



REFLECTIONS



FROM THE



QUIET MIND



Featuring personal reflections from meditation practitioners
and students of Kong Meng San Phor Kark See Monastery.

附光明山普觉禅寺静坐课程参与者的静修感悟。



Prajna Meditation Hall 般若禅堂

A serene sanctuary for spiritual practice
and personal development

一个心灵疗愈与自我成长的清净之地

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Kong Meng San Phor Kark See Monastery

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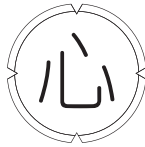


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CONTENT

Preface	6
Our Abbot	10
The Tranquil Space: Prajna Meditation Hall	16
Gems of Wisdom	28
Meditation: A Path to Spiritual Cultivation	31
Meditation: Dispelling Common Misunderstandings	38
Reflections from Students: Journeys Through Meditation Clarifying The Mind Calming The Heart Settling The Body	43
Exploring Further: Videos and Books	231

前言	8
本寺方丈	14
禅悦空间：般若禅堂	23
智慧箴言	133
静坐：修心修慧之道	136
静坐：揭示常见误解	142
参与者的静修感悟： 静心之旅 意之清明 心之安定 身之安然	146
深入探究：视频与书籍	231

PREFACE

In a world that is constantly changing, where distractions are many and our minds are often overwhelmed, the importance of grounding ourselves in mindfulness and wisdom becomes ever more critical.

With heartfelt sincerity, I offer this book as a gift to those seeking inner peace, clarity and spiritual growth. This book connects the Buddha's timeless wisdom with contemporary living, providing practical advice that fits into our daily life and supports us in cultivating a calm and balanced mind.

The motivation for this book arose from the many individuals I have been guiding and supporting in their meditation journey. This book reflects those experiences, shaped by the teachings of the Buddha and the wisdom of our lineage.

There are two main goals for this book. The first is to unveil the true essence and understanding of meditation that is both approachable and easy to adopt, whether you are just starting or

have been practising for years. Grounded in Buddhist teachings, this book aims to simplify meditation, making it accessible and practical for anyone in search of inner tranquillity.

Second, it is to promote the growth of mindfulness, compassion and wisdom. These are the qualities that are important not only for spiritual advancement but also for managing the challenges of modern life.

May this book serve as a source of inspiration and direction on your spiritual journey. May it assist you in reconnecting with your true self and living with constant mindfulness and compassion. In doing so, may we all play a part in creating more peace, understanding and kindness in the world.

Venerable Kwang Sheng

前言

在这个瞬息万变、干扰纷繁的世界里，我们经常被各种外在因素影响，使得身心负载过重。我们该如何让自己回归于正念与智慧，这个课题显得愈发重要。

我怀着真挚的心意，将这本书献给那些想要追求内心平和、洞察自我与觉醒智慧的人们。这本书将佛陀的永恒智慧与当代生活紧密结合，提供实用的建议，帮助我们在日常生活中培养平静和谐的心境。

撰写这本书的动力，源自于我多年来对无数静坐参与者的引导与支持。这本书的内容深受佛陀教诲与智慧的启发，同时反映了静坐参与者们的实践经验。

此书有两大主旨。其一，揭示静坐的真正本质与理解，使其既易于接近，又便于融入生活。无论您是初学者或是修行多年的实践者，都能通过本书找到适合自己的方法。以佛法为根基，书中的内容旨在简化静坐的概念，让每一位渴望内

心平和的人，都能轻松掌握并实践静坐。

其二，旨在于弘扬正念、慈悲与智慧的力量。这些核心价值不仅在彻证觉悟的道路上至关重要，也帮助我们能够更好地应对现代生活的种种挑战。

愿此书成为您修行路上的启迪与方向，帮助您重新探寻自我，时刻保持正念与慈悲。愿我们能共同为这个世界带来更多的平和、理解与善意。

广声大和尚

OUR ABBOT



Venerable Sik Kwang Sheng
释广声法师

Venerable Kwang Sheng has been dedicated to the practice of Buddhism since his early years. He was ordained under Venerable Master Hong Choon in 1980. Over the years, to deepen his spiritual cultivation, he embarked on extensive travels across Myanmar, Thailand, Sri Lanka, Japan, and South Korea for further study and practice. He spent four years in an intensive meditation retreat at Songgwangsa Temple in South Korea, strengthening his spiritual foundation and commitment to the path of meditation.

In 1995, Venerable Kwang Sheng was appointed as the supervisor of Kong Meng San Phor Kark See Monastery. Recognising the importance of promoting Buddhism, he established the Dharma Propagation Department in 1998, spearheading various Buddhist events and activities. On 5 June 2004, he was formally installed as the sixth abbot of the monastery, continuing his dedicated mission to propagate the Dharma while walking the Bodhisattva path in service to the Buddhist community.

Believing in the importance of education and the need to nurture the next generation of Buddhist leaders, he founded the Buddhist College of Singapore (BCS) in 2005 and served as its Rector. In recognition of his visionary contributions, he was awarded an honorary Doctorate in Educational Administration by Thailand's Mahachulalongkornrajavidyalaya University in 2011.

Additionally, Venerable Kwang Sheng served as the President of the Singapore Buddhist Federation (SBF) from July 2006 to June 2014. In tribute to his remarkable achievements in promoting Buddhism and fostering inter-religious harmony, he was awarded the Public Service Star (BBM) by the President of Singapore in September 2018.

Having walked the monastic path for decades, Venerable Kwang Sheng views meditation as a practice and a way of life. He believes it is the foundation for inner transformation, leading to awakening and peace. Thus, since the early stages of his spiritual journey, he embraced a

daily meditation practice, recognising it as a vital method to tame the mind and foster wisdom.

Over the years, fuelled by a profound interest in meditation, Venerable Kwang Sheng dedicated himself to exploring and studying a diverse range of meditation practices. He firmly believes that through consistent practice, anyone can experience transformative benefits cultivating a calmer, more positive and compassionate mind. Since 1995, he has shared the profound impact of meditation by conducting over a hundred meditation courses of six to eight lessons each at Kong Meng San Phor Kark See Monastery, helping countless individuals on their meditative journeys.

Recognising the growing public interest in meditation, Venerable Kwang Sheng saw the need for a dedicated, tranquil space to support deeper practice. In 2020, he established the Prajna Meditation Hall, a five-storey purpose-built facility designed to offer meditators a serene, comfortable and distraction-free environment, ideal for cultivating mindfulness and inner peace.

本寺方丈

广声法师虔心佛教。1980年，于德高望重的宏船老和尚座下披剃出家。随后数年，到缅甸、泰国、斯里兰卡、日本及韩国遍参知识，问学访道，曾连续四年在南韩松广寺潜修禅法。

1995年，广声法师开始担任光明山普觉禅寺监院。因深感推广佛教弘法事业的重要性，他于1998年创办弘法部，举办各类佛教法会、课程与活动。2004年6月5日，广声法师肩负弘扬佛法的使命，正式升座成为第六任方丈，继续践行菩萨道，利乐众有情。

秉持着以教育培养人才的理念，广声法师于2005年创办新加坡佛学院（BCS），亲自出任院长一职。2011年，广声法师更荣获了佛学院隶属大学——泰国摩诃朱拉隆功大学颁发的教育行政荣誉博士学位。

2006年7月至2014年6月，广声法师出任新加坡佛教总会主席。2018年9月，为表彰他在弘扬佛教及促进宗教和谐方面的卓越成就，他荣膺新加坡总统颁赐的公共服务星章（BBM）。

广声法师踏上出家修行之路已有数十载，他将静坐视为一种实践，更是一种生活方式。他认为静坐能够引领身心迈向禅定与觉悟。因此，自他修行的早期阶段，便开始坚持每日静坐，并将其视为调伏心性、培植智慧的重要方法。

多年来，广声法师对静坐抱有深厚的热忱与兴趣。他致力于探索与学习各种静坐方法。他坚信，只要通过持续修习，每个人都能在静坐中体悟其益处——培养更平静、更正向、更慈悲的心念。自1995年以来，广声法师在光明山普觉禅寺开设了上百场的静坐课程，每场课程约六至八堂课，为无数参与者的静心之旅提供了帮助或启迪。

鉴于公众对静坐日益增长的兴趣，广声法师意识到需要有一个独立且宁静的空间，接引大家更深入地学习静坐。2020年，广声法师创办了般若禅堂——一个五层楼高的定制建筑，旨在为禅修者提供宁静、舒适且无干扰的修行环境，是培养正念与寻找内心平静的理想之处。

The Tranquil Space:

Prajna Meditation Hall

As our world grows increasingly complex and challenging, meditation has become widely sought after for its mental and spiritual benefits.

In Buddhism, meditation is a foundational practice that allows us to delve into our inner selves, reduce stress and cultivate mindfulness.

Addressing this rising interest, Kong Meng San Phor Kark See Monastery (KMSPKS) inaugurated the Prajna Meditation Hall on 5 October 2020 under the guidance of Abbot Venerable Kwang Sheng.

Nestled in a tranquil part of the monastery where the Dharma Hall once stood, the Prajna Meditation Hall is a five-storey facility that can accommodate up to 500 individuals. Its design elegantly merges traditional Chinese temple aesthetics with modern elements, emphasising energy efficiency through naturally ventilated spaces. The inclusion of bamboo plants around the building further enhances its serene atmosphere, seamlessly integrating nature into the meditation experience.

The building's most distinctive feature is its gently curved roof, which, when illuminated at night, resembles a glowing lantern, contributing to the monastery's tranquil ambience.

In honouring its cultural heritage, the building incorporates artefacts from the original Dharma Hall. These include the Qi Lin ceiling board, a symbol of protection and auspiciousness, prominently displayed on levels two to four. On Level One, symbolic elements such as the

Dharma wheel, representing the teachings of the Buddha, and the white elephant, symbolising strength and wisdom, are featured.

Since its establishment, the Prajna Meditation Hall has emerged as a prominent venue for both international and local meditation retreats.

Among its notable international events, the Hall hosted Luang Por Sumedho, a revered teacher from the Thai Forest Tradition, in February 2023. His seven-day retreat attracted 100 participants. In June 2023, Chanmyay Sayadawgyi, a direct disciple of Mahasi Sayadaw from Myanmar, conducted another seven-day retreat.

The Hall continues to be a sought-after location for distinguished teachers, including Ajahn Amaro, Abbot of Amaravati, whose highly anticipated 2024 retreat had to be relocated to the Hall of No Form due to high demand. Over the years, it has also had the privilege of hosting many revered monastics, including

Ajahn Cagino, Ajahn Dton, Ajahn Karuniko, Ajahn Nyaniko, Ajahn Vajiro, Luang Por Sucitto, Luang Por Viradhammo, Sayadaw U Nyanaramsi, Sayadaw U Rewata, and Venerable Chan Pháp Từ.

Locally, the Hall has supported a range of retreats, including Venerable Kwang Sheng's inaugural overnight Eight Precepts Meditation Retreat on Singapore's National Day, 9 August 2024. This event, which welcomed 150 participants, underscored the Hall's significant role in local meditation practice and its expanding range of offerings.

The Prajna Meditation Hall is more than just a meditation space; it is a sanctuary for spiritual practice and personal development. Its mission is to inspire Buddhists to deepen their meditation practice within a supportive and conducive environment. With its tranquil ambience and thoughtful design, the Hall provides an ideal setting for cultivating mindfulness, achieving inner peace, and embarking on a journey of self-discovery.

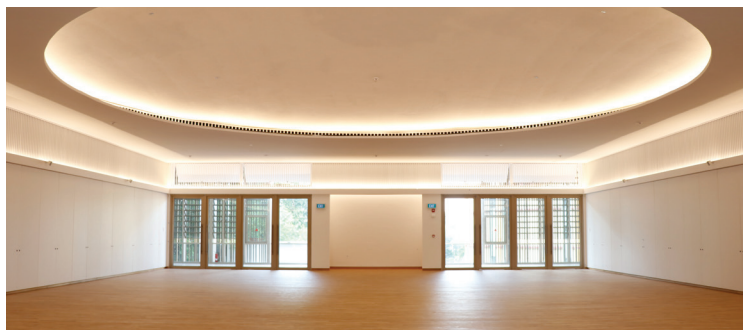
Since 2020, Venerable Kwang Sheng has led the “Relaxation and Mindfulness Meditation” sessions at the Hall. This programme creates a space for sharing experiences and knowledge, fostering meaningful interactions among meditators and positively influencing their daily lives.

