

成、住、壞、空

常霖法師攝影展

FROM EXISTENCE TO
EMPTINESS

Photography Exhibition by Yen. Chang Lin



TSZ SHAN
MONASTERY

成、住、壞、空

FROM EXISTENCE TO
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Photography Exhibition by Ven. Chang Lin

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.. 前言

出了世俗的家，才更了解「家」的真正意義：每個人自己就是一個家，身心協調，一個人，也是一個完整的家；身心不協調，跟他人組成的家，也難以完整和諧。

攝影的重點，在於看不見的部份，是內心感覺的投射；肯用心感受，會發現世界每個角落，都有不同組合的家，而不只限於人類。任何地方都有值得欣賞的美，包括在廢墟或殘舊落後的地方；就算空間有限，創意仍可無限，在困境中也可以看到機會，無處不是攝影題材。

這次展覽的作品印在鐵片上，會呈現不斷生鏽而最終毀壞的現象，帶出萬事萬物都會「成、住、壞、空」的道理，不容我們執著。

: Foreword

Not until after I left my conventional family to become a monk did I gain a better understanding of the real meaning of 'family': Everyone is a family to themselves. If your body and mind are in harmony, you are a complete family to yourself. Otherwise, you can hardly build a complete and harmonious family with others.

The key to good photography lies in the ability to capture the unseen, i.e. the reflection of your inner self. If you feel the world with your heart, you will see various families in different combinations in each and every corner, but not just humans.

Everywhere, including ruins or old and dilapidated structures, has a beauty worth appreciating. Unlimited creativity can be unleashed even in a limited space if you pay attention. Opportunities can be found even in times of difficulty if you maintain awareness. In fact, subjects for photography are everywhere.

The works featured in this exhibition were printed on iron plates, which will be rusted and finally destroyed. We should not get attached to them as everything goes through the stages of 'formation, existence, destruction and emptiness'.

————— Ven. Chang Lin

.. 住持的話

接受無常 安心自在

慈山寺非常榮幸舉辦「成、住、壞、空——常霖法師攝影展」。此次攝影展可謂別出心裁：攝影作品以家庭關係為主題，畫面印於鐵片上，藉由鐵片上的天然侵蝕變化，冀大眾領悟與感受人生和宇宙時時刻刻在變化，「無常」是世間必然現象的道理。

我們需要建立正確的知見，明白世事無常，故要珍惜當下所擁有的一切，訓練自己用超然的心態，面對人世間的「成住壞空」與「喜怒哀樂」。如《華嚴經》云：「心如工畫師，能畫諸世間，五蘊悉從生，無法而不造。」所有世間形形色色的苦樂境界都是由心所造。當無常示現，不論苦樂，我們同樣需要修心安心，懂得感恩和放下。

生命有無限拓展的空間。願大家都接受無常，安心自在，放下心中的執著，用積極開放的心態迎接生命中的挑戰。

： From the Abbot

FIND PEACE IN ACCEPTANCE OF IMPERMANENCE

It is an honour for Tsz Shan Monastery to present 'From Existence to Emptiness', an unique photography exhibition showcasing the works of Ven. Chang Lin on family relationships. Visitors are expected to realise and feel from the natural erosion and change of the iron plates on which the images were printed that everything in life and in the universe is constantly changing, and that 'impermanence' is a universal truth.

We need to develop right understanding and right views. Having recognised the changing nature of things, we should cherish what we have at this moment and train our minds to look at the four kalpas and emotions in the world with a detached attitude. As Hua Yen Sutra says, "The mind is like an artist who can paint the entire world. From this the five aggregates arise as well as all dharmas." All sorts of sweet and sour experiences around us are created by our own minds. No matter positive or negative changes may arise, we should learn to be grateful and let go to find peace by training our minds.

Life is full of infinite opportunities for development. May all of you find peace in acceptance of impermanence, let go of attachments in your minds and be open to your challenges ahead.

Ven. Thong Hong

.. 建築師的話

擁抱變幻的人生

「成、住、壞、空」是這個展覽的主題，現實就是沒有任何人、事、物是永恆不變，若我們領悟這道理，便會珍惜身邊一切因緣，不會執求一切不變，才會自在快樂。

常霖法師這次的作品以「家」為創作主題，表達家人融洽相處之道，並用新科技在鐵片上印上影像和文字。在展覽裝置設計方面，我們希望展示的形式能表達與天地共存，成住壞空的過程。為了減低對地球的破壞，我們選用建築廢料，轉廢為能，把這些廢料裝嵌成一組六件的藝術裝置。

在籌備過程之中，地點變了，日期變了，物料變了，一切都在變動之中。我們也在修習擁抱變幻。

原來，一切的改變都是最好的安排，亦希望觀賞的朋友亦會有所啟悟。

： From the Architects

CHANGE? EMBRACE IT!

