

**With every move,
breakthroughs sift through (my Buddhist) practices**

每一次的遷移均是（修行）突破的開始

Sherry 親宇 2026 年 2 月 1 日中午講於金佛聖寺



I've been coming to Gold Buddha Monastery (GBM) for 6+ years now, thanks to all the conditions have ripened for my arrival to be here with you all. I'd aim to share a few personal experiences on my connections with Buddha, Bodhisattvas, and the dharma masters, and really appreciate your patience and presence.

我來到金佛寺已經六年多了，感恩許多的因緣成熟因而與各位同聚一堂。我希望分享些許個人與佛法僧的善緣，也感恩各位的耐心和同在。

Since I grew up moving across houses, cities, and several countries, I've titled my presentation as such, at least that's how I see it thus far.

自小以來，我不斷地搬家，換城市，跨越國度，因而沿用這樣的標題——至少我是如此看待的。

I. A child's incredible encounter with Buddha's protection

一個孩童體驗佛菩薩保佑的驚人力量

When we were moving around, my parents, my younger sister, and myself were in countries with political instabilities, and those were the moments I came to experience what the protection of Buddha looked like. While my parents may have been praying, we didn't have temples to go to, and certainly my sister and I were unfamiliar with much to do with Buddhist communities, so this became an insightful experience of Buddha's protection.

當我們過著四處為家的日子，我的雙親、小妹和我曾住過有政治動亂的國家，而就是這些時刻我體驗到佛菩薩的保佑的威力。儘管我父母可能有念佛，我們當時沒能參加佛寺，且我和妹妹對於任何佛教學習和佛寺等也沒什麼概念，而這是當時我體驗佛菩薩加持的機緣。

(圖：我的父母)



My sister and I were in kindergarten and elementary school at the time, and because of my father's work, we moved from Taiwan to a country in South America. In a matter of few weeks, there was coup e'tat, a completely unexpected situation for us all, especially my mom, who was 40 and on her first trip abroad. While I imagine they must have been extremely concerned, my parents did not make us feel they were fearful; they would privately discuss it, but they'd reassure us without adding fear. My mom was very calm, and she didn't say that something has happened; she just said, "Let's just come to that thick set of walls by the closet, so we'll stay safe." That's it. Then she said, "Let's keep up reciting Guanyin Bodhisattva, or Amitofo", and that's all that I knew at the time (in regards to anything to do Buddhist wise). We have since survived that fateful night, and subsequent difficulties in other countries, always remembering, and actively tapping into Buddha's

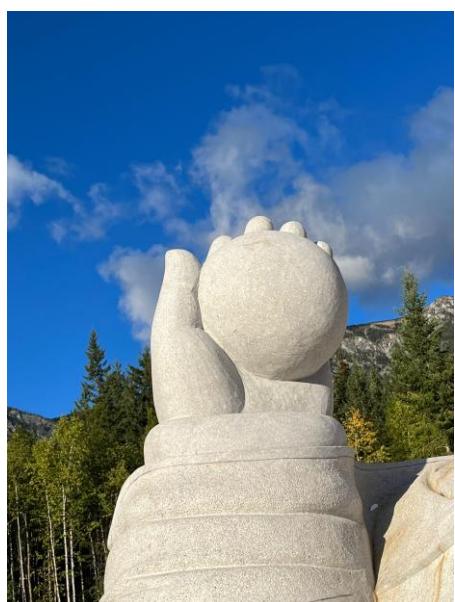
compassionate power.

