



Dharma Realm Buddhist University's First High School Summer Program in Contemplative Philosophy

法界佛教大學第一屆高中靜慮哲學夏令營

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From July 7 to July 20, 2024, Dharma Realm Buddhist University (DRBU) hosted its first-ever High School Program in Contemplative Philosophy. Twelve high school students traveled from around the country to the Sudhana Center in downtown Ukiah to immerse themselves in DRBU's unique environment.

Campers read and discussed classic works of thought and literature, such as *Laozi*, "The Cave" by Plato, and even a verse in the *Vajra Sutra*, to explore reality, truth, and freedom; participated in workshops on art and contemplative exercise, Tai Chi, yoga, and sculpture; shared community work; and had fun activities in the evenings and on the weekend.

One of the campers, Selene Luong, felt that the two-week long summer program was fun and made the Summer of 2024 one of the most memorable summers of her life.

2024年7月7日至7月20日，法界佛教大學（法大）舉辦首屆高中靜慮哲學夏令營。十二名高中生從全國各地來到瑜伽市的善財參學中心，沉浸在法大獨特的環境中。

學員們閱讀討論各種思想和文學的經典作品，例如《老子》、柏拉圖的〈洞穴寓言〉、乃至《金剛經》中的偈頌，探討「現實」、「真理」與「自由」；參加藝術工作坊、練習打坐、太極、瑜伽、學習雕塑、分擔社區工作，晚上和週末還有多項有趣的活動。

其中一位學員梁存菩認為，為期兩

She said, “Thanks to the packed daily schedules, I was able to learn so much in these two weeks such as analyzing philosophical texts and opening my views on art. The symposium was one of my favorite days, I was so amazed by what everyone could create in just one day. ‘Shared meals turned into feasts of laughter, and late-night walks became philosophical expeditions.’ From this program, I’ve learned a lot and opened my gates to many new friendships.”

Yuan Zhou, another camper, said, “The schedule was very busy and full of activities meant to keep us engaged and give us a good balance of learning and fun. The shared inquiry format of the classes allowed all of us to express our own opinions on each text we read.”

The summer program staff, drawn from DRBU students, staff, and faculty, shared reflections on how even a brief program can foster deep personal and professional growth.

Justin Howe, a DRBU Admissions Counselor, led a seminar on “What is Truth?” and highlighted the importance of adapting class dynamics to encourage openness among students. He recalled how changing the seminar’s structure mid-session helped students engage more freely. A weekend trip to Mendocino was the highlight for him. They went from scorching Ukiah heat to chilling ocean fogs and wind. It was a good lesson to appreciate what comes. Sometimes even the uncomfortable is a welcome change. What left the greatest impact was the sense of community and insightful discussions that arose from the shared seminar experience, aligning with DRBU’s focus on collective learning.

Lauren Bausch, a professor who led the seminar on “What is Reality?” was impressed by the students’ openness and curiosity. She felt that the high school students who participated seemed to enjoy the combination of reading classical texts while simultaneously exploring a full schedule of entertaining activities like art, creative writing, karaoke, and koans. She noted how the seminar’s structure allowed for deep exploration of philosophical themes, such as the nature of perception and reality, drawing from classical texts like the *Abhisamayālaṅkāra*. A student’s reflection on emotional awareness—questioning its origins rather than accepting it as part of their identity—was a particularly rewarding moment for her, underscoring the transformative potential of such discussions. ❀

週的靜慮哲學夏令營很好玩，讓2024年的夏天成為她一生中最難忘的夏天之一。她說：「由於每天的日程安排很緊湊，我在這兩週學到了很多東西，例如分析哲學教材、讓我對藝術大開眼界。舉辦研討會是我最喜歡的日子之一，我對每個人在短短一天內創造出的成果感到非常驚訝。『一起吃飯成了歡笑盛宴，深夜漫步也成了哲學探險。』在這個夏令營中，我學到了很多東西，也結交了許多新朋友。」

另一位學員周源則說：「每天的日程滿檔，並且安排了很多活動，就是要讓我們全心投入，並且在學習和玩樂之間找到平衡點。上課採取的提問分享模式，讓我們對所有閱讀的教材，都能發表我們的意見。」

由法大學生、工作人員和教授組成的夏令營教職員，對於短短的夏令營也能深入促進個人和專業成長，分享了他們的看法。

法大招生顧問郝親悟每天上午主持「真相是什麼？」的研討活動，並強調了調整課堂互動方式，以鼓勵學生敞開心胸的重要。他回憶起改變研討活動的結構，如何幫助學生更自由參與。週末去濱海小城門多西諾市郊遊，對他來說是一大亮點。他們從炎熱的瑜伽市進入冷颼颼的濱海霧氣和寒風中，這教會了他要珍惜眼前的一切。有時，甚至不舒適的感覺也是很好的轉折。留下的最大影響則是團體凝聚力，以及從研討共享的經驗中，所產生的討論富有洞察力，這點和法大聚焦於共同學習是一致的。

主持「現實是什麼？」研討活動的教授羅倫·鮑煦，對學生們的開放性和好奇心印象深刻。她覺得參與的高中生似乎很喜歡閱讀古典作品，同時探索藝術、創意寫作、卡拉 OK 和討論（禪宗）公案等寓教於樂的活動。她指出研討會的結構允許深入探索哲學主題，例如感知和現實的本質，並借鑒《現觀莊嚴論》等經論。一名學生對情緒意識的反思——質疑其起心動念處，而不是接受它作為認同自己的一部分——對她來說是特別有收穫的時刻，顯示了這類討論可望對學員帶來身心一新的效果。❀