



卫塞节快乐
HAPPY VESAK 2563

传灯、三步一拜
Transference of Lights, 3-Step 1-Bow

18.05.2019 (星期六 Saturday) | 6.30pm
@ 武吉甘柏体育场 Bukit Gombak Stadium



MCI (P) 050/04/2018

A bi-monthly newsletter brought to you by Kwan Yin Chan Lin Zen Meditation Centre • Singapore • March - April 2019

和顏愛語

THIS issue...

和顏愛語

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Bi-monthly Issue / Issue No. 110

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UP 禅林活动表 coming activities

新加坡 - 禅林中心 | S'pore - KYCL Zen Centre

3月 MAR 2019

2/3: 10.00am - 1.00pm

拜访老人院
Old Folks Home Visit

9/3: 7.00pm - 9.30pm

禅修班: 第九十二期开课 - 共六课
92nd Zen Meditation Course - 6 Lessons

16/3 - 禅二

17/3: 2-day Zen Retreat

24/3: 10.00am - 2.00pm

庆祝观音诞: 顶礼大悲忏、供佛聚餐、三皈五戒
Guan Yin's Birthday Celebration Repentance Chanting,
3-fold Refuge & 5 Precepts

5月 MAY 2019

1/5: 八关斋 Eight Precepts Retreat

5/5: 10.00am - 12.30pm

大悲法会、浴佛法会 | 地点: 禅林中心
Da Bei Repentance Chanting, Vesak Day Celebration
Venue: KYCL Zen Meditation Centre

15/5 - 9.00am ~ 9.00pm

20/5: 庆祝释迦牟尼佛2563佛陀日

地点: 武吉巴督西第31街大牌372广场 (武吉甘柏地铁站对面)
Vesak Day Celebration
Venue: Blk 372 hard court, Bukit Batok St 31 (Opp Bukit Gombak MRT)

18/5: 6.30pm

传灯、三步一拜
Transference of Lights, 3-Step 1-Bow
地点 Venue: 武吉甘柏体育场 Bukit Gombak Stadium

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

3月 MAR 2019

25/3: 10.00am ~ 2.00pm

庆祝观音诞: 顶礼大悲忏、供佛聚餐、三皈五戒
Guan Yin's Birthday Celebration Repentance Chanting,
3-fold Refuge & 5 Precepts

5月 MAY 2019

11/5 - 9.00am ~ 9.00pm

12/5: 庆祝释迦牟尼佛2563佛陀日

Vesak Day Celebration

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

4月 APR 2019

18/4 - 禅七

24/4: 7-day Zen Retreat

5月 MAY 2019

9/5: 庆祝释迦牟尼佛2563佛陀日

Vesak Day Celebration

*请大家踊跃参加, 尽早报名。

*We look forward to your warm participation.
Please register early for all activities.

和顏愛語

从来硬弩弦先断，每见钢刀口易伤；
惹祸只因闲口舌，招愆多为狠心肠。

— 憨山德清

这首偈子出自明代憨山大师的〈劝世文〉。

「从来硬弩弦先断」，弓箭，是伤人的利器，可是太坚硬的弓，往往会令弓弦先断裂。「每见钢刀口易伤」，钢刀锋利，能削金断玉，可是最容易遭受损毁、折挫的也是锋利刀口。这首偈子暗喻：人越强悍越容易失败，越蛮横越容易招来祸患。像我们口中的牙齿和舌头，舌头柔软，牙齿坚硬，但是先蚀坏、掉落的是牙齿，柔软的舌头反而比牙齿使用得更持久。因此，人生不必像钢刀锋利，也不必如硬弩般地刚强，为人处事要多给别人一点余地，得饶人处且饶人，多多将心比心，多给人一些方便、一些服务。

