

Mr. Li understands the intensity and stress of everyday life in Hong Kong, and the growing negativity brewing just below the surface. The idea for Tsz Shan Monastery is to provide a sanctuary for spiritual purification as well as a place to learn the Buddhist approach everyday living. It would serve as a base for charitable work and benefit society through the spread of Buddhism. According to the teachings of the great Sage Vimalakīrti, "If the mind is pure, the land is pure". Hence by calming our hearts, we can positively affect the society around us. In this way, our innate wisdom can shine light to what is around us.

There is a reason and cause for everything. Mr. Li's proposal received the support of the Hong Kong Buddhist Association and its Chairman, the late Venerable Kok Kwong, who also accepted the invitation to serve as the inaugural Chairman of the Board of Directors of the Monastery. In December 2003, planning and development of Tsz Shan Monastery began in earnest.



With such favourable conditions ready, the support and joint efforts of many individuals and organisations, as well as colleagues of Cheung Kong Property Development Limited and the Foundation, construction of the Monastery was completed more than ten years later. The Monastery opened its gates to the public in April 2015, and has welcomed over two million

With a history that dates back over 2500 years, Buddhism has manifested its vitality around the world, and throughout the ages. Tsz Shan Monastery aspires to continue the momentum of Buddhism by developing new initiatives in education, community care and the arts to meet the needs of contemporary society.

visitors as of December 2024.

The Foundation has supported the Monastery and Museum with donations amounting to over HK\$3.5 billion, covering land acquisition, planning and development as well as the daily operating costs.

PREFACE

Each day, Tsz Shan Monastery graciously opens its doors to a diverse array of visitors. Stepping into the monastery, you might water, transcribe a scripture, or immerse yourself in meditation. pause to take in the serene vistas of distant mountains and tranguil moment, have you ever considered that the land beneath your your careful observation?

pour a ladle of Or perhaps you shorelines. In that feet, too, is worthy of

Conceived in 2003, Tsz Shan Monastery took over a decade to construct and was finally completed in 2014, opening to the public in April of the following year. Once a modest green hill with limited biodiversity, the area has since been transformed. Today, the Monastery is home to over 160 plant species, from North America's

bald cypress to South Asia's now attracts a vibrant array

bodhi trees, creating a thriving habitat that

of wildlife.

Though the halls and meditation rooms are masterfully crafted by skilled artisans, appearing purpose-built for practice, Tsz Shan Monastery, as a sanctuary for the Dharma, extends its embrace to all sentient beings. Rather than viewing the land and environment as subjects to human will, consider instead how we, as caretakers, can nurture and preserve this tranquil and harmonious space—a place that fosters understanding, acceptance, growth, and the awakening of wisdom.

As stewards of this pure land, we cherish ecological diversity and have introduced a variety of plants to enrich its vibrant ecosystem. It is also our responsibility to thoughtfully utilize this serene sanctuary to "teach through the environment." Walking into Tsz Shan, you may notice, beneath the canopy of leaves in the Grand Courtyard, the sacred bodhi tree where the Buddha attained enlightenment. You may also observe, on one side of Joyful Terrace, a meticulously pruned podocarpus, and on the other, a freely growing counterpart—together, they invite mindful reflection on the distinctions we perceive. These sights, along with many others, bring to my mind the Buddha's life, which was profoundly intertwined with the natural world.

> Buddhist scriptures often describe flowers raining down from the heavens during the Buddha's teachings. In the Contemplation on the Mind-Ground Sutra, for instance, countless celestial flowers of vibrant hues are said to descend from the sky as offerings to the Buddha. Beyond highlighting the splendor of the Dharma, plants also serve as gentle reminders to me of the impermanence of all things. Like flowers that bloom and fade. everything in this world is in constant flux. If

blooming and wilting are part of nature's course, why must we cling so tightly to moments of togetherness and separation?

As you wander through Tsz Shan, should you encounter plants that stir your thoughts, may they remind you of the Awakened One-born under an ashoka tree in Lumbini over 2,500 years ago, practicing austerities in the solitude of the forest, attaining enlightenment beneath the bodhi tree, delivering his first teachings at Deer Park, and entering nirvana in a serene sāl grove near Kushinagar. Amid the clamor of modern life, may we nurture a quiet corner of his garden for you, where the Buddha's serene and majestic presence might still be envisioned in this world.

Walter B. Ngai, JP Secretary General, Tsz Shan Monastery



Red-billed Blue Magpie 紅嘴藍鵲

Barn Swallow

Red-whiskered Bulbul

Grey-chinned Minivet 灰喉山椒鳥

> Scarlet Minivet 赤紅山椒鳥

Chestnut-winged Cuckoo 紅翅鳳頭鵑

Rufous-capped Babbler

Streak-breasted Scimitar Babbler

Daurian Redstart 北紅尾鴝

Scarlet-backed Flowerpecker 朱背啄花鳥

Asian Barred Owlet

Collared Scops Owl 領角鴞

> Brown Fish Owl 褐漁鴞

Ashoka Tree 無憂樹

Red Strap Flower

Plumeria 雞蛋花

Mock Lime 米仔蘭

Boston Ivy 爬牆虎

> Chinese Ixora 龍船花

Sweet Osmanthus

Chinese Banyan

Belgian Azalea 比利時杜鵑

Pink Powder Puff

Garden Croton 紅葉灑金

Kurogane Holly

Golden Trumpet 軟枝黃蟬

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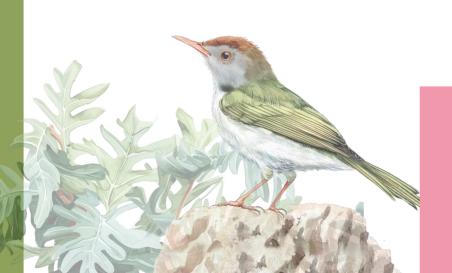
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RED-BILLED BLUE MAGPIE

紅嘴藍鵲



Also known as the "Ashoka fig," is said to be where the

Buddha was born, symbolizing the joy of his birth. Its Sanskrit name "Ashoka," means "free from sorrow and

worry," representing a state of no suffering or distress,

and symbolizing liberation and tranquility. This tree is

often regarded as a spiritual refuge for practitioners,

reminding people to pursue inner peace and wisdom.

Thus, the Ashoka tree is one of the three sacred trees in Buddhism and is widely planted in many Buddhist

temples.

Botanical Name: Saraca asoca

無憂樹

Family | Genus: Fabaceae | Saraca

Location in TSM: Contentment Garden

"Yet these plants do not intend to expel sorrow from me, nor do flowers mean to bring me lasting

草無忘憂之意, 花無長樂之心。」

Yu Xin, "Rhapsody on Small Garden" 庾信《小園賦》

This bird is easily recognized by its striking red beak and exceptionally long central tail feathers. Its black plumage extends from the head to the breast, contrasting sharply with the white crown and nape. The bill, iris, and legs are vivid red, while the body is blue above and white below. The long blue tail is tipped with white, adding to its eyecatching appearance. Known for its loud, high-pitched calls, it is often seen alone or in small groups.

Scientific Name: Urocissa erythroryncha

Status:

Common resident

BARN SWALLOW

家燕

These birds are known for their friendly nature and often live in close proximity to humans, nesting under the eaves of old buildings. Their head and upperparts are a dark glossy blue, with a reddish-brown forehead and throat, separated from their white underparts by a dark bar across the breast. In flight, their long, forked tail displays distinctive white bars near the tips. They have a broad black bill, with yellow coloring seen in chicks.

Scientific Name: Hirundo rustica

Status:Summer visitor





The leaves, flowers, and roots are all used in traditional Chinese medicine. White Strap Flower is uncommon in Hong Kong, Red Strap Flower is a breed created from artificial cultivation. It is often used in gardening and landscaping due to its strong resistance to pests and diseases.

Botanical Name:

Loropetalum chinense f. rubrum

Family | Genus:

Hamamelidaceae | *Loropetalum*

Location in TSM:

Contentment Garden, Vista Terrace, Mindful Path

"The flocks of birds have fondest place to rest while I love my cosy house the best."

「眾 鳥 欣 有 托 <mark>,</mark> 吾 亦 愛 吾 廬 ゜₁





RED-WHISKERED BULBUL 紅耳鵯

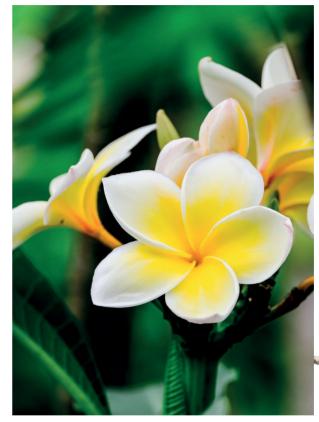


This bird is easily recognized by its tall black crest and red ear feathers. Its upperparts are dark brown, transitioning to a brown tail tipped with white. The head is black, with white cheeks and throat framed by a black moustachial stripe. Its underparts are pale brown, accented by an orange-red vent, while juveniles lack the red cheeks and have a paler red vent. With a black bill and legs, it emits a cheerful "bulbit-bulbit" call.

Scientific Name: *Pycnonotus jocosus*

Status: Common resident

PLUMERIA 雞蛋花



Botanical Name: *Plumeria alba*

Family | Genus:

Apocynaceae | Plumeria

Location in TSM:Contentment Garden

One of the six flowers in Buddhism. The Jataka tales record that in one of his past lives, the Buddha was a tree spirit residing in a Plumeria



The tree spirit witnessed a heron by the pond, which used the excuse of helping fish to convert the pond to devour nearly all the fish and even intended to eat the crabs. However, the crab cleverly escaped by pinching the heron's throat and severing it. The tree spirit reflected that cunning can never prosper in the long term; those who sow evil will reap evil. Therefore, the Plumeria serves as a reminder to Buddhist practitioners to maintain right understanding and be aware of cause and effect.

GREY-CHINNED MINIVET 灰喉山椒鳥

Smaller than the Scarlet Minivet, this bird captivates with its vibrant colors and soft, repeated "tsee-sip" calls. The male features a grey head, cheeks, and throat with a darker crown, complemented by a black mantle and wings marked by a reddish-orange "inverted tick." Its rump and underparts are reddish-orange, and its tail is black above and reddish-orange below. The female shares similar markings but replaces the red with yellow, while juveniles have paler underparts and wing marks that can be either yellow or red. Often flocking with Scarlet Minivets, these birds thrive in mature woodlands.

Scientific Name: *Pericrocotus solaris*

Status:Common resident



MOCK LIME 米仔蘭



Botanical Name: *Aglaia odorata*

Family | Genus:

Rutaceae | Murraya

Location in TSM:Contentment Garden,
Tsz Shan Gate

Mock Lime is a common hedging plant for screening, because it remains evergreen and blooms year-round. Its flowers give off a pleasant fragrance. It is known for clusters of small yellow flowers and glossy leaves.

"Birds by nature took delight in mountain scenes, In the pond, a mind cleansed by the waters a lucid reflection made."

