

## 2010 聖城冬季禪七

The 2010 Winter Chan Session  
at CTTB



天翻地覆打禪七  
無影山前回頭看

—— 宣公上人

摘星換月也無奇  
真人常吹無孔笛

Topple the heavens and upturn the earth in this seven-day Chan session.  
Plucking stars to replace the moon is no big deal.  
Facing the formless mountain, turn around and you will see  
A true person playing a flute that has no holes.

--Venerable Master Hua

年底的佛七和緊接而來的三週冬季禪七，是密集的修行良機，讓萬佛城的住眾得以暫時放下手邊的雜務，專心致志地來修行。因此除了必要的護七人員之外，人人都盡力參加，打七的氣氛顯得格外濃厚。這也可以說是城內年度的期終大考，讓每個修行人來檢視自己一年中的修行成果。

Immediately following the year-end Amitabha Session is the three-week winter Chan session, an opportune time for intense practice. It also grants residents of the City a brief hiatus from their various jobs, so they can focus solely on their practice. With the exception of those who had other commitments during the session, everyone's participation made the session especially dynamic and energetic. This could also be considered a year-end final exam for practitioners, giving them a chance to evaluate their results after a year of practice.

