

## Class Descriptions 課程介紹

### ◎ Zen Meditation & Buddhism Classes 成人禪修課程：

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 attain true wisdom and inner peace, and get enlightened to the inherent pure nature.

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。前一小時練習靜坐，後一小時由淺入深，次第學習佛法道理及禪修原則。透過靜坐及學習佛法，增長禪定、慈悲及智慧，契悟人人本具的清淨自性。

#### **Level I Class 初級禪修班**

- 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, Five Precepts, and Four Tenets of Chung Tai. No prerequisites.
- No Prerequisites.
- 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、中台四箴行。
- 不需基礎。

#### **Level II Class 中級禪修班 (Two Semesters 兩學期)**

- Meditation methods: Continuation of previous methods, Seven-Round Compassion Contemplation, Four Immeasurable Minds, Contemplation of Middle Way Reality.
- Topics covered: The Thirty-Seven Factors of Enlightenment, the Twelve Links of Dependent Origination, Ten Dharma Realms, Proper Deportment in the Four Postures, Buddhist Etiquette and Ceremonies, Five Periods and Eight Teachings, Ten Schools of Chinese Buddhism, the Bodhisattva Ideal, the Six Paramitas, Vegetarianism, Four All-embracing Virtues, Four Immeasurable Minds, Ten Great Vows, Three Periods of the Zen Lineage, Middle Way Reality, Zen & Pure Land Practices, Sixfold Buddhahood.
- Prerequisites: Level I Class required.
- 觀行方法：數息觀、隨息、七周緣慈、四無量心、中道實相觀
- 佛法內容：三十七助道品、十二因緣、十法界、四威儀、佛教禮節及法會、五時八教、十宗簡介、菩薩道、六波羅蜜、吃素與學佛、四攝法、四無量心、普賢十大願、三期傳佛眼、禪宗公案、中道實相、禪與淨、六即佛。
- 備註：須初級班結業

## **Sutra Study Class 研經班**

- Meditation methods: Continuation of previous methods.
- Topics covered: selected Buddhist scriptures (for this semester: “Eight Realizations of Great Beings”)
- 觀行方法：數息觀、隨息、七周緣慈、四無量心、中道實相觀
- 佛法內容：佛教經典研讀（本學期研讀《佛說無常經》）
- 備註：須中級班結業

### **The Sutra on Impermanence 《佛說無常經》簡介**

In this sutra the Buddha vividly describes the impermanent nature of life and its compelling characteristics of endless pains. He also reveals the true source of liberation and reminds us that instead of pursuing worldly desires and sensory pleasures which are transient, illusory and unreliable, we should take the refuges in the Three Jewels and cultivate diligently in order to purify the mind and realize the inherent unborn and undying nature. This is the only way to transcend the suffering of old age, illness, and death, and obtain the ultimate and everlasting peace and joy.

佛陀在此經中為大眾闡述老、病、死苦之無常變異、惱害身心的現象，提醒大眾深切省思生死之可畏及名利財色之不可依恃，並勸發大眾切勿追逐虛幻短暫的世間享樂，應當皈依三寶，精進修行、淨化三業，便能體悟不生滅的本性，超越老病死苦，獲得究竟恆常之真正安樂。

### **◎ Kids' Meditation Class 兒童禪修班**

Classes are designed for children to practice mindfulness and calmness, and discover their inner wisdom and develop positive outlook on life. The creatively designed curriculum includes guided meditation, Buddhist stories, movies, games, crafts, outdoor activities and more. Moreover, they can have lots of fun in the joyous Zen world!

兒童專屬的禪修課中除了教授靜坐之外，還有佛典故事、影片、遊戲、美勞時間、戶外活動等。孩童在歡樂的氣氛中，學習以正向的角度來探索世界，增長智慧，培養禪定、自律、慈悲、和睦的美好特質。

### **◎ Vegetarian Cooking Class 素食烹飪班**

Vegetarianism is mainly out of the spirit of compassion & equality, which is the foundation of enlightenment to our pure nature. We teach vegetarian cuisines of eastern and western styles. Come and join us to cultivate the mind of compassion and enjoy a life of health, harmony, and inner peace!

以護生、救生的觀點來烹調素食並發心茹素，能培養慈悲心與平等心，奠定覺悟成佛的根基。佛心寺素食烹飪班教授各式中西素食，歡迎大眾一同參與，吃出營養與美味，享有健康、和諧與自在的人生。