

# 從攝心到全心— 2023年善財參學中心年度打七

## From Mindfulness to Heartfulness— 2023 Annual Retreat at the Sudhana Center

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法界佛教大學瑜伽市校區「善財參學中心」於6月3日至6月10日舉行年度打七，2023年的主題是「從攝心到全心」。參加打七的學員，都必須住進善財參學中心，全程參加。不得使用電子產品，例如手機、手提電腦、平板電腦、音樂播放機等一律禁止；並且止語一週，但聽課提問討論之類，必須講話的時刻除外。

每天有早晚課、上供；上午和下午各打坐兩支香，晚間安板前還有半小時的打坐。此外是講課、討論、出坡的時間，下午共同持誦大悲咒15分鐘。白天的活動多在樹蔭下和草地上進行。今年的授課老師包括：長老比丘尼恒持法師、比丘近傳法師、近威法師、果廷居士、果勒居士。持法師教導大家打坐呼吸的方法，包括打坐時如何淨化氣輪；她講課時，特別解說〈大悲咒〉和觀世音菩薩；每天下午問答時間也由持法師主持。

近傳法師和近威法師帶領大家上殿過堂，並介紹佛法入門、以及佛法在現代社會的應用。果廷居士講課以《憨山老人夢遊集》為主，果勒居士則引用荷蘭裔尼娜·梵·果爾空的著作《諸心所》、菩提比丘的《

The Sudhana Center in the Ukiah Campus of Dharma Realm Buddhist University held its annual retreat from June 3 to June 10 this year. The theme for 2023 was “From Mindfulness to Heartfulness.” All participants must participate full time and take up residency at Sudhana Center for the whole duration of the retreat to maintain the community atmosphere. Electronics such as cell phones, laptops, tablets, and music players, were not allowed during the retreat. Participants were also required to observe the noble silence for a week, except when they must speak, such as during discussion periods and lectures.

There were morning and evening ceremonies and noontime meal offerings every day; two incense periods for meditation in the morning and afternoon, and there was also half an hour of meditation before the bedtime in the evening. In addition, there was time for lectures, discussions, and community work. In the afternoon, recitation of the Great Compassion Mantra together was scheduled for fifteen minutes. Daytime activities were mostly carried out under the shade of trees and on the lawn. This year’s instructors include: Elder Bhikshuni Heng Chih, Bhikkhus Jin Chuan and Jin Wei, Upāsakas Martin Verhoeven and Doug Powers. Dharma Master Chih taught everyone how to meditate and breathe, including how to cleanse the chakras during meditation. She lectured on the Great Compassion Mantra and Guanyin Bodhisattva. She also presided over the question and answer session every afternoon.

Dharma Master Jin Chuan and Dharma Master Jin Wei led everyone for the daily ceremonies. They also lectured on

阿毘達摩概要精解》以及法國哲學家梅洛龐蒂的《知覺現象學》，互相參照。

今年善財中心的打七，針對人類意識的獨特性進行研討。講師和學員共同討論人類今天面臨的基本問題：人們的感官接收太多訊息而不知所措。我們發現自己迷失在感官中。如何不被感官淹沒？如何讓感官平靜下來？

學員之一的謝若莊表示，她從2016年善財參學中心試辦年度打七，就開始參加，從未錯過。雖然研習和討論的教材往往看起來深奧難解，但老師們的講解讓這些文字變成活生生的教材，帮助大家深入明瞭其中的義理。她也學到：打坐能讓第六意識安靜下來，清空自我，這就是光明觀照的起點，能夠進步的基礎。謝若莊說：「不用手機、不上網、止語一週、食物都有人料理，真是太棒了！這給了我空間，讓我的煩惱業習都能暫停，打開我的心結，我什麼也不用擔心。」

今年甫自法大畢業的碩士生珊菊·芭拉兒則說，這是她第一次參加善財中心的打七。除了學習佛法和精進修行之外，她和法大的若干教授一起工作，教授們放下平日在講台上的身段，和她一起切菜、洗碗。這種共同出坡的經驗，給她留下深刻印象。最後的心得分享，大家都從人性層面流露，而不是從自我的身份發言，也讓她十分難忘。

一位癌症患者說，在這次打七中，他重新調整了心態，並感受到共修的力量。打七期間，親切又慈悲的能量，讓他身心都得以充電。正如這次打七強調的：一旦明白「念頭非我、情緒非我」，就能得到自在，因為念頭來去和情緒起伏，都在覺知中。❀

Buddhism 101 and Buddhism in the Modern World. Marty Verhoeven's lectures mainly focused on "Wandering in the Dream" by Great Master Hanshan, while Doug Powers crossed reference three texts in the retreat:

1. *Cetasikas* by Nina Van Gorkom
2. *A comprehensive Manual of Abhidhamma* by Bhikkhu Bodhi
3. *Phenomenology of Perception* by Maurice Merleau-Ponty

The retreat discussed and investigated what is unique to human consciousness. Instructors and participants discussed the fundamental issues with people today: the senses are overwhelmed by too much information. We find ourselves lost in the senses. How not to be overwhelmed by the senses? How to calm down the senses?

Florence Seah, one of the participants, noted, "I have attended the Sudhana retreat without fail since the very first pilot in 2016. Even though the texts and materials discussed often appeared impossible to understand, the instructors were very engaging. They made the text accessible, alive and lively. They explained the text in a way that meets our current understanding." Florence also learned that meditation can calm down the sixth consciousness, and we are emptying the self. That is the beginning of illumination, the foundation of going farther. She said, "Phones turned off, no internet, noble silence, and food taken care of, that is super awesome. It gives me a space to interrupt my afflictions and habitual tendency, loosen and soften my tight knots. I don't have to worry about anything."

2023 DRBU MA graduate Sanju Baral said that this was her first Sudhana retreat. In addition to studying Buddhadharma and vigorous practice, she was working together with some of her professors from Dharma Realm Buddhist University. They would so kindly put aside the garb of professorial identity and chop vegetables and wash dishes together with you. In the sharing session at the end of the retreat, everyone shared their experiences from the very human level rather than from a place of some identity which made her very unforgettable.

A cancer patient said that during this seven-day retreat, he readjusted his mentality and felt the power of group practice. During the session, the kind and compassionate energy recharged his body and mind. As emphasized in this retreat: Once you understand that "I am not my thoughts and I am not my emotions," you can feel at ease, because both thoughts and emotions come and go within the backdrop of awareness. ❀