

Pa-Auk Meditation Retreat 帕奥禅修营 2009

Venue 地点: Sāsanārakkha Buddhist Sanctuary 护法苑
(Taiping, Perak, Malaysia 霹雳太平)

Date 日期: 11 March 2009 to 13 June 2009

Instructor 导师: Ven Pa Auk Sayadaw U Āciṇṇa

Assisted by 协助导师: Ven U Aggañña & Ven U Maṅgala

Notice to Applicants 禅修者需注意的事项:

- Participants are required to stay-in during the whole duration of the applicable retreat session and to observe all the Rules & Regulations of the retreat. Participants are not allowed to leave the retreat premises during the retreat session without obtaining specific permission from the Meditation Teacher. 禅修者於禅修期间必须待在禅修营并且遵守全部有关规则。禅修者在未得到禅师允许之前，不得擅自离开寺院。
- All lay participants, unless due to medical reasons, are required to observe the Eight Precepts. These include abstaining from wearing jewellery and using perfume and cosmetics during the Retreat. Smoking and the use of recreational drugs are not allowed. 全部禅修者，除非有健康问题，都必须持守八戒。其中包括不以脂粉，香水，华衣装饰。禁止在寺院吸烟及使用麻醉物品。
- **Noble Silence** - meditators are to observe Noble Silence; socializing is strictly not permitted. 禁语-所有禅修者在禅修期间将被要求严格保持禁语及寂静；社交是不被允许的。
- Making calls and email are strictly disallowed during the retreat. Handphones and notebooks are to be surrendered to the organisers upon registration. They will be returned on the last day of the retreat. 禅修期间，通电话及使用电邮将不被允许。禅修者必须在报到时自行交出手机，电脑等分心品给主办当局代为保管，直到禅修结束。
- Appropriate attire - Participants should dress modestly at all times. Wear loose, comfortable, modest clothing; preferably white tops and white or plain dark long pants. 参加者需穿着端庄，合适的衣服，尽可能白色的上衣和白色或深色的裤子。
- Two vegetarian meals (breakfast and lunch) will be provided daily. Allowable beverages will be available on a self-serve basis at certain times. 禅修营期间每天会提供两餐素食(早餐及中餐)。只有特定饮料(非时浆)，禅修者可以自行使用。
- All applicants are subject to approval by the organizer 报名者将经由主办当局批准其参与资格。
- Priority will be given to those who can stay for the full duration (3 months) of the retreat. 优先权将给予能参与三个月的报名者。
- Participants are requested to abide by some "common sense rules" to ensure everyone gets maximum benefit for their time and effort spent in the retreat. We wish you every success in your noble endeavours. Sadhu, sadhu, sadhu! 禅修者请遵守一些基本及普通常识的共同规则，以确保每个人在禅修期间能得到他们最大的好处。我们在你的崇高的努力中祝你成功。善哉！善哉！善哉！

For enquiries, please contact or email to the following persons: 任何询问，请联络或电邮以下联络人:

- Bro. Lim Poh Teik
Tel No 电话号码: 016-559 2866
Email 电邮: limpt3736@gmail.com or lim.pt@streamyx.com
- Bro. Henry Lim
Tel No 电话号码: 019-336 8396
Email 电邮: henrychlim@yahoo.com or henrychlim@gmail.com
- Sāsanārakkha Buddhist Sanctuary (SBS)
Tel No 电话号码 : 05-808 4429 / 017-5182011
Email 电邮: office@sasanarakkha.org or sbsmail@pd.jaring.my

Please fill in the form completely 請填妥這表格

Full name (as in NRIC/Passport) 护照名:		Sex 性別:	(For monastic only 出家人)
Dhamma Name 法名:		<input type="checkbox"/> Female 女 <input type="checkbox"/> Male 男	Ordination Particulars 授戒詳情: <input type="checkbox"/> Bhikkhu 比丘 <input type="checkbox"/> Samanera 沙彌 <input type="checkbox"/> Nun 女出家众
NRIC no 身份證号码:	Date of birth 出生日期:		Upajjhaya 戒師: Date 日期: Place 地方:
(For foreigners only 外國人)			
Nationality 国籍:			
Passport no. 护照号码:		Expiry date of passport 护照截止日期:	Expiry date of visa 签证截止日期:
Address: 地址 <input type="checkbox"/> residence 住家 <input type="checkbox"/> correspondence 通訊		Name & address of Buddhist organisation associated with 有聯系的佛教團體的名字及地址:	
Telephone 電話:		Telephone 電話:	
Fax 傳真:		Fax 傳真:	
E-mail 電郵:		E-mail 電郵:	
In case of emergency, please contact my 如有紧急事,請联络 _____ (state relationship 注明關係)			
Name 名字:		Telephone 電話:	
Meditation experience 禅修经验: <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 <input type="checkbox"/> Type/s of meditation 禅修類型..... <input type="checkbox"/> Teacher 禅师			
Any history of mental abnormality 可有精神上的問題? <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 <input type="checkbox"/> Diagnosis 診斷..... Date of last review (by doctor) 最后檢查的日期..... On treatment 正在治療 <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有			
Are you having any physical health problems 可有身體上的健康問題? <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 (please describe briefly 請簡單說明)			
Other information, if any 其它資料, 如有 <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有			
Retreat Period 禅修期:			

Declaration 宣言:

I hereby declare that 在此我宣告

- I will not give any teaching or involve in the administration of the Sanctuary. I will respectfully and faithfully go for, receive and apply the instructions given by the Meditation Teacher. I will respect Theravāda Saṅgha system, leadership and administration of the Sanctuary. I will be tolerant, forgiving and harmonious in the community. I will keep to the rules of Noble Silence and non-communication with non-residents (outsiders) except with the special permission of the Meditation Teacher. I will declare and handover my mobile phone, computers etc. to the person-in-charge and abide by additional rules pronounced by the Meditation Teacher from time to time. 我不会涉及教学及道场的管理。我会恭敬及忠诚地请求，接受及实践禅师的教导。我会恭敬上座部僧团的制度，领导及对道场的管理。我会怀着忍耐，宽容及和谐的心与众共处。我会遵守禁语及不和外人接触的规则，除非得到禅师的特别允许。我将会自行交出手机，电脑等分心品给负责人代为保管，直到禅修结束。我将随时接受禅师所宣布的新规则。
- the particulars given in this form are to the best of my knowledge true and correct. 以我的認知，在這表格中所有的資料都是對與真實的。
- I shall abide by the rules and regulations for yogis laid down by Sāsanārakkha Buddhist Sanctuary Management Committee (SBSMC). 我將遵守护法苑理事會所定給修行者的規則。
- I shall not hold SBSMC or SBS Sangha responsible for my conduct that is contrary to its rules and regulations. 我的行為如有觸犯規則，我都不會歸咎护法苑理事會。
- I shall not hold SBSMC, SBS Sangha or the meditation teachers liable for any mishap due to my own negligence during my stay in SBS. 居以护法苑期間，因為我的疏忽而造成的任何災難，我都不會要护法苑理事會，护法苑僧團及禪師負責任。

Sincerely 真诚地, _____ (Signature 签名)

_____ (Date 日期)

Please mail the completed form to 請將填妥的表格寄至:

Sāsanārakkha Buddhist Sanctuary
28 & 30, 1st Floor, Jalan Medan Taiping 4,
Medan Taiping, 34000 Taiping,
Perak, Malaysia.