



LESSON C.3

ZEN

禪

CHÁN





- Share with the class a **memorable word or phrase** you have learned from the last lesson.
- Working as a pair, make up a **simple but meaningful dialogue** that must consist with the memorable words or phrases given by both of you.
- Below is an example:

fruit
水果
shuǐguǒ

eat egg friend rice
吃鸡蛋炒饭
chī jīdàn chǎofàn

我喜欢水果。
wǒ xǐhuān shuǐguǒ

我们先吃鸡蛋炒饭吧！
wǒmen xiān chī jīdàn chǎofàn ba

然后吃水果。
ránhòu chī shuǐguǒ

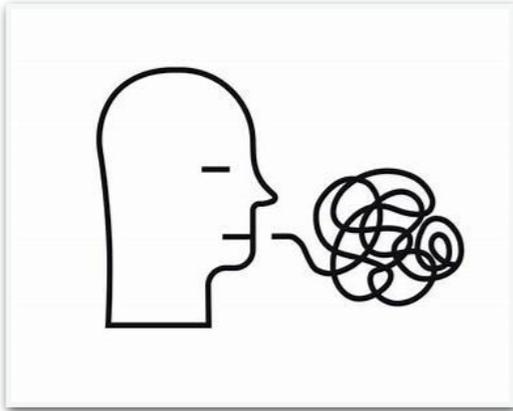


CLASSROOM ICE-BREAKER: GUESS THE UNDERLYING MEANING



3

1



说鬼话
shuō guǐhuà

2



鬼东西
guǐ dōngxī

3



鬼知!
guǐ zhī

4



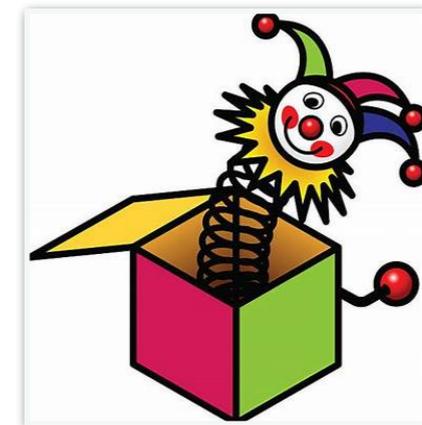
鬼主意
guǐ zhǔyì

5



鬼鬼祟祟
guǐ guǐ suì suì

6



搞鬼/搞什么鬼?
gǎoguǐ / gǎo shénme guǐ

DESCRIBE SOMEONE'S CHARACTER



形容人物性格 xíngróng rénwù xìnggé

					
热情 / 热心 rèqíng / rèxīn	勤劳 / 用功 qínláo / yònggōng	成熟 chéngshú	幽默 / 风趣 yōumò / fēngqù	老实 lǎoshí	忠实 / 忠心 zhōngshí / zhōngxīn

					
冷淡 lěngdàn	懒惰 lǎnduò	幼稚 / 天真 yòuzhì / tiānzhēn	无聊 wúliáo	虚假 xūjiǎ	不忠 bù zhōng

CLASSROOM EXERCISE: GUESS A FIGURE



猜一个人物 cāi yīgè rénwù

- Describe the character of the following figures and let others guess who that is.
- The rest of the group may ask questions.

A



B



C



D



E



F





禅宗冥想

chánzōng míngxiǎng

- Zen is inspired by the **"meditative" school of Buddhism** 佛教 (*fójiào*). It can be approximately translated as "contemplation", "absorption", or "meditative state" 冥想状态 (*míngxiǎng zhuàngtài*).
- Zen emphasizes rigorous self-restraint, meditation-practice and perceiving the true nature of oneself for the benefit of others.
- Zen is often called a **spiritual philosophy** 精神哲学 (*jīngshén zhéxué*) rather than a religion 宗教 (*zōngjiào*).
- Zen ideology was to be transmitted, not by words but **from mind to mind** 从心灵到心灵 (*cóng xīnlíng dào xīnlíng*).

禅意

chányì

- Nowadays, zen is given a new meaning. A sense of being **"zen"** 禅意 (*chányì*) is popularly used to describe a **state of calmness** 平静的状态 (*píngjìng de zhuàngtài*) or an **attitude** 态度 (*tàidù*) that is peaceful and calm 和平和宁静 (*héping hé píngjìng*).
- Zen has become a popular **lifestyle** 生活方式 (*shēnghuó fāngshì*) of choice.

