

因華

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六祖壇經·無相頌

恩 義 讓 忍
則 則 則 則
孝 上 尊 眾
養 下 卑 惡
父 相 和 無
母 憐 睦 暄





華嚴經法要新解

毘盧遮那品第六 (卷十一)

天因法師

承接著前品——華藏世界品，這是佛依報莊嚴的殊勝，佛之所以如經文所述的莊嚴，是有所因由，佛教講三世因果，是有因有緣，這是佛在過去因地修行時所感得的莊嚴果報。到底佛（華嚴經所指的是毘盧遮那佛）過去即其前身所種下的是甚麼樣的善根種子？，關於這個問題，就經文所述，依據清涼國師在〈華嚴經疏〉中說出了佛的前生是大威光，當中有四段因緣，佛以太子身、童子身、轉輪王身及離垢福德幢大王等四種不同的身份喜逢見四尊佛，詳述如下：

一、以太子身遇上了一切功德山須彌勝雲佛

有一個名叫彼勝音世界，這裏第一尊佛出現，名叫：一切功德山須彌勝雲，這尊佛去到那裏，殊勝莊嚴景象都在哪裏——示現，經文曰：「於其道場大蓮華中忽然出現，其一切功德山須彌勝雲身周普等真法界……無邊妙色，具足清淨」（V1P375LL3）。佛有三身——法身、報身及化身。法身是肉眼看不到的，卻充滿整個虛空，此屬佛的殊勝相狀。

至於佛本身於眉間放大光明，其光不可思議，經文說：「其光照觸，即自開悟，……，滅除一切身心苦惱」（V1P376LL5），這是佛的智慧顯現。

另外，有個名為「燄光明大城」，這個城的國王是喜見善慧，他的太子就是大威光太子，太子善根深厚，憑他過去生的修行力，得見佛的光明，並即時證得十種法門：「1·一切諸佛功德輪三昧，……10·普入一切智光明辯才門」（V1P377L5）。此時，太子承佛威力，向大眾讚頌世尊，其讚頌聲普徧勝音世界，由是此因緣，其父喜見善慧王的眷屬紛紛前來頂禮佛足，也感化了天王、龍王、天龍八部神眾及其眷屬也一同來到一切功德山須彌勝雲佛的住所，共同向佛頂禮，大眾坐在一旁，聽佛說修多羅，而大威光太子聞佛說法後，即時證得「一切功德須彌勝雲佛宿世所集法海光明」。與此同時，佛向大眾說大威光太子之所以有如此的成就，是因為他往昔過去曾經行「菩薩方便行、成就一切佛功德……、莊嚴無量清淨佛土」





(V1P383LL3)。

二、以童子身遇上波羅蜜善眼莊嚴

一切功德須彌勝雲佛，雖然其壽命達五十億歲，但度化眾生後也要示現入滅，當時又有佛出世，名：波羅蜜善眼莊嚴。此佛於摩尼華枝輪大林中，成等正覺。當時大威光童子，見佛成等正覺及現神通力，即時證得念佛三昧。同樣的，大威光童子也向其眷屬讚頌佛，其聲無礙，心切世界皆悉得聞，令很多眾生發起菩提心。這次佛為大眾說「法界體性清淨莊嚴修多羅、世界海微塵等修多羅」。大眾聽了此法，立即證到清淨智，名：「入一切淨方便，……，得出生願力清淨智」。

。（V1P388LL3）

三、轉輪聖王身遇上最勝功德海

當波羅蜜善眼莊嚴佛入滅，又喜見善慧王亦已去世，這時大威光童子受轉輪王位，遇到第三尊佛出現於世，名：最勝功德海佛。這時，佛示現成佛之相，又對大

眾說菩薩普眼光明行修多羅。大威光轉輪王，聞法後即時證得大福德普光明三昧。

三、離垢福德幢天王遇上名稱普聞蓮華眼幢佛

此時大威光於此時命終，生須彌山上寂靜寶宮天城中，成為離垢福德幢大王。同時如來為大眾宣說「廣大方便普門徧照修多羅」。此時天王聞法後得「普門歡喜藏」三昧，經文：「以此三昧力，能入一切法實相海，獲是益已，從道場出，還歸本處」。

根據以上依經文的解釋，知道毗盧遮那如來，亦居於華藏世界，不停的說法利生，與今無異。而今毗盧遮那如來成道，表示因果利生之事，以明三世道同，因果不別，使後進者同證此果。在此品中，佛表示有次第出興於世，歷事四佛。證得一切法門，自利利他，引述到此，並未終結，計「舉果勸樂生信分」，續往「修因契果生解分」，下期再續「如來名號品第七」。





大方廣佛華嚴經卷第五十三·離世間品第三十八之一·第6問何等為心得安隱

華嚴經問答與內容

〈離世間品〉是《華嚴經》中的二千個修行法門，由普慧菩薩為當機眾代眾生向普賢菩薩發問，總共發出了二百個問題，而普賢菩薩於每個問題中說出了十個答案，即十個修行法門，故全品經一共有二千個法門，成為了「普慧二百問，普賢兩千酬」的佳話，給後人研讀華嚴經的一個重要指南。

第六問～何等為心得安隱？

經文（P152LL5）：佛子！菩薩摩訶薩有十種心得安隱。何等為十？所謂：

1. 自住菩提心，亦當令他住菩提心，心得安隱；
2. 自究竟離念諍，亦當令他離念諍，心得安隱；
3. 自離凡愚法，亦令他離凡愚法，心得安隱；
4. 自勤修善根，亦令他勤修善根，心得安隱；
5. 自住波羅蜜道，亦令他住波羅蜜道，心得安隱；
6. 自生在佛家，亦令他生於佛家，心得安隱；
7. 自深入無自性真實法，亦令他入無自性真實法，心得安隱；
8. 自不誹謗一切佛法，亦令他不誹謗一切佛法，心得安隱；
9. 自滿一切智菩提願，亦令他滿一切智菩提願，心得安隱；
10. 自深入一切如來無盡智藏，亦令他入一切如來無盡智藏，心得安隱。





是為十。若諸菩薩安住此法，則得如來無上大智安隱。

釋文(V17P56LL2):

「心得安隱」，進成二利，指自利利他，故獲心安。自利，即「智」心安；利他，即「悲」心安。

經文有十種自利利他的法門，令心得安隱。分析如下：

	經文內容	
1	自住菩提心，亦當令他住菩提心	初一行本
2	自究竟離忿諍，亦當令他離忿諍	離一切諍
3	自離凡愚法，亦令他離凡愚法	離凡夫小乘法
4	自勤修善根，亦令他勤修善根	進善
5	自住波羅蜜道，亦令他住波羅蜜道	進善
6	自生在佛家，亦令他生於佛家	證入入位
7	自深入無自性真實法，亦令他入無自性真實法	證入入法
8	自不誹謗 ¹ 一切佛法，亦令他不誹謗一切佛法	證入入益
9	自滿一切智菩提願，亦令他滿一切智菩提願，	因圓果滿
10	自深入一切如來無盡智藏，亦令他入一切如來無盡智藏	因圓果滿

¹謗有二義：一、粗，言此非佛說等，其過彌大。二、細，謂說不契實，其過則微。ㄉ





處世

不要為了一個你討厭的人，而離開許多你喜歡的人，快樂的笑容帶給你一生的幸福！討厭...就不理會他...別放在心理就好了...

