

從哈佛到萬佛城 — 介紹黎娜·瓦才睿

From Harvard to the City of Ten Thousand Buddhas — Lina Verchery

編輯部 文/譯

Written and Translated by Editorial Staff



黎娜和尼衆出坡（臺灣花蓮彌陀聖寺）

Lina did the community works with the nuns
at Amitabha Monastery in Hualien, Taiwan



菩提臺 BODHI STAND

黎娜·瓦才睿，哈佛大學宗教系的博士生，研究中國佛教，對於現代僧侶生活特別感興趣，尤其關心現代人（不只在家的佛教徒，還包括非佛教徒）能從佛教僧團的民主自治、儀軌戒律、自我省察這些古老高尚的傳統中，獲得什麼樣的啟示。

父母來自天主教家庭，卻沒有將自己的宗教信仰強加於她。青少年時期的黎娜，對於儀式和自律非常感興趣，尤其開始鑽研芭蕾之後，兩者成為日常作息的重要準繩。回顧投

Lina Verchery is a doctoral student in Buddhist Studies in the Study of Religion at Harvard University, specializing in Chinese Buddhism. She is particularly interested in modern-day Buddhist monastic life, especially the question of what we — “we” including Buddhist laypeople and even non-Buddhists — can learn from the ancient and venerable traditions of communalism, rigorous discipline, and self-examination found in the Buddhist monastic traditions.

Both sides of her family are Catholic, although her parents never imposed religion on her. As a teenager, she was very drawn to ritual and practices of self-discipline, which became a regular part of her daily life when she began to study ballet intensively. Looking back now, she realizes her ballet days shared many things in common with daily life in a monastery: she woke up before dawn to stretch, she had to exert great self-control with regard to food, she undertook a ritualistic training regimen that she repeated every day, and she had to consistently push beyond physical and psychological barriers which is not unlike what one undergoes in meditation!

When she decided to quit ballet to go to college, she knew right away that she wanted to major in the study of religion. She went to McGill University in Montreal, where she had the

入芭蕾舞的那段歲月，她發現和在道場的生活有很多相似處：黎明前起床開始做伸展操、飲食高度的節制、每天重複的訓練、不斷挑戰身心極限（過程跟打坐像極了！）。

當決定到大學讀書而停止練習芭蕾舞，她很快就知道自己會將宗教列為主修。就讀蒙特婁的麥基爾大學時，她遇到一位出色的佛學教授 Victor Sogen Hori，Hori教授曾經在日本臨濟宗道場出家，能針對不同學生因材施教。就像孔子「舉一反三」的教學，他從不輕易給學生答案，而是讓他們見微知著，自己去挖掘隱藏的「隅角」。

受到Hori教授的影響，她決定學習佛教僧侶生活。認識法界佛教總會，也是因為Hori教授的原因。為了協助Hori教授一個關於加拿大境內佛教僧團的研究，二〇一〇年黎娜來到位於亞伯達省卡加利市的華嚴聖寺。

在華嚴聖寺，比丘尼的威儀令她讚嘆不已，她們的動作舉止都散發著黎娜從未見過的莊重與嚴謹。這促使她想更認識宣公上人和法界佛教總會，甚至決定將這些主題列為自己中國佛教現代僧侶生活的論文研究焦點。

於是，她用一年的時間住在萬佛聖城和法總各分支道場擔任義工。選擇住在道場，就是不想只從書本上學習，而是更深刻地從人們身上學習。套用在法總經常聽到的，「多聞求解，猶如說食而不知味」，住在道場當義工的黎娜，就是想要親自嚐一嚐這個滋味！

為了兼具理論與實際，能更加認識佛教僧侶傳統，二〇一〇年，黎娜開始在幾個分支道場擔任短期（數週到數月）的義工，而今年（2015-16）更是一整年完全投入全職義工。至今已參訪法總位於加拿大、加州、馬來西亞、香港、台灣、澳洲共十三座分支道場，她希望不久有機會到溫哥華的道場。

具體來說，黎娜對懺悔法門很感興趣。今年初在台北法界，有機會幫忙並且參加春節的梁皇寶懺法會。這是個很殊勝的體驗，同時也令她開始思考懺悔對凡夫的影響。懺悔如何幫助我們意識到往昔的宿業？如何幫助我們消除業障？怎麼知道罪業懺悔清淨了？這些問題，都是她將繼續探索的方向。❀

rare fortune to meet a great teacher Victor Sogen Hori, a professor of Buddhist Studies and former monk in the Japanese Rinzai tradition. Professor Hori, who is now retired, had the great skill of being able to teach on many levels at once. In his teaching style, Professor Hori embodied Confucius' method: he would hold up one corner and it was your job to come back with the other three. Professor Hori never gave out the answers; the challenge was always to look beyond the obvious in order to find the hidden "corners".

It was because of Professor Hori that she decided to major in Buddhist studies and pursue the study of Buddhist monastic life. And it was also Professor Hori who introduced her to DRBA. Assisting a research project on monastic life in Canada led by Professor Hori, she was introduced to Avatamsaka Monastery in Calgary, Alberta and from 2010 began researching and visiting this monastery starting.

At Avatamsaka Monastery, she was instantly struck by the deportment of the nuns. In every motion, they seemed to exude a kind of decorum and rigor she had not seen before. This drew her in and she began to learn more and more about Master Hua and DRBA, eventually deciding to pursue these themes as foci in her doctoral dissertation about Chinese Buddhist monastic life in the modern world.

To this end, she has dedicated this academic year to living and volunteering in DRBA temples around the world. She decided to become a volunteer because she is not only interested in learning from books, but she is also interested in learning from people. You might say — to paraphrase a common idiom you hear around DRBA monasteries — learning from books is like reading about the flavor of a food; living and working in DRBA monasteries is like tasting the food.

Hoping to learn more about Buddhist monastic traditions — not merely in theory but also in practice — she has been living and volunteering in DRBA monasteries for short term stays (a few weeks or months) since 2010, and has dedicated the 2015-16 academic year to doing so full-time. So far, she has been to 13 DRBA branches in Canada, California, Malaysia, Hong Kong, Taiwan, Australia and soon she hopes to go to Vancouver as well.

Specifically, she is very interested in the practice of repentance. As a volunteer, among other things, she was able to help with and participate in the Emperor Liang's Jeweled Repentance at Taipei Fajie. This was an amazing experience, and got her thinking about ordinary people's experiences of repentance. How does repentance help us to become aware of our past karma? How does it help us shed karmic obstacles? How do we know if our repentance was successful? These are all questions she hopes to continue investigating. ❀