當時我在小學，妹妹才讀幼稚園，而因為父親的工作，我們自台灣搬到南美洲其中一個國家。才抵達幾個星期，就遇上了政變，當時我母親，四十而不惑。第一次出國，就遇上這無法預測的大事。

儘管我猜想父母非常的擔憂，他們並沒讓我和妹妹感到害怕，他們私底下可能聊，但他們讓我們盡量感到安心。當時我媽媽很鎮定，也沒說發生什麼事，只說：「我們快點到這層厚厚的牆壁和衣櫃之間，這樣會安全點。」然後又說：「來一起念觀世音菩薩，或阿彌陀佛」，就這樣。

我們自此度過了那應該是膽戰心驚的一晚，也順利度過了在其他國家遇到的挑戰，而每一次都深深的烙印著佛菩薩慈悲保護的力量。

For the longest time, I have retained memory of this particular incident, but I never recalled feeling afraid. It was decades ago that I came to know the full picture of what took place, and was stunned to learn, with what has happened, my father might have lost his life right then and there, and so it was a first hand experience of the incredible protection Buddha rendered to him, to us, in what would have been a very different reality in our (current) lifetime.*



許久以來，我對這第一件事的發生有這般印象，但從未對懼怕這回事有印象。在數十年後我終於瞭解到當年發生事件的全貌，因而驚覺到，當年我爸可能差點就沒命了，而也在此時真正深刻地感觸到佛菩薩的保佑是如此的不可思議，因為就那麼一「念」之差，我們(這世)的人生可能會很不一樣。*

(圖 : Golden 菩薩如意珠)

II. How daughter & partner brought me closer with sangha(s) in North America

看我女兒和配偶如何引導我親近北美洲的佛寺



My partner is a non-Asian who knows but a few words in Chinese. He also hasn't been very keen with Buddhist practices, but it is because of him that I've walked into Buddhist temples, and it was also through my daughter that I became active with the temples in North America.

我配偶不是華人，勉強會說幾個中文字，也不是對佛法很有興趣（至少目前如此），不過倒是因為他和女兒，因此我在北美洲的道場開始活躍起來。

First we were in Tucson, Arizona (1 hour away from Mexico border), where my partner was born, and we didn't know Master Hua or met anyone from the temple yet.

首先我們在美國亞利桑那州的Tucson市，離墨西哥邊界一個小時車程，是我配偶出生的地方，而當時還不認識宣化上人的道場。

When my daughter was born, I thought we could just find a temple with Mahayana practices that's accessible, and this is when we found a temple whose abbot, an American who lived in China & Japan, led a group of Vietnamese nuns at the time. It was during this time that I started to help out the mini Sunday school with one other mother**. When a family crisis emerged - a few years of rocky marriage situation that borderlines divorce possibilities often - I took refuge in the 3 jewels plus vows with the 5 precepts. My then 5-year daughter also partook in all these, as I simply sensed young children are more spiritual than adults, and I noticed my daughter has that propensity.

當女兒出生時，我想若能找到大乘佛法（尤其是有念阿彌陀佛）又方便到達的佛寺會很理想，也因此參加一個曾住過中國和日本的美國禪師和住持帶領一群越南法師（女出家眾）的佛寺，也因這個機緣與另一個媽媽** 在極小型的週日佛學班幫忙。當時自己的婚姻關係遇上危機——過了幾年來的爭執導致好幾次瀕臨離婚的狀態——引導了我皈依三寶和受五戒的因緣。當時也帶著五歲的女兒一同皈依和受戒，尤其是當時覺得孩子們其實比大人更接近那份純淨的靈性，且女兒的確有這傾向。

Now with my partner, he only knew a few words in Chinese: cookies, ice cream, no / can't, pretty, and Amitofo. Most of these were used to counter my daughter's asks, but Amitofo was mostly towards me. I'm someone who not only has a loud voice, but also quick tempered, which contributed to the crisis in our relationship back then. Since I've taken refuge, I'd remind them to say "Amitofo" often. After a while, and irrespective of his Chinese ability, he'd automatically say Amitofo to me, especially if he sees I'm angry at him, or sensed I was about to raise my voice.

