



拉魯·邦本教授系列講座： 六根與佛教修行

Buddhist Practice Traditions and the Sense Faculties: A Lecture Series by Professor Raoul Birnbaum

法大 提供
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Provided by DRBU staff
Translated into Chinese
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Every semester, Dharma Realm Buddhist University (DRBU) invites a leading scholar to present a lecture series at the City of Ten Thousand Buddhas (CTTB). Past speakers have included Venerable Bhikkhu Bodhi, Professor Raoul Birnbaum, Professor Henry Rosemont, Professor Roger Ames, and Professor Michael Nylan. This fall, Raoul Birnbaum, a professor in Buddhist Studies at the University of California, Santa Cruz, returned to DRBU for another weeklong lecture series on the topic of “Buddhist Practice Traditions and the Sense Faculties.” Over 70 participants, including DRBU students, CTTB residents and friends from the Ukiah community, gathered every morning to study the nature of the six sense faculties – how they function and how we use them. Using sutra texts ranging from the Pali suttas to the Mahayana Tripitaka, students investigated “how our use of the senses can be transformed from a significant source of problems to a means for liberation.” Selected passages from the following texts were chosen and studied during the week: the “Fire Sermon” (Samyutta-nikaya 35.28), the “Establishing Mindfulness” (Sattipathana-sutta), the *Heart Sutra*, the *Lotus Sutra*, the *Vimalakirti Sutra*, the *Surangama Sutra*, and Master Zhiyi’s essay the “Shi chan boluomi cidhi famen”

每學期法大都要請一位傑出的學者來聖城做系列講座。以前應邀前來的演講者有菩提比丘，Raoul Birnbaum教授，Henry Rosemont 教授，Roger Ames 教授，Michael Nylan 教授。拉魯·邦本教授是加州聖塔克魯茲大學的佛學教授。2010 秋季這個學期又回到法大，舉辦為期一週的講座，題為

「六根與佛教修行」。參加者超過70人，其中有法大學生、聖城住眾，還有瑜伽市社區的朋友。每天早晨，大家聚在一起研究六根的性質、運作，及如何使用。所用的經典包括巴利佛典及大乘經。大家研究「如何運用六根：從問題之源轉為解脫方便。」這一週研究的經典選自《火經》(Samyutta-nikaya 35.28)、《念住經》(Sattipathana-sutta)，《心經》、《法華經》、《維摩詰經》、《楞嚴經》，及智者大師的釋禪波羅密次第法門。

下午有三場討論會以作為早上講座的補充，所針對的是講座的内容，閱讀材料，自修或一般的佛學問題。邦本教授還與聖城的比丘、比丘尼、年輕人、法大教員分組會談。

邦本教授不僅是學者，還是位修行人。多年來他參訪了許多大陸寺院佛教團體。他回答問題時，常

(*An Explanation of Dhyana Paramita: A Gradual Approach to Meditation*).

To supplement the morning lectures, three afternoon discussion sessions were held to provide students with the opportunity to ask questions about the lectures, the reading materials, self-cultivation, and Buddhism in general. Professor Birnbaum also met separately with different constituent groups within the CTTB community: the monks, the nuns, the young adults, and the DRBU faculty and staff.

In addition to being a scholar of Buddhism, Professor Birnbaum is a Buddhist practitioner who has, for many years, studied and traveled extensively among the Buddhist monastic communities in mainland China. When responding to students' inquiries, he often shared stories from his time living and practicing in Chinese Buddhist monasteries. He underscored the importance of making vows and maintaining a diligent long-term practice.

As a college professor in Buddhist Studies, Professor Birnbaum is experienced with speaking Dharma to a Western audience. In answering questions from teachers and students wishing to bring the Dharma to the West, Professor Birnbaum offered reflections on his many years of experience teaching Buddhism to college students and provided insight into the current landscape of Buddhist Studies in American higher education.

Professor Birnbaum is a special individual in that he is not only a serious Buddhist scholar but also a practitioner who embraces Buddhism as a living tradition. Many students of DRBU and residents of CTTB have benefited from his classes and experience. We wish to express our appreciation to Professor Birnbaum for his teachings at this fall's lecture series.



引用在中國寺院的修行經歷。他強調發願與忍耐持久的重要。

邦本身為佛學教授，對於向西方人說法很有經驗。如有人問到向西方弘法之事，邦本教授會與大家分享他多年在大學的教學體驗，以及對美國高等教育界佛教現狀的看法。

邦本教授的特別，不僅是位嚴謹的學者，同時也是位將佛法融入生活的修行人。許多法大學生及聖城住眾都從他的課程與經驗中獲益。我們對邦本教授舉辦的這個秋季系列講座表示衷心的感謝。