「山光悅鳥性,潭影空人心。

Chang Jian, emple in Ruins"

"An Inscription for the Rear Meditation Chamber of a Mountain <mark>Tem</mark>ple i<mark>n Ruins"</mark> 常建《題破山寺後禪院》

SCARLET MINIVET 赤紅山椒鳥

Larger than the Grey-chinned Minivet, this striking bird displays distinct color differences between the sexes. The male boasts a black head, mantle, and wings, with a red "inverted tick plus a spot" mark on each wing, along with a red rump and underparts. Its tail is black above and red below. The female, by contrast, has a grey head and mantle, a yellow rump, and yellow extending from the forehead, cheeks, and throat to the underparts, with yellow wing markings.

Scientific Name:

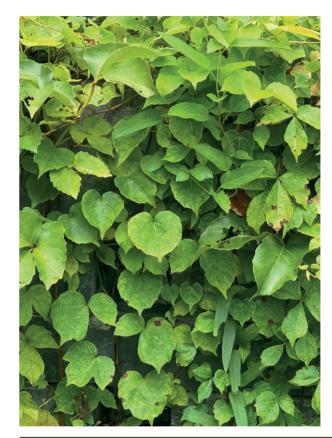
Pericrocotus speciosus

Status:

Common resident







Botanical Name:

Parthenocissus tricuspidata

Family | Genus:

Vitaceae | Parthenocissus

Location in TSM: Vista Terrace

Boston Ivy is a part of the Vitaceae family, which is not that of traditional ivy. Its tendrils do not destroy the attached walls. Instead, they are like sticky pads that attach to structures. The leaves are scarlet in the fall and green in the summer.

"A monk asked: What is the general meaning of Buddhism? Yun Men answered: Spring comes and the grass is green."

「僧問:『如何是佛法大意?』 師曰:『春來草自青。』」

Zen Master, Yun Men Wen Yan, "Wu Deng Hui Yuan" [雲門文偃禪師 《五燈會元

CHESTNUT-WINGED CUCKOO

紅翅鳳頭鵑

This bird is distinguished by its striking black crest, glossy black upperparts, white nape, and rich chestnut wings. Juveniles are less vivid in color and have noticeably shorter tails. Preferring secondary forests and tall shrublands, it is often heard before seen, with its clear "bee bee... bee bee" whistles echoing every few seconds, especially in early summer.

CHINESE IXORA 龍船花



Family | Genus: Rubiaceae | Ixora

Location in TSM:Vista Terrace

Chinese Ixora is an attractive evergreen houseplant that is indigenous to southern China and Malaysia. Its blossom clusters could be seen in a wide range of colors: red, orange, and yellow.

Scientific Name:

Clamator coromandus

Status:

Summer visitor

"Hidden blossoms and darkened leaves catch the morning sun, As the sun grows warm the birds begin to sing."

「花深葉暗耀朝日,日暖眾鳥皆嚶鳴。」

Ou-yang Xiu, "Singing Birds" | 歐陽修《啼鳥》

RUFOUS-CAPPED BABBLER 紅頭穗鶥

SWEET OSMANTHUS 桂花

The fragrance of Sweet Osmanthus flowers is especially strong in August. As early as the Tang and Song dynasties, ladies of His Majesty would consume food with Sweet Osmanthus flowers to have the fragrance spreading throughout the body.

Botanical Name: *Osmanthus fragrans*

Family | Genus:
Oleaceae | Osmanthus

Location in TSM: Vista Terrace

"Aimlessly wandering on a quiet and empty hill in the spring, I see falling osmanthus flowers. And hear the constant calling of birds startled with full moon down below in the ravine."

人間桂花落, 夜靜春山空。 月出驚山鳥,

Wang Wei, "Birds Calling In The Ravine" 王維《鳥鳴澗》

With its loud, musical, and prolonged "too-too-too" calls, this small olive-green babbler is often found in forest undergrowth near streams. Slightly larger and stouter than the Common Tailorbird, it is easily recognized by its reddish-brown crown, pale yellow throat, and olive-brown mantle.

Scientific Name:
Stachyridopsis ruficeps

Status:

Common resident

STREAK-BREASTED SCIMITAR BABBLER 棕頸鉤嘴鶥



Active in the undergrowth, this bird is known for its distinctive three-note call, "on you go" or "doo doo which". Its overall brown plumage is accented by a reddish-brown nape and a prominent white eyebrow that contrasts sharply with blackish facial markings. The long, yellow, decurved bill adds to its striking appearance. Its white throat transitions into a streaked brown breast, with a white belly completing its look. Often found in small flocks or joining mixed-species bird waves, it brings a lively presence to its habitat.

Scientific Name: *Pomatorhinus ruficollis*

Status:Comm<u>on resident</u>

CHINESE BANYAN 老榕樹



Chinese Banyans are home to many animals since it is typhoon tolerant due to its strong trunks. Birds and bats consume the figs, and the tree's canopy is shelter for birds and reptiles. Chinese Banyans are often worshipped in villages.

Botanical Name: *Ficus microcarpa*

Family | Genus:

Moraceae | Ficus

Location in TSM:Roundabout



DAURIAN REDSTART 北紅尾鴝

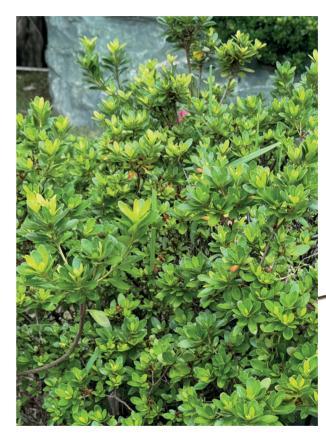


This lively bird is readily identified by its rufous rump and tail, accented by prominent white wing patches and a black bill and legs. It frequently twitches or shivers its tail while standing, adding to its vivacious charm. Males stand out with their striking combination of rufous-orange underparts, black upperparts and face, and a silvery-grey crown and nape. Females, in contrast, display olive-brown plumage.

Scientific Name: *Phoenicurus auroreus*

Status: Winter visitor

BELGIAN AZALEA 比利時杜鵑



Belgian Azalea was originally bred by European breeders. It is very suitable as potted flowers and garden plants. It is called Belgian Azalea because its breeding center was in Belgium.

Botanical Name: Rhododendron hybrids

Family | Genus:

Ericaceae | Rhododendron

Location in TSM:Roundabout



SCARLET-BACKED FLOWERPECKER

朱背啄花鳥



This tiny bird stands out with its vibrant scarlet back and distinctive metallic "chip chip" calls. The male showcases an unmistakable bright crimson crown that extends along the upperparts to the rump, contrasted by dark grey cheeks and glossy dark blue wings. Females are more subdued, with pale brownish-green upperparts, a crimson rump, and paler underparts. Juveniles lack any crimson coloring, blending more subtly into their surroundings.

Scientific Name: *Dicaeum cruentatum*

Status: Common resident

PINK POWDER PUFF 朱纓花



Botanical Name: Calliandra haematocephala

Family | Genus:

Fabaceae | Calliandra

Location in TSM: Mindful Path

The flowers of Pink Powder Puff look like red cotton wool balls. The flower heads consist of masses of red stamens. The flowers' vibrant color attracts pollinators. In Nigeria, its roots are used to treat hemorrhoids.

ASIAN BARRED OWLET 斑頭鵂鶹

This round-headed bird, with its yellow iris and bill, is characterized by dark brown upperparts densely marked with pale brownish bars, a dark tail, and whitish underparts striped with brown. Lacking feathered ear tufts, it perches prominently and is most active during dawn and dusk. Its vocal repertoire includes a rising series of "Ka-kup, Ka-kup" calls and a prolonged bubbling warble reminiscent of the sound made by an upturned water bottle.

Scientific Name:

Glaucidium cuculoides

Status:

Common resident

When Garden Croton's stem is cut, a milky sap oozes out and dries into a latex-like entity. Exposure to the eyes, ears, nose, mouth, or open wounds could lead to burning pain, itchiness, or rash. Physical contact with the sap should be avoided.

GARDEN CROTON 紅葉灑金

Botanical Name:

Codiaeum variegatum

Family | Genus:

Euphorbiaceae | Codiaeum

Location in TSM: Mindful Path



COLLARED SCOPS OWL 領角鴞

KUROGANE HOLLY 鐵冬青

This small, nocturnal owl is distinguished by its prominent ear tufts and reddish-brown iris. Its dark brown upperparts contrast with a lighter belly marked by dark streaks, while a pale brownish-yellow hind collar adds a subtle highlight. Its call, a soft and measured "hoo-o", repeats steadily every 10 seconds, echoing through the darkness.

Scientific Name: *Otus lettia*

Status: Common resident

The leaves of Holly are smaller and harder than those of Kurogane Holly. The berries of Holly are less than those of Kurogane Holly.

Botanical Name: *Ilex rotunda*

Family | Genus:
Aquifoliaceae | Ilex

Location in TSM:Mindful Path





BROWN FISH OWL 褐漁鴞

This large, rufous-brown owl is notable for its prominent ear tufts and remarkable yellow iris. Dark streaks mark its body, while whitish bands appear on both wings, adding to its distinct appearance. Unlike the Eagle Owl, it lacks feathers on its toes and has a less defined facial disc. Primarily nocturnal, this owl slowly moves through the night with a quiet, commanding presence.

Scientific Name: Ketupa zeylonensis

Status: Rare resident GOLDEN TRUMPET 軟枝黃蟬

Golden Trumpet is the official flower of the city of Canóvanas, Puerto Rico. Golden Trumpet has toxins that, when ingested, could cause vomiting, diarrhea, mouth pain, and swelling. Children should avoid consuming any parts of the plant.

Botanical Name:

Allamanda cathartica

Family | Genus:

Verbenaceae | Duranta

Location in TSM:Mindful Path,
Roundabout



EXERCISE 1 Mindful Breathing Dot-To-Dot

There are several ways to explore focusing on your breath. A fun method is to try the dot-to-dot breathing game. This easy activity can help you feel more relaxed and at ease. All you need is this sheet and a pen or pencil.

Instructions:

Find a quiet spot to sit comfortably.

Hold your pencil, placing the tip on the first dot of the diagram.

Take a few moments to breathe in and out, settling yourself.

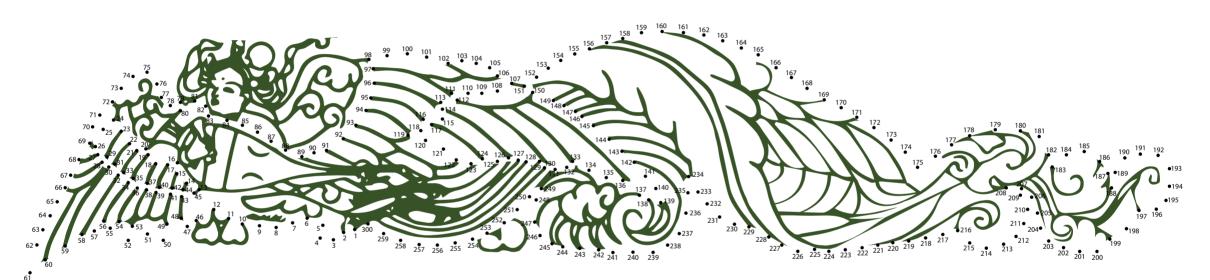
When you're ready, begin by drawing the first line, moving slowly.

