

附件二

教育部 107 年獎助國內大學校院選送學生赴國外研修

成果報告書

由國外研修中從心認識自己

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佛學研究中心(Institute of Buddhist Studies, IBS)

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1. 緣起

當初在南部小寺院裡，自己掙扎了將近三年的時間才來到法鼓山修學，與其說是因緣不具足，更應該說是沒信心替自己爭取機會，也沒勇氣跨出那一大步。回想起這以往的經歷，自己曾發願要勇敢做自己！對於能有機會到美國研修則是自己從來沒有想過要做的事，如今這也變成了事實，為自己在人生的求學路上留下了深刻的印記！

也許是曾經上過陳伯璋老師的多元文化課程的影響，為這次出國研修種下了種子。在學校公佈可以出國研修的訊息後，自己便開始著手準備申請，希望能夠獲取這個機會親身去體驗在與台灣不同的上課方式之下，訓練自己獨立思考的能力，以不同的視野及方法來研究，培養自己能以獨特的方式，將佛陀早期的教法落實在生活中，讓大家都能受益。

2. 研修機構簡介

IBS(Institute of Buddhist Studies)是由日本淨土真宗所創立，最初是提供海外的傳教士培練課程，在 1985 年加入 GTU(Graduate Theological Union)後，共享課程與學習資源，也是 GTU 唯一有佛學研究課程及學位的單位。

隸屬於 GTU 底下的機構。如下：

8 間學院
1. American Baptist Seminary of the West
2. Church Divinity School of the Pacific
3. Dominican School of Philosophy and Theology
4. Jesuit School of Theology of Santa Clara University

5. Pacific Lutheran Theological Seminary

6. Pacific School of Religion

7. San Francisco Theological Seminary

8. Starr King School for the Ministry

12 所研究中心

1. The Asia Project

2. The Black Church/Africana Religious Studies Program

3. The Center for Islamic Studies

4. The Center for Jewish Studies

5. The Center for the Arts, Religion, and Education

6. The Hindu Studies Initiative

7. **Institute of Buddhist Studies**

8. Patriarch Athenagoras Orthodox Institute

9. Center for Theology and the Natural Sciences

10. New College Berkeley

11. Women's Studies in Religion

12. School of Applied Theology

IBS 和法鼓文理學院一樣是小型的教學研究機構，我雖然是以交換生的身分到此學習，在一年中學習到的不僅僅只在課程中，讓我收穫更多的是在此所學的能夠真的的落實在生活上，進一步也許能夠幫助自己周圍的人。



3. 國外研修課程之學習

出國研修所上的課程如下表：

<i>Course</i> \ <i>2018 Fall</i>	<i>Instructors</i>	<i>Introduction</i>
HR-1501 Introduction to Buddhism and Buddhist studies	Scott A. Mitchell	This course introduces students to the diversity of Buddhist traditions and the academic study of Buddhism. The course covers the development of Buddhism across Asia, its history, major texts, lineages, practices and doctrines as well as substantive contemporary issues. Secondly, the course discusses the academic field of Buddhist studies, its own historical development, theories and methods, orientations and assumptions. The course is required for the IBS Certificate in Buddhist Studies and is ideally suited for GTU consortial students. No prior Buddhist studies required; auditors permitted.
HR-1615 Reading early Buddhist texts	Gil Fronsdal Diana Clark	The Collected Discourses of the Buddha (Saṃyutta Nikāya) is a magnificent anthology focused on the deeper wisdom and insights the Buddha emphasized on the path to awakening. The anthology is organized into thematic chapters which provide multiple perspectives and different approaches to the teachings. Themes include

