



Dharma Drum Mountain Buddhist Association Australia – NSW Branch

DDM Sydney Activities for June - September 2006

Special event: Da Bei Chan and Dharma discourse on Sat 10 June

Venerable Tzu Kong will be presenting the Dharma Talk 'The Awakening of Faith in Mahayana' on Sat 10 June from 1.30 - 3.30pm after our usual Da Bei Chan session (please refer to the table below for information about Da Bei Chan). If you would like to attend, call this number: **0410-280 057**. All are welcome!

DDM Sydney Activity	Day of month/Dates	Time	Venue & Other details	Contact (to register/for more information)
Da Bei Chan (Chanting the Great Compassion Mantra)	Second Sat 10/6 8/7 12/8 9/9	10.00 am - 12.30 pm	Venue: Level 2, Lucy Gardens 413 – 425 Beamish Street Campsie, NSW 2194	Melody Lin Coordinator buddalin@tpg.com.au Mobile phone: 040 222 1888
One Day Introduction to Chan meditation retreat	Third Sun 18/6 16/7 20/8 17/9	Registration: 9 – 9.30 am Retreat: 9.30 – 5 pm	Venue: Level 2, Lucy Gardens 413 – 425 Beamish Street Campsie, NSW 2194 <ul style="list-style-type: none"> • All are welcome. Cost: Nil • Noble silence is kept • Includes Eight-Form Moving Meditation, sitting, listening and walking meditation • Meditation cushions, towels and drinks are provided • Please bring your lunch (no reheating facilities available) 	Jason Chan Coordinator jason.y.w.chan@gmail.com
Chan Wisdom Discussion Group	Last Sat Dates to be confirmed	11.00 am – 1.00 pm	Venue: Multi-Faith Room Level 3, Tower Building UTS (University of Technology), Broadway, Sydney	Zhao Zhang Coordinator ddmyouthsydney@yahoo.com

DDM Eight-Form Moving Meditation

"That the mind is where the body is" is the basic principle of the Eight-Form Moving Meditation.

With practice, the individual will be able to relax both body and mind across all situations in their daily life.

The Eight-Form Moving Meditation is a practical form of Chan meditation that can be practiced anywhere and by anyone. It has its roots in several years of personal experience and practice of Chan Master Sheng Yen of Dharma Drum Mountain. This seemingly simple set of movements is underpinned by Silent Illumination (mo chao), a method of Chan meditation.

Classes and/or demonstrations can be organized for community groups or events on request.

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