那又說回我的配偶，只知道的幾個中文詞包括：餅乾、冰淇淋、不行/不要、漂亮、阿彌陀佛。大部分的詞彙是為了應對女兒的，但「阿彌陀佛」可針對我為主。我是個不僅嗓門大，脾氣也頂暴躁的人，當然也因此讓我的婚姻關係火上加油。自皈依後，我經常會提醒他們倆多念「阿彌陀佛」，過了一段時間，配偶在看到我生氣或脾氣快發出來時，自動趕緊對我說「阿彌陀佛」。

III. Loving “Holding onto Buddha’s legs at the last minute”

最愛「臨時抱佛腳」



(圖：華嚴聖寺 · 萬佛)

Thanks to my partner’s diligence, a work opportunity presented itself in Canada. With his great geographical insights and active “advertising” of particular residential areas, we moved into a neighborhood that’s not only accessible to public transit, but a mere 10 minutes bike ride to Avatamsaka Monastery (AM) in Calgary, AB, when we first moved there in 2012.

由於配偶的勤奮，在加拿大找到了適合我們家三口生活的工作機會。由於他是做城市規劃的專業，又加上他很認真的「打廣告」，不斷的說若搬到這個住宅不僅搭車方便，離華嚴寺騎腳踏車只要10分鐘就到得了。我們於是在2012年搬到Calgary(卡加利)。



At the time, I didn't know a thing, and I still don't know much. But I knew I simply trusted the 3 jewels, I wanted to be close to the 3 jewels - Buddha, Dharma, Sangha -, wanted my daughter (and if possible, my partner) to continue with its exposure, so I just walked into AM, my daughter in tow, and see what's that I can learn and help with as I step into this environment. And this is again how I began to be active with the Sunday school activities, but really, it went so much more beyond, thanks to Dharma Masters' and larger sangha's compassionately masterful guidance. It was at AM that I had the auspicious chance of re-receiving refuge & 5 precepts vows.

當時我一無所知，現在也依然所知甚少，不過我堅信三寶，希渴望能親近三寶——佛、法、僧——也希望女兒（甚至配偶）都能夠不斷的熏習。

所以我就在不認識宣化上人、法師們和佛友的情況下，帶著女兒，走進華嚴寺，看因緣如何開花。而這又是個接觸週日佛學班的開始，但顯然的這遠超乎當初走進的那一步，正是因為法師們和佛友的慈悲及引導，我又能再華嚴寺再次皈依並受持五戒。

Given what I know today, perhaps I might have chosen a different way of going about introducing Buddhism to my daughter, but back then I essentially dragged her to Sunday school (she's in 4th grade at the time). It was during this time that she met a good friend of similar age, and when we found out there's summer camp happening at the City of Ten Thousand Buddha (CTTB), as mothers to our girls, we looked at the companionship factor, and encouraged them to sign up for the camp together. (What parents wouldn't do to help their kids, eh?) But again, thanks to my daughter and the family friend, this propelled my first visit to CTTB, even if only for a night (so far).

當時我簡直是直接拖著女兒上週日班的（是說今天看回去，若長智點，或許可能當時做法會不同吧），當時她已經上四年級。她也在這段時間認識了一位年齡相近的女孩，而我們兩個當媽的就利用她們倆能結成伴的理由，讓她們一起參加萬佛城的夏令營，也因此我終於抵達萬佛城...雖然只住了一個晚上！



（圖：華嚴聖寺・週日佛學班・打坐）

Speaking of her, she's what I'd call "A queen who holds on to Buddha's legs at the last minute." She studies archaeology, which means she often comes in contact with the soil and the remains underground. So I've reminded her to recite the Great Compassion Mantra often, since she's got it more or less memorized. Whether she's actually recited that, I'm afraid that's out of my control, but she's heard enough of my reminders that, she came to me with different requests.

說到女兒，她還真能臨時抱佛腳。她目前讀考古學，總會接觸到土地和先人的遺物，所以我總不時提醒她誦〈大悲咒〉（算有背起來吧）。雖說我無法得知她是否真的會去讀誦，但畢竟被提醒多了，因而她也有所感。

One time she said to me, "Ma, I've got this exam in 2 days that's quite difficult, could you please pray for me?"