		<p>meditation practices, meditation states, and factors needed for awakening. The Collected Discourses also has a large collection of fascinating poems composed as conversations between deities and the Buddha. For this course we will choose a number of themes to explore and discuss in a manner that provides knowledge of early Theravāda Buddhist teachings, a greater ability to think critically about these teachings, and support for one's own spiritual practice.</p>
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<i>Course</i> \ <i>2019 Spring</i>	<i>Instructors</i>	<i>Introduction</i>
HRRS-1596 Introduction to the study of Theravāda Buddhist Traditions	Natalie Quli	<p>This course will survey the traditions of Buddhism commonly referred to as Theravāda, with reference to their doctrine, development, and expressions throughout South and Southeast Asia, as well as the contemporary U.S. We will also interrogate the shifting representations of these traditions that emerge in their interface with modernity. The course will incorporate both primary texts and secondary scholarship in an attempt to broadly chart the living and historical dimensions of these traditions</p>

		and the terms of their contemporary study. Auditors with faculty permission.
HR-2990 Meditation in the Theravāda Buddhist Tradition	Diana Clark	Meditation practice has a large role in the path of liberation taught in Theravada Buddhism. The core meditation practices of this tradition, mindfulness, concentration, and loving-kindness have their origin in the early Buddhist discourses. This class will examine the context, teachings, and practices of meditation found in these discourses as well as in later Theravada Buddhism, including the modern West.

所選修的四門課以自己的研究方向為主，內容都是和早期上座部佛教有關，其中包含教義、經典和傳統。在上課地點附近就有上座部佛教寺院，到實際地點可以有更深入的了解，也可以發現佛教在西方真的和台灣有很大的差異。以下圖片是在 Berkeley 的上座部佛教寺院：



雖然自己研究以上座部佛教為主，但在這裡宗教的多元化，隨處可見到教堂及印度教寺院：





4. 國外研修生活之體驗與學習

到了國外一切事物都覺的很新鮮，比如感恩節、聖誕節等，還有這裡週末的市集，在國內是不曾見過的，還有剛來到這人生地不熟的地方，很幸運地遇到不少好心熱情的人，給了我極大的幫助，讓我能順利地在異地生活將近一年的時間。

【宿舍餐會】



【聖誕節街景及假日市集】





5. 遭遇之困難

對我來說最大的困難就是語言，平時沒有英文聽說的習慣，在課堂上真的很吃力，不僅聽不懂教授及同學們說的話，連自己要開口講話都是件困難的事。在這一年的課程裡，深深感受到語言的重要，尤其是英文！所以自己下了一個目標，回學校後，會持續英文的學習，這不只是為了自己，也為了能夠去幫助更多和自己不同國家的人，能夠用語言溝通把自己懂的可以提供給別人，也可以有更多的交流！

6. 研修之具體效益


效益
1 增進人際關係
2 訓練思考能力
3 在生活上，能獨立不依賴
4 加強外語能力
5 能把佛教的教義方法真的落實在日常生活中
（這點是我此次研修中最大的收穫，最後會有詳盡的感想。）

7. 感想與建議

在這份簡短的成果報告中，無法充份表現出自己在這次研修中的收穫，因為這是無形的寶藏，也將會影響自己往後人生要走的路。自己身為學生更是佛教的出家僧眾，相信這次的交換生涯真的幫助自己很多很多！

來到異地學習讓我真正了解了自己，知道自己心裡真正的聲音，目前正在積極改善自己中（目前是修復期），應該不久後可以有個新的自己，期望在自己的改變下，可以讓更多的人，從我身上得到幫助。讓佛教教義不只是佛教教義，可以讓人人都可以隨時運用在自己的生活上，也許大家都這麼做，世界上就可以多些和平，少些紛爭。

附件：IBS 畢業典禮報導



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IBS Students Honored at Commencement

By Rev. Dr. Seigen Yamaoka, IBS Vice President for Development

The faculty, trustees, students and friends of the Institute of Buddhist Studies gathered May 24 in the Kodo of Jodo Shinshu Center to honor the accomplishments of students who completed degrees and certificate programs.

Also, during the 2018-2019 academic year, the IBS was the honored exchange host of two students from the Dharma Drum Institute of Liberal Arts, Master of Arts Program.

