



觀音七法會感受

My Reflections on the Guanyin Recitation Session

親龍講於2024年10月26日萬佛聖城萬佛殿觀音七法會圓滿日

A Talk by Chin Long at the Completion Day of the Guanyin Session at the Buddha Hall of the City of Ten Thousand Buddhas on October 26, 2024.

編按：2024年10月20日-26日，萬佛聖城慶祝觀音菩薩出家法會暨觀音七

Editor's Note: The City of Ten Thousand Buddhas host the Celebration of Guanyin Bodhisattva Leaving Home and the Guanyin Session from October 20 to 26, 2024.

我的法名是親龍，感恩能和大家分享上人如何渡我入佛門以及學習佛法的經驗。

我從小體弱多病，很多東西都不吃，所以能活下來也是不容易的事。為了怕我生病，我的祖父幾乎把我圈養起來。一半上學一半自學的成長，所以在我的成長過程中是沒有任何壓力的。這是我幸運的一部分。但到了20歲左右，眼看人家都要到社會上去磨練了，我的體質該如何生存？

有一天晚上，我夢到一個穿白大褂的男性老醫生，他把我推到救護車上動手術，把我的器官重新組合了一遍，當時我在手術台上非常的累，使勁睜開眼看到到底是誰救我。在夢中看到非常慈悲的眼神，當時深深的印在我的腦海裏。當我初到美國時，經人介紹來萬佛城拜拜祈求保佑。我在祖師殿翻經書的時候看到上人的相片，這眼神就是跟我夢中的救我的老醫生的眼神一模一樣。當時我的眼淚就止不住的流了下來。疫情期間大家沒能到現場參加法會，這使我意識到能來萬佛城參加法會有多難得。雖然現在在線上都可以一起參修，但在現場的感覺是完全不一樣。

My Dharma name is Chin Long. I am grateful for the opportunity to share how Venerable Master Hua guided me into the Buddha's teachings and my journey of studying the Dharma.

Since childhood, I was often sick and physically weak. I was a picky eater, and even day-to-day survival was a challenge. To keep me from falling ill, my grandfather practically raised me in isolation. I spent my school years partly in formal schooling and partly in self-study, creating a relatively stress-free upbringing, which I now see as part of my good fortune. However, around the age of twenty, as I watched others begin their lives in society, I wondered how someone with my constitution could find a way forward.

One night, I had a dream of an elderly male doctor in a white coat. He placed me in an ambulance and began performing surgery, carefully rearranging my organs. Exhausted on the operating table, I struggled to open my eyes to see who was saving me. At that moment, I caught a glimpse of his compassionate gaze, which left a lasting impression in my mind. When I first arrived in the United States, someone introduced me to the City of Ten Thousand Buddhas to pray for protection. While I was flipping through books in the Patriarch Hall, I saw a photo of the Venerable Master. His gaze was exactly the same as that of the old doctor who saved me in my dream. At that moment, I couldn't stop my tears from flowing.

During the pandemic, when people couldn't attend Dharma assemblies in person, I realized just how precious it is to participate in these assemblies at the City of Ten Thousand Buddhas (CTTB). Although we can all join online, the experience of being physically present is entirely different.

I work in financial consulting, and fortunately, I can do this

我是做財務諮詢服務的。這讓我有條件來萬佛城參加七天的法會，我是怎麼做到的呢？我等萬佛城的月曆一出來，我就把一年所有法會的時間在我的手機日曆上全部登記好。這樣就能讓我安排跟我出去旅遊和工作的時間都不衝突。法會開始的一周我會安排好工作上的事情，盡量不要讓工作來擾亂打七。這一年多來我覺得我還是能夠做到日常工作和參加萬佛城活動的完美平衡。

如何破痴睡？在萬佛城參加法會最讓我受不了的是睡不夠或睡不著。我可以忍住不吃不喝但睡不好讓我非常抓狂。每一次法會的第一天到第三天非常難熬。我幾乎是在抱怨和後悔中數著日子過的。後來我想又沒人逼我來的，我應該要找到一個正確的方法去解決這個狀況。我開始試著中午不急著吃完飯就回房睡覺，學人家幫忙做點事，然後靠打坐來調節我的情緒，當然我也求上人和佛菩薩的加持。漸漸的我開始解決了我嗜睡的問題。

如何不罣礙？這次法會期間中午飯後有去君康幫忙做事。有一天基本做到了下去1:10〈普門品〉要開始了。我有點擔心我還沒洗澡去換套衣服。法師就不經意的說她經常洗一下手，穿上戒衣就上大殿了。後來我也跟著學了，好像真沒什麼。

還有這麼多年我就怕上台作報告分享經驗。週五早課後法師邀請我上台給大家分享一下這次觀音七法會的感受。我感覺非常緊張也毫無準備連忙搖頭拒絕。法師用一小時的時間非常耐心在風裏跟我講解分享經驗的重要性，以及梳理我凌亂的思緒。我終於慢慢消除了恐懼。 ❀

remotely. This flexibility allows me to attend the seven-day Dharma sessions at the City of Ten Thousand Buddhas (CTTB). How do I manage it? As soon as CTTB releases their calendar, I mark all the Dharma session dates in my phone calendar for the year. This helps me plan my travel and work schedules without any conflicts. The week before each session, I organize my tasks to minimize any interference with the Dharma session. Over the past year, I feel I've achieved a good balance between my daily work and participating in activities at CTTB.

How to overcome drowsiness? One of the biggest challenges I have faced during the Dharma assemblies at CTTB is not getting enough sleep or sleeping poorly. I can handle going without food or drink, but lack of sleep really wears me down.

The first three days of each Dharma assembly are especially challenging; I spend much of that time counting the hours with frustration and regret. Eventually, I thought, "No one is forcing me to be here, so I should find a way to handle this." I decided not to rush back to my room for a nap after lunch. Instead, I started helping with tasks and using meditation to adjust my mindset. I also prayed for blessings from Venerable Master Hua and the Buddhas and Bodhisattvas. Gradually, I was able to overcome my drowsiness.

How to be unattached? During the Dharma assembly, I helped with tasks at Jun Kang after lunch. One day, I stayed until around 1:10 pm, almost time for the "Universal Door Chapter" recitation session to begin. I felt a bit anxious that I hadn't had time to shower or change. Then, a Dharma Master at Jun Kang casually mentioned that she often just washed her hands, put on her precept sash, and went straight to the Buddha Hall. I decided to follow her example, and indeed, it wasn't a big deal.

For years, I dreaded speaking on stage to share my experiences. After the morning recitation on Friday, a Dharma Master invited me to share my thoughts on attending the Guanyin session with everyone. I felt extremely nervous and unprepared, quickly shaking my head in refusal. The Dharma Master spent an hour patiently explaining the importance of sharing experiences and helped me gather my scattered thoughts. Gradually, I have managed to overcome my fear. ❀

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