'From Existence to Emptiness' is the theme of this exhibition. In reality, nobody and nothing is permanent. If we truly realise this truth, we will treasure every moment. Without holding onto permanence, we can find peace and happiness.

Ven. Chang Lin's works on 'Family' highlight the keys to harmonious family relationships. The images and texts were printed with new technology on iron plates that get rusted over time.

The exhibit installation comprising six pieces was designed to express the same theme of harmony with nature and the four stages of formation, existence, destruction and emptiness. Construction waste was used to minimise the damages to our environment. We allow these materials, like the exhibits, to change with time.

The exhibition tells us the truth: 'An exhibition appears when there are sufficient conditions, but it will change and finally disappear.' In the process of preparation, everything related to the exhibition, from its venue, its date to its materials, is constantly changing. Having flowed and danced with all the changes along, we realise that every change is the best change. May this exhibition inspire each and every one of you too.

Corrin Chan & Sarah Mui

.. 家人應該互相包容，
而非互相縱容

一首樂曲要有不同的高低音調，才能組成動聽的樂章，這就是和諧與包容。子女工作時受苦，父母愛他而叫他不去工作，愛他變成害他，這就是縱容。

慈悲必須與智慧並重，就像鳥兒的雙翼，缺一便失去平衡。

在韓國佛教寺院附近，石頭的堆疊是自古傳下來的習俗，過程中可以練習靜心和專注。看到這幾塊石頭時，就像一家四口在山上悠閒地打坐，側背光令主體更為突出。



: In the family, there should be allowance
rather than indulgence

A beautiful piece of music is composed of high and low notes. This is a form of allowance that creates harmony. Some parents tell their children not to go to work out of love after learning their children's hardship at work. This is a form of indulgence that turns love into harm.

Compassion and wisdom go hand in hand, like the two wings of a bird. If one wing is missing, the bird loses its balance.

This photo was taken in the vicinity of a Buddhist monastery in South Korea where stone stacking is an ancient custom passed down from generation to generation. During the process, one can practice meditation and focus. These stones looked like a family of four meditating leisurely in the mountain to me. Backlight from the side made the subject more prominent.





.. 家人應該互相接受， 而非互相忍受

中文字很有意思：「忍」字是一把「刀刃」擱在心上，「恕」字則是「如心」，因此古語有云「百忍不如一恕」，是很容易明白的道理。

家人的優點缺點都能夠接受，才可以融洽相處。

大雪過後，乾枯的樹木就像披上了新衣，顯得輪廓分明，互相之間的關係也更明顯，前面的涼亭在構圖上就變成了一個畫框。

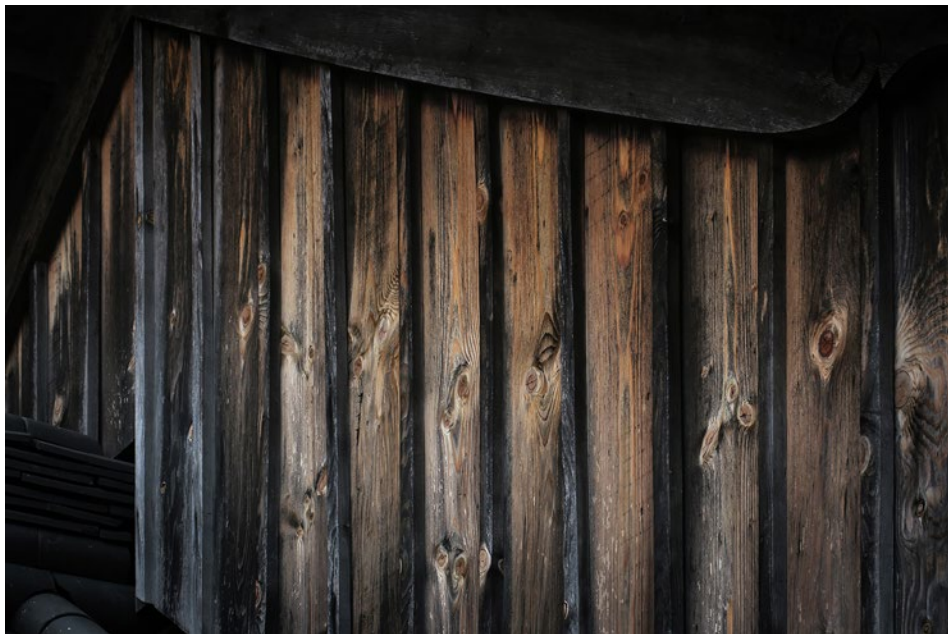
: In the family, there should be acceptance rather than sufferance

