

# Cal Poly Humboldt Students Visit the City of Ten Thousand Buddhas: A Reflection on Spiritual Growth and Community

## 加州理工漢堡分校學生參訪萬佛聖城：對於靈性成長與社群的反思

Written and Translated by Wenbo Yin

尹博文/譯

A group of students from Cal Poly Humboldt visited the City of Ten Thousand Buddhas over the weekend of October 11 to 13, 2024. For many of these students, the visit was an eye-opening and enriching experience. It offered them not just an opportunity to explore Buddhism but also to reflect on their own spiritual journeys, practice mindfulness, and gain a deeper understanding of compassion and community. Through meditation, chanting, Tai Chi sessions, both morning and evening recitations, and engaging conversations with monastics the students were able to connect with both the teachings of Buddhism and one another in ways that left a lasting impact on their lives.

### Spiritual Atmosphere and Mindfulness

For Carly, a senior majoring in Child Development and Family Relationships, the experience was particularly transformative. She found the spiritual atmosphere of the City of Ten Thousand Buddhas refreshing and distinct from the busyness of everyday life. Carly shared that the regular life can often feel mundane, but the practices at the temple offered a meaningful escape from the ordinary. She appreciated how the Buddhist practices detached participants from the hustle and bustle of daily routines, allowing them to reconnect with something deeper. Carly also highlighted the power of group meditation, which

一群來自加州理工學院漢堡分校的學生於2024年10月11日至13日，參訪了萬佛聖城。對許多學生來說，這次的參訪是一場開闊眼界且充實的經歷：不僅讓他們有機會探索佛教，還讓他們有時間反思自己的靈性旅程、實踐正念，並更多地理解同情心與社群的意義。通過打坐、誦經、太極拳練習、早晚課誦，以及與法師的對話，學生們得以在這個過程中不僅與佛教的教義產生聯繫，還與彼此建立了聯繫，這種經歷對他們的生命留下了深遠的影響。

### 靈性氛圍與正念

卡莉是主修「兒童發展與家庭關係」的大四學生，對她而言，這次的參訪特別讓她體驗了身心的改變。她發現萬佛聖城的靈性氛圍讓她感到耳目一新，與日常生活的忙碌截然不同。卡莉表示，日常生活常常讓人感到平凡無奇，而這裏的佛教修行讓她有機會擺脫日常的瑣事，重新與內在的自我連結。她特別欣賞打坐和團體共修，這讓她感受到團結與平靜的力量，而與健康生活方式的結合，尤其是素食主義，對她來說也產生了深刻的共鳴。

卡莉覺得這次參訪的亮點之一是能

brought a sense of unity and peace, and the shared commitment to healthy living, especially through veganism, which resonated with her on a personal level.

The highlight of Carly's visit was the opportunity to learn directly from the monastics about Buddhism. Before the trip, she was not well-versed in Buddhist philosophy, but her experience at the temple opened her eyes to the deeper meanings behind the practices. She found the chanting and singing to be especially powerful: "Being part of a community and chanting positive things in the spirit of the practice was a great experience."

### A Personal Connection to Tradition

Sophia, a sophomore majoring in Music with plans to create her own Buddhist Studies degree, had a unique perspective on the trip. As a Tibetan Buddhist practitioner, Sophia was already familiar with many aspects of Buddhism, yet she found it fascinating to observe the differences and similarities between her own practice and the traditions at the City of Ten Thousand Buddhas. For Sophia, returning to a space like this felt like coming home. She enjoyed practicing alongside monks, nuns, and laypeople, embracing the shared experience of being part of a Sangha, or spiritual community. "I just want to be doing this all the time," she shared, expressing a deep sense of connection to the practice. However, she also acknowledged the challenge of balancing this spiritual commitment with the demands of her studies and other attachments in life.

Sophia's experience highlighted the importance of compassion and the value of communal chanting. The practice of chanting, especially in a monastic setting, was deeply fulfilling for her. It was a reminder of how powerful it can be to practice in a group, where the collective energy reinforces the spirit of compassion and mindfulness.

### Insights and Connections

For other students like Heather, a senior studying business with a minor in art, the visit to the City of Ten Thousand Buddhas provided a space for reflection on both personal growth and community. Heather was grateful for the generosity of the temple, which opened its doors to the group. She felt a deep sense of connection to the people she met, who were also on their own spiritual paths. One of the most impactful aspects of the visit for Heather was the meditation prompts and the opportunities for open dialogue. She appreciated how the monastics took time to

夠直接向法師學習佛教教義。她坦言，在參訪之前，她對佛教的了解並不深刻，但這次的經歷讓她有機會從中洞察更多佛教修行背後的意義。她尤其喜歡唱誦，並表示：「能夠成為社群的一部分，並在這樣的氛圍中展開正面積極的唱誦，這是一次很好的體驗。」

