

**地藏法会 超度祖先及延生植福**  
**Dizang Sutra Chanting Ceremony Prayer**  
**and Offering to Ancestors**

欲参加超度祖先或延生植福, 请尽早报名。  
 Please register early if you wish to participate in the  
 Trasference of Merits to the Departed and Prayers  
 for Longevity & Merits

**21-25.8.18 10:00am-6:00pm**



MCI (P) 050/04/2018

*A bi-monthly newsletter brought to you by Kwan Yin Chan Lin • Singapore • September - October 2018*



心如

THIS issue...

心如 - 庞蕴居士

How to Deal with Stress - Kathy Park JDPSN

麻坡福慧园道场启用

Opening of Muar Zen Centre-Fu Hui Yuan

祖师故事 Zen Ancestor Stories

学禅心得 - 锻炼自己的心 - 颜洁宁

**UP 禅林活动表**  
 coming activities

新加坡 - 禅林中心 | Singapore - KYCL Zen Centre

9月 SEP 2018  
 8/9: 7pm - 9.30pm  
 禅修班: 第八十九期开课 - 共六课  
 89<sup>th</sup> Zen Meditation Course - 6 Lessons

10月 OCT 2018  
 21/10: 10am - 2pm  
 庆祝观音诞: 顶礼大悲忏、三皈五戒  
 Guan Yin's Birthday Celebration - Repentance  
 Chanting, 3-fold Refuge and 5 Precepts

26/10: 8pm - 9.30pm  
 佛法开示: 由天门法师主讲  
 Dharma Talk by Ven. Chon Mun

27/10: 8.30am - 5.30pm  
 弘法大会 Zen Conference  
 地点/Venue: Suntec Convention Centre

11月 NOV 2018  
 6/11: 8pm - 9.30pm  
 佛法开示: 由Andrzej导师及一花导师主讲  
 Dharma Talk by Andrzej Stec JDPSN &  
 Kathy Park JDPSN

10/11: 7pm - 9.30pm  
 禅修班: 第九十期开课 - 共六课  
 90<sup>th</sup> Zen Meditation Course - 6 Lessons

马来西亚 - 滨佳兰国际禅寺 | Malaysia - Pengerang  
 International Zen Meditation Centre

9月 SEP 2018  
 1/9- 启建地藏法会: 超度祖先及延生植福、蒙赦山一堂  
 2/9-: Di Zang Sutra Chanting Ceremony - Prayer  
 and Offering to Ancestors  
 28/9: 6pm - 9.30pm  
 中秋节联欢晚会 Mid-autumn Festival Celebration

10月 OCT 2018  
 21/10: 10am - 2pm  
 庆祝观音诞: 顶礼大悲忏、三皈五戒  
 Guan Yin's Birthday Celebration - Repentance  
 Chanting, 3-fold Refuge and 5 Precept

马来西亚 - 迪沙鲁禅修中心 | Malaysia - Desaru  
 Zen Meditation Centre

10月 OCT 2018  
 19/10- 禅七, 由继闻法师及天门法师带领  
 25/10: 7D Zen Retreat, led by Ven. Chi Boon & Ven. Chon Mun

马来西亚 - 禅林麻坡福慧园 | Malaysia - Muar  
 Fu Hui Garden Meditation Centre

9月 SEP 2018  
 21/9- 禅三, 由大峰禅师, 继闻法师带领  
 23/9: 3-day Zen Retreat, led by Zen Master Dae Bong  
 & Ven. Chi Boon

10月 OCT 2018  
 29/10- 禅七, 由继闻法师、Andrzej导师及一花导师带领  
 4/11: 7-day Zen Retreat, led by Ven. Chi Boon,  
 Andrzej Stec JDPSN & Kathy Park JDPSN

11月 NOV 2018  
 3/11- 禅二: 由继闻法师、Andrzej导师及一花导师带领  
 4/11: 2-day Zen Retreat, led by Ven. Chi Boon,  
 Andrzej Stec JDPSN & Kathy Park JDPSN

\* 请大家踊跃参加, 尽早报名。  
 \* We look forward to your warm participation.  
 Please register early for all activities.