Let it take an entire breath to move from one dot to the next.

Breathe in, and draw a line from one dot to the next.

Breathe out, and draw a line to the following dot.

Continue this slow and mindful process until the dot-to-dot picture is complete.



Introduction of Kalavinka

Kalavinka are melodic birds. According to the Sutra of the Right Mindfulness of Dharma (T.721), there is a large mountain called the Wilderness, which is a hundred yojana in width. This mountain has many white elephants and kalavinka making delightful sounds. Such a beautiful sound is as beautiful as that of gods, humans, kinnara, and asura. Only the voice of the Tathāgata is comparable with theirs. The Buddhist sutras do not describe their appearance. However, in Chinese Buddhist art, they are typically depicted as human-headed birds, dressed in bodhisattva attire and featuring long, curling tails.

1.《正法念處經》卷68:「有一大山,名曰曠野,縱廣一百由旬,於此山中多有白象,及迦陵頻伽鳥出妙音聲。如是美音,若天若人、若緊那羅、若阿修 羅,無能及者唯除如來。」(T17, no.721, p.403b26-29)

English translation of the above sutra texts: by Dr. Wendy Yu.

SECTION 2



"The little flower lies in the dust. It sought the path of the butterfly."

她追求的是蝴蝶的途徑。「小花躺在塵土上。

WHITE-BELLIED SEA EAGLE





Often found along coasts and large reservoirs, it sometimes perches in trees and prefers nesting on trees near remote sea coasts. Breeding in Hong Kong, this majestic bird is listed as a Class I protected species in China and commands attention wherever it appears.

Scientific Name:

Haliaeetus leucogaster

Status:

Uncommon resident



Botanical Name: *Ficus religiosa*

Family | Genus: Moraceae | Ficus

Location in TSM:Grand Courtyard

"Bodhi has no tree."

「菩提本無樹。」

"Platform Sutra of the Sixth Patriarch" 《六祖壇經》

The Bodhi tree is the most famous tree in Buddhism, as it is where Siddhartha Gautama attained enlightenment. Its distinct leaf shape symbolizes wisdom and revelation. Buddhists believe the Bodhi tree possesses sacred qualities, and many temples plant Bodhi trees to honor the Buddha's enlightenment. This tree represents the cycle of life and the unveiling of truth, becoming an essential symbol for practitioners in their spiritual journeys.

CHINESE BULBUL 白頭鵯

This lively bird exudes charm with its olive-green plumage and bold black head, bill, and legs. The bold white nape, cheeks, and throat create a sharp contrast against its darker head, while its breast to vent is a soft buffy tone. Juveniles lack these white markings, appearing entirely olive green. Its call, though similar to that of the Red-whiskered Bulbul, carries a less musical quality.

Scientific Name: *Pycnonotus sinensis*

Status:Common resident

Honey Myrtle is often used as a screening shrub or wind blocker in gardens. It has small white flowers in summer. Its leaves give off a delightful fragrance upon being lightly rubbed.

Botanical Name:

HONEY MYRTLE

Melaleuca bracteata 'Revolution Gold'

黃金香柳

Family | Genus:

Myrtaceae | Melaleuca

Location in TSM: Contentment Garden, Mindful Path, Roundabout





BLACK-COLLARED STARLING 黑領椋鳥

This large starling is notable for its white head and the patch of exposed yellow skin around the eyes, giving it a memorable appearance. A prominent black collar sets off its dark brown to black upperparts and wings, which are accented with white tips. Juveniles lack the black collar and appear browner overall. Noisy and highly social, this bird's loud, raucous calls make it hard to overlook, especially in groups where its gregarious nature shines

through.

Scientific Name: *Gracupica nigricollis*

Status:

Common resident

FUKIEN TEA TREE 福建茶

The Fukien Tea Tree is indigenous to Southeast Asia. It has year-round white flowers and small berries. It can be planted in the garden or as a bonsai tree. However, when eaten, it can cause burning and swelling of the lips, tongue, and throat, as well as nausea and vomiting.

Botanical Name:

Carmona microphylla

Family | Genus:

Boraginaceae | Carmona

Location in TSM:

Contentment Garden, Vista Terrace, Holy Bodhi Tree



JAPANESE TIT 遠東山雀

CAMPHOR TREE 樟樹



Scientific Name:

Common resident

Parus minor

Status:

The oil of Camphor Tree is often extracted to be made into insect repellant. Since the wood is resistant towards rotting, it is often sculpted into Buddhist statues for temples.

Botanical Name:

Cinnamomum camphora

Family | Genus:

Lauraceae | Camphora

Location in TSM:

Contentment Garden, Tsz Shan Avenue



This large tit is characterized by its black head and throat, prominent white cheeks, and a bold black stripe running down its breast and belly. Its mantle displays a soft grey tone with a bluish hue. Frequently perched in the tree canopy, it delivers a loud, melodious call resembling "sik sik zyu".



ORIENTAL MAGPIE ROBIN

鵲鴝





Scientific Name: Copsychus saularis Status: Common resident



Botanical Name: Elaeocarpus sylvestris

Family | Genus: Elaeocarpaceae | Elaeocarpus

Location in TSM: Tsz Shan Avenue

treat trauma.

Woodland Elaeocarpus has medicinal value and can be used to relieve symptoms of irregular menstruation and

The female resembles the male but replaces the black on the head and mantle with dark grey, while juveniles are distinguished by their streaked appearance. Known for its loud, melodious calls, this bird occasionally surprises listeners with a long, drawn-out hissing sound.

This black-and-white songbird is admired for its

melodious and charming voice. It has a black head,

mantle, and center of the tail, contrasted by white

underparts, a wing bar, and the outer edges of its tail.

EURASIAN MAGPIE

喜鵲

This medium-sized bird stands out with its predominantly black plumage, accented by a white belly, white scapulars, and an impressively long tail. The purplishblue and green iridescence on its wings and tail adds a distinctive brilliance to its appearance. Commonly seen in open areas, it forages on the ground and often gathers in groups, forming flocks ahead of the breeding season. Its call is a distinctive, cackling sound.

Scientific Name: Pica pica

Status: Common resident

Fortune's Cape Jasmine is an evergreen plant with heavily scented flowers. It was cultivated in China for at least a thousand years and was introduced to English gardens in the mid-18th century.

Botanical Name:

Gardenia jasminoides var. fortuniana

白蟾

Family | Genus: Rubiaceae | Gardenia

Location in TSM: Vista Terrace, **Compassion Path**

"Not knowing the approach of spring until I heard the birdsong."

FORTUNE'S CAPE JASMINE

「春眠不覺曉, 處 處 聞 啼 鳥 。₁

> Meng Haoran, "Spring Morning" 孟浩然《春曉》



WHITE WAGTAIL

白鶺鴒

CHINESE STRAP FLOWER 白繼木



This long-tailed bird features a remarkable mix of black, white, and grey plumage, with grey upperparts becoming more prominent in winter. Its tail frequently bobs up and down when standing, giving it a lively and restless appearance. In South China, various races can be found. The *leucopsis* (White-faced Pied Wagtail) is the most prevalent in Hong Kong, characterized by its black upperparts, a strikingly white face, and a broad white throat.

Scientific Name: *Motacilla alba*

Status: Common resident

Native to China, Chinese Strap Flower is commonly used in landscaping. It is easy to grow and does not require much maintenance. Clusters of white flowers bloom in spring.

Botanical Name: *Loronetalum chin.*

Loropetalum chinense (R. Br.) Oliv.

Family | Genus:

Hamamelidaceae | *Loropetalum*

Location in TSM:Vista Terrace



BLACK-THROATED LAUGHINGTHRUSH

黑喉噪鶥

This medium-sized, dark laughingthrush is notable for its black face and throat, which contrast sharply with prominent white spots on its cheeks. Its dark grey upperparts gradually lighten toward the underparts, creating a subtle gradient in tone. Often seen in small, social flocks, it has a loud, whistling call resembling a repeated rhythm, sounding as though it is saying "dear boy". and sometimes mimics the calls of other birds.

Scientific Name: *Garrulax chinensis*

Status:Common resident

Snowbush is a tropical evergreen plant that does not survive in cold regions. It received its name from the snowy white leaves that appear as new growth.

SNOWBUSH 雪花木

Botanical Name: *Breynia disticha*

Family | Genus:

Phyllanthaceae | Breynia

Location in TSM:Vista Terrace



HOUSE SWIFT 小白腰雨燕

SMALL-FRUITED FIG 細葉榕



幾處早鶯爭暖樹, 誰家新燕啄春泥。

亂花漸欲迷人眼, 淺草才能沒馬蹄。」

白居易《錢塘湖春行》

This small swift is black overall, with a distinctive white rump and a pale whitish throat. In flight, its silhouette resembles a small anchor, with a square, slightly notched tail when spread. Often seen darting through the sky in twittering flocks, it fills the air with its continuous "si-si" calls. Known for nesting under eaves, it forms bustling breeding colonies, with the largest in Hong Kong located at the Main Library of the Chinese University of Hong Kong.

Scientific Name: Apus nipalensis

Status:

Common resident / Passage migrant

"In how many places do early songbirds vie for the warmth of the trees? And at whose home do the young swallows peck the spring soil? A myriad of flowers slowly enchants the eye, the short grass barely covers the hooves of horses."

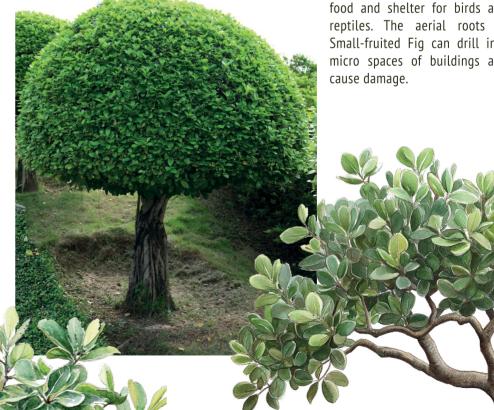
Bai Juyi, "Loiter in Spring by Qiantang Lake"

Botanical Name: Ficus microcarpa L. f.

Family | Genus: Moraceae | Ficus

Location in TSM: Vista Terrace





MASKED LAUGHINGTHRUSH

黑臉噪鶥

The most common laughingthrush in Hong Kong, this bird has a greyish-brown body and a slightly greyer head, accented by a wide black eye patch that brings to mind the mask of the Burger Thief. Its dark brown tail and rufous undertail coverts add a touch of contrast to its plumage. Often seen in small, lively flocks, it is known for its loud, scolding call that sounds like "bill-bill-".

