

# 禅世界佛法修学研讨

世界青年佛教会(WYMBA)  
禅世界 (Chanworld.org)

2020-03-27

第一回

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# 新冠疫情与佛学修行

谌飚 (Chen, Biao)  
2020-03-27



# 禅世界佛法修学研讨会

## 1 礼敬佛陀、佛法和僧团(三称)

## 2 缘起

- 新冠疫情;社交距离
- 第一次研讨会
- 佛学和修行不脱离当下的觉知
- 佛教现代化的议题
- 不分在家和出家, 对佛法修学感兴趣的同修和网友
- 围绕佛陀的基本教义和修法

## 3 研讨会的形式

- 主题 + 讨论
- 讨论佛教历史
- 讨论禅修
- 讨论佛教现代化的议题

## 4 研讨会的格式

- 主题:佛法和当下
- 时长:1.5小时
- 时间:每两周 周五晚 8:00pm ET  
(New York Time)
- 会场:Skype视频
- 研讨会内容:
  1. 介绍 (5分钟)
  2. 同修A题目 (15分钟)
  3. 法友讨论 (20分钟)
  4. 休息 (5分钟)
  5. 同修B题目 (15分钟)
  6. 法友讨论 (20分钟)
  7. 总结 (5分钟)
  8. 确定下一次法友研讨会 (5分钟)。
  9. 时间长短要遵守。

# 当下的新冠疫情和佛学

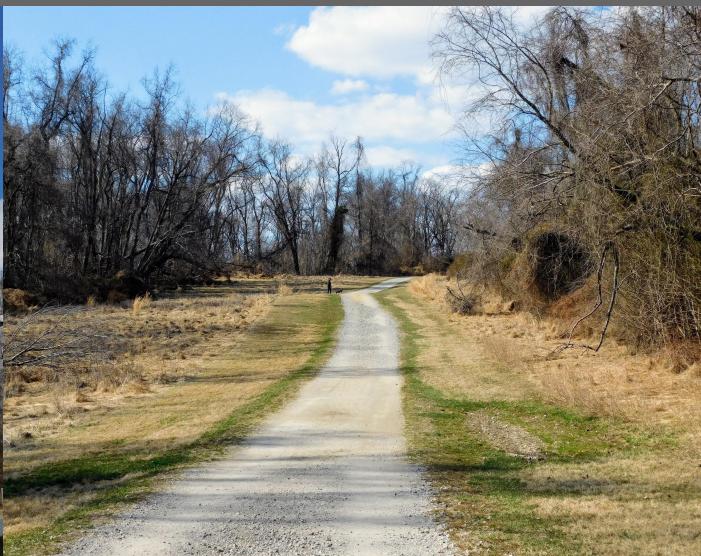
## T1 新冠疫情的来龙去脉

- 武汉 -> 全国 -> 邻国 -> 全球; 【疫情、医疗和阴谋论 - 新冠病毒是一场测试】

## T2 对疫情的几点佛学思考

- 恐惧、焦虑就上当下人们的切实的痛苦(Sufferring); 病痛、死亡 - 种种痛苦的存在
- 四圣谛 (苦、集、灭、道)的实例
- 佛学不是玄学, 针对当下 (right here and now)的问题
- 佛学的运用
  - 如实了解缘起(dependent origination known and seen as it really is);
  - 积极为自己、家人和他人传播合适的疫情信息(CDC)、保护方法和准确的社会信息;
  - 关怀自己和他人(呆在家里; 心理预防和排解; 捐助);
  - 创造喜悦(阅读; 写作; 美食; 音乐; 家人活动)。

# 讨论





# Coronavirus and Dharma

Kenneth Leong

March 27, 2020

# New Realizations

1. A new interpretation of **karma**
2. A new understanding of **Dependent Origination**
3. The need for eco-dharma
4. The economy, the healthcare system and the ecosystem are all linked.
5. The world is sacred.

# The Ecology of Disease

- “If we fail to understand and take care of the natural world, it can cause a breakdown of these systems and come back to haunt us in ways we know little about. A critical example is a developing model of infectious disease that shows that most epidemics — AIDS, Ebola, West Nile, SARS, Lyme disease and hundreds more that have occurred over the last several decades — don’t just happen. They are a result of things people do to nature.”
- --Jim Robbins, New York Times

# The Ecology of Disease

- *“Disease, it turns out, is largely an environmental issue. Sixty percent of emerging infectious diseases that affect humans are zoonotic – they originate in animals. And more than two-thirds of those originate in wildlife.”*
- --Jim Robbins

# The Ecology of Disease

- *“Any emerging disease in the last 30 or 40 years has come about as a result of encroachment into wild lands and changes in demography.”*
- --Peter Daszak, disease ecologist and the president of EcoHealth.

