

法大觀音實修週

DRBU CEI Week- Guanyin Recitation

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春節剛過，法界佛教大學開始了2024年春季學期的「實修週」。此次實修週從2月26日至29日為期四天。在這週內，課程暫停，全校師生員工，以「敞開心扉，反聞內聽」為主題，共同修習觀音菩薩念誦。這讓全校師生有機會實際體驗觀音法門，同時，也讓有興趣參加三週之後萬佛聖城觀音七的師生打下基礎。

每天早晨8點，由太極老師黃清祿帶領大家拉伸，晨練20分鐘。氣血活絡之後，稍靜坐片刻，大家開始聆聽法大鮑果勒老師的講法，探討宣公上人《反聞深思》（*Listen to Yourself, Think Things Over*）一書中，對觀音法門的開示。果勒老師提到，我們稱念觀音菩薩的名號不是只為自己，一方面，可以讓自性與觀音菩薩的慈悲建立連接；同時，我們自身散發的慈悲能量，也能利益照亮他人。他鼓勵我們將向外馳求的心力收回，

After the Spring Festival, Dharma Realm Buddhist University (DRBU) began its Contemplative Exercise Immersion (CEI) week for the 2024 spring semester. This CEI lasted for four days from February 26-29. During this week, classes were paused and the entire school came together as a community to practice “opening the heart and returning the hearing to listen within”—on the theme of reciting Guanyin Bodhisattva’s name. It provided an opportunity for faculty, staff and students to have a direct encounter with the Guanyin Dharma Door, and it also served as a preparatory exercise for those interested in attending the full Guanyin retreat at CTTB three weeks later.

Every morning started with twenty minutes of stretching exercises led by Tai Ji teacher Loc. After everyone’s energy and blood circulation were activated, there would be a brief moment of meditation, followed by a talk given by Professor Doug Powers. The talk focused on Master Hua’s instructions on the Guanyin Dharma Door from the book *Listen to Yourself, Think Things Over*. Professor Powers mentioned that reciting Guanyin Bodhisattva’s name is not just for ourselves. By reciting her

用同等的心力，向內觀照自性。之後，由近傳法師，近威法師帶領大家唱觀音讚，誦〈六字大明咒〉或者〈大悲咒〉，並稱念觀音聖號。

每天下午，陽光明媚，空氣清新，法師帶領大家在戶外大自然中經行，繞念，希望大家誠心念誦聖號的聲音，能讓鄰近有緣眾生聽到而因之受益。之後，非常殊勝的是大家有機會到萬佛殿千手千眼觀音菩薩面前繞念和坐念。活動結束後，部分學生自願參與佛殿清掃，部分學生則前往討論一天修行中遇到的問題；另外一隊學生則以打坐來收攝身心。

每天晚上分別由實法師，持法師，近傳法師和近威法師講法或問答，法師們從心中流露的善法，讓參與者得到各自的法益。

四天的活動結束後，部分學生分享了此次實修週的體驗：

「這次實修週對我來說是一次深刻的靈修體驗，我得以評估我的修行——我走了多遠，我如何改變，以及我還有哪里需要努力的地方。同時，加深了我與觀音菩薩的聯繫，使之成為我修行的一部分。」

——一名碩士班學生

「念誦觀音菩薩的名號幫助我放鬆，接納自己。」

——一名碩士班學生

「我給大乘佛法『點兩個大拇指讚』和★★★★★。」

——一名學士班學生

「這次的實修週幫助我養成了每天默誦『南無觀世音菩薩』的習慣，所以謝謝。」

——一名碩士班學生

name, we can establish the connection between our true nature and her compassion. At the same time, the compassionate energy we emanate can also benefit and illuminate others. He encouraged us to redirect our outward-seeking energy, and use the same energy to turn inward to attend to our mind, our true nature. Afterwards, Dharma Master Jin Chuan and Dharma Master Jin Wei led the group chant the Guanyin praise, the six-syllable mantra, or the Great Compassion Mantra, and then “Na Mo Guanyin Bodhisattva”.

In the afternoons, bathed in the gentle spring sunlight, the monks led everyone to walk outdoors in nature, chanting the sacred name, wishing well-being for all beings who hear the sound of chanting. After that, everyone came to the Buddha Hall and continued chanting in front of the Thousand Hands and Thousand Eyes Guanyin Bodhisattva statue, which was very auspicious. As the day drew to a close, some students volunteered to clean the Buddha Hall, some attended a group debriefing session concerning their practices, while others chose to conclude their day with meditation.

Evenings were enriched by engaging and insightful lectures and Q&A sessions led by Dharma Master Heng Sure, Dharma Master Heng Chih, DM Jin Chuan, and DM Jin Wei. The wholesome teachings flowing from their compassionate hearts benefited everyone in attendance.

After the CEI was complete, some students shared their reflections on their experiences during the week.

“The CEI was a deep spiritual experience for me, I was able to assess my practice, how far I have come, how I have been able to transform and where I still have work to do. I was also able to deepen my connection with Arya-Avalokiteśvara and make it a part of my practice.”

—An MA student

“Reciting Guanyin’s name helps me relax and accept myself as I am.”

—An MA student

I give the Mahāyana “two thumbs up” and “★★★★★”

—A BA Student

“It helped me form a habit of chanting ‘Namo Guanshiyin Pusa’ by heart as a daily practice, so thank you.”

—An MA student



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