「惹祸只因闲口舌」，但看人间种种的灾难、祸端，多半是因为舌头的翻翻搅搅；所有的是非麻烦，大多是出于闲口舌。说的人无心，听的人有意，不知不觉就衍生漫天风波，不仅容易伤害别人，也会造成亲友的反目成冤仇。甚至故意说话伤人，造谣生事，乃至「一言兴邦，一言丧邦」，就更容易引发天大的灾祸了。

「招愆多为狠心肠」，我们要注意，自己的心地是否慈悲？是否祥和？是否柔软？心肠凶狠的人，往往戾气云集，会犯下种种罪业，招致很多的怨尤。

佛经上指出，我们的罪业是由身、口、意而来。身体所犯的罪业，如杀生、偷盗、邪淫等；口犯的罪业，有恶口、两舌、妄语等等；意，就是心，心不正则百罪生，贪、瞋、痴等，都是心所犯的罪业。因此，我们不但要修身、修口，更要修心，也就是佛门常讲的清净三业。

如何清净三业？〈忏悔文〉有谓：「往昔所造诸恶业，皆由无始贪瞋痴；从身语意之所生，一切我今皆忏悔」。我们要以惭愧的心，慈悲的心来消除罪业，做好事、说好话、存好心，清净身、口、意，培养柔和的心肠，才能无灾无难，享受清明适意的生活。◉

内容参考：

《星云说偈》之口舌入刃

菩萨的愿力

—达照法师



(续上一期达照法师的开示)

惺惺寂寂是，无记寂寂非。
寂寂惺惺是，乱想惺惺非。

“惺惺”是清楚，“寂寂”就是寂静。‘无记’是没有善的想法，也没有恶的想法，没有好的坏的想法。就像你现在没有善恶喜，我讲每一句话都很清楚，这个清楚就是我们的寂静，明了清楚的部分就是智慧，内心没有妄想就是定力，就是你的定慧等持，即‘寂寂惺惺是’。如果一直压抑自己的想法，不分是非好坏，就学错了。

永嘉大师后来读了《维摩经》开悟，讲的是不二法门，从阿舍出来，是方等时的经典的代表，主要是回小向大。“生死就是涅槃，烦恼就是菩提。”同一个东西但是两种表现。

就比如第六意识的妄想，妄想是想法，你有了我执，有了无明烦恼，所有妄想都是无明颠倒。但是如果破除了我执，想法就是智慧。第六意识转识成智。人要是没想法是很可怕的，跟木头一样，想法太多也很可怕，是妄想颠倒。比如欲望，贪欲如果是恶欲，就堕入恶道，如果是善欲，就是善道。你想自己，父母，亲人和大众生活都好一点。这是善道。“诸恶莫做，诸善奉行。”但是善道也不一定能出去，要“自净其意”。善道叫顺解脱法，恶道是障道因缘。行善积德的人虽然是向上走的，但是有一天要超越善恶，才能超脱轮回。比如以前有个叫柯受良的骑摩托车飞越黄河需要一个跳板，摩托车顺着就飞跃黄河。我们的解脱也需要一个跳台，从低到高，最终解脱。

欲望和愿望都是“望”。凡夫都是以欲望作为生命的动力往前走，今天你想来听经是善法的欲，赌博是恶法的欲忘推动。吃饭睡觉都要有欲望，不然会失眠厌食。凡夫都有欲望推动。但是菩萨的生命没有轮回欲望，超越生死，但是他不忍心众生在轮回中受苦，因为有执着妄想，他希望众生明白，所以

佛要不停为众生说法，希望众生明白他们本来就是佛，但是直接告诉他是佛没人信，得让他们跳出善恶的执着，即使是善法，福报享尽还会轮回，也不究竟，有一天不执着了就跳下来了。

