

# 2015

## Chan Session in Buddha Root Farm (Continued)

### 佛根地禪七 (續)



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(Continued from the front inner cover)

It was my first year, but for some it was their tenth or eleventh time at Buddha Root Farm. There were a few locals who had been coming since the very beginning in the 70's, and several others traveled from across the world to attend. We had a small group of kids and teenagers, several who had just graduated from college, about eight DRBU students and staff, and many others across all ages.

There is a peaceful and gentle energy of the land, a natural stillness that calms and settles the mind, making space. During morning and evening ceremonies, the sounds of the chanting radiated out of the Chan Hall into the surrounding forest, and felt like an offering to the animals, trees, stones, and living beings of the mountains, who graciously shared their home with us for the week.

Each day, we opened the *Avatamsaka Sutra* to Chapter 40 and studied Samantabhadra's practices and vows. The theme this year was the Bodhisattva Path, and Reverend Heng Sure illuminated the sutra and gathered us in with stories and songs, and volunteers simultaneously translated the lectures. During our afternoon group discussion, he encouraged us to share our own stories and listen to others. We heard many amazing stories throughout the week.

Working together as a community, there was a strong spirit of

(續封面內頁)

我是第一次參加，但有些人已是第10次或11次前來佛根地。附近有些居民也來，他們是從1970年代佛根地初創時期就開始參加；還有幾位是從世界各地遠道而來。我們當中有一群小朋友和青少年，另有幾位是大學剛畢業，法界佛教大學有八位學生與教職員前來，其餘參加者遍佈各年齡層。

這地方的能量場十分平靜祥和，一股天然的寂靜讓我們的心很容易就安靜下來，變得開闊。每天早晚課的唱誦聲，從禪堂傳到四週的森林裏，彷彿是對動物、樹木、石頭、以及山上所有眾生的供養。這一切眾生，在這星期裏都大方地與我們分享他們的家。

每天我們翻開《華嚴經》第40品，研讀普賢菩薩的行願。今年的主題是「菩薩道」，恆實法師以故事與歌曲闡釋經典，攝受我們，有義工幫忙同步翻譯。每天下午的團體討論時間，實法師鼓勵我們分享自己的故事，並傾聽別人的故事。因此，整個星期我們聽了許多精采的故事。

generous effort. Everyone contributed and many hands makes for light work. The work of feeding everyone was led by Sandy Chiang and a big crew of kitchen helpers, who made delicious vegan meals that kept everyone exceptionally well fed. When it came time to clean up at the end of the week, the work was accomplished so quickly and thoroughly, I was amazed that with such a large group, camp only took a few hours to put away.

We had many Dharma teachers throughout the week. At lunch, we heard stories from each of the monks and nuns who attended, and many shared their inspirations for leaving the homelife. In the afternoons, Doug, Dharma Master Lai, Jin Chuan Shi and Jin Xian Shi (still Marek at the time) lead Q&A while Darius and Josh served tea. We heard stories of the early days of Buddha Root Farm, when Master Hua and several disciples came up for the first Buddha Recitation Session, which they held under a makeshift tarp structure. Facilities have certainly improved since then, now we even have great outdoor solar showers.

During meditation instruction one afternoon, Dharma Master Lai answered some questions about the huatou method, which is a meditation practice of asking and investigating a question such as “who is reciting the Buddha’s name?” Surrounded by nature, with so few man-made things around, perhaps the question “who?” could be looked into a bit more easily.

The week in Oregon was a transformative one, as we shared our final snapshots from the retreat, many mentioned the spirit of community, the lectures, living in nature, and the new dharma friends made. ❀

當眾人齊心協力合作時，會讓每個人更願意多付出一些。大家一起幹活，事情就變得輕鬆。江明珊以及一大群廚房幫手負責大眾的伙食，他們煮的素食美味可口，讓大家都吃得好飽。一週結束後的環境清掃，做得又快又徹底。我很驚訝一大群人在這兒住了一個星期，只花幾個小時就收拾乾淨。

這個星期中，有很多法師教導我們。午餐時分，參加禪七的男女眾法師輪流為我們講故事，很多法師分享了出家的因緣。每天下午，恆來法師、果勒居士、近傳師、近賢師（當時還是馬瑞克居士）帶領問答時間，Darius 與Josh負責供應茶水。我們聽了佛根地早期的故事，就是宣公上人和幾位弟子當年前來舉行的第一次佛根地佛七，那時候是在一個臨時搭建的帳篷裏。如今設備改善了很多，現在我們還有很棒的戶外自然日照熱水淋浴間。

有一天下午的禪七開示，來法師特別答覆了有關「參話頭」的問題。參話頭是參禪的一種方法，要參「念佛是誰」。在像佛根地這樣鮮少人造設施的大自然氛圍下，或許「誰」這個問題容易參出來些。

最後心得分享時，很多人都提及受益於團隊精神、法師的開示、大自然的生活，當然還有認識新的法友。奧瑞岡的一週生活，真是獲益良多，令人改頭換面。 ❀

