

禪修的全球化：以聖嚴法師西方弘化為案例的討論

劉怡寧 台大社會系博士後研究員兼任助理教授

摘要

近二十年來，有關禪修(meditation)與身心療癒(the healing of body and mind)的接軌在美國受到廣大的重視，包括禪修與腦神經科學的對話、禪修經驗與正念的匯通，乃至於禪修與情緒管理、心理與精神健康等，但凡牽涉到與個體之「身體」與「心靈」覺察的禪修主題，不僅廣泛受到跨地域禪修人士的喜愛，也對禪修在西方與亞洲的推廣產生推波助瀾的跨文化傳播效果。本論文將考察聖嚴法師在美國推廣漢傳禪修的過程，梳理當代漢傳禪修傳統在面對西方現代性時，如何調整自身的傳統？又是如何與其他禪修傳統對話？從而開展出復興漢傳禪法的現代特徵。

關鍵詞：全球化、禪修、自我技藝、主體性、文化創生

Abstract

In the past two decades, the connection between meditation and the healing of body and mind has received extensive attention in the United States, including the dialogue between meditation and neuroscience, the experience of meditation and the study of mindfulness, as well as meditation and emotional management, mental and spiritual health, etc. Any theme of meditation that involves the awareness of the "body" and "mind" of an individual is not only widely loved by cross-regional meditators, but also has a widely impact on the cross-cultural promotion for meditation in the West and Asia context. This paper will examine the process of how Master Sheng-Yen's spread Chan in the United States, and how he adjusted contemporary Chan traditions in the context of Western modernity. Furthermore, how did he keep dialogue with other meditation traditions for shaping the modern characteristics of the revival of Chan were also elaborated in the discussion.

**Keywords : Globalization, Meditation, Technology of the self, Subjectivity,
Culture production**