

萬佛聖城2025年萬佛寶懺

City of Ten Thousand Buddhas 2025 Ten Thousand Buddhas Repentance Ceremony

卜嫚文/譯

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2025年萬佛聖城年度萬佛寶懺，從4月5日開懺，直到5月2日圓滿，前後歷時28天。這是疫情後的萬佛寶懺日程。萬佛聖城在宣公上人的指示下，從1983年開始拜萬佛寶懺。當時每拜一小時，休息15分鐘；直到下午5時，合計21天圓滿。

疫情之後，則是早晚課如常，週一至週五上午7時至8時，拜完第一支香後，即是出坡直到上供。下午1時恢復拜懺，週六、週日全天拜懺。

法界佛教大學碩士生劉親法，今年是第一次參加萬佛寶懺。他發現普賢十大願王

The 2025 Ten Thousand Buddhas Repentance Ceremony at the City of Ten Thousand Buddhas (CTTB) began on April 5 and concluded on May 2, lasting a total of twenty-eight days. This schedule was adopted following the pandemic. Under the guidance of the Venerable Master Hsuan Hua, CTTB began holding the Ten Thousand Buddhas Repentance Ceremony in 1983. At that time, the ceremony consisted of one hour of repentance followed by 15 minutes of rest, continuing each day until 5:00 PM, and concluding in twenty-one days.

After the pandemic, the daily morning and evening recitations continued as usual. From Monday to Friday, the first session of repentance was held from 7:00 to 8:00 AM, followed by work assignments until the noon offering. Repentance resumed at 1:00 PM. On weekends, repentance was conducted all day.

Liu Qinfa, a master's student at Dharma Realm Buddhist University, participated in the Ten Thousand Buddhas Repentance for the first time this year. He discovered that the first four of Bodhisattva

的前四大願（禮敬諸佛、稱讚如來、廣修供養、懺悔業障）在一拜中就完成了；而接下來的六大願和萬佛寶懺也都息息相關。整個寶懺過程中，他雖然沒有供養任何物品，但發心「以身口意供養諸佛」。普賢十大願王他以前都背不下來，這回爭取在每一拜時，都觀想一遍。對普賢十大願王的理解，感覺深入多了。

來自香港的腦神經醫師文親慈表示，參加過網上拜懺，和這次現場拜懺比較，不同的是，大殿的環境令人容易集中及投入，不像在家拜懺比較散漫。

來自舊金山東灣柏克萊市的洪親娟，已是第八年全程參加萬佛寶懺。她說她每次來拜懺，都一定先為所有家人親友設牌位，「免得拜到一半，就得因為緊急事故趕回去」。在道場拜懺，除了拜懺本身很法喜之外，每天午齋以及晚間都能聽經聞法，她相信自己上輩子一定種了很多善的種子，才能這麼幸運。洪親娟並分享，有一次在法界聖城聽恒貴法師講法，提到拜萬佛寶懺，很多人在拜到每一頁最後一尊佛名時，往往先翻到下一頁再拜下。其實應該先拜了這尊佛名之後，再翻到下一頁才對。

來自廣州的林漢亮老居士是生平第一次拜萬佛寶懺，他認為，每一次的頂禮，都是對佛菩薩的景仰，也清淨自己。通過懺悔，可放下心中重擔。這次拜萬佛寶懺，加深他對因果的認識，以及對修行的決心，更感受到佛菩薩的慈悲和加持。他說：「回中國後，我將和同修們分享萬佛寶懺和《佛說佛名經》，也要介紹萬佛聖城，讓更多人來。」

來自雲南的李升全，本以為自己拜不了全程，會提前離開，「但拜懺的力量讓我留了下來，身體的疲勞被內心的歡喜抵銷了。認識許多佛友，聽了許多因果故事。以前一直對因果半信半疑，現在深信前因後果絲毫不爽，並且更加決心修行。這是這次拜懺最大的收穫。」

來自新加坡的因迪拉·德維幾年前開始來萬佛聖城參加法會，很感恩有機會親自

Samantabhadra's Ten Great Vows—"To worship and respect all Buddhas, to make praises to the Thus Come Ones, to practice profoundly the giving of offerings, and to repent and reform all karmic hindrance"—were fulfilled in a single bowing. The remaining six vows were also deeply connected to the repentance ceremony. Though he did not make material offerings, he resolved to "offer his body, speech, and mind to all Buddhas." Previously unable to recite Bodhisattva Samantabhadra's Ten Great Vows by heart, he now visualized them with each bow, gaining a much deeper understanding.

