



Pause & Breathe  
In Nature

Zen Art Experience  
by Changlin Fashi

心在○自在  
常霖法師  
大自然禪藝體驗

2022

01.10 —→ 06.30

嘉道理農場暨植物園

Kadoorie Farm and Botanic Garden

## 關於「心在・自在」常霖法師大自然禪藝體驗

「人在心在，整個人自然自在。」常霖法師

大自然有一種療癒的能力。當走進自然，人會比較容易釋放自己，做到心在自在。當人們在適當的時候做適當的事，把注意力放在當下，就如大自然中的一棵樹，不會因日曬雨淋而抱怨，感受到當下是如何便是如何。

常霖法師以心出發，在大自然間捕捉了 12 個充滿禪意的瞬間製成是次的攝影和大字作品展覽。作品由膠片製作，讓遊客在觀賞作品時，視線可以穿過作品的本身看到大自然，體會到與自然融合的藝術感。展品在廣場內會經歷日曬雨淋，就是為了響應大自然的定律，體現一切都會成住壞空，每秒每秒也在無常變化，在不同時間觀賞，會看到不同的自然美。

除了展覽，是次體驗亦在藝舍設立了「心呼吸空間」及與「停一停 心呼吸」合作，陸續帶來不同的禪藝活動，讓我們可以放下一切，感受純粹與大自然連結的自在。

### 關於常霖法師

常霖法師俗名葉青霖，出家前為香港著名專業攝影師，香港理工學院（今理工大學）設計系畢業，在 2009 年放下俗世的名與利，到台灣跟隨果如法師座下，於 2010 年剃度出家。

法師接觸攝影經驗超過 50 年，作品常見於各類傳媒及展覽，亦經常出版免費結緣的攝影及生活禪修專集，分享他的攝影和修行心得。近年經常以輕鬆易懂，融合生活藝術的方式帶領禪修活動，更創立「心呼吸」慈善機構，希望幫助多人活出自在的人生。

## About “Pause & Breathe in Nature – Zen Art Experience by Changlin Fashi”

“With your mind and heart being present, we naturally feel free.” Changlin Fashi

Nature has a kind of healing power. When we go into nature, we naturally know how to free ourselves and bring our mind and heart to the present. Be in the moment like a tree in the forest, who does not complain about the hot sun and pouring rain, but feels and accepts every moment as it is with full awareness.

Changlin Fashi captured 12 Zen moments in nature simply by following his heart, and created the art pieces with his formless calligraphy. They are made with transparent sheets which allow visitors to see through the photos with the ever-changing natural background, and experience collaborative art with nature.

The pieces placed at plaza will stand in direct sunlight and rainfall throughout the exhibition period. They will demonstrate how everything undergoes constant changes and impermanence being the nature of things. We welcome visitors to visit the exhibition at different times, to observe their formation, existence, as well as destruction and emptiness.

Aside from the exhibition, we have set up a “Pause & Breathe Space” in Art House and there will be more upcoming Zen Art activities co-launched with “Pause & Breathe”. Let us let go of everything, simply be in the moment and connect with nature.

### About Changlin Fashi

Changlin Fashi, formerly known as Alain Yip, is a reputable professional photographer in Hong Kong who graduated from the Hong Kong Polytechnic (now Hong Kong Polytechnic University) studying Design. In 2009, he decided to give up all his fame and fortune and went to Master Guo Ru’s temple in Taiwan to start his monastic life. He was ordained in 2010.

With over 50 years of experience in photography, Changlin Fashi has had his works widely featured in various media and exhibitions. He has also compiled complementary publications on photography and meditation in daily life to share his photography and practice experience.

In recent years, Changlin Fashi has led meditation retreats in a simple and easy-to-follow way. He has also initiated Pause & Breathe as a charitable institution to help others incorporate meditation into their daily lives.

