



2025 年萬佛懺分享

Sharing of the 2025 Ten Thousand Buddhas Repentance

文親慈 文/譯

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我是一位來自香港的醫生。我在2023年加入近永法師帶領的翻譯小組，其中最主要的工作便是翻譯萬佛懺，使我與萬佛懺結下很深的緣分。

今年很幸運有機會親身來到萬佛聖城參加萬佛懺。要問我網上與實體拜懺的分別，我想第一樣是實體拜懺其實辛苦很多，自己第一天拜懺便開始出現腳痛、腰痛、血壓低、血糖低等各種不舒服的現象。當時就開始懷疑人生，覺得如此嚴重的反應怎麼可能捱下去。

我想如果在網上拜就一早放棄了。感謝共修的力量！當看到週圍很多年長的居士也能努力拜時，自己就再痛也忍受下去，最終能夠無間斷地拜完全懺，真感受到好似成功攀登喜馬拉雅山珠穆朗瑪峰（聖母峰）的興奮。

第二不同的是大殿的環境令人容易集中及投入，不像在家精神比較散漫。我很喜歡在大殿中大家一起唱誦時那種熱烈的氣氛。我的眼睛對光比較敏感，當我集中唱誦時，能夠看到大殿中充滿金色及紅色的光，完全感受到當中祥瑞的氣氛。我覺得能夠在萬佛城大殿中參與萬佛懺，本身已是佛菩薩極大的祝福，當中的好處是不能言喻的。

I am a doctor from Hong Kong. In 2023, I joined the translation groups led by Dharma Master Jin Yong, and our main task was translating the Ten Thousand Buddhas Repentance, which allowed me to form a deep affinity with this Repentance.

This year, I was very fortunate to have the opportunity to come in person to the City of Ten Thousand Buddhas to participate in the Ten Thousand Buddhas Repentance. If you ask me about the difference between attending repentance online and in person, I think the first thing is that participating the repentance in person is actually much more physically demanding. On the very first day, I started experiencing various discomforts such as foot pain, back pain, low blood pressure, and low blood sugar. At that time, I began to doubt myself, wondering how I could possibly endure such severe reactions. I think if I had been participating online, I would have given up early on. I am grateful for the power of bowing together; seeing many elderly around me still making great effort encouraged me to persevere through the pain. In the end, I was able to complete the entire repentance without interruption, and truly felt the excitement as if I had successfully climbed the Mount Everest.

The second difference is that the environment in the Buddha Hall makes it much easier to focus and become fully engaged, unlike at home where my mind tends to be more scattered. I really enjoy the lively and enthusiastic atmosphere when everyone chants together in the hall. My eyes are quite sensitive to light, and when I concentrate on chanting, I can see the hall filled with golden and red lights, completely feeling the auspicious energy in the space. I believe that being able to participate in the Ten Thousand Buddhas Repentance in the Buddha Hall at the City of Ten Thousand Buddhas is already a tremendous blessing from the Buddhas and Bodhisattvas, and the benefits are truly beyond words.

My wish for this year's repentance is for peace in the world and the Dharma Realm. I don't know whether this wish will be fulfilled,

我今年拜懺的願望是世界及法界和平。這願能否成就我就不知，但可以分享自己一些小故事。

我離開家一個多月，最擔心的便是家中有癌症的母親，但很感謝佛菩薩的加被，她身體還算安好，在復活節期間還回了她印尼的老家，見了多年沒有見的親戚朋友。最新的PET scan（正子斷層掃描）也顯示她的癌症沒有新的擴散。我想當我們去做佛事時，佛菩薩便會幫我們照顧家中的親人。

另外我在YouTube上有一個小網站，與人分享上人的講法視頻。事緣是我在去年受菩薩戒後，突然發了個小小的菩薩心，覺得自己應該自利利他。因為我最喜歡聽上人的講法，我便決定把它製作成容易觀看的小視頻在網上與人分享。另外我希望把上人的講法都標示了，使大家想聽上人某些講法，只要在YouTube上便能輕鬆找到。如輸入：「宣化上人——一切是考驗」，你便可以找到這段的錄音講法。

我每天都有更新片段。目前已製作3,000多條上人講法的小視頻，但只有中文。我的感想是我們要做佛事，首要的是自淨其身，拜懺能使我們三業清淨，也能得到佛菩薩更多的加被。

我在參加翻譯組時真是一無所知。法師們是很好的老師。如果大家對翻譯佛名有興趣，可以隨時聯絡永法師，參加我們的翻譯組。在當中你可以從另一個更深入的角度去研究每一個佛名，是一個學習佛法很好的方法。以上是我個人少少的分享，希望與大家共勉。阿彌陀佛！

but I can share a few small stories from my own life.

I have been away from home for over a month, and my biggest concern has been my mother, who has cancer. But I am very grateful for the blessings of the Buddhas and Bodhisattvas—her health has remained fairly stable. During Easter, she was even able to return to her hometown in Indonesia and reunite with relatives and friends she hadn't seen in many years. Her latest PET scan also showed no new spread of the cancer. I believe that when we engage in the Buddha's work, the Buddhas and Bodhisattvas will take care of our loved ones at home.

In addition, I have a channel on YouTube where I share Venerable Master's lecture videos with others. The reason behind this is that after I received the Bodhisattva precepts last year, I made a small Bodhisattva resolve, feeling that I should benefit both myself and others. Since I enjoy listening to the Venerable Master's lectures the most, I decided to create short, easy-to-watch videos and share them online. I also hope to label and organize the Venerable Master's talks so that if anyone wants to revisit a particular teaching, they can easily find it on YouTube. For example, if you search "Venerable Master Hsuan Hua, Everything is a Test," you will be able to find that particular lecture.

I update the channel with new clips every day. So far, over 3,000 short videos of Master Hua's lectures have been produced, but they are only in Chinese. My reflection is that when we do Buddha's work, the most important thing is to first purify ourselves—repentance helps us purify our three karmas, and also receive even more blessings from the Buddhas and Bodhisattvas.

When I first joined the translation group, I knew nothing at all. But Dharma Masters are wonderful teachers. If anyone is interested in translating the Buddha's names, you are welcome to contact Dharma Masters and join our translation group. Through this work, you can study each Buddha's name from a deeper perspective, and it is a very good way to learn the Dharma. The above is my personal sharing. I hope it can encourage and inspire everyone. Amitabha!



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