Scientific Name: *Garrulax perspicillatus*

Status:Common resident

Despite its botanical name, Camellia is indigenous to China and was first cultivated in China as early as the Song Dynasty. Europeans described the plant as Camellia japonica because they first saw the plant in Japan.

CAMELLIA 茶花

Botanical Name: *Camellia japonica*

Family | Genus:
Theaceae | Camellia

Location in TSM: Main Gate





WHITE-RUMPED MUNIA

白腰文鳥

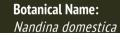
This small, dark brown bird is marked by its large, black conical bill and contrasting white rump, which stands out like an analgesic patch on its lower back. Its black forehead, lores, and throat deepen the dark tones of its head, while the white belly adds further contrast. The tail and flight feathers are also black. Often seen in small, active flocks, this bird moves with an energetic presence, its striking white rump catching the eye as it flits about.

Scientific Name:
Lonchura striata

Status:

Common resident





Family | Genus:

Berberidaceae | Nandina

Location in TSM:Roundabout,
Tsz Shan Gate

Despite its name, Sacred Bamboo is not a bamboo, but is an evergreen. Its leaves and berries are toxic to humans, birds, and animals. All parts of the plant contain cyanide and is toxic if consumed too much.



"The bird wishes it were a cloud. The cloud wishes it were a bird."

「鳥兒但願身為一朵雲。 雲兒但願身為一隻鳥。」

Rabindranath Tagore, "Stray Birds" | 泰戈爾《飛鳥集》



GREY TREEPIE 灰樹鵲

DWARF MOUNTAIN PINE 崗松

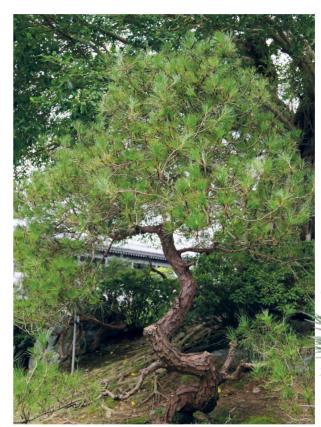


This dull-colored bird draws notice with its long black tail, thick bill, and chestnut mantle that adds a subtle warmth to its appearance. Often seen moving in small, active groups, it fills the air with noisy, mechanical-sounding calls, some of which resemble strange, giggling laughter. Its lively and vocal nature makes it hard to miss in its habitat.

Scientific Name:

Dendrocitta formosae

Status: Uncommon resident



Traditionally, Dwarf Mountain Pine is used to treat snakebites due to its wound healing properties. In Indonesia, the aerial parts are used to treat influenza, malaria, fever, and headache. In China, the leaves are used to cure fever and sunstroke.

Botanical Name: *Baeckea frutescens L.*

Family | Genus:

Myrtaceae | Baeckea

Location in TSM:Roundabout



CHESTNUT BULBUL 栗背短腳鵯

Found in the woods, this bird fills the air with clear, loud "tickety-boo" calls. Its bright chestnut upperparts are paired with a black crown and crest, while its white throat and underparts create a sharp distinction against the darker tones of its wings, rump, and tail. Its breast and flanks sometimes take on a greyish hue. Its black bill and legs, together with its vivid plumage, present this bird with a vibrant look.

Scientific Name:

Hemixos castanonotus

Status:

Common resident / Winter visitor

STRIPED GIANT REED 花葉蘆竹

The stems of Striped Giant Reeds are hollow and have a very rapid growth rate. It reproduces through thick, tangled rhizomes.

Botanical Name:

Arundo donax 'Versicolor'

Family | Genus:

Poaceae | Arundo

Location in TSM:

Roundabout



LITTLE EGRET 小白鷺

The most common and widespread egret in Hong Kong, this small to medium-sized bird is entirely white and smaller than the similar-looking Great Egret. Its black legs and distinctive yellow toes are particularly noticeable in flight. During the breeding season, it develops two narrow, elongated nape feathers that trail behind its head, while its facial skin flushes yellowishgreen to bright red. Its call is a harsh, grating "ah-ah".

Scientific Name: Egretta garzetta

> Status: Common resident

WHITE JADE ORCHID TREE

白玉蘭

Botanical Name: Michelia x alba

Family | Genus: Magnoliaceae | Michelia

Location in TSM: Roundabout

White Jade Orchid Trees are recognized for their strong fragrance. The flowers are used in traditional Chinese medicine to promote the flowing of chi, to eliminate dampness, and to suppress coughs. The flower of this tree is the official flower of Shanghai.



"Flocks of white birds rise to the sky here and there, lotus are flushed in water mirror, sweet and subtle. "

Su Shi, "Before the Walls the Bamboos Extend to the Hills'



BLACK-CROWNED NIGHT HERON

夜鷺

This medium-sized heron is most active at dusk, when its bark-like call echoes across its surroundings. Adults are eye-catching, with a dark greenish-black crown and back that contrast against grey and white wings and a pale belly. During the breeding season, two or three elongated nape feathers give it an elegant appearance. Its yellow legs stand out against its muted tones. Juveniles, while resembling the Chinese Pond Heron, can be distinguished by the light-colored spots on their brown plumage and the brown wings visible in flight.

Scientific Name:
Nycticorax nycticorax

Status:

Common resident



HAINAN ELAEOCARPUS 水石榕



Botanical Name:

Elaeocarpus hainanensis Oliv.

Family | Genus:

Elaeocarpaceae | Elaeocarpus

Location in TSM: Tsz Shan Avenue

Hainan Elaeocarpus is usually found in tropical or subtropical climates. The white flowers of Hainan Elaeocarpus have a sweet scent and look like white parachutes.

CHINESE POND HERON 池鷺

This small heron, with its long bill and yellow legs, takes on a distinct appearance during the breeding season. The head and neck turn a deep wine red, beautifully complementing the slate-grey blue feathers on its back, while the white belly provides a sharp contrast. At rest outside the breeding season, it appears mostly brown with streaks on the head, neck, and breast, though its white belly and wings become obvious in flight. Its call is a short, sharp "kok-kok".

Scientific Name: *Ardeola bacchus*

Status:Common resident



GOLDEN-LEAVED FIG 黃金榕

Golden-leaved Fig can tolerate strong wind, drought, and pollutants. This tree is often shaped into a sphere. It grows quickly and requires constant maintenance.

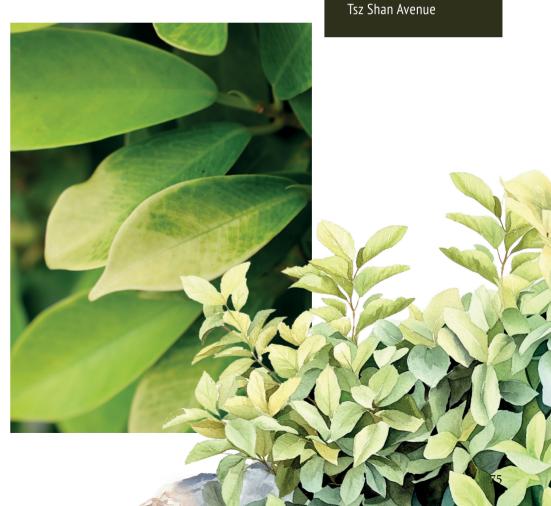
Botanical Name:

Ficus microcarpa 'Golden leaf'

Family | Genus:

Moraceae | Ficus

Location in TSM:Tsz Shan Avenue



EASTERN CATTLE EGRET

牛背鷺

This small, round-headed egret is easily recognizable during the breeding season when its head, neck, breast, and back take on a vivid orange hue, while the legs, bill, and facial skin turn reddish-yellow. Its white plumage, shorter bill, and compact neck distinguish it from the larger Great Egret. Often seen in the company of cattle or buffalo, this gregarious bird forages in groups, making it a familiar presence in fields.

Scientific Name:

Bubulcus coromandus

Status:

Common resident



The new leaves of Hance's Syzygium are red, and then slowly turn green. Continual pruning the green leaves could make space for new red leaves to grow.

HANCE'S SYZYGIUM 紅車

Botanical Name: *Syzygium hancei*

Family | Genus: *Myrtaceae | Syzygium*

Location in TSM: Mindful Path



CRESTED MYNA 八哥

This glossy black bird is notable for the tuft of erect feathers above its bill, giving it a bold and distinctive look. Its yellow bill, pale pink legs, and yellow-orange iris further add to its appearance. At rest, two small white patches on the folded wings are visible, while in flight, the prominent white patches under each wing stand out. Often noisy, its loud and varied calls make its presence hard to ignore.

Scientific Name:

Acridotheres cristatellus

Status:

Common resident

Some people dry Fern Asparagus to use as bookmarks. Touching the plant too much makes the leaves turn brown. Be careful that the tiny thorns along the stem

could scratch.

Botanical Name:

FERN ASPARAGUS

Asparagus setaceus

Family | Genus:

Asparagaceae | Asparagus

文竹

Location in TSM:

Mindful Path, Roundabout



CHINESE BLACKBIRD

烏鶇

PINWHEEL FLOWER 狗牙花



This bird is frequently seen foraging on the ground, its plumage ranging from black to brownish-black with slightly paler underparts. The bright yellow bill, which can sometimes appear brownish, and its dark legs are key features, while the eye-ring may be faint or indistinct. Often gathering in flocks among trees, it is also noted for its soft, plaintive "dweep" call.

Scientific Name:
Turdus mandarinus

Status:Winter visitor /
Passage migrant



Pinwheel Flowers have a pleasing aroma. In the past, every white flower with a sweet scent was named "jasmine". Yet, Pinwheel Flower, although sometimes called "Crape Jasmine" is not a real jasmine. The "Tagara" flower mentioned in Anguttara Nikaya and other Buddhist scriptures is likely referring to this species.

Botanical Name:

Tabernaemontana divaricata 'Flore Pleno'

Family | Genus:

Apocynaceae | *Tabernaemontana*

Location in TSM: Mindful Path

"Birds, how could I ever understand what you say? I am content just to listen to your chirping."

「鳥言我豈解爾意 綿蠻但愛聲可聽

Ou-yang Xiu, "Singing Birds" 歐陽修《啼鳥》

LARGE-BILLED CROW

大嘴烏鴉

The most common crow in Hong Kong, this large, all-black bird is frequently spotted in woodlands. Its thick black bill, which forms a steep angle with the forehead, gives it a distinctive profile. Its presence is frequently announced by a loud and clear "ar-ar" call, a sound that echoes through its favored habitats.

Scientific Name:

Corvus macrorhynchos

Status:

Common resident

Turmeric is a common offering in temples dedicated to the Buddha and Bodhisattvas. Its root juice can be used to dye robes, making it highly esteemed among Buddhist monks, and it has become one of the six sacred flowers in Buddhism.