CLASSROOM EXERCISE: ZEN DECOR



禅意装饰 *chányì zhuāngshì*

- 将下面句子翻译成中文。 *jiāng xiàmiàn jù zǐ fānyì chéng zhōngwén*



Her home is very "zen".

How to live a zen lifestyle?

A ZEN STATE OF MIND



一种禅意的心态
yī zhǒng chán yì de xīn tài

禅心
chán xīn

- A zen state of mind is finding mindful awareness of the **present moment** 现在的时刻 (*xiànzài de shíkè*), free from the constraints of the ego, and open to the wisdom of the universe.
- It's a state of **pure awareness** 纯的意识 (*chún de yìshí*), unclouded by judgment, fear, or desire.
- It will help you release yourself from **stress** 压力 (*yālì*), **anxiety** 焦虑 (*jiāolǜ*), **frustration** 沮丧 (*jǔsàng*) and **anger** 愤怒 (*fènnù*).
- However, it's not about getting rid of **thoughts** 想法 (*xiǎngfǎ*). But simply watching them without getting too attached.
- Instead, focus on **positive** thoughts and actions 积极的想法和行动 (*jījí de xiǎngfǎ hé xíngdòng*) that will help you **relax** 放松 (*fàngsōng*).





想象 *xiǎngxiàng*



- 想象你是一片叶子，
xiǎngxiàng nǐ shì yīpiàn yèzi
- 轻轻地在安静的溪流漂流。
qīng qīng de zài ānjìng de xīliú piāoliú
- 溪流就是生命。
xīliú jiùshì shēngmìng
- 你，叶子，没有加快或慢下。
nǐ, yèzi, méiyǒu jiākuài huò màn xià
- 你不想对抗潮流或改变它的方向。
nǐ bùxiǎng duìkàng cháoliú huò gǎibiàn tā de fāngxiàng
- 你只是随波逐流，平静和轻松。
nǐ zhǐshì suíbōzhúliú, píngjìng hé qīngsōng

leaf

叶子
yèzi

stream

溪流
xīliú

life

生命
shēngmìng

fight against

对抗
duìkàng

current

潮流
cháoliú



禅意园艺 *chányì yuányì*

- A traditional zen garden is a **minimalistic** 极简主义的 (*jí jiǎn zhǔyì de*) dry landscape comprised of **natural** 自然的 (*zìrán de*) elements of rock, gravel, sand and wood, with very few plants and no water.
- A zen garden reflects the natural world in a stylised, **simplistic** 简单化的 (*jiǎndān huà de*) form, and is intended to be a place for quiet, meditative contemplation.
- Since the focus is on hardscaping, there is little seasonal change and the garden has **year-round** 终年 (*zhōngnián*) appeal.
- Another key concept in zen garden is the abundance of **empty space** 空的空间 (*kōng de kōngjiān*) - pristine and uncluttered - a reflection of how your mind should be when you're meditating.
- Whether you go in for meditation or not, there's no doubt a zen garden can be beneficial for your **mental health** 精神健康 (*jīngshén jiànkāng*).



