



每張照片都是一個 **幻象**
Every Photo is an **Illusion**

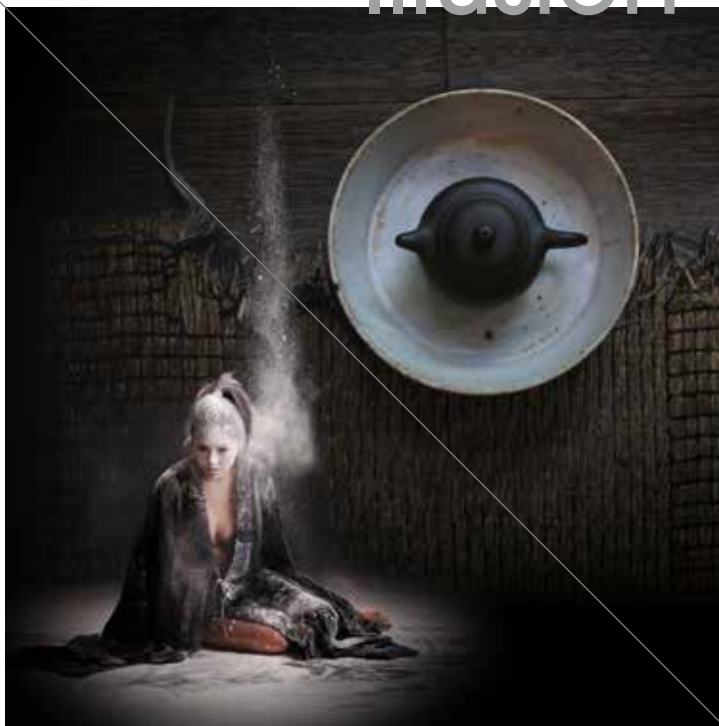
從葉青霖

From a Photographer to a Monk
到 釋常霖

每張照片都是一個
Every Photo is an

幻·象

Illusion



從葉青霖

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從事專業攝影行業超過三十多年，出家禪修也有五年時間，我發覺禪修和攝影原來有很多共通點。兩者都需要培養覺察能力，而且必須在日常生活不斷練習，才能達到目標。

每張照片都是一個幻象，人生匆匆數十載，又何嘗不是虛幻的呢？有什麼可以執著的？

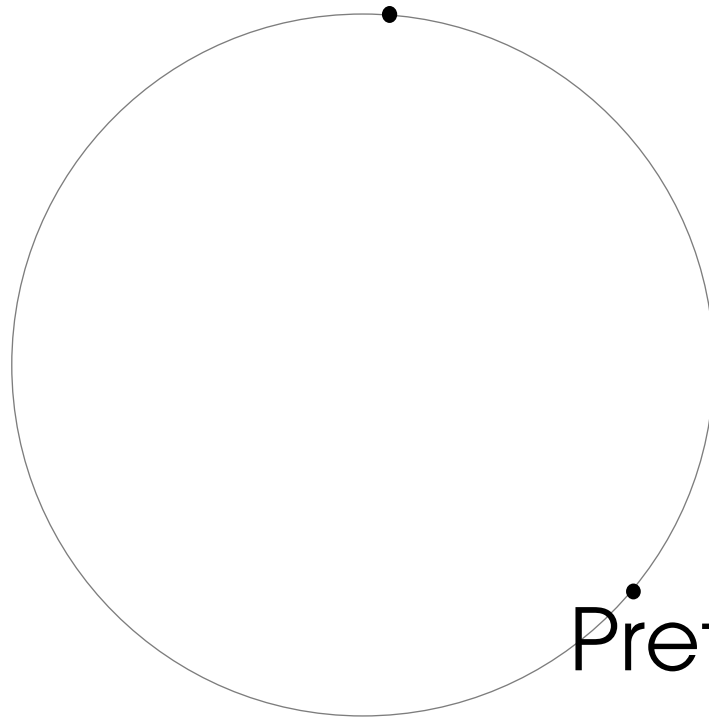
在這本書裡面，我只是分享自己從「攝影師葉青霖」轉變為「出家僧釋常霖」過程中的經驗，目的就是希望大家看後，能知道原來在日常生活的一些持續練習，就可以轉化煩惱的心念，令自己更懂得享受攝影，生活也將變得更為自在。

Being in the professional photography industry for more than three decades, and practicing as a monastic for the past five years, I have found that Zen meditation and photography have a lot in common. In order to achieve our goals, both require awareness and practice in our everyday lives.

Every photo is an illusion. Likewise, every moment in our lives are an illusion. Nothing in life is certain.

In this book I share my personal experiences of my transformation from Alain Yip, the photographer to Sik Chang Lin, the monk. I hope to help readers understand that practicing Zen meditation can transform our vexations into comfort, and at the same time help us to better enjoy our daily lives and photography.

