

➔ 上接47頁

每次禪坐後，大眾起來行香和跑香15分鐘，再開始下一小時禪坐。其間，恒興與近需法師有幾次說法開示，信眾可以對他們在禪坐時所遇到的經驗提出問題。

每天下午在午齋後有一小時的休息時間，大眾都去出坡，清除一些灌木、倒下的樹和竹子。在2009年的第一天，天氣突然轉變得特別地暖和。天空一片湛藍，有許多祥雲。午齋後，我們許多人看到兩條舒展的雲片，一條從東飄來，一條由西移近，幾乎在天空的正中央交會，看起來像兩條頭部相抵的龍。第二天，我們又很清楚看到，舒展的雲片化成一條很長的龍，橫跨天際。

慈興寺是一個具有傳導性的地方，可以讓人回歸自然原始的生活方式，遠離塵囂與繁忙的都市。參加者藉由禪坐，讓浮動的思緒及心情沉靜下來，開發出本有智慧。

三週的禪七終於圓滿，雖然我們都經歷肉體上的疼痛，但是我們的內心，一直到最後一刻，都是非常的自在。每個人都感到快樂，歡愉，更衷心期待2009年12月的來臨。對參禪有興趣的人，這是一個值得您參訪和參與禪修的寺院。

（編按：位於香港新界大嶼山，山明水秀，充滿靈氣的慈興禪寺，是1953年、54年間上人餐風露宿，披星戴月，親自揸建材、米糧，往返山區，帶領工人，費盡心血籌劃修建的。這座遠離塵囂，適宜清修的道場，令有些修行

兩條舒展的雲片，幾乎在天空的正中央交會，看起來像兩條頭部相抵的龍。
Two long stretches of clouds, one moving in from the east and one from the west, and almost touching in the center of the sky.



➔ Continued from page 47

There was an hour of break time in the afternoon after lunch in which everyone did some community works to clear out some bushes, fallen trees and bamboo.

On the first day of 2009, suddenly the weather became very sunny and warm. The sky was blue and there were lots of beautiful and auspicious clouds. After our lunch, many of us saw two long stretches of clouds, one moving in from the east and one from the west, and almost touching right in the center of the sky. They looked like two dragons with their heads almost touching one another. The next day again we saw very clearly that long stretch of cloud that resembled a very long dragon in the sky.

Cixing Monastery is a wonderful and conducive place for one to return to nature and a simple lifestyle and stay away from the hectic and fastpaced city life. Participants sat in meditation to calm down their bodies and minds and uncover their inherent wisdom.

The three-week Chan session finally ended, and although we went through all the physical pains and sufferings, our minds to the last moment were very much at ease. Everyone felt happy and looked forward to the next session in December 2009. For those interested in investigating Chan, this is a monastery worth your visit and participation.

[Editor's Note: Cixing Chan Monastery is situated at Dayu Mountain in the New Territories of Hong Kong. Set in a picturesque vista, this monastery has something divine about it. The Venerable Master gave everything he had to planning and constructing Cixing Monastery during 1953~1954. Working day and night, he often went without food and sleep. He personally guided the work, hauling building material and bags of rice to and fro. Far from the clamor of the city, this monastery is an excellent place for meditation.)

