

2025 年六期
第十六届看话参禅系列

2025 年 9 月禅三

26/10/2024 订定

百丈山国际参禅中心 (吉隆坡)

报名简章:

中国禅宗始于达摩西来，衣法流布至南宋大慧宗杲，拈出祖德明心见性之法，直指看箇话头、疑情顿发、破疑开悟是成佛之道。

慧门禅师亲授「看话参禅」，搭配坐香、跑香、提撕、棒喝逼拶、作务习禅、山水行禅，在行住坐卧中行细行，或借助宇宙自然的宁静，以虚空为禅堂，以大地为蒲团，引导行者往内心深处探索圆融自性，带领您走一趟开悟之旅。

- 1) 主七和尚: 台湾百丈山力行禅寺方丈、临济宗 43 世及曹洞下 49 世传人^{上演}下方丈。
- 2) 维那和尚: 台湾百丈山力行禅寺法师。
- 3) 联办单位: 马来西亚佛陀教育基金会、台湾百丈山力行禅寺、力行禅宗大学、新加坡国际禅宗协会。
- 4) 承办单位: 马来西亚看话参禅护法会
- 5) 禅修课程: 看话参禅 (参禅顿悟法门)，初级班及精进班。
- 6) 参加资格: 年龄十八岁以上在家信众、僧尼, 对参禅法门有兴趣、愿学习、愿接受者, 皆欢迎参加。若有「身心障碍」或「重大、罕见、可能突发、食物过敏的疾病史」或其他特殊身心状况与需求, 请在报名表格附带说明。罹患心理疾病、严重疾病、传染病、孕妇, 请勿报名。
- 7) 禅修日期: 2025 年 9 月 13 - 15 日。
- 9) 报到时间: 9 月 13 日上午 9.00 点 至 10.00 点。
来自外坡或交通不便的同参可提早于 9 月 12 日下午 3-4 点报到 (报名表格需注明)。
- 10) 结束时间: 9 月 15 日下午 3.00 点。
- 11) 禅修营地: 百丈山国际参禅中心 (吉隆坡)。
Viriyachan International Center, Kuala Lumpur
Dusun Tekali, Hulu Langat Selangor, Malaysia

- 12) 招收名额: 额满为止。
- 13) 活动费用: 欢迎随喜乐捐赞助住宿、膳食等费用 (出家众全免)。
赞助善款请支付: Buddha Sasana Foundation
丰隆银行户头号码: 179-000-2809-9
汇款收据请 whatsapp: 011-3228 3882/ 3881/ 3880
或电邮: info@buddhasasana.org.my

14) 报名方式:

- a. 请链接 www.buddhasasana.org.my 点击相关活动的报名程序, 或
- b. 把填妥的报名表格电邮至 info@buddhasasana.org.my, 或
- c. 扫描二维码报名  或
- d. Wechat 微信/ WhatsApp 报名格式 (发送到 WeChat ID: BSF_official / 011-3228-3882/ 3881/ 3880) :
姓名(中)+Name(英)+身份证号码+手机号码+电邮地址+住家地址+特殊身心状况/需求+紧急联络人 (中英姓名+关系+身份证号码+电话)
(比丘、比丘尼众请单独注明)。
- e. 联络以下报名负责人:
秘书处 011-3228 3882/ 011-3228 3881 / 3880

15) 学员须签具「学员行前切结书」 (详如附录一)。

16) 廿一岁以下者, 家长须签署「家长同意书」 (详如附录二)。

17) 交通指引:

- a. 自驾车: 请用 waze 导航 (Waze: BSF Retreat Centre, Hulu Langat)。
- b. 吉隆坡国际机场乘坐机场出租车到参禅中心, 约 80km。
Airport Taxi: 1-3 人约 RM150, 4-8 人约 RM250。Grab: 1-4 人约 RM150。
- c. 来自国外同参集体报到可向主办单位申请协助安排交通接驳。

