

# 善戒尼师佛学公开讲座 Sayalay Susila Dharma Talks



淨名佛教中心与禅观法乐禅修中心联合主办

Organized by Vimalakirti Buddhist Centre and CakkaVala Meditation Centre

## 四念處之修行

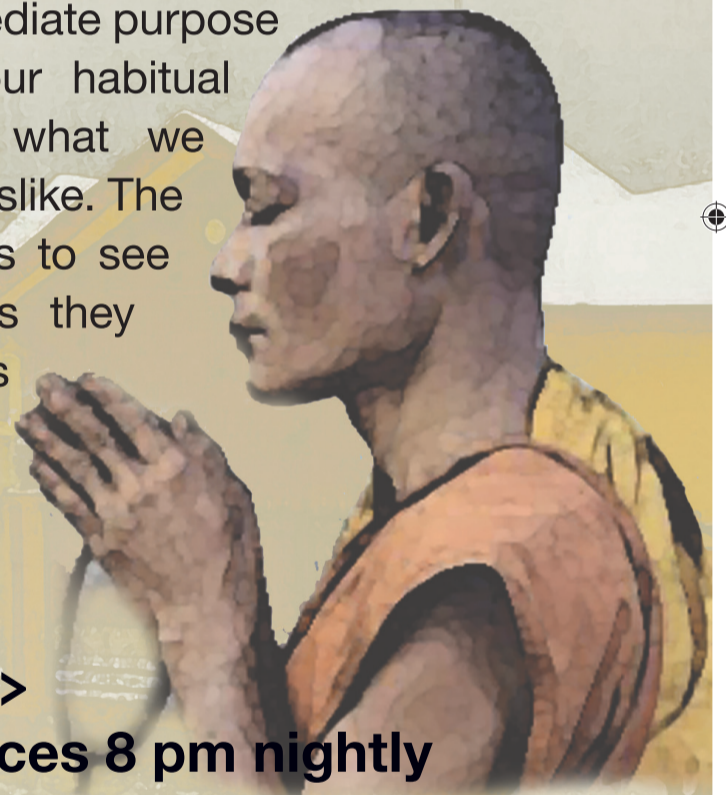
日期: 5/9/13(四), 6/9/13(五)

『四念處』修行是佛教最基礎的教導，釋迦佛以此教育弟子，作為每日修行的準則，許多弟子成就「阿羅漢」。由四念處的修行，進而深入了解『緣起』及『四聖諦』。雖然我們離開佛陀二千五百年，而『四念處』的修行法門仍然存在，依此修習，一旦面對生活的壓力；承受工作的挑戰；或者面臨病痛的折磨，能夠化解無常的煩惱，作一個喜悅的人。善戒法師長達二十年的禪修指導，對如何消除煩惱、痛苦，有獨到的經驗，想要過《幸福快樂的人生》嗎？請來聆聽演講。

## THE PURPOSE OF THE SPIRITUAL PRACTICE.

Date: 7/9/13 (Sat)

The Talk deals with two purposes of the spiritual practice: immediate purpose and ultimate purpose. The immediate purpose is to overcome our habitual reaction towards what we like and what we dislike. The ultimate purpose is to see five aggregates as they really are such as impermanence, suffering and non-self.



晚上7点入席，8点开讲 <凭票入场>

Free ticket admissions from 7 pm • Talk commences 8 pm nightly



### 善戒尼师简介

- 善戒尼师 (Sayalay Susila) 1988年毕业于马来西亚大学大众传媒系，1991年在檳城的马来西亚佛教禅修中心出家。
- 法师通晓中、英、缅语，并精通阿毗达摩，自1997年起便为帕奥禅师的中华弟子参禅时做翻译。2000年，法师开始了她在世界各地弘扬阿毗达摩的生涯，足跡遍布新加坡、马来西亚、美国及加拿大的许多著名佛学中心。
- 法师著有《佛陀的九种德行》、《阿毗達摩實用手冊》和《揭开身心之奥秘》等书。

● Sayalay Susila hails from Pahang and graduated from the University of Science, Malaysia in 1988 with a degree in Mass Communications. Working as a high school teacher after graduation, she became disenchanted with worldly matters and desired to dedicate towards meditation practice more than ever.

● She was ordained as a Theravada Buddhist Nun at the age of 28 in 1991 and went to Panditarama Monastery in Myanmar to practise Meditation under the guidance of renowned Meditation Master Venerable U Pandita Sayadaw and remained in the forest for 14 years to cultivate Concentration Meditation. Sayalay Susila learned the Abhidhamma and Pali Language from Pak Auk Sayadaw and became his English to Mandarin interpreter in Myanmar and abroad.

● She travels extensively both as a Meditation and Abhidamma Teacher throughout the US, Canada, Australia, Taiwan, Latvia, Indonesia, Malaysia and Singapore. She speaks fluent Mandarin, English, Burmese, Malay and Hokkien. Her publications include Unravelling the Mystery of Mind and Body through Abhidhamma (2<sup>nd</sup> edition in English & Mandarin), Mindfulness of Breathing (English), The Practical Manual of Abhidhamma (Mandarin) and The Nine Virtues of the Buddha (Mandarin).

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午餐: 12 noon - 2pm

晚餐: 5.30pm - 7.30pm