



生善氣 · 迎新春

記法界佛教青年會第二屆冬令營

“GENERATING GOOD ENERGY FOR THE NEW YEAR”

THE SECOND ANNUAL WINTER RETREAT OF THE DHARMA REALM BUDDHIST YOUTH

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◎座談會—比丘恆實師與佛青會員 Discussion group--Bhikshu Heng Sure Shi and DRBY members

今年有些人決定用特別的方式迎接新年，對年輕人來說，那可真是特別！2001年的歲尾三天，一大批青年人齊聚萬佛聖城研究《楞嚴經》--聽經、解釋、討論、閱讀，時間全都用在經文上，詳細鑽研我們的主題--心。在這幾天佛學與修行的密集活動中，仍舊由去年暑期楞嚴班時的領導--比丘尼恆持師，帶著學員靜坐、經典開示與討論；易象乾博士、比丘恆實師、易果參居士、朗果舟和果載博士夫婦聯合輪流主持下午和晚間的

This year, several dozen individuals decided to welcome the New Year in an unusual fashion. Unusual, that is, for young adults. For the last three days of 2001, a group of largely young adults were gathered at the City of Ten Thousand Buddhas (CTTB) in investigation of the *Shurangama Sutra*. The period of time spent in listening to lectures and explanations, discussion, and reading were focused on the main topic of the Sutra, which centers on thorough investigations of the mind. In these few intensive days of Buddhist study and practice Bhikshuni Heng Chih Shi, who previously was also the facilitator in the summer DRBY Shurangama Retreat, led attendees in meditation, sutra lectures and discussions. The panel of supporting speakers, which included Dr. Ron Epstein, Bhikshu Heng Sure Shi, Mrs. Terri Nicholson, and Mr. David and Dr. Susan Rounds, facilitated afternoon



◎青年會學員參加研討會一景。
DRBY members in a discussion group

時段。

學員的熱心及講法人間的緣份，帶來了溫馨的氣息，具新年氣象。不論學員們是否佛教徒，會中所討論的佛教哲理，和大家的日常生活都息息相關，是與會人獲益的原因之一。首次接觸佛法的人，學習到很多基本觀念，如業力與素食。參加楞嚴班的人對八識都有很簡明的概念，學習二障，三種忍，及《六祖壇經》部分經文。

討論的幅度因與會人的背景和年齡不同而更加寬廣。首晚易博士主持《楞嚴經》中有關徵心的微妙對答；次日恆持師和果舟居士共同主持，提出許多佛教道理在修行上的卓見。除了學術活動外，我們

and evening sessions.

The enthusiasm and feeling of connection attendees had with the speakers and one another made the energy of the Retreat warm, and blended well with the spirit of the season. Regardless of whether attendees were of Buddhist background or not, the Buddhist principles and philosophies raised and discussed could be incorporated into daily lives and this was one of the ways the retreat benefited participants. Those that were fresh to Buddhism were exposed for the first time to many basic Buddhist concepts, such as karma and vegetarianism. Those that attended the Summer Shurangama Retreat got a concise review of the eight consciousnesses, and learned about the two obstructions, three kinds of patience, and also passages from the *Sixth Patriarch's Sutra*.

The unusual blend of participants' background and age contributed to the wide range of topics covered during discussion. Dr. Epstein led



◎青年會學員上課時的專注神情。
DRBY members concentrating during class.





每天還參加聖城早晚課、午供和由兩位學員示範的太極拳練習。

令人傷感的事實統計數據是，耶誕假期間自殺的案件比其他節慶時為多，因為假期令人倍感孤寂。我感覺滿意的則是人們真誠的熱力和緣份，所展現對宗教修行和學習的那份共同興趣；能夠分享佛法又結交法友，令人喜悅，激發對同儕的關懷。不過，我想「佛青會」

，與其他宗教研討會不同的是，每位學員透過講員的介紹，都能認識《楞嚴經》的微妙大法。

參加過往年的「佛青會」後，我對此次活動深感震撼，也深受鼓勵；看見許多同道有建設性地利用新年前的光陰，真的感受到與大夥的法緣。修行和學習佛法的時間儘管短暫，我可覺得這是最佳的迎接新年的方式。畢竟清淨心地和更進一步瞭解自己，不假此時更待何時？

the first evening's discussion on the profound question of how the true mind is described in the *Shurangama Sutra*. Second day discussions were jointly led by Heng Chih Shi and David Rounds, who provided many insights into the practicality of Buddhist principles. Participation in the CTTB morning, noon, and evening ceremonies, along with daily tai-chi exercises led by two participants, balanced the day's intellectual activities.

It is a sad statistical fact that more than any other season, the time of the Christmas holiday is one of many suicides, since many individuals experience increased loneliness and isolation during this time. What I found satisfactory was the true human warmth and connection generated through the common interest in religious practice and study. Being able to share an experience with the Dharma and making new "Dharma friends" generates joy and care for one's fellow man. However, I feel that what makes DRBY Retreats different from any other religious retreats was the contact I and the other attendees had, through the speakers, with the wonderful and profound *Shurangama Sutra*.

As an attendee of previous DRBY Retreats, I was astounded at the turnout of this one [roughly 50 at some lectures], and highly encouraged to see so many constructively spend the pre-New Year time really feeling connected with others. In spending time cultivating and learning about Buddhism, even for a short while, I felt, was the best way to welcome in the New Year. What better time than now to clear your mind and understand more about yourself?