Over time, many participants have continued their journey with Venerable Kwang Sheng’s classes, reflecting a sustained commitment to practice and learning.

If you are interested in exploring meditation or deepening your practice, please contact us at **6849 5346** or visit **kmspks.org** to learn more about our meditation programmes.



Prajna Meditation Hall 般若禅堂



Prajna Meditation Hall 般若禅堂



Group Meditation Practice at Hall of No Form
by Venerable Kwang Sheng
广声法师于无相殿进行禅坐共修

禅悦空间：

般若禅堂

快节奏的现代生活导致人们压力重重，焦虑不安。而静坐作为一种平衡身心健康的管道，逐渐受到人们的推崇。佛教将静坐视为一门重要的修行法门，帮助人们深入自省、减轻压力、培植正念。为帮助更多人寻回本心的清净，光明山普觉禅寺于2020年10月5日，在方丈广声法师的引领下，正式启用了般若禅堂。

般若禅堂是一座专为禅修设计的五层建筑，坐落在寺院内的宁静角落。这里原为前建筑——藏经阁的所在地。翻新后的禅堂能同时容纳500人禅修。其建筑风格巧妙地借鉴了宗教元素，将传统中式寺院美学与现代设计相融合。建筑外观犹如茂密的竹林，营造出一片宁静祥和的氛围。禅堂在设计上强调环保节能，采用自然通风的空间和大厅，既节能又舒适。

建筑设计不仅考虑到现代功能性，还承载着丰富的文化传承理念。禅堂特别保留了藏经阁的部分珍贵文物与装饰图案，如二至四楼的麒麟图式，象征着吉祥与护佑。一楼则陈列着法轮与白象，分别代表着佛法的传承与智慧的力量。

夜幕降临时，微微倾斜的屋顶与明亮的内部灯光呼应，宛如一盏明灯，指引我们走向成佛之道。

自禅堂启用以来，它不仅成为了静修的圣地，也是举办国际与本地禅修活动的重要场所。

2023年2月，泰国林居传统导师阿姜·苏美度 (Luang Por Sumedho) 曾在此举办为期七天的静坐营，吸引了上百名参与者。6月，缅甸的恰宓西亚多 (Chanmyay Sayadawgyi) ——马哈希禅师的弟子，也在此举办了另一场为期七天的静修活动。般若禅堂一直深受杰出导师们的青睐。2024年，阿姜·阿玛罗 (Ajahn Amaro) Amaravati 寺院方丈，因报名者众多，其静修活动不得不移至无相殿举行。多年来，这里也有幸接待过许多备受尊崇的法师，包括永觉比丘 (Ajahn Cagino)、Ajahn Dton、Ajahn Karuniko、Ajahn Nyaniko、Ajahn Vajiro、Luang Por Sucitto、Luang Por Viradhammo、智光法师 (Venerable Nyanaramsi)、Sayadaw U Rewata 以及法子法师 (Pháp Từ)。

本地的静修活动也同样丰富多彩。2024年8月9日，新加坡国庆日，广声法师主持了首场八关斋戒禅修活动，吸引了150位参与者。般若禅堂也逐步成为本地佛教徒的重要禅修空间，也为未来更多的禅修活动奠定基础。

般若禅堂不仅是一个静坐的场所，更是一个心灵疗愈与自我成长的清净之地。其使命是为佛教徒提供一个包容与适宜的环境，帮助他们在宁静的氛围中深入禅修、培养正念与内心的平和。

自2020年起，广声法师在此开设「舒心·正念·静坐班」，鼓励学员在课程中分享体验，互相交流，并将这些正念正行融入到日常生活中，改善生活品质。

一直以来，许多学员在广声法师的引领下，继续参与着静坐课程，这亦展现了他们对静坐的坚持与精进。

如果您对静坐心生向往，亦或希望精进禅修，欢迎您致电**6849 5346**或访问**kmspks.org**了解更多课程资讯。

Our Meditation Classes at a Glance

静坐课程概览

Meditation has been taught steadily at KMSPKS for over three decades. Since 1995, Venerable Kwang Sheng has led the "Relaxation and Mindfulness Meditation" course, reflecting KMSPKS's responsiveness to contemporary life while remaining rooted in the Buddha's teachings.

在光明山普觉禅寺 (KMSPKS) 的禅修静坐课程已延续了三十余载。自1995年起, 广声大和尚亲领「舒心·正念·静坐班」, 在秉持佛陀本怀的同时, 亦契合当代人的生活节奏, 让古老的智慧在现代社会中焕发新生。



30+ years

of meditation programmes
at KMSPKS

三十余载

的静坐课程教学积淀



A growing community of practice

Each year, more than 2,000 participants take part in the meditation programmes and retreats offered at KMSPKS.

深具规模的修学群体

每年有超过2,000名学员走进光明山普觉禅寺, 参与各类静坐课程与禅修营。

Relaxation & Mindfulness Meditation

舒心·正念·静坐班



120+ Runs offered
consistently since 1995.

自1995年以来, 课程已
连续开办超过**120届**,
从未间断。



35% Retention Rate

Participants return for
further meditation
classes beyond their
initial course.

35%的续课率

三分之一以上的学员在
完成初阶课程后, 会选择
继续参与进阶课程。



Long-term Practice

A core group remains
engaged for 3 to 6 years,
with some exceeding
10 years.

长期修持

核心学员多有3至6年
经验, 一些更坚持长达
10年以上。

Venerable Kwang Sheng's

Gems of Wisdom

Here is a collection of Venerable Kwang Sheng's insightful teachings crafted to make meditation both accessible and enjoyable for all. These easy-to-understand tips and relatable analogies are designed to simplify meditation, making it a natural part of your daily life.

Through this practical and light-hearted wisdom, you will uncover fresh and engaging perspectives on meditation.

1. "Imagine your mind as a flowing stream. Thoughts are like leaves floating down this stream – constantly coming and going. Meditation is not about stopping these leaves from floating but about being aware of them without getting caught up in their flow."
2. "Once you are comfortable with the basics of meditation, through consistent practice, meditation becomes a way of life. Embracing 'the art of living' is 'the art of meditation' – it brings inner peace and clarity amidst life's chaos."
3. "To make meditation a regular part of your life, nurture the practice as a daily habit, much like drinking water or going to the toilet. Regular practice helps integrate mindfulness into your daily routine."
4. "Learning meditation is akin to riding a bicycle: it starts with initial guidance and support, but true mastery comes from finding your balance through dedication and practice over time."

5. "Once you have mastered the meditation basics, it is like playing piano pieces you have memorised: you can fit it into your schedule and lifestyle, practising it anywhere, anytime."

6. "Just as you regularly work out to build muscles and improve your physical fitness, meditation serves as a 'gym for your mind', training your mental faculties with consistent practice."

7. "A TCM proverb states, 'When everything flows, there is no pain.' Pain often arises from blocked or stagnant energy in the body. While acupuncture and exercise can improve blood flow, meditation helps to unclutter the mind and promote relaxation and energy flow. With regular practice, you may notice a more relaxed and flexible body and mind."

8. "Meditation is like learning to swim. Initially, staying afloat or moving through water might seem daunting. However, with persistent practice, you become proficient and capable of swimming longer distances. Similarly, with regular meditation, your mind develops the ability to remain calm and focused, even during extended periods of stress."

Meditation:

A Path to Spiritual Cultivation

Meditation is a practice of focused attention and heightened awareness aimed at calming the mind and fostering mental clarity. It involves observing thoughts, emotions or physical sensations without attachment, leading to a deeper understanding of one's inner self and the nature of reality.

For many, meditation serves as a powerful tool for training the mind and enhancing mindfulness, emotional balance and inner peace. Meditation is often regarded as the backbone of Buddhist practice. For Japanese Zen Master Dōgen Zenji (1200–1253), seated meditation (zazen) is not merely a practice but the very embodiment of Buddhism itself, expressing its essence in every moment of sitting.

Meditation and Neuroplasticity: Rewiring the Mind

Meditation trains the mind to break free from harmful, ingrained thought patterns, fostering healthier and more compassionate perspectives toward oneself and the world. This mental shift aligns with the Buddha's teaching on the Four Noble Truths, guiding individuals from suffering to wisdom. With consistent practice, meditation enables individuals to recognise and transcend suffering, deepening their insight and nurturing greater wisdom.

In recent years, scientific research has begun to validate what meditators have long known: regular meditation can profoundly influence the brain. Neuroplasticity, the brain's ability to reorganise itself by forming new neural connections, explains how our brain can reshape mental structures and alter habitual patterns of thought. Applied to meditation, this concept suggests that, over time, the mind can be rewired for greater clarity, focus, positivity, and inner peace.

Our physical body and mind are intricately connected, and meditation benefits them by nurturing this strong link between mental and physical well-being. For instance, meditation effectively reduces stress, which has a direct positive impact on physical health. With dedicated meditation practice, individuals can reframe their thought patterns, build resilience to stress, and cultivate emotional balance, all of which contribute to an enhanced overall health.

This transformation, grounded in both spiritual practice and scientific insight, enables individuals to cultivate a deeper and more meaningful connection with themselves and the world around them.

Overcoming Challenges in Meditation

Meditation is about embracing the journey of the practice rather than striving for a final destination. The aim is to maintain consistency. Along the way, obstacles like restlessness and distractions may arise, but it is crucial to meet these challenges with patience and self-compassion.

In meditation, it is important to recognise and acknowledge thoughts or distractions without judgement. Rather than resisting them, simply observe and allow them to pass. This gentle acceptance helps the mind naturally return to a state of calm and clarity.

A consistent mindfulness practice allows us to appreciate the small joys in life while cultivating kindness and compassion toward ourselves during challenging times by recognising their impermanence. With continued effort, meditation becomes a natural and enriching part of daily life, offering greater peace and balance.

The Importance of Guided Practice

In the digital age, many people use online resources such as videos, websites, apps, and books to learn meditation. While these tools can be beneficial, true progress often requires guidance from an experienced practitioner. Learning from someone with deep expertise helps navigate the subtle complexities of meditation and address obstacles that arise. Although online resources provide useful information, they cannot replace the wisdom and personalised instruction of a seasoned meditation master.

For those seeking to learn or deepen their meditation practice, seeking guidance from a seasoned instructor is highly recommended. An experienced teacher can help you avoid common pitfalls and deepen your understanding of the mind's workings, offering valuable feedback and support to advance your practice.

The Joy of Meditation and Group Practice

Meditation fosters a unique sense of happiness and enlightenment. Research conducted in Korea has shown that meditation profoundly affects brain activity, particularly in regions associated with joy, optimism and creativity. This enhanced mental state results from a deepened meditation practice and fosters a more positive outlook on life.

Participating in group meditation can significantly develop your practice. Engaging with others, sharing experiences and gaining insights in a group setting can deepen your understanding and reinforce your commitment to meditation. As you

develop greater discipline, you might choose to maintain a regular practice on your own, aiming for a twenty to thirty-minute duration each day. If you find this time challenging, consider breaking it into shorter sessions. For instance, practising for ten to fifteen minutes three times a day can also be highly effective.

In Zen practice, the concept of “non-achievement” emphasises the importance of being fully present during the meditation journey rather than striving for a specific outcome. True accomplishment lies in embracing the process itself. This perspective alleviates the pressure of expecting particular results and allows you to enjoy the practice more deeply.

Meditation:

Dispelling Common Misunderstandings

Explore and gain a deeper understanding as we address and correct some prevalent myths about meditation, offering a more accurate and straightforward view of its true nature.

1. Meditation must be practised in complete silence.

While a tranquil environment can aid in reducing distractions, meditation can be practised in various settings. Ambient sounds, chanting or guided meditations can also enhance the practice. The essence lies in finding what harmonises best with your practice.

