

Experiencing a Taste of Chan

攝心修行週

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In late February of this year, Dharma Realm Buddhist University (DRBU) students and faculty joined in the spring semester Contemplative Exercise Immersion (CEI). The CEI is an opportunity each semester for the DRBU students to spend time in contemplative exercises, allowing their studies to come in contact with practice in an immersive, focused way. The theme of the 2022 Spring CEI was “A Taste of Chan” centering on Chan meditation. The participants gathered for four days in the Wonderful Words Hall on the City of Ten Thousand Buddhas campus. They read texts on Chan and meditation—such as The Sixth Patriarch’s Dharma Jewel Platform Sutra, The Six Dharma Gates to the Sublime by Master Zhiyi, and Wandering in a Dream by Master Hanshan—and listened to lectures from instructors and faculty.

Dharma Masters Heng Chih, Jin Chuan, and Jin Wei, as well as Dr. Martin Verhoeven and Doug Powers, shared their understandings of meditation and led the group in sits and other activities. The days were a well-balanced mixture of sitting meditation, and kung fu exercises, standing meditation, walking and running, and lecture, Q&A, and roundtable discussions.

Here are some reflections from the participants:

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“I am profoundly inspired by the teachers’ unconditional

今年2月下旬，法界佛教大學教職員和學生，參加了每學期一度的「攝心修行週」。這項活動每學期都給學生機會攝心修行，讓他們以投入又專心的方式，實際運用課堂所學。2022年春季班攝心修行週的主題是：「禪味」，以禪修為主。參加者在萬佛聖城妙語堂共聚四天，除了閱讀關於禪和打坐的經典書籍，包括《六祖法寶壇經》、智者大師的《六妙門》、以及《憨山老人夢遊集》之外，也聆聽教授和講師的談話。

恒持法師、近傳法師、近威法師，以及馬汀·維荷文博士、包果勒居士，都分享了他們在打坐方面的心得，並帶領大家打坐，以及從事其他活動。每天日程安排十分均衡，有坐禪、武術、立禪、行禪、跑香、講法、問答、圓桌討論等。

以下是參加者的心得分享：

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「老師們無私、無條件的布施讓我深受感動。我也學到在修行中，

and selfless giving. I also learned that in cultivation, a tiny, little unexamined laziness or selfishness could stop us from advancing the Way or prevent us from Awakening.” — Yihuan Shi, DRBU Instructor

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“We spend so much time in words and language as a DRBU student—due to all the reading and writing for our classes—so being able to put that all down for the stillness of meditation was a welcome change. It was a chance to take what we’ve learned, and put it into practice within our own minds.”

— James Nguyen, MA student

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“What did you learn? That intellectualizing has its time and place. And figuring out things. Like how to deal with afflictions, tasks, problems, and studying doesn’t have to be so stressful. Abiding in Chan, especially outside of meditation even for a few minutes helps you let go of your worries and constructs, so you have a little more freedom than you had a while ago.

— Norbel Casas, BA student

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“I learned that Chan is not just sitting on the cushion asking “Who?”. Chan is also the small moments in daily life, when I take a mindful breath, listen to the silence when the birds momentarily stop singing, look at the space in between words on a page, and savor the split second of stillness in between the incessant thoughts.”

—Grace Woo, Translation Certificate program

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“Chan tasted like Water.

When I held it, it took the shape of my mind.

When asked ‘whose’ mind?

It disappeared into the sky.”

—Sanju Kattel Baral, MA student

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“In stillness I am able to see.”

—Jianqiu Wu, DRBU Staff Member ❀

一點點微細不注意的懈怠或私心，都能阻擋我們在道上進步，或是讓我們不能開悟。」

——講師石義環

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「身為法大學生，我們花費許多時間在語文上，因為我們有很多書要讀，還有很多報告要寫。能夠放下這些，安靜打坐，實在是大受歡迎的改變。這也是將我們在課上所學，應用到我們心上的機會。」

——碩士班學生阮勇熙

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「你學到什麼？知識化有其時空條件。還有很多發現，包括如何處理煩惱、工作、問題、以及讀書，都不必太有壓力。心住於禪，特別是不在打坐時，即使只有幾分鐘，都能幫你放下憂愁和觀念，如此一來，你就比稍早之前多了一些自由。

——大學部學生武明覺（諾爾貝爾·卡薩斯）

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「我學到：禪不是光在坐墊上問『誰』而已。禪也是每天生活中的吉光片羽：當我攝心吸氣時；當鳥兒暫停歌唱，傾聽那片刻的安靜時；當閱讀每一頁文字，看文字間的空白時；在永不歇止的念頭之間，品味剎那的寂然時。」

——翻譯班學生胡凱欣

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「禪味如水，

持之我心。

若問誰心？

消融入空。」

——碩士班學生桑婕·開特·巴拉爾：

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「在寂靜中，我便能見。」

——法大工作人員吳劍秋 ❀