



结夏安居, 三个月禅修日

3-Month Zen Meditation Retreat

Date 日期: 7/5 - 4/8/2020



MCI(P)022/04/2020

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

## UP 禅林活动表 coming activities

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

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

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

通过观音禅林脸书直播

Online through KYCL Facebook Live:

每逢周二、四 8.00pm 诵经与坐禅

Every Tue & Thu: 8.00pm Chanting & Meditation

每逢周六 7.30pm 佛理讲座

Every Sat 7.30pm Dharma Talk

8月 AUG 2020

29/8~ 10.00am - 6.00pm

02/9: 启建地藏法会:超度祖先及延生植福、放蒙山一堂

Di Zang Sutra Chanting Ceremony - Prayer and Offering to Ancestors

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30TH ANNIVERSARY

true dharma eye

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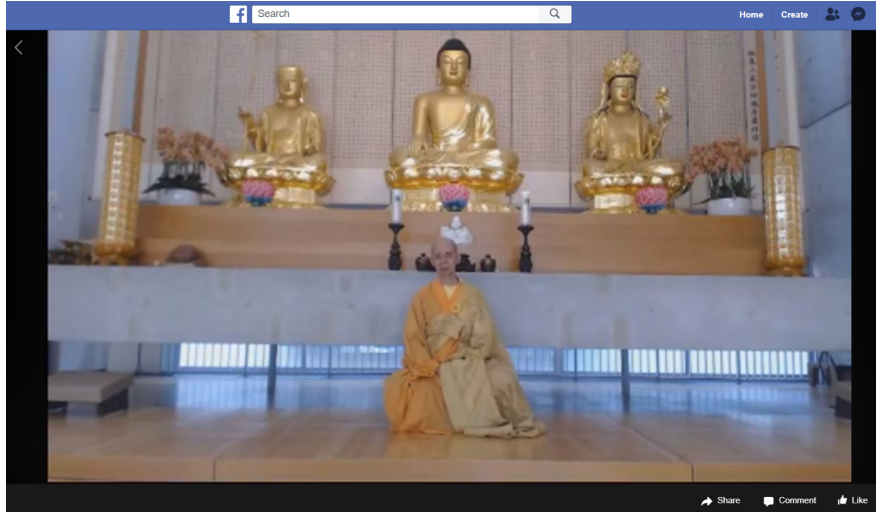
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# 正法眼藏

林解音  
三十周年纪念  
30TH ANNIVERSARY  
true dharma eye



## 观音禅林主持上继下闻法师：

有一天，佛在灵山会上说法，很多弟子，菩萨们都来聆听佛陀的教导。可是今天佛陀只是坐在那儿没有开口，只是默然。弟子们不明白为什么佛陀今天只是坐在那儿默然。然后，他就提起一朵花。很多人也不明白。只有摩诃迦叶破颜微笑。然后佛说，我终于可以传这个法给摩诃迦叶了。佛说：“我有正法眼藏，涅槃妙心，微妙法门，实相无相，教外别传，不靠语言文字，已经传给了摩诃迦叶。”

今天佛只是默然，他传了什么法呢？他只是提起一朵莲花。那摩诃迦叶又明白了什么，使他破颜微笑？他证入了什么？

这个公案给了我们两个疑团：

1. 佛只是提起了莲花，他传了什么法？
2. 摩诃迦叶破颜微笑，他证入了些什么法？

这是佛陀无言的教导。也就是佛告诉我们，我们眼前每一样东西都是真理。山河大地每天也都在教导我们。这就告诉我们，我们的生活没有离开大自然。那我们要怎么去跟大自然和谐呢？首先，我们需要跟自己和谐。只有跟自己和谐之后，我们才可以跟其他人和谐。那时我们也会跟大自然和谐。可是我们人类失去了跟世间和大自然和谐，破坏了这个大自然。我们破坏了水源，破坏了空气。我们跟其它动物，其他众生没有很好地和谐相处，所以我们才会面临现在冠状病毒的疫情。如果我们要彻底消除世间的灾难，我们要从内心出发。去了解自己，然后跟别人和谐，跟大自然共处。世间才能够和平。

