

**达照法师佛学讲座, 主题: 永嘉大师证道歌**  
**Dharma Talk by Ven. Da Zhao,**  
**Topic: Master Yongjia's Song of Enlightenment**  
 地点: 观音禅林 KYCL Zen Meditation Centre  
 3 - 4/11/2018: 2.00pm-4.00pm

**禅修班: 第九十期开课**  
 90th Zen Meditation Course  
 10/11/2018: 7.00pm - 9.30pm



MCI (P) 050/04/2018

*A bi-monthly newsletter brought you by Kwan Yin Chan Lin • Singapore • November - December 2018*

## UP 禅林活动表 coming activities

新加坡 - 禅林中心 | S'pore - KYCL Zen Centre

### 11月 NOV 2018

- 3/11- 2.00pm - 4.00pm
- 4/11: 达照法师佛学讲座, 主题: 永嘉大师证道歌  
Dharma Talk by Ven. Da Zhao,  
Topic: Master Yongjia's Song of Enlightenment
- 6/11: 7.00pm - 9.00pm  
佛法讲座, 主题: 习惯的力量 - 由Andrzej导师及一花导师主讲  
Dharma Talk by Andrzej Stec JDPSN & Kathy Park JDPSN  
Topic: The Power of Habits
- 10/11: 7.00pm - 9.30pm  
禅修班: 第九十期开课 - 共六课  
90th Zen Meditation Course - 6 Lessons

### 1月 JAN 2019

- 1/1: 10.00am - 12.30pm  
新年大悲法会、燃点常明灯  
New Year's Day - Da Bei Repentance Chanting,  
Whole Year Offering of Lights
- 1/1: 8.00pm ~ 9.30pm  
新年佛法开示, 主题: 从心开始  
由大光禅师与继闻法师主讲  
New Year Dharma Talk  
New Year Dharma Talk by Zen Master Dae Kwang & Ven.  
Chi Boon, Topic: Starting from Your Heart
- 5/1: 7.00pm - 9.30pm  
禅修班: 第九十一期开课 - 共六课  
91st Zen Meditation Course - 6 Lessons
- 6/1: 10.00am - 12.30pm  
周日儿童班开课 | Sunday Children Class  
现在已开始招生, 欢迎家长前来报名!  
Class registration is open now, all parents are welcome to  
register for their children!

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

### 12月 DEC 2018

- 24/12- 禅七 - 由大光禅师带领
- 30/12: 7-day Zen Retreat led by Zen Master Dae Kwang

马来西亚 - 麻坡福慧园禅修中心 | Malaysia -  
Fu Hui Garden Zen Meditation Centre

### 11月 NOV 2018

- 29/10 - 禅七 - 由继闻法师、Andrzej导师及一花导师带领
- 04/11: 7-day Zen Retreat  
led by Ven Chi Boon, Andrzej 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.**

Bi-monthly Issue / Issue No. 108  
 Spiritual Leader: Zen Master Seung Sahn  
 Abbot: Ven. Chi Boon  
 Chief Editor: Zhao Qian  
 Publisher: Kwan Yin Chan Lin  
 Printer: Qiantai Trading

双月刊/第一百零八期赠阅  
 精神领导: 崇山禅师  
 住持: 继闻法师  
 主编: 赵倩  
 出版: 观音禅林  
 印刷: 谦泰贸易



find your  
**true self**

THIS issue...

**认识自我 Find Your True Self**  
—Andrzej Stec JDPSN

**Zen and Great Bodhisattva Way** - Zen Master Dae Kwang

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Kathy Park JDPSN (Part II)

2019 KYCL Zen Calendar

**Secret Garden: Zen and Yokan** shared by Cassandra Lew



# find your trueself

# 以 知 自 我

by Andrzej Stec JDPSN

世上有三种极其坚硬的东西：  
钻石，钢铁和自知。

— 本杰明·富兰克林

“自我觉察”最近是一个引人注目的词汇。每个人都看到了更了解自我的好处。这对很多事情，包括：事业，人际关系，自我提升，生产力和整体生活幸福都有帮助。一位私人教练最近提出一项可以增强我们自我觉察能力的锻炼。他建议我们问自己20个关于人生和信仰的问题。以下是其中的例子：