序



Preface



1977

幻象

● 葉青霖

1977年我剛從理工學院（今理工大學）設計系畢業時就是這個樣子的。究竟現在的我是葉青霖還是釋常霖呢？照片上的是我，還是執筆此刻的是我呢？這倒值得慢慢參透的，因為，一切事物不論好與壞，都在不斷變化。

我們的身體是由無數細胞組成，而人體內的細胞也是不斷生滅的。我聽過一個科學報告說，不同區塊的身體細胞生滅的速度會不同，但是從頭頂到腳尖，大約用七年的時間，細胞便會全數更新。即是說這個屬於我的，由細胞組成的身體，在七年以後便沒有一個細胞是一樣了。那到底哪個才是我呢？是七年前的還是七年後的呢？

This photo was taken in 1977, when I had just graduated from the Design department of Hong Kong Polytechnic (now Polytechnic University). I often wonder which one is the real me - Alain Yip, sitting in this photo, or Sik Chang Lin, sitting here today?

The universe is changing constantly. It is said that our bodies are composed of trillions of cells which continuously regenerate throughout our lifetime. The vast majority of cells in our bodies are renewed every seven years. Are we the same person we were seven years ago?

● Alain Yip
Illusions

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幻象



Behind the Illusions .

背後

第一份工作是在一家時裝、娛樂雜誌社擔任攝影和美術設計。才上班第二天，編輯就對我說：「你明天要去拍繆騫人。」當時繆騫人是很紅的藝人，才剛上班就要拍一位大明星，確實有點戰戰兢兢，擔心大明星會不會擺架子？我應該怎麼處理呢？

最後決定不用想太多，一切看着辦；誰知見了面才發現她很有親和力，後來我們還成為好朋友呢。所以很多事情不應該有先入為主的想法，否則反而會限制了自己做事的方法。

After graduating, my first job was at a fashion and entertainment magazine as a photographer and art director. On my second day, the editor told me I was going to do a photo shoot for a super star, Cora Miao. I was concerned that working with a big celebrity would be difficult, and wasn't sure if I could handle it.

The next day, I decided to just face my worries and do the photo shoot. To my surprise, Cora was extremely kind and easygoing, and soon we became good friends. It's important to keep an open mind when approaching challenging situations, so that we do not restrict ourselves.

繆騫人 / 1977

Cora Miao





葉童

Cecilia Yip

如果不說，大家可能猜不出這位是葉童。記得在籌辦香港專業攝影師公會的時候，其中一位攝影師問我：「為什麼你開工時攝影，收了工還攝影？」我說：「因為我喜歡攝影。」所以任何時候只要有靈感，我就會拍攝。這次葉童來到我的影室聊天，沒有化妝，只是穿着很普通的休閒服。

我跟她聊著聊著，突然很想拍照。那時她沒有帶化妝品，手提包內只有一支眉筆和一支唇膏，結果她就用這兩樣東西化了妝。這件和服是我放在影室備用的，和服的好處就是不論是大碼、中碼還是小碼都合適，所以很方便。因此當你想要做事，就能找到一個理由；不想做的話，就會找到一個藉口。

1980

If I don't mention it, you probably won't realise that the model in this photograph is Cecilia Yip. Back when I was establishing the Hong Kong Institute of Professional Photographers (HKIPP), one photographer asked me: "After taking photos all day at work, why do you continue to take photos after work?" I replied simply, "Because I like photography." No matter where I am, as soon as inspiration strikes, I start shooting.

On this occasion, Cecilia had come to my studio for a chat, wearing casual attire and no makeup. I was suddenly inspired to photograph her, and so using only an eyeliner and lipstick that were in her purse, and a simple kimono, this final product was achieved. I always kept a few spare kimonos in the studio due to their versatility to fit any model.

When you want to do something, there are always abundant reasons for you to do it. Likewise, if you don't want to do something, there are always abundant excuses not to.

拍這輯照片的時候，鍾楚紅正準備離開電視台去拍電影。有一位模特兒朋友希望我可以為她拍一輯照片。答應後我跟她見過一次面，覺得她性格不太有女人味，不過我喜歡接受挑戰。

拍攝前一邊化妝一邊聊天，她跟我分享了一件事：「如果你有偶像的話，最好不要見到本人。」當時她在電影圈裡有一位偶像，在拍戲休息期間，看見她歪著頭、流著口水睡覺的模樣，什麼形象都破壞淨盡。

當她準備好拍攝時，我拿起相機一看，簡直驚訝得「哇」出聲來！透過鏡頭看到她，完全是艷光四射那種感覺。事後我跟朋友分享說：「連瞎眼的攝影師也能把鍾楚紅拍得很美！」她就是那種天生上鏡的人。所以當她自備的衣服造型都拍完後，還是欲罷不能，唯有連我自己的西裝都拿出來讓她穿。創意就像一團火，如果是喜歡做的事，沒有東西能阻止你。

Cherie was going to switch from TV to movie at this time, and I was asked to do her portfolio photo shoot. When we met, I found her laid back personality quite unlike the usual feminine models that visited the studio. I wondered whether she would be more difficult to shoot, but I approached it as a new challenge.

