

# An Encounter with the Pulse of Venerable Hua's Dharma— Nine Days of Shurangama Sutra Retreat

## 重溫宣公上人法脈：九日楞嚴講修班

By Justin Howe (DRBU MA '19) 郝親悟 (法界佛教大學2019年畢業班碩士生)  
Chinese translation by Yu Chen 陳玉中譯



From June 22 to July 1, 2018, Ukiah's Sudhana Center hosted its third annual summer meditation retreat and there were nearly one hundred daily participants. Newcomers and the earliest disciples of the Venerable Master gathered to study the *Śūraṅgama Sūtra*, celebrating and commemorating the fiftieth anniversary of the lecturing of that text in the summer of 1968.

As this year also marks the hundredth anniversary of the Master's birth, the occasion was truly an auspicious one. The daily retreat schedule featured three lectures, three ceremonies, five sits, and afternoon recitation of the *Śūraṅgama Mantra Heart*.

The lectures were conducted primarily by Dharma Master Heng Chih and Doug Powers, with guest lectures by early disciples Dharma Master Heng Sure, Dharma Master Heng Lai, Dharma Master Heng Liang, Dr. Ron Epstein, John Scroggs, and Dr. Martin Verhoeven. Other members of the assembly gave short presentations on specific passages of the text. Participants were challenged

2018年6月22日至7月1日，大約一百多位信眾參與了善財參學中心舉辦的第三屆夏季禪修營。宣化上人的新、舊弟子集聚一堂共同研究《楞嚴經》，同時紀念1968年首屆暑期楞嚴講修班的五十週年。

今年正逢宣公上人誕辰一百週年，因此這次講修班的意義格外殊勝。每日行程包括：三次講經、三次唱誦、打坐五支香，以及每日下午念誦〈楞嚴咒心〉。

《楞嚴經》課程由比丘尼恒持法師和包果勒居士主講，同時上人的早期弟子也應邀參與客座，包括恒實法師、恒來法師、恒良法師、易果容居士、史果露、馬丁維荷文教授等。部分參與的學員也就各段經文給予簡短的解說。講習班的課程目的在鼓勵參與者啟發自性，並且激發慈悲和智慧的無限潛能。

除了咒文之外，每日的唱誦以英語進行，

and encouraged to practice from their inherent nature and to realize their unlimited potential for wisdom and compassion.

Except for the mantras, ceremonies were conducted in English using a combination of Mahāyāna and Theravāda chants from the City of Ten Thousand Buddhas and Abhayagiri Monastery respectively. This inclusive recitation program has been pioneered for use at the Sudhana Center and Buddha Root Farm retreats.

As the *Sūratāṅgama Sūtra* is in many ways a meditation manual, meditation was a special focus of this retreat. This means not only sitting, but also daylong mindfulness and presence, as Dharma Master Heng Lai reminded us: meditation never stops. The teachers offered helpful pointers and instructions for specific meditation techniques while urging practitioners not to lose sight of the biggest picture of all.

Encouraging the assembly were many edifying stories of the Venerable Master told by his earliest disciples. Tales of the Great Masters like Venerables Hanshan and Xuyun were also told. Every teacher and presenter agreed most wholeheartedly: virtue is the seat and foundation of any unshakable practice. What was most inspiring about the Venerable Master, for each of his earliest disciples, was his unfaltering virtue.

Hence, those in attendance adhered to the five precepts during the retreat, partaking of healthy and delicious vegetarian fare prepared three times daily by chefs Flavia Lee-Faust and Jackie Farley. Each retreatgoer, practicing dāna pāramitā, likewise took on some service task of pruning, cleaning, or food preparation; and everything was accomplished quickly and joyfully because of their unanimous contributions.

巧妙地融合萬佛聖城北傳與無畏寺南傳的唱誦風格。這種兼具南傳北傳的唱誦方式，已在善學中心和佛根地舉辦的活動中試行多年，可謂首開先河。

《楞嚴經》是禪修的一部完全指導手冊，因此禪修成為這次講習班的重點之一。禪修，不僅止於打坐，還包括持續的正念、專注於當下。正如恒來法師所開示的：禪修，未曾一刻停止過。在鼓勵學員把握禪修的主要精神之餘，對於禪修的具體技巧，老師們也給予非常實用的指導。

幾位上人的老弟子分享了上人的事蹟，以及寒山大師和虛雲老和尚的故事。每一位老師和講者都深切地認同：德行是堅固修行的磐石和基礎。對於所有的早期弟子而言，上人最啟發人的就是他堅實的德行。

因此，所有參與者在課程期間都受持五戒，並且享用由李德清和Jackie Farley兩位居士精心準備的清淨素食，同時也通過社區勞動（例如剪枝、打掃、準備食物）來實踐布施波羅密。大家眾志成城，歡喜而





Preparation and planning by the DRBU Extension team began months in advance. During the spring, students from Developing Virtue Secondary School and participants of DRBU Extension's Living the Practice program helped open up a new dormitory building. A number of volunteers arrived a week early to put everything in order. This process was greatly aided by a community of male DRBU students living at Sudhana Center during the school year.

With such good roots in the Dharma, each participant left enlightened in one way or another, drawn upward by some new insight or progress on the Path; or by the gift of a copy of the *Sūratgama Mantra*. According to the Sūtra, as Dharma Master Heng Liang pointed out during her lecture, just to carry a copy of this mantra is of great protection and benefit to any practitioner.

This retreat was such a blessing, and the gratitude felt by the assembly for their good fortune will permeate the Sudhana Center for a long time to come. ❀

高效地完成了所有任務。

這次活動的主辦單位法大推廣教育中心，幾個月前即開始籌備各項細節。培德中學的學生以及法大另一項推廣教育「生活即修行」的學員，今年春天就著手闢設大眾居住的寮房。接近講習班開始的前一週，很多志願者都來幫忙各項準備工作，尤其是住在善學中心的法大男學生。

宿植善根和法緣，課程結束後，各各法喜充滿，在修行的道路上，又注入更多正能量以及新啟發，當然也包括一份精緻的紀念品〈楞嚴咒〉掛墜。良法師在課堂上曾經提醒我們，依據《楞嚴經》所說，僅僅佩戴〈楞嚴咒〉，就能獲得巨大的保護和利益。

能參加這次活動，真的是很大的福報。大家發自心底的感恩，將持續洋溢於善財參學中心。❀