



# 華嚴行海

## Huayen Activities



**誦經班** 歡迎隨喜參加。共同來讀誦【大方廣佛華嚴經八十華嚴】之唐譯本。

「不讀華嚴，不知佛家富貴」。真正的富貴不是物質上的，因所有相（物質）皆是虛妄，皆如夢幻泡影；唯獨內心自性之展現、成長、開花結果是真實的、是超越時空的。而華嚴經卻能把那富貴（智慧）從覺者體中透過語言文字，傳達到我們身上來。華嚴經能開啓蘊藏在我們內心深處的智慧寶藏，歡迎大家共同分享這尋寶的樂趣。

**禪修班** 歡迎新同學參加。暖身運動、經行、靜坐（主修數息觀）。

程序簡介：三十分鐘暖身運動包括拍打、旋轉、舒展身體各部位。十五分鐘經行，行慢香及平常行香。四十五分鐘靜坐。然後作第二次的十五分鐘經行，包括行香、行快香、跑香。再坐第二次四十五分鐘的靜坐。新同學及隨喜參加者在時間及動作上可作適度的調整。經過一段時間的訓練，很多同學都受用到身體靈活輕鬆、心境開朗自在、頭腦清晰分明、精神爽朗之好處。有了健全的體魄，警覺性的提高，定慧相修便較為容易。

### Ch'an Meditation Class Newcomers are welcome

The program includes pre-meditation warm-up exercises for 30 minutes, various walking meditations for 15 minutes, and sitting meditation for 45 minutes, then another 15 minutes of walking and 45 minutes of sitting meditation. The basic technique of counting the breath is introduced. Everyone breathes, yet most people do not have a clear understanding of how they breathe, especially the interrelationship between breathing, body and mind. Through meditation, our awareness is raised, and concentration and wisdom are developed.

**華藏工程 — 讀書會** 歡迎新舊同學一起隨喜參加。

依華嚴經的內容導引、開啓、進入智慧的寶藏。藉由三至五人的小組，每人輪流發表三到五分鐘的內容啓發，此為第一輪。第二與三輪每人依自己的心得、感受再發表一遍。最後為自由交換意見的時間。其重點是要培養聆聽、欣賞、接納的修養。我們要聆聽不同思想背景、思惟模式的同修所詮釋的感言，並以客觀的態度來欣賞及接納。如此才能勘定、矯正自己的偏差。藉著接觸眾生來擴大心量，放下自我、欣賞別人。認真去做，這就是修行！

### The Hua Zang Workshop – Study Group Newcomers are welcome

The Study Group is a group of 3-5 persons meeting together every two weeks for approximately 2 hours. Each person will take 3 – 4 turns to talk 3-5 minutes on an assigned Buddhism book. When someone is talking the rest have to listen without raising questions or giving opinions. The key is to learn how to listen and to find out how there are different views on the same matter. Through this practice, one learns how to be mindful in listening, accepting and communicating with others. At the end there is open discussion time. This is a great way to start Buddhism practice.