Botanical Name: *Curcuma longa*

Family | Genus:
Zingiberaceae | Curcuma

TURMERIC

薑黃

Location in TSM: Mindful Path



"The moon's setting amid the caws of crows, the sky frosted over in whole; Fronting riverside maples and fishing fires lies a sad soul."

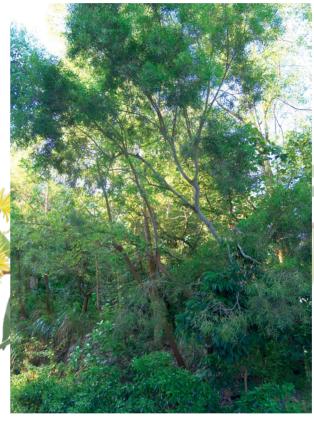
「月落島啼霜滿天[,] 江楓漁火對愁眠。」

Zhang Ji, "Mooring by the Maple Bridge at night" 張繼《楓橋夜泊》

COLLARED CROW

白頸鴉

FORMOSA ACACIA 台灣相思



Botanical Name: *Acacia confusa*

Family | Genus: Fabaleae | Acacia

Location in TSM:Grand Hall, Roundabout

The trunk of Formosa Acacia is very hard and can be used as firewood. Its wood can also burn for a long time.

"Light yellow and tender petals translucent, selfeffacing but sweeter than plum blossoms."

「黃輕不肯整齊開[,] 比著紅梅仍舊韻。」

Δησηνισου

"A Spring Message has Touched the Winter Land" form "Meiyuan" 佚名《玉樓春•臘前先報東君信》(宋)《梅苑》詞選

Often found in pairs or small groups near coastal areas, fishponds, or shorelines, this crow features a white neck and breast band that contrasts sharply against its predominantly black plumage. Its thick black bill completes its bold appearance.

Scientific Name: *Corvus torquatus*

Status: Common resident

发

HAIR-CRESTED DRONGO 髮冠卷尾

This shiny black bird is notable for its elongated crest trailing behind its heavy head and bill, with plumage that shimmers copper-green under sunlight. Its broad tail feathers curve upward at the tips, creating a unique silhouette. Known for its strong territorial behavior, it frequently chases off larger birds while delivering a harsh, rasping call.

Scientific Name:

Dicrurus hottentottus

Status:

Winter visitor

Flowers only bloom on new growth, so it requires regular pruning. After a few days, its white flowers with rich fragrance turn yellow and sour.

Botanical Name:

BRIDAL WREATH

Stephanotis floribunda

非洲茉莉

Family | Genus:

Asclepiadaceae | Stephanotis

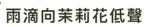
Location in TSM:

Dharma Rain Terrace



"The raindrop whispered to the jasmine, "Keep me in your heart for ever. The jasmine sighed, "Alas," and dropped to the ground."

Rabindranath Tagore, "Stray Birds"



道:『永遠把我保

存在你心裡吧。』

茉莉花歎了聲:

『唉』,便落到了

地上。」

表**七**爾《飛阜集



EXERCISE 2 Stress Relief Colouring

Colouring is a great way to reduce stress and promote relaxation. It soothes the mind and helps the body unwind. There's no correct or incorrect way to colour—just release any judgments or expectations and embrace the simple joy of the activity. Whether your picture is neat or messy doesn't matter. What truly matters is that you found enjoyment and relaxation while colouring.

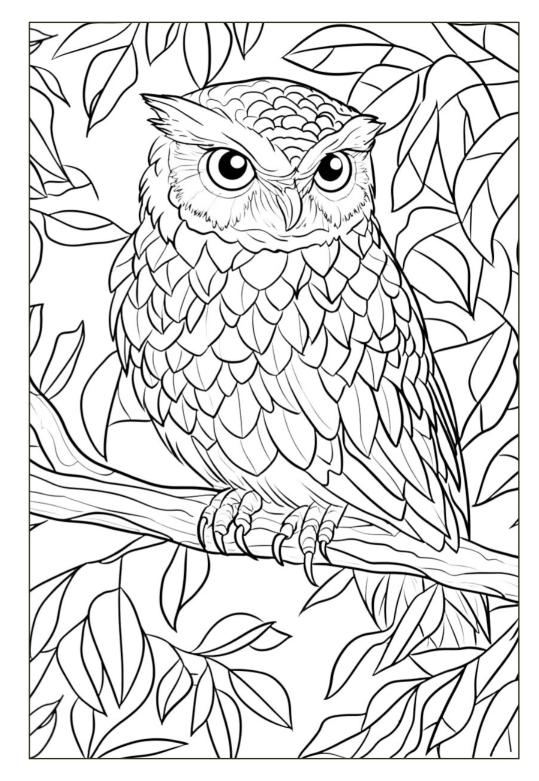
Instructions:

Try to minimize distractions—this activity is about building focus.

Begin by taking a few deep breaths to centre yourself, ensuring you're sitting comfortably. Remember, just because trees are usually green and brown, it doesn't mean you have to stick to those colours. Use whatever colours you feel drawn to in the moment. You don't even need to stay within the lines—do whatever feels right to you.

If your mind starts to wander, gently acknowledge it without judgment and bring yourself back to the present. A helpful technique to stay grounded is to mentally narrate what you're doing, like "I'm using a blue pencil" or "I'm colouring the leaves now."

Most importantly, don't judge your work. Mindfulness is about letting go of judgment. There's no right or wrong—this is simply a way to express yourself.



SECTION 3

"The floating cloud itself 浮雲自體本無實 originally does not exist. Life and death, coming and going, are also like that." Zen Master Seung Sahn, "The Human Route" | 崇山禪師《人生線》

JAPANESE WHITE-EYE 暗綠繡眼鳥

BUDDHIST PINE 羅漢松



This small bird is distinguished by its vibrant green upperparts and a bright white eyering. Its throat and vent glow yellow, contrasting with its white breast and belly. Often seen flitting in flocks among flowers, it moves with energy, feeding while uttering its soft "tzee tzee" call.

Scientific Name: *Zosterops japonicus*

Status: Common resident

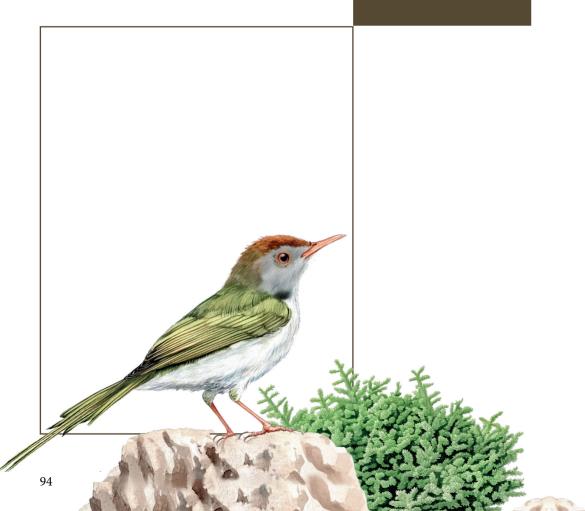
The Buddhist Pine is known as a temple tree and is often found in ancient temple settings. The receptacle turns red when matured, resembling the body of a monk, whereas the round seed at the top of the receptacle looks like a head. Hence it is given its Chinese name "Arhat Pine".

COMMON TAILORBIRD 長尾縫葉鶯

This small, agile warbler is often heard before it's seen, repeating its sharp "chink-chink" call from the lower stories of the forest. It has a reddish-brown crown and forehead, olive-green upperparts, and white underparts, with a long bill and tail that accentuate its slender appearance. Occasionally, faint dark streaks appear on its throat, especially during vocalizations.

Scientific Name: *Orthotomus sutorius*

Status:Common resident



JAPANESE GARDEN JUNIPER 鋪地柏

"The best spring begins when orioles start to sing, a warm embrace, attuned to the drizzling rain."

「鶯初解語,最是一年春好處。 微雨如酥,草色遙看近卻無。」

> Su Shi, "The Best Spring Begins When Orioles Start to Sing" 蘇軾《減字木蘭花·鶯初解語》

Botanical Name: Juniperus procumbens Sarq.

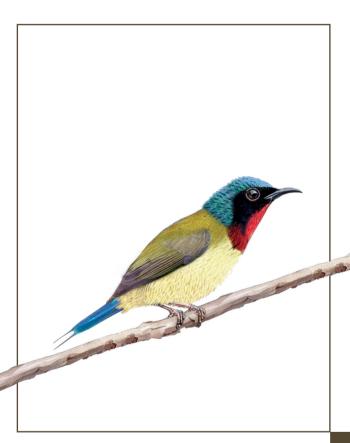
Family | Genus:
Cupressaceae | Juniperus

Location in TSM: Whole Monastery



FORK-TAILED SUNBIRD 叉尾太陽鳥

FALSE ARALIA 孔雀木



Botanical Name:

Plerandra elegantissima

Family | Genus:

Araliaceae | Plerandra

Location in TSM:Contentment Garden

False Aralia requires warmth and high humidity to plant, so the soil needs to remain moist. It is a medium- to slow-growing evergreen plant

The Fork-tailed Sunbird, once featured on the \$1.40 Hong Kong stamp, is a vibrant addition to the region's avifauna. Males are adorned with a glossy greenishblue head, red cheeks, green back, and a yellow rump, complemented by their namesake forked tail formed by two elongated feathers. The red throat and breast contrast with pale yellow underparts. Females, lacking the forked tail, display green upperparts and a yellow rump, with buffy tones extending across their underparts. Their soft "zwink-zwink" calls and occasional metallic trills add melody to their active presence.

Scientific Name: *Aethopyga christinae*

Status:Common resident

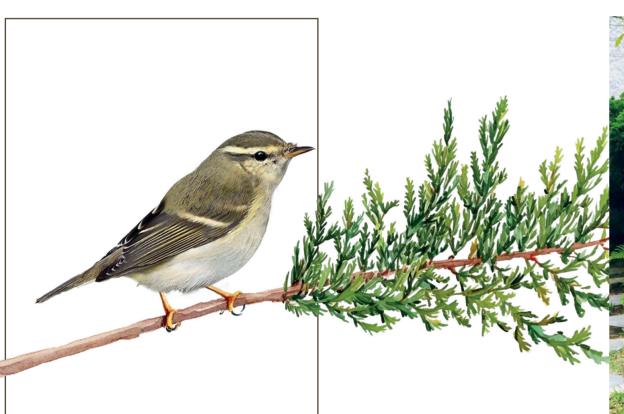
"The bird-song is the echo of the morning light back from the earth."

「鳥的歌聲是大地迴響曙光的共鳴

Rabindranath Tagore, "Stray Birds" | 泰戈爾《飛鳥集》

YELLOW-BROWED WARBLER 黃眉柳鶯

DRAGON JUNIPER 龍柏



This is the most frequently encountered *Phylloscopus* warbler in Hong Kong—a group of small, active birds known for their lively movements and delicate features. It adds energy to the tree canopy with its pale olivegreen upperparts, distinctive yellowish long supercilium, and two prominent white wing bars. White fringes on its tertials provide a subtle decorative touch, while its underparts are a muted dirty white. Flitting energetically through high and mid-level branches, it often delivers a soft, plaintive "tsee-weest" call, reminiscent of the Pallas's Leaf Warbler but with a gentler tone.

