

# 莊嚴寺 十日禪修通啓

**四無量心 5 日禪修** 日期：3/28 ~ 4/1 , 2010(5 days)

( 3/27 (SAT) 1:00pm 報到 \* 3:00pm 簡報、會談 \* 7:00pm 禪修講解)

**毘鉢舍那 5 日禪修** 日期：4/2 ~ 4/6 , 2010(5 days)

( 4/1 (THU) 6:00pm 報到 \* 8:00pm 禪修講解)

四無量心禪法漢譯爲止(定)是早期佛法的一門定學，目的在於鍛鍊內心，去除瞋心而啓發慈、悲、喜和捨的品質，來洗滌內心的負面作用，它不僅僅是禪修的定學用以對治瞋心、妒忌心、害心和干涉心的一種好的法門，也是添加而且增長人生快樂的一個重要心靈鍛鍊的方法，可說是一切禪修法門的最好基礎。

指導法師：法曜法師為莊嚴寺方丈，法師出家有二十二年，曾在台灣教授阿含及阿毗曇，除了到過不同國家參學佛法外，也在斯里蘭卡獲得學士、碩士學位，並於英國獲得神學與宗教系哲學博士學位。方丈特別喜好阿毗達摩及禪學，也時常強調禪學社會化的重要。

馬哈希禪法是屬於毘鉢舍那禪法，毘鉢舍那漢譯爲觀(內觀)，主要是依著基本定的基礎來對治身心的觀照，了悟無常、苦、空、無我的法則，而直趣涅槃。即是一般人所謂的趣入解脫門的法門。

指導老師：外號石媽媽(施真)，從 1997 年開始，教導禪修至今，和她學習的學員包括僧眾在內超過整千人，曾在台灣南部幾個寺院教禪無數次。目前在台灣台北縣金山鄉智慧門指導禪修，每年至少有六期的禪修，每期全滿。在馬來西亞沙巴花了五年的時間，最後在 2008 年 1 月成立神山禪修中心。石媽媽悟性很高，於四十一歲開始學禪，並參訪許多禪師，也到過斯里蘭卡、泰國、緬甸學習純觀修法以及止觀雙修法門…等等，是一位不可多得的女眾禪修老師。

本寺極力推薦參加全程 10 天，以期能對止及觀的禪法有初步的了解；學員亦可參加前五天的四無量心禪修，或選擇參加後五天的毘鉢舍那禪修。

報名表格請上網 [www.baus.org](http://www.baus.org) 查詢 或洽電 845-228-4288 x 104/105

**【報名截止於 3 月 23 日。】**

**若您不克前來，亦可隨喜功德，設齋供眾：**

法會期間供養與會大眾修道食糧 總金額 Total amount : \$ \_\_\_\_\_

供齋名稱	姓名 Name	供齋名稱	姓名 Name
三寶齋 一堂 Triple Gem Meal \$500		如意齋 一堂 Fortune Meal \$200	
福慧齋 一堂 Wisdom & Compassion Meal \$400		羅漢齋 一堂 Arahant Meal \$100	
吉祥齋 一堂 Auspiciousness Meal \$300		平安齋 Peace Meal (自由樂捐)	

# Chuang Yen Monastery 10-Day Meditation Retreat

## 5 Day Four Sublime Abidings Meditation

Date: March 28 - April 1, 2010 (5 days)

( 3 / 27 (SAT) 1:00pm Registration \* 3:00pm Orientation \* 7:00pm Program Introduction)

## 5 Day Vipassana Meditation

Date: April 2 - April 6, 2010 (5 days)

( 4 / 1 (THU) 6:00pm Registration \* 8:00pm Program Introduction)

**F**our Immeasurables (Four Sublime Abidings) Meditation, a kind of Samatha, is a (concentration) technique practiced in early Buddhism, aimed at training the mind to remove one's resentment while enlightening loving-kindness, compassion, joy, and equanimity. It is not only a practical way to govern one's anger, jealous, malicious, and meddling mind, but also a great dharma way to open one's happiness in life. It can be regard as a profound foundation for all the meditation practice.

### Meditation Instructor: Ven. Dhammadipa (FaYao)

Venerable Dhammadipa (Fa Yao), presently the abbot of Chuang Yen Monastery, has been ordained as a Theravada monk for twenty two years. He taught in Taiwan, and has been to different countries to study Buddhism. He received his B.A and M.A in Buddhist Studies in Sri Lanka, and his Ph.D in Religion and Philosophy in England, UK. His special preferences are in Abhidhamma and meditation practices, and often stress the importance of the Zen/Ch'an socialization in communities. He reads in Chinese, Japanese, Pali, Sanskrit, French, etc.

**M**ahasi vipassana, is regarded as a Pure Insight meditation technique. One of the foremost meditation methods from Myanmar, it is highly emphasized on developing insights and wisdom for one's own body and mind through vigorous contemplating and comprehending the impermanence, suffering (dhukka), emptiness, and non-self. Through observing objects of four elements, one would see the truth with wisdom.

### Meditation Instructor: Upasika Shi, Zhen (nicknamed Mother. Shi)

Upasika Shi Zhen started to guide meditation since 1997. She has guided more than thousands of students, and led many meditation retreats in temples around Southern Taiwan. She is currently teaching at Wisdom Door Meditation Center in Taipei, Taiwan, which holds at least six meditation retreats every year with full registration under her guidance. She spent five years in Sabah, Malaysia, and established Kundasan Meditation Center on January 2008.

Upasika Shi Zhen has profound understanding of Buddha Dharma, and started to practice meditation at age 41. She has been studied from a number of meditation teachers, and been to Sri Lanka, Thailand, Myanmar to learn Pure Vipassana-only and Smatha-and-Vipassana method, etc. She is a rare Upasika as a meditation teacher.

**W**e highly recommend that participants could join the whole 10 day program such that he or she would be able to gain a thorough understanding in both practices. However, it is not mandatory. If you have any question, please go to our website [www.baus.org](http://www.baus.org) or call 845-228-4288, ext 104/105 for further information.

**W**elcome everyone (doesn't matter you are the participant or not) to sponsor the vegetarian meal for the retreat. Total amount : \$\_\_\_\_\_

Offering	Name	Offering	Name
Triple Gem Meal \$500		Fortune Meal \$200	
Wisdom & Compassion Meal \$400		Arahant Meal \$100	
Auspiciousness Meal \$300		Peace Meal (\$any amount)	