

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:

World Single Flower 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

新加坡: 陈麻颖

79

至今已有 | Total

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大振宗风

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2020新年佛理讲座「平常心是道」 NEW YEAR DHARMA TALK "EVERYDAY MIND IS THE GREAT WAY"

由大光禅师与继闻法师主讲 by Zen Master Dae Kwang and Ven. Chi Boon JDPS 01.01.2020 8.00PM

禅修班: 第94期开课 94th Zen Meditation Course 04.01.2020 7.00PM



MCI (P) 060/04/2019

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A bi-monthly newsletter brought to you by Kwan Yin Chan Lin Zen Meditation Centre • Singapore • Jan - Feb 2020

春节活动 KYCL 2020 Chinese New Year Events



Table of events for Chinese New Year 2020, including dates, times, and descriptions for various activities like repentance chanting, reunion dinners, and meditation retreats.

19. 01. 20 (星期日 Sun) - 08. 02. 20 (星期六 Sat): 禅林将在以上日期放香。放香期间，一切日常活动暂停。 KYCL will temporarily cease all regular activities during the above period. 祝大家新年快乐! Happy Chinese New Year!

一即一切 一切即一

One is everything, everything is one.



THIS issue...

一即一切 一切即一

Just Like This, Be Here NOW by Myong An Sunim

禅当下如是 | Dhamar Talk: Zen Just Like This

继闻法师开示 | Dharma Talk by Chon Mun Sunim

儿童佛学班2019年结业仪式和木偶秀表演 Children's Class 2019 Graduation & Puppet Show

祖师故事: 三祖僧璨禅师 | Third Patriarch Seng Can

Secret Garden: 我们为什么每天要吃饭? 悟微

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UP 禅林活动表 coming activities

新加坡 - 禅林中心 | S'pore - KYCL Zen Centre

Table of upcoming activities for January and February 2020, including dates, times, and descriptions for various events like repentance chanting, meditation courses, and dinners.

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

Table of upcoming activities for January 2019 at Pengerang Int'l Zen Meditation Centre.

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

Table of upcoming activities for January 2019 at Desaru Zen Meditation Centre.

\*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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Pengerang International Zen Meditation Centre Lot. 109 Telok Ramunia, 81620 Pengerang Johor. (M) +60 11 1862 4848

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

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





# 一即一切 一切即一

光明寂照遍沙河，凡圣含灵共我家  
一念不生全体现，六根才动被云遮  
破除烦恼重增病，趣向真如亦是邪  
随顺世缘无挂碍，涅槃生死等空花  
—— 张拙

## 【白话新唱】

明心见性之后，佛性的光明普照整个法界，无论凡夫、圣人或任何动物、植物都与我一样同在佛性里；一切是一，当我们不升起一念分别心时，法界的全体真相就自动显现出来，相对的，感官意识一运作起来，真相就好像被乌云遮蔽了。

在佛性的天地里，想去破除烦恼，只是更增加我们的烦恼，想要朝向真如走过去反而离真如越远，明白了这个道理，我们仍然随顺世缘，不与世人争论，世人所害怕的轮回生死，所冀望的涅槃解脱，在我们眼中，犹如水面上的倒影一般虚幻。

## 【分析与鉴赏】

张拙，是一位秀才，他去参访石霜庆诸，石霜问他：“秀才，何姓？”他说：“姓张名拙。”石霜就一句话刺进去说：“觅巧尚不可得，拙自何来？”使得张拙当下有省，就写了这个著名的偈子呈给石霜庆诸。

这个偈子形神俱美，有漂亮的文采，也有深刻的意涵，禅的出世与入世两个层面都点到重点了，值得再三吟咏。七百年后，这个偈子还成为帮助明代四大师之一的紫柏真可开悟的助缘。紫柏真可听到僧人在颂读这首开悟偈，对于“破除烦恼重增病，趣向真如亦是邪”非常疑惑，因为这两句话与佛学常识违背，他问僧人说：“不是应该‘破除烦恼方无病，趣向真如不是邪’这样才对吗？”这位未曾留下姓名的僧人也是禅门高手，他笑笑不语，意思是：张拙一点儿也没错，你才不对！

僧人什么也不解释，因为有些事情需要的是体验，不是解释。这样一来，反而撩起紫柏真可的内心生起巨大的疑情，他怎么样也搞不懂，于是一边参究，一边到处在石壁上书写这两句话，弄到后来，他整个人迷闷到头脸都肿起来了！