Scientific Name:

Phylloscopus inornatus

Status:

Winter visitor



Dragon Juniper is often planted as an ornamental landscape tree in gardens. There are two visual styles of Dragon Juniper in this Monastery, pruned as a tree and trimmed into a spherical shape.

Botanical Name:

Juniperus chinensis L. var. kaizuka Hort. ex Endl.

Family | Genus:
Cupressaceae | Juniperus

Location in TSM:Contentment Garden, Vista Terrace

"On the path where orioles sing, people return home; beyond the flowers, sparse bells send off the setting sun"

「鶯啼陌上人歸去, 花外疏鐘送夕陽。」

> Master Hongyi, "Spring Outing Song" 弘一法師《春游曲》

PALLAS'S LEAF WARBLER

黃腰柳鶯



The smallest *Phylloscopus* warbler in Hong Kong, this restless bird flits through the high and mid-level branches of wooded areas. Its greenish upperparts are offset by a bright yellow rump, while a pale yellow crown stripe framed by two dark green lateral stripes gives its head a unique appearance. A long yellow supercilium, two white wing bars, and delicate white fringes on the tertials add to its charm. The underparts are a muted dirty white, complemented by pink legs. Known for its quick, hovering movements, it often weaves through the canopy while giving a disyllabic *"chu-eet"* call, with a strong emphasis on the first note.

Scientific Name:

Phylloscopus proregulus

Status:

Winter visitor



Botanical Name:

CHINESE ARBORVITAE

Platycladus orientalis (L.) Franco

扁柏

Family | Genus:

Cupressaceae | Platycladus

Location in TSM:

Roundabout

Chinese Arborvitae is an evergreen tree species used as an ornamental landscape tree in gardens. It is a traditional Chinese herb and food additive. It is used to treat gout, rheumatism, diarrhea, and chronic tracheitis.

"The empty gate is silent, silent, and calm is my person. Rain by the creek is faint, faint, washing this traveler of dust. Lying down, I look at the white clouds, not fully sunlit. Let other yellow birds be intoxicated with the fragrant spring."

「空門寂寂澹吾身,溪雨微微洗客塵。 臥向白雲晴未盡,任他黃鳥醉芳春。」

Dai Shulun, "Encountering Rain in a Meditation Hovel" | 戴叔倫《精舍對雨》

COMMON EMERALD DOVE

綠翅金鳩

This small dove, often encountered along forest paths in Hong Kong's woodlands, reveals its beauty when it takes flight. The upperwings shimmer with dark green hues, accented by two white bars near the rump, while its wing tips and tail are a deep grey. The bluish-grey forehead and cap contrast gently with the pinkish-brown plumage that extends from the cheeks to the belly. Its red bill and legs add a bright touch to its otherwise earthy tones. A soft, mournful "cu-oo" call echoes through the hills, blending harmoniously with its forested surroundings.

Scientific Name: Chalcophaps indica

Status: Rare resident "Set the bird's wings with gold and it will never again soar in the sky."

「如果給鳥翼鑲上黃金, 這隻鳥將無法再翱翔於天空裡。」

Rabindranath Tagore, "Stray Birds" | 泰戈爾《飛鳥集》

Botanical Name:

SARGENT JUNIPER

Juniperus chinensis L. var. sargentii A. Henry

真柏

Family | Genus: Cupressaceae | Juniperus

Location in TSM: Brilliance Pond

Sargent Juniper requires warmth and humid climate to plant. It is widely used for landscaping in gardens and temples.







BLACK-FACED BUNTING

灰頭鵐

Often active at the edges of woodlands, this small bird occasionally fans its tail, revealing bright white outer tail feathers. It has a greenish-grey head, heavily streaked brown upperparts, and yellow underparts with subtle brownish striping. Males generally show more vibrant colors, while females are paler, with less distinct markings. Its lively movements and striking contrasts of color make it a charming sight in its natural habitat.

Scientific Name:

Emberiza spodocephala

Status:

Winter visitor

PHILODENDRON XANADU 仙羽蔓綠絨

Philodendron Xanadu does not require much sunlight to grow, as it is a shade-loving plant. It prefers high humidity and is often found in rainforests.

Botanical Name:

Thaumatophyllum xanadu (Croat, Mayo & J.Boos) Sakur., Calazans & Mayo

Family | Genus:

Araceae | Thaumatophy<u>llum</u>



YELLOW-BELLIED PRINIA 黃腹山鷦鶯

This lively warbler thrives in areas covered with tall grass, where its distinctive calls add character to the habitat. Its repertoire includes a cheerful, rollicking song during the breeding season and an unusual mewing sound reminiscent of a cat. It has a grey head accented by a yellowish stripe above the eye, brown upperparts, and bright yellowish flanks contrasting with white underparts. Though it favors grasslands, it can also be found in a variety of vegetated areas. Its long tail and compact body add to its agile and energetic movements.

Scientific Name:

Prinia flaviventris

Status:Common resident

BAMB00 PALM 散尾葵

Bamboo Palm originates from the humid rainforests of Madagascar. As it has air-purifying qualities, Bamboo Palm is often used as an ornamental plant in gardens, public spaces, and indoors. Its dense foliage can provide shelter to small animals and birds.

Botanical Name:

Dypsis lutescens (H. Wendl.) Beentje & J. Dransf.

Family | Genus:

Arecaceae | Dypsis

Location in TSM: Holy Bodhi Tree



OLIVE-BACKED PIPIT

樹鷚

BALD CYPRESS 落羽松



Botanical Name:

Taxodium distichum (L.) Rich.

Family | Genus:
Cupressaceae | Taxodium

Location in TSM:Mindful Path

Bald Cypress loses its needles during winter and grows a new set in Spring. Bald Cypress is tough and can adapt to a wide range of climates. It is commonly seen in city parkways, residential areas, and parks.

This pipit's tail is constantly on the move, wagging up and down while it perches. Its olive-toned upperparts are adorned with bold dark streaks, while its paler underparts show heavy streaking on the breast and flanks. A prominent pale eyebrow and a light-colored spot behind the ear add to its distinctive markings. The upper bill is dark, and the lower bill is pale pink. It takes to wires or bare branches when startled, emitting a soft "tseep" call as it flies.

Scientific Name: Anthus hodgsoni

Status: Winter visitor

"A monk asked: Why did Bodhidharma come from the West? Zhao Zhou answered: The cypress tree in the front garden."

「僧問趙州從諗:『如何是祖師西來意?』

師云:『庭前柏樹子。』|

Zen Master Zhao Zhou, "The Cypress Tree in The Front Garden" | 趙州從諗禪師《庭前柏樹子》

PYGMY WREN-BABBLER 小鱗胸鷦鶥

This tiny bird, with its very short tail and pale eyering, is often found near creeks and forest floors. Its dark brown upperparts are accented by lighter feather fringes, extending from the mantle to the flight feathers, while its underparts display a scale-like pattern created by thick whitish feather edges. The short, pointed bill and pink legs add to its distinctive look. Active and elusive, it is most easily noticed by its loud, repetitive "see-saw" whistle, which echoes through the dense vegetation it inhabits.

Scientific Name: *Pnoepyga pusilla*

Status:Common resident



LADY PALM 棕竹



Botanical Name: *Rhapis excelsa*

Family | Genus:

Arecaceae | Rhapis

Location in TSM:Mindful Path,Roundabout,
Contentment Garden

The stems of Lady Palm are used as walking sticks and umbrella handles, and the sheath fibers and roots are used as medicine.

"Looking back at the road taken, where the rains rattled the trees, I fear no difference. It's just a tempest in a cup of tea – no storm in the forest, no wind from the east."

「回首向來蕭瑟處,歸去,也無風雨也無晴。」

Su Shi, "Barely I Hear the Rains" | 蘇軾《定風波·莫聽穿林打葉聲》

EURASIAN TREE SPARROW 樹麻雀

A familiar presence, often seen taking sand baths or flitting around urban and rural areas. Its chestnut-brown head and white cheeks, each marked with a small black patch, make it easily recognizable. The lores, throat, and bill are black, while its upperparts are brown with dark streaks. Underparts are pale grey, with subtle brown tones along the flanks. Juveniles appear duller, with paler cheek patches. This adaptable bird is the most common sparrow in Hong Kong, thriving in a variety of habitats.

Scientific Name: *Passer montanus*

Status:Comm<u>on resident</u>

"The sparrow is sorry for the peacock at the burden of its tail."

「麻雀因為孔雀翎尾的 負擔而替牠難過。」

Rabindranath Tagore, "Stray Birds" | 泰戈爾《飛鳥集》

Botanical Name: *Hibiscus rosa-sinensis L.*

朱槿

CHINESE HIBISCUS

Family | Genus:

Malvaceae | Hibiscus

Location in TSM:Museum Entrance



EXERCISE 3

Mandala Bodhi Leaf Drawing

A mandala, a Sanskrit word meaning "whole world," "sacred circle," or "magic circle," is used for insight, healing, and self-expression. Creating and filling a circular design with colours, shapes, and symbols reflects the wholeness of the person making it and helps connect with the intuitive, unconscious parts of ourselves where deeper understanding resides. Drawing a mandala doesn't require artistic skill, only a willingness to explore what's happening within us, especially when dealing with loss or grief. It offers a meaningful way to gain insight and foster healing as we move forward in life.

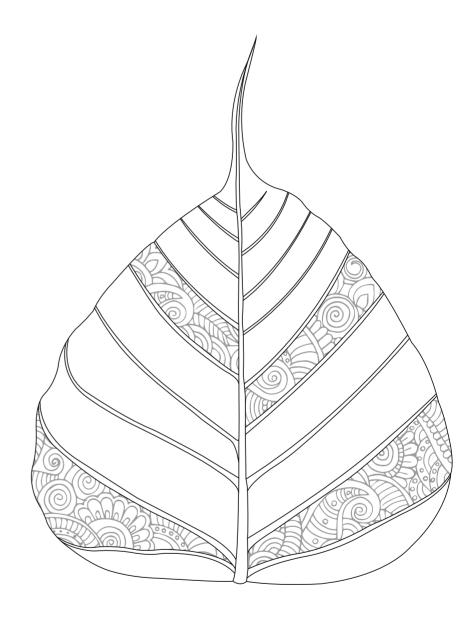
Instructions:

Start by arranging your colouring tools for easy access, then take a moment to relax. Close your eyes, breathe slowly and deeply, and scan your body for any tension or discomfort, releasing it with each exhale. Mentally repeat, "My (body part) is feeling very relaxed."

Afterward, focus inward and notice any colours or shapes that appear in your mind. Use these as inspiration for your mandala. If nothing appears, that's okay.

