



Six Patriarch's Platform Sutra

Where can we find peace of mind and true happiness? How do we relieve stress and end suffering?

Practicing Zen meditation can calm the body and mind, help us incorporate wisdom and compassion into daily living and improve our life. Like finding a wide open road, we can serenely walk on it forever.

The Abbot of Chung Tai Zen Center of Houston, Ven. Jian Zong, will be in Orlando January 8 & 9. This is a precious opportunity for new and seasoned practitioners alike to partake in Zen meditation and gain the Buddha's great wisdom. You will take home new insights and how-to skills to live a more successful and joyful life.

A friendly and gentle practitioner, Ven. Jian Zong teaches the Buddha Dharma and gives advice to disciples with compassion and wisdom, calmly guiding those on the path to cultivation and filling them with Dharma joy. In pursuit of a more meaningful life, he became an ordained Dharma Master under Grand Master Wei Chueh, founder of Chung Tai Chan Monastery.



In addition, Taichi will also be demonstrated and taught. In culmination, there will be a Take Refuge in the Triple Gem at the end.

Note: Medium used is Mandarin. We need volunteers to translate. Non- Mandarin speaker are encouraged to sit together with the translator. Also, please bring your own seating pad and blanket for meditation. RSVP by Tuesday, January 05, 2010 to Conchita Hsu @ 407 977 1125 or Conchita.Hsu@gmail.com in order to provide more than enough food. The event is free.

Friday, January 08, 2010	6:00 pm – 6:45 pm	Light Vegetarian Dinner
	7:00 pm – 7:30 pm	Zen Meditation (bring cushion and blanket , please)
	7:40 pm – 9:00 pm	Six Patriarch Sutra, part 1 + Q&A
Saturday, January 09, 2010	2:00 pm – 3:30 pm	Taichi Demo
	3:45 pm – 4:15 pm	Zen Meditation (bring cushion and blanket , please)
	4:30 pm – 6:00 pm	Six Patriarch Sutra, part 2 + Q&A
	6:00 pm – 6:30 pm	Take Refuge in the Triple Gem(optional)

Location: University Inn Orlando (Phone: 407 273 1500)

11731 East Colonial Drive Orlando, Florida 32817 (off Alafaya Road)

Out of Town: Book room in advance for special room rate

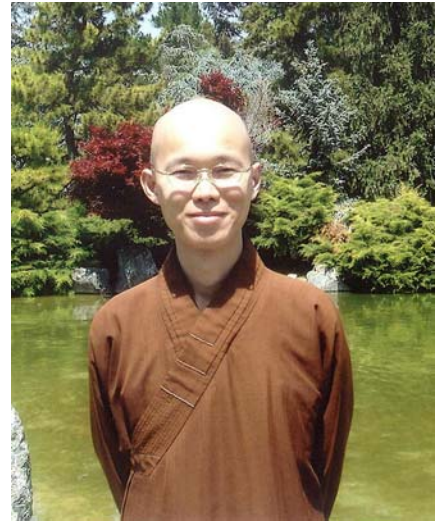
This event is free. We cordially invite you to join us! Thank you for your support.



禪修指導及佛學講座：『智慧人生之鑰：六祖壇經』

特別活動：健康養生及太極指導、三皈依

在知識、科技日新月異的二十一世紀，人類的物質生活雖不斷提升，心靈卻日益徬徨、焦慮與不安；為讓忙碌的大眾有機會一窺佛法堂奧，學習以禪定與智慧，轉化壓力與煩惱，讓身心清淨自在，此次佛羅里達居士特別恭請中台禪寺美國德州分院普德精舍住持 ^上見_下綜法師蒞臨，指導大眾禪修並介紹『六祖壇經』。法師將教導大眾如何以佛法中的智慧與慈悲，開創光明圓滿的人生。此次還有傳授三皈依、健康養生及太極指導等活動。



見綜法師依止當代禪宗巨擘 ^上惟_下覺大和尚座下出家，曾任中台禪寺副住持，十方大覺禪寺住持，現任德州普德精舍住持。

❖ Jan 08 (Fri.) 6:00pm~6:45pm 素齋供眾結緣

7:00pm~7:30pm 禪修指導 (請自備禪修坐墊及毛毯)

7:40pm~9:00pm 『六祖壇經 (一)』、Q&A

❖ Jan 09 (Sat.) 2:00pm~3:30pm 健康養生及太極指導

3:45pm~4:15pm 禪修指導 (請自備禪修坐墊及毛毯)

4:30pm~6:00pm 『六祖壇經 (二)』、Q&A

6:00pm~6:30pm 三皈依

Free Event!

地點：University Inn Orlando (Phone: 407-273-1500)

11731 East Colonial Dr., Orlando, Florida 32817

(Off Alafaya Rd.)

Out of Town: Book room in advance for special room rate

聯絡人：俞孟貞 (Conchita.Hsu@gmail.com ; Phone : 407-977-1125)

RSVP by Tuesday, Jan 05, 2010

請把握此殊勝難得的因緣，一起來領悟佛法與禪修的無盡妙用。