Online comments say that what motivates young people to get up early is not attending classes at 8 am or punching in at work, but going to temples to burn incense, worship Buddha and buy skewers.What do you think of the increasing number of young people flocking to temples?

我认为他们在寻找内心的平静和宁静。随着社会环境的变化，人们的生活节奏越来越快，压力也越来越大。在这种情况下，越来越多的年轻人开始寻找一种可以减轻压力和缓解疲劳的方式。佛教寺庙作为一种传统的宗教场所，为人们提供了一个可以远离城市喧嚣，寻找内心宁静的场所。寺庙里清幽的环境、悠扬的佛音以及深邃的禅意，让人们仿佛置身于另一个世界，可以让人们暂时忘却烦恼和疲惫，找回内心的平衡和宁静。尤其是在繁忙的都市生活中，寺庙成为了很多人调整身心的好去处。

I think they are looking for inner peace and tranquility. With the changes in social environment, people's pace of life is getting faster and the pressure is also increasing. In this situation, more and more young people are looking for a way to reduce stress and fatigue. As a traditional religious venue, Buddhist temples provide people with a place to stay away from the hustle and bustle of the city and seek inner peace. The serene environment, melodious Buddhist music, and profound Zen meditation in the temple make people feel like they are in another world, allowing them to temporarily forget their troubles and fatigue, and regain inner balance and tranquility. Especially in the busy urban life, temples have become a good place for many people to adjust their physical and mental health.