When ready, open your eyes, choose a colour, and draw a circle using a plate as a guide.

Begin colouring intuitively, either starting from the centre or edges.





BLUE WHISTLING THRUSH

紫嘯鶇

REEVESIA 梭羅樹



A dark, elegant bird with plumage that appears black at first glance but shimmers with a deep violet sheen and lighter spangles under favorable light. Its black bill and legs enhance its understated charm. Its loud, piercing whistle echoes across distances, revealing its presence even when hidden from view. It frequently fans its tail while foraging or perching, adding a touch of movement to its graceful demeanor.

Scientific Name:

Myophonus caeruleus

Status:

Common resident



"A practitioner may be fond of making gāthā. The beautiful sounds of his hymns of praise are just like the wind stirring the leaves of the śāla tree."

"Method for curing those fond of songs, melodic chanting, religious poems, and hymns of praise."

Botanical Name: *Reevesia thyrsoidea Lindl.*

Family | Genus: | Sterculiaceae | Reevesia

Location in TSM:Mindful Path

Reevesia in China is a substitute of The Sal tree in India which holds significant meaning in Buddhism, especially concerning the Buddha's "passing away". It is said that the Buddha peacefully attained parinirvana beneath the Sal tree, symbolizing his complete liberation and fulfillment. The shade of the Sal tree is often depicted as serene and calming, serving as a symbol for Buddhists in their quest for inner peace. Its presence reminds practitioners that, regardless of life and death, one must ultimately return to harmony and tranquility within.

ASIAN KOEL

噪鵑

Males display glossy bluish-black plumage, vivid red eyes, and an apple-green bill, while females and juveniles are dark brown with pale spotting. Commonly found in forests, gardens, and urban areas, they become particularly vocal from late winter to early summer. Their loud and repetitive "ko-el" call is distinctive and, while easily recognizable, can sometimes disrupt quiet mornings.

Scientific Name:

Eudynamys scolopaceus

Status:

Common resident

The fruit of False Heather is brown and oblong in shape, resembling a cigar, hence its Chinese name "Cigar flower". False Heather is low-growing and has dense branches. It is suitable for garden landscaping, low hedges, and ground covers.

Botanical Name: Cuphea hyssopifolia

雪茄花

FALSE HEATHER

Family | Genus:
Lythraceae | Cuphea

Location in TSM: Whole Monastery



SPOTTED DOVE 珠頸斑鳩

Easily recognized by the black band on its neck adorned with small white dots, this dove often produces a continuous "gu gu" sound. With a grey head and overall brown plumage, it features a black bill, red legs, while the tips of its outer tail feathers are edged in white. During courtship, the male inflates its cheeks and bows to the female, emitting a low-pitched "hoo...hoo..." call. Juveniles, in contrast, are pale greyish brown and lack the characteristic spotted neck markings.

Scientific Name:
Spilopelia chinensis

Status:Comm<u>on resident</u>

"Like a lotus that stays dry in water; Like the sun and moon that abide in the void."

「猶如蓮花不著水, 亦如日月不住空。」

"Avataṃsaka Sūtra" | 《華嚴經》

WATER LILY

睡蓮

Botanical Name: *Nymphaea tetragona*

Family | Genus: Nymphaeaceae | Nymphaea

Location in TSM:Joyful Terrace

"Water Lily looks similar to Lotus. The difference is that the leaves and flowers of Lotus stick out of the water, whereas the leaves and flowers of Water Lily float on the water. Water Lily blooms in sunlight and closes at night. They can open and close continuously for three or four days."



DOMESTIC PIGEON

原鴿

A familiar sight in urban areas, this pigeon displays highly variable plumage. Common features include a deep grey head and metallic green and purple hues on the neck. Its grey-blue body is marked by two broad black stripes on the wing coverts, with black wingtips and tail. Most urban pigeons are descendants of domestic birds, shaped by extensive inbreeding over time. Its call is a characteristic low-pitched "hoo...hoo..." that echoes through cityscapes.

Scientific Name: Columba livia

Status:Common resident

LOTUS 荷花

The petioles and underwater stems of Lotus have hollow tubes inside, enabling the plant to breathe in the hypoxic environment. The layer of wax on the leaves enables water droplets to drain away guickly.

Botanical Name: *Nelumbo nucifera*

Family | Genus:
Nelumbonaceae |
Nelumbo

Location in TSM:Joyful Terrace



VELVET-FRONTED NUTHATCH

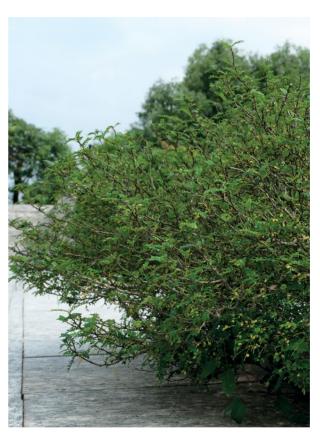
絨額鳾

This small bird is often seen roving along tree trunks and branches, sometimes upside-down, while making its characteristic "chi chi chi" calls. Its head and upperparts are pale purplish blue, accented by a black forehead and lores, pale pink cheeks, and a white throat. The underparts are a buffy yellow, with a red bill that is dark in juveniles. It also features a striking yellow iris with a red evering adding to its distinctive appearance.

Scientific Name: *Sitta frontalis*

Status:Common resident







FRAGRANT WOOD 清香木

Botanical Name: *Pistacia weinmannifolia*

Family | Genus:

Anacardiaceae | Pistacia

Location in TSM: Vista Terrace



GREATER COUCAL 褐翅鴉鵑

SPIDER TREE 樹頭菜



Botanical Name:

Crateva unilocularis Buch.-Ham.

Family | Genus:
Capparidaceae | Crateva

Location in TSM:Contentment Garden

This large bird is often heard making low-pitched "poomp poomp poomp" or "woo woo" calls from the cover of bushes. Adults are striking with their glossy black bodies, bright chestnut wings, black bills, and vivid red irises. Juveniles are distinctly different, being barred all over. Preferring to stay hidden in dense undergrowth, they are more often heard than seen.

Scientific Name:
Centropus sinensis

Status: Common resident

According to *Flora of China*, in Shiping and Jianshui of Yunnan, the locals pickle the young leaves with salt and store them as food. Its wood can be used to make plates, musical instruments, and models. The peel can be used as a dye. The leaves and stems can detoxify and strengthen the stomach. The roots and bark can relieve pain, remove dampness, and activate the collaterals.

PLAINTIVE CUCKOO 八聲杜鵑

This small cuckoo is known for its distinctive call, a plaintive series of eight notes: the first three are long, slow, and rising, followed by five short, fast, and falling notes. It has a grey head, dark greyish-brown upperparts, and a brownish-orange lower breast and belly. The dark uppertail is tipped with white spots, while the undertail features white bands. Juveniles and the hepatic morph are primarily reddish-brown with numerous dark bars. Often heard before seen, it brings a unique melody to its surroundings.

Scientific Name:

Cacomantis merulinus

Status:

Summer visitor

"I used to hear cuckoo singing in Shu, now in City Xuan, I see azaleas again."

「蜀國曾聞子規鳥, 宣城還見杜鵑花。」

> Bai Li, "See Azaleas again in City Xuan" Bai Li 李白《宣城見杜鵑花》

Bougainvillea spectabilis

簕杜鵑

Family | Genus:

Botanical Name:

BRAZIL BOUGAINVILLEA

Nyctaginaceae | Bougainvillea

Location in TSM:

Vista Terrace, Tsz Shan Avenue

Brazil Bougainvillea is non-toxic, but its leaves and thorny stem could injure skin.





LARGE HAWK CUCKOO

大鷹鵑

This bird is best known for its loud, repetitive "brain fever" calls, which can be heard both day and night, especially in spring and summer. It features a yellow bill with a decurved upper tip, yellow eyerings and legs, and pale grey cheeks. The head, mantle, wings, and upper tail are greyish brown, with a tail displaying alternating black, brown, and white bars. Its white underparts are marked with dark streaks, and the breast shows a prominent reddish-brown hue.

Scientific Name:

Hierococcyx sparverioides

Status:

Summer visitor

The sweet-scented purple flowers of Brazil Raintree fade to lavender and to white with age. The three colors could be present on the plant at the same time.

Botanical Name: *Brunfelsia latifolia*

BRAZIL RAINTREE

Family | Genus:

Solanaceae | Brunfelsia

鴛鴦茉莉

Location in TSM: Vista Terrace,

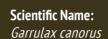


CHINESE HWAMEI

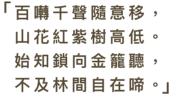
畫眉

This bird is easily recognized by its prominent white



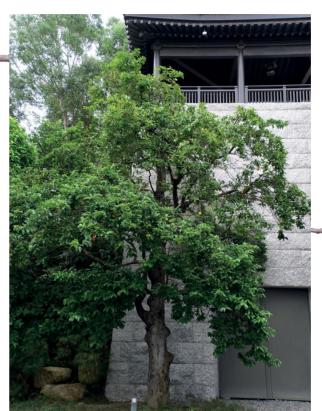


Status: Common resident



歐陽修《畫眉鳥》





Botanical Name: Artocarpus parvus

Family | Genus: Moraceae | Artocarpus

Location in TSM: Roundabout

Kwai Muk is native to China. Its fruit and roots could be used as medicine. The fruit is sweet and sour, and has the effects of relieving cough, helping blood circulation, and stopping bleeding.

"Warbling the million silver trills, That with her mood may go, In trees abloom on scented hills She moves now high now low.

And as I listen, now I see That locked in cage of gold Never as in the woodlands free So sweet a tale she told."

Ou-yang Xiu, "The Hua-mei's Song

CRESTED SERPENT EAGLE

蛇鵰

Often seen soaring over woodlands, this medium-sized raptor displays broad white horizontal bands on its wings and tail. Its distinctive V-shaped profile in flight and whistling calls, audible from a great distance, make it easy to identify. When perched, it shows a prominent crest with white spots on the nape. Juveniles are paler, with white spots and streaks on their wings, adding to their unique appearance.

Scientific Name: Spilornis cheela

Status:Comm<u>on resident</u>

Crape Myrtle is a popular ornamental tree due to its long flowering period of 60-120 days. Its flower colors range from white, pink and rose, to red and violet. Crape Myrtle is a popular ornamental tree due to its long flowering period of 60-120 days. Its flower colors range from white, pink and rose, to red and violet.

CRAPE MYRTLE 紫薇

Botanical Name: Lagerstroemia indica

Family | Genus: Lythraceae | Lagerstroemia

Location in TSM:Tsz Shan Avenue

"Welcoming the autumn dew, a single new branch blooms, not competing for the finest spring in the garden."