The components of Chinese characters indicate certain meanings. For example, the character '忍 (to tolerate)' is made up of two components, with '刃 (blade)' lying on top of '心 (heart)'. Another character '恕 (to forgive)' is also made up of two components, namely '如 (as)' and '心 (heart)'. As an old Chinese saying goes, why tolerate when you can forgive. This is easy to understand.

Only by accepting both the strengths and weaknesses of family members can we get along well with them.

After a heavy snowfall, the new white blanket made the winter trees more well-defined and their relationship clearer. In terms of composition, the pavilion in front became a picture frame for the trees.





.. 家人應該互相支持， 而非互相支配

一支筷子容易被折斷，一束筷子便比較難，因為它們互相支持。但是如果它們互相支配，便會散亂而不成束，就很容易被分別折斷了。

給予家人的愛，應該是他們需要的（支持），而不是自己想給的（支配）。

經過歲月的磨鍊和洗禮，每一塊木板都充滿生命力，一起互相支持著韓國東鶴寺這幢舊的建築物。

: In the family, there should be support rather than control

It is easy to break one chopstick but hard to break a bunch of chopsticks that support each other. However, if they try to dominate each other and fail as a bunch, they can easily be broken one by one after scattered.

We should give our family members the love they need (i.e. support), rather than the love we want to give (i.e. control).

Each piece of wood in Donghaksa Temple in South Korea, full of life, has stood the test of time in supporting the historical architecture together.

.. 家人應該互相慰問，
而非互相質問

向家人表達自己的不同意見時，要知道原意是為對方好，故應該用愛語而非惡口妄語，這樣對方才容易接受。

例如我以前教攝影時不會說學員「拍得很差」，而會說「還有很大的進步空間」。

在法國梅村冬安居時，房間窗前就放著這一盆花。感受著寧靜的心境，我利用便攜相機的微距模式，拍出了一般人認為便攜相機難以拍到的淺景深效果。



: Family members should ask after, but not
question against each other

When we express different opinions to our family members, we must bear in mind that our intention is to help them. It will be easier for them to accept our opinions if we use caring words, rather than bad languages, deceitful words and lies.

For example, when I used to teach photography, I would not comment a student's work as "poor". Instead I would say, "There is still much room for improvement."

This photo was taken at Plum Village during the Winter Retreat in France. A pot of flower was placed in front of my room's window. Feeling at peace, I used the macro mode of my compact camera to capture the flower with a shallow depth of field, which is generally considered to be difficult to achieve with a compact camera.





.. 家人應該互相傾訴， 而非互相控訴

對家人表示不滿時，切忌控訴地說：「你以前不是這樣對我的！」可以嘗試傾訴地說：「雖然今時不同往日，但如果你像以前那樣對我，我就會很滿足了。」

家人之間的關係最好只是付出而不望回報，因為有期望便會有失望。

在慈山寺的圍牆上，背光的環境之下，突出了一大一小的家庭成員，大的就像向小的作出控訴和教訓。

: Family members should confide in, but not complain to each other

In voicing out our dissatisfaction with family members, we should not complain, "You have never done that to me before." We can try to tell them, "Things change with time, but I will be gratified if you can treat me like before."

It is best to give without asking for anything in return in the family. In fact, disappointment comes from expectations.

Backlight highlighted two family members contrasting in size on the wall of Tsz Shan Monastery. The big one looked like complaining against and lecturing the small one.



