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2019-2020 年精進禪七通啟

2019-2020 Winter Meditation Retreat Announcement

一、「看話參禪」頓悟法門

中國禪宗始於達摩西來，衣法流佈至南宋大慧宗杲，拈出祖德明心見性之法，直指看箇話頭、疑情頓發、破疑開悟是成佛之道。

慧門禪師親授「看話參禪」，搭配坐香、跑香、提撕、棒喝逼拶、作務習禪、山水行禪，在行住坐臥中行細行；或借助宇宙自然的寧靜，以虛空為禪堂，以大地為蒲團，引導行者往內心深處探索圓融自性，帶領您走一趟開悟之旅。

主七和尚：^上慧^下門禪師

臨濟宗第 42 代、曹洞宗第 48 代法嗣；台灣百丈山力行禪寺開山和尚；佛教力行學院、佛教解脫道研修所創辦人；前國立中興大學副教授；前國立台東大學兼任副教授。

方丈和尚：^上演^下中法師

臨濟宗第 43 代、曹洞宗第 49 代法嗣；台灣百丈山力行禪寺方丈和尚；前佛教解脫道研修所所長。

住持和尚：^上如^下岸法師

臨濟宗第 43 代、曹洞宗第 49 代法嗣；台灣百丈山力行禪寺住持和尚；力行禪宗大學校長；前佛教力行學院院長。

首座和尚：^上如^下目法師

臨濟宗第 43 代、曹洞宗第 49 代法嗣；台灣百丈山力行禪寺首座和尚；北投普濟寺住持和尚。

Kan Hua Chan:

The Great Master Dahui advocated the questioning method to bring out the Yi (doubt) cluster in Chan meditators' mind. The action force of questioning would trigger the reaction force of Ignorance seeds if questioning in the right way. When these two forces clash together would create the Yi (doubt)-Cluster.

The burst of Yi-cluster, with no barrier between both object and subject, is the result of physiological chemical reactions initiated by the psycho-physical accumulation. During this process, the original reasoning loop, logical pathway, thinking model were broken into pieces, rebuilt and reorganized.

The enlightenment experience of Siddhartha Gautama and all Chan Patriarchs have something in common. They went through the process of exploring the biggest question of life, pushing themselves to doubt and challenging their fundamental components and reasoning processes of their lives.

Chief Spiritual Guide Monk: Master Huimen

Abbot (Spiritual Affairs): Monk Yenzhong

Abbot (Administrative): Monk Ruan

Head Monk: Monk Rumu

二、禪七日期：

冬制禪七（一至四七）：2019年12月01日至2019年12月28日

學員研討：2019年12月29日至2019年12月31日

傳法：2020年01月01日

冬制禪七（五至七七）：2020年01月01日至2020年01月21日

初春禪七：2020年01月27日至02月03日（農曆正月初三至正月初十）

Date:

Winter Retreat (Session 1-4): 2019/12/1 - 2019/12/28

Seminar: 2019/12/29 - 2019/12/31

Ceremony of disseminating of the Dharma: 2020/1/1

Winter Retreat (Session 5-7): 2020/1/1 - 2020/1/21

Spring Retreat: 2020/1/27-2020/2/3

期別 Session	日期 Date	期別 Session	日期 Date
一七 S1	2019/12/01~2019/12/07	五七 S5	2020/01/01~2020/01/07
二七 S2	2019/12/08~2019/12/14	六七 S6	2020/01/08~2020/01/14
三七 S3	2019/12/15~2019/12/21	七七 S7	2020/01/15~2020/01/21
四七 S4	2019/12/22~2019/12/28	春七 S8	2020/01/27~2020/02/03

備註：單週午齋後放香，雙週早齋後放香。

Note: There is a short break on last day of each retreat.

Odd week: break given after lunch.

Even week: break given after breakfast.

三、報名對象：17 歲以上之僧俗四眾。

Age requirement: Monastic or laypeople who are 17 yrs and above.

四、報到時間：每一期禪七的**前一日**下午 2 時至 5 時。

(註：初春禪七則於 2020 年 1 月 27 日(初三)下午完成報到)

報到地點：百丈山力行禪寺（台灣花蓮縣壽豐鄉水璉村南坑 55 號）。

Reporting Time: **The day before the first day of the retreat**, 2pm to 5pm.

(Note: For Spring Retreat attendant, all reporting must finish in the afternoon of 7 Feb 2019 (3rd day of first lunar month)

Reporting Place: Viriyachan Monastery (No.55, Nankeng, Shuilian Village, Shoufeng Township, Hualien County 974, Taiwan (R.O.C.))