在这个卫塞节期间，我们要反省一下。我们要启发我们的善心，这个灾难才会自然消除。现在我们不能够有太多的活动，只能在线上活动。接下来我们有三个月的坐禅日，结夏安居。这段时间，你们呆在家里，就是掌握你现有最好的因缘。然后去充实，跟我们一起用功，证入这个拈花微笑的公案。那你的内心每天都会笑。山河大地看到你也会笑。你身旁的人看到你也会笑。希望大家能够证入这个会心一笑。🙏

# Help the world

Vesak Day Dharma Talk by  
Zen Master Dae Kwang

Vesak Day celebrates the birth, enlightenment, and parinirvana of the Buddha. All over the world, including Singapore, we are experiencing the COVID-19 pandemic. Someone said to me: "I don't like Vesak Day. It reminds me of the suffering I have in this the world." I said: "That's not Vesak Day's purpose. Feeling bad about suffering is natural. But for Buddha, this suffering that you experience is a teacher for him".

This bad feeling you have is also the same bad feeling that Buddha had. It is actually your teacher. This pandemic that we experience, and all the suffering that goes around it - illness, loss of jobs, loss of money, loss of friends and relatives - all of these things are just part of the same experience the Buddha had when he left his palace.

When the Buddha left his good situation, he saw an old person, a sick person and a dead corpse. In Zen, we say he became one with the suffering of the world. This pandemic is very much the same as the one in 1819. It's not unusual, it is part of samsara going round and round. The important thing about suffering is not about this bad feeling inside. It is to raise this big question - Why are we here?

When the Buddha left home, he had this great doubt. In the end, he runs out of thinking answers and goes to his don't know mind. After sitting all night, he looks up and sees the morning star, and he gets this big enlightenment. In Zen, we call this truth enlightenment. It means the direct experience of the way things really are. If I give you a banana, you eat it, you get banana enlightenment. You have direct experience of the truth of bananas. If you let go of thinking, at the moment when you bite into the banana, you and the banana became one. It is not based on an idea, It is based on direct experience. Buddhism is based on this idea of Da Ci Da Bei (大慈



大悲) - Great compassion, Great sadness. Great compassion means love and compassion for all beings. That is the Buddha's job and that is our job. Great sadness means the natural feeling that you have when you see suffering. Our like-and-dislike mind, when it sees something it doesn't like, it gets angry. But our original mind, when it sees, the wisdom of our original mind experiences this great sadness (Da Bei). So that is the big meaning of enlightenment, Da Ci Da Bei. When you look around the world, you see many suffering, small things like running out of toilet paper, or big things like this pandemic. Seeking after enlightenment and waking up is not about us. It is about letting go of yourself so that you can help the world.

So there is original enlightenment. That is waking up to the fact that everything is empty, things are always changing. Second kind is truth enlightenment, what the Buddha got sitting underneath the tree. And most important is the third kind of enlightenment - Just-do-it enlightenment. Just do it and help the world. It is not about getting anything, it is about doing something. After his enlightenment, Buddha said, "How wonderful, everybody already has Buddha Nature". But human beings don't understand what they truly are, so they suffer. The suffering comes from a misunderstanding about what we really are. We think we are one thing, but we are actually a "Do It!" This "just-do-it" just means help the world. That is the big behind meaning of Vesak Day - help the world.



## 回顾往年卫塞庆典

## Looking Back at Vesak Celebrations from Previous Years



回顾殊胜的三步一拜，祈愿平安吉祥。3-Steps 1-Bow for world peace.



一家大小齐来浴佛，虔诚的心祈求合家安康。Bathing the Prince Siddhartha, and dedicating the merits for health and well-being.



