

## 現代禪宗叢林的禪修生活： 揚州高旻寺禪七調查報告\*

劉懿鳳

### 摘要

筆者於2015年至2017年間一共三次共計二個月多的時間，在揚州高旻寺以道場義工的身分做田野調查，親自感受了高旻寺的冬季禪七、夏季結夏安居情況，以及義工的日常生活工作，對高旻寺現在的禪堂規製作了細緻的觀察，對個別常住義工以及打七人員的情況作了訪談。本文涉及的人員包含了常住義工、短期義工、淨人、新出家的沙彌、老參師父、參加禪七的居士、寺院常住法師等，主要考察了高旻寺的叢林制度、禪修情況、常住生活幾大方面。

關鍵詞：禪宗叢林、高旻寺、禪七

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## **The Modern Meditation Life in a Chan Monastery: A Fieldwork Report of the Winter Chan-Retreat in Yangzhou Gaomin Monastery**

Liu Yifeng

### **Abstract**

This paper is a fieldwork report of the author's altogether three times for a total of more than two months stay in Yangzhou Gaomin Monastery as a short-term volunteer. The author experienced the Winter Chan-Retreat, the Vassa, the volunteer work and made a deep observation of the daily regulation of the monastery's meditation hall. The author also interviewed several resident volunteers and some participants of the Winter Chan-Retreat. The personnel involved in this paper include resident volunteers, short-term volunteers, novice monks, resident monks, participants of the Chan-Retreat, etc. This paper mainly focus on the institution of the Gaomin Monastery, the situation of its Chan-Retreat and the daily life of the resident people there.

**Keywords:** Chan monastery, Gaomin, Chan-Retreat

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