五、報名方式：

1. 請上官網 viriyachan.org 線上填寫報名表、(或進入報名表網址填寫：<https://jinshuju.net/f/IPjaGv>)，待審核通過後寄發錄取通知。不接受 excel 表報名。
2. 錄取後因故需取消報名者，請主動來信通知：viriyaintensify@gmail.com，否則列入黑名單。
3. 若有相關問題可洽詢當地聯絡人（請見下表）。

Registration method:

1. Visit official website viriyachan.org to fill up registration form (or visit registration form webpage: <https://jinshuju.net/f/IPjaGv>). We will send admission notice to those who are eligible to attend this meditation retreat. No Excel registration form will be accepted.
2. Those who have received admission notice, but later want to cancel their registrations for any reasons, please take responsibility to notify us by emailing to viriyaintensify@gmail.com . Otherwise, the names will be blacklisted.
3. If you have any questions, please contact the local contact person as listed in the table.

地區	聯絡人	E-mail	電話
台灣/美加/ 香港/其他 Taiwan and Others	當職法師 Counter	禪七事務處： viriyaintensify@gmail.com 禪七事務處微信 ID： LXCS3705 	0973-337-305
新加坡 Singapore	李素敏 劉韋欣 郑翠蓮	leesb1964@gmail.com lowhs36@gmail.com nagata@live.com.sg	9222 3815 9139 7763 9795 4884
馬來西亞 Malaysia	梁圓品 陳瑞玲	leongphooileng@gmail.com tan.sweeleng@yahoo.com	012-2216565 016-2788887
中國大陸 China	明徹	gsgnzbx@hotmail.com 微信公眾號：看話參禪 (kanhuacanchan)	189-0930-9166

六、冬制禪七起七時間：每一期禪七的**前一日**晚上 7 時。

初春禪七起七時間：2020 年 1 月 27 日（正月初三）晚上 7 時。

Onset of Winter Retreat: 7pm on the day before the first day of the retreat.

Onset of Spring Retreat: Evening 7pm, 27 Jun 2020.

七、交通指引：往返火車票或機票，請自行上網預訂。

- ◆ 台灣鐵路管理局：<https://tip.railway.gov.tw/tra-tip-web/tip>
- ◆ 航空：<https://www.skyscanner.com.tw>
- ◆ 客運：於花蓮火車站「東站」左前方搭乘「花蓮客運」，到「水璉」下車（請告知司機），並請先來電 (03)860-1177；(03)860-1197 告知客運開車時刻，以便安排接駁上山（接駁時間最晚至晚上 7:00）。
- ◆ 花蓮客運網站：http://www.hualienbus.com.tw/bus/ticket_info.php

Transport advice: Please book your own train and/or air tickets.

- ◆ For train tickets, please visit website: https://tip.railway.gov.tw/tra-tip-web/tip?lang=EN_US
- ◆ For air tickets, please visit <https://www.skyscanner.com.tw>
- ◆ Bus Coach: Please take the East Exit at Hualien station to the bus ticketing counter, located on the left-hand side of Hualien station. You can buy the ticket to **Sheilien** at the counter. The fare is TWD\$83 per adult. After you purchase the ticket, please call us at (03-860-1177) to let us know your departure time so that we can pick you up at Sheilien bus stop (**pickup time latest by 7pm**).
- ◆ Hualien bus company: http://www.hualienbus.com.tw/bus/ticket_info.php

八、**應備物品**：健保卡、身份證明文件、護照等證件。室內拖鞋、換洗及保暖衣物(如: 外套、毛衣、毛帽、圍巾、披肩、衛生衣...等)，戶外遮陽帽、自用藥品、保溫水杯。個人盥洗用品(牙刷、牙膏、毛巾)、個人清潔衛生用品 (包括女性生理期用品)。

必備：洗衣袋 2 枚、睡袋、枕頭巾 2 條、手電筒、室內乾淨止滑運動鞋(跑香用)、室外運動鞋(行禪用)、輕便雨衣或雨傘。

山上冬季溼冷，請準備足夠的保暖衣物。

在家居士請自備輕便素服或居士服。

Things to bring: Health Insurance card (Taiwanese resident), ID card or passport for identification purpose. Indoor sandals, clothes and warm clothing (coat, sweater, cotton cap, scarf, shawl, undergarment, etc.), outdoor sun-visor/cap, own medication,

thermal flask. Personal toiletries (toothpaste, toothbrush, towel), personal hygiene products (such as female sanitary pad, etc).

Must bring: 2 laundry bags, sleeping bag, 2 pillow towels, torchlights, indoor clean anti-slip sneakers (for running in meditation hall), outdoor sneakers (for outdoor walking meditation), raincoat or umbrella.

The mountain has wet and cold weather in winter so please prepare enough warm clothing.

Laypeople to bring their own simple, plain wear or layperson wear.

