

正念之後，走向何方？

——第十一屆全球佛教論壇在加州柏克萊舉辦

What's After Mindfulness?

—The 11th Annual Global Conference on Buddhism Held in Berkeley

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The Eleventh Global Conference on Buddhism was successfully held at the University of California Berkeley campus June 29 - 30, 2019. This was the first time that the Global Conference on Buddhism was held in the United States. The theme of the conference was “What Comes After Mindfulness? (Where is Your Practice Heading?)” It was a large two-day event rich with sharing; including many rich and meaningful activities, such as meditation, yoga, and symposiums.

今年6月29日至30日，第十一屆全球佛教論壇在加州柏克萊大學的校園內順利召開。這也是全球佛教論壇第一次在美國舉辦。此次大會的主題為「正念之後，走向何方？」是一次為期兩天的集冥想、禪修、座談、瑜珈，以分享為主題的集眾多豐富內容的盛大集會。法界佛教總會的分支道場柏克萊聖寺亦是這場盛會的主辦人之一，佛經翻譯委員會、法界佛教大學及培德女校也都出席這場難得的聚會。

大會的第一天在嘉賓演講與座談中開幕。恒實法師主持了第一輪座談，其主題是「建構不同佛教傳統之間的橋樑」，座談嘉賓包含了大乘佛教的見護法師，上座部的潘納瓦提長老比丘尼，以及藏傳佛

Berkeley Buddhist Monastery (BBM), Dharma Realm Buddhist Association (DRBA)'s branch monastery in Berkeley, was one of the co-partners of the conference. Buddhist Text Translation Society (BTTS), Dharma Realm Buddhist University (DRBU), and Instilling Goodness Developing Virtue School (IGDVS) also participated in the conference.

On the first day, the opening ceremony of the conference was followed by discussions and speeches by honored guests. Reverend Heng Sure hosted the first round of the forum leading with the topic, “Building a Bridge between Different Buddhist Traditions.” The panelists included Dharma Master Jianhu, representing Mahayana Buddhism, Venerable Dr. Pannavati, representing Theravada Buddhism, and Drukmo Gyal, representing Vajrayana Buddhism. During the discussion, several guests from different traditions spoke and freely shared their experiences and challenges. This forum set the tone for open communication from Buddhists around the globe, creating



教的周毛嘉DrukmoGyal。座談中來自不同佛教傳承的幾位嘉賓暢所欲言，分享了各自的經歷和挑戰。對於一個全球化的佛教大會來說，本次座談很好的奠定了大會開放溝通的基調，讓來自不同傳承的佛教界人士都能在大會期間互相溝通和了解，讓佛法能更好的發揚光大。

中午時分，法界佛教大學的師生們為大家帶來了一個研討論壇，主題是關於當今科技與佛學倫理，探討當今科技是否真的給我們帶來快樂。在科技飛速發展的現代社會，這是一個刻不容緩的話題。與會大眾各抒己見，討論了人類使用科技體驗到的便利與危害，提醒大家在這個崇尚科技的社會中能夠時時保持辨別力和正念，使人心不要被機器所奴役。

下午，包括恒實法師在內的多位高僧大德一起參加了觀眾問答，為來自全球各處的參會者答疑解惑。結束後不久，恒實法師便在主會場舉行了一場布偶秀。法師利用造型可愛的布偶們作為發聲的代表，用詼諧有趣的方式為與會的觀眾們尤其是孩子們，帶來了一場別開生面的佛法講座，在笑聲中傳揚佛法，大

an atmosphere in which Buddhists from different traditions could communicate and better understand each other. In this way, it is possible for the Dharma to be more easily propagated on a vast scale.

At noon, professors and students from DRBU spoke on the topic, “Buddhist Ethics and Today’s Science and Technology.” They explored the issue of whether today’s technology really brings us happiness — a matter of great urgency for everyone in a time of such rapid development.

In their discussions, participants spoke about both the convenience and the damage caused by science and technology. In a society where technology is highly revered, such discussions reminded everyone to always maintain discernment and proper mindfulness, so that they do not become enslaved by their devices.