2. You must be sitting in a specific posture to meditate, like the lotus position.

While sitting in a comfortable position is beneficial, it does not have to be the lotus posture. You can meditate while sitting on a chair, lying down, standing, or even walking. The key is to maintain a posture that is both comfortable and alert.

3. Meditation requires hours of practice to be effective.

Even a few minutes of daily meditation can yield significant benefits. The key is regular,

consistent practice. Starting with short sessions and gradually increasing the duration as you become more comfortable can help integrate meditation into your daily routine.

4. Meditation means being completely still and motionless.

Meditation can be practised in various postures and activities, including walking or mindful movement. The key is to maintain a mindful awareness, whether sitting still or engaging in gentle movements.

5. The goal of meditation is to clear your mind entirely.

Meditation in Buddhism is not about emptying the mind but rather about observing thoughts and feelings without attachment or judgement. The goal is to develop mindful awareness and a greater sense of presence, allowing you to fully experience the present moment.

6. Meditation will fix all mental health issues.

While meditation can support mental health, it should complement other treatments and therapies, not replace them. It is one tool among many for promoting mental and emotional well-being.

7. Meditation is a quick fix for all problems.

Meditation is not a quick fix but a supportive practice that contributes to long-term mental and emotional health. It can help you manage stress, improve focus and develop a greater sense of well-being, but it should be seen as one tool among many for overall health.

8. Meditation is too difficult to learn.

Meditation can be simple and accessible to everyone. Starting with short sessions, even just a few minutes daily can help you build a routine. There are many resources

available, such as guided meditations, apps and books, to assist beginners in learning different techniques.

9. My mind is too busy to meditate.

It is natural to have a busy mind, especially when beginning meditation. The practice itself helps you gradually calm and focus your thoughts. By consistently returning to your point of focus, whether it is your breath, a mantra or a visual object, you can train your mind to become more settled over time.

10. Busy people cannot meditate.

Meditation can be integrated into a busy lifestyle with short, mindful moments throughout the day. Even brief periods of meditation can provide significant benefits, making it accessible to everyone.

Reflections from Students:

Journeys Through Meditation

Venerable Kwang Sheng's teachings on meditation have guided many students towards a more stable and grounded way of living. The reflections begin with a longer personal account, followed by shorter experiences that reveal how the practice shapes the body, heart and mind.

In the reflections that follow, students recount their experience of practice: the guidance received, the conditions of the Prajna Meditation Hall, and the gradual deepening of their understanding. Through consistent training, meditation becomes not merely a technique, but a way of relating to life with greater awareness.

Goh Eng Yeow
7 years of meditation
63 years old

Enriching My Life with Meditation

“
Meditation allows
the muddy sediment
in our minds to settle,
making them
clear again.
”

I have been meditating with Kong Meng San Phor Kark See Monastery for seven years.

Some friends laugh at me for repeatedly attending Venerable Kwang Sheng's beginners' class. They feel that I should have moved on to a more advanced course by now.

But that is beside the point for me.

I enjoy the anonymity of a big crowd. The camaraderie of like-minded participants generates positive feelings. After seven years, I still find Abbot's anecdotes refreshing. He rarely repeats them, and I have learned a lot from his stories.

One friend said I look radiant and younger than my age. He observes that I now speak more softly, walk more gently, and I am more thoughtful. This reminds me of Abbot's teaching that meditation cultivates “优雅”(gracefulness).

Taking Three Deep Breaths

Abbot always starts lessons by telling participants to take three deep breaths. I can still remember

the blissfulness the first time I did it, engulfed in the silence of the meditation hall.

Breathing deeply is intoxicating. It makes me feel the life inside me and relish the joy of living.

Deep breathing has become a habit. I start the day sitting cross-legged in bed, listening to my breath for 30 minutes. During the day, I take deep breaths whenever I can as it has a calming effect.

The Monkey's Mind

A major challenge in meditation is stray thoughts. The mind is like a wild monkey jumping around.

Abbot said that as a young monk, he tried to fight these thoughts, but it was injurious. Instead, he teaches awareness of them without resistance.

I find this useful. As I acknowledge intrusive thoughts, they pass, and I return to the present. This also helps me stay calm during crises, allowing me to focus on critical issues without distraction.

Combating Depression

Abbot teaches us to relax our bodies at the start of meditation, from the brain down to the legs. At first, I questioned this practice. How was I to relax organs I could not see?

But bringing awareness to different body parts uncovers stress areas. Often, we are unaware of how our behaviour affects others. When we contemplate ourselves, we see our flaws as others do, making us want to improve.

For years, I achieved fame and power as a stock market columnist. But meditation helped me realise that this role was temporary. When I retired, I was able to let go without going into a deep depression or suffering a chronic illness.

Walking Meditation

Abbot encouraged us to do walking meditation after seated meditation. Walking slowly and deliberately while observing our footfall heightens awareness of our surroundings.

As a writer, I sometimes experience writer's block. But standing up and walking deliberately helps me find my voice again.

Walking barefoot on the beach or grass while meditating connects me to nature and makes me relish being alive.

Conclusion

I recently turned 63. Even though more than half my life has passed, I still feel like a young man inside me, grateful for each passing day. I was also the few amongst my peers not on medication for high blood pressure.

Another concern with ageing is dementia. Meditation allows the muddy sediment in our minds to settle, making them clear again. Great monks like Taiwan's Reverend Hsing Yun meditate regularly. They live well past 90 and stay mentally active.



Seok Yee

Full-time Mother, Part-time Professional

8 years of meditation | Early 40s

From Pre-pandemic to Present

“
Venerable Kwang Sheng’s
unwavering belief in the power
of meditation and his patient
guidance have been a constant
source of inspiration and
strength, helping me navigate
the ups and downs of my
meditation practice.
”

My meditation practice has been a journey of growth and resilience. It began years ago when I enrolled my eldest daughter in the Kong Meng San Phor Kark See Monastery Dharma school. Over the years, the teachings in Kong Meng San Phor Kark See Monastery (KMSPKS) deepened my understanding of Buddhism and introduced me to the benefits of regular meditation. One of the most memorable experiences was attending a 5-day Vipassana Meditation Retreat organised by KMSPKS in 2019. Venerable Sayadaw U Pyinnyarnanda conducted the session, which had a lasting impact on my mindfulness practice.

However, the pandemic brought unexpected challenges. Transitioning to online sessions helped initially, but over time, my motivation dwindled, leading to burnout from the mounting stresses of life and work, along with the lack of mindfulness. In 2023, meditation was no longer a part of me as I was consumed by worldly concerns and was unable to find my centre. It was not until mid-2024 that I rediscovered the

value of meditation, realising it could be the key to overcoming my struggles with anxiety, negativity and frustration.

Returning to weekly sessions and committing to a retreat have rekindled my practice, bringing back the inner calm I once knew. The positive effects on my relationships and overall well-being have been transformative, reminding me of the profound impact meditation can have on one's life.



Han Shin Ping
Associate | 10+ years of meditation
59 years old

A Family Transformation Through Meditation

“
Goodbye to
restless nights and
groggy mornings –
meditation has truly
transformed my
sleep quality.
”

Before discovering meditation, I struggled with poor sleep, frequent illnesses and a temperamental nature. After trying various unsuccessful methods to solve these problems, I turned to meditation as a last resort. The first three months of practice, consisting of weekly classes and daily 20-minute self-practice, brought noticeable improvements. My sleep quality improved, and the constant sense of fatigue lifted.

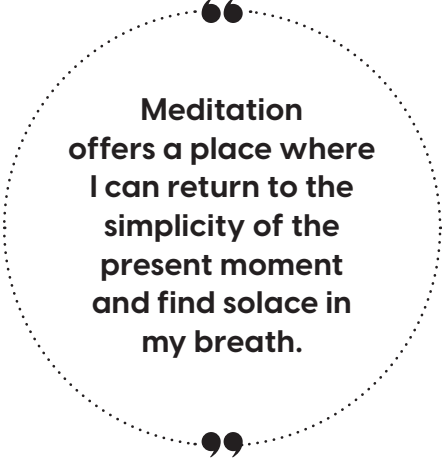
As my meditation practice deepened, it became a family affair. My husband, initially feeling skeptical, joined me after seeing the positive changes in me. When my son began his National Service and faced the physical and mental challenges that came with it, he too started attending classes, followed by his girlfriend. Meditation became a bonding experience for our family, allowing us to support each other in our practice and grow together.

For our family, Kong Meng San Phor Kark See Monastery (KMSPKS) is unquestionably the best place to attend meditation classes because it caters to both younger generations and English speakers. Weekly meditation sessions at KMSPKS have grown to be a much-loved family get-together. The practice has not only improved our well-being but also strengthened our connections with one another.



Anonymous
Teacher | Early 50s

Finding Solace in Meditation



**Meditation
offers a place where
I can return to the
simplicity of the
present moment
and find solace in
my breath.**

I began meditating with my late father at Kong Meng San Phor Kark See Monastery, hoping to use it as a particular time for us to spend together. We would practise together briefly and then discuss our experiences. However, as my work got more demanding, my practice grew irregular, but my father faithfully carried on without me.

I must admit, I often turned to meditation only when I felt unsettled or when negative emotions surfaced. In those moments, I needed some time alone, and I found that space through meditation. Since my father's passing, meditation has become part of my daily routine, providing me with solace and comfort in a quiet and reflective space.

For me, meditation has developed into much more than a means of relaxation. When incorporated into daily life, it is a discipline that significantly alters my perception of the world. It teaches me to slow down, pause and

respond to life's obstacles with greater wisdom and compassion. Through this practice, I am also able to connect with others and myself on a deeper level, nurturing an inner peace that naturally extends outward.



Belle Chong
Self-employed | 2 years of meditation
40+ years old

Learning About Acceptance and Awareness

“
Meditation,
like running or
swimming, is a mental
exercise that
requires practice.
”

During the pandemic, I ventured into futures trading. The immense pressure and the unpredictable gains and losses left my emotions in turmoil, leading to a prolonged state of anxiety and depression.

Everything changed when I discovered Venerable Kwang Sheng's meditation class. Initially, I thought meditation was closely tied to a religion, but I soon realised that it is a spiritual exercise that anyone can benefit from, just like any physical exercise.

While I would not say that I have undergone a complete transformation, I think I have experienced a "shift" in mindset. I once believed that making more money was the focus in life, but now I understand the importance of being contented. This shift in thinking not only improved my sleep quality, it has also improved my relationships – especially with my husband. I am no longer irritable and can face situations

with greater tolerance and openness. I have also learnt to appreciate and cherish the present moment.

I vaguely remember a student confiding in Venerable Kwang Sheng about his long-standing sadness and struggle to let go of the past. He advised that learning to accept our emotions is essential. Only through the power of “acceptance” can we embrace our feelings and let go of the past. By being aware of our emotions, we can observe them as they come and go, without letting them affect us.



Carol Koh
Financial Controller | 1 year of meditation
60 years old

Overcoming Sadness and Restlessness

“
Only when our
hearts are calm
can we face
challenges with
composure.
”

About eight years ago, following my husband's sudden stroke, I turned to meditation in search of peace of mind. While I attended several courses, discussions about "supernatural powers" left me feeling confused. Since I could not experience these so-called "miracles" like others, I began to doubt myself and stepped back.

After my husband passed away last year, I came across a meditation event while paying respects at Kong Meng San Phor Kark See Monastery and decided to reconnect with meditation. Gradually, I adjusted my mindset and started seeking inner healing. At first, I lacked a clear goal until Venerable Kwang Sheng encouraged me, saying, "Just sit; you will gradually feel it." Since then, attending meditation classes on Fridays has become the highlight of my week.

Meditation has significantly improved my insomnia, enhanced my focus at work, and alleviated my restlessness. In the past, I would

easily lose my temper with my subordinates at work. Now, when emotions arise, I take a moment to calm myself before addressing issues, making my work more organised and efficient.