At the May 24 event, opening introductions were by Rev. Marvin Harada, IBS Vice Chair of the Board of Trustees, followed by the chanting of the "Juseige" by all, and led by IBS Ministerial Students.

Opening remarks were given by IBS President Rev. Dr. David Matsumoto, followed by the introduction of Ms. Hoshina Seki of the American Buddhist Study Center in New York and IBS Board of Trustee member, who gave the commencement address.

Ms. Seki gave a fascinating commencement address, "Lady Takeko Kujo Riding on the Winds of Amida," through which she introduced to the audience the life of Lady Takeko Kujo, born into the family of the Head Priest of the Nishi Hongwanji.

Lady Kujo struggled through personal difficulties that came with her social position in order to express and actualize her personal interests.

In her lifetime, Lady Kujo went on to found and act as President of Buddhist Women's Association of Women's Association, Kyoto Women's University, and a hospital for the poor in Tokyo, currently known as the Asoka Hospital. The organizations developed by Lady Kujo continue to serve their communities to this day.

President Matsumoto and Mr. Richard Endo, Chair of the Board of Trustees, distributed the graduate degrees to the following students:


Brent Beavers, Master of Arts (Buddhist Studies) Thesis: "No-Self, Five Aggregates, and a Fearless Heart in the Interruption of Transgender Otherness in Healthcare." Committee: Rev. Dr. Daijaku Kim, Coordinator and Dr. Scott Mitchell, Member.

Rhiana Elizabeth Wiggins, Master of Arts (Buddhist Studies) Thesis: "The Buddhist Teachings of Impermanence as Heuristic Means: Transforming Fear and Denial of Death and Dying." Rev. Dr. Kinst, Coordinator and Dr. Mitchell, Member.

Rev. Blayne Higa, Master of Divinity: Thesis: "Becoming an Imperfect Companion: Shin Buddhist Spirituality and the Art of Pastoral Care." Rev. Dr. Kinst, Coordinator and Dr. Matsumoto, Member.

Certificates were presented to the following:

Nisha Shah, Certificate in Buddhism and Contemporary Psychology. Advisor: Dr. Richard K. Payne.



The Institute for Buddhist Studies held its commencement for students May 24 at the Jodo Shinshu Center in Berkeley. In the front row, from left, are: Chiyon Shih, Lien Chun Lalita Lin, Christopher Lee Dunford Jr., Rev. Blayne Higa, Rhiana Elizabeth Wiggins, Brent Beavers, Jesse Zavala, Cynthia Keiko Yasaki and Landon Yamaoka. In the back row, from left, are: Rev. Gerald Sakamoto, Dr. Daijaku Kinst, Dr. Richard Payne, Hoshin Seki, Dr. Seigen Yamaoka, Dr. Patricia Hiromoto, Richard Endo, Dr. David Matsumoto and Rev. Marvin Harada. Not pictured are Kaitlyn Mascher-Mace, Amy Lynn Umezu and Christina M. Atienza. (Institute for Buddhist Studies)

Brent Beavers and Rhiana Elizabeth Wiggins, Certificate in Buddhist Chaplaincy. Adviser: Rev. Dr. Kinst.

Christopher Lee Dunford Jr., Kaitlyn Mascher-Mace, Amy Lynn Umezu, Landon Yamaoka, Cynthia Keiko Yasaki, and Jesse Zavala, Certificate in Shin Buddhist Studies. Adviser: Rev. Dr. Matsumoto.

Christina M. Atienza, Brent Beavers and Rhiana Elizabeth Wiggins, Certificate in Soto Zen Studies. Adviser: Rev. Dr. Kinst.

Lien Chun Lalita Lin and Chiyon Shih received certificates for completing a year-long study at IBS under the Dharma Drum Institute of Liberal Arts and IBS Exchange Program. Adviser: Dr. Mitchell.