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台灣花蓮彌陀聖寺「靜心看世界」女青年營

A Journal of “Young Women’s Retreat: Seeing the World with a Peaceful Heart” at Amitabha Monastery, Hualien, Taiwan

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盡虛空佛性充滿了；
遍法界有情蘊育著。
眾生成佛，佛化同胞。
萬法唯心造，
萬法唯心造！
團結一致，復興聖教，
齊抖擻共努力，
勇猛向道！
要大公除自私，
直心最好。
七寶池內洗滌塵埃；
清淨光明萬佛妙覺；
萬法唯心造，
萬法唯心造……

*The Buddha-nature fills boundless emptiness,
Sentient beings throughout the Dharma realm are nurtured and grow.
All beings achieve Buddhahood, Buddhas transform into kindred spirits.
All phenomena are created by the mind;
All phenomena are created by the mind.
Unite as one to revive the sacred teachings.
Let us all rouse ourselves,
together striving with courageous effort towards the Path.
We must be utterly impartial, casting aside all selfishness.
A straightforward mind is the very best.
In the seven-jeweled pond, we cleanse away the dust of the world;
Pure and radiant, the wondrous awakening of myriad Buddhas.
All phenomena are created by the mind,
All phenomena are created by the mind.*



二零二五年四月三日下午「靜心看世界女青年營」在這首宣公上人所作的「佛性遍法界」中展開了！這首歌也是這次「青年營」的營歌。我們希望藉著這首營歌的熏習，啟發學員們的覺性，發掘本有的智慧。

彌陀聖寺位於靜謐的山林，是一個非常適合現代人學習佛法、調整步伐的地方。當心靜下來，法水便容易注入心中，成為一股能量。因此，僧俗二眾發揮團隊精神，舉辦久違了的女青年營。

早晨六點半，大家精神奕奕地參加了為青年人設計的早課。早餐後，在潔淨莊嚴的觀世音菩薩像前，開始誦唸菩薩聖號。一路上，晨曦灑在臉上，蟲鳴鳥叫和著聖號——這裏，沒有車水馬龍的喧囂！

「你快樂嗎？」這是一個必須誠實面對內心的問題。平常，生活太忙、腳步太快，真的很不容易正視自己的情緒，只是消極地排除或隱藏不悅及悲傷。這堂「你快樂嗎」的課，大家分享自己保持快樂的方法，也訴說了生活中不快樂的原因。宣公上人曾經開示「平平靜靜，就是真正的快樂」。課程尾聲法師通過講解經典，希望幫助大家把佛法運用到生活中。

On the afternoon of April 3, 2025, the “Young Women’s Retreat: Seeing the World with a Peaceful Heart” commenced with this song, “The Buddha-Nature Pervades the Dharma Realm,” composed by Venerable Master Hsuan Hua! This song also serves as the camp song for this “Youth Camp.” It is our hope that through the constant influence of this camp song, we can inspire the students’ inherent awakening and uncover their intrinsic wisdom.

Nestled within tranquil mountain forests, Amitabha Monastery offers a sanctuary perfectly suited for modern individuals to study the Buddha’s teachings and recalibrate their lives. When the mind stills, the Dharma’s waters readily flow into the heart, becoming a source of vital energy. It is with this in mind that the monastic and lay communities, united in spirit, have organized this long-awaited Girls’ Youth Camp.

At 6:30 in the morning, everyone, full of vitality, participated in the morning recitation designed for young people. After breakfast, before the pure and majestic image of Guanyin Bodhisattva, the chanting of the Bodhisattva’s holy name began. Along the way, the morning sun sprinkled our faces, the chirping of insects and the singing of birds harmonizing with the sacred recitation—here, there was none of the hustle and bustle of city traffic!

“Are you happy?” This is a question that demands an honest





下午是「栽培菩提苗」：甚麼是菩提心？為甚麼要發菩提心？菩提心就像一顆種子，好好灌溉、培養，才會發芽、成長。法師強調：播甚麼種子就結甚麼果，所以要特別注意自己的發心。更進一步教導大家認識福德與功德的差異，並鼓勵大家一旦播了菩提種，一定要好好栽培，否則終究菩提芽會枯萎的。

在大家對菩提苗有了粗淺的認識後，法師帶領大家藉事練心，一起栽培蔓花生苗。每個人準備好帽子、手套、剪刀，親自去剪蔓花生藤。然後回到帳棚來培苗，從剪枝、挖土、插苗、澆水，親身體驗培苗的過程。

晚間，法師為大家播放幾年前道場水土保持施工的影片，大家看到的綠油油山坡，是當年住眾和工人們爬著梯子把蔓花生苗一盆一盆種上的；真不敢相信，眼前所見的滿山蔓花生都是這樣栽種出來

the scriptures, hoped to help everyone apply the Buddha's teachings to their daily lives.