While chatting during the makeup process, Cherie gave me some interesting advice. "If you idolise a celebrity, make sure you don't meet them in person." During a film shooting, she happened to come across her idol napping and drooling during a break, which ruined her image of her. Often preconceptions can be very different from reality.

The moment I saw Cherie through the lens of the camera, she transformed and I was starstruck. Her glamour shone through the camera, and even after the planned shoot, I offered her my suit for more shots. She was naturally photogenic. Creativity is like a ball of fire; once ignited, very little can stop it from happening.



鍾楚紅

1981

Cherie Chung

因為要在換季之前準備好宣傳單張，所以時裝攝影很多時是冬天拍泳裝，夏天拍冬裝。拍這張照片時是夏天，氣溫攝氏30多度，在飛鵝山上穿著全身冬裝，她們換衣服的時候，裡面穿著的T恤，可以擠出一大把汗水，可見當模特兒並不如表面看的容易。

It's common for photographers to shoot swimwear during winter, and winter fashions during summer, so that promotional materials can be ready before the change of seasons. This photograph was taken at Kowloon Peak in humid, 30 degree heat. It was so hot that the models' t-shirts could be wrung out with sweat. Being a model is not as easy as it may appear.

時裝廣告

Fashion Advertisement

1982

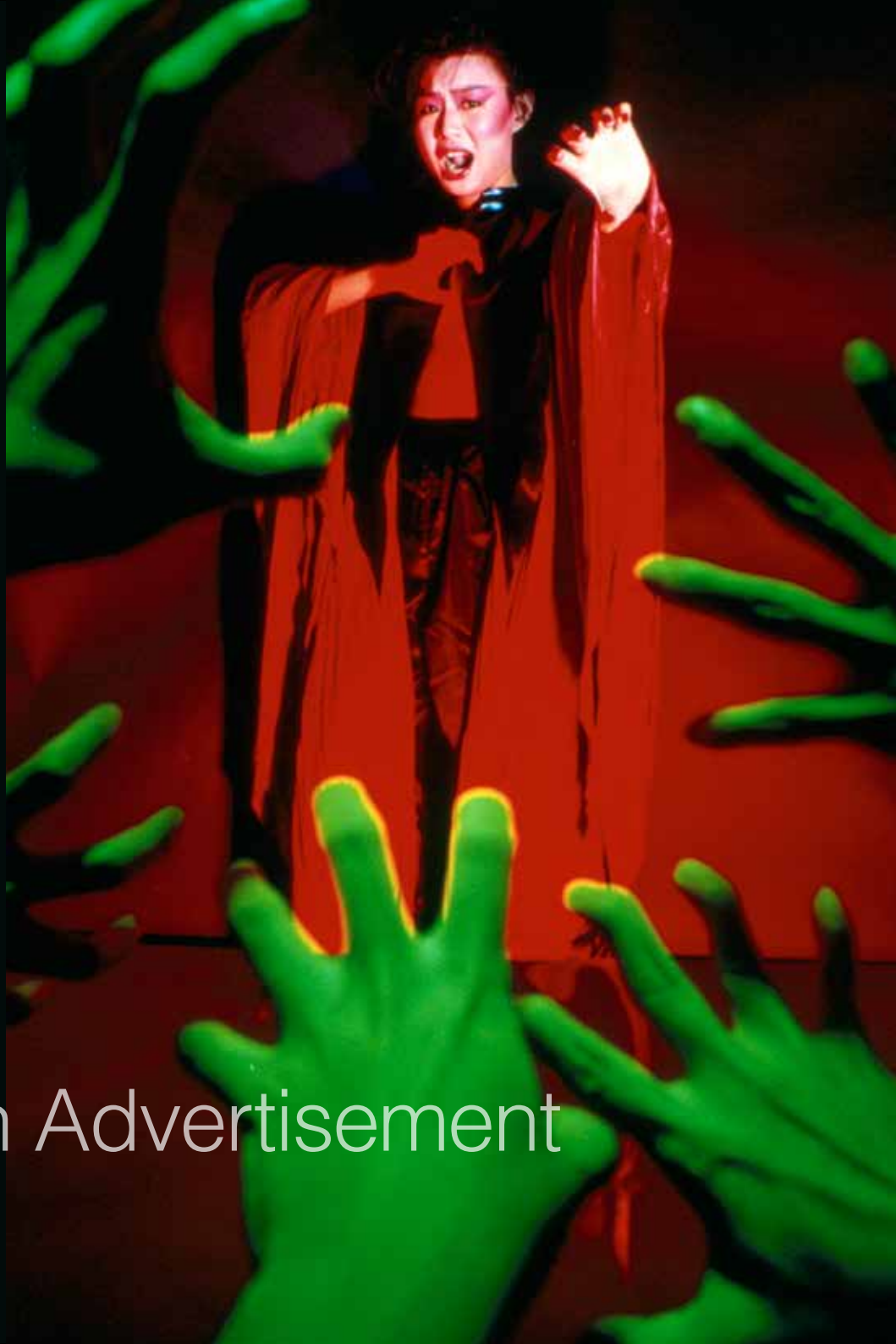


現在的人看這張照片，一定以為是用電腦修圖的，但當年還沒有這回事，所以這張照片是按下快門就出來了。當時的做法是將前後景分開打不同顏色的燈，配合兩位助手在旁協助。但為什麼兩位助手卻來了五隻手呢？因為中間那隻是我的。利用廣角鏡的景深和透視效果，我右手拿相機，左手伸出來就成了。

Does this photo look Photoshopped to you? Photoshop didn't yet exist during this time, so the photograph was completed as soon as I clicked the shutter. This effect was achieved using separate lighting and colour filters in the foreground and background. Two of my assistants contributed their hands, and the fifth hand you see in the photograph is my own. The perspective and depth of field were created using a wide angle lens.

時裝廣告 / 1984

Fashion Advertisement





張曼玉

1985
Maggie Cheung

有一次張曼玉來我的影室，我靈感到又想拍照，幸而影室裡有很多布料作後備，隨時拿起都可以披在身上拍攝。

當時我不知道相機的捲片盒出了點問題，在過菲林的時候偶然會卡住，所以如今看到照片的畫面會忽大忽小，但出來的感覺也不錯，於是我就剪了那一段出來用。這次讓我體驗到，在看似錯誤之中，也能包含著創意，下次遇上意外的困難時，就不會那麼容易抱怨了。