人在外工作，每天要見許多人和跟許多人說話，一定會有討厭的人存在，有的人會因為某人而離開，但這樣做真的很不值得！

自己應考慮自己的需要而決定離開或留下，不要單為別人，不要為了一個討厭的人，而離開許多你喜歡的人。

今天聽到來演講的老師，講了以前一個學生的故事：

有一次做作業分組，十二個人一組，那個學生來要求老師更換組別。

老師問：「為什麼？」

學生答因為他很討厭其中的一個人。

老師問他：「其他組員你也都討厭嗎？」

學生：「不會啊，都滿喜歡的。」

老師：「那個您憎的人，在你生

命中重不重要？」

學生答：「重要個鬼啦！討厭死他了！」

老師質疑：「但是十個好朋友都留不住你，你卻為了他一個人離開？！究竟這個人，重不重要呢？」

老師又說：「如果那個人在生命裡的重量沒那麼重的話，又為什麼要這麼在乎他呢？」

與其為了一個不重要的人離開，倒不如為了十個喜歡你，你也喜歡的朋友留下。」

這位老師講的說話蠻有意思的。

很多人都很荒誕的認為「全世界的人都應該喜歡我。」但是如同自己有討厭的人，亦會有喜歡的人一樣，自己也會被人討厭或被人喜歡。和討厭的人一起工作，或一起唸書.....都是需要學習的。☺





華嚴初祖杜順和尚

高僧介紹

初祖杜順和尚，本名法順，俗姓杜，敕號帝心，雍州萬年縣，杜陵人。生於南北朝時代陳武帝定二年（西元557年—640年）。相傳是文殊菩薩的化身。

年幼時，常在住家後面的墳墓上，為小朋友說法。十八歲，皈依因聖寺魏珍禪師出家，專修禪觀。行蹤所至，每多靈異，當時百姓稱師為敦煌菩薩。隋文帝非常敬信他。杜順和尚曾經將僧鞋一雙放在市集，三日不失，有人問他原因，法師說：「我從無量劫來，未曾盜人一錢，自無盜之緣」。

法師之操守行為高潔嚴謹，契悟華嚴義理，是第一位因實修而證入一真法界。

法師著有彰顯華嚴宗旨的《五教止觀》及指導行者契入一心法界之《法界觀門》二者都是華嚴宗的根本理論，也是後世學者修學

的依據。

法師依華嚴教義，作《五法界觀》，文成後，將文章投入熊熊烈火中，並祝禱：「如契合佛心，則一字不毀。」火熄，果然一字不毀。

某次，唐太宗因生病，而問杜順和尚治病方法，杜順和尚回答：「只要大赦天下，釋放無辜，聖體自然安癒。」唐太宗依言大赦天下，果然病即痊癒。此後，宮廷內外，禮遇如佛，帝賜號為「帝心」。師天性柔和，未曾思念惡行，為人奇蹟頗多，常為人除害，常勉人敬念阿彌陀佛，日行所行普賢行願。

貞觀十四年十一月二十五日，於雍州南郊義善寺，普會善信，聲言告別，復入宮內向唐太宗辭謝，然後升太階殿，坐御座之上，奄然而逝，世壽八十四。





佛學常識

知多少？

四大天王

在佛教寺院中，都常看到供奉在天王殿的四大天王的塑像。這四大天王是佛教所說的護世四天王，有守護佛法的任務。四大天王形貌各異，手中所持的法物也各不相同；同時還有另一層表法意義，其作用和意義合併起來象徵「風調雨順」。這表示著佛門「莊嚴國土，利樂有情」的偉大情懷和祈求「風調雨順，國泰民安」的慈悲心願。

東方持國天王：手上拿的是琵琶樂器，是主樂神，代表「調」表明他要用音樂來感化和勸導眾生斷惡從善，皈依佛教；也代表凡是做事情不可以操之過急。就像彈琴一樣，琴的弦鬆了，彈不了；緊了，就斷了。寓意做事要恰到好處。東方天王主守東勝神洲，故稱作東方持國天王，居須彌山黃金埵。

南方增長天王：手持劍，代

表「風」表示保護佛法不受侵犯，以武力來懲惡護善；同時這劍名慧劍，慧劍斷煩惱。主守南方閻浮提洲，居住於須彌山南面半腹的琉璃埵。「增長」意為能傳令眾生，增長善根和智慧。

西方廣目天王：身上纏著一條龍，代表「順」龍代表變化，表示這個世界上的一切的人、事、物，變化無常、變化多端，我們要通通把它們看清楚了，才能夠應付。「廣目」，意為能以淨天眼隨時觀察世界，護持人民，故名廣目天王。主守西牛賀洲。住須彌山白銀埵。

北方多聞天王：手上拿一把傘，代表「雨」傘是遮蓋用的，千變萬化的世界，有種種的污染，傘是用來遮蓋，要防非止惡不被污染。「多聞」意為精通佛法，以福德聞於四方，同時它代表我們在廣學多聞中，要注意保護自己的清淨心。主守北俱盧洲，住須彌山水晶埵。



牛 奔 虎 嘯 迎 新 歲 禮 佛 祈 福 增 福 慧

西元2010年2月14日(星期日)是中國傳統的農曆新年，是西方的情人節。也正好是華嚴蓮社一年一度為期一週新春祈福法門開始的第一天。在加洲的華嚴蓮社早已準備好迎接虎年的來臨。信眾菩薩們在這一天一早，便陸陸續續的來到蓮社參與禮佛和祈福的法會。



大殿的佛桌上亦早已整齊地擺放了供佛及賀年的鮮花水果和應時的食品，佛殿內每一張長桌也換上了喜氣洋洋的紅桌布，長桌上除了法會所需的經書外，也同時增放了喻意著大吉大利喜氣洋洋黃澄澄的橘子，蓮社大殿裡瀰漫著歡樂的新年氣氛。

