



法界佛教青年會：

法界的橋樑

DRBY: Bridging the Dharma

林益璋 文 By Steven Lin

石義環 中譯 Translated into Chinese by Yi-Huan Shih

Encountering Buddhism for the first time can be a lot like learning to ride a bicycle. But imagine if none of your friends or relatives had the knowledge of how to ride one. Instead, the first time you would have seen anyone riding around on a two-wheeled contraption was when you happened to catch a glimpse of someone gliding down the street on one. Mesmerized by what you saw, you suddenly want to go out and try it for yourself. But where would you start? Where would you get a bike? How would you get on? Do you know how to steer and stop?

Without the guidance of experienced family and friends, the novice biker is completely dependent on instructions off of random web sites, a well-studied set of YouTube videos, and an incredible amount of bravery. With enough falls, scrapes and a concussion or two, it's amazing that there is anyone foolhardy enough to stick it through.

我學習佛法的經驗，可以比喻作一位從沒騎過單車的新手，學習上路的過程；可是得先聲明，這傢伙周圍的親朋好友沒一個懂得騎腳踏車。所以激起你想學這新玩意兒動機的，是某一天你在街上，突然有人騎著它從你身邊滑行而過，你被這幕景象所鼓舞而躍躍欲試。但是，該怎麼開始呢？上那兒找一台腳踏車呢？然後又怎麼騎上去呢？就算騎上去了，又怎麼啟動、怎麼停呢？

身邊沒一個人能給他指導，所以這單車新手只好獨立自學。到網路上找些資料，或是看看YouTube上那些別人精心製作的短片，當然還要一份異於常人的非凡勇氣。而令人難以置信的，是縱使經過無數次的跌撞、擦傷，甚至一、兩次的腦震盪，這傢伙還是傻傻地堅持學習到底……。

也許我這個「單車新手」的譬喻有些牽強，然而這

While this thought experiment may seem a bit contrived, this experience is exactly the experience most Americans have when encountering Buddhism and sincerely trying to practice, but without the community or support structure to help.

What the poor cyclist needs – what the new Buddhists need – is a community that can help them through the learning process, by providing peers who have been through the same process and can provide experience and guidance to help each other. This role of providing communal support and experience is why an organization like the Dharma Realm Buddhist Young Adults (DRBY) is so important, particularly because new and young Buddhists inevitably have many more questions and difficulties than wondering how to stay upright on a bike.

When I first encountered Buddhism in college, I was fascinated by the philosophy and really wanted to learn more about the Dharma. But having no friends who knew anything about Buddhism, let alone how to cross their legs and meditate, I was forced to set out on my own. Let me just say that from personal experience, one realizes quickly that trying to attain enlightenment from a few (questionable) web sites is an impossible task, and my determination naturally started to wane.

I feel very fortunate then, that a few years later, I met a fledgling group of fellow Buddhists sincerely trying to cultivate together. It was this primordial version of DRBY that pushed me further into my practice than I could have ever imagined. I first started by attending their weekly roundtable discussions, where we had lively and insightful discussions with the Dharma Masters and experienced teachers, and greatly expanded my understanding of Buddhism and its practices. Because we had a group of peers also trying out the precepts and *paramitas*, I found it was much easier to work through the difficulties of concepts like vegetarianism and giving. Later that year, I participated in the DRBY Spring Conference, where the intensity of the monastery schedule and the ceremonies, in combination with the quality of the lectures, further propelled me in my exploration of Buddhism.

The DRBY community has cultivated and matured together over the last few years, and in reflecting back on our experiences, we have realized that having this community of young practitioners is extremely rare and special, and most of all, we really want all Buddhists to share in the same joys

的確是許多美國人學習佛法的經驗——遇著了佛法，並且想要認真修行，但卻不得其門而入，因為找不到任何團體或是組織的支持協助。

這個單車門外漢，也可以說這個初學佛的人，他們需要的是一個可以引導他入門的團體，藉由分享過來人的經驗，大家可以互相幫助，互相學習。法界佛教青年會在這現代社會裏所扮演的，正是這種難能可貴的角色。特別是年輕的初學者，在學習佛法的過程中，毫無疑問地，有比學單車這檔事充滿更多的疑問和挑戰。