During this photo shoot, there was a jamming problem with the film cartridge. This caused the developed photos to come out in different sizes. The end result was unexpectedly creative, and I ended up using the cropped images as a series. Even when encountering unforeseen difficulties, you can gain positive outcomes.

香港專業攝影師工會成立的時候，東區區議會邀請我們做一個展覽，叫做「專業攝影師看東區」，當時每位攝影師都用上自己最擅長的方法來拍攝。那時候我住在太古城，東區走廊剛剛通車，對節省交通時間有很大幫助，而東區走廊蜿蜒的外觀，跟女性的線條很像，於是找了女藝人吳夏萍來當模特兒。拍攝前我在附近視察，都找不到適合的位置，於是就將東區走廊帶回影室。那時候還未有電腦修圖，這輯照片是在影室裡面，用「背景投映」套入背景的幻燈片而拍成的。

Once HKIPP was established, the Eastern District Council invited us to hold an exhibition entitled 'Eastern District from the eyes of Professional Photographers'. At that time I was living in Taikoo Shing, when the Island Eastern Corridor (IEC) had just opened to traffic. This took a lot of traffic off the roads and made it much more convenient. The curves of the IEC reminded me of a female figure, so I asked celebrity Ellen Ng to be the model. At that time, I couldn't find an appropriate shooting spot, so I took the photographs of the IEC back to my studio and using Front Projection effect to do the job (as Photoshop still did not exist yet).



Ellen Ng
吴夏萍

1987





Eugena Lau

劉美娟

1987

這張照片也是用「背景投映」的方法，在影室內拍攝。劉美娟是健美小姐，健康甜美，拍攝時我要求她表現得狂野性感，但她卻表現不出那種感覺。結果我靈機一觸，豁出去罵她居然連這麼簡單的表情都做不來，將來怎麼在演藝圈發展？她一怒之下，表情就出來了，拍完後我立刻向她解釋，剛才只是一種引導方法，希望她不要介意。至於大家能否依樣葫蘆，就要視乎你跟被攝者的關係如何了。

This photo was also taken in the studio using Front Projection effect. Eugena was a Miss Aerobik finalist with a sweet, healthy image. I asked her to act wild and sexy, but at first she couldn't. An idea struck me, and risking everything, I challenged her, "If you can't even portray a simple image, how can you continue to survive in showbiz?" Furious at my words, she used her anger and I was able to capture the perfect shot. After the photo shoot, I explained to her that I was just guiding her and hoped she did not take offence. Be aware of your relationship with the model before you use this technique.



