

The Oregon trip gave me a chance to get in touch with the Shurangama Sutra and live in an environment that promotes spiritual practice. This means a lot to me since I don't always have the opportunity to be in a natural environment, away from the confinement of society. The trip aided my ability to work on my mind and meditation, and being in the forest helped ground me to be in touch with nature. There was a sense of camaraderie that I noticed and appreciated. We all got along and at the same time, were able to give each other enough space for our own cultivation.

It is good to have friends that share similar interests. Ever since I spent my free time at the Berkeley Buddhist Monastery, I noticed that I now have a place to be surrounded by people my age that I can share my experiences with and learn from. I don't often find myself in a situation like this. The Oregon trip has made me realize how powerful it can be when people practice together. The schedule was set up to have five meditation sessions and two Dharma lectures a day, plus morning and evening ceremony, although it is not mandatory that you attend all sessions... I did my best to go to every session and I think the fact that I attended as many sessions as I was able to really made a difference in my space because by the time I left, I felt more in touch with myself and more in control. I think that being able to spend some time in a place like the Buddha Root Farm, and having a break from society can be a tool that can help anyone who wants to keep up a strong practice. [Editorial Note: This year's DRBU Summer Program on the *Shurangama Sutra* had its third week in Oregon from August 15th to August 22th. Six Dharma Masters and 58 people participated in this retreat. This essay is from David Williams, a member of DRBY, who was invited to share his insights on the Oregon retreat.]

在俄勒岡州之行讓我有機會研讀楞嚴經，因為我不常有機會接觸大自然，能夠遠離封閉的社會，住在有助於靈性修持的環境，對我來說是很意義的。此行提昇我在心靈和禪修用功的能力，以及處在森林裏讓我可以親近大自然。我們一行人朝夕相處在一起，氣氛融洽，而同時能夠給彼此有足夠的空間自己來修行。非常難得在這裏能結交志同道合的朋友，我深深的體會到並珍惜大家的這種道情。

自從我將空間時間都用在伯克萊寺學習佛法後，我發覺有一個地方，周遭有同年齡的友伴，可以分享經驗和向他們學習。像這樣類似的體驗是很難得的。俄勒岡州之行使我體會到當人們一起共修多麼可貴，很有力量。日程安排每天有五次禪坐和兩次佛學講座，加上早晚課，雖然不是硬性規定。但我盡力去參加每一個課程，我認為，其實參與更多的課程，讓我能真正為自己帶來改變，因為當我離去的時候，我覺得更認識自己和有更多的自制能力。我覺得能花一些時間在佛根地，一個暫離社會的道場，是一個可以幫助發心精進修行的方法。(今年法大楞嚴暑期營第三星期(8月15日至8月22日)在佛根地舉行，這次活動比往年熱烈，共有6位法師和58位學員參加。此文是佛青會成員大衛·威廉姆斯，把他參加的感想和大家分享。)

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The Shurangama Retreat at Buddha Root Farm in Oregon

