

# 2015

## Chan Session in Buddha Root Farm

### 佛根地禪七

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梅根思維特文

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This summer, 70 participants journeyed to Buddha Root Farm in the coastal mountains of Oregon for a week-long Chan session which was held from June 7 to 13. This area is one of the most biodiverse in the US; the forest is thick and pristine. The campsites are covered in thick green moss, turning the ground into a soft bed. Nestled by tall pines, ferns, budding raspberry vines, we were occasionally visited by a curious deer, rabbit, or even bear. I found it to be a wonderful natural wayplace for Dharma practice.

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今年六月七日至十三日，70人前往奧瑞岡州沿海山上的佛根地打禪七。這裡是全美生物種類最多的地區之一，森林茂密而原始純淨。禪七地點覆蓋著厚厚的青苔，把大地鋪成一張柔軟的牀。四週是高聳的松樹、蕨類植物，以及吐露新芽的蔓越莓藤蔓；好奇的鹿、兔子、甚至熊不時來訪。我發現這裡正是一座適合修行的天然道場。

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