看话参禅系列-学员行前切结书

敬致禅修营学员：

欢迎参加由马来西亚佛陀教育基金会和百丈山力行禅寺联合主办的 [看话参禅系列] 禅修营，报名之前，请您详细阅读及注意以下事项：

1. 有身心障碍者报名时须据实陈述，若报到时或禅修期间有所发现未据实说明者，主办单位保留权利拒绝接受报名，或已报到者将一律请其退出离营。
2. 完成报到手续后，须全程参与主办单位规划之课程与活动，并遵守规约及作息表，中间不得无故脱队或离营。
3. 活动期间，请注意自身安全。若因故需脱队或离营，必须事先取得主七和尚同意。
4. 活动期间严禁使用手机、电脑、电子设备等通讯器材。
5. 请勿携带贵重物品，若有损失，主办单位不负任何责任。
6. 活动期间，贵重物品（护照、机票、钱包、手机等）统一交由主办单位保管（建议用袋子装在一起，写好名字，以便解七后领取）。
7. 禅修营期间一律禁语。
8. 学员可将以下负责人之电话号码提供于家人作为紧急联络之途：
秘书处 011-3228 3880/3881/3882、
黄宝钻 012-673 6225、黄圆尚 019-221 6565
9. 请记得携带以下物品：
 - a) 冷、热饮水瓶、盥洗用品（沐浴露、牙膏、牙刷）、纸巾、女性生理用品、自用药品。
 - b) 御寒外套/寒衣、披肩、宽松衣裤，抹汗面巾、浴巾、毛巾（禅堂护脚用）。
 - c) 室内跑香鞋（干净跑步球鞋）、室外步行鞋、袜子、拖鞋。
10. 主办单位没有安排衣物送洗服务，请携带足够衣服，轻便的可自洗。
11. 请自备床单、枕头套、睡袋/棉被、盖脚毛巾。如果需要主办单位提供者，请另随喜赞助清洗费（出家众全免）。
12. 由于禅修场地位于郊外，购物不方便，请确保以上物品准备齐全。
13. 主办单位备有慧门禅师著作、视频机和 DVD 供学员请购。
14. 为确保活动顺利开展和遵循国际惯例，外籍学员请务必在自己的国籍地买好意外保险。
15. 禅修营地属农业地农舍，故安全设施未必到位，活动期间，主办单位将尽力注意营员安全问题，如发生意外事件及私人物品的污损（包括私人物件和汽车在内）主办单位恕不负责。
16. 为考虑大众的健康安全，学员必须遵守本中心对冠病Covid-19 所增设防疫措施（详如附录三）。
17. 主办单位保留录取权。

注：吉隆坡参禅中心气温约 22°~30°C。



附錄一

学员行前切结书

禅修日期 _____

本人已充分了解「看话参禅系列-学员行前切结书」之内容，并同意参加贵单位规划之所有课程活动，且遵守相关规约。

本人也了解禅修营地属农业地农舍，故安全设施未必到位，活动期间贵单位将尽力注意营员安全问题，如发生意外事件，本人同意不向贵单位追究法律责任。

(学员签名)

姓名:

身份证号码:

日期: 年 月 日

附錄二 (供廿一岁以下学员填写)

「家长同意书」

本人已充分了解「看话参禅系列-学员行前切结书」之内容（详如附录一），并同意小儿/小女于 _____ 日期间，参加贵单位规划之所有课程活动，且遵守相关规约。

本人也了解禅修营地属农业地农舍，故安全设施未必到位，活动期间贵单位将尽力注意营员安全问题，如发生意外事件，本人同意不向贵单位追究法律责任。

(家长/监护人签名)

(学员签名)

姓名:

身份证号码:

日期: 年 月 日

电话:

姓名:

身份证号码:

日期: 年 月 日

电话:

附錄三

Covid-19 增设防疫措施

1.0 抵达中心之前:

