

Sudhana Center Retreat

善財中心禪修班

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The retreat, called “Returning Home: The Path of Meditation,” is the first of its kind since the start of the lockdowns. In March of 2020, as word of the Covid-19 virus spread, the administration at DRBU made the decision to close campus early and send their students home. As the university proceeded online, it struggled through the many challenges the pandemic posed for schools everywhere: online classes, on-campus housing, testing and vaccination, and the impact on the lives of students and faculty.

DRBU faces a unique challenge, however, with its emphasis on the spiritual practice integrated with its

今年5月8日至6月3日，法界佛教大學（法大）在瑜伽校區善財中心恢復舉行推廣教育中心的年度禪七。由於 新冠疫情而中斷了兩年後，法大敞開大門，提供為期一週的禪修班。

這次禪修班的名稱為「歸去來兮：禪修之路」，是法大自封鎖以來的第一次禪七。2020年3月，隨著新冠病毒的傳播，法大校方決定提前關閉校園並將學生送回家。教學改在線上進行，法大奮力面對疫情

studies. Administrators worked to preserve this emphasis through the Contemplative Exercise Immersions—a semesterly, week-long practice session designed for students—which laid the foundation for the retreat at Sudhana Center. Those two years of experience provided the backbone for the planning and execution: in the days and weeks leading up to it, staff worked hard to ensure the safety of the participants as well as the quality of the practice environment.

Supported by a robust team of Covid planners and Dharma instructors, the retreat housed fifty participants in a serious, yet joyful, atmosphere of contemplation. On arrival day, as participants gathered together, some expressed joy and relief at returning to a practice space after two years apart. That evening, the group took up a collective vow of silence, and the expressions of gratitude became quieter.

Working, studying, and meditating together, the participants embarked on a week-long journey. They listened to lectures from and asked questions of senior practitioners, including Bhikshuni Heng Chih, Doug Powers, and Dr. Martin Verhoeven. The lecturers spoke on the *Hundred Dharmas Shastra* with commentary by the Venerable Master Hua, *Wandering in a Dream* by Han Shan, and sections of other texts. They participated in silent seated meditation, walking and running meditation, silent bowing, and daily ceremonies. They also practiced generosity, not just through their shared silent practice, but through the sharing of labor to keep the retreat going.

The care and dedication of organizers and participants came together to create an atmosphere of sincere practice. It was, as one participant described, like resting in Amitabha's pureland: filled with good friends and good Dharma.

At the end of the retreat, the participants participated in a closing round, sharing their heartfelt reflections with one another. Many found the retreat restful, energizing, and inspiring. Many expressed happiness and hope. And it provided an opportunity for DRBU planners and organizers to test the waters for future retreats, which will hopefully become the norm again soon. To follow the DRBU Extension program events, check out their website at: extension.drbu.edu. ☸

給各地學校帶來的許多挑戰：線上課程、（稍後的）校內住宿、篩檢和疫苗接種，以及對學生和教職員工生活的衝擊。

然而，法大還面臨一項獨特的挑戰——本校強調修行與學習結合。法大行政主管通過「沉浸式攝心修行」（每學期一次，為學生設計為期一星期的修行）努力保持這一特色，這為善財中心的禪修班奠定了基礎。這兩年的經驗為計劃和執行提供了支柱：在禪修班開始之前的幾天乃至幾週內，工作人員努力確保學員的安全以及修行環境的質量。

在充滿活力的防疫規劃人員和佛法教授共同組成的團隊支持下，禪修班讓五十名學員沉浸在一種認真而喜悅的氛圍中。抵達當天，在學員齊聚一堂時，有些人表達了相隔兩年後重返修行場地的喜悅和欣慰。當晚，大家共同發願止語，感恩的話語也變得越來越安靜。

學員一起工作、學習和靜坐，開始了為期一週的旅程。他們聆聽比丘尼恒持法師、包果勒居士和維荷文博士等資深修行者的講法並提問。講法內容包括《百法明門論》（含宣公上人淺釋）、憨山大師《夢遊記》以及其他經文片段。他們參加了止語靜坐、經行、跑香、止語禮佛、以及每日早晚課。他們還練習布施，不僅通過他們共同的止語，而且通過出坡讓禪修班順利進行。

主辦人員和學員的關心奉獻，共同營造了真誠修行的氛圍。正如一位學員所描述的：就像安息在阿彌陀佛的淨土中：充滿了善友和善法。

禪修班進行到尾聲時，學員參加了閉幕式，彼此分享了他們的衷心反思。許多人發現禪修班讓人身心休息、充滿活力又鼓舞人心。許多人表達了快樂和希望。它為法大的活動策劃者和主辦人員提供了一個機會，來測試未來的禪修，希望這將很快再次成為定期舉辦的活動。要關注法大推廣教育中心的活動，請查看他們的網站：
extension.drbu.edu ☸