Through meditation, I have learnt to view challenges more objectively. Although I still experience sadness, I can now face it calmly and learn from it. Meditation has truly brought me inner peace. My relationship with family and colleagues have thus improved significantly.

I would also dedicate extra time for exercise, so that I am healthy in body and mind. Meditation has indeed allowed me to rediscover inner peace.



Lee An Hui
Office Worker | 8 months of meditation
33 years old

From Curiosity to Commitment

“
Meditation is a
series of mindfulness
sessions that
cultivate the
mind and spirit.
”

Previously, I thought Kong Meng San Phor Kark See Monastery was mainly a place for prayers. However, when I came across information about their meditation sessions, it sparked my curiosity. At first, I had always assumed that meditation required great patience and long periods of stillness. My friends had shared stories of “magical”, out-of-body sensations during their meditative states, which further intrigued my interest. So, I decided to sign up for the course, and it has been eight months since then.

Through the sessions, I realised meditation is not about chasing “magical” experiences; it is about cultivating mindfulness. After my recent surgery, I continued attending classes and noticed a significant improvement in my focus and sleep. I now find myself more aware of my emotional fluctuations, striving to maintain inner calm without the urge to argue or seek validation, resulting in a more stable and pleasant mood.

The meditation environment is top priority for me. Upon entering the Prajna Meditation Hall, I can feel an immediate sense of calmness as if my body naturally wanted to rest. Compared to meditating at home, the absence of distractions in the hall allows me to meditate more deeply and find inner peace.



Huang Cai Xia
Secretary | 3 months of meditation
52 years old

Emotional Management with Meditation

“
I rediscovered
my inner peace and
strength through
meditation.
”

Last year, I lost my husband to cancer. We chose to have him cremated at Kong Meng San Phor Kark See Monastery, and from that moment, I felt a deep connection to the monastery.

In search of inner peace, I began listening to Buddhist teachings on YouTube and keeping up with the monastery's activities, eventually enrolling in a meditation course. Through meditation, along with attending Buddhist lectures and sutra readings, I gradually regained both my inner peace and strength.

Meditation has brought significant changes to my life. I am now 90% less angry and my fears and worries about the future have greatly reduced. While occasional worries still arise, I no longer dwell on things that have not happened. More importantly, I have gained the confidence to take on family responsibilities and care for my children independently. Meditation has also equipped me to better cope with the pressures of work and life.

I am still working through my grief over the loss of my husband. When feelings of sadness surface, I use breathing techniques to regulate my emotions and calm myself. I believe that with continued practice, my physical and mental well-being will keep improving, leading to a better life.



Reflections from Students:

Clarifying the Mind

An unsettled mind easily becomes entangled in worry, fear and habitual thinking. Meditation trains the mind to observe thoughts as they are – transient, conditioned and not inherently self. As awareness deepens, the tendency to be overwhelmed by these thoughts gradually weakens.

This clarity allows for a more accurate understanding of situations and a quieter relationship with one's inner experience. Over time, anxiety softens, and the mind becomes less reactive, more stable and more at ease.

The following accounts reflect how students come to relate differently to stress, fear and uncertainty through sustained practice.

Roger
IT Consultant | 2 years of meditation
Early 40s

Reshaping My Approach to Life's Challenges

“
Meditation has
become a part of
the self-care routine
I follow daily.
”

Meditation became a pivotal part of my life especially when I faced challenges with sleep and anxiety due to a demanding work environment. It has helped me become more mindful of my thoughts and feelings, allowing me to control them without becoming overwhelmed. I have learnt to be composed and that has helped me navigate challenging situations with my family and at work. I am now more patient and can act after thoughtful contemplation rather than in the spur of the moment.



Beatrice Leow
Management Staff | 2½ years of meditation
Mid-50s

Steadiness in Difficult Times

“
It is not just the
physical body that
requires attention,
the mind also needs
to be ‘tamed’
and ‘calmed’.
”

Balancing a high-pressure job with caring for a mother diagnosed with dementia was overwhelming. I experienced high anxiety, restlessness and non-peaceful sleeps.

Through Venerable Kwang Sheng, I learnt the discipline of observing my thoughts without attachment. With increased awareness of my thoughts and emotions, as well as greater mindfulness of rising anxiety and agitation, I am able to approach situations and challenges with calmness and clarity.



JC
Housewife | 10 years of meditation
50s

Overcoming Anxiety

“
Calmness and
peace should be
sought from
within – and that
is meditation.
”

For over 20 years, I struggled with generalised anxiety disorder, experiencing overwhelming fear, sadness and constant worry. Panic attacks became a regular part of my life, even during public transport rides, causing breathlessness and severe acid reflux.

Meditation taught me to ground myself in the present, helping me manage my emotions better. We found great resonance in the Venerable's teachings regarding the fight-or-flight response and the meditation techniques of relaxing, breathing and maintaining awareness. With time, my sleep improved and my panic attacks became less frequent.



TL Tan
10+ years of meditation

Being in the Moment

“
Meditation has
influenced my self-care
and self-compassion
practices.
”

Initially, I joined the class to support my wife, who was dealing with anxiety. However, I soon found my own path to personal growth. Not only has meditation improved my sleep and helped me manage stress, it has also increased my self-awareness and emotional fortitude. I learnt to embrace self-compassion, live more in the moment, and confront life's obstacles with empathy.



Wong Su Ju
Auditor | 1 year of meditation
51 years old

Embracing Our Thoughts

“
I noticed that
I am more mindful
of my speech and
behaviour.
”

I once faced overwhelming feelings that nearly led me to depression. Through meditation, I learnt to focus on my breath and be present. I found I could handle challenges that once felt insurmountable with a profound sense of calm.

Venerable Kwang Sheng taught us to embrace our thoughts, a concept that took time to fully grasp. Understanding that situations are shaped by various factors and embracing them has greatly enhanced my ability to navigate them. Meditation has also heightened my self-awareness, improving my interactions at home and work.



Wu Qian
Finance Manager | 8 months of meditation
46 years old

Navigating the Ebb and Flow of Emotions

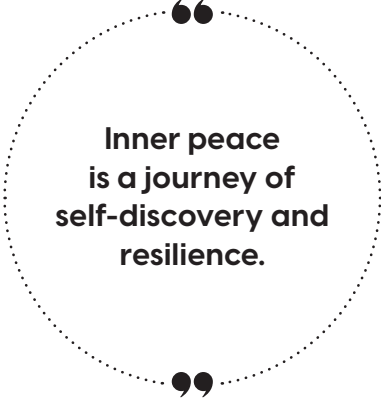
“
I learnt to stay
unaffected by
distractions and
my emotions
have become
more stable.
”

Before I started meditating, work-related stress would often trigger sudden heart palpitations and emotional tension. Now, I can observe my emotions without being overwhelmed by them. It was difficult at first, but over time I find that my emotions have improved.



Qiu Xue Li
Project Manager | 1 year of meditation
47 years old

Letting Go of Attachments



**Inner peace
is a journey of
self-discovery and
resilience.**

Before starting meditation, I struggled with insomnia and anxiety. I had tried everything from reading boring books to counting sheep but to no avail.

Meditation classes helped me deepen my understanding of “letting go” and the concept of “cause and effect”. I am no longer easily swayed by emotions and can express myself more calmly. I have come to realise that there is no absolute right or wrong – only differing perspectives. Meditation has shown me that everything will pass, and nothing is worth clinging to.



Wong Hee Jinn
Lawyer | 2 years of meditation
Late 20s

The Discipline of Practice

“
Just 15 minutes
of meditation each
day brings improved
sleep and balance
to my day.
”

Before practising meditation, I often found myself easily agitated. Now, dedicating just 15 minutes a day to meditation, I have seen significant improvements in my sleep quality and my ability to manage work-related anxieties. This brief period provides essential downtime, allowing me to reset for the next day. Most importantly, meditation has helped me put aside intrusive thoughts and distractions, giving me a much-needed pause in an otherwise busy day.



Lee Cheau Ling
Job Seeker | 2 months of meditation
45 years old

Cultivating Stillness

“
Meditation
brings balance to my
body and mind.
”

For over a decade, insomnia has been a persistent part of my life. Mindfulness has been particularly impactful, teaching me to observe my thoughts and emotions without judgement. This has empowered me to manage stress more effectively and enjoy deep, restorative rest.

Under Venerable Kwang Sheng's guidance, I can now meditate for 30 minutes during class and integrate mindfulness into my daily routine. Whether walking, eating or conversing, I am more present and aware of my body's sensations. With continued practice, I hope to better understand my thoughts, improve focus and enhance memory.



Anonymous
Retiree | 89 years old

A Life Sustained Through Meditation

“
I gained greater
emotional balance
and compassion,
thanks to Venerable
Kwang Sheng’s
guidance.
”

One of the most profound discoveries in 20 years of meditation has been the unexpected improvement in my health. The breathlessness I used to experience doing simple activities like walking and climbing stairs had completely vanished.

I also find myself more reflective, tolerant and understanding, leading to greater compassion and stronger family bonds. Now, at nearly 90 years old, I credit meditation with contributing to my longevity and sustaining my health.



Goh Kim Hong
Technical Officer | 10+ years of meditation
Early 60s

Improved Sleep and Mental Sharpness

“
Meditation has
made me sleep
more soundly and
my mind is fresher
when I wake up.
”

I used to find it hard to fall asleep, but meditation has made it easier for me to do so.

Practising different forms of meditation – walking, sitting and sleeping – has enhanced my focus and emotional control. It has sharpened my mind and increased my effectiveness at work, and I have more composure when handling challenges and anger.



Anonymous
Teacher | 2 years of meditation
Early 40s

The Essential Nutrient for Inner Well-being

“
Meditation is like
vitamin C for the soul,
just as vitamin C is
essential for our
physical health,
meditation nurtures
our inner well-being.
”

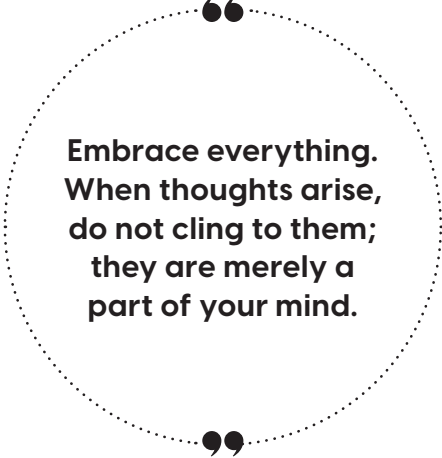
Meditation has become a crucial part of my life, providing peace and self-awareness in today's fast-paced world. The guidance from Venerable Kwang Sheng has been invaluable, helping me to prepare my mind and body for meditation effectively.

Regular practice has brought clarity, reduced stress and improved my overall well-being – it calms my mind and heart. The practice allows me to disconnect from the noise of everyday life and to centre my thoughts.



Anonymous

Allowing Things to Be



**Embrace everything.
When thoughts arise,
do not cling to them;
they are merely a
part of your mind.**

I used to often struggle with work stress, which left me tense and anxious, unable to truly relax. At first, I struggled to focus and sit still during meditation, but Venerable Kwang Sheng's wisdom shifted my perspective: "When thoughts arise, do not cling to them as they are merely part of your mind. Embrace everything." This insight has helped me let go of the pressure to perform and achieve specific goals, allowing me to relax and accept myself. Over time, I noticed that I became less bothered by external changes, and my thoughts were clearer.



Reflections from Students:

Calming the Heart

Much of our difficulty lies not in what we experience, but in how we react. Through meditation, students begin to recognise the movement of emotions – how they arise, intensify and pass. Instead of being carried by them, they learn to remain present.

With consistent practice, reactivity softens. Space opens between stimulus and response. In that space, patience, tolerance and understanding naturally develop.

In the reflections that follow, students share how this steadiness supports their relationships work, and daily interactions.

Tai See
Manager | 3½ years of meditation
Late 40s

Responding with Greater Composure

“
I find it much
easier to manage
stress and emotions
through the
meditation techniques
I have learnt.
”

Meditation taught me to maintain mindfulness in my daily activities. I learnt to accept every experience and remain in the moment. This practice has significantly reduced my stress levels, improved my emotional regulation, and made me more empathetic towards others.