直到有一天正在吃饭时，他忽然懂了，肿得不成人形的脸也立刻恢复正常。这真是一件不可思议的事情。观音禅林祝大家新年快乐，新的一年，修行精进，法喜充满！



## 祖师故事 Zen Ancestor Stories

### 三祖僧璨禅师 / Third Patriarch Seng Can

三祖僧璨禅师，姓氏及籍贯均不详。史料只记载，他最初以白衣的身份拜谒了北方前来舒州司空山（今安徽岳西县西南店前镇）避难的二祖慧可祖师，并得到祖师的点拨，印可和传法，成为禅宗的三祖。



初祖达磨传法给二祖之后，自于少林托化西归，二祖慧可于是一边随宣传法，度化众生，一边寻求法嗣，以付祖衣。北周武毁佛期间，二祖与林法师为伴，护持经像，隐藏民间，并一度南下到舒州司空山隐居（后人在此处建有二祖师，元时被毁，现存有二祖石窟的遗迹）。在隐居的时候，也就是到了天平二年（535），二祖遇见了僧璨。僧璨当时是个居士。关于他的身世，《楞伽师资记》用了八个字来概括——“罔知姓位，不测所生”。当时僧璨已经四十多岁了，并且得了很厉害的风疾。僧璨前来礼拜三祖，可能跟他身染重病有关。病苦的折磨使他感觉到自己罪障深重，必须彻底忏悔。于是他问二祖：“弟子身缠风恙，请和尚忏罪。”

二祖回答道：“将罪来，与汝忏。”

僧璨沉吟了很久，回答道：“觅罪不可得。”

二祖道：“与汝忏罪竟，宜依法僧住（既然如此，我已经把你的罪障忏悔净尽了。从今以后，你当皈依三宝，过出家人的生活）。”僧璨又问：“今见和尚，已知是僧。未审何名佛法（你让我依三宝而住，关于僧，我今天见到了和尚，已经明白了它的含义，不用问了，但是，我还不明白佛和法的含义）？”二祖道：“是心是佛，是心是法，法佛无二，僧宝亦然（是心即佛，是心即法，佛与法一体不二，心外无法，心外无佛，僧宝亦复如此，佛、法、僧三宝，皆依一心而立，同体而异名，非内非外）。”僧璨听了祖师的开示，言下心意豁然，欣喜道：“今日始知罪性不在内，不在外，不在中间，如其心然，佛法无二也（今天我才明白罪性并不是一个实有，它既不在内心，又不在心外，又不在心的中间，它当体即是心的幻用，其性本空，觅之了不可得。就象吾人的心性本空能生万法一样，佛法原来是不二的，并非在心之外另有一个佛与法）。”

#### 三祖僧璨《信心铭》摘录

“至道无难，唯嫌拣择。但莫憎爱，洞然明白。  
毫釐有差，天地悬隔。欲得现前，莫存顺逆。”

“极大同小，不见边表。有即是无，无即是有。  
若不如是，必不须守。一即一切，一切即一。  
但能如是，何虑不毕。信心不二，不二信心。  
言语道断，非去来今。”

## 我们为什么每天要吃饭？

悟徵

时间过的真快！转眼之间，在观音禅林工作已经有二十年了。

这二十年工作之间，才真正的深入了解佛教，曾经是一个很迷信的人，渐渐的成为一个有正信的佛教徒。

我的工作扮演着许多角色，接听电话、洗地、抹地、洗厕所、煮饭、柜台工作等等。工作虽然琐碎的，但是做的蛮法喜，因为工作就是修行，修行就是工作。在佛堂我们需要六和敬，人际关系也非常重要，要如何相处，沟通和运作，这也是修行的一部分，由其是柜台工作，我们要有耐心听和等。有时也会有烦恼和生气，但会提醒自己把烦恼心转成菩提心。

工作与家庭之间，就是要平衡与和谐，家庭成员的互助互爱，团结一致，也是学佛的精神。要平衡工作与家庭，就是先把家务做好，我负责煮，家人都会有分配到工作，孩子功课方面自己搞定，家人需要看医生，只是陪伴，要维持一个快乐家庭，真不容易，但是很幸运孩子蛮听话。我们全家在1988年一起入佛门，同修也有跟我们，一起到佛堂共修与活动，慢慢的他也成为义工了！从小我们就把孩子带去佛堂，可能孩子比较有善根吧！有时孩子也会教导我这个妈妈。