所以得让他们超越善法恶法，佛教不共世间的出世间法，一定要出世间。但是出去后，也有愿力，叫“有智慧不住生死，有慈悲不住涅槃”。南传佛教传播的就是解脱教的法，很多人觉得讲得很清晰，因为我们这里是生死此岸，涅槃是彼岸，没有生死。门里面三届，门外是解脱。好像很好理解。我们从门里出去就解脱了。但是大乘佛法比较难理解，因为自己解脱后，跳出去还要回来，要‘回转娑婆度众生，巧把尘劳做佛事。’这个背后的动力纯粹是因为慈悲。慈悲也是一种情感，古大德说“爱不重不生娑婆，念不一不归极乐”，我们没有情感就是不会生活在娑婆世界，我们都是‘有情众生’，没有情感就不会纠结痛苦，不会轮回。菩萨回来度众生靠的是愿力，一切菩萨生生世世不舍众生。回来度众生的时候开始，菩萨的生命愿力，“如一众生未成佛，终不于此取泥洹”《楞严经》里阿难尊者发出的感叹，他自己已经解脱，不为自己求安乐，但远众生离痛苦。尤其是父母亲和亲人，“一切男人是我父，一切女人是我母”，生生世世都曾做过一家人。只要有众生还在轮回，救度众生就是菩萨的生命动力。因此方等典籍就是要回小向大。而永嘉大师就是读了《维摩诘经》回小向大的不二法门（开悟的）。回到生死当中，对菩萨来说生死和涅槃是不二的。而我们只执着‘我’，但菩萨超越了善恶是非，然后以大智慧大慈悲，悲智双运来到人世。

菩萨能够千百亿化身度一切众生，脱生死再回轮回。本来是厌世间轮回，然后又反过来回来救度众生。有一首诗很好：

拔出红尘梦里身，回看苦海半沉沦。
慈航普度无休息，厌世翻成救世人。

滨佳兰及迪沙鲁参禅七日修

7-Day Zen Meditation Retreat at Pengerang & Desaru



禅修心得

Reflections from Practice

— 刘馨药

第一次跟随大光禅师在滨佳兰及迪沙鲁参加禅七课程，期间学习观察到自己的想法和心情原来一直在随境转，每一天的心情起伏都不一样，有时感觉无聊、倦怠、欢喜、烦躁或平静。当烦恼升起时，心里满是憋屈的心情，过了一段时间，发现自己可以跳出来看到，生气的情绪就只是在那里，而我只是个观察者。这时候，清楚可以感受到，‘生气’跟‘我’不是一体的，而自己也能够保持平静，只是观察‘生气’的变化。慢慢的，开始看到其实周遭的人事物都只是一面镜子，种种的发生，只不过是刚好牵动了我去过去经验中曾经让我难受或无法接受的事情，现在的发生，是全新的发生，‘我’可以选择要以过去记忆中的经验 (thinking) 来回应这个发生，也可以选择以‘全新’的心情

(beginner mind, don't know mind) 来体验这个不知的、全新的发生，然后只是去进行该做的事 (Just do it)，学习清楚去看 (clear mind) 如何时时保持正确的处境，正确的关系和正确的操作，去帮助一切众生 (包括自己)。世上没有任何一个发生会是一模一样的，每一个发生都是不好不坏，都是生命当下最好的学习机会。

感恩这一次有机会获得大光禅师的指导，以及玄弘法师 (Kogen Sunim) 的开示分享。

Keep trying, and help all beings. ◉

看海的日子

As Far As You Can 【Sea】

Led by Ven. Chi Boon, we spent a day practicing with ease at the Desaru Beach and Desaru Zen Centre. The sound of the sea, in an instant, connected us intimately to nature. The constant sea breeze kept us cool and recharged throughout the day – moment to moment, with no hindrance, just do it!