早上八時，在住持法師起唱戒定真香後，三千佛懺便在諸位法師帶領下隨即展開，佛號音聲此起

彼落，好是熱鬧。第一支香結束後，當家法師帶領信眾向佛菩薩、住持法師及諸位法師拜年後，又指導信眾們互相問訊拜年。由於座上很多信眾是第一次來蓮社參加新春祈福法會，對於這別開生面的小環節，都感到新奇，大家的臉上也不時洋溢著歡愉和會心的微笑。隨後蓮社又為大家分發早已準備好的賀年吉祥紅包。紅包內裝有少許的米及茶葉，吉祥法語和一個錢幣，住持法師祝福拿到紅包的信眾們在新的一年里裡能豐衣足食、錢財萬貫不斷來。

中午過堂用齋時，住持法師為大眾開示新春拜年應該說的吉祥語；信眾們在午齋過後，便立即學以致用，以學到的菩提上進、學佛有成、福慧增長、早成佛道、法體安康和四大調和等等，互相拜年，此起彼落地好不熱鬧。由於是假日，前來禮佛的信眾們三五成群，一波接一波，直到接近六時人群才慢慢離開，據估計，年初一前來蓮社參加祈福的人數有近千人之多。



二月二十二日的華嚴供佛齋天是新春祈福法會最後一個活動。由於華嚴供佛齋天佛殿佈置有別於平常的法會及其它道場，因此每年都吸引了很多信眾前來參與；法會開始時，由諸位法師帶領下

灑淨薰壇，禮請諸天接受供養；接著散花開示，午齋後信眾帶著法喜及分到的供品和水果及賦歸，同時圓滿了這次新春禮佛祈福法會。☸

清 明 祭 祖 梁 皇 法 會 法 緣 殊 勝 信 施 蒙 恩

美國米爾必達市華嚴蓮社於2010年4月4日至11日，一連八天舉辦清明祭祖梁皇大法會，前七天每天早上九時起至下午四時半，由天因住持帶領四眾弟子禮拜梁皇寶懺一部，中午上供十方常住三寶及延生、往生供，凡有信眾供齋結緣，皆親臨拈香拜齋，蓮社也準備豐富可口的素齋供眾。並於每天晚課中諷誦地藏菩薩本願功德經一卷，加持蒙山施食。圓滿日上午延生普佛，迴向參與法會信施，增福增慧、消災延壽，下午二時禮請慧解大和尚主法作三時繫念佛事一堂，以拜懺、誦經功德迴向；眾姓先遠歷代宗親、亡靈，早生淨土。

2010年4月8日，本社董事長賢度法師從台北親臨，除主持午供外，也為信眾開示佛法，賢度董事長以生命的回顧為題，製做了

簡報，把她如何用佛教的儀式為其父親辦了一場具有教化意義的告別式。影片放映期中，法師的旁述令在會大眾了解到其喪父的傷痛，信眾們感同身受，世間親情可貴，值得珍惜，但也藉此警惕信眾要尊重善用生命，把握當下修行自利他，廣結法緣。

本次法會因緣殊勝，除了常住四位法師外，亦有美國加州境內多所道場諸位法師前來支援，使得法會在隆重莊嚴肅穆的氣氛中，順利圓滿。☸



天因住持領眾普佛





聖荷西市政府祈福 迴向祝禱國泰民安



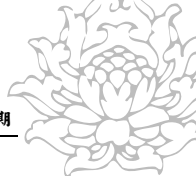
2010年4月13日美國米爾必達市華嚴蓮社應聖荷西市議會之邀請，前往主持一場莊嚴隆重的祈福儀式。聖荷西市議會大廳史無前例的供奉了藥師三聖像，賢度董事長與天因住持等一行人於下

午一點三十分到達，在朱感生市議員的詳細介紹後，賢度董事長即用英語與市長、議員與現場旁聽的市民們簡單的說明了祈福儀式的內容及意義為：稱唸藥師佛的聖號、誦藥師灌頂真言、解冤結神咒、迴向偈及一篇祈禱文。全程共計長達十一分鐘，現場所有與會者，皆隨者法師們的唸誦祈福合十虔誠祈禱，賢度董事長也於祈禱文中讚揚，恭敬三寶為信施之福田，並以此次祈福功德迴向祝禱：國泰民安，市政昌隆，市長、議員及與會大眾福慧駢增。☸



聖荷西市議員朱感生夫婦與賢度董事長





修 度 十 運 雙 智 悲 圓 相 六 礙 無 定 靜

美國華嚴蓮社，為提供信眾一個修學禪定的空間，特規劃設計了一個格調優雅、莊嚴寧靜的禪堂，於4月18日由賢度董事長親自主持禪堂啟用典禮，是日上午八時起即開始誦持楞嚴咒清淨道場，九時諷誦《華嚴經》〈淨行品〉，賢度董事長也為大眾解釋如何將一百四十一個淨行導入生活中，來淨化我們的身語意，成就無過失的三業，進而達到悲智雙運、十度齊修的目地，並發揮轉凡成聖的功能。

接著跟大家說明禪堂修定的三個步驟：調身、調息、調心的方法，勉勵修行人要時時觀照自己的心念，不起善惡等妄想，放下心中的煩惱，以正觀法界緣起或六相圓融的道理，並依二入四行的態度來學習止觀，就能從定而引發無量的智慧。

接著正式舉行禪堂啟用典禮，同時邀請朱感生市議員共同主持剪綵啟鑰儀式，賢度董事長首先帶領大家合掌發願：上昇樓閣，當願眾生，昇正法樓，徹見一切。剪綵後上二樓，再合掌發願：若入堂宇，當願眾生，昇無上堂，安住不動。即啟鑰進入禪堂，大眾一同面對禪堂正前方的四的個願：（一）結跏趺坐，當願眾生，善根堅固，得不動地。（二）正身端坐，當願眾生，坐菩提座，心無所著。（三）修行於定，當願眾生，以定伏心，究竟無餘。（四）若修於觀，當願眾生，見如實理，永無乖諍。正所謂華嚴祖師所開示的：教即是觀的境界。在一一合掌發願後，隨著木魚聲，坐下盤腿止靜15分鐘，雖然只是片刻寧靜的初體驗，卻是每個人心田裡無盡的法喜。