1.1 有以下状况、症状者，请不要报到：

- A. 已经确诊冠状病毒、未痊愈者。
- B. 抵达前5天内与上述“A”有过密切接触者。
- C. 有不适、发烧、咳嗽、寒战、头痛、喉咙痛、流鼻涕、腹泻、疲乏、恶心或呕吐、鼻塞、气短、味觉或嗅觉丧失、肌肉酸痛、身体酸痛、不明原因的丧失食欲或其他疑似冠心病症状，包括刚康复者。

1.2 确诊者必须完全康复、没任何症状后才能报到。

1.3 若有需要，主办单位可另要求学员在抵达前 24 小时进行快速抗原检测（Rapid Antigen Test）或其他适当的检测，结果须为“阴性”才能报到。

2.0 在中心时:

2.1 所有同参必须每时每刻严格遵守 SOP 标准操作程序。

2.2 虽然根据政府的新规定无需测量体温、戴口罩或保持社交距离等，但为了各方的健康安全，鼓励同参经常监测自己的身体状况，若发现身体有任何异常，请及时向主办单位和本中心负责人报告，以便采取进一步行动。

2.3 在打菜区域领取食物时，请戴好口罩。

2.4 若有伤风咳嗽者（不是Covid 冠病），请向主办单位和本中心负责人报告并自行隔离及与其他同参保持距离，暂不随大众在禅堂、五观堂、寮房作习运作。严重者，主办单位保留权利请其退出离营。

2.5 若有出现与上述 [1.1] 项类似[C]的症状，必须向主办单位和本中心负责人报告以便采取进一步行动。

3.0 取消:

若中心附近的区域/雪兰莪/马来西亚的疫情再次飙升至本中心认为会令人担忧的程度，本中心保留取消、停止或延后该活动权力，若因而有造成任何不便或损失皆不受理。



温馨提醒：大马数字入境卡（MDAC）的新规定：

自 2024 年 1 月 1 日起，所有前往马来西亚的外国公民必须填写马来西亚数字入境卡（MDAC），请点击以下填写数字入境卡并於入境前三天提交该 MDAC 数字入境卡。

Effective 1 January 2024, all foreign citizens travelling to Malaysia MUST complete the Malaysia Digital Arrival Card (MDAC), click below link to complete and submit MDAC within 3 days before arriving in Malaysia.

<https://imigresen-online.imi.gov.my/mdac/main>

Citizens of below categories are exempted from the above requirement (not required to submit MDAC):

1. Citizens of Singapore;
2. Diplomatic and Official Passport Holders;
3. Malaysia Permanent Residents and Long-term Pass Holders;
4. General Certificate of Identity (GCI) Brunei Holders;
5. Brunei Malaysia Frequent Traveller Facility Holders;
6. Thailand Border Pass Holders;
7. Indonesia Cross-Border Travel Document (PLB) Holders.

以下类别的公民可豁免上述规定（无需提交数字入境卡）：

- （一）所有新加坡公民、
- （二）持有外交和公务护照、
- （三）大马永久居民和长期证件持有者、
- （四）持有汶莱身份证、
- （五）持有汶莱和大马旅游便利证件、
- （六）泰国边境通行证持有者、
- （七）印尼跨境通行证持有者。

中文版活动简章终

The 6th Session of the 16th Meditation Series 2025
2025 Zen Retreat – 3 Days Meditation Retreat
Viriya Mountain International Center (Kuala Lumpur)


5/11/2024

Registration Brochure:

Learn more about the ancient wisdom of "Kan Hua Can Chan" which is the essence of Mahayana Chinese Chan (Zen) meditation.

By investigating a "huatou" (topic of inquiry) inwardly, practitioners confront the mind and cut through its mental phenomena and defilements directly to unravel the mind's true nature.