珠寶廣告 Jewelry Advertisement

小孩與動物，對拍電影、電視的人來說，都是要命的合作單位。當時有一家雜誌需要拍攝一輯珠寶廣告，標題是「純真與珍貴」，藝術總監提出找四歲的小朋友當主角，以他們的純真來襯托珠寶的珍貴，所以我也只好配合。這些鑽飾在80年代已經要好幾百萬，因為保險的問題，如果在影室拍攝，需要僱持槍警衛送過來，成本太高了，所以只好直接在珠寶店拍攝。照片後面是一面像雲石的佈景，其實只是一塊畫得像雲石的背板。

拍這位小女孩的時候，她完全沒有表情，我心想有什麼辦法可以讓她展露真情呢？眼見她手上拿的是一隻天鵝的鑽石胸針，我便說：「天鵝有話要跟妳說，妳聽一下！」之後她真的很認真去聽，我當然馬上拍下來，但幾張過後，她又放下了。我想多拍幾張，惟有逗她再做一次：「那天鵝有沒有說話呀？」誰知道她的答案竟然是：「有，牠很累，很餓，想回家了。」

Most photographers and film directors will tell you that the two most difficult subjects to shoot are children and animals. I was hired by a magazine to shoot a jewellery advertisement entitled "Pure and Precious". The art director wanted to use the four-year-old children, as their purity and innocence can easily bring out the beauty of jewellery. During the 80's, diamond jewellery was already worth millions Hong Kong dollars. Due to the high cost of insurance and arranging secure transport, I was asked to shoot within the jewellery shop instead. We improvised by building a backdrop to simulate a marble background.

At first, the little girl sat with no facial expression. Wondering how to engage her, I saw her holding a swan brooch and said, "I think the swan has something to tell you, you should listen to what she has to say." She started to listen carefully, and I immediately captured her expression of thoughtful curiosity. "Did the swan say anything?" I asked. To my surprise, she answered, "Yes. She's very tired and hungry, and she wants to go home."

一年之後雜誌再拍珠寶廣告，主題用了蒙娜麗莎的意念。先找人照著蒙娜麗莎的畫，只是畫背景，之後讓模特兒坐在前面就可以了。這次用了六歲的小朋友，只穿一件黑色緊身衣，任何珠寶都很容易突顯出來。這小朋友是一位中法混血兒，她跟媽媽是講法語的，我就幻想這是蒙娜麗莎的童年，於是在拍的時候感覺特別投入。

The following year, the same magazine asked me to shoot the jewellery advertisement again, this time with a Mona Lisa theme. A backdrop was created using the background of the Mona Lisa painting, so that the child simply had to sit in front of it. A six-year-old French-Chinese child, who spoke French with her mum, acted just like a junior Mona Lisa, which made me very engaged in the shoot.

珠寶廣告

Jewelry
Advertisement

1987





這輯照片本來是為花花公子雜誌中文版在泰國拍的。拍攝當天，王祖賢在浴袍的胸前加了一個別針，我問她：「請問您知道我們在拍什麼雜誌嗎？」她說：「就是知道，所以才加個別針。」我說：「這樣我不能交差啊。」她說：「你叫他們直接問我好了。」那還有什麼辦法？只好遷就地盡量拍些隱約的性感，結果當然不被接受。後來雜誌的老闆向她經理人投訴，要在香港補拍，但是我知道她本人是不太願意的，所以我寧願收不到錢，也決定不拍了。

王祖賢

Joey Wang

1988

This photo collection was originally shot in Thailand, commissioned by the Chinese version of *Playboy* magazine. During the shooting, she closed the top of her robe with a pin. I asked if she knew which magazine she was shooting for and she replied, "Yes. That's why I'm putting a pin in my robe." I told her that the magazine would not agree with this, but she told me to shoot anyway. I did the photo shoot, but upon return to Hong Kong, the magazine refused to accept the photographs. The boss of the magazine complained to Joey's agency, asking her to reshoot in Hong Kong. However, I decided to forfeit the money and not take the job as I knew she was reluctant to do this shoot.



羅慧娟

Jacqueline Law

1992

當時我的婚紗攝影公司找了羅慧娟當代言人，這張照片是地鐵月台的廣告。有趣的是，有廣告公司提出也想找這位新面孔的模特兒拍廣告，很明顯他們沒看出是羅慧娟。所以攝影很多時候都是在騙人，尤其是商業攝影。譬如化妝品廣告裡的模特兒都像蠟像，連個毛孔也沒有；而纖體廣告呢，會連肋骨也減掉，因為他們通常用電腦做後期處理，很多時都弄得過火了。

In 1992, my wedding photography company invited Jacqueline to be our spokesperson. This photo was used as an advertisement at an MTR platform. Interestingly, an advertising agency did not recognise Jacqueline from the advertisement and tried to look her up as a new model. This shows how commercial photography can be deceiving. For example, cosmetic models are often shown with no pores, looking exactly like wax statues. Advertisements for slimming products often show models without ribs, by using Photoshop's Liquify tool.