賢度法師與朱感生市議員(中)為禪堂剪綵





佛教團體參訪蓮社

聞思修居士林黃可泰會長到訪



住持天因法師贈送書籍給會長黃可泰禪堂剪綵

3/19/2010 下午二時聞思修居士林黃可泰會長一行八人到訪蓮社，住持天因及當家天融法師於圖書館客廳招待，相隔兩年時間

沒有到聞思修上課，這次黃會長親臨蓮社，一則是參訪本社重整後的新面貌，二則來邀請住持再度到居士林講課。但天因住持由於蓮社法務繁忙無法抽身，但鼓勵會長及學員多到蓮社參加週六的佛學班及週日的共修。後會長等人於法師帶領下到蓮社各處參觀，並致贈了各人三本書籍回家閱覽：成一法師訪談錄、彌勒淨土法門、DEVELOPMENT OF THE HUA-YEN SCHOOL DURING THE TANG DYNASTY (641AD TO 845 AD) ㊄

洛杉磯普陀山觀音菩薩寺到訪



惟正法師(左2)與住持法師合照





越南福海寺明聰法師前來參訪



天因住持與明聰法師合影

4/25/2010美國華嚴蓮社，如常舉行藥師懺共修法會，於拜懺圓滿至上供前的休息時段，來自越南福海寺的明聰法師在一位男居士

陪同下，來到蓮社參訪，住持天因法師利用上供前的二十多分鐘時間，以簡短的形式向法師介紹蓮社的環境及所舉辦的活動，法師讚嘆蓮社建築宏偉，更是坐落於MILPITAS最耀眼的一座建築物，法師並祝福蓮社法運興隆、廣度眾生。天因住持致贈：成一法師訪談錄、彌勒淨土法門集、DEVELOPMENT OF THE HUA-YEN SCHOOL DURING THE TANG DYNASTY (641AD TO 845AD) 三本書籍，與法師結法緣作為這次參訪之紀念。☸

3/23/2010 洛杉磯普陀山觀音菩薩寺當家惟正法師帶同住眾一行三人到蓮社參訪，住持天因及當家天融法師招待，住持為法師介紹蓮社的環境及活動，當家負責帶法師們參觀蓮社的大殿、圖書館、廚房及禪堂等。最後帶

走了兩箱結緣書籍及CD，如：華嚴文選、彌勒淨土法門集、導遊華藏世界、勸發菩提心文講話、華嚴經講錄、講解華嚴經的DVD&CD，住持及當家與法師們在大門前拍照留念，並歡迎法師們再次來訪。☸





青年會員活出彩虹 協助包裝救濟物資



華嚴蓮社青年會 於2010年1月16日舉辦第二次活動。是次社區服務活動的地點是在聖荷西市的 SACRED HEART COMMUNITY SERVICE。希望藉由這樣的活動能和華嚴蓮社附近的地區廣結善緣，同時也可以讓更多的人認識華嚴蓮社。

世界的經濟漸漸在復甦當中，但是在加州仍然有許多的家庭需要慈善機構的幫助，SACRED HEART是加州矽谷非常著名的慈善機構之一，包括各地善心人士捐贈的物資，像是米飯、麵條、各類罐頭等救濟物品食物或是回收衣服鞋子。這些物品經過收集、分類、包裝，再進一步發放給需要救濟的家庭。在去年的十一月十二月就有超過兩千個家庭申請SACRED HEART 的救濟，這個數字是創紀錄的高。

華嚴蓮社青年會成員很踴躍的參加當天的活動，幾乎全員到齊，還有很多成員拉著朋友們一起來參與行善。主要的工作是，將分類好的食物（麵、米及各類

罐頭）集中包裝成袋，這樣讓 SACRED HEART在接下來一個禮拜的時間內可以更有效率發放救濟物品給需要幫助的一千個家庭。

禮拜六是不用上班的日子，最難能可貴的是每位成員在休假的週末日發心來做義工服務，所有的人各司其職，女生負責裝袋，男生負責補充救濟品和搬運的工作。當天的天氣氣溫相當低，可是這樣的工作可以幫助到很多需要救濟的人，助人為快樂之本，因此每位成員的心都覺得非常溫暖的。



Sacred Heart Community Service 致送感謝狀給蓮社



美國華嚴蓮社青年會 再次顯現愛心關懷長者

2010年3月20日（星期六）為青年組組員每月一次的戶外活動，這次是由ALEX策劃去探訪長者，當天由當家天融法師帶領，分上下午兩班出發，前往位於聖荷西市中心的 ALZHEIMER'S ACTIVITY CENTER。此中心是屬日間寄託式照顧有需要的長者，凡家庭中有患上輕度痴呆或柏金遜的長者，由於家人不能把他們單獨留在家中；故須要有人幫助，而該中心就是能夠為此等家庭提供服務的一所機構，在這裏接受服務的長者，可享有身體檢查、膳食的供應及有各種不同慈善團體之探訪。此次探訪分上、下午進行，每次歷時二個小時，我們除了鋼琴音樂演奏外，也參與各種活動，包括：紙牌比

賽，數字遊戲，骨牌，投球等活動。這些設計都是為了提昇個人健康狀況，智力能力或者抒發情緒，而活動的規則設計適合並針對中心的具體需要而規劃的。

在下午我們特別為中心烘焙了一些曲奇餅，而中心也為青年會準備了冰淇淋。透過這次的關懷探訪，青年會的成員深刻的體會老年痴呆症。雖然比賽沒有勝負，亦沒有遵循正確的遊戲規則，但透過青年會與長者的互動，從遊戲中幫助長者重拾信心，青年會如此熱情的探訪及自然活潑的表現，又獻出無私的愛心，從長者們面露喜悅的笑容，可見一斑。在此祝福長者們繼續與家人過著健康美滿快樂的晚年。



青年組成員與長者遊戲





長處與短處

從前有一頭長著漂亮長角的鹿，來到泉水邊喝水，看著水面上的倒影，它不禁洋洋得意。「啊，多麼好看的一對長角！」

只是，當它看見自己那雙似乎細長無力的雙腿時，又悶悶不樂了。正在這個時候，出現了一頭兇猛的獅子，這頭鹿開始拼命地奔跑。由於鹿腿健壯有力，連獅子也被拋得遠遠的。

但到了一片叢林地帶之後，鹿角

就被樹枝絆住了。獅子最後追了上來，一口咬住了它。

在臨死之時，這頭鹿悔恨地說道：「我真蠢！一直不在意的雙腿，竟是自己的救命工具；引以自豪的長角，最後竟害了自己！」

大家不妨細心想一想：

我們生命中那雙華而無益的鹿角，和那雙堅強有力的鹿腿，究竟在哪裡呢？





古德法語

佛在世時我沉淪，
佛滅度後我出生；
懺悔此身多業障，
不見如來金色身。



美國華嚴蓮社青年會



美國華嚴蓮社青年會，目的是以提倡佛教、以慈善救濟、文化教育及社會福利服務為主，成立於2009年8月；目前正積極招募會員，我們的主要對象除了青少年之外，也希望有不同年齡及階層的人仕來參與。假如您有興趣及願意為大眾服務！

歡迎您與我們聯絡：

心誠(丁聖剛):
edting@gmail.com

心程(李忠霖):
wavemanlee@gmail.com

心智(區志揚):
matt.au.152@gmail.com

EVERYONE IS WELCOMED!

