

# 漢堡州立大學學生參訪報導

## Report on the Humboldt State University students' visit



比丘尼近祥文  
凌峰中譯



DHARMA REALM NEWS | 法界音

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More than two decades have passed since Father John Rogers brought several dozen of his students from Humboldt State University (HSU) to the City of Ten Thousand Buddhas (CTTB) in April of 1989. Since then, the students from HSU have been visiting the City twice yearly. The April 13-15 weekend retreat at the City is one of the five Religious Studies Experiential Workshops that students could choose this spring semester. The visit was meant to offer them a taste of life in a Buddhist monastic community and an understanding of the basic concepts and disciplines in the Buddhist tradition.

After a three-hour drive from their campus in Arcata, California, a total of 58 students arrived in the evening of April 13th, welcomed and guided by many volunteers from the community. They followed a full schedule that includes: morning ceremony at 4:00 a.m., meditation, *tai ji quan*, introduction to Buddhism, discussion period, question and answer period, vegetarian meals, working at the community organic farm, and evening ceremony at 6:30 p.m.

The highlight of their visit was the Saturday night seminar. The topic of the panel discussion was titled "The Four Noble Truths as a General Problem Solving Strategy," an appropriate and practical one for the current times. Before the seminar period, male and female students were separately given an introduction to Buddhist concepts, especially that of the Four Noble Truths—the truth that there is dissatisfaction and dis-ease; the truth that the problem is caused by desire or attachment; the truth that there is a solution

自從1989年4月，約翰羅吉斯神父帶著數十位漢堡州立大學學生，參訪萬佛聖城，已經20多年過去了。從那時起，漢堡州立大學學生們，一直每年都有兩度來萬佛聖城訪問。4月13-15日在聖城的週末隱居，是今年春季學期的宗教研究實習課的五個選項之一。這次訪問主要是讓學生淺嘗佛教寺院生活，並且了解佛教的基本概念和規矩。

從加州Arcata市的校園出發，經過三小時的車程，58位學生於4月13日傍晚抵達，聖城的義工們已在行政辦公室等待歡迎他們並做嚮導。他們的日程被排得滿滿的，其中包括：早晨四點開始的早課、打坐、太極拳、佛教簡介、討論、問答、午齋、有機農場耕作，以及傍晚六點半的晚課。

星期六晚上的座談是此次活動的焦點，討論主題是非常適用於現代社會的「四聖諦——解決問題的通用策略」。為幫助學生能更佳參與討論，在座談會開始之前，已先有男女眾法師為學生上課，簡介佛法概要，尤其是四聖諦的內容：不滿足和不自在的「苦諦」、問題是由欲望或執著所引起的「集諦」、問題是可以解決的「滅諦」和以「八正道」為代表的「道諦」——解決問題的辦法。

座談會在道源堂舉行，主講者有比丘近永、比丘尼近柔、比丘尼近經、漢堡大學教授Stephen

to the problem; the truth that the problem can be solved by the method called the Eightfold Path.

The Saturday night seminar followed the evening ceremony and was held in the Daoyuan Hall. The speakers were Bhikshu Jin Yong, Bhikshunis Jin Rou and Jin Jing, Professor Stephen Jenkins from HSU, Dr. Ronald Epstein from Dharma Realm Buddhist University, Dr. Hudaya Kandahjaya of Numata Center, and Katherine Lam, a volunteer at the City. Each speaker shared his or her perspective on the topic, ranging from general to specific aspects of the perennial teaching. For one speaker, choosing the right livelihood solved the problem of working in an unfulfilling job; she gave up her job to come to the CTTB to serve as a volunteer at the school. Her decisive action exemplifies the truth that “the Eightfold Path leads to clarity of mind.” In a way, it is a case of “a timeless teaching becoming a timely teaching,” an example of “one ounce of prevention results in one pound of cure.” Dr. Raymond Yeh, the facilitator, fielded the questions from the students.

The two-hour seminar generated some wise reflections from the students. One student, who participated in the same retreat two years ago, reflected that he was moved at that time by the optimism of monks, an attitude that gave him a sense of security. “They don’t judge me.” That kind of attitude should be applied to the world, he recommended.

Overall, it was a mutually rewarding experience for everyone involved-- professors and students, the monastics, and the community volunteers. Their evaluations testify to their invaluable experience—the continuing legacy from the relationship started 23 years ago. ❀

Jenkins、法界佛教大學教授易象乾博士、Numata中心Hudaya Kandahjaya 博士，以及萬佛城義工 Katherine Lam。每位講者就座談主題「四聖諦」分享他們的觀點，給予這個永恆的真理既廣泛又具體的詮釋。其中一名主講者分享自己為什麼辭去工作，而來聖城當義務教師的故事。因為選擇正確的職業，讓他脫離以前工作乏善可陳的困擾。他果斷的行動，充分體現八正道能帶領我們走向更清明的心境，也是「永恆真理創造當下解脫」、「一分預防，勝於十分治療」的最佳例子。主持人葉祖堯博士也給予學生許多啟發性的回答。

兩個小時的座談，激發學生許多智慧的反思。一名兩年前曾參加同樣參訪的學生說道，自己是被比丘們的積極樂觀所感動，帶給他一種安全感，「他們不會批評我，對我指指點點。」他認為這樣的態度應該推行到全世界。

這次活動的參與者，無論是教授、學生、出家眾或是義工，各個滿載而歸。學生們填寫的活動評鑑說明了他們獲得的寶貴經驗——23年前建立起的這段友誼，將繼續延續下去。❀



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