“参加迪沙鲁一日行是个美丽的机缘。在围坐分享时，脑子里一直闪现几个字：佛法无边、佛法无远弗届。尽管宗派不同，但佛法就是共同的语言。感恩有这个机缘，让我得以体验观音禅林首次举办的一日修，参观了不同的道场，带回满满的正能量。”

蔡如璇



“This is my first time joining KYCL's activity. I got to know Ven. Chi Boon in 2017 when he chanted and prayed for my father, who had passed away. On 7 Dec 2018, my mum also passed away. It was devastating to lose both parents within 2 years. I am very grateful to be in touch with the Dharma. It helped me pull through these tough times. May all sentient beings meet Buddha Dharma in their current lives and all future lives till they gain enlightenment.”

Peggy Chia



“Spending the day at KYCL's Desaru practice centre was very nourishing after a very busy work week. Being by the sea, eating delicious vegetarian food, and practising chanting, sitting, and sharing with the Sangha was a joyful experience. My root tradition is in Zen Master Thich Nhat Hanh's Plum Village, and I felt so comfortable and at home practicing in the Kwan Um tradition. Truly, the Dharma is deep and lovely, and together across all traditions we are one.”

Moses Mohan

THE POWER OF H A B I T

by Andrzej Stec JDPSN (Guiding Teacher)

In Buddhism, we call habit “karma”. In our school, we say that karma is the energy of habits, power of habits. Everybody has some habits. We all have karma, actually this karma is controlling our lives. Most people don’t understand what is happening to them because every human being is making 35,000 to 50,00 decisions every day. More than 90% of it is done subconsciously, not consciously. You are doing this out of habit, you are not aware that you have this habit. Karmic process has three elements:

- 1) In this universe, there is no result without primary cause.
- 2) Whatever is happening to us always has a prior cause.
- 3) You have to do something to get the result. Because we are always doing something, we are always getting results.

But most people are not aware, they cannot connect the dots. They cannot connect the result with the primary cause, except for very immediate action. If you put your finger into the boiling water, you will get the result right away and you can connect those dots.

With karma, you only have two things: your karma controlling you, or you controlling the karma. Our job as a practitioner is to gain the position of the host. I control my karma; my karma does not control me. Also you can change your karma. Most of the karma is lingering karma, leftover karma. The most difficult to fix is this lingering karma created by very small, insignificant actions every day. This is what we call lingering karma. You keep repeating and repeating some action over time

and after a while you get the result. But if you really look closely, you will see, even those big events were created by your lingering karma over time. So it’s very important also to be mindful or aware of our daily, small habits. If you want to change your karma, first you got to understand your karma. If you want to change your habits, you got to understand what kind of habits you have. Next step is to attain your habits. You understand you have a negative habit, you always repeat the same thing, you understand that but still there is no energy in this understanding. When you attain this habit, then this understanding has energy. Only then you will have to decide, I’m going to change it, so then you need wisdom. Sometimes we call it Dharma.

You have to create a new habit, of training yourself to breathe with lower belly. If you don’t have a strong centre, sooner or later some emotion, your thinking or karma will start controlling you. You cannot change it if you have weak centre so start the day with some practice, just 10 minutes every morning. One thing at a time, this is the way you can trigger a domino effect in your life, a positive domino effect. You do only one positive action and create a habit. Let’s say from now on I want a new habit, I will always sleep 8 hrs every day. Don’t worry about the rest, only do one thing. If you try to change too many things you will fail. Just one. Decide on something, a positive action, and you do it. Then, meditate every day, practise every day. ◉

祖师故事

Zen Ancestor Stories

永嘉玄觉禅师 / Zen Master Yongjia Xuanjue

永嘉玄觉禅师，俗生戴，温州人。玄觉禅师童年即出家，精于天台止观法门，后因读诵《维摩诘经》，了悟真理，但没有人为他印证。于是随同玄策禅师，参礼六祖大师。

初见六祖，玄觉禅师并不礼拜，而是绕床（禅座）三匝，然后振锡而立。六祖故意试探道：“夫沙门者，具三千威仪，八万细行。大德自何方而来，生大我慢？”玄觉禅师道：“生死事大，无常迅速！”六祖道：“何不体取无生，了无速乎？”玄觉禅师道：“体即无生，了本无速。”六祖一听，便印可道：“如是！如是！”玄觉禅师这才具足威仪，大展礼拜，然后准备告辞。