# 「心在・自在」正念日

“Being Present · Being Nature”

Day of Mindfulness

滋養幸福當下，覺察大自然在我之外，也在我之內。

在這個正念日，讓我們放下工作和責任，停下來，休息一天。

遊走森林之間，來一場與大自然的對話，

透過體驗自身本是與大自然一體，

觸碰當下的喜悅，創建內在和平。

我們通過行、坐、吃、聆聽和表達，

讓身心以正念的方式渡過自在的一天。

Enjoy being nourished in the present moment,  
embrace the natural surroundings and nature from within.

Take a break for yourself from work and responsibilities,  
simply pause and rest. Wander in the woods,  
whisper to the forest, connect and experience oneness  
with nature, be in touch with your inner joy and peace.

Through incorporating Zen practice in walking,  
sitting, eating, listening and sharing;  
spend a day with your body and soul mindfully at ease.

體驗內容 Content	日期 Date	時間 Time	費用 Fee
停一停，心呼吸練習 Pause & breathe practise	2022. 01.28/02.16/03.19/ 04.23/05.18/06.01	09:30—16:30	\$600
大自然正念漫步 Mindful walking in nature	語言 Language 廣東話 Cantonese	導師 Instructor 心呼吸導航員 Guide from Pause & Breathe	
與大自然元素連結，滋養內在 Connect with nature to nurture our hearts	地點 Venue 嘉道理農場暨植物園上山區 Upper area in Kadoorie Farm and Botanic Garden		
讓心流動，創造內在幸福資源 Follow your heart to grow joy from within			

經嘉道理農場暨植物園網頁報名。額滿即止或於活動日前5個工作天截止。

Apply via KFBG website. Application ends when quota is full or 5 working days before the programme date.



# 「心的旅程」工作坊

“Journey with the Heart” Workshop



有人比喻「生命，就是一趟旅程」，途中所經歷的每個階段，都有屬於我們自己的人生經驗和課題。然而，再多的課題也好，若果沒有好好關顧自己的身心需要，我們也沒有力量去學習和實踐。

『心的旅程』是一趟能讓我們親身遊歷自己內心世界、和自己重新連結的自我探索旅程。「心呼吸」導航員將帶領你透過常霖法師的照片，一起探索心靈、陪伴和面對自己心的需要。

There is a saying, “Life is like a journey”. At each stage we go through, we encounter our own life experience and lessons. When these lessons are given, we may not have the strength to learn and practice if the needs of our body and mind are not taken care of.

“Journey with the Heart” is a workshop that allows us to travel through our inner world and reconnect with ourselves after deep self-exploration. You will be guided to explore your soul, be your hearts’ companion and stay true to your needs through photos taken by Changlin Fashi.

體驗內容 Content	日期 Date
停一停，聆聽和欣賞真實的自我 Pause, listen and appreciate your true self	2022. 02.12/03.12/04.09/05.14
陪伴自己，為自己創造「靜下來的空間」 Be your own companion and create a peaceful space	時間 Time 13:00—16:00 費用 Fee \$300
探索和展現自我，建立與心的純粹陪伴和連結 Explore and allow yourself to shine, bond and simply be with your heart	語言 Language 導師 Instructor 廣東話 心呼吸導航員 Cantonese Guide from Pause & Breathe
	地點 Venue 嘉道理農場暨植物園藝舍 Art House in Kadoorie Farm and Botanic Garden

經嘉道理農場暨植物園網頁報名。額滿即止或於活動日前5個工作天截止。  
Apply via KFBG website. Application ends when quota is full or 5 working days before the programme date.

# 「當下自在」森林浴

“Pleasure of Present”

Forest Immersion Walk

在這趟旅程中，一起在山中慢步，  
透過一系列的邀請，漸漸打開心扉，  
讓五感帶領我們感受森林與自己同在，  
並全心接收森林贈予我們的所有。  
就在一呼一吸間，自然自在地把心  
與大自然重新連結。

In this journey, you are invited to slowly wander,  
open your heart and immerse yourself into  
the living forest. Allow your senses to guide you  
to be in presence with nature and receive all  
that this magnificent forest has to offer.  
Be relaxed and reconnect your heart with nature  
through the power of your breath.