.. 家人互留空間，會更自在安樂

每個人都是獨立的生命個體，要知道父母與孩子之間、丈夫與妻子之間，都並無佔有對方的權力，才會和諧共融。

同時切勿過於互相依賴，否則容易成為對方的壓力，自己也會因害怕失去對方而擔憂。

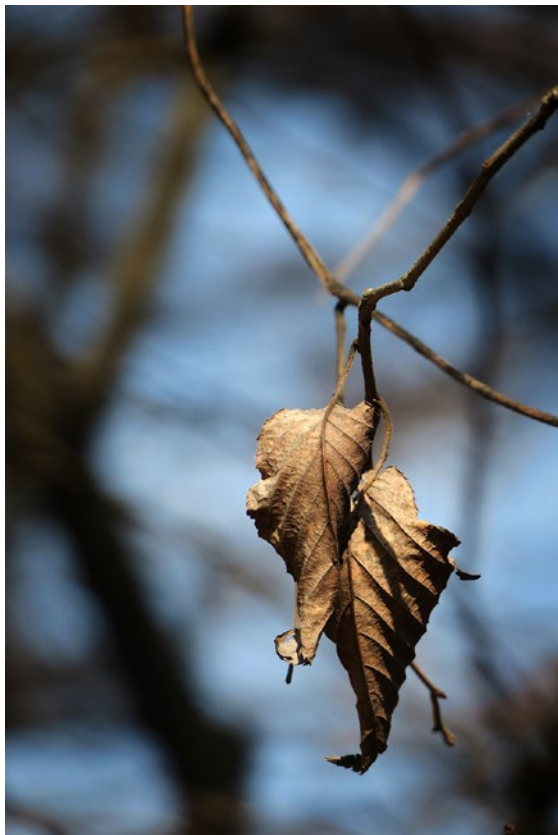
大嶼山覺修寺有一個小樹林，讓我們有機會親近大自然。樹上長出的新葉，盡顯自在安樂的美態。

: Family members will feel more comfortable and at ease with their own private space

Everyone is an individual living their own lives. We should bear in mind that in a harmonious family, neither the relationship between parents and children nor the one between husband and wife is possessive.

Meanwhile, we should avoid over-reliance on a particular family member, which can become a source of pressure for the latter. The fear of losing someone we rely on will also make us worry.

The grove in Gak Su Temple on Lantau Island gave us an opportunity to get close to the nature. The new leaves sprouting on the trees showed us the beauty of being carefree, at ease and comfort.



執子之手，與子偕老，
重點在過程，而不
結果

執子之手執得太緊，很容易會變成執著，假如其中一位先行離世，另一位便會頓失所依，難以獨自生活下去。

夫妻相處之道，貴在良好的溝通，才能白頭偕老。

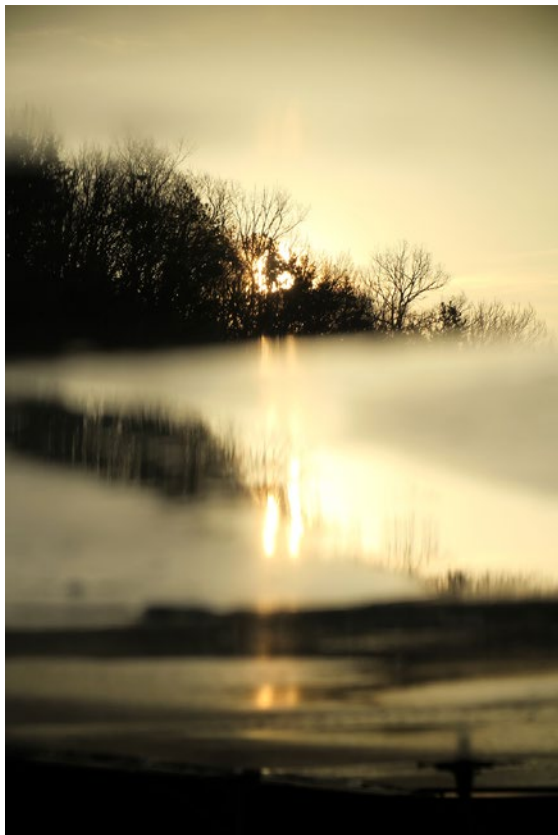
兩片枯葉互相依偎，就像一對形影不離的老夫老妻，羨煞旁人。便攜相機在長焦距時光圈雖然不夠大，但在適當的距離仍可拍到淺景深的效果。

: What matters most in growing old hand in hand is the process, not the result

When you hold your loved one's hand too tightly, you will become emotionally attached to and dependent on that person. If the person you can't live without dies, you will feel grief and sorrow at the loss.

Good communication is the key for couples to grow old together hand in hand.