大家相聚聆听师父的开示。Everyone gathered to listen to Dharma Talks by our teachers.

# 今年卫塞不一样

This year's Vesak Day was a little special

by Jia Yun 佳运



Due to the Covid-19 situation, this year's Vesak Day was a little special. The occurrence of the Covid-19 outbreak gives us the opportunity to learn Dharma online and teaches us to cherish the moment. As Zen Master Seung Sahn used to say, "A bad situation is a good situation." Everyone is now learning to make good use of time at home with their families.

In addition, the 'circuit-breaker' measures gives us more opportunities to practice. After practice, we can dedicate the merits accrued to the safety and good health of everyone. The circuit-breaker also allows us to train to settle our mind and body, and to reflect on our relationship with the world.

In these uncertain times, we learn to cope with changes, especially when they were not what we expect or imagine. If a person is infected by the virus, everyone around him suffers. Therefore, taking care of ourselves is equivalent to taking care of others. Our teachers often remind us to act responsibly. This is also Zen Master Seung Sahn's teaching of Correct Situation and Function.

We need to protect nature, respect life, and make the world a better place together. We often ignore what nature provides us. This period of home confinement is like being in a retreat. We can reduce the use of resources. We can reflect and let our planet rest. We really need to take good care of the Earth and implement the 3R's (Reduce, Reuse, Recycle).

Finally, I hope that with the merit of the Triple Gems, the epidemic will soon be over.

由于外在的因缘，今年的卫塞节比较特殊，新冠病毒疫情的发生，让我们透过线上学习佛法、聆听法师的开示。这场疫情让我们领悟 - 珍惜当下，就如崇山禅师说 A bad situation is a good situation。大家好好把握在家的时间，与家人相处的美好时光，比如一起准备和享用午餐或晚餐，一起参与线上活动。

另外，阻断措施让我们有更多机会在家可以用功（比如：念佛、拜佛等），藉由做功课的力量，回向于新冠病毒早日受到控制，祝愿身边的人平安健康。这也能训练我们安顿和沉淀身心，省思我们与世界的关系。

在这无常变化当中，我们得学习克服变化，尤其发生一连串的挑战，并不是在我们预料或想象中的。一个人受到感染，身边的人也会遭殃，影响深远。因此，我们必须照顾好自己。这就等于照顾好别人，乃至国家，甚至全世界。我们彼此影响着彼此。师父经常提醒我们，做好防疫措施。这也是崇山禅师常说的正确的处境，正确的操作，是名自利利他的菩萨行。因此，控制疫情人人有责。

我们也需要一起维护大自然，尊重生命，一起让世界更美好。大自然赋予我们的一切，如：水源、空气、土壤和阳光。它们都很重要，而往往我们却忽略了它们。这期间，当人们都留在家中时，可以减少资源的使用。藉由这暂时的隔离，我们可以当作是一种闭关，进而自我反省，更让我们唯一的地球好好休息。我们真的需要好好爱护地球，实行最简单的3R（Reduce, Reuse, Recycle）。

最后，祝愿三宝加持疫情早日受到控制，大家身心安康，平安吉祥！🙏

# 启发善心，挽回世运

## Our innate kindness can change the course of this world

- 继闻法师 Gye Mun Sunim JDPS



冠病疫情肆虐全球，这场全球性灾难疫情加速蔓延，全球确诊破千万，逾50万人死亡。

观音禅林谨于农历七月十一至十五（29/08/20 至 02/09/20）启建地藏超度法会，并由本林僧德领众一起顶礼《梁皇宝忏》，恭诵《地藏菩萨本愿经》，期能以清净的身心来造就殊胜功德，回向于冠病疫情不幸往生者投生善道。同时也祈求世界和平，人民安乐。

“诸恶莫作，众善奉行，自净其意，是诸佛教。”