人生难得，佛法难遇，善知识更难遇，真理难闻，很幸运都得到了，禅师们和继闻师父的教导，获益良多，只是去做，“just do it”。需要我们帮助的人，我们就及时伸出援手，只是无私的帮忙，帮了就放下，不要有回馈之心，不求回报！

可以说禅林陪我一起成长，让我领悟处事待人非常重要，有时也会跌倒，也会做错事，跌了就再爬起来，再往前走，经过许多风风雨雨，这过程蛮幸福和法喜。我们大家互相勉励。

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





佛理讲座：感恩继闻法师、天门法师、明眼法师的禅心悦语，领导我们当下如是修行  
Sincere appreciate the Dharma talk, Zen Just Like This share by Ven. Chi Boon, Chon Mun Sunim, Myong An Sunim



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- 1 句句禅语献大家  
Dedicated inspiring Zen teachings to everyone
- 2 与导师们交流  
Mingling with Teachers
- 3 招募世界一花义工团队  
Volunteers recruitment for wwsf 2020
- 4 调身、调息、调心，身心合一，  
平静祥和  
Adjust our body, breath and mind.  
Outside inside become one,  
achieve a calm and peaceful realm.
- 5 人人法喜，能量满满  
Everyone dharma joys create full of energy

# 一日修心千载宝，百年贪物一朝尘 YOU ALREADY HAVE THOUSAND YEAR IMMEASURABLE TREASURE.

## 开示 继闻法师

我们刚诵了心经。般若波罗蜜多心经，即非般若波罗蜜多心经，是名般若波罗蜜多心经。大家听得懂吗？刚才说要诵韩文的心经，然后诵英文的心经，后来又变回诵韩国的。这就像我们的人生，一直在改变，但是虽然外面的环境一直改变，你们处境没变。韩国文的心经也好，印度的，或中文也好，都是一。

很多人要聚集付出，来安排这样的环境给我们来这一日修。我们应该感恩。这也告诉了我们，每一样事情我们所要完成的，都需要很多人一起来成就的。也就是大家要付出。我们现在很舒服的坐在这边，但外面的人在外面站岗没得进来。所以，这样的一日修是为你而举办的。而你们也有付出，要很早就起来。

古人说，“一日修心千载宝，百年贪物一朝尘。”什么意思呢？就是你们很用心今天一天来这边坐心定的功夫，你就能赚到宝。今天是公共假期，如你还去上班，这为了什么？就是你要抓住东西，所以我们说“百年贪物一朝尘”。大家很有智慧选择来这边一日修。你的银行账户已经存很多款了，一千年用不完。但是，你要懂得当下珍惜。临济禅师说，“只是现今”。时间不等我们。每一分每一秒都要珍惜。我们说“时时努力，世事反省”。我们的修行，每个时间，我们都要很专注，要努力。那修什么呢？我们就修智慧。当修好了智慧，我们本来的慈悲心就会显现。世事要反省，做得不好，或不对，我们就要忏悔；做对了就反省有没有做得够。

## DHARMA TALK by Chon Mun Sunim

So, you all came here because you are interested in finding out about or you want to find that thousand year, immeasurable treasure?

Chi Boon Sunim spoke about the thousand years treasure. You can get it in one moment of clarity, not just one day of effort. It may mean complicated and difficult this one pure and clear thing. If we think this is difficult it is difficult. The title of this Zen conference is 'Just like this'. 'Just like this' means very simple, not complicated. All of us came here because we want something. All of us experienced at one point in our lives, maybe everyday that something is not working. So we are not happy and really would like to find that treasure, this one pure and clear thing. The problem is that we 'wanted'. The more we wanted, the more difficult to get. Zen is 'Just like this', this mind is not complicated. We often compared it to the clear mirror. This clear mirror, anything you put in front of it, it 100% just reflect anything. Clear mirror doesn't hold any opinions, any likes or dislikes.

