

第一屆馬來西亞佛根地靜修營

The First Malaysian Buddha Root Farm

馬來西亞佛根地籌備小組 提供

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2018年初始，馬來西亞法界佛教總會在1月9日至15日，舉辦了首屆馬來西亞佛根地靜修營，地點在雪蘭莪的龍邦農場舉行。活動由恒實法師主持，近合法師及近傳法師為輔佐，講授《華嚴經·淨行品》。

在馬來西亞舉辦類似奧勒岡佛根地的構想，源自於恒實法師與近和法師2015年訪問馬來西亞。當時兩人參觀雪蘭莪，恒實法師說若是因緣具足，這個地方很適合用來舉辦靜修活動。

2017年6月，時機終於成熟。當時近合師從柏克萊寺返回馬來西亞，信眾希望他能為大家講解佛法。於是同年八月，開設以「佛教的現代精神」為題，每週兩次、每次兩小時的研討會。研討會結束後，受到奧勒岡州佛根地弘法故事的啟發，多位學員自動成立籌備小組；之後又有馬來西亞佛教總會的成員加入，使得籌備小組人數高達27人之多，出乎意料之外。

籌備小組給自己取一個名字——佛根地拓荒者。這個名字，不單因為是馬來西亞首次舉辦這類活動，也是因為龍邦這裡的諸多設施尚未完備——沒有電源，沒有禪墊，甚至連合適的廚房都沒有。寮房也只能臨時搭建，睡的地方將就勉強，而且還有蚊蟲、螞蟥和其他昆



The Malaysian Dharma Realm Buddhist Association (MDRBA) began 2018 by holding its first ever Malaysian Buddha Root Farm (BRF) retreat from 9 to 15 January. The retreat was held at DRBA's very own Kalumpang Farm in Selangor. Rev. Heng Sure was the main teacher during the retreat, supported by Dharma Masters Jin He and Jin Chuan. The Sutra lectured was the *Pure Practices Chapter* from the *Flower Adornment Sutra*.

The idea to hold a Buddha Root Farm style event in Malaysia began in 2015 when Rev. Heng Sure was in Malaysia with Jin He Shi. During their visit to Kalumpang, Rev. Heng Sure remarked that if the conditions were right, the venue would be an ideal place for such a retreat.

In June 2017, Jin He Shi returned to Malaysia from Berkeley Buddhist Monastery and was requested to hold classes by the community. The result of this was "Buddhism for the Modern Mind," a series of 2 hour classes held twice a week in August. Upon the completion of the class and inspired by the stories of Buddha Root Farm Oregon in spreading the Dharma, many of the class participants volunteered to form the organizing group. Together with other members of MDRBA, this resulted in an unusually large organizing group of 27 people.

The group decided to name themselves the Buddha Root Farm Pioneers. This was for several reasons, not just because it was the first of its kind in Malaysia, but also for the fact that the facilities in Kalumpang were incomplete. There was no electricity, meditation cushions or even proper cooking facilities. Sleeping areas had to be makeshift, adapted and partly exposed to the elements, while there was the ever present mosquitoes, ants and other insects. We implemented a no mobile phone policy for the retreat.

A major principle the group adopted was to view their contributions and the

蟲。靜修營全程禁用手機。

籌備小組有個核心宗旨，就是將這次的活動以及個人的付出，當做獻給前來參加者的一份禮物。發自內心的慷慨奉獻，立刻感召外在的回應，我們收到許多人的捐獻，除了善心捐款，還有列舉不完的物資贊助。至於活動費用，完全讓參加者隨喜，沒有規定的金額。因為以佛法的觀點，感恩要發自於心，回報也會是很多形式，金錢並非唯一。

礙於龍邦場地的設施，靜修營僅能容納60人參加，其中包括9位從加州法界佛教大學遠道而來的朋友，還有4位法界佛教總會檳城分會的代表。每天的日程包括早晚課、午供、兩堂講法、打坐、佛法討論，還有佛教入門課程。

靜修營最後一天，我們邀請了法界觀音聖寺和法緣聖寺的法師們共進午餐，恒章法師、恒泰法師和恒融法師都應邀參加。用餐過後，每位學員都要分享一張「快照」——這是奧勒岡佛根地的傳統，參加者用1-2分鐘分享自己的體會。從「快照」捕捉的各種心得中，很明顯地看出成果遠超出預期。下面是幾則學員們的分享：