- 我擅长什么？
- 我不擅长什么？
- 我生命里最重要的东西是什么？
- 我对什么感到压力？
- 我需要多少睡眠？
- 我如何定义成功？
- 我怎么看待自己？

然后他建议用第一时间想到的答案作为每个问题的回答，但不要回答“不知道”。

禅的教导指出我们都有三身：化身，报身，法身。通过禅修我们可以证得这三身，但是我们需要一个不同的途径。10,000个小问题最终都将汇聚成一个大疑问：我是什么？我们问自己的次数越多，“不知”越显得是唯一的答案。开始的时候，这好像没有道理，对吗？我们会怀疑这不实际，尤其是因为答案是“不知”。“不知”怎么会帮助我了解自己呢？这其实是自我觉察最便捷直接的方法。当我们诚挚地问自己“我是什么？”，会发生什么呢？

最终，我们会回到“不知”这个状态。当我们可以保持这个真正的“不知”，我们的心会转化。我们的心会变得清明，我们也不再执着于想法和意见。当我们的心清明，我们会了解我们真正擅长什么，什么让我们觉得疲倦，什么是我们理想的工作。我们的答案不会是“突然冒出的”浅薄回答。相反的，它们是深刻而悠远的洞见，真正有能利益我们自己和他人。

清明的坐禅就是了解我们的方向然后 — 只是去做！



# Zen and Great Bodhisattva Way

by Zen Master Dae Kwang

Talk on 5 Sep 2018 at KYCL

The *Platform Sutra*, attributed to Hui Neng, the 6<sup>th</sup> Patriarch in the Zen lineage, is the basis of all modern Zen teachings. Whether in Vietnam, China, Korea or US, Zen teachings are based on the *Platform Sutra* that was composed during the 8th to 13th century.

If you look at the Buddha's life, it's mainly about 'becoming one'. Mostly famously, the Buddha becomes one with old age, sickness and death. When he becomes one with those things, he becomes one with human suffering. When he saw human suffering, it affected him so much that he couldn't stay in his palace and he left. So the beginning of Buddhist teaching is actually becoming one with human suffering and it's also an experience that we have. I mean we see old age, death and sickness all the time. We all share the same experience with the Buddha, the difference is the way you react to it. His 'becoming one with old age sickness and death', led him to have this big question – What is a human being, why are we here?

Zen is about finding your true self - that's what the Buddha did - and then helping the world. So the title of this talk is Zen and the Bodhisattva Way. Find your true self, help the world. It's actually very simple. There is nothing complicated going on in Buddhism. In fact my teachers are always saying, the problem isn't that people don't understand, it's that they are too smart - they have to become more stupid! In this case stupid means *kind of smart*.

One thing is human are always evaluating their situation – good or bad, always. And it's just part of the human mind works. The Buddha discovered that our suffering comes from our desire. Our desire is based on our 'like and dislike' mind.

And the solution is very interesting and also very simple, don't attach to that kind of thinking. That's the *Diamond Sutra* teaching. In fact one way to thinking about the *Platform Sutra* is that it's just a commentary



to the *Diamond Sutra*. And the other interesting thing that the Buddha found is that everybody already has this Buddha nature inside of them. And the reason why we suffer is that we don't really understand what we really are - in other words, suffering comes from a misunderstanding. We think that we are our likes and dislikes and we are something else – but we're not!

That's why in Zen we use these things called the *Koan*. The Zen koans are designed to take away your opposites thinking. In fact your regular opposites thinking can't even think about the koan – it doesn't work!

In the Chinese tradition there are about 1700 koans but they have just have 1 meaning – what are you? So this koan points towards who you really are. Every time you answer a koan, you see what you really are. My personal Buddhist theory is, human beings get enlightenment 500 times a day, but they don't believe it, so they go back to opposites thinking – I want something, I don't want something. The 6<sup>th</sup> Patriarch says start doing some practice so you can directly experience what you are. It's something you already have - good news! ◉

# 用心行 于新加坡植物园

## Walk Wholeheartedly at Botanic Garden

### Walk Wholeheartedly Reflection by Anqi Kuah

It was a joyous experience to join the “Walk Wholeheartedly” event led by Venerable Ji Jue. It was not just a walk through Botanic garden but rather to do so wholeheartedly and mindfully. Silence was highly encouraged through the walk as well as chanting Buddha’s name to bring awareness back to the present moment. As the wind blows, I am aware of the sensation. As the feet contact the ground at every step, I feel the different pressures on my soles. As I see the activities going on in the park, I am aware of the seeing. Many objects came through our sense doors and all I did was just be aware and just bring the attention back within. Meditation is more than just sitting still. It is being clear and aware at every moment whether we sit or walk. When the mind is calm and stable, it is clear and non-judgmental. With this pre-thinking mind, it is able to see things as they really are. We will see how our attachment to views of things being permanent lead us to suffering when in reality they are impermanent and change according to causes and conditions. Also we will see who this “I” really is and its habit and concepts that it takes for real.

