

Hokkien Mindful Hiking Retreat 福建念住远足行禅营

with Āyasmā Aggacitta 随奥智达尊者

11 – 17 May 2018, SBS, Taiping 于太平护法苑

Objectives 目的

- (1) To practise mindfulness while hiking in the forested hills and resting in the camps, with particular emphasis on watching how the mind responds to the 6 senses due to past conditioning and present circumstances.
在林野远足，在营里歇息时，全面性修习念住。此营强调于省察心如何被现在缘和过去因影响之下，对六根/境做出反应。
- (2) To try to apply what was learnt during the retreat in normal daily life to reduce suffering and increase happiness and contentment.
尝试在日常生活中实践营里所学的法，以减轻苦恼进而提升快乐与知足感。

Overall Structure 整体架构

- (1) Mindful practice to be done throughout the day and night during one's wakeful hours.
睡眠时间除外，全天候修习念住。
- (2) Cultivating Buddhānussati and mettā individually (while hiking) and by group chanting every night.
营员们将各自在远足和每夜共修时段，修持佛随念与慈爱禅。
- (3) Nightly guided open awareness meditation to remind everyone to train the mind to be in the present so that the subject (= the subjective experiencer / the mind that reacts or responds to the senses) could be monitored more closely for insightful understanding of causality / conditionality.
晚间引导式开豁觉照禅修将提醒营员去训练心时时处在当下，以便可以通过密切省察主体（对六根这个客体做出反应的主观体验者/心）而达至洞察因（缘）果关系的见地。
- (4) Nightly Dhamma talks to provide important information on the principles of practice.
晚间佛法开示将提供关于修习的重要资讯和法则。
- (5) Nightly sharing by each hiker of the day's experiences: (a) to clear doubts about the theory and practice of mindfulness, (b) to inspire others, (c) to comment on and clarify individual behaviours and (d) to suggest improvements to communal life.
晚间分享时段，营员将报告各自在日间的修习体验或心得。此举可：
(a)厘清关于修习念住的理论和方法 (b)启发其他营员 (c)诠释与澄清营员个人行为 (d)提供有益于营里共修和公共生活的建议。

Enquiry 询问: SBSRC c/o Ms Lau: 05-8411198 / 017-5182011; rc@sasanarakkha.org

A Mindful Hiking Retreat with Āyasmā Aggacitta

跟随奥智达尊者禅修于

Sāsanārakkha Buddhist Sanctuary Retreat Centre

太平护法苑禅修中心

conducted in Hokkien

以福建话主持

Date : 11 - 17 May 2018

日期：2018年5月11至17号

Application Procedure 申请程序：

1. Complete the attached application form (which is also downloadable from <https://goo.gl/o8JqDP>). For those who are unknown to Ayasma Aggacitta,* remember to attach a passport-sized photo on the form. Then, do one of the following:

您有三个选择。把附属的申请表格填写好（表格也可在此网站下载

<https://goo.gl/o8JqDP>）如奥智达尊者不认识您，请在表格上附加一张护照尺寸的照片

- a) Mail the completed form (by **ORDINARY MAIL**) to

然后，以普通邮政服务寄至以下地址：

**SBSRC c/o Ms Lau
c/o 28 & 30, 1st Floor,
Jalan Medan Taiping 4,
Medan Taiping,
34000 Taiping,
Perak, Malaysia.**

- b) Fax the completed form via 传真到： **05-8411198**

- c) email the completed form to 把申请表格电邮至 rc@sasanarakkha.org

(Please label the email Subject as 请标明电邮题目为： **Hokkien MHR**)

Note

Application forms will **not** be processed if they are 主办当局将不处理下述类型申请表格：

a) *incomplete (i.e. missing required information, e.g. email)* 资料不全（如没有电邮）

b) *illegibly filled out* 字体潦草，无法看懂所附资料。

2. Once your form is received at the specified address, we shall acknowledge receipt via email. Thereafter, all correspondence will be done through email. If you do not get any response 2 weeks after sending your application form, kindly email the SBSRC Coordinator,

主办当局一但收到您的表格后，将会发电邮通知您。过后，所有的通讯及联系将以电邮完成。若您把申请表格寄出两星期后还没收到任何回应，请发电邮至太平护法苑禅修中心协调员，