"Nobody can do everything, but everyone can do something."

週六佛學班

日期：每逢週六

時間：晚上7:00-8:30

地點：20S二樓圖書館

內容：佛法分享及問題討論





插花班

本社為了讓對插花有興趣的信眾能對花有更多的認識；特地開辦了免費插花班，邀請邱國芳居士義務擔任指導老師，與大家一齊互相切磋，尋找出花姿奧妙，同時又能插花供佛，莊嚴道場，與眾同賞為樂。

插花班時間如下：

每月第二個星期日

時間：1:30 PM 至 3:30 PM

插花材料費用：

由老師代買，學生平均分擔材料費

歡迎隨喜參加，與我們一起向「花花世界」探討！

週日法器班

主講：住持天因法師

日期：每逢週日下午

時間：1:30-3:30

地點：20S一樓大殿

內容：法器、梵唄、大殿禮儀





特別活動

1) 傳授三皈五戒

佛誕日傳授三皈五戒，由本社住持天因法師為三皈本師，發心皈依受戒者請與本社查詢。

日期: 觀音菩薩成道法會 2010年7月25日 下午1:30

觀音菩薩出家法會 2010年10月24日 下午1:30

歡迎投稿

「華嚴園苑」歡迎大家投稿，分享心路歷程，學佛心得。來稿可以中英文撰寫，字數不超過五百字為限。可用以下電子郵箱或郵寄到本社: E-MAIL:LING.ABLS@GMAIL.COM

請連同姓名、電話，以便聯絡。

請註明:華嚴園苑



銘謝啓事

特別感謝參予本期之中、英文撰稿、翻譯、潤筆、校對、設計等義務工作人員：

區志揚(心智, MATT)居士、

錢(心進)台華居士，吳(學寧)艾惠居士，胡心圓居士、江常生居士。

編輯部謹啟





活動預告

1. 觀音菩薩成道法會
日期: 2010年7月25日 8:00 AM - 1:00 PM
2. 秋季盂蘭盆法會虔誦華嚴經一部
日期: 2010年8月8日至22日 8:00 AM - 4:30 PM
3. 中秋聯歡晚會
日期: 2010年9月18日 7:00 PM - 9:00 PM
4. 觀音菩薩出家法會
日期: 2010年10月24日 8:00 AM - 1:00 PM
5. 年終加行功課虔誦地藏經一卷 (週一至週六)
日期: 2010年12月1日至18日 3:00 PM - 5:45 PM
6. 年終法會禮拜梁皇寶懺
日期: 2010年12月19日至26日 9:00 AM - 4:00 PM

每月定期共修會

活動項目	日期
虔誦華嚴經	每月第一個星期日
慈悲三昧水懺	每月第二個星期日
準提法門	每月第三個星期日
禮拜藥師寶懺	每月第四個星期日
禮拜金剛寶懺	每月第五個星期日





助印功德芳名

第八期 助印功德芳名				
\$1000	Awakening Mind Chan Ctr			
\$500	成一法師			
\$300	天因法師	陳榮邦		
\$200	妙智法師	胡盛	故 黃炳南	故 葉麗萍
\$100	天融法師	Juhn H Cherng		薛欽智合家
	華維祺	林燕玉(Lynn Chiang)		Richard Tsui
	朱文英(Ginny Chu)		林建耀	陳翠娥
\$90	林駿			
\$50	趙汝雷合家	葉麗萍	胡松齡	劉淑圭/淑慧
	Phan Dong	Vivi Louie	Connie Chan	
	David Truong/ David Vuong		故 郭振華	
\$40	Shu Hui Chow	Raymond Wang		
\$30	傅楊春美	Tommy(黃偉光)		
\$20	滕灼華	張雅玲	何楷	Chee Hin Ho
	錢壽康 (Edward Chien)		Anna Y Weng	Jeff Tsai





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Volume 8

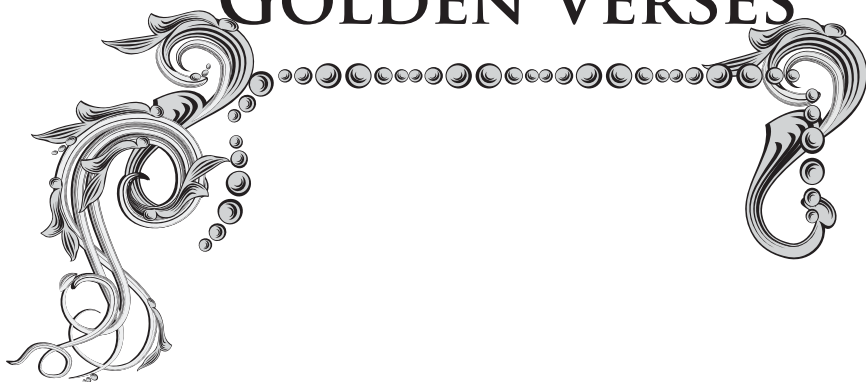
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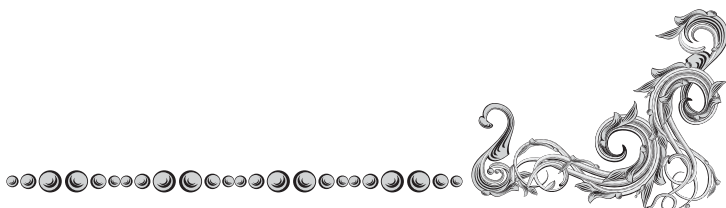
~Markless Verse~

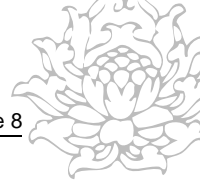
Filial deeds support the father and mother.

***Right conduct is being in harmony
with those above and below.***

***Deference: the honored and lowly
in accord with each other.***

Patience: no rumors of the evils of the crowd.