I have noticed a positive change in the way I communicate, particularly under high-pressure situations. Instead of reacting with annoyance, I now approach challenges with composure and understanding, which result in more harmonious relationships.



Mr and Mrs TS Lim
IT Consultant & Full-time homemaker
1 year of meditation | Early 50s

Pausing Before Reacting

“
Meditation
has improved
our temperament
and overall mental
well-being.
”

Through improved self-awareness, meditation allows us to respond thoughtfully rather than react impulsively. It has helped increase our patience by cultivating mindfulness and present-moment awareness, helping us to see situations from different angles and cultivating greater tolerance towards others.



Anonymous
Teacher | 3 years of meditation
Late 40s

Everyday Mindfulness

“
Meditation has
taught me to withhold
judgement and
allow situations to
unfold before forming
an opinion.
”

Meditation has enriched my daily life, enhancing my patience and emotional awareness. Simple practices, like observing my breath while waiting for the bus, have developed into effective strategies for handling emotions and frustrations. Even with my infrequent slip-ups, I feel that I can recover my composure more quickly. I look forward to deepening my practice and continuing to embrace the peace and clarity it brings to my life.



Lim Teong Peng
Life Coach | 1 year of meditation
42 years old

Clearer Thinking and Better Relationships

“
Meditation has
taught me to step
back during moments
of distress. This practice
has made me more
flexible in my responses
and decisions.
”

Initially, I struggled with distractions and negative thoughts, but as I learnt to embrace compassion and loving-kindness, I grew stronger and more self-aware.

My ability to think clearly and handle stress has significantly increased. I understood that my thoughts do not always represent reality. By taking a more open and non-judgemental stance, I have improved my relationships with my friends and family.



Margaret Yap
Executive Assistant | Just started meditation
50 years old

From Aversion to Comfort

“
Learn to accept
distracting thoughts
and feelings without
clinging to them.
”

After the pandemic, I finally joined a meditation class. I learnt that distracting thoughts and feelings naturally come and go. Venerable Kwang Sheng's teachings also helped me realise that no matter how tough a situation seems, it will pass and there is no need to cling onto them.



New Geok Leng
Office Worker | 6 months of meditation
59 years old

Reorganising Life's "Desktop"

“
Meditation is like
a weekly 'desktop
cleanup', helping me
organise life's clutter
and keep my
priorities straight.
”

A few months ago, my daughter had a major surgery, and meditation helped me a lot. In the past, I would have been anxious, but meditation helped me stay calm and focused, making it easier to handle the situation with greater clarity.

I often think people are like computers, with emotions and thoughts scattered like disorganised files. Meditation feels like a weekly “desktop cleanup”, helping me declutter and keep my priorities in order.



Fam Yen Eng
Engineer | 9 months of meditation
47 years old

The Gift of Consistency

“
Free your mind
of expectations,
focus on observing,
accepting and
experiencing the
present.”

Venerable Kwang Sheng taught us that the key to meditation is not striving for perfection but in observing, accepting and being present with our mind. Gradually, I learnt to let go of my expectations and began to experience the present moment naturally.

At first, meditating for long periods was a challenge due to my back pain. However, through consistent practice, I knew how to observe my pain from a “third-person’s perspective”. Although the discomfort did not vanish, it no longer bothered or frightened me, and my mind grew calmer.



Doreen Goh

Finding Life's Balance

“
Mindfulness helps
to rejuvenate
my body and mind,
positively impacting
the rest of my day.
”

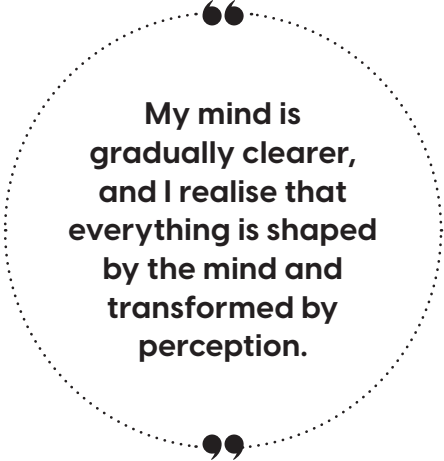
I was a “kancheong spider” growing up; I was often anxious, overthinking and prone to self-doubt. It eventually harmed my health as I was diagnosed with severe anaemia. I had multiple surgeries over a few years because of a weakened immune system. Meditation has been a source of balance and healing for me.

Starting each day with mindful practices like body scanning and mindful eating have rejuvenated my mind and body. As Venerable Kwang Sheng taught, “mindfulness is not something to be sought externally, but something to be cultivated from within.” He likened it to badminton: instead of chasing the shuttlecock, we learn to understand the patterns of the game and refine our skills. This has deepened my sense of well-being.



Anonymous
Renovation Contractor | 2 years of meditation
60 years old

Seeing beyond the Immediate



**My mind is
gradually clearer,
and I realise that
everything is shaped
by the mind and
transformed by
perception.**

Under Venerable Kwang Sheng's guidance, I've gained insights into mindfulness, introspection and meditation. I now approach life's challenges with a fresh perspective. When troubles arise, I no longer react with anger or complaints. Instead, I view situations through the lens of cause and effect, which helps me maintain a positive outlook. This has strengthened my relationships, as I respond with greater patience and understanding.



Anonymous
Semi-retired Accountant
71 years old

A Brief Respite for the Heart

“
Meditation has
improved my
stress management,
emotional balance
and sleep quality,
bringing clarity and
calm to my life.
”

My capacity to control my emotions and deal with stress has greatly increased since I started meditation. Taking a little meditation break helps me to clear my mind and relax whenever I feel anxious or stressed.

As a result, my sleep has significantly improved since I started meditating, enabling me to get a better night's sleep.



Reflections from Students:

Settling the Body

Meditation begins with the body.

As the mind learns to settle, the body gradually releases accumulated tension. What was once held unconsciously – restlessness, tightness, fatigue – becomes visible through awareness.

Over time, many experience improvements in sleep, pain management and physical comfort. More importantly, they develop a deeper sensitivity to the body – learning to respond to its signals with clarity rather than habit.

The following reflections show how practice supports a more balanced and grounded way of inhabiting the body.

Leong Wai Mun
Safety Officer | 3 years of meditation
50 years old

Calm Under Pressure

“
I am now more
aware of shifts in
my mood and body
before I react.
”

Before I started meditating, I was struggling with poor sleep and found it difficult to unwind after a long day. Nothing seemed to work, but after I tried meditating, my sleep has improved significantly.

Meditation has helped me cultivate a calmer mindset to cope with stress and external triggers. I have also noticed a positive change in my temper, reacting less impulsively to situations that would have previously angered me. This shift in my emotional stability has been invaluable, especially in my professional life as a safety officer.



Anonymous
Medical Administrator | 2 years of meditation
Late 50s

Learning to Unwind

“
Meditation
has helped me
cultivate a cooler
and more relaxed
mindset.
”

Taking meditation classes for more than a year has helped me develop a more relaxed mindset. I now experience fewer nightmares and enjoy better sleep. The weekly classes and Venerable Kwang Sheng's teachings were a rare opportunity to sit still and unwind, which I find difficult to do at home.



Anonymous
Homemaker | 4 years of meditation
Late 40s

Soothing Menopause with Presence

“
Meditation has
made me more
attuned to the
subtleties of my
emotional state.
”

Menopause often brings physical discomfort and emotional turbulence. But through meditation, my awareness of these emotions has increased, allowing me to manage this ordeal better.

I can pay attention to my emotions without acting on impulse. Viewing these symptoms with detachment and focusing on mindful breathing has helped ease some of my discomfort. My quality of life has greatly improved, making this transitional period more manageable.



Lee Chuay Noi
HR Specialist | 5 years of meditation
46 years old

Listening to the Body

“
It takes one to
two hours to get
to the monastery, but
the benefits I gain are
immeasurable.
”

I have always suffered from back pain and could not sit for long periods. After starting meditation, it has helped relieve my backaches and improved my blood circulation. Venerable Kwang Sheng often told the class that meditation is like having a conversation with our body, and in doing so, I have come to understand my body's needs better.

After reading the works of other meditation teachers, I also gained a deeper understanding of "energy flow". Meditation has improved my sleep quality, leaving me feeling more energised.



Acho Tan
Manager | 3 months of meditation
50 years old

Developing Healthy Habits

“
Meditation helps
me stay focused,
release stress and
calm my mind.
”

For years, I struggled with insomnia, vivid dreams and nightmares, leading to poor sleep. Since learning meditation from Venerable Kwang Sheng's class, my sleep has improved significantly.

Every night, I would meditate to relax my body, allowing me to fall asleep more easily. I have also experienced less hair loss and feel more relaxed. I also no longer got hung up over matters beyond my control.



广声法师的

智慧箴言

广声法师踏上出家修行之路已有数十载，他将静坐视为一种实践，更是一种生活方式。他认为静坐能够引领身心迈向禅定与觉悟。因此，自他修行的早期阶段，便开始坚持每日静坐，并将其视为调伏心性、培植智慧的重要方法。

这些轻松实用的智慧箴言，将帮助您发现静坐的全新见解与有趣视角。

1. “将你的心比作一条流动的小溪，让思绪如同漂浮在溪流上的叶子，随着水流飘荡。静坐的目的不是阻止叶子的飘动，而是意识到它们的存在，并不被它们的流动所牵绊。”
2. “一旦掌握静坐的基础，通过持续修习，它将成为你生活的一部分。学会拥抱‘静坐的艺术’——让我们在生活的纷扰中，依然保持内心的平静与清澈。”
3. “让静坐成为你生活中的日常习惯，像喝水或上厕所一样，是自然而然的。规律的练习有助于将正念融入到你的日常生活中。”
4. “学习静坐就像学骑自行车：最初需要指导和帮助，但真正的诀窍在于投入时间和持续练习。如此，你将找到属于自己的平衡。”
5. “一旦掌握了静坐的基础，它就像演奏一首熟记于心的钢琴曲，随时随地都能练习，并融入你的生活节奏里。”

6. “就像你定期运动或锻炼肌肉，以维持健康体魄的形式一样。静坐也如同一间‘心灵的健身房’，通过持续练习，锻炼你的心理与思维能力。”

7. “中医有句古话：‘通则不痛，痛则不通。’痛往往源于身体中堵塞或停滞的能量。针灸和运动可以促进血液流通。而静坐则有助于清理心灵的杂乱，促进放松和能量的流动。通过规律的练习，你将发现身体与心灵变得更加放松与灵活。”

8. “静坐就像学习游泳。一开始，保持漂浮或在水中前行可能很困难。但只要坚持练习，你就会变得熟练，也能够游得更远。同样的，只要持续练习静坐，你的心灵就能逐渐在压力下保持平静与专注。”

静坐：

修心修慧之道

静坐是一种通过专注和高度觉知，以达到心境平和、提升心智、澄澈心境的修行方式。它要求对思想、情绪或身体的感受进行觉察而不执著，从而加深对自我内在与现实本质的理解。

对许多人而言，静坐是锻炼心智、培植正念、安稳身心的强大工具。然而，静坐不仅仅是为了提升生活的幸福感，它更是证悟心性的重要途径，还是佛教僧侣修行道路上的关键支柱。禅修被认为是佛教修行的根本。对日本禅宗大师道元禅师（1200-1253）而言，坐禅并不只是修行的一部分，而是佛法本身的体现——在每一个安坐当下，佛法自然流露、当下圆成。

静坐与神经可塑性：重塑思考的力量

静坐让我们打破了固有思维模式的桎梏，培养更健康、更具慈悲心的善思维。这种心态上的转变，与佛陀的四圣谛教义相符，即引导个人从痛苦走向解脱。通过持续修习，静坐可以帮助我们认清并超越痛苦的根本，深化对自我内在的见解，以智慧滋养身心灵。