In the afternoon, a few of the eminent monastics, including Reverend Heng Sure, joined the Q& A session, answering questions from participants from all over the world. Shortly thereafter, at the main conference hall, Reverend Heng Sure held a puppet show in which he used a cute little puppet as an aid to teach Dharma. This humorous and lighthearted approach was a method well-suited to the young audience in the hall. They happily received and welcomed this teaching into their hearts — amidst much laughter.

During the conference, various Buddhist groups set up booths in the square of the conference site to provide participants with a variety of activities, among them yoga instruction and meditation practice. DRBU also set up a number of booths for DRBU, BBM, BTTS, and IGDVS. Kenneth Cannata from DRBU demonstrated the tea ceremony and explained to the audience the spirit behind it. Bhikshu Jin Fo Shi and volunteers from BBM also exhibited the four treasures of study — ink, ink brushes, inkstones, and paper, and encouraged everyone to try calligraphy. Deans and other members of the administrative faculty from DRBU, as well as the principals of IGDVS, also visited the booths at the conference. Many people requested information about the schools. The scene was very lively and full of activities.

BTTS displayed many works of translation it has completed over the years, along with copies of various texts in their original languages. It also displayed its mission statement to invite more volunteers to join the great BTTS cause — the translation





受歡迎。

大會進行期間，各佛教團體也在大會園區的廣場上搭建了展位，為參與者提供各式各樣的活動，例如瑜珈指導，冥想修習等等。法界佛教總會也搭建了若干展位，包括伯克萊聖寺，佛經翻譯委員會，法界佛教大學，以及培德育良中小學。來自法界佛教大學的康親翰展示茶道並為觀眾講述背後的精神。伯克萊聖寺的近佛法師和義工們在展位上擺出文房四寶，現場指導大家體驗書法。法界佛教大學和培德育良學校的負責人都親臨現場，不少大眾前來諮詢學校的信息，場面熱鬧非凡。佛經翻譯委員會也向大眾展示和結緣了歷年來法總出版的翻譯著作以及原著書籍，同時向大眾們介紹了法總的翻譯工作與使命，旨在吸引更多的人才投入到翻譯佛教著作的事業中來。

大會第二天早上9點，柏克萊聖寺的近傳法師，近威法師帶領大眾在柏克萊校園內體驗三步一拜，以傳達我們對地球的感恩與尊敬，參與者紛紛表示法喜充滿。隨後萬佛聖城的近柔法師為孩子們舉行了一場兒童書的見面會，用佛經翻譯委員會出版的多本作畫活潑、內容有趣的兒童書籍，給孩子們帶來了生動活潑的佛法啟蒙。恒實法師在這天的「兒童村」活動中，又再次帶來了有趣的布偶秀，吸引了大量的孩子們，歡聲笑語中，處處是佛法。

第二天中午，來自法界佛教大學的包果勒教授舉辦了一個關於「掙脫情緒的束縛」的講座。會場座無虛席，話題深刻而令人自省，會後大眾們積極提問，充分熱烈的交流更令講座的內涵提

of Buddhist texts.

At 9 AM the next morning on the UC Berkeley campus, Bhikhus Jin Chuan Shi and Jin Wei Shi from BBM demonstrated three-steps-one-bow and led the participants in this practice as a way of conveying gratitude and respect for the Earth. One after another, participants expressed that they were filled with the bliss of Dharma. Then Bhikhuni Jin Rou Shi from the City of Ten Thousand Buddhas (CTTB) introduced the some Buddhist books she had written for children. These books, published by BTTS, contain lively illustrations and interesting stories. She presented them to the children in an animated manner, exposing them to some of the rudimentary teachings of Dharma. During the Children's Village, Reverend Heng Sure once again presented his entertaining puppet shows, which attracted a large number of children. Where there was children's laughter, there was the Buddhadharm!

At noon the next day, DRBU Professor Doug Powers gave a lecture entitled "Getting Rid of Emotional Bondage;" the hall was completely packed and the profundity of the topic compelled listeners to reflect deeply.