1. Led by: Chan Master Ven. Yen Zhong Abbot, Viriya Mountain International Center, the 43rd lineage of the Linji sect and the 49th lineage of the Caodong sect.
2. Instructor: Master from Viriya Mountain Monastery, Hualien Taiwan.
3. Joint Organisers: Buddha Sasana Foundation, Viriya Mountain Monastery Taiwan, Viriya Mountain Chan Buddhist Society Singapore.
4. The Course: "Kan Hua Can Chan" Mahayana Chinese Chan (Zen) meditation, beginners' course.
5. Enrolment requirement: Non-Muslim over 18 years old who are interested in Mahayana Chinese Chan (Zen) meditation, willing to learn and willing to accept the methodology of "Kan Hua Can Chan". Those having mental or physical setback or history of allergies or other physical and mental conditions must declare clearly in the application. Please do not register if you are suffering from mental illness, serious illness, infectious disease, or pregnant woman. The Organiser reserve the right to accept or reject any application without assigning any reasons.
6. Date of event: 13th to 15th September 2025
7. Registrants' arrival: 9.00-10.00 am, 13th September.
Pre-arrival is permitted for those from outstation or overseas (please indicate in the application).
8. End of event: 3.00 pm, 15th September
9. Venue: Viriya Mountain International Center
P.T. 12622 Dusun Tekali, Kampung Sungai Tekali, Jalan Sungai Tekali, 43100 Hulu Langat, Selangor Darul Ehsan, Malaysia
GPS: 3.142090, 101.877686 Waze: BSF Retreat Centre, Hulu Langat

10. Total Enrolment: Limited to 30 pax
11. Enrolment Fees: By free-will donation to Buddha Sasana Foundation for the food, lodging and general contributions (Monastic excepted).
Direct all remittance to:
Buddha Sasana Foundation HLB acc nos. 179-000-2809-9
PI WhatsApp remittance receipt to 011-3228 3882/ 3881/ 3880 or email info@buddhasasana.org.my
12. Registration: Log in to www.buddhasasana.org.my and click “Register” OR scan QR code to fill up the relevant particulars. 
13. Enquiries: Direct all enquiries to
Whatsapp: 011-3228 3882/ 3881/ 3880
Wechat: BSF_official
14. Indemnities: Registrants must fill up the indemnity form as per Appendix 1. Registrants below 18 years old would need the written approval of the Guardian as per Appendix 2.
15. Direction:
 1. Waze location: GPS 3.139203, 101.868547、Waze: BSF Retreat Centre, Hulu Langat.
 2. Distance from KLIA to the Centre is about 80km, Airport Taxi: 1-3 pax about RM150, 4-8 pax about RM250。Grab: 1-4 about RM150.

Pre-arrival Notes to All Registrants:

Please take note below before you submit your registration:

1. Those having mental or physical setback or history of allergies or other physical and mental conditions must declare clearly in the application and procure a pre-approval of acceptance from the Organiser before arrival.
2. Do not register if you are suffering from mental illness, serious illness, infectious disease.
3. This course is not suitable for pregnant woman.
4. After completing the registration procedurals, Yogis must diligently follow the Course Schedule and abide by the rules and regulations. Pre-approval must be obtained if you need to leave the course half-way for any reason whatsoever.

5. Please take good care of your own safety while in the event or during your stay in the Centre.
6. The use of Handphone, Computer, Electronic and or other communication equipment is strictly prohibited throughout the Meditation Course.
7. Please do not bring valuables, the organizer will not be responsible for any losses due to any reasons whatsoever.
8. Handphone and all valuables (passports, air tickets, wallets etc) are to be handed over to the organizer for safekeeping.
9. All Yogis must observe noble silence throughout the Meditation Course.
10. You may leave the following contact numbers with your families for emergency use:
011-3228 3880/3881/3882, 019-221 6565
11. Please bring the following for your personal use during the course:
 - a) Cold and hot water tumbler, toiletries (shower gel, toothpaste, toothbrush), face tissue, feminine hygiene products, and personal medication.
 - b) Jacket, shawl, comfortable clothes, sweat towel, bath towel, towel (for knee protection during meditation).
 - c) Indoor sports shoes (for walking or running indoor), outdoor walking shoes, socks, and slippers.
12. The organizer does not arrange laundry service, please bring enough clothing. Light self-washing permitted at designated area only.
13. Please bring your own bed sheets, pillowcases, sleeping bags/blanket. Laundry charges would be incurred if provided by the Organiser (Monastic excepted).
14. Please be advised to get the above prepared as the venue is in the outskirts countryside, shopping and replenishment would be inconvenient.
15. Yogis from foreign countries must procure appropriate insurance from their country of origin.
16. The Venue is located within agriculture areas, as such safety facilities may not be in place, by your participation in the Course, Yogis would voluntarily assume all risks while participating in the Retreat and the use of facilities, equipment, or services in association with the Retreat.
17. All attendee and Yogis must abide by the centre's epidemic prevention measures against Covid-19, which may be imposed as required at the discretion of the Organiser.
18. The Organiser reserve the right to accept or reject any application without assigning any reasons.