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# 心如

心如即是坐，境如即是禅；  
如如都不动，大道无中边；  
若能如是达，所谓火中莲。  
- 庞蕴居士

## 【白话新唱】

心若能如如不动便是入定打坐。面对不同的处境时，只是如实反照便可称得上是禅。心与境完全打成一片时，没有思维理论，更无所谓大道偏门。若能做到这一点，就好像火中的莲花（比喻虽身处烦恼中而能得到解脱，达到清凉境界）。

## 【分析与鉴赏】

传统禅法有止观二法。止为定法，观为慧法。若心能定于一物不动，便称为入定。但是心若遇上不同的处境时，又要如何应对呢？若在此时，心还能如如不动，如实反照便能称得上是禅。很多时候，当我们面对棘手的处境时，如朋友对你发脾气，内心马上就会生起种种念头：“为什么他要骂我？我都没对他做什么，他难道不知道我在处处让着他吗？他还敢跟我发脾气！我应该教训教训他，不然他就要骑到我的头上来了！”不到一瞬间，火都起了。但是心若能不被他的言语给钩住，若能如实反照，便能觉察出他说这些话的背后故事，并能以更好的方法来应付。

很多时候，当我们的的心遇上外境时，思维一下子就起了。这是对的，因为这是思维的工作。可能是善的思维，也可能是恶的思维。但在这时候，如果我们被这些思维给牵着鼻子走，我们便和处境分开了。我们就会开始活在我们幻想出的世界里。思维越丰富，幻想就越大。到最后，也不知道什么是真，什么是假。可是当我们能放下这些思维，跳出思维的框框，回到思维之前的地方，我们便能和处境合一。这时候，没有长篇大论的种种道理，也没有你我之分，没有什么大道或小道。看到需要帮忙的人就只是去帮。看到需要做的事情就只是去做。累的时候就休息，饿的时候就吃东西，不是很复杂，非常简单。

虽然繁忙的生活中需要面对各种处境，若能常常跳出思维的框框，回到思维之前的地方，心就不会乱。心不被思维给混乱时，自然也就和处境合一。若功夫纯熟，便可称得上是火中之莲。○







# How to Deal with Stress

by Kathy Park JDPSN

**S**tress is not bad but the problem most of us experience is being overwhelmed by stress. A great master once said, "Difficulties are our spiritual teachers." Inside every difficulty which appears in our life is a diamond. But when we cannot take the stress or obstacle or karma, then everything breaks down. Most office workers have a raised cortisol level and it is very common for them to get anxiety and insomnia. With insomnia, one does not get enough rest and has insufficient energy. One gets depressed, and the brain kind of burns out. When that happens, emotional imbalance follows. Physical imbalance comes next then sickness appears. Cells break up, and disease follows. But it is very important for us to understand that there is a seed in all of these. The way we deal with or don't deal with whatever is appearing, is the trigger for all the suffering that appears. Outside situation will always appear, but most importantly, what is the root? Who is experiencing this discomfort? Who is experiencing this stress and where does the stress come from?

Understanding your life pattern or situation, our diet, sleep and exercise, can help to sustain and improve our original energy. That means we should take care of this physical form. That gives physical energy. The second is emotional centre, our heart centre. Our emotional centre is related to our breath. How do you breathe when you are stressed? Up here, from the upper chest. When you have stress, your brain gets the message, live or die. Although there is no tiger in your office, you might be thinking, "My boss is not happy with what I do, maybe he will fire me." Life and death situation then appears in our brain. Although we might be sitting in front of our computer, inside us is life and death, life and death, constantly stressed out. This is what many people experience daily these days.

At times like these, it is very important to come back to your breath. Slowly breathe in, slowly breathe out and get air energy, *kong gi*. Very quickly, body and mind will connect.

Emotional energy means in our life, how is my relationship with others. So we start to look at our lives, do I have trouble with everybody or how is my relationship? Is there love, joy, community? What am I missing? We must find that. But this is not just the friend in the Facebook okay? We must be in the same room with other people. When we return to our breath, we return to our centre, *dan tian*, then using this breath, your heart opens. Then correct relationship is possible.