欲净化心灵就是应在日常生活中多行善事。如果一个人的心灵得到净化，周围的人也会逐渐被净化，最终整个世界都会变成净土。

你我的心灵本是同根，听到不幸的遭遇时，我们之所以会流泪，也是因为这个缘故，因为同根生，若遭遇那样的苦痛，怎能不感同身受呢？这就是心灵的相应。只有拥有清澈透明的心灵，我们才会有平和与安定，只有心灵平和与安定，才是走向幸福自由的快捷方式。

欢迎大家参加地藏超度法会，祈愿清净身语意，提起精进道心，惭愧忏悔，灭苦消罪，并学习地藏王菩萨救拔众苦，“地狱不空，誓不成佛，众生度尽，方证菩提。”的精神，启发我们的善心，这个灾难才会自然消除，愿能挽回世运，成就人间净土。

最后，我们感恩所有医护人员，特别是抗击疫情的前线医护人员和后勤人员的付出表示敬意，因为有他们，国家的疫情才得以有效控制。祝愿他们身心健康，平安吉祥。

The Covid-19 pandemic has wreaked havoc all over the world. This disastrous pandemic continues to widen its global reach. Over ten million people have been infected and five hundred thousand have died from it.

Kwan Yin Chan Lin will be organising the Dizang Memorial Ceremony for the Deceased from 29/08/20 to 02/09/20 where the monastics will lead the sangha in performing the Emperor Liang Repentance Ceremony and chanting The Original Vows of Dizang Bodhisattva Sutra. Hopefully, the clarity and purity of the mind and body gained through the ceremony can accrue merits, which can be shared to those who have unfortunately died of Covid-19 and help them find peace. At the same time, we pray for world peace and everyone's safety and happiness.

“Avoid all ill deeds, always practise kindness, purify one's intentions, that is the teaching of all Buddhas.”

To purify the mind is to practice kindness widely in daily life. If a person's mind is purified, the people around him or her will gradually become pure, and eventually the whole world will become a land of purity.

Your mind and my mind are originally from the same root. When we hear of unfortunate encounters, the reason we shed tears is because of this similarity. With this same root, how can we not feel empathy if others encounter painful experiences? This is the affinity of our minds. Only with a clear mind, can we have peace and stability. A peaceful and stable mind is the way to happiness and freedom.

We welcome everyone to come forth and participate in the Dizang Memorial Ceremony for the Deceased. Together, we purify our body, speech, and mind; increase our diligence towards practice; repent all our misdeeds; eliminate all our sufferings and wrongdoings; and follow the exemplary example of Dizang Bodhisattva in helping to liberate all beings from their suffering. “If hell is not empty, I shall not become Buddha; When all sentient beings are liberated, that is when I will attain the Bodhi-Mind.” With this Bodhisattva spirit, let us call upon our innate kindness, only then can this disaster be naturally extinguished. We wish to turn the course this world's destiny and create a land of purity in this world.

Last but not least, we would like to express our sincere gratitude to all our health-care workers, especially those who are fighting on the frontlines of the pandemic. Because of them, the country's Covid-19 situation is effectively controlled. We wish them well. May they always be safe and peaceful.

## Covid-19 and The Story of Reindeers and Wolves

-by Xinxiang

In 1948-1949, a natural biologist was assigned by a wildlife service in Canada to live in the wild to investigate the cause of the declining reindeer population and determine whether wolves were the culprit.

During this time, the biologist found that the wolves were eating small animals such as mice and hares all the time. When the reindeers migrated in herd from northern to southern Canada, the wolves would go to pick-up the reindeers. The wolves avoided risking their lives against the strength of the reindeers by picking up the low hanging fruits -- the stragglers. The stragglers were those reindeers at the end of the herd that were weak and sick. However, the population of wolves has diminished from human hunting in the last century so there were not enough wolves to take out the weak and sick stragglers. The natural biologist postulated that the population of the reindeers were declining because the reindeers that would have been picked up by the wolves due to their sickness and weaker immunity started to breed with the herd instead, so the immunity of the gene pool of the herd were getting weaker and weaker, making the herd more susceptible to viruses and bacteria.

