

法界佛教大學禪三報導

Three-Day Chan Session in Dharma Realm Buddhist University

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法大學生按慣例都參加聖城的打七。今年四月份的觀音七，為了支持學生練習其他的法門，法大在4月2日到4月4日為全校師生舉辦一次禪三，地點在新教學大樓。每天早中晚各有一次開示，白天由恒持法師和馬丁·維荷文教授給大家開示和答疑，晚上則是包果勒教授講解《百法明門論》。

除了三場講座以外，還包括五支香的靜坐（每支香45分鐘），中間穿插跑香、早晨的拉筋和午餐後的禪茶。整個禪三期間，恒持法師隨時指導大家正確的姿勢。法大碩士生山姆·卡林分享道：「持法師和馬丁·維荷文教授都是資深的禪修老師，通過他們的指導，令我切身體驗中國禪宗的豐富歷史，覺得禪就是一位最好的老師。」

禪三時間表的設計，主要是接引初機，當然其中不乏有經驗的打坐者。在緊張的

Dharma Realm Buddhist University (DRBU) students regularly participate in the Guanyin Session at the City of Ten Thousand Buddhas. To support student requests to learn another contemplative practice, the faculty organized a 3-day Chan session in the new DRBU Southwing from April second to fourth. The schedule included an instructional period in the morning, afternoon, and evening. Dharma Master Heng Chih and Professor Marty Verhoeven gave the instructional talks and answered questions during the day, while Professor Doug Powers taught *The Shastra on the Door to Understanding the Hundred Dharmas* in the evening.

In addition to the three talks, the schedule included five forty-five minute sits, walking, stretching, and tea meditation. DM Heng Chih guided participants in every part of the session to teach the proper form. DRBU graduate student Sam Karlin reflected, “Through the skills of experienced masters Heng Chih Shr and Marty Verhoeven, I intimately felt the rich history of the Chan Lineage and developed a profound sense of how surrendering into its form allows it to be the ultimate teacher.”

The schedule was designed to accommodate and introduce sitting meditation to beginners, although some students are already experienced meditators. Besides time apart from academic study to cultivate, the intensive spiritual week provides an opportunity for the whole university community

課業之餘，這一週的精神集訓讓全校有機會一起修行。學生與教職員各自排列而座，幾乎全校師生都在禪堂裡共修。校長蘇珊·朗德博士也全程參與，表達對這個集訓的支持。正如她所觀察的，這次禪三讓全校更有向心力。

異曲同工的，研一生莫百納經過這次禪修，感受與心靈的深刻連結。她說：「練習禁語滋潤了我的精神，拉近我與心靈的距離。它如同一位慈母，以愛心將孩子抱在懷裡。修禪，有時近乎殘酷，就像母親嚴厲斥責孩子的時候，也將他們慈悲摟入心田！」

禪修期間，很多人都有一個共同的疑問：為什麼腿疼還要繼續保持姿勢不變？馬丁教授和包果勒教授的分析，疼痛提醒我們對於「我」及「我所」尚有執著，通常是對佛法和修行的信心不夠所造成。既然疼痛是因為不能放下，那麼解除的方式就是不去執著現前的業力，包括這些難受與不舒服。訓練心不向外攀緣，才能讓自性的無邊光明顯現出來。

能與良師益友一起修行，是很難得的；能找到安排整個星期讓大內觀修行的學校，也不容易。法大十分幸運有一批經驗豐富和睿智的老師，加上嚴謹修行的出家在家二眾的支持，以星星之火燎下一代修行之原。惟有眾志一心，方能成真心之妙城。法大以及法總致力於培育啟發眾生的覺性，能成為其中一份子，真是吾人之幸。❀



to practice together. While students and faculty sat with their respective cohorts, almost the entire school sat in meditation together in the same room. Even DRBU President, Dr. Susan Rounds, participated in the entire 3-day session, practicing alongside the students and showing her commitment to the program. As Dr. Rounds observed, the Chan brought together the entire university.

Similarly, MA student Brianna Morseth felt heartfelt connection during the contemplative practice: "I feel like silence nurtures a deep spiritual intimacy, like a kind mother who cradles her child in loving embrace. Chan may seem harsh at times, but the very same mother who brazenly scolds us also compassionately holds us close to her heart."

A serious conundrum presents itself during Chan practice, as voiced by many participants: why hold oneself in a single position without moving when there is such daunting pain? As Professors Verhoeven and Powers clarified, pain shows somewhere there is attachment to or identifying with what is "me" or "mine," often due to not trusting the teaching and practice. If pain is created by not letting go, the way to relax and remove tension is to not hold onto what arises, including holding onto or identifying with any discomfort. Training the mind not to attach to anything creates the conditions for the inherent, boundless mind of undying brightness to emerge.

Opportunities to practice with good teachers are rare. A liberal arts school that dedicates an entire week to contemplative practice also is not easily found. DRBU is fortunate to have wise and experienced teachers, supported by a disciplined sangha and laity dedicated to igniting the fire of cultivation for new generations. It is only in working together that the wonderful experience of the true mind may spread. It is a privilege to be a part of an organization, DRBU and DRBA, that is committed to fostering and awakening this potential. ❀