The afternoon session focused on "Cultivating the Bodhi Seed": What is the Bodhi mind? Why is it important to bring forth the Bodhi resolve? The Bodhi mind is like a seed; only with careful watering and nurturing will it sprout and grow. The Dharma Master emphasized: whatever seed you sow, you will reap that fruit. Therefore, it's crucial to pay close attention to your initial aspiration. Furthermore, everyone was taught to recognize the difference between blessings (福德) and merit and virtue (功德), and encouraged that once the Bodhi seed is sown, it must be diligently cultivated; otherwise, the Bodhi sprout will eventually wither.

After everyone gained a basic understanding of the Bodhi sprout, the Dharma Master guided them in cultivating their minds through practical activity by planting peanut vine seedlings together. Each person prepared a hat, gloves, and scissors, and personally went to cut the peanut vine tendrils. Then, returning to the tents, they cultivated the seedlings, experiencing the entire process firsthand, from cutting the branches and digging the soil to planting the seedlings and watering them.

In the evening, the Dharma Master showed everyone a video of the monastery's soil and water conservation project from a few years ago. The lush green hillsides they saw were the result of the resident community and workers climbing ladders to plant peanut seedlings, pot by pot. It was truly hard to believe that the entire hillside covered in peanut vines had been cultivated in this way! From the video, beyond the feeling of the hardship involved in the construction, a deep appreciation arose for the importance of diligently nurturing the Bodhi sprout.

Following that, we returned to the evening's special topic: "Observing the World Through the Sutras." The Dharma Master gave a concise introduction to "the immeasurable and boundless worlds in the Buddhist

look within. Usually, life is too busy, our pace too quick, making it truly difficult to face our own emotions directly. We tend to passively push away or conceal displeasure and sadness. In this class, "Are You Happy?", everyone shared their methods for maintaining happiness and also spoke about the reasons for unhappiness in their lives. Venerable Master Hsuan Hua once taught, "Being peaceful and still is true happiness." At the end of the session, the Dharma Master, through explaining

的！從影片中，除了感受到建設的辛苦，也深深體會到要好好栽培菩提苗的重要。

爾後，回到今晚的專題：「從經典看世界」。法師簡略的介紹「佛經中無量無邊的世界、十二種眾生的因因果果、十種惡習帶來的輪迴」，雖然簡短，但也激起學員學習經典的好樂心，預定下回再來參加楞嚴經研習班。

四月五日的課程：「靜心禪」，大家分享了對「靜」的定義，並觀察平常甚麼事會讓自己不平靜。不平靜時怎麼平復下來？法師教導我們打坐的方法及要領，幫助身心安寧。大家在這堂靜心禪的課程中，深刻地體會到打坐對靜心的助益。

午後，又是營隊中另一段旅程——「尋根之旅」。法師帶著大家從樹之根到人之根，探尋作人的根本到底是甚麼？誠如上人所說：「道德是人的根本」，道德又以五常、八德為基礎，如何將倫理道德體現於日常生活是這堂課的重點。大家也在孝道影片中，對於父母對自己的付出，與自己對父母的孝心兩者的落差有深深的感觸。

「無盡燈之夜」，對大家來說都非常難忘。這是一個非常有儀式感的晚會，在晚會中可以盡情發問，從對僧人的好奇到自己生活的種種困難，都在這適合談心的燈光下獲得答案。最後，傳燈供佛，一盞盞的燈燭從僧人手中傳出，滑過掌心時真有種薪火相傳的感受，每個人在佛菩薩前許願；夜色雖黑，但點燃的心燈將照亮前方。

四月六日的清晨，有些學員為了體驗日常的道場生活，參加了凌晨四點的早課。雖然起得特別早，但一天的活力沒有因此而減弱。上午「科技與人性」的課程中，法師特別強調科技發明必須建立在不爭、不貪、不求、不自私、不自利、不妄語的基礎上，否則走錯路將招致世界毀滅。學員們

scriptures, the causes and effects of the twelve categories of beings, and the cycle of rebirth brought about by the ten evil habits.” Although brief, it ignited in the students a joyful aspiration to study the scriptures, with plans to attend the *Shurangama Sutra* study session next time.