CLASSROOM EXERCISE: ZEN GARDEN TIPS AND TRICKS



11

禅意花园的提示和技巧 *chányì huāyuán de tíshì hé jìqiǎo*

展示你的盆景树
zhǎnshì nǐ de pénjǐng shù

很少花朵。
hěn shǎo huāduǒ

日本枫树和竹子。
rìběn fēng shù hé zhúzi

设计一条石路。
shèjì yītiáo shí lù



CLASSROOM DISCUSSION: BUDDHA SCULPTURE



我们应该用佛像来装饰吗?
wǒmen yīnggāi yòng fóxiàng lái zhuāngshì ma



GRAB YOURSELF A ZEN GARDEN KIT



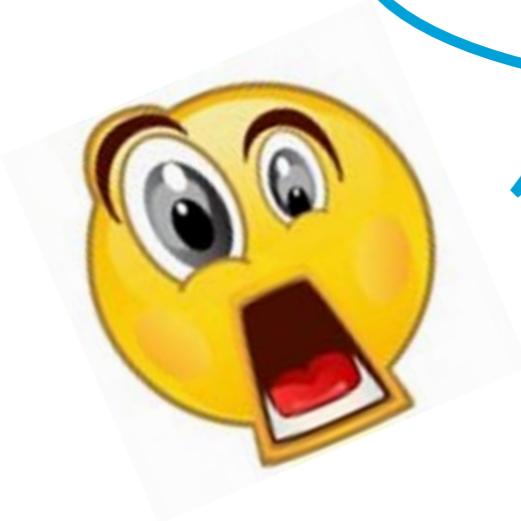
禅意花园套件 chányì huāyuán tàojiàn

 <p>Sponsored ⓘ</p> <p>Island Falls Home Zen Garden Kit. 11x8 Beautiful Premium Japanese Mini Rock Garden Meditation Gift Set for Hom...</p> <p>★★★★☆ ~ 1,096 50+ bought in past month</p> <p>£39⁹⁷</p> <p>✓prime FREE delivery Wed, 8 May</p>	 <p>Sponsored ⓘ</p> <p>Island Falls Home Desert Zen Garden Kit. Home Cactus Decor. 11x8 sand tray. 4 artificial desert features,...</p> <p>★★★★☆ ~ 10</p> <p>£37⁹⁷</p> <p>✓prime FREE delivery Wed, 8 May</p>	 <p>Sponsored ⓘ</p> <p>Oasis of Calm Zen Garden Kit. 11x8 Beautiful Premium Japanese Mini Rock Garden Meditation Gift Set for Hom...</p> <p>★★★★☆ ~ 217</p> <p>£39⁹⁷</p> <p>✓prime FREE delivery Wed, 8 May Or fastest delivery Tue, 7 May</p>
 <p>+6 colours/patterns</p> <p>Sponsored ⓘ</p> <p>LuXianYS Zen Garden, Zen Garden Kit, Zen Garden Home Decoration, Meditation Gift Set, Zen Sand Garden, 6 Tool...</p> <p>★★★★☆ ~ 37</p> <p>£24⁹⁹ Was: £26.99</p> <p>FREE delivery Wed, 8 May on your first eligible order to UK or Ireland Only 1 left in stock.</p>	 <p>Amazon's Choice</p> <p>Zen Garden Kit 28 x 20cm(11x8 inch) Large Japanese Zen Sand Rock Garden With 6 Handmade...</p> <p>★★★★☆ ~ 124 50+ bought in past month</p> <p>£24⁶⁹ Was: £25.99</p> <p>FREE delivery Wed, 8 May on your first eligible order to UK or Ireland</p>	 <p>Island Falls Home Zen Garden Kit. 11x8 Beautiful Premium Japanese Mini Rock Garden Meditation Gift Set for Hom...</p> <p>★★★★☆ ~ 1,096 50+ bought in past month</p> <p>£39⁹⁷</p> <p>✓prime FREE delivery Wed, 8 May</p>

完美的情人节礼物!
wánměi de qíng rén jié lǐ wù



我也要!
wǒ yě yào!



