

Class Descriptions 課程介紹

Zen Meditation & Buddhism Classes:

Buddha Mind Monastery offers free Zen Meditation and Buddhism Classes throughout the year and new sessions begin three times a year. The classes meet for 12 consecutive weeks. Each class lasts for two hours and consists of meditation practice (including instruction) in the first hour, and a lecture on Buddhist principles in the second hour. Through the Zen practice, we can develop compassion and true wisdom, and discover the wellspring of inner peace and happiness.

禪修課程介紹:

佛心寺開設免費的禪修課程，包含初級班、中級班及研經班。每學期有 12 週，每週上課一次，每次兩小時。前一小時由法師指導靜坐，後一小時由淺入深，次第講授佛法道理及禪修原則。透過靜坐練習及學習佛法，增長禪定、慈悲及智慧，從內心中發掘幸福快樂的泉源。

Level I Class

Meditation methods: Breath-counting, Mindfulness of the Breath.

Topics covered: Introduction to Zen Buddhism, the Buddha's Life, Karma and Causality, the Four Noble Truths (suffering, the causes of suffering, nirvana, the Noble Eightfold Path), Three Refuges and Five Precepts. No prerequisites.

中文初級班

觀行方法：數息觀、隨息

佛法內容：禪修簡介、佛陀的一生、業及因果、四聖諦、三皈依、五戒十善。

Level II Class (Two Semesters)

Meditation methods: Continuation of previous methods, Compassion Contemplation, Contemplation of Middle Way Reality.

Topics covered: the Bodhisattva Ideal, the Six Paramitas: the Perfection of Charity, Morality, Tolerance, Diligence, Meditation, and Prajna Wisdom,

Vegetarianism, the Twelve Links of Dependent Origination, the Ten Dharma Realms, the Ten Great Vows, the Four Tenets of Chung Tai, the Middle Way Reality.

Prerequisites: Level I Class required.

中文中級班：(兩學期)

觀行方法：數息觀、隨息、七周緣慈、中道實相觀

佛法內容：菩薩道介紹、六波羅蜜、吃素與學佛、十二因緣、十法界、中台四箴行、中道實相、普賢十大願。

備註：須初級班結業

Sutra Study Class

Meditation methods: Continuation of previous methods.

Topics covered: selected Buddhist scriptures

Introduction to the “The Sutra of Forty-Two Chapters”

In the first century C.E. (Later Han Dynasty of China) two Indian monks (Kashyapa-matanga and Gobharana) brought Buddhist statues, scriptures and relics to China. They were officially supported by the Chinese emperor in translating sutras and spreading the Buddha’s teaching. This marked the beginning of Chinese Buddhism. “The Sutra of Forty-Two Chapters” translated by them became the first Indian Buddhist sutra ever translated into Chinese. In this monumental sutra there are aspects of Theravada and Mahayana; expedient means and ultimate reality; gradual cultivation and sudden enlightenment. All of its various teachings are ultimately one unifying vehicle leading towards one single goal – enlightenment. This sutra is one of the most important scriptures of fundamental Buddhism.

中文研經班

觀行方法：數息觀、隨息、慈悲觀、中道實相觀

佛法內容：佛教經典研讀（本學期研讀《佛說四十二章經》）

備註：須中級班結業

《佛說四十二章經》簡介：

中國東漢時期（公元一世紀），天竺僧人迦葉摩騰與竺法蘭兩位尊者，從印度

攜帶佛經、佛像及舍利至中國，其翻譯及弘法事業受到漢明帝的護持，佛教自此正式傳入中國。兩位尊者在中國翻譯出的《佛說四十二章經》，成為中國也是全世界第一部漢譯佛經。此經擷取大、小乘佛法，兼容方便與究竟的義理，以及頓悟和漸修的法門，最終指歸覺悟自性之最高目標。其文詞平實卻富含深刻的智慧，成為佛教最重要的入門經典之一。

Kids' Meditation Class

Classes are designed for children to discover their inner wisdom and develop positive outlook on life. The creatively designed curriculum includes meditation practice, Zen stories, movies, games, themed activities and more. Students learn to sharpen their awareness and concentration and develop spirits of equality and compassion.

Vegetarian Cooking Class

Buddhists are expected to observe the five precepts. Out of these, when we observe the first precept - no killing - we promise not to take the life of any living being and not to harm any such being. In order to reduce the karma of killing, cultivate compassion, and advocate healthy eating, vegetarian cooking classes are provided to help foster a suitable diet.

素食烹飪班

慈悲是成佛的根本，以護生、救生的發心茹素，生命也隨之調柔清淨。在學習烹調素食中，除了吃出健康營養與美味，也讓慈悲更增長！

Half-Day / One-Day Zen Retreats

Half-Day Retreat consists of 3 sessions; One-Day Retreat consists of 7. Each session includes 40-minute sitting meditation, 10-minute walking meditation and a 10-minute break. For meditation class students only.

半日禪 / 一日禪

半日禪共有三支香；一日禪共有七支香。每支香包含 40 分鐘靜坐、10 分鐘行香與 10 分鐘休息。限禪修班學員參加。