

A Value-Creative Living

An Introduction to the
Practice of Nichiren Buddhism

创造价值的人生
认识日莲佛法修行



SINGAPORE SOKA ASSOCIATION

新加坡创价学会

A Buddhist Movement for Peace, Culture and Education

一个推动和平、文化与教育的佛教组织

faith

信

新加坡创价学会(简称SSA)是一个修行日莲佛法的佛教团体。日莲佛法是以印度释迦牟尼的教义为依据。佛教的传统核心价值之一,即是尊敬生命尊严及全人类。

释迦牟尼在悟得生命的本质后,便四处向人们说法。释迦牟尼的《法华经》说出其所悟得的真理。《法华经》是一部作为大乘佛教的核心教义的经典,主张众生生命中皆具有佛性,而佛性的特征则在于慈悲、智慧与勇气。

释迦牟尼之后,《法华经》被印度、中国及日本的佛教学者及大师加以阐释,并广泛传播,其中最著名的当属中国的天台大师(智顓)及日本的日莲大圣人。

日莲大圣人诞生于13世纪的日本。他阐明《法华经》的精髓为“南无妙法莲华经”(“Nam-myoho-renge-kyo”),并教导通过唱诵“Nam-myoho-renge-kyo”的修行,能涌现生命内在的佛性,从而克服痛苦烦恼,度过幸福充实的人生。

What is Nichiren Buddhism? 关于日莲佛法



Watch
video on
*Origins of
Buddhism*

The Singapore Soka Association (SSA) is a Buddhist organisation that practises Nichiren Buddhism, a Buddhist teaching originating from Shakyamuni Buddha in India. One of the core values of the Buddhist tradition focuses on the respect for the dignity of life and all human beings.

Upon awakening to the true nature of life, Shakyamuni Buddha travelled widely, sharing his wisdom with others. The truth to which he was enlightened is expounded in the Lotus Sutra, a central teaching of Mahayana Buddhism, which upholds that Buddhahood – characterised by compassion, wisdom and courage – is inherent within every person.

The teachings of the Lotus Sutra were transmitted and developed by Buddhist scholars and teachers in India, China and Japan, most notably Zhiyi (Great Teacher T'ien-t'ai) in China and Nichiren in Japan.

In the 13th century, the Japanese sage Nichiren expressed the essence of the Lotus Sutra as “Nam-myoho-renge-kyo”. He taught the practice of chanting this phrase as a means for all people to overcome suffering and lead happy and fulfilled lives by manifesting one’s inherent life state of Buddhahood from within.



practice

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新加坡创价学会会员每日的基本修行包括唱诵Nam-myoho-renge-kyo的题目(南无妙法莲华经的南无乃皈依的意思,意即皈依宇宙的因果法则),以及诵读《法华经》之重要的第二及第十六两品。前者道出众生皆可成佛的可能性,后者则道出生命的永恒性。诵读这两品的修行称为“勤行”,即勤励修行之意。

日莲佛法的另一特点即是强调生命内在变革的可能性,那是指充分发挥人的潜能的过程,亦即打破被利己主义所束缚的“小我”,朝向利他主义的“大我”成长,由自私自利变为懂得关爱他人,为他人采取行动。这种努力实现自己及他人的幸福的实践,即称为“自行化他”的修行,也是日莲佛法的核心修行。

佛教的“缘起论”阐明一切生命与其环境互相依存的法理。依据这一法理,由害怕到自信、破坏到创造、憎恨到慈悲,这强而有力的自身的变革,是人类社会苏生的前提,进而使和平世界得以实现。

What is the practice of Nichiren Buddhism?

关于日莲佛法的修行



Watch
How-to-chant
videos

The core daily Buddhist practice of SSA members includes the chanting of the phrase “Nam-myoho-renge-kyo” (meaning to devote one’s life to the universal Law of cause and effect) and reciting two significant chapters of the Lotus Sutra – Chapter Two and Chapter 16 – which explain that every individual holds the potential to enlightenment and that life itself is eternal respectively. This daily practice is referred to as *gongyo* (literally “assiduous practice”).

Buddhism is further characterized by an emphasis on the possibility of inner life transformation – a process of bringing forth our full human potential. This fundamental process of inner life transformation is where we break through our “lesser self”, bound by self-concern and ego, and grow in altruism towards a “greater self”, capable of caring and taking action for the good of others. This practice for oneself and for others in which one aspires to realize one’s happiness together with that of others constitutes the core practice of Nichiren Buddhism.