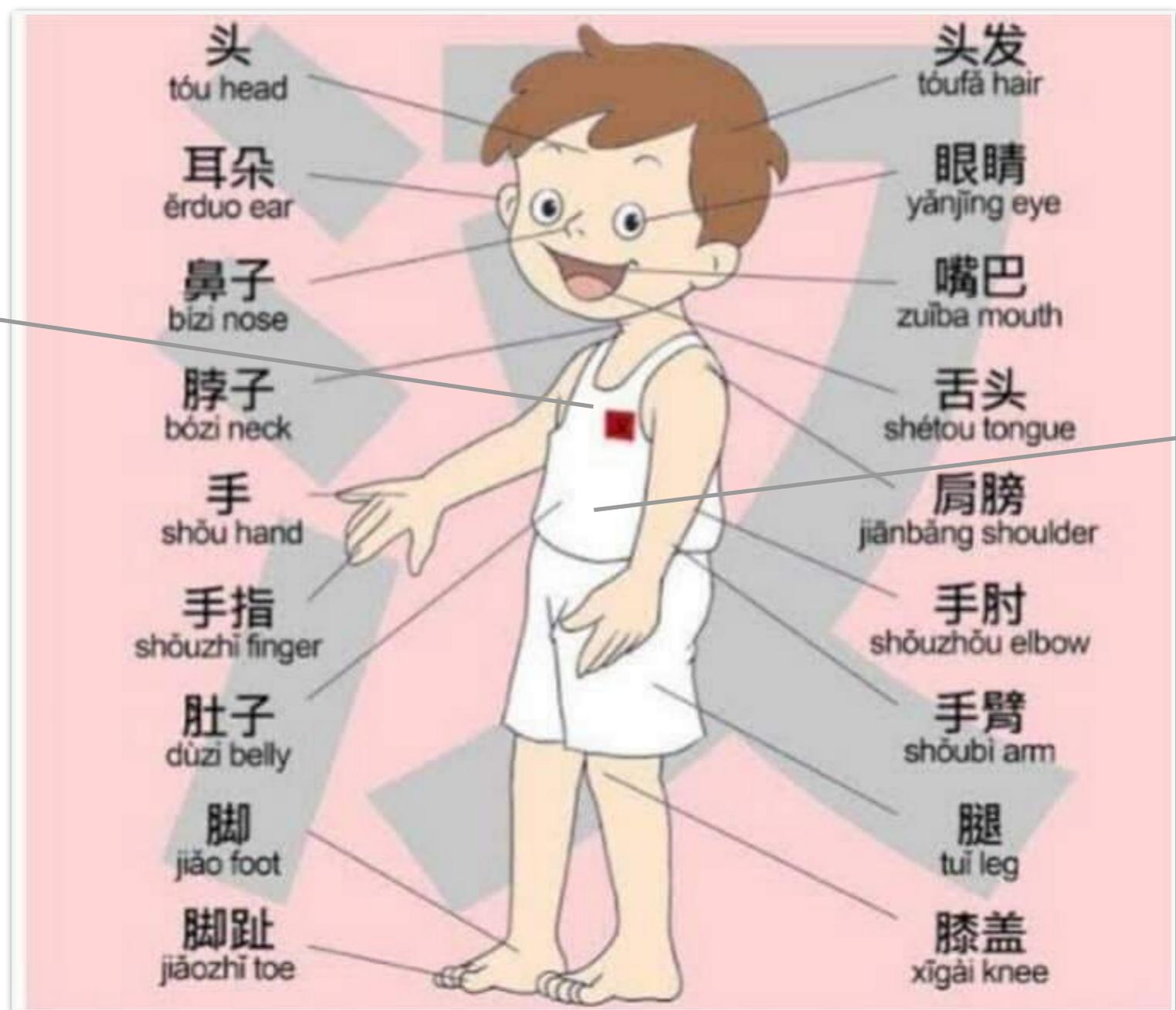
CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.

胸
xiōng chest



腹部
fùbù abdomen

CLASSROOM GAME: TRAITOR, WHO IS IT EXACTLY?



背叛者，究竟是谁？ *bèipàn zhě, jiùjìng shì shéi*

如何玩？ *rúhé wán*

- Amongst you lie a **"traitor"** 背叛者 (*bèipàn zhě*) who has been secretly pre-selected by your tutor. The rest of you are **"faithful"** 忠实的 (*zhōngshí de*).
- Your task is to **collectively determine** 一起判定 (*yīqǐ pàndìng*) who the "traitor" could be.
- You may ask each other questions. Make your judgment based on their **reactions** 反应 (*fǎnyìng*), **body language** 身体语言 (*shēntǐ yǔyán*), **eye contact** 眼神交流 (*yǎnshén jiāoliú*).

Why don't you speak out?
你为什么不出声?
nǐ wèishéme bù chū shēng



Are you snickering?
你在偷笑吗?
nǐ zài tōu xiào ma





背叛者仍在逃！ *bèipàn zhě réng zài táo*

你是不是背叛者？
nǐ shì bùshì bèipàn zhě

我是无辜的！
wǒ shì wúgū de

我没有说谎！
wǒ méiyǒu shuōhuǎng

你在骗我吗？
nǐ zài piàn wǒ ma

我说的都是真的！
wǒ shuō de dōu shì zhēn de

你在胡说吗？
nǐ zài húshuō ma



你有一张天使的脸。
nǐ yǒu yīzhāng tiānshǐ de liǎn

你看起来像魔鬼！
nǐ kàn qǐ lái xiàng móguǐ

你为什么不眨眼睛？
nǐ wèishéme bù zhǎ yǎnjīng

你眨眼睛眨不停！
nǐ zhǎ yǎnjīng zhǎ bù tíng