THE FULLNESS OF LIFE

From : Internet

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar.

He shook the jar lightly and the pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Without a doubt, the sand filled up everything else.

He asked the class once more if the jar was full. The students responded with an unanimous "yes."

The professor then brewed two cups of coffee from under the table and poured the liquid into the jar, effectively filling the remaining space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize

that this jar represents your life. The golf balls are the important things - God, family, children, health, friends, and favorite passions -- things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter; like your job, house, and car. The sand is everything else -- the small stuff.

"If you put the sand into the jar first," he continued, "There is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small things, you will never have room for the things that are important to you." The professor took a short pause for the students to comprehend. "So, pay attention to the things that are critical to your happiness. Spend time with your children. Take time to get medical checkups. Take your partner out to dinner. There will always be time to clean the house and fix the disposal. Take care of the golf balls first -- the things that really matter the most. Set your priorities. The rest is just sand."

One of the students raised her hand and asked what the coffee represented. The professor smiled and replied, "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a cup of coffee with a friend."





Story with Inspiration

GUIDELINES FOR HAPPINESS

Translated by : Matthew Au

A short man 92 years of age very well-presented, who takes great care in his appearance, is moving into an old folks home today. His wife has recently passed away at age 70, and he is obliged to leave his home. After waiting several hours in the retirement home lobby, he gently smiles as he is told that his room is ready. As he slowly walks to the elevator, using his cane, I describe his small room to him, including the sheet hung on the window which serves as a curtain.

"I like it very much", he says, with the enthusiasm of an 8 year old boy who has just been given a new puppy. -"Mr. Gagné, you haven't even seen the room yet, we are almost there, just a few more steps. "

" That has nothing to do with it ", he replies. " Happiness is something I choose in advance. Whether or not I like the room does not depend on the furniture, or the decor – rather it depends on how I decide to see it. "

"I have already decided in my mind that I like my room. It is a choice that I make

every morning when I wake up.

" Every day is a gift, and as long as I can open my eyes, I will focus on the present day, and all the happy memories that I have built up during my life. "

" Old age is like a bank account. You withdraw later in life what you have deposited along the way. "So, my advice to you is to deposit as much happiness as you can in your bank account of memories. Thank you for your part in filling my account with happy memories, which I am still continuing to fill...

Remember these simple guidelines for happiness.

1. Free your heart from hate.
2. Free your mind from worry.
3. Live simply.
4. Give more.
5. Expect less.

Happiness





YOUTH GROUP VISITS ALZHEIMER'S ACTIVITY CENTER

By : Alex Lin

On March 20th 2010, our ABLS youth group visited the Alzheimer's Activity Center in San Jose. This center provides programs and services for individuals diagnosed with Alzheimer's disease or any mild form of dementia. Their programs are designed to maximize and maintain the individual's physical, emotional, and social health. Their mission is to prevent isolation for both the patients and their caregivers.

The event was divided into two sessions. Our group of 17 volunteers led by Master Tien Rong participated in either the morning or afternoon session. Each session was two hours long. We started out both sessions with a 15-20 minutes live piano music performance. Then our volunteers organized into small teams to conduct and facilitate the progress of various activities by interacting and helping the clients to play along. The activities included playing card games, bingo, dominoes, ball throwing and potting, just to name a few. These activities were all designed to improve certain aspects of the client's physical, social,

intellectual or emotional well being. Therefore the rules for these activities were not as how we commonly know them by, but tailored to fit a specific need. In the afternoon session, we all shared some home baked cookies prepared by our volunteers, and some cakes and ice creams provided by the center. Our volunteers adapted and interacted superbly, bringing smiles to the faces at the center. On that day, I witnessed an overwhelming display of understanding, patience and compassion from all of our volunteers.

Through this event, I've gained a deeper understanding and also first hand experience with individuals suffering from the Alzheimer's disease. The games that we play were not about who wins or loses, nor about following the correct rules. It was not so important as to whether we can expect or impose our usual belief, logic or reasoning to their world. By giving my time, I have gained something very valuable in return. This is why I choose to volunteer.





MOTHER'S FINAL GIFT

Our dear Mother, Cynthia, passed away on December 14, 2009 after two long years of agonizing illness. We saw it coming but were totally devastated and shocked when it finally happened. Growing up in Taiwan, our Mom and Dad often took us four kids to the temples to pray. Because of this past experience, we knew that we wanted to send our Mother off with a proper Buddhist funeral service but were at a lost at how to go about doing it. Through a series of Karma like events, we were introduced to the Avatamsaka Buddhist Lotus Society and its temple.

At first, it seems overwhelming what we had to do. We were very busy with work and family. It felt impossible to carve out every Sunday for seven weeks chanting for five hours each time (not to mention the first two Sundays coincided with the special Year End ceremony). It was impossible at first to be still (or bowing) for long stretches of time in a big cold room reading scriptures of words that we didn't quite understand, and eating vegetarian food in silence, but we made sure that at least a couple of our four siblings, if not all, and our Dad were present during the whole process out of our respect and deep love for our

Mother.

After a couple of weeks, things started to change for us. Perhaps with the unconscious resetting of our expectations, we started to accept and welcome the calmness and serenity that came with the chanting, and surprisingly, enjoy the vegetarian food that was prepared by the volunteers. What also really resonated with us were the teachings from the Master either in her sermon or during lunch. It was during this time that we started to understand some of the Buddhist's teachings. The one belief that a human body can be the source of pain and suffering allowed us to finally forgive ourselves for feeling relief for our Mother, and truly accepted that she is in a better place.

We attended the Chinese New Year ceremony which started on Feb 14, 2010. It's the Three Thousand Buddhas Repentance Service which lasted seven days, ending on Feb 21 with the offering Ceremony for Buddhas and Devas. On New Year's Day, many people of all ages attended the wonderful ceremony. Everyone was excited to welcome the new year. There were abundant offerings and banks of red candles for





By: Ellie and Jane Yieh

peace. The kitchen prepared various Chinese New Year specialty food items for fund raising. The Masters gave out red envelopes with unique presents. We also learned the proper ways to greet the Masters and each other. "Gong hei fat choy" just would not work. Everyone then got together for the vegetarian luncheon. This whole experience reminded us of many nice memories of the past New Year celebrations we've had in Taiwan.

On the 7th day of the Chinese New Year ceremony, Feb 21, 2010, the temple prepared a grand celebration for the worship of 15 Buddhas and 24 Devas. The hall was decorated with long tables covered with spreads of offerings, candles, and pictures of the various Buddhas. 15 plus 24 of us who registered to sponsor for the offerings represented the group. Holy water and flowers were sprinkled on us. Everyone prayed for blessings of peace, health, safety, and prosperity for the New Year.