一直以來我都是靈感一來就會拍攝，這次是我跟羅慧娟吃完晚飯以後，心血來潮決定立刻回影室拍的。因為員工都下班了，我就在沒有助手的情況下拍了這輯照片。現在看見羅慧娟好像凌空飄浮著，但事實上她是躺在地上，圍巾用東西繫著，然後用風扇吹著她的頭髮和圍巾，而我就爬上扶梯從高處拍下來。一切都是視覺上的效果而已。

I was inspired to take these photos while having dinner with Jacqueline. We returned to the studio immediately after dinner and took these photos without the help of any assistants. While Jacqueline appears to be floating through the air, in reality, she was lying on the floor on black velvet. A fan was used to blow back her hair and scarf, and the photograph was taken from above, standing on a ladder. Illusions can be created using different visual effects.

羅慧娟 / 1994

Jacqueline Law



《太陽報》創刊當天娛樂版頭版，邀請了我拍攝李珊珊。那時候雖然已經有Photoshop，不過是很早期的版本，我還不會用，所以找了一位設計師幫忙。因為編輯要求把李珊珊拍得性感些，但我不喜歡刻意賣弄，後來想到希臘神話裡的女神打扮普遍比較性感，就決定採用太陽女神的造型。

首先在婚紗公司找了一件低胸的晚裝，然後把裙腳剪開；翅膀則是來自市場買的一隻白鴿，拍完之後便把牠放生。當時我以為只要用繩子綁著白鴿的腳，當牠飛起來時用閃光燈一照就可以了。誰知牠翅膀拍動的頻率快得連閃燈也追不上，結果只好讓兩位助手每人拉著一邊翅膀，因此後來在相片是看不到兩邊翅尖的。

The first issue of *The Sun* invited me to take pictures of San San Lee to use in their Entertainment Headline. Photoshop was released by then, however I still didn't know how to use it, so I asked a designer to help out. The editor of The Sun had asked me to make San San Lee look sexy, so I adopted the idea of a Sun Goddess from Greek mythology.

I found a low-cut dress in my wedding photography company and cut the hemline. Her wings were created by photographing a live pigeon. At first, I thought I could capture the pigeon's wings using the flashlight once it began to fly. However, the frequency of the wing flap was too fast to be captured. Finally I asked two assistants to each hold one wing of the pigeon, which is why you cannot see the tips of the wings in this photograph. The pigeon was set free after the shoot.

李珊珊

1999

San San Lee

幻象·

Illusions & Beyond. 隨後

Photoshop普及之後，攝影時經常聽到一句話「不打緊，後期再執吧」。因此很多人拍照時的態度就變得比較馬虎，但我還是盡量前期能做就盡量做，尤其我們是菲林年代訓練出來的。

Once Photoshop became commonly used by photographers, I often heard the words, "Never mind, I'll fix it up afterwards." As a consequence, people tended to grow more careless towards photography. As for me, since I was trained in the era of films, I still preferred to take the best shot in the moment of shooting.



Linda Huang

2004

如果這張照片在20年前拍攝，就要找化妝師花一兩個小時替她畫這個紋身，不過如果後期用Photoshop套上去，只要幾分鐘就完成了。所以在創作的時候，也要視乎情況而定，有些事情可以省時省力，用電腦後期幫助也無可厚非；若用隨便馬虎的心態來看待，在創作的當下就不能認真和投入了。

If this picture had been taken twenty years ago, it would have taken at least one or two hours for a makeup artist to draw the tattoo. I finally decided to use Photoshop to place the tattoo on her body, which only took a few minutes. In these situations we should be more forgiving on our approach to artistic creation, when technology can be utilised to save time. However, if we adopt a sloppy attitude towards creation, we will not be able to create with devotion.

讀設計的時候有學Illustration，
即是用噴筆之類畫的插畫，我覺得
過程很麻煩，自知沒有那種耐性
才選擇了攝影。後來電腦出現又
學會Photoshop後，發現結合了
科技的創意會更加不受限制，於
是就將繪畫的元素放進攝影裡面。
有一段時間我做了很多這類型的
作品，把不同的拍攝元素併合
起來，像是插畫又像是攝影。

While studying Design at school,
I found that illustration was a
hassle and that I did not have the
patience for it, so I chose
photography instead. However,
with the help of technology and
Photoshop, I began to enjoy much
more freedom in creativity as I
added the element of drawings
into my photography. I had been
keen for a period of time to create
mixed media works, which I could
now achieve using Photoshop.