有一次她跟我說：「媽，我過幾天有個很困難的考試，您可以幫我念佛嗎？」

As today's Medicine Buddha Repentance Ceremony, it reminded me of a time my partner and I had to make a trip home to see my parents, and my daughter was by herself for a few weeks (she started college by then). She became quite ill when we were away, and after doing all that was possible for her care at the time, she was open to reading the Medicine Buddha Sutra, out loud in English with me over the long distance call. This was yet another story of how she did hold on to Buddha's legs when not much else helped.

而今天我們拜《藥師懺》，這讓我想起有一年我和先生回亞洲探望父母，而女兒當時已上大學，自己待在加拿大。那時她突然病

得很嚴重，當時我們盡了一切努力之後，她也願意跟我透過國際視訊，一起念英文版的《藥師經》。



IV. With every move, breakthroughs sift through

每一次的遷移都是突破



(圖：金佛聖寺 · 韋馱菩薩像)

As Buddha would have it (again), once we moved from Calgary to Vancouver, I was again blessed with the chance to be at 10-minutes bike ride distance from the GBM. Even now I've been living further from GBM, I'm not concerned as I figured, as long as my mind is in it, I'll bring myself to the temple and the 3 jewels.

緣分又引導我們自卡加利搬至溫哥華，又再次依著佛菩薩巧妙的安排住在騎車10分鐘就到金佛寺的善緣。即使目前已搬離更遠的距離，也不再擔心，畢竟心在，三寶就在，會鼓勵自己來佛寺。

I'm once again on the eve of yet another house move (staying local), and a most recent breakthrough is, since 2012's encounter with Master Hua's sangha, I'm finally going to put in more effort to reciting Shurangama Mantra, a most powerful mantra there is. This would not have been possible had it not been for my parents, partner, and daughter's help, and surely the Dharma Masters' kind and savvy guidance. I imagine all of you have your

wonderful stories of breakthroughs, and I trust we shall be learning from each other when conditions ripen.

這節骨眼剛好又要搬家（另一個溫哥華住址），而最新一次的突破呢，則是自2012年走進宣化上人的道場以來，我終於鼓勵自己想辦法背誦〈楞嚴咒〉——這份驅魔威力無窮的咒語。這當然都歸於法師們的慈悲引導，還有父母、配偶和女兒的大力協助。我相信各位定有許多修行突破的經驗，也相信緣分自然會引導我們相互切磋，在修行上繼續相互鼓舞的。

Namaste,

感恩，阿彌陀佛

*Years later, my father shared that the night when the coup happened, he was walking home and heard several gun shots from nearby streets, plus bombing with fire explosions in the sky. He had to walk through bodies of dead soldiers lying on the street, and in the midst of the chaos, he all of a sudden found himself face to face with a soldier who was wounded but still had a gun and was about to shoot him, though thanks to his quick moves and recitation of Amitofo, he narrowly escaped the shot.

多年後，我父親提及當年政變發生的那晚，他正從辦公室走回家，就在此時聽到附近街道上有好幾聲槍聲，和砲火的轟隆和火花紛飛的景象。為了回到家，他必須跨過好幾個攤在路面的死屍（政府和反叛的軍人），就在這一陣混亂中，他突然與一個受傷的軍人面對面。雖受傷他還試著舉槍，幸好父親反應快（且我猜定是念著佛號），避開了秒數差被射中的命運。

**this mom later became quite well known in Buddhist academic & meditation circles, especially in U.S. east coast, she actually married a former Korean monk, when they both were studying in Harvard.

這個媽媽後來在美國東部佛教學術研究界和禪修團體頗有名氣的，她在讀哈佛研究所時認識後來成為她丈夫的韓國（前）出家人。