In accord with the Buddhist teaching that all life and its environment is interrelated (dependent origination), this dynamic process of self-transformation – one from fear to confidence, from destruction to creativity, from hatred to compassion – is the premise of the rejuvenation of human society that will materialize in a peaceful world.

study

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Our Faith Journey 我们的信仰旅程



Visit Frequently
Asked Questions
on SSA website

The development of our Buddhist faith and practice is supported by monthly discussion meetings, Buddhist study and prayer meetings. At these gatherings, believers learn about the Buddhist principles and their applications to everyday life and mutually share experiences on how they have successfully transformed their lives and overcame challenges through their Buddhist practice.

In addition, our members will have opportunities to actualize their inherent potential while contributing as empowered global citizens to our local communities through various participation in educational, cultural and community events.

支撑我们的佛法信心及修行的成长的，就是每月的座谈会，还有教学会及唱题会。我们学会员透过参加这些聚会，学习佛法及如何在日常生活中加以实践，同时也分享彼此如何通过佛道修行，改变了人生、克服了困难的信心体验。

此外，作为自立自强的世界市民的我们学会员也有机会发挥自己的潜能，通过参与教育、文化和社区的活动，积极做出贡献。

“Where can we find the key for turning our lives in a positive direction? Absolutely vital in this question is the philosophy of human revolution. Human revolution offers the only certain path to happiness and victory in life. Human revolution means transforming our lives from unhappiness to happiness.”

- SGI President Daisaku Ikeda

“怎样才能改变人生呢？要改变人生就必需有人间革命的哲学。这是唯一正确的人生幸福胜利大道。把不幸变为幸福是人间革命。”

- 国际创价学会会长池田大作

Singapore Soka Association

有关新加坡创价学会



*Introduction
to the
Soka Gakkai*

The Singapore Soka Association (SSA) is a Buddhist organisation practising Nichiren Buddhism in Singapore since 1967. SSA was officially registered with the Registry of Societies in 1972, and subsequently registered as a Charity under the Charities Act in 1985. Premised on the tradition of Buddhist humanism, SSA is also committed to working towards peace, social harmony and progress.

The term “Soka” means “value-creation”. Basing on the core Buddhist principles of self-empowerment and the interconnectedness of self and the environment, the teaching empowers one with wisdom and spirituality to live a value-creative life and be a positive influence in one’s family, community and society at large.

SSA is part of an international network of affiliated organisations under the parent organisation of the Soka Gakkai that has some 12 million members in 192 countries and territories worldwide. As a non-governmental organization with formal ties to the United Nations, the international body also collaborates with other civil society organisations, intergovernmental agencies and faith groups in the fields of nuclear disarmament, human rights education, sustainable development and humanitarian relief.

新加坡创价学会(简称SSA)是自1967年开始, 在本地修行日莲佛法的佛教团体。1972年正式向社团注册局注册, 后于1985在“慈善法令”之下, 注册为慈善团体。SSA也以佛法的人本主义为前提, 积极为和平、社会的和谐与进步作出努力。

“创价”亦即创造价值。基于佛法令人自强及人与环境之间密切关系(依正不二)的核心原理, 日莲佛法让人能涌现智慧与精神性, 从而度过创造价值的人生, 为家庭、社区及社会带来积极的影响。

SSA是母组织——创价学会的一员。创价学会拥有超过1200万名会员遍布192个国家和地区。作为联合国的非官方组织, 创价学会此国际组织也与其他民间团体、跨政府机构及宗教团体, 在废除核武器、人权教育、可持续发展及人道救援等领域携手合作。

Singapore Soka Association Centres

新加坡创价学会的会馆



1
Singapore Soka Association Headquarters
新加坡创价学会总部

10 Tampines Street 81
Singapore 529014
Tel: 6551 8900



5
Soka Peace Centre
创价和平会馆

91 Wishart Road
Singapore 098728
Tel: 6551 8908



2
Tampines Soka Centre
淡滨尼创价会馆

5 Tampines Street 92
Singapore 528990
Tel: 6551 8905



6
Soka Youth Centre
创价青年中心

156 Pasir Panjang Road
Singapore 118554
Tel: 6551 8906



3
Soka Kindergarten
创价幼稚园

7 Tampines Street 92
Singapore 528888
Tel: 6784 4232



7
Soka Culture Centre
创价文化会馆

8 Jurong West Street 76
Singapore 648369
Tel: 6551 8909



4
Geylang Soka Centre
芽笼创价会馆

57 Lorong 18 Geylang
Singapore 398827
Tel: 6744 3119



8
Senja Soka Centre
信佳创价会馆

11 Senja Road
Singapore 677739
Tel: 6551 8903

If you are looking for an introduction to our practice or to join us in an upcoming activity, please contact the SSA Headquarters or write to us at ssahq@ssabuddhist.org

若您想了解日莲佛法的修行或参加来临的活动, 请与SSA总部联络, 或电邮至ssahq@ssabuddhist.org

SSA Website 新加坡创价学会网址: www.ssabuddhist.org