2005

Queenie Chu
朱慧敏





李

San San
Lee

我拍過不少纖體廣告的照片，但是都不希望做過分修圖，因為我會盡量運用攝影的角度來展現身材比例。例如這張照片，是用了一支16mm超級廣角鏡來拍的變形效果，視覺上把人拉長了很多，看起來就自然瘦了，連後期加工也不用。


看過後有沒有女士立即想叫先生或男朋友買支超級廣角鏡呢？

I have shot many slimming advertisements, all with the aim of reducing over modifications. I often tried different angles to express the proportion of the model's slim body. This photograph was taken with a 16mm super wide angle lens, thereby creating the illusion of a longer, stretched out body. Consequently, she looked slim enough that there was no need for post processing. This is a handy tip for anyone who wants to appear slimmer in their photographs!

珊珊

2005





這張照片拍攝時，是有個男生在另一邊跟她依偎著的，之後拿掉那男生而換成兩個胡杏兒，互相依偎的感覺依然不減，這說明了說謊也要有技巧。


When shooting this photo, Myolie was originally snuggling with a male model. After the shoot, I replaced him with an image of Myolie, creating an illusion that she is snuggling with herself.

胡杏兒 Myolie Wu

2005







2006

Queenie Leung

曾經看過一輯相片是拍攝模特兒在礦坑裡，髒兮兮的，所以就想到從類似的造型開始，然後再不斷延伸把創意發展下去。

I was inspired by a photo depicting a model in a dirty mine shaft. This shoot was based on that idea, and I developed that concept further into this photograph.

2006

Kiki Lin

林子萱

從林子萱身上閃亮的泳衣得到靈感，我利用了一扇銀色拉閘，加上一卷銀色的反光紙塑造出一個小小的空間，然後在有限的空間內發揮無限的創意。

Inspired by Kiki's glittering swimwear, I used a silver rolling shutter together with a roll of silver reflective paper, in order to exert unlimited creativity within a limited space.



朱茵的衣服本來不是這個顏色的，但我覺得原本的顏色不太合適，而她又沒有其他衣服可替換，影室的和服的曝光率又太高了，不宜再用。不過沒關係，事後在電腦上加點效果，那顏色的問題就解決了。

Athena's clothing was originally in a different colour. I did not think the colour was suitable, and she did not have any spare clothes. The kimonos in my studio had been used too often in past photos, so I ended up adding effects via Photoshop after the shoot to solve the issue.

朱茵

／ 2007

Athena Chu





徐子珊 / 2007 Kate Tsui

徐子珊很喜歡跳街舞（Hip Hop），我開動了強勁的音樂，讓她自由發揮。當然一個人在沒有彈床之下能跳得這麼高是不可能的，這個也是謊言。

背景是真的月亮，在一個月圓的晚上，我用了一支長焦距鏡頭拍下，然後再套進照片內用，光源的方向和顏色也要配合。

Kate really enjoyed hip hop dancing so I turned on the right music and let her feel free. This height of jumping was not possible without a trampoline, therefore Photoshop was used afterward.

The moon in the photo is authentic, taken separately using long range telephoto lens on the night of a full moon. It was then superimposed into the photo with the right angle and colour of light.




郭羨妮
Sonija
Kwok

2007

那段時間郭羨妮受雜誌報導困擾，笑容背後、眉宇之間，總是藏著淡淡哀愁，別有韻味。有一點要強調，人像作品不管是攝影還是繪畫，人物的眼神、表情都是最重要的。

Sonija was depressed by a news report at that time, so her smile was a little bit bitter. This, however, came out as a unique charm. The one thing that needs to be emphasised, whether you are photographing or drawing a portrait, is that the eyes and facial expressions matter the most.





這張的謊言更大了！陳法拉仿似在空中飛翔，但事實上她只是站在原地，我把照片的角度扭轉了一點，把她的腳掌也扭直了，讓她變成凌空飛起似的。原本下面沒有的布，我再從同時拍下的另外一些照片中，找出揚在空中的部份，接駁起來便不會有光和色的差異。

This entire photograph is an illusion. Fala appears to be flying in the sky, when in fact, she was standing on the ground. The photo was rotated and her foot turned slightly in order to create this effect. The fabric was extended beyond the original photograph, using a different photo that was taken at the same time, to ensure that lighting and colour would be consistent.

陳法拉 / 2007

Fala Chen

鍾嘉欣一向的形象都是乖乖的，原來她最渴望是扮演打女角色，於是專誠為她拍攝這個造型，重點是她冷艷的眼神，和充滿勁道的身體語言。

Linda always portrayed a good girl image, but she really wanted to be an action star. I tried this look for her, focusing on her sharp gaze and powerful body language.

