

CTTB Volunteer Agreement

萬佛聖城義工規約

May you have a fulfilling and enriching experience while here. Best wishes for your success.
希望您在居留期間能有豐碩的體驗，祝您滿載而歸！

This agreement will list the expectations for the volunteer while living at the City of Ten Thousand Buddhas (CTTB). The purpose of these expectations is to help you, as a volunteer, have a meaningful and fulfilling experience while living at CTTB.

義工規約條列對居住聖城義工的期望，目的是幫助身為義工的您，在聖城期間能過得有意義、而且充實。

Dharma Study 研習佛法

Living in a monastic community as a lay volunteer is a great opportunity to both study and practice the Buddha Dharma. As practitioners at CTTB, it is important that we not only cultivate Buddhist practices, but also understand why we are practicing them. By understanding Buddhist insight into why we are here, where we are going, the cycle of death and rebirth, and the Path that leads to its end, we will be able to cross over from the shore of suffering to the other shore of liberation, as well as assist others to do the same.

在一個出家人的社區當義工，是一個學習佛法、並付諸實踐的大好機會。當聖城的修行人不只是從事佛教式的修習，也應該要了解我們為什麼要如法修行。經由佛教的眼光，來了解為什麼我們來到這世界、要往哪裡去、生死的輪迴及到達生命終點的路徑等，我們才能跨越痛苦，到達解脫的彼岸，並同樣地幫助別人得到解脫。

Practice 修行的實踐

Intellectual understanding of the Buddha's teachings alone cannot end the cycle of death and rebirth and its inherent suffering. In order to attain the wisdom (prajna) that enables one to realize liberation and freedom from sorrow, one must generate the Bodhi Resolve and diligently practice the teachings as instructed by the Buddha. CTTB offers many different Buddhist practices on a daily basis and throughout the year.

單單對佛陀教義的理解並不能幫助我們了生脫死、中止與生俱來的痛苦。為了獲得幫助我們解脫、離苦的智慧，我們必須發菩提心、殷勤修習佛陀的教義。萬佛聖城在全年的每一天，都提供多種的佛教修行方式。

1. Daily Morning Ceremonies (4:00-5:00 AM) and Evening Ceremonies (6:30-7:30 PM): The daily ceremonies are said to be the heartbeat of the monastery. They give the entire community a chance to come together on a daily basis and practice together. During the ceremonies, we make offerings to the Buddhas through praises, mantras, and sutra recitation. The ceremonies are an opportunity for us to worship and respect all the Buddhas, Bodhisattvas, and enlightened masters of the past. At the deepest level, it is paying reverence to the wisdom of our own intrinsic Buddha-nature.

一、早課(4:00-5:00 AM)、晚課(6:30-7:30 PM)

每天的法會是聖城的精髓，提供所有的住眾每天聚集、共修的機會。法會當中，我們經由念誦

偈讚、咒文及經典來供養諸佛，法會也提供我們機會來禮敬諸佛菩薩及歷代祖師；更深層地來說，卻是禮敬我們本有的佛性智慧。

2. Week-long recitation and meditation sessions: There are mainly three types of week-long sessions practiced throughout the year at the City of Ten Thousand Buddhas.

二、一週性的念誦法會和禪坐：聖城全年主要有三種一週性的法會。

1. The recitation and contemplation sessions include the Guan Yin Bodhisattva Recitation Session, the Earth Store Bodhisattva Recitation Session, and the Amitabha Buddha Recitation Session. During the recitation sessions, we contemplate these enlightened beings and try to emulate the wisdom and compassion that they themselves embody. Through recitation, we can attain single-pointed concentration and receive blessings and support from these enlightened beings.

念誦法會包括觀音法會、地藏法會及彌陀法會。法會期間，我們觀想這些覺者，並仿效他們所體現的智慧及慈悲。經由念誦，我們可以專心一致、感受這些覺者的加被及扶持。

2. The meditation, or Chan (Zen), sessions allow us to practice stilling our minds to the point of single-pointed concentration. By stilling the mind, a deeper and more profound wisdom can be revealed. Then we can apply that wisdom and calmness to all situations in our lives, whether they be good or bad, difficult or easy.