六祖挽留道：“返太速乎？”玄觉禅师道：“本自非动，岂有速耶？”六祖追问道：“谁知非动？”玄觉禅师道：“仁者自生分别。”六祖道：“汝甚得无生之意。”玄觉禅师道：“无生岂有意耶？”六祖道：“无意谁当分别？”玄觉禅师道：“分别亦非意。”六祖遂赞叹道：“善哉！善哉！少留一宿。”玄觉禅师便答应在曹溪住一晚上。世人因此而称他为“一宿觉”。

玄觉禅师生前著有《证道歌》一首及“禅宗悟修圆旨”一篇，后由庆州刺史魏靖编辑并作序，共成十篇，合曰《永嘉集》，刊行于世。玄觉禅师圆寂于唐玄宗先天二年（713）十月十七日，春秋四十九岁，谥无相大师。

永嘉大师证道歌其中一句：

心镜明。鉴无碍。廓然莹彻周沙界。
万象森罗影现中。一颗圆光非内外。



【浅释】

我们的心镜，就是我们大圆镜智，你要是得到大圆镜智，你照什么事，一照即了。你照理，这一照就空，没有障碍。廓然是大，亦是光明的意思。莹彻，是玲珑剔透。周沙界，周遍法界，无在无不在。

天地间的森罗万象，房廊屋舍等，影现中，都在这里现出来。一颗圆光非内外，这道光不在里面或外面，是本来具有的自性光明。现在你明白了，把大圆镜智也得到了，所以一颗圆光非内外。◉

内容参考：

<http://www.nanputuo.com/nptsub/html/201103/3014595973499.html>

Start from Beginner's Mind

Xin Xiang

As Zen students of Kwan Yin Chan Lin, our training in perceptive illumination begins with sitting meditation in the Zen Meditation course. I have benefitted greatly as a practitioner whether in Zen, other trainings or in daily life from learning the technique of xi-hu (breath-in, breath-out) from Shifu.

A practitioner once lamented that it is difficult to practise working meditation when everyone else at work does not practise – all the efforts scattered about in the face of workplace challenges. When sufferings seemed too much to bear, a practitioner who knows better than to create further karmic actions would wholeheartedly look for a way to transcend sufferings.

What has worked is to sit with the mind of sufferings; use xi-hu gently and deeply as a technique to start to acknowledge the desire, anger, and ignorance underlying all the negative thoughts and ideas. Try and try to let the breath of fresh air unify the body and mind into one. In the stillness of now there is simply no room for sufferings in life, only forbearance and forgiveness, and gradually nothing to forgive, nothing to 'I want' and 'I don't want'. Just gentleness and peace, breath to breath. How long this process takes depends on how much you have been wholeheartedly practising daily. Healing and regeneration can be one incense stick away. This is the same for homemakers. Every situation is a place of practice. Our practice is in the ordinary life; when the two – practice and ordinary life - are always together then your practice has leaped forward in The Path.

The fanfare of New Year and New Spring is well behind us. Past accolades are gone, imagination of the future cannot be relied on. Let's encourage one another to together do-it with our beginner's mind. Every breath is a happy new beginning.