近年来，科学研究证实了修行者们长期以来的认识：规律的静坐能够深刻影响大脑。神经可塑性，

其实是指大脑通过建立新的神经连接，重新组织自身的能力。这一原理让我们更清晰地理解静坐是如何重塑我们的思维结构，并改变固有的思维模式。若我们长时间修习静坐，我们的思维就可以被重新编程，进而培养出更积极、更灵活的思维模式。

身理与心理是密不可分的。静坐强化了身心之间的联系，为两者带来显著的益处。例如，静坐能够有效减轻压力，而压力的缓解对健康是有直接影响的。通过坚持静坐，个人可以重构思维模式，增强心理韧性，帮助情绪平衡之余，还能提升整体健康水平。

这种内在的转变不仅是心性上的开悟，更融合了科学见解，让人们能够与自己及周围的世界建立更深层、更有意义的联系。

克服静坐过程中的挑战

静坐的关键在于拥抱过程，而非带着“有所求”的心态。其目的是保持过程中的一致性。在静

坐时，很大可能会出现情绪躁动或外界干扰等阻碍，但最重要的是以耐心和自我觉察面对这些挑战。

过程中，我们应该不带批判性地识别与接受那些杂乱纷飞的念头。与其抵抗它们，不如简单地观察，让它们自然流过。这种柔和的接受，将有助于心境回归宁静与存粹。

持续的正念练习让我们能够体会到生活中的小确幸。同时，我们也能明白无常生灭的意义，并在逆境中对自己怀有更多的慈悲与善意。当静坐逐渐融入日常生活，它将成为一种自然而充实的实践，并带来更深层的内心平和与稳定。

静坐引导的重要性

在数字化时代，许多人通过视频、网站、应用程序或书籍等线上资源学习静坐。虽然这些工具确实能提供帮助，但想要真正的参透精髓，往往还需要经验丰富的修行者从旁指导。向深谙其道的导师学习，可以有效应对静坐中潜藏着的

微妙、复杂的各种障碍。尽管线上资源提供了宝贵资讯，但它们始终无法替代资深静坐导师的智慧与个性化指导。

对于希望学习或深化静坐修习的人，寻求经验丰富的导师是极为重要的。一个有经验的导师不仅能帮助你避开常见的误区，还能巩固你对心念运作的理解，提供有价值的反馈与支持，助力开拓您的修心之旅。

静坐与共修的乐趣

静坐为人们带来一种独特的喜悦与禅定体验。韩国的研究表明，静坐能够增强大脑活动，尤其是与喜悦、乐观和创造力相关的区域。简而言之，深入的静坐修行有助于提升心境，并让生活态度变得更加积极乐观。

此外，静坐共修也能深化体验。与他人一同静坐，分享彼此的心得体会，并从团队中汲取不同的见解，不仅能帮助我们更深刻地理解静坐，还能增强我们对修行的决心与毅力。

随着自律的逐渐提升，您或许会选择每天独自进行二十到三十分钟的定期静坐。如果很难抽出较长的时间，不妨将练习分为几个时段。例如，每天三次，每次十到十五分钟，这样的练习方式同样能带来显著效果。

禅宗强调“无为”的理念，认为静坐时应完全活在当下，而不执著于追求某个具体的目标。真正的觉悟在于全然专注修行的过程，而非执著于某种结果。

静坐：

揭示常见误解

在此章节中，我们将深入探讨并纠正一些关于静坐的常见误解，帮助您更准确、更清晰地理解静坐本质。

1. 必须在完全安静的环境下静坐。

虽然安静的环境有助于减少干扰，但静坐并不局限于绝对静默的空间。氛围音乐、念诵或引导式静坐等方式，同样可以提升您的体验。关键在于找到最适合您的静坐方式。

2. 静坐时必须采用特定姿势，如莲花坐姿。

虽然保持舒适的姿势很重要，但不一定要以莲花坐式进行。您可以坐在椅子上、躺下、站着，甚至在行走时保持禅静。静坐的核心在于保持一个既舒适又能觉察的姿势。

3. 静坐需要长时间的练习才能见效。

其实每天只需要进行几分钟的静坐，也能带来明显的好处。关键在于规律和持续的练习。从短时间开始，逐步延长时间，如此练习便能更容易地将静坐融入到日常生活。

4. 静坐时必须完全静止不动。

静坐可以在不同姿势和活动中进行，包括行走或有意识的轻缓运动。无论是静止或移动，保持正念的觉察才是最重要的。

5. 静坐的目标是彻底清空念想。

佛教中的静坐并非要完全清空想法，而是通过不执着、不评判地觉察思想和情感。目标在于培养正念觉知，更充分地体验当下的每一刻。

6. 静坐可以解决所有心理健康问题。

虽然静坐能够加强心理健康，但它应该与其他的治疗方式相辅进行，而不是完全地替代正规治疗。静坐只是促进心理与情感健康的众多工具之一。

7. 静坐是解决问题的快速方法。

静坐不是一种快速解决问题的方案，而是一种长期辅助身心的实践。它有助于管理压力、提升专注力，并增强身心健康。它应被视作维持整体身心健康的其中一种方式。

8. 静坐太难学了。

静坐其实可以很简单，人人都能轻松掌握。初学者可以从每天几分钟的静坐开始，逐步培养成日常习惯。如今也有很多资源可以帮

助初学者，好比引导式静坐、手机应用和书籍等，这些管道有助于大家学习不同的技巧。

9. 我的思绪太忙乱了，无法静坐。

在开始静坐时，感到思绪慌乱是很正常的。静坐本身是一个逐渐帮助心灵恢复平静和集中思绪的过程。通过持续地将注意力回归到某个焦点上，好比呼吸、物体或持咒，你会慢慢训练自己的心灵，使其更加安宁。

10. 忙碌的人无法静坐

其实静坐也可以轻松融入到忙碌的生活中。一天中抽出片刻进行静坐，比如深呼吸几次或是进行简短的静坐练习，都能带来显著的益处。因此，无论多忙，人人都可以实践静坐。

参与者的静修感悟：

静心之旅

广声法师的静坐教导，指引了许多参与者迈向更为安稳、踏实的生活。本章节的分享以较长的个人体悟开篇，紧接着是一系列的简短感悟，向读者揭示静坐如何塑造生理、心性与意识的变化。

在接下来的静修感悟中，参与者们回顾了各自的修习历程：包括了课程中的指导、在般若禅堂修习的因缘，以及自身的体悟。通过持之以恒的修习，静坐对他们来说不再仅仅是一种技巧，而是一种带着清明觉知去观照生活的方式。

Goh Eng Yeow
静坐七年 | 六十三岁

以静坐 丰富人生

“
静坐能让心中
的浑浊沉淀，
使心灵重新变得
清澈。
”

七年来，我一直在光明山普觉禅寺修习静坐。有些朋友嘲笑我，说我总是参加广声法师的初级课程。他们觉得，这么多年过去了，我早该进阶到更高层次的课程了。但对我而言，这并不重要。

我喜欢在人群中隐没自己，享受那种无名的宁静。与志同道合的同修们在一起，总能让我感受到一种积极的能量。

七年过去了，我依然觉得方丈法师的开示充满新意。他很少重复讲述同一个故事，而我从他的故事中学到了许多。

一位朋友曾说看起来容光焕发，比实际年龄年轻许多。他注意到我现在说话更轻柔，步履更从容，心思也更细腻。这让我想起方丈法师的教诲：静坐能培养“优雅”。

三次深呼吸

每课始，方丈总引领我们深呼吸三次。初次在禅堂寂静中感受到的幸福感，至今难忘。深呼吸让我感受生命喜悦。如今，晨起盘腿坐禅30分钟已成习惯，日常中我也随时深呼吸以平静心神。

调伏心猿

静坐挑战在于杂念，心如狂猿。方丈教导：与其强行对抗受挫，不如觉察而不抗拒。承认杂念，它们便会消失，助我回到当下。这让我能在危机中保持冷静，专注解决关键问题。

对抗抑郁

方丈教导我们，在静坐开始时，要从大脑到双腿方丈教导从头到脚放松身体。起初我怀疑如何放松看不见的器官，但将觉知带入身体各部，能发现压力所在。内省也让我看清缺点并改进。曾身为股市专栏作家，静坐禅修帮助我意识到名利只是暂时。退休时，我能坦然放下，并未陷入抑郁或患上慢性病。

行禅

方丈鼓励坐禅后行禅。缓慢专注地行走，提升了对周围的觉知。身为作家，行禅总能助我打破写作瓶颈。赤脚漫步沙滩草地，让我与自然连接，体悟生命。

结语

最近，我刚刚过了63岁生日。尽管人生已过大半，我依然觉得自己像个年轻人，对每一天充满感恩。我也是同龄人中少数没有因高血压而服药的人。

随着年龄增长，另一个令人担忧的问题是痴呆症。静坐能让心中的浑浊沉淀，使心灵重新变得清澈。像星云大师这样的高僧，年过九旬依然精神矍铄，思维敏捷。



Seok Yee

全职妈妈兼专业人士 | 静坐八年

四十多岁

从疫情前到现在

“
广声法师的坚定
信念和耐心指导，
一直是我灵感
和力量的重要
来源，他帮助我在
静坐实践的起伏中
不断前行。
”

我的静坐之旅充满了成长与韧性。几年前，我为大女儿报名参加光明山普觉禅寺的佛学少儿班，这也是我开始学习静坐的契机。随着时间的推移，我在课程中慢慢地加深了对佛教的理解，也体验到了定期静坐的诸多好处。其中最难忘的经历是2019年参加了为期五天的内观静坐营，Venerable Sayadaw U Pyinnyaranda的授课让我在正念实践中受益匪浅。

然而，疫情带来了意想不到的挑战。尽管最初的线上静坐课程对我有一定的帮助，但随着时间一天天过去，缺乏实际互动的缘故，让我感到有心无力，学习过程变得疲惫不堪。我也因为生活与工作上的压力，导致身心无法负荷。到2023年，静坐已脱离我的生活，我被烦恼吞噬，无法找到内心的平衡。直到2024年中旬，我才重新体会到静坐的好处，意识到它可能是我克服焦虑、消极情绪和挫折感的关键。

重新参加每周的静坐课程，并积极参加静坐营等，让我重新焕发活力，找回消失已久的平静。静坐对我的人际关系和身心健康产生了积极的影响，也深深提醒了我，静坐在生活的意义与影响。



Han Shin Ping

职员 | 静坐十多年

五十九岁

静坐带来的 家庭转变

“
告别不眠的夜晚
与昏沉的黎明
——静坐改善了
我的睡眠质量。
”

在尝试静坐之前，我一直饱受睡眠不足、频繁生病和脾气暴躁的困扰。试过了各种方法后，我最终选择通过静坐，进行最后的尝试。开始的三个月里，我每周上课，每天进行20分钟自我练习，很快就看到了显著的效果。我的睡眠质量有了提升，持续的疲惫感也随之消失了。

随着我深入练习静坐，它逐渐成为了家人们关注的一部分。最初，我的丈夫抱持怀疑态度，但在看到我身上的明显变化后，他也开始加入。此外，当儿子开始服兵役，面对体力和精神上的双重挑战时，竟也开始尝试静坐，之后连他的女朋友也一同加入。静坐成为了我们一家人的共同体验，让我们彼此在精进的道路上互相支持、共同成长。

对于我们家而言，光明山普觉禅寺无疑是最理想的选择。这里不仅为年轻一代提供了适合的课程，也为英文教育背景的人们提供服务。每周到光明山普觉禅寺参与静坐，已成为了我们家的“传统”。静坐不仅提升了我们的身心健康，也加深了我与家人们的情谊。



匿名
教师 | 五十多岁

在静坐中 寻求安宁

“
静坐让我
回归到当下的
简单时刻，
在呼吸中找到
内心的安宁。
”

之前，我常和父亲在光明山普觉禅寺参与静坐，这是我们特别的共处时光。我们会一起静坐，然后分享彼此的感受。然而，随着工作的日益繁忙，我的静坐变得不规律，但父亲却始终如一地坚持着。