The third part which is very important is our mind consciousness. That means our thinking habits. How do we use our thinking habits? I think all of us already understand this word karma, mind habit. When your mind is clear, you get universal energy. When your mind is not clear, it is constantly discriminating between things and whatever appears becomes a hindrance. As such, it is very important to perceive quickly your correct situation, relationship and function. When the mind is not clear, the situation is not clear, and one gets emotional easily. This results in strong likes and dislikes, finally culminating in emotional imbalance. That is why we do 3 kinds of formal practice. Meditation returns us to our clear mind. Chanting or calling the Buddha name purifies our emotional centre. Bowing moves the energy within our physical body. Zen practice means anything can be Zen practice. Walking eating, washing dishes driving, everything can be Zen practice. Zen means return to before thinking substance. When we return to original substance, we can use whatever is happening and appearing correctly. ◉



# 麻坡福慧园道场

## Inauguration of Muar Zen Centre





# 启用

## -Fu Hui Yuan

2016年中，我有机会去迪沙鲁的禅中心，参与部分的夏安居。夏安居即将要结束的前几天，继闻师父跟大众说，安居结束后，我们将前往柔佛州的麻坡，去看一块空地。大家都觉得好奇与振奋，不知这是怎么一回事，想要探个究竟。一番周折后，我们在当地人的指引下，终在 Parit Jawa (巴冬) 与它初次相会。巴冬是马来西亚柔佛州麻坡县的一个村镇，距离麻坡市约16公里。但见空地一片荒芜，长满绿树及野草，像一片小森林。当地的居民也在此处种植了各种蔬菜及果树，如芒果、香蕉树等。

师父跟大家介绍说，新加坡有一位陈姓善心大德，有一天约见了师父说有一块相当大的空地，想要捐赠给禅林，希望师父可以利用这片土地来盖寺院接引大众一起修行。师父深深地因这位陈居士的善心义举而大为感动，就欣然接受他的捐献。

因为要在空地上盖寺院，至少得花上两三年的时间，师父在2018年4月份，要我前往麻坡及巴冬寻找一个合适的地方作为临时的道场。经过数次的探访后，终于有缘在空地不远的地方，找到并租下了一栋两层楼的店屋。

经装修与油漆后，我们并在2018年6月24日，举行了简单，但不失庄重的开幕仪式。我们在早上10时顶礼大悲忏，并在空地上进行了洒净仪式。当天来的人数约有五六十位，包括来自韩国无上寺的一花指导老师、新加坡的法师及佛友、滨佳兰及迪沙鲁的法师与居士。巴冬当地也有数位人士参与当日的仪式。仪式结束，大众用餐后，一花指导老师为大众开示禅法，并回答大众的疑问。



Dharma talk at the 1st floor Buddha Hall  
在新道场一楼佛殿开示

寺院目前处于刚启用的阶段，我们正在进行夏安居直到9月份。师父与同修们分发了不少传单，恳切地希望当地居民可以参与我们的禅修初级班、8月份的八关斋戒，及寺院的例常活动如诵《普门品》，《金刚经》或每日的坐禅共修等等。

师父把道场称为麻坡福慧园。他希望人们可以善用这清净的道场，福慧双修。古德有云：“时间是一个修行人最大的珍宝。”这麻坡福慧园新道场是一个很庞大，且深远的计划，我们衷心希望一切众生能与我们并肩，一起创建这个场地，一起精进用功、参悟自性、成佛，并普度众生脱离苦海。◉

- 宗佑



Practice at second floor of the new temporary premise  
在新道场二楼禅修





In 2016, I had the opportunity to participate in the Summer Kyol Che at our Desaru Zen Centre. A few days before it ended, Shifu announced that after the retreat, we would go to Muar in Johore to see some land. Everyone felt curious and excited.

After much difficulty, we finally found the place with the help of some locals. This land is located in Parit Jawa, a small town called Badong in Chinese. Badong is about 16 kilometres from Muar City. The land was inhabited and filled with weeds and trees. The local residents also planted various vegetables and fruit trees such as mangoes and banana trees. Shifu explained to everyone that one day, a kind-hearted donor, Mr. Tan, called and told Shifu that he had some land which he wanted to donate to KYCL. He hoped that Shifu could use this land to build a temple that would provide a space for everyone to practise. Shifu was deeply moved by the kindness of Mr. Tan and accepted his donation.

