need to be more mindful, and meditation has always been my major weakness. When I meditate at home, I either have false thoughts or doze off. One day, while meditating in the Buddha Hall, I suddenly entered a very calm and gentle state, a wonderful state where I was very awake but not paying much attention to outside things. This was the first time I felt such a powerful state, and I understood that I could achieve a deeper state as long as I continued to work hard. After that, I enjoyed meditation more than before.

I have traveled to many famous places around the world and eaten various delicious foods. But my experience at the CTTB was very special, living in a small room and eating simple vegetarian foods. As the Abbot often said, “Welcome everyone back to our home—the City of Ten Thousand Buddhas.” I felt that I had really gone home, returning to my inner home. And as a Dharma Master said, “CTTB is like a furnace. We know how much gong-fu we have once we enter it.” I didn’t even know the most basic Buddhist rituals as a Buddhist. I thought my temper had greatly improved since I became a Buddhist. However, when encountering a test, I was moved by my emotions and had no concentration. I like Guanyin Bodhisattva, but if the Bodhisattva stood before me, I believe I wouldn’t recognize him because I don’t have pure eyes. On behalf of ignorant sentient beings like myself who can still live peacefully in this world, I am really grateful for the compassionate blessings and aid of the Buddhas and Bodhisattvas!

兩年前我母親被證實癌症擴散至骨部，因她年紀老了不想受折磨及頻繁出入醫院，所以只選擇了放療及口服藥。我雖然是個醫生，但面對癌症也束手無策。我當時想起了上人的弟子曾分享過每天為父親背誦108遍大悲咒，使他父親癌症得痊癒的故事。我當時雖然只信了幾個月佛，也發願每天為母親唸108遍大悲咒。因平日要上班，所以初時要完成這目標比較困難。但後來背熟，便能在行路，開車甚至煮東西時也能持咒。本來醫生預計我媽不接受強力的療法，一般幾個月內便會復發。但現在已經有兩年，她還是很健康，檢查也沒顯示有復發的跡象。真的很感謝觀世音菩薩的庇護。

這件事使唸大悲咒成為我生活的一部分，現在每天大概能唸130至150遍。當我沒事做的時候便自自然然地唸起大悲咒，這大量減少了我的妄想，也使自己內心平靜多了。我也把功德迴向給一切的眾生，願意他們都得大悲咒的庇護。

有一天一個能看到醫院死亡統計資料的同事突然問我：「最近醫院是否少了很多入院，為何內科病房死亡率突然下跌了兩三成？」事實是入院數字一路很平穩，加上當時新冠大流行，全世界的死亡率都在急升，所以這突然下跌的死亡率該如何解釋呢？他告訴我的時間點與我開始持大悲咒的時間相若。我心想這真是大神咒、是大明咒、是無上咒、是無等等咒，能除一切苦，真實不虛！上人說若有一個人能持楞嚴咒，魔王便不會出世，世界也不會末日。我們雖只是一個平凡的眾生，若我們把心量擴大，這神咒真能保護我們身邊很多眾生！❀

Two years ago, my mother was diagnosed with new bone metastasis. As she was old and didn't want to suffer too much, she only chose radiotherapy and oral medication. Although I am a doctor, I felt helpless. At that time, I remembered that a disciple of the Venerable Master said that he recited the Great Compassion Mantra 108 times every day for his father, and his father's cancer was cured. Although I had only become a Buddhist for a few months at that time, I still vowed to recite the Great Compassion Mantra 108 times every day for my mother. Since I had to work, achieving this goal at first was quite difficult. But later, once I memorized it, I could recite the Mantra while walking, driving, or cooking. Initially, the doctor predicted that, without any potent treatments, my mother's cancer could recur within a few months. But two years later, she is still healthy, without any signs of recurrence. I am really grateful to Guanyin Bodhisattva for his blessings.

After that, reciting the Great Compassion Mantra became a part of my life. Now, I can recite it around 130 to 150 times every day. When I am free, I naturally recite it, greatly reducing my false thoughts and making me feel much calmer. I also dedicate my merit to all sentient beings, hoping the mantra will protect them.

One day, a colleague who had access to the hospital's death statistics suddenly asked me: "Have there been many fewer admissions to the hospital recently? Why did the mortality rate of the medical wards suddenly drop by 20 to 30%?" The admissions figures have been stable, and coupled with the COVID-19 pandemic at the time, the mortality rate around the world was rising sharply; therefore, how could one explain this sudden decrease in the mortality rate? The drop roughly happened around the same time I started reciting the Great Compassion Mantra [so I believe it is due to the power of the Mantra]. This Mantra is really a great spiritual mantra, a great bright mantra, a supreme mantra, an unequalled mantra. It can remove all suffering; it is genuine and not false! The Master said that if a person can uphold the Shurangama Mantra, the demon king won't be born, and the world won't end. Although we are just ordinary sentient beings, if we expand our hearts, this spiritual Mantra can protect many sentient beings around us!❀