### 與傳統的個人聯繫

索菲亞，一位主修音樂的大學二年級學生，打算自己安排選課，開創「佛教研究」學位。她對這次的參訪有著不同的體會，作為一位藏傳佛教的修行者，索菲亞對佛教的許多方面已經有所了解，但她發現能夠身臨其境地觀察自己所習的佛法與萬佛聖城的修行傳統之間的異同，這是一個非常有趣的過程。對索菲亞而言，來到這樣的道場就像回到了家。她喜歡和法師以及在家居士一起修行，享受與他人一同成為僧團的那種感覺。她分享道：「我就是想一直做這些事情。」然而，她也意識到要在學業和其他生活需求之間，保持這樣的精神承諾是深具挑戰性的。

對索菲亞而言，這次的亮點是體會到慈悲的重要，以及共修的價值。她最深刻的體驗之一就是能夠參與佛殿的唱誦，尤其是在修行的環境中。這讓她感到非常充實和滿足，並且體會到共修所產生的能量，對於慈悲心與正念的增強有多麼重要。

### 觀察與聯繫

對於另一位學生海瑟，一位主修「行銷」的大學四年級學生兼藝術副修生來說，萬佛聖城之行則提供了自我成長與社群聯繫的雙重體驗。她對寺廟慨然對他們開放，覺得十分感激，並對在這裏遇到的同樣追求靈性道路的人們感到非常欣慰。海瑟特別讚賞能夠有冥想與對話的機會，她覺得法師們花時間回答問題，並創造出一個包容的環境，使每

answer questions and create an inclusive environment where everyone felt seen and heard.

For Arthur, a Geography major, the trip offered a more introspective experience. He found great meaning in walking with the monastics and experiencing the peacefulness of the Buddhist culture. Arthur enjoyed reading some of the books he picked up at the temple, which helped clarify his thoughts and deepened his understanding of Buddhist teachings. His conversations with one of the monks proved to be particularly enlightening, and he found joy in engaging with the local students, playing basketball, and even observing the temple's peacocks.

Similarly, Sterling, a junior majoring in Geography and Religious Studies, found the trip to be a fascinating exploration of Buddhist community life. Having visited other monasteries in the past, he was already somewhat familiar with the practices, but the experience in the City of Ten Thousand Buddhas allowed him to see the importance of compassion and the Sangha in a new light. Sterling's highlight was chanting with middle school students, which created a shared sense of joy and unity.

For Howie, a second-year Botany major, the trip was not only spiritually enriching but also physically challenging. His highlight was chanting, which he found to be a beautiful and moving experience. One of his personal takeaways was discovering that he could wake up at 3:30 a.m. to participate in early morning practices—a revelation that helped him realize his ability to improve the consistency of his meditation practice.

## A Lasting Impact

The visit to the City of Ten Thousand Buddhas was an opportunity for these Cal Poly Humboldt students to step outside their daily routines and explore a different way of being. Whether it was through shared meditation, chanting, or meaningful conversations with the monastics, each student left with a deeper appreciation for the spiritual practices they had witnessed and a renewed sense of connection to both themselves and their community. As they return to their academic studies and personal lives, the lessons they learned at the temple will likely stay with them, encouraging them to approach life with greater mindfulness, compassion, and understanding. ❀

個人都感覺到自己被重視並且被聆聽。

對於亞瑟，一位「地理學」專業的學生來說，這次的參訪則更多地是一個內省的過程。他對與法師同行並體驗佛教文化的平靜感到震撼。亞瑟喜歡閱讀寺廟裏的書籍，這些書籍幫助他理清了自己的思緒，並加深了他對佛教教義的理解。他與一位比丘法師的對話尤其令他受益匪淺，並且他還與當地的學生們一起打籃球，觀察寺廟裏的孔雀，這一切讓他感到非常愉快。

同樣，斯特林，一位主修「地理學」與「宗教研究」的大三學生，對於此行也感到十分有趣，一窺佛教團體的生活。他曾經參訪過其他的佛教寺院，對於修行頗感熟悉。但這次在萬佛聖城的經歷，讓他重新認識到慈悲心和僧團的重要性。斯特林此次參訪的亮點之一是與中學生一起唱誦，這讓他體會到集體唱誦所帶來的喜悅與團體的力量。

對於霍威，一位主修「植物學」的大二學生而言，這次的旅行不僅是靈性上的充實，也是一個身體上的挑戰。他最喜歡的部分是參與佛殿唱誦，並表示這是一個既美麗又感人的經驗。他的收穫之一是發現自己竟然能夠在早上3:30起床參加早課，這讓他意識到自己能夠在打坐方面持續練習。

## 持久的影響

這次的萬佛聖城之行，對於這些加州理工學院漢堡分校的學生來說，不僅是一次擺脫日常忙碌、探索另一種生活方式的機會，也讓他們有時間去思考如何實踐正念、同情心，並在自己的人生中建立一個更深層的靈性聯繫。無論是透過打坐、佛殿唱誦、還是與法師們的交流，每位學生都在這次的經歷中獲得了深刻的啟發。當他們回到學業和日常生活中時，這次的經歷將會一直影響著他們，激勵他們以更具正念、慈悲心和理解的態度面對生活。 ❀