

19th – 28th Dec 2014

Meditation Retreat by Sayalay Susilā

12月19-28日善戒法師禪修營

Venue: Appamada Vihari Meditation Center, Penang, Malaysia

地点：正勤乐住禅林。槟城。马来西亚

Lot 1585, Mukim 4, Daerah barat daya, Balik pulau.



Registration 报名：

Please visit website for registration form and more details
请上网下载报名表格并查看更多详情

www.sayalaysusila.net

Email completed registration form to following address
请呈交网上报名表格至以下电邮地址

sayalaysusilaretreat@gmail.com

Conducted in English & Mandarin 中英文指导

Number of intake 报名人数：45

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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，荣获槟城理工大学大众传播媒介学士，大學時已開始研習觀禪。1991年，法師在马来西亚槟城佛教禅修中心披剃出家。披剃后六個月，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、古代經文和巴利文长达十四年之久，深受法益。自2000年开始，经帕奧大禪師之鼓勵和敦促，法師开始在马来西亚、澳洲、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年开始，法師的足迹開始遍布北美各地，并应请法者之邀，除了授课外，也指导禅修和开示法要。为了饶益众生，法師亦参学了緬甸各种禅修法门(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。