Dr. Celeste Man, a neurologist from Hong Kong, compared her experience of participating online versus in person. She found that the temple environment made it easier to concentrate and engage fully, unlike at home where distractions were common.

Hong Qinjuan from Berkeley, California, participated full-time in the repentance for the eighth consecutive year. She always sets up memorial plaques for her family and friends beforehand "to avoid having to leave midway due to emergencies." Beyond the joy of repentance itself, she cherished the daily Dharma talks during lunch time and in the evening, feeling "incredibly fortunate, surely due to past virtuous seeds." She also shared a teaching from Dharma Master Heng Gwei at the City of Dharma Realm: "When bowing to the last Buddha's name on a page, many people flip to the next page first. Instead, one should complete the bow before turning the page."

Elder Lin Hanliang from Guangzhou, China, participating for the first time, saw each bow as reverence for the Buddhas and purification for himself. Through repentance, he lightened his burdens, deepened his understanding of cause and effect, strengthened his resolve to practice, and perceived more of the compassion and blessings from Buddhas and Bodhisattvas. "After returning to China, I will share this repentance and the Sutra of the Names of the Buddhas with fellow practitioners, introducing more people to the City of Ten Thousand Buddhas," he said.

Li Shengquan from Yunnan, China, initially doubted he could complete the bowing session but found that "the power of repentance kept me here—physical fatigue was

來拜萬佛寶懺，因為拜懺能消業增福。她發現，每支香拜懺前，如果和人講話或者想事情，拜懺就不能那麼專注。所以若能不講話，效果最好。她也覺得和大眾一起拜懺，力量更大。她很感激恒持法師鼓勵她來參加萬佛寶懺，希望藉著和大家一起修行，將來同生極樂。

來自吉隆坡的林親聯，在各種修行功課中，最喜歡拜懺，因為覺得自己有很多錯誤改不了，所以就努力拜懺。去年曾來拜萬佛寶懺，因為時差的關係，感覺比較非常累。今年特地提早六天來到萬佛聖城，但第一天拜懺，下午仍然很累，肩膀好重，感覺快要昏倒。可是「好奇怪，迴向之後，這種感覺就沒有了，就很輕鬆，好像輕舟已過萬重山。」

同樣來自馬來西亞的葉親美，第一次來拜萬佛寶懺是2007年，當時每一拜都覺得頭重過身體，她知道業障現前，因此拜懺更加誠心，症狀就減輕了。那年她發願要拜滿十年，至今已拜了十四次，內心非常歡喜。她的兒子考會計師執照，很認真準備，但連考幾年都考不上。她建議兒子來拜萬佛寶懺，兒子只拜了四天，回去再考，一考就考上了，連兒子都覺得萬佛殿的力量很強。葉親美誠懇表示：「萬佛寶懺救了多少人，滿足了多少心願，難以計算！每個人都有自己的業報，希望每個人都來拜萬佛寶懺。」 ❀

outweighed by inner joy. Making friends with other Buddhists, and hearing many karma-related stories, I now firmly believe in cause and effect and is more determined to practice. This is the greatest takeaway from this bowing session.”

Indira Devi from Singapore has come to CTTB for Dharma sessions for a few years. She is grateful for the chance to participate this bowing session in person, because bowing in repentance allows us to eradicate our karmic obstruction and enhance our blessings. She observed that “talking or thinking before each incense period reduced focus. Silence works best.” She also felt the collective energy of group practice and thanked Dharma Master Heng Chih for encouraging her to come, hoping to be “reborn in the Pure Land together with everyone else in the future.”

Lin Qinlian from Kuala Lumpur, who particularly values repentance due to his many unresolved faults, adjusted to the time difference this year by arriving six days before the bowing session. Yet on the first day of repentance, he still felt exhausted by the afternoon—his shoulders heavy as if he might faint. “Strangely,” he noted, “after the dedication of merit, the fatigue had vanished completely like a boat sailing effortlessly past myriads mountains.”

Ye Qinmei from Malaysia first participated in 2007, when each bow felt unbearably heavy—a sign of karmic obstacles. She persisted and completed fourteen years, exceeding her initial vow of ten. Her son was preparing for the accountant license exam, but he failed the exam for several years. She suggested that her son come to bow the Ten Thousand Buddhas Repentance. Her son only bowed for four days, and then went back to take the exam. He passed the exam on the first try. Even her son felt that the power of the Ten Thousand Buddhas Hall was very strong. Ye Qinmei sincerely said, “It is difficult to calculate how many people the Ten Thousand Buddhas Repentance has saved and how many wishes have been fulfilled! Everyone has their own karma. I hope everyone will come to bow the Ten Thousand Buddhas Jeweled Repentance.” ❀



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