# The Ecology of Disease

- *Diseases have always come out of the woods and wildlife and found their way into human populations – the plague and malaria are two examples. But emerging diseases have quadrupled in the last half-century, experts say, largely because of **increasing human encroachment into habitat**, especially in disease “hot spots” around the globe, mostly in tropical regions. And with modern air travel and a robust market in wildlife trafficking, the potential for a serious outbreak in large population centers is enormous.*

- --Jim Robbins

# God's Punishment or Karma

1. A debate—is this God's punishment?  
Why, or why not?
2. An alternative explanation: Karma
3. Which explanation is more helpful?  
Explain.

# God's Punishment or Karma

1. The ecology of disease.
2. The new epidemic has to do with what humans have done to nature.
3. The whole world is an ecosystem.
4. Dalai Lama: “Destruction of your neighbor is actually destruction of yourself.”
5. We need a new environmental consciousness.
6. Eco-dharma

# Basic Economic Truths Revealed

1. Anand Giridharadas: “Your health is as safe as that of the worst-insured, worst-cared-for person in your society.”
2. The healthcare system and the economic system are linked.
3. Healthcare is a **public good**.
4. It is important to **system-think**.

# Treat thy neighbor as thyself



Anand Giridharadas @AnandWrites · Feb 27



Coronavirus makes clear what has been true all along. Your health is as safe as that of the worst-insured, worst-cared-for person in your society. It will be decided by the height of the floor, not the ceiling.



# Coronavirus Meditation

1. Death as a koan.
2. Most people have yet to come to terms with their mortality.
3. The truth of impermanence
4. Genuine peace is a matter of accepting what is.
5. Use adversity for awakening.

# Collective Karma

1. The planet is an ecosystem.
2. We need system-thinking.
3. **There is no individual karma; only collective karma**
4. Anatta—doctrine of no self
5. Is it fair ?

主持人:至于业(actions)和业力(英文 karma ;巴利 kamma),佛陀只说每个人要为自己的业负责,佛陀确实阐释了(karma),见南传上座部《相应部》和《中部》原始经典。个业和共业是细分的结果,可能是上座部和大乘论师们的发挥。

# It is cherry blossom viewing time



# Sakura Sentiments

1. Master Hong Yi
2. Juxtaposition of joy & sorrow
3. Wabi-sabi
4. Perfection in imperfection
5. Lin Yutang--The Importance of Living
6. A disaster can be a blessing.

# Wabi-Sabi : A new aesthetic

侘寂

Wabi-sabi (Japanese)

the discovery of beauty in  
imperfection; the acceptance  
of the cycle of life and death.

九月初一日丁午六叶寫

心大悲

見鬼

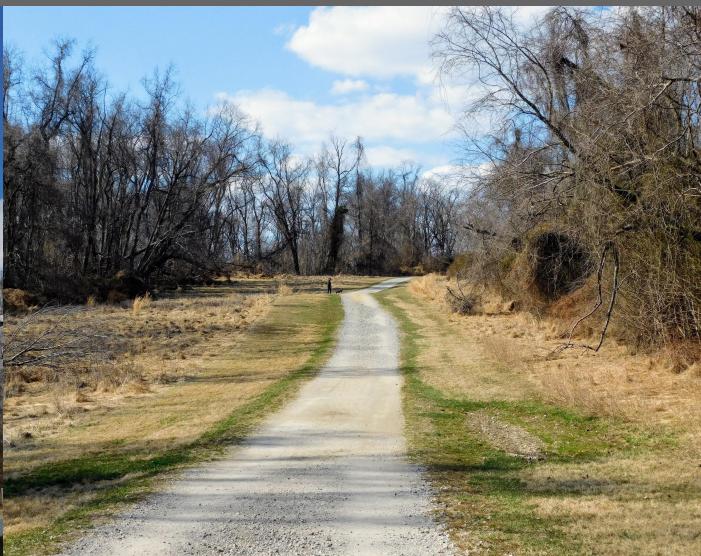
# My Pagan Soul

- On the positive side, a Chinese pagan, the only kind of which I can speak with any feeling of intimacy, is one who starts out with this earthly life as all we can or need to bother about, wishes to live intently and happily as long as his life lasts, often has a sense of the poignant sadness of this life and faces it cheerily, has a keen appreciation of the beautiful and the good in human life wherever he finds them, ...

- --Lin Yutang, **The Importance of Living**

主持人:林语堂的话很接地气(earthy), 很得  
传统文化特别是道家之意。佛陀的教义除了  
关注当下(也很接地气), 他更阐扬超越一切  
现象的空性(voidness)和中道(the middle  
way)。

# 讨论



# 参考(References)

(2013-03-27) 檀世界研讨会第一回