我必须承认，往往只有在感到不安或负面情绪涌现时，我才会选择静坐。在那些时刻，我需要独处的时间，而静坐则恰好提供了这样一个自我空间。自从父亲离世后，静坐已成为我生活中的日常习惯，它为我提供了一个安静反思的心灵空间，让我找到内心的安慰。

对我而言，静坐不仅仅是一种放松的方式。当我将其融入日常生活时，它改变了我对世界的认知。静坐教会我放慢脚步、停下思考，以更大的智慧和慈悲去应对生活的挑战。通过静坐，我能够与自己 and 他人建立更深层的联系，培养内心的宁静，并将这种宁静自然而然地扩展到周围的世界。



佳伶
自雇人士 | 静坐两年
四十多岁

静坐教会我 接受与觉知

“
静坐就像跑步
或游泳一样，是每
个人都应该进行
的心灵锻炼。
”

疫情期间，我开始涉足期货交易，伴随着巨大的压力和波动无常的盈亏，心情也变得非常不稳定。我陷入了很长一段时间的焦虑与沮丧。就在我情绪低谷的时候，偶然接触到了师父的静坐班。一开始我认为静坐与宗教是密切相关的。但学习后才发现，静坐其实和普通运动一样，是每个人都应该进行的心灵锻炼。我不敢说自己有很大的改变。但我认为，我“转念”了。

以前总认为赚钱是生活的重心，现在才明白“你所拥有的一切”。除了睡眠质量得到改善，我的人际关系方面也有了变化，尤其是我与丈夫之间的相处，变得和谐许多。以前我很容易感到烦躁，现在遇到各种境遇，我可以更加包容和豁达地面对。我学会了感受与珍惜当下。

我依稀记得曾经有个学生，非常伤心地对广声师父说自己一直很难过，无法放下过往。师父告诉他，我们必须学会接受自己的悲伤。唯有通

过“接受”的力量，接纳自己的情绪，我们才能真正地释怀与放下。不论何种情绪，只要当下觉察到它的存在，那我们其实就能在“觉知”中感受到它的来去，而不受其影响。



许水侯
财务总监 | 静坐一年
六十多岁

静坐带我走出 伤感与浮躁

“
当内心变得
平和稳定，我们
才能临危不乱
地应对生活中
的挑战。
”

七八年前，因先生突发中风，我开始探索静坐，希望借此找到心灵的安宁。我曾参加过一些课程，然而课后的“神通”讨论让我感到困惑。因为我未能像他人一样体验到所谓的“神迹”，一度怀疑自己是否出了问题。于是，我选择暂时远离。

直到一年前，先生离世，我在光明山普觉禅寺祭拜时偶然看到了活动资讯，我选择再次接触静坐。我慢慢调整心态，找回心灵上的疗愈。起初我不知道该抱持什么目标，直到师父的一句话点醒了我：“你就坐吧，慢慢你会感觉到的。”自此，每周五的静坐课成了我最期待的时刻。

静坐后，我的失眠得到明显改善，工作更加专注，情绪也不再浮躁。过去，我在职场中常缺乏耐心，尤其对下属容易发脾气。现在遇到情绪波动时，我会先冷静再处理问题，工作更有条理，效率也更高。

静坐让我客观看待生活中的挑战。虽然偶尔仍感到难过，但我能够坦然面对情绪并从中学习。与家人和同事的关系也更融洽。我现在还会抽空运动，更加重视身心健康。静坐确实让我重新看见了内心的自在。



李安惠
办公职员 | 静坐八个月
三十三岁

从好奇到坚持 的静坐体验

“
静坐其实
就是一堂修心、
修行的正念课。
”

之前，我以为大家来到光明山普觉禅寺主要是为了拜拜。偶然间，我看到了静坐活动的资讯，出于好奇便决定尝试。一开始，我认为静坐需要极大的耐心，需要长时间静坐在同一地方。我还听朋友说过，他们在其他地方学习静坐时有一些“神奇”的现象，比如出窍或进入另一个空间，这让我对静坐产生了更大的兴趣。于是，我报名参加了课程，至今已有八个月。

学习过程中，我逐渐认识到静坐不是“神通”，而是修心的正念课。前段时间我经历了一次手术，术后继续上课时，我发现专注力显著提高，睡眠也改善了。现在，我学会观察情绪的起伏，尽量保持内心平静，不再急于与人争辩或寻求认同，情绪变得更稳定愉快。

静坐的环境对我来说非常重要。第一次踏入禅堂时，我的内心就立马平静下来，甚至有想在这里闭眼小憩的冲动。尽管曾在家中尝试静坐，但干扰太多，无法与禅堂的宁静相比。在这里，我能更加专注，感受到内心的安宁。



黄彩霞
秘书 | 静坐三个月
五十二岁

学习静坐帮助 情绪管理

“
静坐帮助
我找回了内心的
平静与力量。
”

去年，我的人生经历了一次巨大的变故，我的先生因癌症逝世。我们决定在光明山普觉禅寺为先生火化，从那时起，我和光明山普觉禅寺结下了缘。

为了寻求心灵的平静，我开始在YouTube上听闻佛法，并留意光明山的活动，最终报名了静坐课程。除了静坐，我也参加了佛学讲座和佛经解读。从那时起，我逐渐找回了内心的平静与力量。

静坐的练习让我发生了很大的变化。以前我很容易动怒，现在这种情况减少了90%。我对未来的恐惧与忧虑也大大减少了，虽然偶尔还会感到担忧，但已经很少会纠结于未发生的事情。更重要的是，我开始建立自信，学会独立承担家庭的责任和照顾孩子。静坐还让我能够更好地应对工作和生活中的压力。

不过有一点，有待进步。我仍挂念和执着于先生的离开。当悲伤的情绪来时，我会通过呼吸调节情绪，慢慢让自己平静下来。我相信，随着持续的静坐修习，我的身心状态会继续改善，生活也将更加美好。



参与者的静修感悟：

意之清明

躁动的心智，极易陷入担忧、恐惧与惯性思维的纠缠之中。

静坐训练我们去如实观照念头的本来面目，看清它们皆是短暂无常、因缘生灭，且并非真实的“自我”。随着觉知的加深，我们被这些杂念淹没的倾向便会逐渐减弱。

这份清明，使人们得以更准确地洞悉当下的处境，并以更加宁静的姿态与自己的内在体验共处。久而久之，焦虑逐渐消融，心智不再轻易随境转动，而是变得更加稳定与自在。

接下来的感悟，映照出参与者们借由持续修习静坐，是如何以全新的心境，去面对生活中的压力、恐惧与未知。

Roger
资讯技术顾问 | 静坐两年
四十多岁

重塑应对生活 挑战的方式

“
静坐已
成了自我疗愈的
重要日常。
”

静坐在我的日常生活中，发挥了至关重要的作用，尤其是当我面对工作压力所带来的失眠和焦虑。它让我更加关注自己的思想和感受，让我不被情绪淹没，并主导它们。我学会了保持冷静，这让我在应对家庭和工作挑战时更加从容。我现在变得更有耐心，做任何决定之前都会深思熟虑，而不是冲动行事。



Beatrice Leow
管理人员 | 静坐两年半
五十多岁

逆境中的 如如不动

除了关注生理，
心灵也同样需要被
‘驯服’和‘平静’。

我在高压的工作环境，同时需要照顾患有老人痴呆症的母亲。为此，我经常感到无比烦躁、不安，甚至会为此失眠。

通过参与广声法师的教导，我学会了以“不执着”的心态观察自己的起心动念。随着觉察力的提升，我开始学会认识自己的情绪与念头，甚至能够觉察焦虑与烦躁的由来。由此，我也能以平和的心态处理各种境况与挑战。



JC

全职主妇 | 静坐十年

五十多岁

克服焦虑

“
平静与安宁应源
于自心，这才是
静坐的本质。
”

二十多年来，我一直与广泛性焦虑症斗争。我经历过强烈的恐惧、悲伤和持续性的担忧。我总在夜里失眠，白天被焦虑笼罩，甚至经常在公共交通内恐慌发作，导致呼吸急促和严重的胃酸倒流。

静坐教会我专注于当下，帮助我更好地管理情绪。广声师父在课堂上提到的“战斗或逃跑”反应、放松、呼吸和保持觉知等静坐技巧，让我们的内心产生了强烈的共鸣。渐渐地，我的睡眠质量得到了改善，惊恐发作的次数也减少了。



TL Tan
静坐十多年

安住当下

“
静坐改变了
我对自我关怀
和自我关爱
的看法。
”

最初我参加这个课程，其实是为了支持正在应对焦虑的妻子。但我很快找到了属于自己的内心成长之路。静坐不仅改善了我的睡眠，也帮助我更好地应对压力，还提升了我的自我觉知和情感坚韧。我学会了拥抱与接受自我关爱，更多地活在当下，以同理心面对生活中的挑战。



Wong Su Ju
审计员 | 静坐一年
五十一岁

与念共处

“
我发现自己
在言谈举止上
变得更加自觉。
”

有一段时间，我情绪几乎失控，接近崩溃的边缘。通过静坐，我学会了专注呼吸，保持当下觉知。我逐渐学会以更平和的心态去面对那些曾经让我倍感压力的挑战。

广声师父教导我们要接纳自己的念头。我花了一些时间才完全理解这个意思。我这才理解到所有的情境，其实受到多种因素的影响。渐渐地，我明白了事情的发展往往是由因缘和合而成的。正是这种领悟，大大提升了我面对困难时的应对能力。静坐不仅增强了我的自我觉知，还改善了我与家人的互动，提升了我在家庭和职场中的人际关系。



吴茜
金融主管 | 静坐八个月
四十六岁

觉察情绪的变化 与来去

“
我学会了
不再被杂念牵动，
情绪也更加
稳定了。
”

工作压力曾让我心跳加速、情绪紧绷。但通过静坐，我逐渐学会观察情绪的变化，不再被牵动，焦虑和心悸也随之改善，内心更平和。尽管一开始杂念纷飞，但通过觉察，我不再被杂念牵动，情绪变得更加稳定。



邱雪莉
项目经理 | 静坐一年
四十七岁

放下执着

“
它帮助我们
在压力重重的
生活中，找到内在
的平衡和安宁。
”

在我接触静坐之前，失眠和焦虑一直困扰着我。我尝试过许多方法，比如看无聊的书或数绵羊，但效果并不显著。

佛学课和静坐相辅相成，帮助我深入理解“放下”和“因果”。通过这段时间的学习，我的心态逐渐发生了改变，不再轻易被情绪左右，处理问题时也能以更加平和的方式表达。我意识到，没有什么是对或错，只是立场不同而已。静坐让我明白，一切都会过去，没什么值得执着的。



Wong Hee Jinn
律师 | 静坐两年
二十多岁

精进的持守

“
每天只需静坐
十五分钟，就能
改善睡眠，找到
生活中的平衡。
”

在开始静坐之前，我常常因小事而感到烦躁焦虑。现在，每天只需静坐十五分钟，我的睡眠质量就有了显著改善，工作中的焦虑也得到了更好的调节。这短短十五分钟成为了我每天的重置按钮，让我在忙碌的生活中停下脚步，专注于自己，摆脱纷扰与杂念。



李巧铃
求职者 | 静坐两个月
四十五岁

澄心定意

“
静坐教会了
我身心平衡。
”

十多年来，我的生活一直被失眠困扰着，我的身心也经常感到疲惫不堪。正念修习对我影响尤为深远，它教会了我如何不带评判地观察自己的思想与情绪。这让我更有效地应对压力，并重新拥抱深沉而充满复原力的睡眠。

在广声师父的指导下，我现在能够在课上静坐30分钟，并将正念融入到我的日常生活中。无论是走路、吃饭还是交流，我都能更好地觉察身体的感受。随着持续的练习，我相信自己能更深入地理解自己的思维模式，提升专注力，并增强记忆力。



匿名

退休人士 | 八十九岁

通过静坐 滋养慧命

“
在广声师父的
引导下, 我学
到了情绪平衡
与慈悲心。
”