One-third of humanity has come to a standstill for Covid-19. My grandmother shared that when the Japanese soldiers occupied Singapore, people could run from the soldiers but there is nowhere to run from the novel coronavirus! One way we can keep the virus at bay is to organically

strengthen our immunity. This reduces the number of humans that would become stragglers for the virus to infect and strengthen our herd immunity. To have a strong immunity we need to take care of our mental, emotional, and physical well-being.

One of the central teachings of Buddha is impermanence. Even the Sun has a life expectancy. Disintegration of life form is an inevitable law of physics but have you ever marvelled at the life force of the blooming flowers and the majesty of the ancient trees? Nature is always doing its best. The lemon tree is empty again; the pomegranate tree has bear fruits.

Each of us has been gifted with a similar life force. How do we flourish with Earth as nature does? Just as we care for the plants by creating the right conditions, such as right amount of water and space for growth etc., we can look after ourselves. We can take this time to look deeply at our decisions on how we eat, exercise, rest, and work for well-being. If we easily succumbed to stress, we have the power to adjust our ambitions, desires, and lifestyle accordingly. If we can make these well-being decisions correctly, we will realise that life has always provided for us, we will become full of gratitude to all that have been made available to us right here, right now, and know how to use it to give back to nature, share with the people around us, and help the world.

If you have any reflections or articles to contribute, please send them to [zen@kyclzen.sg](mailto:zen@kyclzen.sg)

若有禅修心得或法益分享,请投稿到 [zen@kyclzen.sg](mailto:zen@kyclzen.sg)

所谓布施者，  
必获其利益。

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

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Our sincere gratitude:

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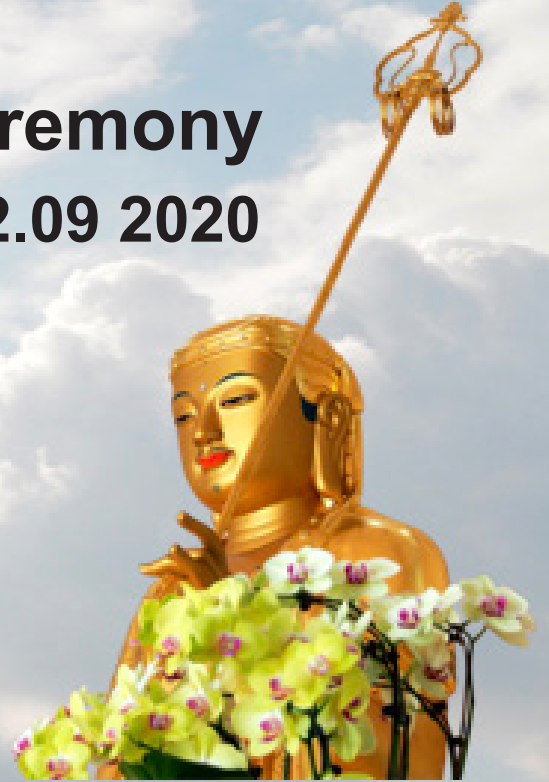
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地藏

法会

Di Zang Ceremony  
29.08 – 02.09 2020



**29.08 – 01.09.2020**

(周六 Sat - 周二 Tue)

10am - 6pm

顶礼梁皇宝忏

Emperor Liang Repentance Chanting

**02.09.2020** (周三 Wed)

10am - 4pm

虔诵地藏菩萨本愿功德经

Di Zang Sutra Chanting

6.30pm - 9.30pm

放大蒙山一堂

Prayers for the Ancestors

法会期间设有延生植福、  
燃灯供佛、超度祖先。  
请尽早报名



<https://www.kyclzen.sg/dizangfahui>

Please register early  
if you wish to participate in the  
**Prayers for Longevity and Merits and  
Transference of Merits to the Departed**



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