Two autumn leaves leaned against each other, just like an inseparable and admirable old couple. Although the aperture of a compact camera is generally not wide enough to produce shallow depth of field at a long focal length, such effect can still be achieved at a right distance to subject.



.. 家庭中每位成員都同等重要，生命中每個時刻都不能忽視

每棵樹上的枝葉，雖然各自向不同方向生長，但它們的根都是一樣的。宇宙萬物互相依存，如果經常比較誰輕誰重，只會徒添無謂的煩惱。

生命的一切都是最好的安排，只要在適當的時候做適當的事。

日出時拍攝遠處的樹木，利用前景一灘水的反光，構成一張有點抽象意味的作品。

: Everyone in the family is equally important, and every moment of life should not be ignored

The branches and leaves of trees all grow in different directions, yet their roots remain as one. Every single thing in the universe is interdependent with everything else. You will only get into unnecessary troubles if you keep weighting this and that.

Every outcome is the best possible outcome if you do the right thing at the right time.

This photo of distant trees was taken at sunrise. I used the light reflected from a puddle of water in the foreground to create an abstract piece of work.



家庭關係重點不在
對錯，而在愛與包容

當家人出現不同意見時，嘗試透過同理心來代入對方的想法，堅持對錯而爭辯很容易挑起情緒，導致贏了口舌卻輸了關係。

情緒升起時最好暫停對話，待平復之後再談。

驟看兩張坐椅有點像互相對抗。拍攝時陽光透過樹蔭灑下，畫面平添不少趣味。

: Love and tolerance, rather than right and wrong,
is the key to a harmonious family relationship

When family members have different views or beliefs that clash, try to put yourself in others' shoes. If you insist on winning the argument at any cost, it will only stir up the emotions of others. It is better to lose the argument than to lose the relationship.

It is best to cool down your emotions first before engaging in further conversation.

Two wooden chairs facing against each other gave me a sense of confrontation at first glance. The sunlight filtering through the trees made the photo more interesting.



面對逆境，家人互相
扶持，定能撥開雲霧
見青天

遇上逆境時，就像在洗衣機裡，不斷被旋轉、扭曲、碰撞，但是紛亂過後，卻會變得更光潔、清明。

生命中每個困難和逆境，都是我們學習和進步的機會。

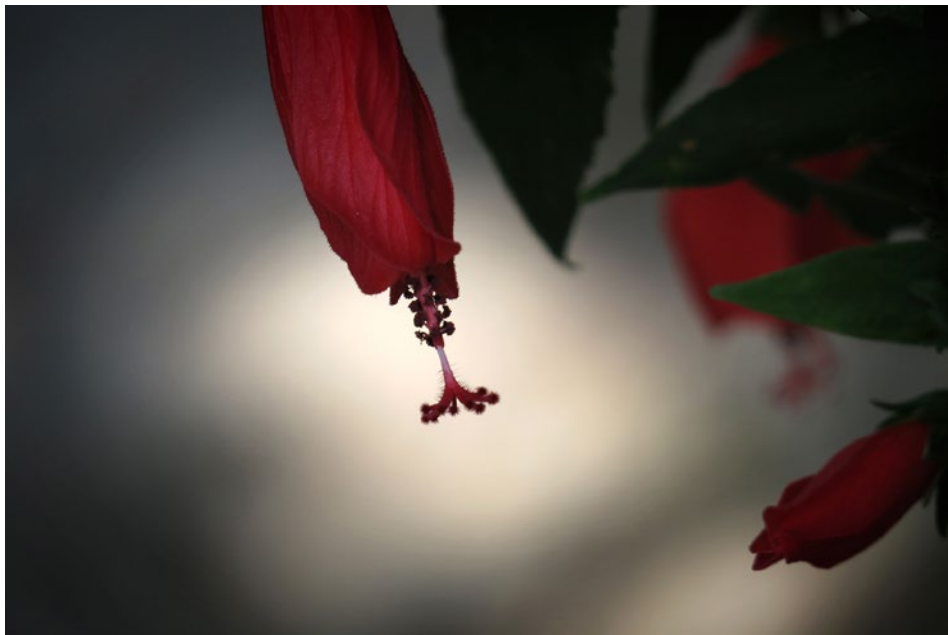
這是颱風天在海灘上拍攝的，很多人覺得天氣好才適宜拍照，其實不同的時間會有不同的感覺，視乎你肯不肯去留意而已。

: Difficulties facing the family can definitely be overcome with mutual support

In times of adversity, our minds whizz away like a washing machine, going round and round with twist and collision of thoughts. However, after the chaos, things become clearer and brighter.