九、 注意事項：

Important matters:

8. 若您對寮房、禪堂座位等，不能接受常住安排者，請勿報名及報到。
If one cannot accept the allocation of the room and seating in meditation hall by temple personnel, please do not register or report for the retreat.
9. 今年冬制禪七不另設病寮，若您有身心障礙疾病而未於報名表單上如實告知，經報到或日後發現，本山一律不接受報到並將請您下山。
This year, the temple does not have a sick bay. Those who do not report about their mental and/or physical illness, risk being asked to leave the premise when discovered.
10. 禪七期間**嚴守禁語**，完全遵守禪堂規約及禪七作息表。
During the meditation retreat, **all must obey the strict ban on speech** and completely and strictly follow the rules of the meditation hall and the retreat schedule.
11. 禪七期間僅學習、接受、使用主七和尚教授之禪法。
During the meditation retreat, all must learn, accept and practise the meditation method taught by the leading monk of the retreat.
12. 禪七期間禁止使用電子通訊產品，手機、平板、電腦等交由常住保管。
During the meditation retreat, all are not allowed to use electronic communication devices and items such as mobile phones, tablets, and laptops, must be handed over to temple personnel for safekeeping.
13. 罹患心理疾病及重大疾病，應告知常住，不可隱瞞。

Those who are suffering from mental and/or severe illness must tell the temple personnel and cannot conceal the truth.

14. 寮房、舖位、禪堂坐位、齋堂坐位、膳食悉由執事安排。

All arrangement of rooms, bunks, meditation hall seating, lunch hall seating and food will have to follow the instructions of the deacons.

15. 個人貴重物品(如護照、機票、相機、現金、信用卡...等)，於報到時可交由常住統一保管，否則本寺不負遺失、損污...等及所衍生之任何責任。

Personal valuable items such as passports, air-tickets, camera, cash, credit cards, etc. must be handled to temple personnel for safekeeping. Otherwise, the temple will not be responsible for loss, damage or other happenings and their extended issues.

16. 不穿著會發出聲響的衣、褲，以免干擾大眾。

Do not wear clothing and trousers that will make noise so as not to disturb others.

17. 若未遵守或違犯上列事項者，本寺「禪堂執事會議」得視情事議決處置方式，最重得請出堂下山。

For those who are unable to follow or break the above rules, the Deacon Committee of the Meditation Hall of our temple will issue punishment according to the severity of the offence. The most severe punishment will be that of being instructed to leave the temple.

18. **為整體安全考量，由本寺統一在台代購意外保險**，保費於報到時繳交，同意者始得報名禪七。保險費以台幣計價，計算方式如次：參加一個七 150 元，二個七 200 元，三個七 250 元，四個七 300 元，五個七 320 元，六個七 360 元，七個七 400 元。春七 150 元。

For safety consideration of all participants, our temple has purchased Taiwan Accident Insurance for all and the insurance premium is payable during registration. The insurance premium according to the number of weeks of participation is as follows:

Weeks of Retreat Attended	Insurance Premium (TWD)	Weeks of Retreat Attended	Insurance Premium (TWD)
1	150	5	320
2	200	6	360

3	250	7	400
4	300	8	150

十、申請「短期出家」注意事項：

Important considerations for the application of the Short Term Ordination

- 須自備：剃刀、灰色襪子、毛帽、圍巾、素色拖鞋、深色鞋子、深色衛生衣等物品。
Things to prepare for yourself: razor, grey socks, cotton cap, scarf, plain-coloured slippers, dark-coloured shoes, dark-coloured undergarment and so on.
- 女眾換穿僧服後，要注意內著。(請穿運動型內衣)
After changing Sangha clothes, female participants must be mindful of their inner clothing. (Please wear sports bra)
- 不可僧服混搭俗裝，天氣冷時，應披禪堂披風(不可穿俗裝外套)。
Cannot wear a layer of laypeople clothes underneath the Sangha outfit. When weather is cold, one can wear the cloak provided in the meditation hall (Wearing of laypeople coat is not allowed).
- 不可穿黃色或咖啡色僧服。
Cannot wear brown or coffee-coloured Sangha clothes.
- 不得未經申請許可剃度，自行穿上僧服，偽作沙門。
Those who have not applied for approval to be ordained, cannot wear Sangha clothes to falsely represent themselves as monastics.
- 冬季乾癢需皮膚保濕者，需自備「無香」乳液。
During winter season, please bring your own moisturizing lotion to prevent dryness and itchiness of skin.
- 今年度短期出家者須在 11/29 下午 5:00 以前報到，於 11/30 學習威儀，12/1 集體剃度，不接受臨時報名短期出家。
Participants for the short term ordination programme are required to report on 29 November before 5pm. You are required to attend a programme to learn the rules of deportment on 30 Nov. The group shaving ceremony will be held on 1 Dec. Any impromptu request to join the ordination will not be accepted.

8. 冬制禪七解七當日（或春七解七日），即為短期出家結束日期。短期出家者佛前禮拜舍戒後，換下僧服交與常住。

Please note that the last day of the winter retreat or spring retreat will be considered as the last day of your short term ordination. You can renounce the precepts by bowing down in front of the Buddha image, change back to layperson's clothes and return the monk's robes to the organiser.

9. 了解本需知並承諾遵守，始得受理短期出家之申請，將由師父審核資格。
You must understand the above rules and promise to uphold them. With this, we will then accept your short-term ordination application and forward it to the leading monk for approval.

備註：歡迎在家居士發心禪七期間擔任外護工作

Welcome laypeople to volunteer at this Meditation Retreat