The next ceremony for our Mother is on March 24, 2010, the 100th day after her passing. We started out feeling so foreign to the temple, Buddhism, and the community. Now as we spend

more time at the temple, we started to feel like we are part of the family. We have learned to be more accepting of ourselves, and people and situation around us. We are getting a bit closer to understanding the purpose of life. And the calmness, peacefulness, and serenity that come with chanting in the temple is something that is so much needed that we will keep us coming back to it.

Our Mother who wanted the very best for us had always been the heart of the family and the glue that kept us together. With her gone, we still come together every Sunday to pay respect to her. This has made us even closer as a family. When our Mother first got terribly sick, and as we struggled throughout the entire two years with what to do with her unimaginable condition, we often asked why. Now we come to believe that perhaps it was a path, and a gift from her to bring us back to Buddhism and our Chinese roots. The very little of Buddhism that we have been introduced to in the last couple of months resonates with us. We look forward to learning more.





DR. HSIEN DU'S TEACHINGS OF BUDDHISM

By: Jacklyn Fang

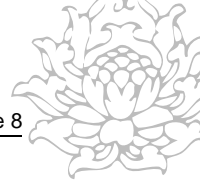
Dr. Hsien Du came all the way from Taiwan, taking time out from her busy schedule to expand our knowledge on Buddhism. Dr. Hsien Du's three day lecture gave us an opportunity to learn ways to protect ourselves and improve our lives. Not only did she give us many great lectures in the few weeks, but she also participated in the ABLS youth group meeting. During the meeting, she gave us great guidance on how we can

improve and expand the group. Having her present at our meeting was a great honor.

For someone who is new to Buddhism and the philosophy surrounding the many traditions, beliefs, and practices, coming to the teachings of "Cundhi dharma-gate" benefited me in many ways. She introduced to us a simple way to understand the true meaning of Buddhism. On the first day, she discussed the meanings and symbolism of the 18 arms of Cundhi Bodhisattva. Each of the 18 hands holds a different item or is in a certain position which carries their own meaning. For the second and third night, the Sutra of The Cundhi Incantation was broken down into parts and explained in depth. Stories were told of how we can benefit from the incantation, they include increasing happiness and safety in our lives. For those who recite the incantation, one can be relieved from suffering, danger, and demons.

Having Dr. Hsien Du here for a few weeks to lecture and share her insights was such an incredible honor. I highly encourage beginners or those who want to expand their knowledge to attend her lectures in the future.





AWARD ESSAY FROM ABLS SCHOLAR 2009

By: Sean Tang

One afternoon, while I was cleaning up an old drawer, I uncovered some dusty photo albums. As I flipped through the pages, I started to recall the blissful family vacations at the ski resorts and the merry neighborhood potlucks that took place in my unusually large backyard. I remembered that my mother used to be a typical stay at home mom and my dad used to work at a large corporate company. My younger brother and I would often play hide and seek or "campout" with the neighbors children. I realized that I had been so busy for the past several years that I had almost forgotten these memories and the joyfulness of the past. These memories have slowly begun to fade away when my father was laid off during an economic recession. I was only in the 5th grade and suddenly I notice that everything began to drastically change.

After cycling through several part time jobs, my father, tired of the oppressive work environment, decided to start up his own business inside our home. The family study room became an office piled with documents and the garage became a packaging department. However, because my father's business was unsteady, my mother decided to open up a day care center in order to generate more income. I watched

in disbelief as the TV and the couch where my brother and I always sat to watch Saturday morning cartoons were stored away and replaced by a dozen student desks and a whiteboard. Everyone had to cut back. There was no more extra money for shopping or going on vacations. Family friends began to visit less and less as my parents found themselves too preoccupied to socialize. I can't even remember the last time my family went out to watch a movie together. Life became more work-oriented as the whole family helped out in the daycare and the shipping business.

After my family's situation changed, I began to change as well. Because of the new circumstances, I began to become more fiercely independent, in hope that my parents would not need to worry about me. Unlike some of my friends who had close relatives to take care of their siblings, all my relatives lived in Taiwan, an island country on the other side of the world and my mother was barely getting by handling the dozens of children. Therefore I felt compelled to spent time teaching and disciplining my brother who had always been a bit of a mischievous child. While balancing the weight of my courses and the multitude of extracurricular activities, I learned to find time to help my father package large parcels in the musky, dimly lit garage and help my mother correct homework, tutor children and sometimes even heat up their "dinosaur" nuggets or cook spaghetti.

As a young boy, I was very timid and passive, but after becoming exposed





to the reality of my family's situation and witnessing the persevering and assiduous attitudes of my parents as they worked to support my brother and me, I became more active in and outside of school, always trying to find real life experiences that would prepare me for the future and the real world. I was determined to strive to become someone my parents could be proud of and eventually be able to somehow repay their debts and allow them to live stress free for the rest of their lives. Every time my parents see me overexerting myself in everything I do and ask to me to simply enjoy my own life instead of worry too

much about them, it only strengthens my resolve and aspiration to succeed even more. As a high school student, there are times when I feel powerless that I can only do so much to relieve them of their troubles, that is why I want to become someone who has real power to help not only my parents but also others in need. Perhaps one day, when I have a family of my own, I hope that they will be able to not only cherish memories like the ones in the photo albums in the old wooden drawer but also keep on cherishing them without ever having to have financial issues hinder them from enjoying life.

FAMILY means

Father And Mother
I Love You ♥



Remember every good deeds others have bestowed upon us.....

LOVE for them and do not forget to tell them how much we love them.....

Being content and thankful, one can be happy.....

No matter what has happened in the past, keep only what is good, let it guide you in your journey ahead, for it helps us to bypass the difficult times.....

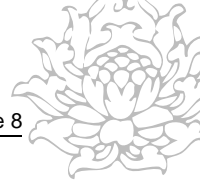
Forgive and forget if ever someone has done something to hurt us.....

No matter what has happened in the past, forget all that made you feel hurt, let the bygones be bygone, for it has introduced more strength, thus making us stronger.....

Being gracious and compassionate, one can be carefree.....

Show each member of the family our





WHEN LIFE GETS TOUGH

How do you survive when life gets tough?

How do you hang on when you are grieving, lonely or broke?

You can only tackle your problems as you would climb a mountain.....

If you go rock climbing – and you get stuck on a ledge – you suddenly focus on the present moment!