Every difficulty and challenge we face in our lives is an opportunity to learn and grow.

This photo was taken on a beach during typhoon. People tend to take photos in good weather. In fact, you can get something different under various weather conditions. It depends on whether you are willing to pay attention to the surroundings.



家庭關係就算結束，
也只有懷念，而不要
懷恨

萬事萬物不斷改變，是無可避免的自然現象，家庭成員的加入或者離去也是一樣，問題在於如何調整自己的心態去面對。

假如身心能夠協調，就算只剩下一個人，仍可以是一個完整的家。

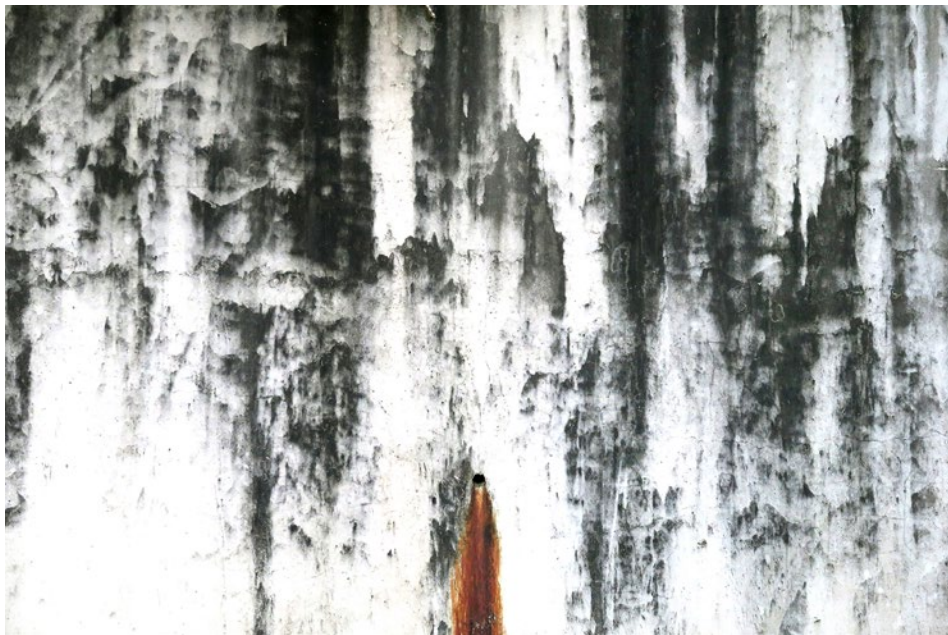
背景陰影中的陽光，突出了這一朵略覺孤獨的花，使它充滿了生機。

: One should only remember but not resent the past,
even after a family relationship comes to an end

Everything changes and this natural phenomenon is inevitable. The addition or loss of family members are no exception. The problem is how to adjust our mentality to cope with these naturally occurring changes.

A spot of sunlight flashing across the background shadow highlighted this little lonely flower, making it more vivid and vibrant.

If our body and mind are in harmony, we are still a complete family to ourselves.



出家是出煩惱之家，
不是逃避，而是承擔

大部分人的本性跟煩惱相應，以煩惱為家，因此絕大部份戲曲、詩詞、小說、電影等，都是越煩惱越受歡迎的，好像「梁祝」、「羅密歐與茱麗葉」等。跟煩惱相應，會時常憤怒不安，對身心都有很大害處。

出家是從小我的家變成大我的家，雖然跟原來家人分開生活，但是無須斷絕關係。

水塘引水道的牆壁上，展示了大自然豪邁不羈的畫風，簡直可以用鬼斧神工來形容。只要肯打開我們的心，大自然的美景其實可以俯拾即是。

: Leaving home, the home of affliction, to start monastic life is not an act of shrinking responsibilities, but rather of shouldering more responsibilities

Responding to afflictions is a part of human nature, so most people in the world dwell in the home of affliction, and most well-known operas, poems, novels and movies are all about afflictions. 'The Butterfly Lovers' and 'Romeo and Juliet' are some of the most popular stories and plays of all time. Responding to afflictions usually triggers anger and anxiety, which are detrimental to body and mind.