Maintaining this effort of consistently being aware at each moment and bringing the mind back is when we can say we walk wholeheartedly. Many times when we walk, our mind is not with the walking. The mind is often lost in thoughts and thinking about the past or future. When we understand that all situations we experience in the present moment are the results of our past actions and how we react to it will be the cause for the future result, we will then understand past and future are all in the present moment.



感谢继觉法师拨冗带领我们走进大自然用心行和做呼吸运动，训练自己回到当下。我们把心安住在每一步，感受双脚与地面之间的连接，让呼吸保持自然、协调步伐与呼吸，使自己的呼吸与身体的动作合而为一。大伙儿一起舒松筋骨，放松身心，连路过的小女孩也受感染加入我们一起来运动。我们感受植物园鸟语芬芳之余，也与久违的身心连结，倾听内在的声音。过程虽然时有甘露降临大地，但日光回照，一颗颗心依然默默称念佛号步步向前。活动结束前，法师不分种族慈悲亲切地分享佛法。

— 佳运 和 启耀 合十



# 2019禅修日历

# ZEN CALENDAR

犹如暮鼓晨钟，下半年开头就筹备的2019禅语日历即将如期出版。

禅林的日历是一盏真理的灯。它能护持每位善知识，不论社会角色，任何处境，帮助我们体会真理无尽无穷，圆通灵活。如果您是职场人员，面对复杂人事时，这盏灯能伴您退一步海阔天空。如果您被亲情纠缠不清，这盏灯会问什么是您此生的使命。有时它是个修行不可多得的朋友，通知您来临的禅修活动，提醒在百忙之中的您修行不能等，共修中更有力量。

2019禅语日历以憨山德清大师的《醒世歌》及圆因法师《茅篷札记》之早辨修行路为主，并分为十二摺禅语。德清大师的《醒世歌》除了呼唤我们以清明心体会人生，也更进一步教导我们如何正确的立身处世。禅歌一开始的“到处随缘延岁月，终生安分度时光”已是我们生活的灯塔。如果修行者真能随顺处境，知足常乐，人会更细心，生活会更有创意。能充实把握人生时，快乐自然发出内心。更进一步修持，那就是修无为。

圆因法师的《茅篷札记》是他近三十年在山中修行的精髓，其中写着“贪名逐利满世间，不如破衲道人闲。笼鸡有食汤锅近，野鹤无粮天地宽。富贵百年难保守，轮回六道宜循环。劝君早辨修行路，一失人身万劫休。”这人身如何得失，其中的奥妙皆少人知。平凡的我们只看着众生有不同种类，人有不同福报。但无论福报多好，世上没有一样东西能使我们得到后再也别无可求。为什么人们的欲望似一个无底洞？这种种疑团就能使人相信出路就是学习释迦牟尼佛把一切都放下。也对祖师大德的言传身教有更大的信心。

除了禅语外，2019日历也特别选了多位修行者在麻坡，东甲，迪沙鲁，边加兰的大自然里所摄影的相片。这些影像具有禅就是自然，自在；修行就是心宽，从容不迫。

有些人把年复一年的禅语日历当成是可贵的收藏品，也有人潇洒的舍旧迎新。最希望是大家让禅语里的真理铭心刻骨，使它拔节生根；何时何地都与佛法相伴。

心香合十 ◉



休将自己心田昧，  
莫把他人过失扬。  
谨慎应酬无愧恼，  
耐烦作事好商量。  
Keep the mind clear and untainted,  
Speak not the shortcomings of others.  
Interact with discernment, without worries,  
Patience eases worldly affairs.

| 憨山德清 Han Shan De Qing



红尘白浪两茫茫，  
忍辱柔和是妙方。  
到处随缘延岁月，  
终身安分度时光。  
Lost in the waves of worldly struggles,  
Forbearance and gentleness heal all.  
Follow your situation everywhere,  
Live contented, moment to moment.