You forget about the future. All your effort goes into taking your next step.

Followed by another step... Inch by inch...

Eventually you find your way out.

The same strategy works for our everyday life too.

When things seem desperate, fix your focus on the present moment.

You tackle one problem at a time. You take a small step. You gain a little confidence...and then you take another step, and another, and another...

Eventually, you find that the worst is over.

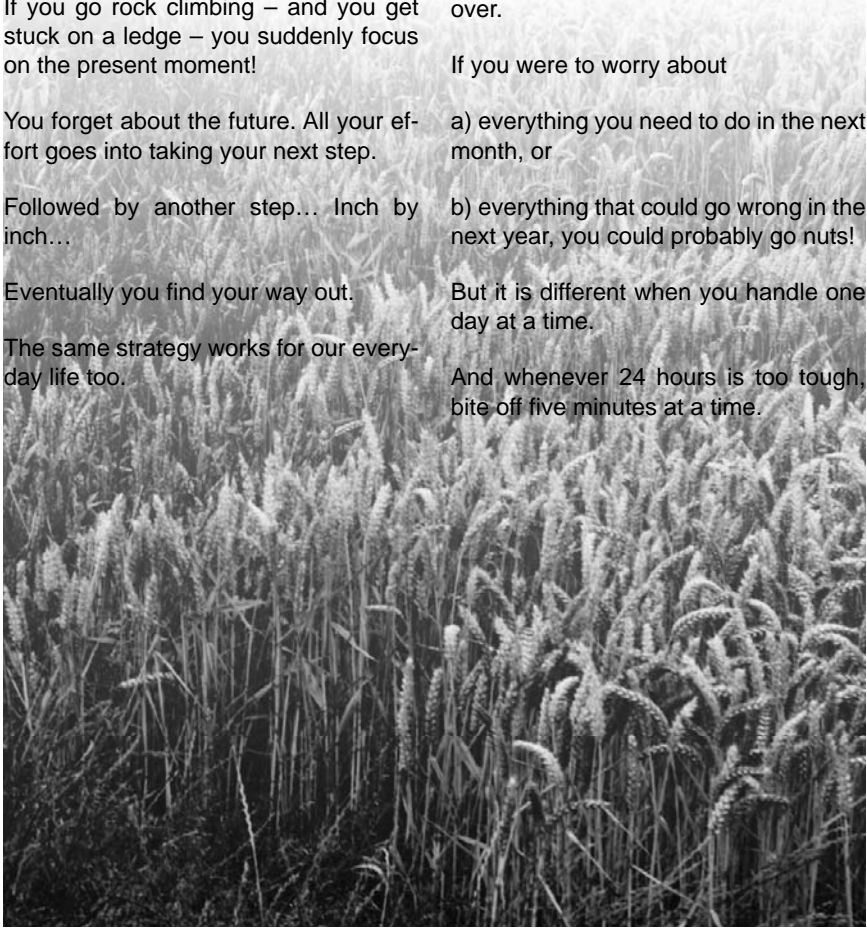
If you were to worry about

a) everything you need to do in the next month, or

b) everything that could go wrong in the next year, you could probably go nuts!

But it is different when you handle one day at a time.

And whenever 24 hours is too tough, bite off five minutes at a time.





ABLS YOUTH GROUP



ABLS has recently formed a youth organization, "Avatamsaka Buddhist Lotus Society (ABLS) Youth Group", a subsidiary of Avatasaka Buddhist Lotus Society. The purpose of the ABLs Youth Group is to support ABLs and help promote Buddhist teaching, conduct charity relief, culture, education, and social services.

We are now recruiting new members who are dedicated and are passionate about charity work to join our Youth Group. Our group consist of people of all ages, so everyone is welcomed. We strongly recommend teens to participate and gain some leadership experience through doing community service, which will definitely prepare you for college and your future.

We hold meetings once a month: usually on the first Sunday of each month. If you are interested or have any questions please feel free to email us anytime.

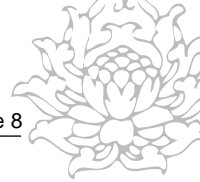
Edward Ting:
edting@gmail.com

James Lee:
wavemanlee@gmail.com

Matthew Au:
matt.au.152@gmail.com

EVERYONE IS WELCOMED!
"Nobody can do everything, but everyone can do something."





IMPORTANT ANNOUNCEMENTS

Triple Gem Refuge and Five Precepts Ceremony

When a person wishes to become a Buddhist, the first step he takes is to go to the Buddha, Dharma and Sangha for refuge. Since Buddha's time, taking this Threefold Refuge has identified a person as a Buddhist. The Buddha, Dharma and Sangha also known as the Triple Gem represent qualities which are excellent and precious like a gem. Once a person recognizes these unique qualities after careful consideration and is confident that the Triple Gem can help lead him towards happiness

and Enlightenment, he or she takes refuge. It is, therefore, not out of mere faith but with an open-minded attitude and inquiring spirit that he begins to practice the Buddha's Teachings.

**Date: July 25, 2010 at 1:30 pm
Oct 24, 2010 1:30 pm**





CURRENT & UPCOMING ACTIVITIES

1) Celebration of Guan Shih Yin (Akalokiteshavara) Bodhisattva Enlightenment
July 25, 2010

8:00 AM – 1:00 PM

2) Ullambana Festival and Sangha Day Celebration

August 8– August 22, 2010

8:00 AM – 4:30 PM

3) Mid-Autumn Festival Dinner Party

September 18, 2010

7:00 PM – 9:00 PM

4) Commemoration of Avalokitesvara Bodhisatta (Guan-Yin) Renunciation

October 24, 2010

8:00 AM – 1:00 PM

5) Year-End Service of Liang Huang Repentance

December 19 – 26, 2010

9:00 AM – 4:00 PM

6) The Past Vows of Ksitigarbha (Earth Store) Bodhisattva Sutra

December 1 – 18, 2010 (Mon – Saturday)

3:00 PM – 5:45 PM

REGULAR ACTIVITIES: (8AM – 1:30PM)

EVENTS	TIME
Avatamsaka (Hua-yen) Sutra	Every First Sunday
Samadhi Water Repentance	Every Second Sunday
Patrice of Cundi Dharma-Gate	Every Third Sunday
Bhaisajyaguru (Medicine Buddha) Repentance	Every Fourth Sunday
Diamond Repentance	Every Fifth Sunday





♥ TO SUPPORT
The Avatamsa

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First Name: _____ Last Name: _____

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We will mail your receipt back to the address you provided above.
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The offering of the Dharma excel all other offerings