- 親自體會到佛法的解行並進，是很特殊難忘的經驗。
- 這麼好的活動，對弘揚佛法很重要。
- 法師十分平易近人，非常積極與大家分享佛法。
- 要結交好的同參道友。
- 學佛可以是一件趣味無窮的事。
- 因緣具足，修行會任運自然，事半功倍。
- 儘管日程緊湊，大家依然輕鬆自然，法喜充滿。
- 這次積聚的能量，可以透過更多的活動或是課程，繼續保持下去。
- 許多人有了積極的轉變。
- 下次希望能帶朋友和家人一起來體驗。

一位學員說，馬來西亞佛根地靜修營是他收過最好的禮物。不過，話才剛說完，他立刻更正應該是排第二，老婆才是最好的禮物（她也參加了這次活動）！

營隊結束後，大家建立了一個微信群，以便日後保持聯繫。不少人已經要求再辦一次馬來西亞佛根地，或是其他小型的靜修營。

簡單的營隊真有這麼大的影響力？來一趟奧勒岡州和馬來西亞佛根地，你就會知道了！✿

retreat itself as a gift to all participants. The inherent generosity of the group quickly became apparent as there were multiple gifts received which included monetary contributions and many other contributions too numerous to list. Participants were not provided with a figure as suggested donation, to highlight that in the Dharma, gratitude comes from the heart and can be repaid in many forms, instead of just financial.

The number of participants was capped at 60 people given the facilities at Kalumpang. Included were nine DRBU friends who came all the way from California to show their support, as well as four representatives from the Penang branch. Daily activities were morning, lunch and evening ceremonies, two formal Sutra lectures, meditation sits as well as discussions and Buddhism 101 classes.

On the last day of the retreat, Dharma Masters from Dharma Realm Guanyin Sagely Monastery and Fa Yuan were invited to join us for lunch. We were joined by Dharma Masters Heng Jang, Heng Tai and Heng Rong. After lunch, each participant was invited to provide a “snapshot”—a tradition of BRF Oregon where a participant would take a minute or two to share a highlight of their experience. Judging from the snapshots, it was obvious that BRF Malaysia exceeded everyone’s expectations. As an example, people shared that:

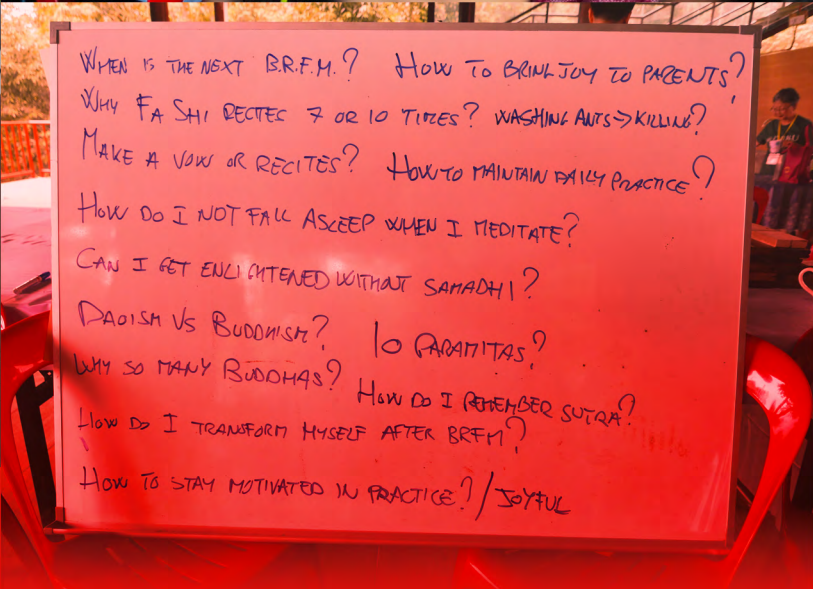
- It was remarkable to experience how the Dharma came alive in both understanding and practice;
- How important such wholesome events were in spreading the Dharma;
- The monks being approachable and eager to share the Dharma;
- Forging of good Dharma-based friendships;
- Learning the Dharma can really be fun;
- With the right conditions, Dharma practice becomes natural and requires less effort;
- Despite the full schedule, everyone was naturally relaxed and happy;
- The momentum of the energy created should be maintained in terms of more events or classes;
- Many people were transformed for the better;
- They wanted to bring their friends and family to experience future BRF retreats;

One participant remarked that BRF Malaysia was the best gift he had ever received—which he instantly amended to second best gift, quickly adding that the best gift was his wife (who was also at the retreat).

In light of this, a Whats App group comprising all the participants was created as a way for them to keep in touch. Already there have been numerous requests for the next BRF Malaysia and even for a mini retreat.

Can a simple retreat really have such an impact? Buddha Root Farm is now held both in Oregon and Malaysia, you can find out for yourself!

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