参与静坐二十年，我感到最意外的是健康状况得到了改善，我发现长期困扰我的呼吸急促问题消失了。曾经，轻微的活动都会让我感到呼吸困难，特别是在工作压力大的时候。

我发现自己变得更加自省、宽容和理解，因而拥有了更多的慈悲心，也让家庭关系更加牢固。如今我已年近90岁了，我的长寿与健康还得归功于静坐禅修。



Goh Kim Hong
技术员 | 静坐十多年
六十多岁

睡眠质量与精神 敏锐度的提升

“
静坐让我睡得
更安稳，醒来时也
感到神清气爽。
”

过去，我常常难以入睡，但现在通过静坐，不仅能够更快入眠，睡眠质量也得到了显著提升。

我还练习了行禅、坐禅和卧禅等不同形式的禅修，这大大增强了我的专注力和情绪管理能力。静坐不仅让我思维更加敏锐，还提升了工作中的效率，使我在面对挑战和处理愤怒的情绪时更加冷静从容。



匿名
教师 | 静坐两年
四十多岁

滋养身心的 重要养分

“
维生素C对我们的
健康至关重要。
而静坐正如灵魂中的
维他命C，滋养着
我们的身、心、灵。
”

在快节奏的生活中，静坐已成为我生命中不可或缺的养分，赋予我平和与自省的力量。感念广声法师的悉心指引，让我学会如何有效地调摄身心，开启每一段觉知之旅。

通过定期练习静坐，我的内心变得更加清晰，压力得到了缓解，整体健康也有所改善。静坐让我的内心得以平静，情绪更加平和。它帮助我从日常生活的喧嚣中抽离出来，专注于当下



匿名

顺其自然

“
包容一切，
念头起时不要
在乎它，它只是
你思维的一部分，
包容一切。”

由于工作压力大，我时常感到紧绷和焦虑，甚至不懂如何放松。刚开始跟随广声师父学习静坐时，我总是心神不定，无法久坐。但师父的一句话改变了我的看法：“念头起时不要在乎它，它只是你思维的一部分，包容一切。”这句话让我不再苛求静坐中的表现，也不再试图达到某种目标，反而在过程中学会了放松与接纳自己。

我察觉到自己在面对外界变化时不再那么容易受到干扰，思维也更加清晰。



参与者的静修感悟：

心之安定

我们的诸多烦恼，往往并非源于自身的遭遇，而在于我们如何去应对。

借由静坐，参与者开始觉察情绪的流动，看着它们如何生起、翻涌，又如何消散。他们学会了安住当下，不再轻易被情绪牵引。

随着持之以恒的修习，人们的惯性反应会渐渐变得柔和。在外境的刺激与内心的回应之间，悄然生出了一方缓冲的空间。正是在这方空间里，耐心、包容与理解得以自然滋长。

在接下来的感悟中，大家分享了这份内心的安定，是如何在人际关系、工作以及日常点滴中，给予他们深远助益。

Tai See
经理 | 静坐三年半
四十多岁

不惊不乱 处之泰然

“
通过学习静坐
技巧，我发现自己
能够更轻松地管理
压力和情绪。
”

静坐让我学会了在生活的各个方面保持正念。我也学会了接受每一刻的感受，专注于当下。静坐大大降低了我的压力，提升了我的情绪调节能力，让我对他人更富有慈悲心。

我也注意到自己在与他人沟通时，尤其是在高压情况下，表现得更为稳定。过去的我经常因压力而恼怒，现在我能够以冷静和理解的方式应对，从而与他人建立更加和谐的关系。



Mr and Mrs TS Lim
资讯科技顾问与全职主妇 | 静坐一年
五十多岁

先定后应

“
静坐改善了
我们的情绪和整体
心理健康。
”

静坐提高了自我觉察能力，让我们能够以更理性的方式应对问题，而不是冲动反应。通过培养正念和专注当下，我们的耐心也有所提升。我们能够从多个不同角度客观地看待事物，并增强对他人的宽容心。



匿名
教师 | 静坐三年
四十多岁

日常正念

“
在事情尚未
有结果之前，
暂不做批判，
允许事态的
自然发展。
”

静坐大大丰富了我的日常生活，增强了我的耐心和情绪觉察。像是在等公交时专注呼吸这样的小练习，逐渐成为我处理情绪波动和应对挫折的有效策略。即使偶有走神，我也能迅速恢复内心的平静。



Lim Teong Peng
生活教练 | 静坐一年
四十二岁

更清晰的思维 更好的人际关系

“
静坐教会了
我在困境中退后
一步理性思考，
也让我在处理
问题或做决策时
更加灵活。
”

一开始，我经常被负面的思维和情绪困扰，但随着我逐渐学会了接纳慈悲与友善，我变得更加坚韧，并且对自我有了更清晰的认知。

我的思维变得更加清晰，也能更好的缓解压力。也因如此，我明白负面思维并不总是反映现实情况，所以我不再与之抗争。通过以更加开放、不带评判的态度面对，我改善了与朋友和家人的关系。



叶瑞萍
执行助理 | 刚参与不久
五十岁

从恐惧静坐到 舒坦面对

“
学会接受杂念
与感受的出现，
无需执着一切。
”

新冠疫情后，我终于有机会报名参加静坐课程。静坐让我明白，杂念和感受是来去自如的。师父的教导让我认识到，无论遇到多么困难的事，不必过于执着。



梁玉玲
办公职员 | 静坐六个月
五十九岁

静坐让我重新整理 生活的“桌面”

“
我就像一台
电脑，静坐帮我
定期整理归档，
让一切自然有序。
”

几个月前，女儿经历了一场大手术，静坐对我帮助尤为明显。以前我肯定会焦虑不安，但现在，我能够冷静、有条理地应对，内心平和了许多。

我觉得人就像一台电脑，情绪和思绪如同杂乱的文件。过去，我总是手忙脚乱，不知如何处理。现在，静坐就像每周为我“整理桌面”，让生活更加从容有序。



范云英
工程师 | 静坐九个月
四十七岁

持之以恒的法益

“
不帶有所求的
心态，专注于观察、
接纳和体验当下
的心境。
”

广声师父告诉我们，静坐的关键在于观察、接纳，与当下的心境共处，而非技术上的追求。我逐渐放下“有所求”的心态，开始允许自己自然地体验当下的感受。

刚开始静坐时，我因背部疼痛难以久坐，这种疼痛干扰了我的静坐体验。通过不断练习，我学会用“第三人称视角”观察自己的疼痛，虽然无法消除它，但我不再因疼痛感到烦恼或恐惧，内心反而变得更加平静。



Doreen Goh

重拾生活平衡

“
正念帮助我
焕发身心活力，
让我每日积极应对
生活挑战。
”

我经常心神不宁、胡思乱想，也常常陷入自我怀疑。这种状态最终拖垮了我的身体，我被诊断出患有严重的贫血。由于免疫系统变得脆弱，我在短短几年内经历了多次手术。对我而言，静坐成为了我找回身心平衡与疗愈自我的一大源泉。

每天早晨，我通过练习正念，如觉察身体状态和正念饮食，开启新的一天。正如广声师父在课程中智慧地指出：“正念不是从外界寻求的，而是从内心培养的。”他将正念比作一场羽毛球比赛，提醒我们不要一味的只追逐球的方向，而要专注于理解比赛的节奏，精进自己的技巧。这种体悟让我对身心健康有了更深刻的体会。



匿名
装修承包商 | 静坐两年
六十岁

透过表象 看见本质

“
我的心境
越来越清静，也
逐渐明白了‘唯心
所现，唯识所变’
的实相。
”

通过广声法师的引导，我逐渐理解了正念、内观和禅定的意义，能够将这些佛法智慧运用于生活中。当烦恼与挑战来临，我不再轻易发脾气，也不会抱怨命运的不公。相反，我学会了用因果关系去看待一切，将事情往好的方向思考。这也让我的各种人际关系变得更加稳固，因为我学会了以更多的耐心与包容去回应他人。



匿名
半退休会计师
七十一岁

一份心底的清涼

“
静坐改善了我的
抗压性、情绪管理
和睡眠质量，
为我的生活带来
稳定与平静。
”

自从开始静坐后，我控制情绪和应对压力的能力大幅提升。每当感到焦虑或压力时，短暂的静坐休息能帮助我清理思绪、放松身心。

此外，我的睡眠质量显著提升，现在我能够体验更深层的睡眠。



参与者的静修感悟：

身之安然

静坐，从身体开始。

随着心念逐渐安定，身体也会慢慢释放长期累积的紧绷。那些曾在无意识中积压的焦躁、僵硬与疲惫，都会在觉知之中，变得清晰可见。

久而久之，许多人在睡眠、舒缓疼痛以及身体的舒适度上都得到了改善。更重要的是，他们对身体培养出了更深的敏锐度，学会以清明的心去回应身体的讯号，不再总是受限于惯性反应。

接下来的感悟，展现了静坐修习如何帮助大家以更加平衡、踏实的方式，与身体安然同处。

Leong Wai Mun
安全职员 | 静坐三年
五十岁

应对压力 处乱不惊

“
我现在能够
在情绪和反应
发生前觉察
自己的变化。
”

在学习静坐之前，我常常失眠，也很难在漫长的一天后放松自己。我尝试了各种方法都没有用，但在我尝试静坐之后，我的睡眠质量有了明显的改善。

静坐帮助我更好地管理情绪，让我能够以更平和的心态应对压力和外界的刺激。我注意到自己的脾气，有了正向的变化。曾经那些容易让我生气的事情，再次遇到时反应也不再那么冲动。这种情绪稳定的变化对我的职业生涯尤为重要。



匿名
医疗管理员 | 静坐两年
五十多岁

学会放下紧绷

“
静坐让我
培养了更加冷静
和放松的心态。
”

经过一年多的静坐课程，我逐渐学会了放松自己。现在，我的噩梦减少了，睡眠质量也得到了显著提升。每周的课程，加上广声法师的教导，为我提供了一个宝贵的机会，能静下心来放松自己，这在家中是很难做到的。



匿名
全职主妇 | 静坐四年
四十多岁

以觉察之心 平复更年期

“
静坐让我对
情绪的微妙变化
更加敏感。
”

更年期常常伴随着身体的不适和情绪波动，但通过静坐，我学会了更加敏锐地觉察自己的情绪波动，让我更从容地应对它们。

现在，我能冷静地观察自己的情绪，不再轻易被它们牵着走。此外，静坐也帮助我缓解了许多身体上的不适，以平和的心态看待这些更年期的症状。我的生活质量有所提升，整个过渡期也变得更容易应对了。



李水莲
人事部专员 | 静坐五年
四十六岁

与身体的 温柔对话

“
虽然每次
过来都需一至
两小时路程，但我
得到的收获是
无法衡量的。
”

我一直有背痛的问题，不能久坐。参与静坐后，它确实帮助我缓解了背痛问题，改善了血液循环。广声师父常说，静坐是与自己的身体对话，我也从中渐渐了解自己的身体状况。

阅读一些大德的书籍后，我对静坐中的“通气”有了更深的理解。静坐改善了我的睡眠质量，也让我充满活力。



Acho Tan
经理 | 静坐三个月
五十岁

培养健康作息

“
静坐帮助
我练习专注，
释放压力，
平静内心。
”

多年来，我一直在与失眠作斗争，经常做生动的梦或噩梦，睡眠质量差，无法好好地休息。自从和广声法师学习静坐以后，我的睡眠质量有了显著改善。

每晚我会通过静坐放松身体各个部位，帮助我更快地入睡。此外，我的脱发问题也有所缓解。我发现自己更能放松，不再对超出控制范围的事物执着，情绪上的焦虑与愤怒也得到了有效缓解。



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Herbert Benson, M.D.,
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Published: 1975
ISBN: 978-O-38-O81595-1



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Masaru Emoto
Published: 2004
ISBN: 978-O-74-328980-1



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“

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”

Venerable Kwang Sheng

“

静坐是一种心的锻炼，更是一叶通往智慧的舟筏，它引领我们驶向内心深处，发现真正的自我，了悟生死与当下。通过持之以恒的修习，静心反思每个瞬间，我们的生活也将在沉淀中绽放喜悦。

”

广声法师