| 憨山德清 Han Shan De Qing

# 一花导师访谈

## Interview with Kathy Park JDPSN (Part II)

- 在家禅修指导老师的修行和教学
- 一个人的修行同样可以帮助她/他的家人朋友和周围的人



提问：在观音禅林，我们只有出家法师作导师。请问作为一个在家指导老师，您和您的丈夫 Andrzej Stec 指导老师是怎样成为导师？你们的修行和出家法师有什么不同呢？您和Andrzej老师都是禅修指导老师，你们之间的争执和冲突会不会比平常的夫妻较少？

一花老师：在认识我的丈夫的时候，他已经是指导老师了，所以对我来讲，他先是我的老师，我其实更像一个学生。但是我们之间最重要的事情是我们的婚姻是一个三方面的关系，即：我们俩人和佛陀。鉴于我们的人生方向一致，我们都对佛法有信心，我们都誓愿把生命奉献在弘法事业。对我们来说，我们都没有想要一个孩子的愿望，而且我们都想要把自己的精力放在僧伽团体上。很多人说作为在家指导老师不容易，但是出家法师也很不容易。我相信任何一个想要真心修行佛法并帮助这个世界的人，不管他的业力状况，修为如何，通往真理的路都是不容易的。但最重要的是不管我们是谁，我们都要100%接受我们周围的处境。我觉得在亚洲作为一个在家人修行，分享佛法是很少见的。我和我的丈夫都觉得这样的老师也很重要，和出家的法师一样重要。

成为人生伴侣，我和我丈夫的经验是你们必须要是很好的法友。一个真正的法友不是那个经常拍拍你的背说没事，而是那个可以帮助你看到你自己隐藏的错误，过失和业障。那并不总是愉快的经验，但那是真正的法友，不管你们是夫妻还是朋友。

Kathy Park (一花) 指导老师从1999年开始学习禅法，曾经在美国剑桥禅修中心，普罗维登斯禅修中心，香港秀峰禅院以及韩国无上寺参学，并参加过无数次3个月安居禅修。她现在是韩国无上寺行政总监以及国际观音禅宗会属下国际自发计划的总协调。

我不记得我们之间曾有过什么争执，真的。有时，我们会意见相左。但不同的是，因为我们都修行，所以我们会很快放下。一些夫妻如果只有其中一人修行，但是他们之间懂得互相尊重，一半理解另一半的修行。其中一人修行，两个人的关系也会得到很大改善。为什么？因为如果一个人放下了，也会帮助另一个人（放下）。如果你有智慧，你可以帮助另一半。然后关系就会和谐，另一个人也会随着你放下。这对我们的父母或其他家人的关系也是一样的。一个人修行，变得清明，整个家庭的心也都会随着变得清明，整个家庭的人心底清明，就会帮助周围的邻里。然后这个清明的心就会变得越来越大，你就可以帮助整个国家的人。修行从你开始很重要。◉

# 2019 KYCL Zen Calendar

by Xin Xiang

Like the passage from evening drum to morning bell, the 2019 Zen calendar that has been a work-in-progress since second half of the year is about to be published as scheduled.

KYCL's calendar is a lamp of truth. It helps every practitioner - regardless of their roles in society and in all kinds of situations - to experience truth as unlimited and adaptable. If you face challenges in human relations at work, this lamp takes a step back with you so you don't lose sight of the forest for the trees. If you are entangled in emotional bonds, this lamp asks you to try instead to resolve the questions over life and death in this lifetime. Sometimes it is an invaluable Dharma friend that informs us of the upcoming practice activities. As we go about with our busy life, it reminds us not to procrastinate our practice, and together action with the Sangha gives more strength to continue practicing.

The 12 stanzas of Zen poems in the 2019 Zen calendar are borrowed from Han Shan De Qing's "Song of Awakening" and Venerable Yuan Ying's "Practice Early" in his compilation *Notes from a Thatched Shed*. More than just a call to experience life with a clear mind, Han Shan De Qing's "Song of Awakening" teaches us how to correctly conduct ourselves and interact in society. The beginning of the song, "Follow your situation everywhere; Live contented, moment to moment." already acts as a lighthouse for living well. If a practitioner follows the flow of every situation at hand and is satisfied with what one has, this practitioner will become more attentive to the correct situation, and thereby, life will be more creative. When life is being put to full use in this way, naturally, happiness flows from within. An advance practice of this is non-doing.