Afterwards, there was an enthusiastic Q&A session in which the audience eagerly asked Professor Powers questions; this exchange complimented the lecture and deepened the understanding of the audience. Then, in the main conference hall, Professor Powers also participated in the "Mindfulness in Education" forum. He spoke at length about DRBU's new programs; specifically, he spoke about how DRBU's curriculum is modeled after the Great Books method which allows students to directly read key classical texts from the East and West, and directly discern the meaning for themselves in seminar style classes. Such a



升到了一個新的層次。接下來在主會場，包果勒居士參加了「教育中的正念」論壇，分享了法大目前的教育模式－讓學生直接與經典原文對話；強調聞思與實修並重；強調學生的直接體驗。

第二天下午4點，大會正式進入尾聲。在恆實法師的開場介紹後，來自馬來西亞的世界著名佛教音樂家黃慧音以及她的「淨世金剛」團隊，在柏克萊大學的音樂大廳為大家獻上了一場氣勢恢弘的佛教音樂演唱會。在兩個多小時的表演中，黃慧音及其團隊演唱了大悲咒、心經、慈經、六字大明咒等等佛教經咒。此次為期兩天的全球大型佛教盛典，便在這天籟之音中成功閉幕。✿

model of education gives importance to study, as well as highlights the importance of students' direct experiences through practice.

At 4 PM the next day, the conference concluded in Zellerbach Hall with a magnificent Buddhist concert by Imee Ooi, the world-famous Buddhist musician, and her Dharma pop band JSJG introduced by Reverend Heng Sure. During the two-hour performance, Imee Ooi and her team sang the *Great Compassion Mantra*, the *Heart Sutra*, the *Metta Sutra*, the *Six-Syllable Mantra*, and other Buddhist sutras and mantras. This heavenly and serene musical performance successfully brought to a close the two-day long Global Conference on Buddhism. ✿

石義環 文/譯

Written & Translated by Shi Yihuan

第十一屆全球佛教大會在六月29號及30號兩天於加州柏克萊校園舉行。大會閉幕時，來自馬來西亞的著名佛教音樂作曲家黃慧音及她的「淨世金剛」團隊以一場精彩的演唱會為大會畫上一個圓滿的句號。這是黃慧音在美國的首場音樂發表會。

黃慧音表示此行來美最重要的行程之一就是參訪萬佛聖城。因此在結束閉幕式的演出之後，在近合法師的帶領下，她與淨世金剛一行六人在七月二號及三號兩天便來到萬佛聖城及善財參學中心參訪。多位聖城的義工，居士以及法大的學生們都加入歡迎及導覽的行列！恆頤法師也將法總早年出版的英文音樂劇《三車祖師》CD與他們結緣！

離開萬佛城之後，黃慧音及淨世金剛也受邀到奧勒崗州的愛許蘭小鎮演出。他們在美國的最後一場演出是在柏克萊聖寺，參與表演的佛教音樂家有艾倫·塞納克、珍妮佛·貝禮仁及恆實法師。在啟程離開美國之前，黃慧音與淨世金剛還參加了由恆實法師主持的華嚴經翻譯會。✿

At the 11th Global Conference on Buddhism (GCB), which took place at Zelle UC Berkeley June 29th - 30th, the event was closed by an hour and a half performance of the soaring "Sounds of Metta" by the renowned Buddhist musician Imee Ooi and JSJG (Jing Shi Jin Gang - Pure Heart Vajra Spirits). Coming all the way from Malaysia, this was Imee and JSJG's first performance in the USA.

After the conference, Imee and JSJG went on to visit the City of Ten Thousand Buddhas (CTTB), which Imee regarded as the main highlight of her visit to the United States. Led by Dharma Master Jin He, she and her group visited the Sudhana Center and toured CTTB July 2 - 3, 2019. Upon arrival, they were greeted by various CTTB residents and DRBU students. Dharma Master Heng Yi gifted them with copies of Dharma Realm Buddhist Association's own musical, the *Three Cart Patriarch*.

After departing CTTB, the group traveled to Ashland, Oregon to perform, and then returned to the Berkeley Buddhist Monastery where they were joined for a final performance by other Buddhist musicians including Jennifer Berezan, Alan Senauke, and Rev. Heng Sure. Before leaving the US, they also jointed the *Avatamsaka Sutra* translation meeting hosted by Rev. Heng Sure. ✿



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