The curriculum for April 5 was “Still Mind Meditation.” Everyone shared their definitions of “stillness” and observed what usually disturbs their inner peace. They also discussed how they calm themselves down when feeling unsettled. The Dharma Master taught us the methods and key points of meditation to help bring peace to both body and mind. Through this Still Mind Meditation session, everyone deeply experienced the benefits of seated meditation in cultivating inner stillness.

In the afternoon, another part of the camp’s journey unfolded—the “Journey of Seeking Our Roots.” The Dharma Master guided everyone in exploring the fundamental nature of being human, from the roots of a tree to the roots of a person. It is truly as the Venerable Master said, “Morality is the root of a person,” and morality is based on the Five Constant Virtues and the Eight Virtues. The focus of this class was on how to embody ethical morality in daily life. Through a video on filial piety, everyone deeply felt the disparity between their parents’ sacrifices and their own filial devotion.

The “Endless Lamp Night” was an unforgettable experience for everyone. It was an evening filled with a profound sense of ceremony. During this gathering, participants felt free to ask anything, from their curiosity about monastic life to the various difficulties they faced in their own lives, all finding answers in the intimate glow of the lamps. Finally, the Lamp Offering to the Buddha took place. One by one, lit candles were passed from the hands of the monastics, and as each flame slid across our palms, a genuine feeling of “passing on the torch” arose. Each person made a vow before the Buddhas and Bodhisattvas. Though the night was dark, the lamp of the heart, once lit, would illuminate the path ahead.

On the morning of April 6, some students, eager to experience the daily life of the monastery, participated in the 4:00 AM morning recitation. Despite waking up exceptionally early, their energy for the day did not diminish. During the morning session on “Technology and Humanity,” the Dharma Master particularly emphasized that technological inventions must be built upon the foundation of non-contention, non-



有些是高科技人才，有些正在從事科技相關研究，因此激發了很多的思維火花。法師最終以經典作為佐證，指出自性的妙用才是真正的科技，是世間科技所不能及的。

下午，大家參觀了圖書館，學員們對藏經深感興趣，興致勃勃地翻閱，求法若渴。爾後，有個小小的頒獎儀式，大家各自拿到精美的卡片，也抽了法語小卡，句句法語，正對了每個人的機，似乎每個人都抽中了上人想對自己說的話。

齋菜是接引眾生吃素的法門，多一個人吃素就少一分災劫，香積組的義工傾盡全力作出好吃的齋菜，正如學員所說：「齋菜簡單，不華麗，但很好吃。」這次的青年營也是這樣，沒有花俏、沒有花樣，平平實實的，但沁入參與者的心田；僧眾、學員、義工、媽媽們同心協力，大家融成一片，很是溫馨。

隨著科技無常迅速地變化，很多年輕人在時代的巨輪中失去自己，不知方向。原以為過去年輕人好樂學習佛法的情形，已經在這個時代消失了；特別是宣公上人這種真切樸實的教誨，能追隨的現代人有幾？但是，這次的營隊，讓我們看到希望，看到未來！❀

greed, non-seeking, selflessness, non-profiteering, and truthfulness. Otherwise, taking the wrong path will lead to the destruction of the world. Some of the students were high-tech professionals, and others were involved in technology-related research, thus sparking many insightful discussions. The Dharma Master ultimately used the scriptures as evidence, pointing out that the wondrous function of our inherent nature is the true technology, something that worldly technology cannot reach.

In the afternoon, everyone visited the library. The students showed great interest in the Buddhist scriptures, eagerly flipping through the pages, thirsty for the Dharma. Afterwards, there was a small award ceremony where everyone received beautiful cards and also drew Dharma quote cards. Each quote seemed to resonate deeply with the individual, as if each person had drawn words that Venerable Master specifically intended for them.

Vegetarian cuisine is a Dharma-door for guiding sentient beings to adopt a plant-based diet. One more person eating vegetarian, one less measure of disaster. The volunteers in the kitchen group put forth their utmost effort to prepare delicious vegetarian meals. It is just as one student commented, “The vegetarian food is simple, not extravagant, but very tasty.” This youth camp was similar — without any fancy frills or elaborate designs, it was down-to-earth and genuine, yet it deeply touched the hearts of the participants. The monastic community, students, volunteers, and mothers worked together harmoniously, blending into one unified and heartwarming whole.

As technology, with its impermanent nature, rapidly changes, many young people lose themselves and their direction amidst the great wheel of the times. It was once thought that the enthusiasm young people had in the past for studying the Buddhadharma had vanished in this era. Especially with Venerable Master Hsuan Hua's genuine and simple teachings, how many modern individuals would still follow? However, this camp has allowed us to see hope, to see the future! ❀