Note: Temperature in the Centre is in the region of 22^o~32^oC.

Appendix 1

Registrant' Indemnification & Covenant 2025 Zen Retreat – 3 Days Meditation 13rd to 15th September 2025

I, the below named, hereby certify that I have full agreement of the participation in the above said Program, and hereby knowledge the nature and extent of the risks inherent in the Program and the use of facilities, equipment, or services in association with the Program, that by my agreement hereof, I will voluntarily assume all risks, whether known or unknown, and further understand that despite precautions, accidents and injuries may occur, and I hereby agree to indemnify, and keep the Organizers, including its facilitators, trustees, employees, volunteers and agents indemnified against all claims whatsoever in event of any loss or damage, either bodily, in life or in loss of property, which I may sustain or cause, whether in whole or in part, while participating in the Program and the use of facilities, equipment, or services in association with the Program.

I agree that I may be dismissed at any time during the conduct of the Program in the event of any misconduct on my part or that I failed to observe the instructions, rules, or regulations during the conduct of the Program.

Signature of Registrant/Yogis,

Name:

NRIC:

Date:

Tel contact:

Signature of Witness,

Name:

NRIC:

Date:

Tel contact:

Appendix 2

**Parent/Guardian's Consent of
Assumption of Risk / Release & Indemnification of All Claims / Covenant Not to Sue
2025 Zen Retreat – 3 Days Meditation Retreat
13rd to 15th September 2025**

I, the below named, being the Parent/Guardian of the below named child/student, hereby certify that I have full agreement and consent of the participation of my child under my guardianship in the above said Program, and hereby knowledge the nature and extent of the risks inherent in the Program and the use of facilities, equipment, or services in association with the Program, that by my agreement and consent hereof, I will voluntarily assume all risks, whether known or unknown, and further understand that despite precautions, accidents and injuries may occur, and I hereby agree to indemnify, and keep the Organizers, including its facilitators, trustees, employees, volunteers and agents indemnified against all claims whatsoever in event of any loss or damage, either bodily, in life or in loss of property, which my child under my guardianship may sustain or cause, whether in whole or in part, while participating in the Program and the use of facilities, equipment, or services in association with the Program.

I agree that my child under my guardianship may be dismissed at any time during the conduct of the Program in the event of any misconduct or that he/she failed to observe the instructions, rules or regulations during the conduct of the Program.

Signature of Parent/Guardian,

Signature of Witness,

Name:
NRIC:
Date: Tel contact:

Name:
NRIC:
Date: Tel Contact:

Signature of Participating Child,

Name:
NRIC:
Date: Tel contact:



Malaysia Digital Arrival Card (MDAC)

Effective 1 January 2024, all foreign citizens travelling to Malaysia MUST complete the Malaysia Digital Arrival Card (MDAC), click below link to complete and submit MDAC within 3 days before arriving in Malaysia.

<https://imigresen-online.imi.gov.my/mdac/main>

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1. Citizens of Singapore.
2. Diplomatic and Official Passport Holders.
3. Malaysia Permanent Residents and Long-term Pass Holders.
4. General Certificate of Identity (GCI) Brunei Holders.
5. Brunei Malaysia Frequent Traveller Facility Holders.
6. Thailand Border Pass Holders.
7. Indonesia Cross-Border Travel Document (PLB) Holders.