當我在大學剛剛接觸佛法時，我被佛學中深邃的哲學思想所吸引，便發心想進一步學習。但是身邊沒有一個朋友懂得佛法，更不用說有人可以教我雙盤和打坐，所以我只好硬著頭皮踏上獨自摸索的路。可是很快的我便發現，光想要靠著幾個佛學網站來自學，來達到轉凡成聖、去妄存真的開悟，是完全不可能的事，至少對我個人而言是這樣的。更何況有些網站魚目混珠，宣揚的並不是正確的佛教概念。網路自學的挫折，很自然地使我學佛的決心逐漸式微。

然而，幸運眷顧著我。多年以後，我遇上了一群初學佛法而且非常虔誠的年輕人，他們試著以共修的方式來學習佛法；這個共修的年輕團體，便是現在法界佛教青年會的前身。也正因為認識這個團體，我被鞭策著不斷向前精進，遠超過我的意料之中。一開始，我是先加入他們每週一次的圓桌討論會。討論會裏我們可以和法師以及有經驗的老師們，進行活潑且深刻的討論；這種方式，大大地增進了我對佛法以及修行的認識。因為團體中，已經有些人開始試著持戒以及實踐六度波羅蜜，透過他們的身教，我對於像吃素或是布施這些觀念，更加有所體會。接著隔年，我參加了法界佛教青年會在金聖寺舉辦的春季年會，充實的寺院生活、密集的座談以及精彩的演講，驅使著我繼續向佛法深處探索。



回首來時路，法界佛教青年會的成員們多年來互相關照，互相鼓勵，像這樣的青年團體是極為罕見

and experiences as they learn to cultivate the Buddhadharma. We sincerely want all young Buddhists to feel welcome in a community of cultivators, to grow spiritually, and to empower them to lead new generations of Buddhists. Most of all, we want all new Buddhists to know that they have the support to transform themselves and others.

To this end, we want to develop a set of new programs, events, and other ventures, and we invite all of you to help us with your energy and ideas to help DRBY become one of the leading organizations in aiding and transforming all young people along the path of cultivation.

How can we get there? We see four 'foundations' for reaching these goals:

Online and printed content: With easy access to the treasury of Buddhist texts, a trove of recorded lectures on topics particularly relevant to young adults, and a plethora of young Buddhists willing to share their experiences in cultivation, we have the key components for creating an innovative online resource for Buddhist practice and living that is relevant and accessible to all young adults.

Events and programs: Besides our annual Spring Conference, summer program, and various practice retreats, we want to develop a comprehensive set of programs and classes that help Buddhists of all levels. At the Berkeley Buddhist Monastery, DRBY recently completed a six-week program designed for new Buddhists called the Basics of Buddhism, which we plan on re-running in the spring. By creating similar reproducible events for all levels, we can develop curriculum that can be packaged and run at all way-places, thus creating a safe and proven space for new Buddhists to learn and cultivate together.

Community: We want to develop a strong, vibrant community where cultivators of all levels of experience can comfortably join and contribute. Cultivation is very much like riding a bike. Whether you're riding alone or with a group, you still have to pedal yourself to get up the mountain. But ask any experienced rider to choose to ride alone or with a group, and not surprisingly, the rider would always pick a group. Community is essential to the journey, and makes it easier, both mentally and physically.

Dharma leadership: We aspire to provide opportunities and spaces for young adults to grow as leaders who are selflessly dedicated to cultivation and bringing the Dharma to others. Now more than ever, we need capable and committed young people in the world to serve the Dharma

和殊勝的。我們都希望能把這份共修的法喜，分享給每一位正在學佛路上摸索的人。至誠歡迎所有的青年佛教徒能加入這個共修的團體，一同在心靈上不斷成長，積極向道，將來能接續佛教的新世代。更重要的是，我們要讓每一位初入佛門的青年人知道，在修行的過程中，不管是發願自度或是度他，法界佛教青年會的同參道友們隨時都會支持他的。

爲了達成這個目標，我們將規劃一系列的課程與活動，同時更歡迎您的加入，一同集思廣益，使法界佛教青年會能成爲眾多傑出佛教團體之一，幫助新一代的青年人踏上反迷歸覺的菩提道。

那麼要如何做呢？我們設定了以下四項「基礎工程」，來實踐我們的目標：

網際網路與傳統平面印刷：收集佛教的三藏十二部經、珍貴的開示錄音（特別是與青年人相關的主題），以及許多佛教青年修行的經驗故事，運用網際網路的技術，開創一個前瞻性的數位學習平台，供所有的青年朋友們使用，讓他們更容易深入經藏，並且能將修行與日常生活結合在一起。