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## 體驗內容 Content

樂在當下：開啟感官

Pleasure of present: An invitation to open up  
your senses for the upcoming journey

森林邀請：沉浸森林

Forest invitations: Several invitations to  
immerse yourself into the forest

森林奉茶：感恩森林

Tea ceremony: Give gratitude to the forest

聆聽分享：用心聆聽、從心分享

Sharing: Listen from the heart,  
share from the heart

## 日期 Date

2022. 02.10/03.10/04.14/05.12

## 時間 Time

09:30—13:00

## 費用 Fee

\$300

## 語言 Language

廣東話  
Cantonese

## 導師 Instructor

本園之認證森林治療嚮導  
Certified Forest Therapy  
Guide from KFBG

## 地點 Venue

嘉道理農場暨植物園上山區  
Upper area in Kadoorie Farm  
and Botanic Garden

經嘉道理農場暨植物園網頁報名。額滿即止或於活動日前5個工作天截止。

Apply via KFBG website. Application ends when quota is full or 5 working days before the programme date.



# 常霖法師禪・攝影工作坊

Changlin Fashi Zen of  
Photography Workshop

摒棄對攝影器材和技巧的執著，  
只管隨意用心感受，不論眼前是絕人美景，  
或是凋零空落的一隅，也可捕捉到  
大自然間的藝術品。

Let go of the perseverance of photography  
techniques and advanced equipment,  
and simply feel from the heart. Whether a  
captivating scene appears in front of your eyes,  
or an utterly empty corner; you can still  
capture art in nature.

## 體驗內容 Content

禪意照片鑑賞，感受藝術間處處見禪

Zen photo appreciation, notice the  
essence of Zen weaved in art

提升覺察，從心出發的禪攝影體驗

Increase self-awareness and experience  
Zen photography following the heart

回到當下，在大自然以心呼吸漫步

Being in the present moment,  
breathe in and immerse in nature

## 日期 Date

2022. 02.25/04.15

## 時間 Time

09:30–12:30

## 費用 Fee

\$400

## 語言 Language

廣東話  
Cantonese

## 導師 Instructor

常霖法師  
Changlin Fashi

## 地點 Venue

嘉道理農場暨植物園上山區  
Upper area in Kadoorie Farm  
and Botanic Garden

經嘉道理農場暨植物園網頁報名。額滿即止或於活動日前5個工作天截止。

Apply via KFBG website. Application ends when quota is full or 5 working days before the programme date.

## 關於 Kadoorie Earth Programme

此體驗由 Kadoorie Earth Programme 呈獻。

Kadoorie Earth Programme (KEP) 是由嘉道理農場暨植物園及其網絡的合作者和義工所創作的一個全新項目。綜合本園一直致力推動的環境保育、可持續生活及多元整體教育元素，計畫將帶來改變生命的學習體驗，讓人們與自然、自己以及互相之間從新連結；培養出在面對氣候變化，經濟不穩及其他挑戰時的那分韌性。

受幸於優秀的教育者領導下，Kadoorie Earth Programme 會帶領參加者經歷一個顛覆思想及規範的旅程，摒棄舊有帶來問題的思考模式<sup>1</sup>，以心感受新的學習及行事方法。我們邀請你一同與我們創造 KEP 未來的章節，盡一己綿力為世界帶來改變。

<sup>1</sup> 「我們是不能用製造問題的思考方式來解決問題。」  
——阿爾伯特·愛因斯坦

## About the Kadoorie Earth Programme

This experience is brought to you by the Kadoorie Earth Programme (KEP).

Kadoorie Earth Programme is a new initiative that is being co-created by KFBG and its network of collaborators and volunteers. By integrating the various strands of KFBG's nature conservation, sustainable living and holistic education programmes, it provides life-transforming learning experiences that reconnect people with themselves, each other and the rest of nature and enable them to cultivate resilience in the face of climate change, economic uncertainty and other related challenges. Facilitated by leading educators, KEP guides participants to experience a paradigm shift, to let go of the same way of thinking that created the problems<sup>1</sup> and open their hearts to new ways of knowing and acting. We invite you to be part of this unfolding initiative, to make a difference together in this world.

<sup>1</sup> "We cannot solve our problems with the same thinking we used to create them."  
Albert Einstein