If you have any reflections or articles to contribute, please send them to kycl@singnet.com.sg
若有禅修心得或法益分享，请投稿到
kycl@singnet.com.sg

所谓布施者，
必获其利益。

In practicing
Dana (giving),
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
A dollar a day to help the world

69

至今已有 | Total

叶丽珍
程大赚
严鑫 / 严扬理

道场赞助 | SPONSORSHIP OF
ZEN CENTRE
发心乐捐1000元。
GENEROUS CONTRIBUTION OF \$1000
我们衷心感谢 | OUR SINCERE GRATITUDE:

Toh Hwei Li

696

至今已有 | TOTAL

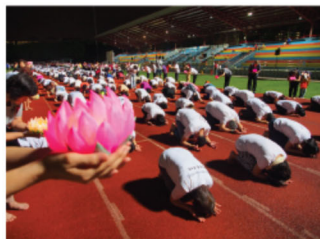
3650大善提愿
Great Bodhisattva Vow
每日一元，为期三年，成就大善提愿
A dollar a day for 3 years
to accomplish the Great Bodhisattva Vow

1519³⁶⁵
至今已有 | Total

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f @kyclzen108



18. 05. 2019 传灯、三步一拜
Transference of Lights, 3-Step 1-Bow
武吉甘柏体育场 Bukit Gombak Stadium

大会贵宾 | Guest-of-Honour
刘燕玲女士 | Ms. Low Yen Ling

教育部兼人力部高级政务次长
西南区市长

Senior Parliamentary Secretary, Ministry of Education & Ministry of Manpower, Mayor, South West District

佛法讲座：本来空
Dharma Talk: True Emptiness
8pm - 9.30pm

15.05.2019 (Wed 星期三)



大光禅师 美国，前国际观音禅院住持
Zen Master Dae Kwang
Former Abbot of International Kwan Um School of Zen, USA

16.05.2019 (Thu 星期四)



性香禅师 美国，国际观音禅院导师
Zen Master Saeng Hyang
Head Teacher of International Kwan Um School of Zen

17.05.2019 (Fri 星期五)



继闻法师 观音禅林住持
Venerable Chi Boon JDPs
Abbot of Kwan Yin Chan Lin



一花指导老师 无上寺导师
Kathy Park (Hwa) JDPsN
Guiding Teacher of Musangsa Temple



1000 People
Group
Meditation
千人静坐大会

20. 05. 2019

武吉甘柏
Bukit Gombak

本来空



true
emptiness
卫塞节快乐
HAPPY VESAK 2563

15 - 20. 05. 2019 (周三至周一 Wed to Mon)

法会地点 | Venue | 第31街大牌372广场 (武吉甘柏地铁站对面)
Blk 372 Hard Court, Bt Batak St. 31 (opp Bt Gombak MRT)

- | | | |
|--|---|--|
| 15 - 19.05.2019
(Wed - Sun) 周三 - 周日 | 9am - 6pm | 浴佛、顶礼梁皇宝忏
Symbolic Bathing of Buddha, Emperor Liang Repentance Chanting |
| 15 - 17.05.2019
(Wed - Fri) 周三 - 周五 | 8pm - 9.30pm | 佛法讲座：本来空
Dharma Talk: True Emptiness |
| 18.05.2019
(Sat) 周六 | 6.30pm
(武吉甘柏体育场
Bukit Gombak Stadium) | 传灯、三步一拜祈愿国家风调雨顺，世界和平
Transference of Lights, 3-Step 1-Bow For World Peace |
| Vesak Day
19.05.2019
(Sun) 周日 | 9am - 2pm | 素食善义卖会
Vegetarian Delicacies Fair |
| | 10am - 12pm | 儿童绘画比赛 (请报名)
Children's Art Competition (please register) |
| | 1.30pm - 2.30pm | 传授三皈五戒仪式 (请报名)
3-Refuge and 5-Precept Ceremony |
| | 7pm - 10pm | 卫塞庆典晚宴
Vesak Celebration Dinner |
| 20.05.2019
(Mon) 周一 | 9am - 12.30pm | 斋僧大会 Grand Offering to Sangha |
| | | 百位僧人诵经祈福 Chanting and Blessing by Hundreds Sangha |
| | 2pm | 大迴向 Transference of Merits |



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Taman Desaru Utama,
81930 Bandar Penawar, Johor.

Muar Fui Hui Garden
Zen Meditation Centre

Temporary Zen Centre Address
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