I left my conventional (or material-self) family to become a monk and join a greater-self family. Although I do not live under the same roof with my family, our tie is still maintained.

The wall of a reservoir catchwater showed us the secret and divine workmanship of nature. As long as we open our hearts, we can see the beauty of nature everywhere.



2013年香港一項調查發現，有過半數家庭經常依賴手機短訊溝通，現在應該更甚了。人與人之間的關係越來越疏離，周圍已婚的朋友中將近有半數都離了婚，由此可見大部分人的家庭關係都不和諧。

其實攝影在現今家庭中除了記錄之外，還可以發揮到情感連結的重要作用。

一對剛剛吵架的夫婦，妻子返房收拾東西要回娘家，過程中弄出很大聲響，過了一會兒丈夫發覺她忽然間靜下來，於是前往察看，見到她在翻閱家庭相簿，丈夫加入欣賞，勾起一家人溫馨的回憶，最後和好如初。

According to a survey conducted in Hong Kong in 2013, over half of the families in Hong Kong relied on text messaging. The reliance should be even more pronounced now, and people are becoming increasingly alienated from each other. Nearly half of my married friends got divorced. This reflects that relationships in most families are disharmonious.

In addition to recording events, photography actually plays another important role in developing emotional connections between family members.

After a quarrel, a wife went to the bedroom to pack up her belongings for return to her parents' home, and made a lot of noises. After a while, all the noises were silenced. Her husband found her flipping through the family photo album in the bedroom and joined in. They became reconciled after the album evoked all their sweet and happy memories.

因此最好培養一些家人的共同興趣，例如攝影就是個老少咸宜的活動。讓大家有共同的話題，與家人一起活動的時間多了，可以促進家庭的和睦與情感的交流。

在生活中千萬不要帶著犧牲自己來成全家人的想法，一方面這樣委屈生活自己會很難受，另一方面又會頭現光環，自我無限放大，令家人更難與你相處。

家是因緣和合，共同一起生活的組合方式，不管是人還是物，道理都是一樣。

以上書中說的都是耳熟能詳的道理，可能大家都懂，只是不容易做得到，假如能夠在生活中持續禪修，提升自己的覺察能力之後，便比較容易做到了。

It is good to develop a common interest among family members. For example, photography is an activity suitable for all ages. By sharing something in common and spending more time together, family members can foster harmonious relationship and have greater emotional interactions.

In our daily lives, we should not try to sacrifice ourselves for the sake of family members. On the one hand, it feels bad to live in grievances. On the other hand, it creates a halo effect and inflates our ego,

making us even more difficult to get along with others.

A family is formed when members live together as a result of the union of causes and conditions, which applies to both humans and things.

People find it hard to put the above principles, albeit all too familiar, into practice. They will find it easier if their self-awareness is enhanced through continued daily meditation practice.

.. 在生活中禪修

禪修不一定指在禪堂裡打坐，如果在生活中做任何事情，都可以覺察到自己的心念而不容易分心，便是在生活之中禪修。

靜坐是練習禪修很好的一種方法，開始時其實不需要坐太長時間，重點是要把身心放鬆，持續不斷地練習；假如每天早上起床後和每晚臨睡前都能夠靜坐一會，對身心都會有很大幫助。

: Zen Practice in Our Daily Life

Zen practice is not only confined to meditating in a meditation room. If we can be aware of what we are doing at every moment without being distracted, then we are practicing Zen in our daily lives.

Meditation is a very good way to practice Zen. We don't have to sit for too long at the start. Just relax our body and mind and practice continuously. Meditating for a short session every morning after waking up and every night before sleeping is good for both body and mind.

： At Ease with Body and Mind

Zen practice is a great way to calm our body and mind in the midst of negative energy such as anxiety and insecurity prevailing in Hong Kong in recent years, as well as troubles and turbulences arising in our life journeys. The tickets for 'Zen Meditation with One Thousand People' had been sold out within the first hour for two years in a row. This shows that meditation is well-received by Hong Kong people nowadays.

In the freely distributed book 'At Ease with Body and Mind', different guests share their ways to find peace of mind. Most importantly, some simple meditation methods that can be practiced in daily life are introduced in a non-religious way to enhance readers' mindfulness and awareness for peace of body and mind.

We are happy to supply this book to institutions, schools, hospitals and other organisations for free distribution. Anyone interested in helping with the distribution can complete an application form at <http://goo.gl/forms/ydjeKYzUT4>. (Corporate application only. Interested individuals can find out where to get a copy of the book from the link.) For enquiry please call (852) 2834 1000.