活動與課程：除了一年一度的春季年會、暑期課程，以及各種修行法門的進修，我們想制定一套完整的訓練課程，來幫助不同階段的修行者。去年在柏克萊法界宗教研究院，我們爲初學者舉辦一個爲期六週的「佛學入門」課程，這門課預計今年春天（2009年）會再開一次。夠過這種針對不同修行階段者設計的系列課程，我們嘗試發展一套各個分支道場都能適用的研討班，這樣就能創造出更多既安全又正確的學習空間，供初學者討論、共修。

共修團體：我們希望成爲一個凝聚力強，而且充滿活力的共修團體。各種根器和程度的修行者，在這團體裏都能覺得非常自在，並且貢獻個人所長。修行，其實就像騎單車似的，無論是獨自上路或是偕伴而行，都是要靠自己的力量踩著踏板，才能騎上山頭。但是如果你問一個有經驗的單車老手，他是選擇獨行，還是偕伴而行？答案多數是後者。修行的旅途上，共修團體絕對是不可或缺的，因爲有同修道友的參研切磋，並適時給予精神上以及體力上的支援，修行會變得比較容易。

弘法人才：我們希望提供更多的學習機會和空間給青年人，使他們能漸漸成爲菁英領袖，可以無私地奉獻個人心力於修行及弘法。現今的社會比往昔更迫切需要的，是既能幹又發心的青年人，作爲弘揚正法與

and the needs of society. Our vision is to help young people empower themselves by developing essential leadership and life skills that are grounded in precepts, concentration, and wisdom, and then using these skills to transform and benefit people and society, one mind at a time.

DRBY today stands to play a major role in helping Buddhism grow in America. We hear from many new Buddhists wishing that they had a similar community in which to practice together. We hear from many young adults who wish to learn more about Buddhism but don't know where to start. Together we can fill this critical role. Together we can be this bridge into Buddhism.

Think about the thousands, maybe millions of people, armed with shiny new bikes, sitting in their driveways having no clue how to even start to ride. Imagine if we, as a group, could inspire a few of them, and they in turn could inspire a few more, and then a few more. Think about the impact we would have as this knowledge spreads outwards. Buddhism may be a much more difficult subject to learn, but with a lot of hard work and contributions from many, think how much more of an impact it would have on the world.

We're excited about the future of DRBY and for the hard work it will take to get there. We can't get there alone, but with everyone working together, we'll be that much closer to reaching it.

We hope you can join us for the journey.

How to help: info@drby.net

Website: www.drby.net/volunteer

解決社會問題的棟樑之才。我們的願景是，培養青年人正確的領導才能和生活技能，來開發他們潛能；而這些訓練，都是以佛教中的戒定慧為基礎，日後他們才能善用這些能力來整治世道，轉化人心。

法界佛教青年會，現在正扮演著幫助佛法在美國扎根、茁壯的重要角色。我們聽到許多初學者都希望能找到像法界佛教青年會這樣的團體，一起共同修行；我們也聽到許多青年人想要多瞭解一些佛法，卻不知從何開始。不過只要你我同心同願，便能夠一同肩負起佛法薪傳的重要角色；只要你我同心協力，便能夠成為接引眾生學佛的橋樑。

想想看，數以千計，甚至數以萬計的人，扶著閃閃發亮全新的單車，枯坐在車道上，想著從何開始卻一籌莫展。想一想，如果我們這群佛教青年能啟發一小部份的人，接著這一小部份的人又去鼓舞另外一群人；一群接著一群，彷彿投石入水似的，水波逐漸泛開。想像一下，當佛法這樣傳播開來，對整個世界會有多大的影響啊！法門無量，太深太廣，或許真的並不好學，但是有了眾人勞心勞力的貢獻，佛法救世利生的目標便不遠了。

我們對法界佛教青年會的未來充滿熱情，也欣然接受弘揚佛法這份艱難的任務。單靠我們的力量是做不到的，但是眾志能成城，當大家一起合作奮鬥，我們距離目標就更近一些了。

竭誠邀請你加入我們的行列。

電郵: info@drby.net

網址: www.drby.net/volunteer



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