Venerable Yuan Ying's *Notes from a Thatched Shed* is the essence of almost 30 years of practice in the mountains. It is written therein, "Greedy for fame and fortune throughout the land; Better to live the simple life of a practitioner. Caged chickens feed near cooking pots; Wild cranes feed from the boundless earth. Wealth is not preserved beyond a hundred years; Going round and round in six realms unaware. Better to start early on the path of practice; A human form lost is infinite kalpas". How this human form is gained and lost is a mystery that only few can unravel. We, the ordinary folks, can only see that there are different types of sentient beings and humans have different karmic rewards. However, no matter how good the karmic reward is, nothing in this world can satisfy a person's wants such that the person will not want anything further. Why are the desires of humans insatiable? These doubts are enough for us to believe that the way out is to follow what Shakyamuni Buddha did, that is, to put it all down, and to have greater confidence in the teachers and meritorious practitioners who spread The Dharma using words and deeds.

Besides Zen poems, the 2019 calendar includes selected photographs of natural scenery taken by various practitioners in Muar, Tangkak, Desaru, and Pengerang. These photographs embody that Zen is natural, at ease; to practice is to have a wide mind and calmness.

Some people keep the yearly calendar as a valuable collectible, whilst some do away with the old and welcome the new with grace. Above all, what matters is for the truth in the Zen poems to be etched in memory. When it becomes a part of you, then you are with The Dharma at all times. 🌀

## Zen and Yokan

shared by Cassandra Lew

Many of us would have come across a Japanese red bean dessert cut into neat cubes, some of us might have even been fortunate enough to savour the grainy sweetness of the red bean paired with other ingredients like chestnut. This traditional confectionery is known as yokan or 羊羹, and is often enjoyed with Japanese green tea, creating the perfect blend of bitter and sweet flavours on the palette.

What is curious is its name, which is literally translated to "goat soup". The origins of this popular dessert is in fact closely linked to the Japanese Zen tradition. During the Kamakura-Muromachi period (1185-1573), a Japanese monk who studied abroad in China brought yokan back to Japan. However, as monks do not consume meat, a vegetarian version using red beans was invented, giving rise to the red bean jelly we now know today.

In recent years, seasonal ingredients have been added to enhance the taste and texture of this dessert, for instance, sweet potato, chestnut, matcha and so on. The simplicity of ingredients used in traditional yokan have led many to attempt making their own version of this dessert at home. Here is a good Mizu Yokan recipe for you to try out on your own:

<https://www.justonecookbook.com/mizu-yokan/>



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

64

至今已有 | Total

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

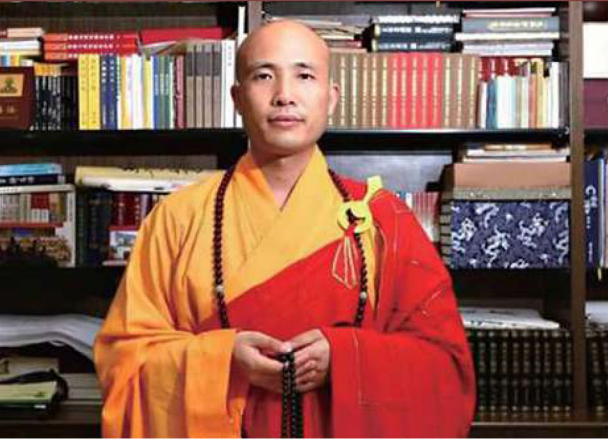
3650大菩提愿  
Great Bodhisattva Vow

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

1519  
365  
至今已有 | Total

新加坡: 羅爱丽

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



## 释达照法师 佛学讲座 讲题: 永嘉大师证道歌

日期: 2018年11月3日至4日

时间: 下午2点至4点

地点: 观音禅林

No.21 Lor 25 Geylang Singapore 388299

### 达照法师简介

达照法师，现任中国佛教协会理事、中国佛教协会教育委员会委员中国佛学院普陀山学院研究生导师、浙江省佛教协会副会长、温州佛教永嘉禅学会会长、温州市妙果寺住持、文成县安福寺住持、山东济南元音寺住持等职。

达照法师在1991年至2001年期间先后就读于福州鼓山佛学班、南京栖霞山佛学院和北京中国佛学院；2001年6月在中国佛学院获佛学硕士学位；2007年6月获得香港观宗寺觉光长老传授天台教观第四十七代法嗣；2009年创立了安福利生功德会，组织开展禅修、养生、慈教、怀老等四大志业。多年来一直从事于佛法的修学和弘扬，常应邀赴海内外各大寺院、团体、高校弘法讲座，出版过《永嘉禅讲座》、《<天台四教仪集注>释译》、《禅心密印》等十余本著作，弘法音像在互联网中广为传播。

## 2019禅语日历

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