

Living the Practice

生活即修行

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How do I maintain a spiritual practice after an intensive weeklong Guan Yin retreat? How do I make sense of the daily ceremonies in the Buddha Hall? How can I connect the various teachings of the Buddha? How can I cultivate generosity through my everyday work? How can I develop a heart of gratitude for everyone around me? These are some of the questions that the ten participants of the new two-month “Living the Practice” immersion program investigated together at the City of Ten Thousand Buddhas from October 15 to December 18, 2016.

The DRBU Extension team has been organizing classes in English during Guan Yin retreats at CTTB for many years, but this is the first time they have put together a two-month program that gives participants a chance of integrating into the life at CTTB after the retreat and experiencing the benefits of living at CTTB for a longer period of time.

The details of the program are as follows: the program began on October 15, the beginning of the Fall Guan Yin Retreat, and ended on December 18, 2016, the end of Winter Amitabha Retreat. The daily schedule included morning ceremony, meditation, community service, *Great Compassion Repentance*, afternoon class, Sutra class, evening ceremony, and evening activity. Community services included food preparation in the kitchen, building and grounds work, moving books, as well as cleaning. The students were quite inspired to see how hard the community at CTTB worked—so much so that during the final week of the program, the Amitabha Retreat, they still chose to continue their community service. The students saw working at CTTB as an opportunity to practice generosity and repay the kindness they received from the larger community.

In order to provide a solid foundation in Buddhism, the program was built on studying the Sutras directly. Students were encouraged to have a dialogue with the Buddha, and the classroom was simply an extension of that dialogue. This style of study is similar to the format of many of the Sutras themselves, where the Buddha is answering his disciples’ questions, asking questions, and posing principles for reflection. The curriculum of the program was designed to give students a sense of the underlying principles as well as the vastness of the Buddha’s teachings. Ultimately, the Dharma study was for applying to everyday life—for “Living the Practice.”

The afternoon classes included a Buddhist Frameworks class, lectures on Maitreya Bodhisattva’s *Treatise on the Buddha-nature (Tathagata-garbha)*,

一個星期緊湊的觀音法會過後，如何繼續保持靈性上的修行？每天在佛殿做的這些日課有什麼意義？如何跟佛陀所教的義理相應？如何在日用平常中修行布施波羅蜜，如何培養對周圍的人感恩？這些都是為期兩個月的「生活即修行」課程十位學員共同探討的課題。

多年來，法界佛教大學推廣教育中心在聖城觀音七期間都會開辦一週的課程，課程以英文進行。「生活即修行」是該中心首次開設的兩個月學程，讓學員打七結束後還有機會融入聖城的社區生活，體驗更多道場修行的益處。

課程從2016年10月15日開始（秋季觀音七），於2016年12月18日結束（冬季彌陀七）。每天上午課程有早課、打坐、社區服務、大悲懺法會，下午有經典課、晚課和晚間活動。社區服務包括在廚房準備食物、聖城維修工作、搬書、以及清潔打掃。看到聖城住眾的辛勞，學生們備受鼓舞，以至於最後一週的佛七仍選擇繼續社區服務，回饋大眾。對他們而言，這些工作是修行布施和回報聖城社區給予他們的恩惠。

為了堅固學生的佛學基礎，授課採直接研讀佛經，鼓勵學生與佛陀對話，課堂內的討論則是對話的延伸。這種教法，正如佛經裡經常呈現的：面對弟子的提問，佛陀投以問題和道理讓弟子們反思。兩個月的課程規劃，是要讓學生漸次認識佛法的意涵與廣博，最終將佛法的學習落實在日用當中，達到「生活即修行」。

下午課程包括：佛教架構課、彌勒菩薩《寶性論》講座，以及創意寫作。佛教架

and creative writing class. In the Buddhist Frameworks class, participants discussed *In the Buddha's Words*, an anthology of Pali suttas compiled by Bhikkhu Bodhi, alongside the spiritual biography of Venerable Acariya Mun, a highly respected Thai monk. In order to get a basic introduction to the Mahayana teachings, the class studied the *Shurangama Sutra* which expands on the early teachings of the Buddha. To bring this text to life, the class read Venerable Master Xuyun's autobiography as a companion text. Venerable Master Xuyun was a Chan master who embodied the instructions on practice in the *Shurangama Sutra*. The creative writing class provided a fun and relaxed atmosphere for students' to write and reflect.

In the evening, students had a variety of activities and classes. "Mechanisms of Practice" class explained the underlying principles for the daily practices in CTTB and also included Dharma stories of studying under Master Hua. Other activities included webcasts, group study, and an occasional movie.

At the end of the program, each student shared their reflections over the last two months. Many felt that the program provided a bridge that helped them to cultivate as a member of the CTTB community. Quite a few participants expressed interest in the DRBU Degree programs as well as participating in another "Living the Practice" program.

The DRBU Extension is planning to have a three-week immersion program starting on March 11, 2017 (the start of the Spring Guan Yin retreat) and ending on April 1 (right before the 10,000 Buddhas Repentance starts). If interested, please visit www.drbox.org or email info@drbox.org. ☸

構課討論《佛陀之語》，是菩提比丘編譯的巴利文經典選集，同時研讀介紹泰國高僧阿姜曼的《阿姜曼傳》。課程也研讀《楞嚴經》，此經闡述佛陀早期教義，藉以奠定學員的大乘佛學基礎。為使經文更深刻，學員還閱讀虛雲老和尚的自傳，被公認為禪宗泰斗的虛雲老和尚，其修行正是《楞嚴經》的體現。創意寫作課，提供學員有趣輕鬆的寫作氣氛以及反思的時刻。

晚間有各式各樣的活動和課程：「修行的結構和運作」---解釋聖城日常作息的內涵，包括分享在宣公上人座下學習的經驗與故事。其他活動有：網絡廣播、小組討論和電影觀賞。

課程結束之際，每個學員分享過去兩個月來的心得。很多人覺得此課程提供了一座橋樑，幫助他們修行而成為聖城社區的一份子。不少學員有意參加法大的學位課程，以及下一期的「生活即修行」。

下一期的沉浸式課程，將從2017年3月11日開始（春季觀音七），4月1日（萬佛寶懺開始之前）結束，為期三週。有意參加者，請上網 www.drbox.org 或電郵 info@drbox.org 獲取更多資訊。☸



L i v i n g

生活修行

P r a c t i c e