.. 《身心兩相安》

近年負能量瀰漫香港，人心惶惑難安；面對紛擾的人生，禪修正好讓身心安住。連續兩年的「千人禪修」活動，門票都在開售一小時內全部售罄，證明現今不少香港人對禪修已經相當接受。

這本免費結緣的圖文集，內容除了邀請不同的嘉賓分享安心的法門外，主要是不帶宗教性地提出在生活中簡單的禪修方法，以提高大家的正念和覺察能力，令身心得到安定。

假如有機構、學校、醫院等團體希望協助派發，可以請負責的同事在此填妥簡單的表格申請（個人申請並不適用，但可查看哪裡可以取書）：<http://goo.gl/forms/ydjeKYzUT4>

查詢請致電：(852) 2834 1000

慈山寺乃秉承釋迦牟尼佛的教化而興辦的一所漢傳佛教寺院。我們相信眾生皆有佛性，能通過聞思修，培養正知正見，斷除煩惱，成就福慧，從而得到真正的安樂。我們會依觀世音菩薩慈悲濟世的精神，弘揚正信佛法，普利有情。慈山寺致力開啟慈悲智慧之門，透過舉辦弘法修持，以及文化教育等活動，淨化大眾心靈，力求以圓融之佛法，契理契機，服務社會，共建人間淨土。

慈山寺由李嘉誠先生發心興建，捐助全部建設資金及日常行政經費，至2015年中，李嘉誠基金會總捐資逾十七億港元。護持正法，利益大眾。

慈山寺簡介

ABOUT TSZ SHAN MONASTERY

Tsz Shan Monastery is a Chinese Buddhist monastery established for the preservation of the inheritance of the Dharma preached by Śākyamuni Buddha. We hold the conviction that Buddha nature is possessed by all sentient beings. By going through constant hearing, reflecting and practicing, right knowledge and right views could be cultivated and this should, in turn, lead us to the cessation of defilements, the achievement of merit and wisdom and, most importantly, the attainment of peace and happiness. By following Guan Yin's (Avalokiteśvara's) spirit of boundless compassion and benevolence in benefiting mankind, the Monastery will strive to propagate the Dharma and enhance the

well-being of others. Through organizing Dharma talks and lectures, spiritual practices, experiential programmes, educational activities, and community services, the Monastery is dedicated to responding to our spiritual needs and serving society through the perfected fusion of the Dharma.

The idea for the development of Tsz Shan Monastery germinated with Mr. Li Ka-shing, who as of mid-2015 has contributed over HK\$1.7 billion from his personal Foundation to cover the development and daily operating costs of the Monastery.





常霖法師簡介

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。攝影經驗接近50年，現為「香港專業攝影師公會」創會及榮譽會員。其作品常見於各類傳媒及展覽，亦經常出版攝影專集，並且教授攝影課程，分享他的攝影心得。

他在2009年放下俗世的名與利，到台灣於果如法師座下剃度出家，現時經常在世界各地，以輕鬆易懂的方式帶領禪修活動，希望幫助多人活出自在的人生。

出家後出版的著作包括：《在印度，遇見佛陀》、《常降甘霖》、《攝影禪作品集2014》、《常降甘霖2》、《每張照片都是一個幻象——從葉青霖到釋常霖》、《攝影禪作品集2015》、《身心兩相安》、《攝影·家》和《成住壞空》。

ABOUT VEN. CHANG LIN

Ven. Chang Lin, 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. With nearly 50 years of experience in photography, he is a Founder and Honorary Member of the 'Hong Kong Institute of Professional Photographers'. His works were widely featured in various media, exhibitions and his photography publications. He also taught photography courses to share his experience with others.

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. Ven. Chang Lin now leads meditation retreats around the world, helping others incorporate meditation into their daily lives.

Publications of Ven. Chang Lin include: 'Meeting the Buddha in India' (2011), 'The Rain Always Flourishes the Forests' (2013), 'Work of Photography Zen 2014', 'The Rain Always Flourishes the Forests 2' (2015), 'Every Photo is an Illusion – From a Photographer to a Monk' (2015), 'Work of Photography Zen 2015', 'At Ease with Body & Mind' (2015), 'Photography – Family' (2016) and 'From Existence to Emptiness' (2016).

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