



Sayalay Susilā was born in Pahang, Malaysia, in 1963, and was ordained as a Theravada Buddhist nun at the age of 28, in Malaysia. After her ordination in 1991, sayalay practiced under the guidance of the well-known Venerable U Pandita Sayadaw. In 1994, Sayalay placed herself under the guidance of renowned monk, Venerable Pa Auk Sayadaw, and remained in the forest for 14 years. In addition to an assiduous program of meditation, she also learned the Abhidhamma, ancient discourses, and the Pāli language under Pa Auk Sayadaw. During her travels in Myanmar, she also practiced different meditation methods, such as those taught by Shwe Oo Min Sayadaw, Mogok Sayadaw, and Sayagyi U Ba Khin. Sayalay has become an unusually accomplished teacher able to present subtleties of the Buddha's teachings in a simple and direct way. In particular, she presents the most profound division of the teaching, the Abhidhamma, in a lucid manner grounded not in pedantic philosophy, but in actual meditation experience. Sayalay has travelled extensively as a meditation and Dhamma teacher throughout the U.S., Canada, Australia, Taiwan, Latvia, Indonesia, Singapore, and Malaysia. Her publications include Unravelling the Mysteries of Mind and Body Through Abhidhamma (2nd edition, in both English and Chinese), Mindfulness of Breathing (English and Chinese), The Practical Manual of Abhidhamma (Chinese) and The Nine Attributes of the Buddha (Chinese).

善戒法師 1963 年生于马来西亚彭亨, 荣获槟城

理科大学大众传播媒介学士, 大學時已開始研習觀禪。1991 年, 法師在马来西亚檳城佛教禪修中心披剃出家。披剃後六個月, 法師便前往緬甸, 在著名的阿闍梨班迪達大禪師(U Pandita Sayadaw)之下, 精進密集修禪約三年。于 1994 年, 法師依止聞名遐邇的緬甸阿闍梨帕奧大禪師(Pa Auk Tawya Sayadaw)學習止觀, 除了勤奮不懈地學習禪修, 也學習阿毗達摩、古代經文和巴利文長達十四年之久, 深受法益。自 2000 年開始, 經帕奧大禪師之鼓勵和敦促, 法師開始在马来西亚、澳州、新加坡、印尼、东欧、台湾等著名学院, 如宏誓、香光教授『阿毗達摩』。于 2002 年開始, 法師的足迹開始遍布北美各地, 并应请法者之邀, 除了授課外, 也指導禪修和開示法要。为了饶益众生, 法師亦參学了緬甸各種禪修法門(莫哥、葛印卡, 和水烏民)。因此法師成為非常善巧的老師, 能夠以簡單直接的方式來教導佛陀教法中細微部分, 根據實際禪修體驗, 來清晰呈現法義。其佛法開示生動、活潑、精準與獨特, 著作有:《揭開身心之奧秘》,《阿毗達摩實用手冊》以及《佛陀的九種德行》等書。

2014 禪修營-菩提心園-檳城

Meditation Retreat

马来西亚 MALAYSIA Bodhi Heart Sanctuary-Penang

9/2/2014

1-Day Metta Retreat 慈心一日禪營
8.30am – 5.00pm

Conducted in Mandarin 中文指導

Register by 報名截止: 26-1-2014

Enquiry & Registration 詢問及報名:

Sis. Shan Shan : 017-6621634 (7pm-9pm)

You can register by sending your name, hand-phone number and e-mail add through SMS or E-MAIL. 您可通过电话短讯或电子邮件报名参加, 请注明您的姓名, 电话号码和电邮地址。

1—3/3/2014

3-Day Ānāpānasati Retreat
安般念三日禪營

Check in 報到: 1-3-2014 (8.30 am)

Check out 離營: 3-3-2014 (5.00 pm)

Conducted in Mandarin & English 中英文指導

Register by 報名截止: 10-2-2014

Enquiry 詢問: Sis. Ya Yeing: 012-5293533 (7pm-9pm)

26—30/7/2014

5-Day Samatha & Vipassanā Retreat
止觀和內觀五日禪營

Check in 報到 : 26-7-2014 (8.30 am)

Check out 離營 : 30-7-2014 (5.00 pm)

Conducted in Mandarin & English 中英文指導

Register by 報名截止: 30-5-2014

Enquiry 詢問: Bro. Boon Tat 016-4542693 (after 3pm)

Please submit online registration form for 3-day and 5-day retreat. 若想參加三日或五日營, 請呈交網上報名表格

Email 电邮地址: sayalaysusilaretreat@gmail.com

Please visit website for registration form and more details 請上網下載報名表格并查看更多詳情。

www.sayalaysusila.net