「曉迎秋露一枝新, 不佔園中最上春。」

> Du Mu, "Common Crapemyrtle Flowers" 杜牧《紫薇花》



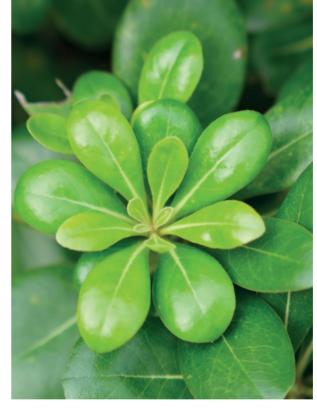
CRESTED GOSHAWK

鳳頭鷹

This medium-sized raptor is recognized by its dark greyish-brown plumage and brown stripes on the breast and belly. In flight, its rounded wings with bulging secondaries and prominent fluffy white undertail coverts, resembling a "diaper," are accompanied by occasional quivering display. Females and juveniles are browner in coloration.

Scientific Name: *Accipiter trivirgatus*

Status:Comm<u>on resident</u>



Botanical Name: Pittosporum tobira

山瑞香

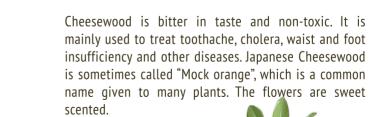
JAPANESE CHEESEWOOD

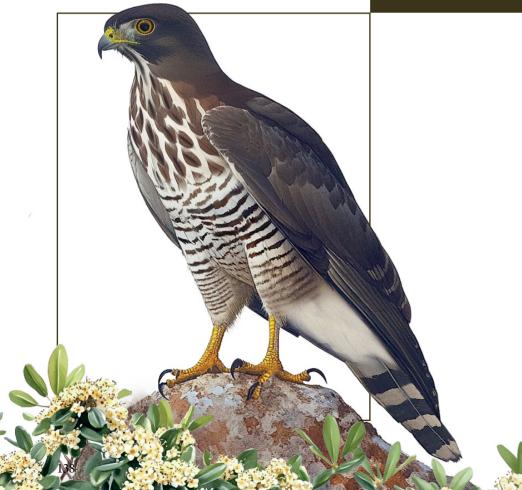
Family | Genus:

Pittosporaceae |

Pittosporum

Location in TSM: Tsz Shan Avenue, Compassion Path





COMMON KESTREL 紅隼

QUEEN'S WREATH 藍花藤

This small raptor captivates with its rufous upperparts, highlighted by a distinctive black terminal bar on its long tail. Males showcase a striking contrast with grey on the head, rump, and tail, while females retain a uniform rufous coloration. Known for its dynamic hunting behavior, this bird often hovers mid-air, fanning its tail before diving sharply to capture prey on the ground, a display of precision and agility.

Scientific Name: Falco tinnunculus

Status: Autumn migrant / Winter visitor According to the "Compendium of Materia Medica", Japanese The star-shaped flowers of Queen's Wreath are pale blue to violet. The vines are rough in texture, giving it the name "Sandpaper Vine".

Botanical Name: *Petrea volubilis*

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Family | Genus:

Verbenaceae | Petrea

Location in TSM:Tsz Shan Avenue







BLACK KITE

黑鳶 (麻鷹)

PEACH BLOSSOM 桃花



Botanical Name:

Prunus persica (L.) Batsch.

Family | Genus:

Rosaceae | Prunus

Location in TSM:Mindful Path

The fruit of the Peach Blossom Tree is peach, which is the third most abundant fruit worldwide, following apple and pear.

This raptor is the commonest in Hong Kong, frequently seen soaring high on sunny days, using rising thermal air to stay aloft. Its dark brown plumage, complemented by darker ear coverts and a slightly forked tail, makes it distinctive. The wings, which appeared to have "fingers" at the tips, are especially striking during flight. Often perching on poles or trees, this bird's call begins with a long whine, followed by a series of shorter notes.

Scientific Name: *Milvus migrans*

Status: Common resident

"The world is full of fragrance in April, as the Peach Blossoms begin to bloom."

「人間四月芳菲盡, 山寺桃花始盛開。」

> Bai Juyi, "Peach Blossom in Dalin Temple" 白居易《大林寺桃花》

EASTERN BUZZARD

普通鵟

This medium-sized raptor displays variable plumage, overall brown in color, with pale yellowish-brown underparts streaked in pale brown. In flight, its broad, rounded wings and round tail stand out, showing black primary tips and pale underwings marked by distinct black carpal patches. Its wings, often raised in a subtle V-shape, create a distinctive silhouette in the sky. Occasionally, this bird perches on tree branches or lamp posts, blending into its surroundings with quiet poise.

Scientific Name: Buteo japonicus

Status: Winter visitor

FIDDLE-LEAF FIG 琴葉榕

Fiddle-leaf Fig is a popular ornamental tree in subtropical and tropical regions. When grown as a houseplant, Fiddle-leaf Fig rarely flowers or has fruits. The stems have a milky sap that can irritate the skin. This plant is not edible and is toxic if ingested.

Botanical Name: *Ficus lyrata*

Family | Genus:

Moraceae | Ficus

Location in TSM: Mindful Path



LONG-TAILED SHRIKE 棕背伯勞

HORSETAIL TREE 木麻黃



This large-sized shrike stands out with its long tail and striking combination of brown, black, grey, and white plumage. Its grey head contrasts sharply with rufous upperparts, while a bold dark eye-stripe extends to the ear coverts. The black bill, legs, wings, and tail add to its distinctive appearance. Juveniles are paler, showing faint bars on their plumage. Often seen perched in conspicuous places, this bird commands attention with its poised demeanor.

Scientific Name:
Lanius schach

Status: Common resident

Botanical Name: *Casuarina equisetifolia L.*

Family | Genus: Casuarinaceae | Casuarina

Location in TSM:Mindful Path

Horsetail Tree grows quickly, has low soil requirements, has a wide and deep root system, and holds the soil firmly. It is resistant to drought, salt, and sandstorms, and can prevent desertification. The shape of the drooping twigs resembles the tails of horses, hence its English name "Horsetail Tree".

EXERCISE 4 Mindful Calligraphy

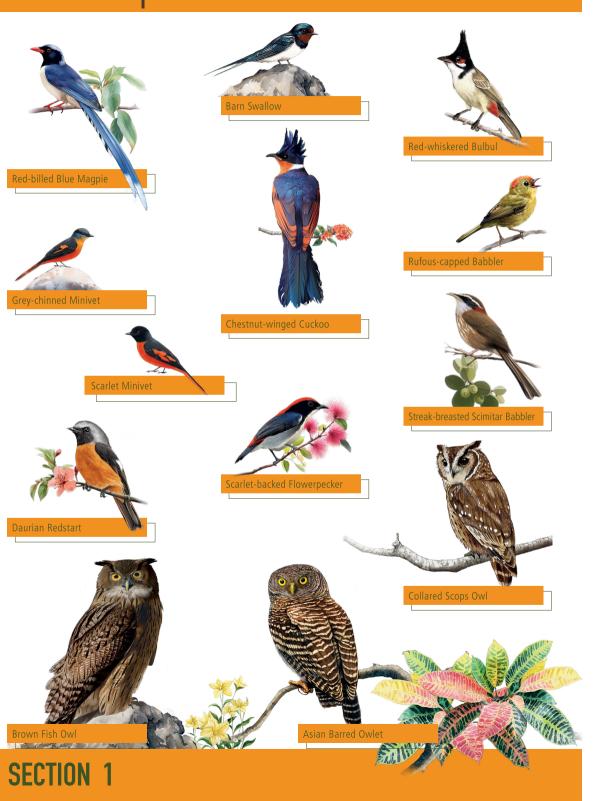
Practicing calligraphy offers a moment to slow down and find stillness. It encourages a meditative state, allowing you to focus on your breath while creating beautiful shapes on paper. Recent research reveals that engaging in the art of lettering activates multiple cognitive processes in the brain. As you form elegant curves and intricate strokes, neural pathways linked to fine motor skills, creativity, and mindfulness are stimulated. This practice not only promotes relaxation but also enhances brain function, making calligraphy a powerful tool for both mindfulness and cognitive development.

Mind Arises in Accordance with Non-Abiding
"The Diamond Sūtra"

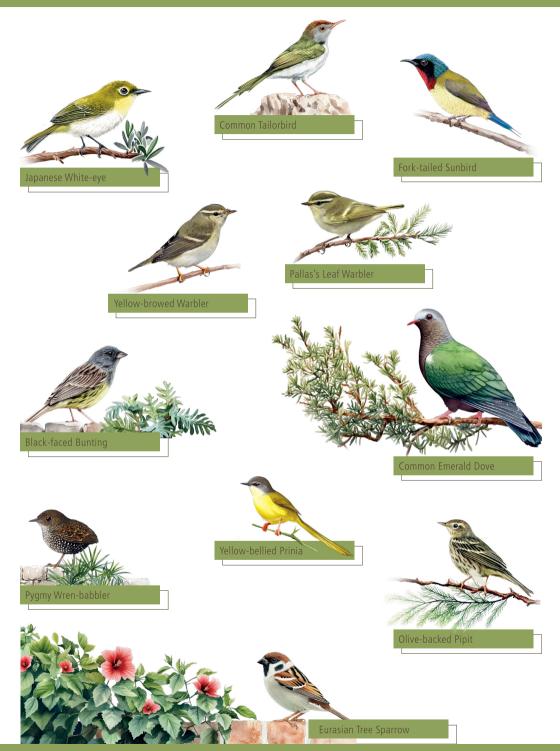
Calligraphy Source: 《金剛般若波羅蜜經》 Vajra-cchedikā Prajñāpāramitā Sūtra (T8, no. 235, pp. 749c2-750a23) Late Tang (9th Century)



APPENDIX | LIST OF BIRDS OF TSZ SHAN MONASTERY









SECTION 3

SECTION 4

APPENDIX | LIST OF PLANTS OF TSZ SHAN MONASTERY



SECTION 1 SECTION 2 SECTION 3

MAP



- ① TSZ SHAN GATE
- ② VISTA TERRACE
- 3 MAIN GATE
- 4 JOYFUL TERRACE
- (5) MAITREYA HALL
- 6 BELL TOWER
- 7 DRUM TOWER
- ® ZEN HALL
- GRAND COURTYARD
- (10) GRAND BUDDHA HALL
- 11 DHARMA RAIN TERRACE
- ① BRILLIANCE POND
- (13) UNIVERSAL GATE
- (14) HOLY BODHI TREE
- (15) COMPASSION PATH
- (16) GUAN YIN STATUE
- 17 TSZ SHAN MONASTERY BUDDHIST ART MUSEUM
- ® DINING HALL / CAFE SUJATA
- (19) GREAT VOW HALL
- 20 LECTURE HALL
- ②1) TSZ SHAN INSTITUTE
- 22 MINDFUL PATH
- ②3 UNIFY TERRACE
- ②4 ŚŪNYATĀ TERRACE

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Power Milk Studio ISBN 978-988-14106-3-4 Thriving green bamboos are all Dharmakaya; flourishing yellow flowers are nothing but wisdom.

青青翠竹, 盡是真如。 鬱鬱黃花, 無非般若。