

2023年善財參學中心夏日藝文活動

2023 Sudhana Center Summer Music and Film Activities

易凡 文/譯

Written and Translated by Yi Fan

曼都西諾暑期國際音樂學院

2023年7月9日至22日，由吳戒覺組織的首屆曼都西諾暑期國際音樂學院(MISMA)在法界佛教大學瑜伽校區「善財參學中心」舉行。

本屆音樂老師包括古典和爵士薩克斯風演奏家尹文博、吉他手亞歷克斯·德·格拉西、鋼琴家黃堯玥和斯科特·洛厄爾·謝爾曼。課程與活動計有恒實法師所帶領「音樂家的攝心」工作坊、四位音樂老師的個人音樂會、音樂老師的兩場演講、以及一系列的小型音樂會。課程融合音樂表演以及每天早晚的靜坐、經驗豐富的健康教練指導的太極拳和瑜伽，以及共同探究專注於正念和音樂表演，在充滿支持和善意的團體中，為參加者提供整體體驗。

活動最後舉辦了慶祝音樂會，所有音樂教師都上台演奏。演出作品包括穆索斯基、比登本德、布庫雷赫利耶夫、庫普蘭、亞歷克斯·德的作品，格拉西、吉米·亨德里克斯等。

首屆曼都西諾暑期國際音樂學院的學生諾亞說：「音樂和佛教健康的專家向我們展示了兩者之間的聯繫，並幫助我們充分利用我們的經驗。很多健康實踐與演奏音樂有關；他們本質上幫助我將音樂演奏得更好。」諾亞所彈的鋼琴曲目包括古典和爵士音樂，他隨後在紐約哥倫比亞大學展開大學生涯。

Mendocino International Summer Music Academy

From July 9 to July 22, 2023 the inaugural Mendocino International Summer Music Academy (MISMA), organized by Sophie Wu, took place at the Dharma Realm Buddhist University's downtown campus, Sudhana Center.

The artist faculty included classical and jazz saxophonist Wenbo Yin, guitarist Alex de Grassi, and pianists Yaoyue Huang and Scott Lowell Sherman. The first MISMA offered workshops on “Mindfulness for Musicians” by Rev. Heng Sure, four artist faculty concerts, two faculty lectures and a series of mini-concerts. The program blends music performance with a core curriculum of daily morning and evening meditation, tai chi, yoga, led by experienced wellness instructors, and shared-inquiry on mindfulness and music performance to create a holistic experience at a supportive and wholesome community.

A final celebratory joint artist faculty concert was given to the public, featuring all artist faculty. Performed works included compositions by Mussorgsky, Biedenkopf, Boucourechliev, Couperin, Alex de Grassi, Jimi Hendrix and more.

“It was powerful to have experts in music and Buddhist-inspired wellness show us the connection between the two, and help us make the most out of our experience. A lot in the wellness practices is connected to playing music; they intrinsically helped me to play music better,” said Noah, student from MISMA's inaugural program, who is both a classical and jazz pianist, and is off to start his college career at Columbia University in New York.



佛教影片欣賞：「一心」

8月25日晚間8時，善財參學中心放映佛教紀錄片「一心」。這是獨立製片人愛德華·伯格（又名泰德·伯格）前往江西真如寺實地拍攝，並自己剪輯的紀錄片。真如寺是虛雲老和尚晚年住錫重興的禪寺，可謂宣公上人四眾弟子的祖庭之一。真如寺已有一千兩百餘年的歷史，寺僧每天自己耕種，也包括種茶，並砍竹炊飯。該寺一群專修的出家人，每天靜坐八小時。

愛德華·伯格是第一位獲准進入該寺攝製紀錄片的西方人。他曾旅居中國十五年，前往終南山拍攝「白雲深處」、「山路」等紀錄片，並到柏林禪寺拍攝短片「戒」。其中，「戒」和「山路」都曾在法大放映過。2023年8月23、24日兩天，他在法界佛教大學校本部，和法大師生座談。伯格指出，紀錄片是非常有力的工具，透過他的鏡頭，能讓一般人看到深山修行者以及禪寺出家人的生活，以及他們的修行理念。伯格也讓法大師生提出他們自己拍攝的作品，由伯格親自指點大家待改進之處。

伯格希望，「一心」紀錄片能讓觀眾明白，無論我們跋山涉水走過多遠的路，真正的旅途其實是在我們的方寸之間，等待啟程。❀

Film Screening: One Mind

At 8:00 pm on August 25, the Sudhana Center screened the Buddhist documentary “One Mind.” This is a documentary filmed by independent filmmaker Edward A. Berger (Ted) who went to Zhenru 真如 Monastery in Jiangxi Province to shoot on-site and edited the documentary himself. Zhenru Monastery is the Chan Monastery where the Elder Master Xuyun lived and revived it in his later years. It can be said to be one of the ancestral monasteries of the monastic and lay disciples of Venerable Master Hsuan Hua. Zhenru Monastery has a history of more than 1,200 years. The monks there farm every day, including growing tea and cutting bamboo for cooking. A group of monks in this monastery who focus their practice in meditation meditate for eight hours every day.

Edward A. Berger was the first Westerner allowed to enter Zhenru Monastery to make a documentary. He lived in China for fifteen years, and went to Zhongnan Mountain to shoot documentaries such as “Amongst White Clouds” and “Mountain Path”, and went to the Bailin Chan Monastery to shoot the short film “Precepts”. Among them, “Precepts” and “Mountain Path” were both screened at Dharma Realm Buddhist University (DRBU). On August 23 and 24, 2023, he held discussions with DRBU faculty and students at the headquarters of Dharma Realm Buddhist University. Berger pointed out that documentaries are a very powerful tool. Through his lens, the general public can see the lives of mountain practitioners and monks in Chan monasteries, as well as their spiritual philosophy. Berg also asked DRBU faculty and students to submit their own works, and Berg personally pointed out areas for improvement.

Berger hoped that the documentary One Mind will help the viewers understand that no matter how far we have traveled and how many mountains and valleys we have crossed, the true adventure awaits us within the landscapes of our own mind. ❀