Before thinking, that mind is clear like a mirror. Because there is no thought of any kind, so there is no smudge on it. So everything in front of our mirror, our mind, we will see clearly, perceive clearly. So that means 'Like this'. 'Like this' means everything we see, hear, taste, smell, touch, that's truth. So what is not truth, what's not Buddha? There's a famous poem, "without any thinking, only just like this is Buddha". But one more step is necessary. This 'like this' is just reflecting clearly of what is in front of us. What's important is 'what is the function of this truth reflected in front of our mind?'. How to function correctly in every moment. If we practice, with hundred percent effort, then being clearly in this moment in this situation is possible. And acting clearly according to the situation, according to the moment is possible. That is the thousand years treasure. ◉



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# 儿童佛学班2019年 结业仪式和木偶秀表演

Children's Class 2019 Graduation & Puppet Show

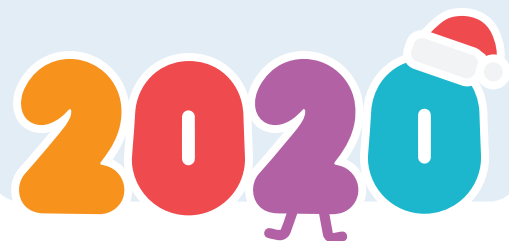
11月17日是观音禅林儿童佛学班的最后一堂课，除了例行的结业仪式、分派纪念品与学习报表之外，小朋友们还呈献了一场别开生面的木偶剧演出。当天的表演除了顺利地邀请到继闻师父地莅临，也把在禅林其它地方活动地信众们以及家长们也请到场（家长在另一层楼参加亲子关系地讲座）。

木偶剧结束后，同学与老师们即于当场为中医义诊部门义卖筹款。所售卖的皆为同学们的手作品以及Karen老师的一些画作。当天的义卖成功为中医部筹得\$557的善款。



观音禅林儿童佛学班2020年即将招生，内容丰富有趣，老师们发心悉心教导，师生比例更是接近一对一，具体招生信息请大家关注禅林网站和脸书！

Children's Class 2020 now open for registration. For those who are interested, please visit KYCL website and Facebook! Looking forward to your participation!



儿童班招生  
Children Class Enrollment



中医义诊部的郭医师接收大家筹到的善款 / Dr Quek from KYCL Traditional Chinese Medicine (TCM) Clinic receiving garnered donation from the students.



负责手工作品义卖的Karen老师与同学 / Teacher Karen and her students selling their art peices for charity.

# JUST LIKE THIS, BE HERE NOW

Dharma Talk during **Zen Conference 2019**  
Myong An Sunim

If you think that it is 'just like this', that isn't it. If you think that it is 'not just like this', that is also not it. So what is it? It sounds very complicated, but actually it's very simple. How do you go beyond, thinking whether it is 'just like this' or it is 'not just like this'?

We have a saying in our school - when you are doing something, just do it. If you just do it, you are already beyond opposites thinking. It's right, it's wrong, it's like this, it's not like this, it's good, it's bad. You just do it.

Human beings are very unique, we can imagine many different stories in our heads. Most animals cannot do that. In my Zen centre in Penang, we have two dogs. They can't imagine, "Oh what is Myong An Sunim going to cook for dinner for me tonight? I hope it is something good. I don't want that lousy dog food that he gives us all the time." They can't imagine that. Only If the food appears, then they will eat it.

Our mind can imagine many things. We can also time travel. If you think about the past, we already time travel to the past. If you are thinking, what is he going to say next, what am I going to do after this, you already time travel to the future. That is not good, not bad. But if you attach to it, then you are not living in this moment. Even if you are sitting here, listening to this talk, your mind is sometimes flying off somewhere else.

They did a study at Harvard university. Our mind wanders off about fifty percent of the time. I am supposed to talk for twenty minutes. Your mind wanders off fifty percent of the time, so you are only hearing ten minutes of this talk (laughter). So how do come back and just be present? So that is what we practice



today. When you are doing something, just do it.

We spend so much time on our mobile phones, we are all in our heads. We are rarely here, in this moment. We are somewhere else, wherever our phones take us. I am not saying this is bad. The question is: does it control your mind, or do you control it? If it is controlling you, you cannot let go of it, you are caught in this trap, and you can't be here. You are always caught up in thinking - is it like this, or not like this. But imagine how you would be if you are free of all that, if you were completely present in this moment, beyond this concept of dualistic thinking, opposites thinking - good-bad, high-low, right-wrong.

Do you know this actor, Bill Murray? This interviewer asked him, "You have everything Bill, you have fame, you have money, you have everything. What would you like more of now?" He thought for a moment and said, "I would really like to be more here, now." That's all he wanted. He said, "If I was present, if I was more here, now, there's so much more I could do."

You get to practice being here now, today. ◉