



寶林學佛會

Po Lam Buddhist Association

Building the Haven of Minds

重 塑 一 片 心 靈 靜 境



The seeding



緣
起

恩師聖一老和尚早年在北美弘法，有感溫哥華風土人情純樸有善，讚歎此乃清涼之地，極為適合清修辦道。1994年因緣成熟，由居士發心護持，寶林學佛會在卑斯省的Chilliwack得以成立。老和尚素願，祈望弟子依循祖訓，恪守叢林家規，於西方利樂有情。

The intention of establishing the association sprouted when our honorable teacher, Venerable Sing Yat, was on a teaching tour in North America years ago. He found that Vancouverites were virtuous and friendly, and he also praised that Vancouver is a pristine and serene place, well-suited for spiritual cultivation and the propagation of Buddhism. With the strong support of fellow Buddhists, the formation of Po Lam Buddhist Association was finally realized in 1994. In part, it has fulfilled our teacher's lifelong wish that his students would follow patriarchal tenets, adhere to the traditions of a moral and spiritual life, and introduce to the West an alternative way of finding real happiness.

Cultivation



耕
耘

寶林學佛會以禪修為主要功課，寺務均由眾師合力分擔。大家非常欣賞加拿大人對大自然的嚮往及保護，深覺多一分綠氣，便多一分生息，所以在本會成立之初，便在四周廣植六百多棵樹木，並開墾耕地，動靜兼修，過著簡單的農禪生活。本會初期只有寺內弟子克勤用功，現已推廣至不同國籍人士。

Our core practice evolves around meditation and the mindfulness of the Buddha's teaching. Resident nuns are responsible for domestic chores. In the appreciation of Canadian's cherish for and preservation of a green environment, we also feel that every additional inch of greens nourishes an equal part of life. Therefore in the earlier days of the establishment, the residents have planted over six hundred trees around the property, cultivated vegetable patches and orchards. The whole process of living a simple life is in itself a total mindful experience: it has to be realized through both stillness and activities. This practice has been spreading to all walks of life through time.

Meditation

禪
修

禪修是透過靜坐，培養專注和覺知，去明白心和身的實相。有很多不同的禪修方法，例如參話頭禪、內觀禪、念佛禪等等。藉著自我的觀察，提高覺知的能力，開拓我們心中的智慧，使我們從不淨煩惱中解脫出來。淨化而平等的心靈，能令社會變得和諧、安穩，給世界帶來真正的和平，真正的快樂。

Meditation means mind development through concentration and mindfulness, thus understanding the true existence of the mind, the body and all phenomena. There are different types of meditation, e.g. Zen meditation, Vipassana meditation, contemplation and chanting of Buddha's name etc. The sustained application of self-observation and understanding through meditation will heighten self-awareness and hence purify our mind, cultivating true insight wisdom. This purified and equanimous mind will bring harmony and stability to the society, and hence true peace and happiness to the world.

Equanimous

靜境

加拿大人對靜坐特別有善根及興趣。近年經常有人在上班前或下班後，或在工餘時間來到寶林靜坐。淨化的心靈，能令社會變得和諧、安穩，為世界帶來真正的和平。我們鼓勵住眾、信徒、朋友，不論宗教、種族、國界，都嘗試修習靜坐，藉著自我的觀察，提高覺知，自淨其意。

Canadians are particularly interested and gifted in meditation. In recent years, some local residents regularly come to meditate either before, after and in-between work. A purified and equanimous mind will bring harmony and stability to the society, and hence true peace to the world. We therefore encourage fellow resident nuns, Buddhists and friends to try insight meditation, regardless of one's religious background, race or nationality. The sustained application of self-observation will heighten self-awareness and hence purify our mind.

Multicultural




打開隔膜

寶林成立以來，得到鄰居、社區及各界朋友的認同、關心和支持，生活上互相關懷、信仰上彼此尊重，衝破人與人之間的隔膜，體現了加拿大特有的多元文化的崇高精神。

Since the establishment of Po Lam Buddhist Association, we have gained the acceptance, support and rapport of our neighbors, community and friends of socioeconomic stripes. We care for each other in our daily lives, accept and respect each other in our religious beliefs, thus overcoming all interpersonal barriers, and realizing the true essence of Canada's revered multicultural spirit in actions.

Mettá



慈悲

以戒為師，

修四念住，

行菩薩道。

聖一老和尚

Let the precepts be your teacher;

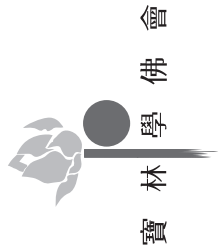
Practice the Four Foundations of Mindfulness;

Do the Bodhisattva deeds.

The Venerable Sing Yat

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Po Lam Buddhist Association

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Building the Haven of Minds

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