Around April 2018, Shifu asked me to go to Muar and Badong to find a suitable place to set up a temporary practising premise. That is because it will take a few years to build a temple on the donated land. After several visits, I finally found and rented a two-storey shophouse in a place not far away from the land.

After renovating and painting, we held a simple but solemn opening ceremony on 24 June 2018. We started reciting sutras at 10am in the morning which was followed by a blessing ceremony for the land. About fifty or sixty people attended the ceremony, including Kathy Park, JDPSN from Musangsa, Korea. Venerables and friends from Singapore, Pengerang and Desaru also attended this event. There were also several locals who participated in the ceremony. After the ceremony, everyone had lunch together and Kathy Park JDPSN gave a Dharma talk and answered questions from the public.

Our Muar Centre is now in its infancy and we are currently having Summer Kyol Che until September. Shifu and fellow practitioners have distributed pamphlets to the local residents to encourage them to participate in our upcoming meditation course, 8-precepts retreat in August, and other activities such as daily meditation and recitation of the Universal Gate of Liberation (Pu Men Pin) Sutra and the Diamond Sutra.

Shifu named the new temple Muar Fu Hui Yuan as he hopes that people can make good use of this pure practice location to cultivate both merit and wisdom. A great teacher once said, "Time is the greatest treasure for a practitioner." The building of this new temple, Muar Fu Hui Yuan is a very large project and we sincerely hope that everyone can work together with us to make this place a success. With vigour and self-discipline in practice, we hope that everyone will soon become a Buddha, and save all beings from suffering. ◉

- By Zongyou





## 庞蕴居士 Layman Pang Yun



Pang Yun (740-808), better known as Layman Pang, was an ordinary merchant who lived with his family in Hunan, Southern China. In his middle age, he loaded all of his possessions onto a boat and sunk them into a river, so as to let go of his attachment to material wealth. Thereafter, he earned a living by making and selling bamboo utensils. He travelled around China, visiting various monasteries and learning from the Buddhist masters of his time.

Once, Pang asked Master Shitou Xiqian, "Who is the one who is not a companion of the Ten Thousand Dharmas?" Shitou immediately placed his hand over Pang's mouth. At this moment, Pang experienced a deep realization.

When Master Shitou asked Pang what he had been doing lately, he responded: "How miraculous and wondrous, hauling water and carrying firewood!"

Layman Pang is considered to be an exemplary model for householders and laypeople, applying zen practice to ordinary, everyday life. ◉

## 禅师语录 Zen Master Teachings

**日用事无别，唯吾自偶谐。  
头头非取舍，处处没张乖。**

My daily affairs are quite ordinary, but I'm in total harmony with them. I don't hold on to anything, don't reject anything, nowhere an obstacle or conflict.

**过即已过，更莫再寻。现在不住，念念勿侵。  
未来未至，亦莫预斟。**

The past is already past, don't try to regain it. The present does not stay, don't try to touch it from moment to moment. The future has not come, don't think about it beforehand.

**心如境亦如，无实亦无虚。有亦不管，无亦不拘。  
不是圣贤，了事凡夫。**

When the mind is at peace, the world too is at peace. Nothing real, nothing absent. Not holding on to reality, not getting stuck in the emptiness. You are neither holy nor wise, just an ordinary person who has completed his work. ◉

## 学禅心得 - 锻炼自己的心

每到月尾，在收到ZenClubWhatsapp群\*里发出下个月禅林静坐共修的时间表后，就会固定安排时间参与。不知不觉，此举已成了自己在新国生活的例常。

2011年在吉隆坡鹤鸣禅寺参加由大峰禅师带领的八日禅。之后继续和传闻法师学习，直到今日一数，接触崇山禅师教导的公案禅已接近七年。一路走来，体会到其实学禅就是学习认识自己的心。

