



Tao Voices from Down Under *New Tao Seedling for Ancient Soil*

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Tai-chi in the temple grounds followed by the worship ceremony helped to put me in a mindful state for the day. I enjoyed spending the day in silence, and taking the time to listen to the speakers and examine my thoughts. It felt good to be around a group of people who were also looking for deeper answers. I still have many questions, but it feels good to be on the path of learning.

Thanks to Master Chen, to our friends from Taiwan for coming all the way to the southern hemisphere to join us, to those who prepared the delicious vegetarian lunch, to all the speakers, and to Tim and Ellie for organising such an insightful day.

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I really enjoyed the Dao seminar. It was great to catch up with old friends Jimmy and Jessie and to meet new friends from Taiwan. Remaining silent for the day wasn't a challenge; it was quite relaxing.

I was introduced to I Kuan Dao by My Kung Fu Master Wang Fu Lai in 2004. He teaches me Chi Kung, Tai Chi, Xing-I and Ba Gua.

A past master quoted the essence of Xing-I is to return the mind and body to the suppleness and naturalness of a baby

One of the pointers of the seminar was about bowing and why we bow and the benefits of bowing. It should clear the mind and ultimately return it to the essence of a baby, return it back to its Buddha nature. The parallels of Xing-I and Dao ceremony are profound and I can clearly see they are both the "Way" !





薪傳澳洲

古老土地的新開始

◎ Nick Ward 中譯 Jessie Chien

在道院的廣場做完太極拳運動之後，接著是燒香，讓我一整天都能處於醒覺的狀態。我享受整天的靜默，用心聆聽講師並檢視自己的思緒。週遭都是一群志同道合的人——共同尋求（生命）更深層的解答——這種感覺太棒了！雖然我仍有一些疑惑，不過，這樣的學習方式太讚了！

感謝陳平常點傳師，感謝來自台灣的朋友們——風塵僕僕地來到南半球，參加我們（的法會）。感謝無畏施準備的美味素食午餐，感謝講師群，更感謝 Tim 與 Ellie 策劃如此有深度的一天。

◎ Jeremy Guard 中譯 Jessie Chien

我真的很喜歡這次的法會。很高興再次與老朋友（Jimmy 與 Jessie）相聚，並見到來自台灣的新朋友。整天的止語養氣，並非挑戰，其實是相當放鬆的。

我的功夫老師王福來老師於 2004 年引領我進入一貫道。他教我氣功、太極拳、形意拳以及八卦掌。曾經有位大師談及形意拳的精要即是恢復身心如嬰兒般的柔軟及自然。

法會的重頭戲之一是有關鞠躬作揖以及鞠躬作揖的道理與益處。它可以淨化心靈，且最終使之恢復至嬰兒的本質、恢復佛性。形意拳和禮拜有相同的奧妙之處，讓我清楚體會到：兩者皆是「道」啊！