禪七讓我們經由靜慮而得到一心的專注；也因為靜慮而展現我們更深層微妙的智慧；進而將智慧和冷靜運用在生活上的各種情境——不管是好的還是壞的、困難的還是容易的。

3. The bowing session allows us to wipe away past karmic obstructions within the mind and start afresh, enabling us to change our old bad habits into good habits. Karmic obstructions are unwholesome habits in body, speech, and mind that cause us to get caught up and confused by the world around us. They keep us from maintaining our inner equipoise, virtue, compassion, concentration, and wisdom when confronting life's situations. By bowing to the Buddhas, we can remove the karmic obstructions that obstruct us from the wisdom and light of our own Buddha-nature.

禮佛法會幫助我們消除宿世業障、除舊佈新以改惡修善。業障是我們身語意上，導致我們迷失在週遭世界的不良習慣，也讓我們在面對生活上的各種狀況時，失去內心的平衡、道德、慈悲、專注及智慧。經由禮拜諸佛，我們可以消除阻礙我們自性智慧和光明的業障。

3. Selfless Service to the Monastery: Providing selfless service to a Buddhist monastery is a wonderful opportunity to transcend our own limited concerns for ourselves and instead contribute our time and energy towards noble and enlightened causes, such as the sustenance of a community of Buddhist practitioners and the propagation of the Buddha's teachings to the larger world community. By providing selfless service to a monastery, we can put down our own afflictions, wipe away our karmic obstructions, and reveal the light of our own pure intrinsic nature. At CTTB, this is often called “planting blessings and virtue.” By serving the Dharma, and thus practicing the activities of the Buddhas and Bodhisattvas, we further our own progress on the path to enlightenment and also help support the community. The purpose of serving at a Buddhist monastery is not to earn one's keep while living there. Rather, the purpose is to help the Sangha thrive by enabling it to be self-sustainable and self-reliant.

三、為道場無私的奉獻：為佛教寺院提供無私的奉獻是一個讓我們超越狹隘自我，而投注時間

與精力在崇高、正面的事項上，如照料修行者的法身慧命或將佛法傳播到更廣大世界的大好機會。為佛教寺院無私的服務可以幫助我們放下個人的煩惱、消除業障並顯露我們本有的自性光明。在聖城，我們說這是「培福培德」。為法忘軀、修習諸佛菩薩的各種法門，可以幫助我們在覺醒之路循序漸進，並同時支持這個社區。在道場服務並不是為了在居留期間圖一口飯吃，而是為了支持僧團獨立自主，進以蓬勃發展。

4. Daily Community Practice: CTTB offers many Buddhist practices throughout the day, such as recitation of the Avatamsaka Sutra, Chan-meditation, and bowing repentances. The Avatamsaka Sutra is known as the 'King of Kings' of all Buddhist sutras because of its profundity and great length. This sutra contains the most complete explanation of the Buddha's state and the Bodhisattva's quest for awakening. It is said: “Unless you read the Avatamsaka Sutra, you will not know of the Buddha's true blessings and honor. The Avatamsaka Sutra is the Buddha's greatest store of treasures.”

四、社區的每天修持：聖城全天提供多樣性的佛教修持，如誦華嚴經、禪坐及拜願。華嚴經因為經文的浩瀚深遠及長度，而成「經中之王」。這部經為我們詳細演譯佛陀的境界及菩薩對覺醒的尋求。古德說：「不讀華嚴，不知佛家真富貴。華嚴經是佛陀無上法寶所在」。

There are many benefits to following a daily community schedule of practice. One of the greatest advantages of living at CTTB is that you are surrounded by a large community of fellow practitioners who can support you and encourage you in your daily practice. It is difficult to find such a supporting energy outside of the monastery. By engaging in the community's daily practices, you can receive nourishment and support in your own spiritual practice. Moreover, because the Buddhist Path is meant to be cultivated over an entire lifetime, it is important to maintain a practice that has endurance. One way to help one's practice have such enduring power is to follow a regular daily schedule of practice, at the same time every day.

隨眾參加聖城每天的日常功課有很多好處；其中住在聖城最大的好處之一是——有很多同修可以在您的日常修持上給予支持與鼓勵，在道場以外的地方很難找到這樣的扶持。經由社區日常功課的參與，您會得到個人精神修行上的滋養及支持。菩薩道是一輩子的修持，所以長遠持續性的修習方式是很重要的。隨眾參加每天固定的功課就是幫助個人修持的最好方式之一。