在日常生活中，发现自己的心常常像脱缰野马一样难以驯服；不是被各种自己的“喜欢”、“不喜欢”捆绑着，就是被内心各种对自己、对外界的不满与愤怒堆积。当内心总是“想要”或“不想要”各种环境条件的时候，内在与外在就产生了对立。在这个情况底下，自己既无法看清楚状况，也被随之而来的负面情绪绑架而万念俱灰。

然而，禅修锻炼自己的心在做每件事情的时候，就只是全心全意的去做。当心专注于此刻的时候，发现自己已悄悄的放下了各种知见、条件和环境，不再有对立，内外从而合二为一，一切的事物只是如实反照。届时就能清清楚楚每个当下，进而在每一个正确的环境中，有正确的关系与正确的操作。

与同修们共勉之。◉

- 颜洁宁

\*若想加入 Zen Club Whatsapp 群，请 Whatsapp 发简讯给忠翰(9119 1433)



所谓布施者，  
必获其利益。

In practicing  
(giving) Dana,  
one will receive  
blessings.

我们衷心感谢  
Our sincere gratitude:

# 世界一花 Whole World Single Flower

一日一元一发愿，成就一花一世界  
One dollar a day to help the world

# 62

至今已有 | Total

李月婷  
陈亚娇  
陈章德  
廖志峰/廖慧恩

## 道场赞助 | Sponsorship of Zen Centre Building

发心乐捐1000元。  
Generous Contribution of \$1000  
我们衷心感谢 | Our sincere gratitude:

# 695

至今已有 | Total

Toh Hong Chye  
& Family and  
Friends

## 3650大菩提愿 Great Bodhisattva Vow

每日一元，为期三年，成就大菩提愿  
One dollar a day, total 3 years,  
to accomplish the Great Bodhisattva Vow

# 1518

至今已有 | Total

新加坡：  
林心顺 (达舜)  
苏明兴  
Ang Seng Hau

kyclzen@singnet.com.sg | www.kyclzen.org |  Kwan Yin Chan Lin Zen Meditation Centre Singapore

# 27. 10. 2018

星期六 · Sat | 8.30am - 5.30pm

地点 Venue:

Suntec Convention Centre  
Singapore | Room 300-302

票价 Ticket Price: **\$S60**



# 2018

## find your

# true self

## 廿八周年纪念国际弘法大会 28<sup>TH</sup> ANNIVERSARY INTERNATIONAL ZEN CONFERENCE

### 禅修导师 SPEAKERS & GUIDING TEACHERS:



继闻法师

新加坡观音禅林住持

**Ven. Chi Boon JDPS (SG)**  
Abbot of Kwan Yin Chan Lin



(波兰)天门法师  
观音禅宗会导师

**Ven. Chon Mun JDPS  
(Poland)**

Teacher in Kwan Um  
School of Zen



(波兰)Andrzej Stec导师  
观音禅宗会导师

**Andrzej Stec JDPSN  
(Poland)**

Teacher in Kwan Um  
School of Zen



(韩国)一花导师  
观音禅宗会导师

**Il Hwa JDPSN  
(Korea)**

Teacher in Kwan Um  
School of Zen

节目包括佛法开示、禅修  
指导、坐禅、走禅、公案  
教导、与导师交流及禅游  
(呼吸运动)。

The programme  
includes Dharma  
talks, Zen meditation  
instructions, sitting and  
walking meditation,  
Kong-An practice,  
mingling with  
Teachers, and sanyou  
(breathing exercise).



Kwan Yin Chan Lin  
Zen Meditation Centre  
No. 21 Lorong 25 Geylang,  
Singapore 388299.  
(T) +65 6392 0265 / +65 6747 6215  
(F) +65 6392 4256

Pengerang International  
Zen Meditation Centre  
Lot. 109 Telok Ramunia,  
81620 Pengerang Johor.  
(T) 0207 826 4848

Desaru Zen Meditation Centre  
No.13, Jalan Belian 5, Marinea 2,  
Taman Desaru Utama,  
81930 Bandar Penawar, Johor.

Muar Fu Hui Garden  
Zen Meditation Centre  
Temporary Zen Centre Address  
No. 29 Jalan Seroja 8, Taman Seroja,  
Jalan Abdul Jabbar, 84150,  
Parit Jawa, Johor, Malaysia.