Ms Lau, rc@sasanarakkha.org

3. **Selection Criteria 录取规格** : Only yogis who **can converse in Hokkien** are qualified to apply for this retreat. If you need a Hokkien translator, you do not qualify for the retreat.
只有能用福建交流的禅修者有资格申请此禅修营。若您须要福建话翻译员，您将被视为不符合申请资格。
- Priority will be given to applicants who
以下申请者将享有被录取的优先权：
- a) are/were supporters of SBS or Āyasmā Aggacitta
属太平护法苑或是奥智达尊者的支持者
 - b) attend the full retreat
参与禅修营全程者。
4. **Period of stay 住宿期**: All participants must begin their retreat on **11 May 2018**. Please gather at Bao Di at **2.00pm**.
所有被录取者必须于 2018 年 5 月 11 日报到入营. 下午 2.00 在宝地集合。
5. **For enquiries**, please contact the SBS Retreat Centre Coordinator, Ms Lau, either by email or phone
若有疑问，请联络太平护法苑禅修中心协调员， Ms Lau。您可发电邮或拨电至
rc@sasanarakkha.org ; 05-8411198./017-5182011

Please note 注意：

1. Use your full name as per NRIC when filling out your form.
填写表格时，请依照身份证里的姓名填上
2. In addition, write your nickname within parentheses after your full name, e.g. (Andrew, Ah Choo, Ah Hong).
也请把您的小名用括号写在正名后（如： Andrew, 亚珠, 亚凤）
3. Use your name as stated in 1 & 2 above when corresponding with the HMR1 Co-ordinator.
与负责人通讯时，请用以上所说的正名和小名。
4. Please check your email from time to time, or request someone to do so for you, so that you can get the latest info.
请不时查看您的电邮或托人帮您查，以便能收到最新资讯。
5. **Closing date** for application is **11 Apr 2018 or when application is full**
截止日期：2018 年 4 月 11 号或当席位已额满

Your co-operation in reading all the info in this mail and following the application procedure is highly appreciated.
请把以上资料阅览清楚及遵守所有申请程序。

Thank you & sādhu.
谢谢您的合作。善哉。

***Those who are known to Āyasmā Aggacitta do not need to attach their photos.**
奥智达尊者认识的申请者不须在表格里附加照片。



HOKKIEN MINDFUL HIKING RETREAT
conducted by Āyasmā Aggacitta
11 – 17 May 2018

Attach photo
here

Required of applicants
unknown to Āyasmā
Aggacitta only

Application Form

Important reminders:

- a) Priority is always given to yogis who apply for the full retreat.
- b) Application forms that are not filled out completely will be rejected (especially those without a valid email and/or a photo).
- c) If you do not get any response two weeks after posting this form, send an email to the Events Coordinator.

1. Full Name (as per NRIC / passport followed by nickname):	2. Age:	3. Gender: (Please √) <input type="checkbox"/> Male <input type="checkbox"/> Female
4. Correspondence address:	5. Tel no.: (Give at least one no. that can easily reach you.) a. Home: b. Mobile:	
	6. Email: [REQUIRED: write clearly esp. the upper & lower case, the 0 (zero) & o (letter 'o'), the – (dash) & _ (underscore)] ¹	
7. Can you converse in Hokkien? (Please √) <input type="checkbox"/> Yes <input type="checkbox"/> No	8. In what way have you helped or supported SBS or Āyasmā Aggacitta?	
9. Period of stay ² (Please √): <input type="checkbox"/> 11 – 17 May 2018 <input type="checkbox"/> Other (Please specify dates and times)	10. Do you have any chronic mental or physical illness or disability? (Please √) <input type="checkbox"/> Yes (Please elaborate below) <input type="checkbox"/> No	
11. Previous retreat experiences:		
<i>Teacher</i>	<i>Type</i>	<i>Duration & Year</i>
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Next of kin to be contacted in case of emergency (Required):

Name:	Telephone no.:	Address:
	Home:	
Relationship:	Work:	
	Mobile:	

1 If you do not use email please indicate an email address of someone close to you.

2 All participants are required to observe 8 Precepts unless exempted by the teacher due to health reasons.

Declaration

I hereby declare and acknowledge that:

- The particulars given in this form are to the best of my knowledge **true and correct**.
- I shall try my best to follow the rules and regulations of SBS insofar as they affect me as a participant.
- I shall not hold the organizer or the retreat centre or Sangha or the Meditation Teacher liable for any mishap due to my own action or negligence during my stay in the retreat centre.
- The organizer shall not be obliged to give any reasons for rejecting an application.
- The organizer reserves the absolute right, in exceptional circumstances, to require a resident to leave the retreat centre at 24 hours' notice. This right shall be exercised in the best interests of the retreat.

SIGNATURE

DATE

Please check to make sure you have filled up the form **correctly and completely**, then send it to

**SBSRC c/o Ms Lau
28 & 30, 1st Floor,
Jln Medan Taiping 4, Medan Taiping,
34000 Taping, Perak**

OR fax to: **05-8411198**

OR email to: **rc@sasanarakkha.org**

Closing date: **11 Apr 2018 or when application is full**

Your application **will not be processed if your handwriting is illegible.*