鍾嘉欣 / 2007
Linda Chung





這個謊言就是想讓大家以為楊怡在照鏡子。儘管我真的拍她在照鏡子，也喜歡把鏡子裡的人換成另一張前前後後差不多的照片，讓大家看見鏡裡鏡外的人就是有點不一樣，引起好奇和興味。這裡故意多耍一點花樣，她胸前的繡章雖然一在左一在右，但上面的英文都是正面的。

In this illusion, I wanted people to believe that Tavia was looking in the mirror. Even though a photo was actually taken in front of a mirror, I'd later switched the image in the reflection and replaced it with a similar photograph. This triggers interest as it crosses the lines of reality. The embroidered logo on her shirt was placed on the opposite side like a real reflection, however, I flipped the image to show the English words both facing the same direction, playing further tricks on the mind.





DoDo姐很喜歡健身，我想在照片裡表達她在娛樂圈搏鬥了幾十年，但仍然從容自在的態度，而且也希望能夠秀出她的肌肉。這照片並非全是謊言，至少她本身倒真的要有一點肌肉，才能再用燈光等方面來配合。所以在拍之前，我要求DoDo姐先使勁衝打著拳靶，直到她開始冒汗，肌肉突顯後才脫掉拳套，拍下這張照片。

The concept of this photo is to show that Do Do has embodied a successful career, fought strongly for more than a decade, while still maintaining such a comfortable attitude. At the same time, I also wanted to show off her muscles, as she enjoyed going to the gym. The muscles are real in this photo with appropriate lighting effect. I asked Do Do to practice on the punch mitts with all her effort, until she began to sweat, then the photograph was taken as her muscles were fully shown.

2007

Do Do Cheng

鄭裕玲

這張是無心之得，當時沒有準備拍楊思琦哭的，只一心拍她性感地對著鏡頭，散發她的吸引力。過程中她想起一些不愉快的事，突然眼泛淚光，眼淚就開始流下來，我邊拍邊鼓勵她放鬆自己，最終不免涕淚交流。

後來修圖師覺得她的眼眉有點高低，嘗試替她修正，結果反而影響了神情，所以我還是要求回復原相的樣子。很多時，弄得太完美就是過火了。

My intention was not to let Shirley cry, as she was supposed to act sensual towards the camera. However during the shoot, she was holding back tears as she recalled certain unpleasant experiences she had faced. I encouraged her to relax and be true to her feelings - and inevitably she broke down and cried.

After the shoot, my photo retoucher felt the need to retouch her eyebrows, but this ended up altering the whole ambience of the photo. In the end, I decided to keep the original. Sometimes, one's urge to seek perfection can go too far and backfire.

Shirley Yeung

楊思琦 / 2007





Wings of Life

2006



在攝影與繪畫混合的創作中，我開始思考能否從中帶出一些訊息。這輯照片就是想帶出很多人「在生活中勞碌奔波，弄不清楚方向」的困擾感覺。如果認真看的話，照片後面五個背景其實都是同一張花的照片，只是我把它套上不同顏色，和少許其它素材而已。

I began to experiment with conveying messages during the creation process of merging illustrations with photographs. In this series, I wanted to portray the sense of distress when living in a stressful situation and being confused with which direction to take. If you look closely at these pictures, you will see that the five backgrounds actually came from the same photo, with colour variation and minor change of materials.





這張照片想帶出「正邪交戰，心亂如麻」的感覺。我用黑色代表邪惡，白色代表正義，但其實它們是共存的，分別只在我們的心念。當時借用了辦公室另一個空置單位，利用現場光源來拍。

This photo conveys the internal conflict between good and evil. I used black to represent evil and white to portray good, but in fact, good and evil coexist and it is only our mind that differentiates them. I used a vacant unit in the office building with natural light to shoot.

Oh! Shoot!

2007

生活在這個塵世間，究竟何去何從呢？要表達塵世紛亂的感覺，我把麵粉從高處灑向模特兒，她則以類似舞蹈的形式表達在塵世中的生命流轉。

這輯照片拍完以後最煩惱的，是得花很多時間去清理到處都是的麵粉。當然在影室裡是不能換鏡頭的，因為麵粉很容易會跑到相機裡面去。

Life is complicated in this modern world; how do people decide where to go? To convey this concept, I poured flour on the model from above while she danced, to express the dynamic changes in life.

After the shoot, the flour took a very long time to clean up as it was spread everywhere in the studio. I was also unable to change lenses during the shoot to avoid getting flour inside the camera.

2008

Shayne Lui



這張作品的感覺是，整個人要安定下來，才會知道
究竟前路應該怎樣走下去，而最有效幫助我們的，
就是在生活中持續性的禪修。

This photo portrays how one must be at peace in
order to understand how to move forward, and the
most effective way is through continuous Zen practice
in everyday life.



焦媛 / 2009

Perry Chiu



這裡的工作照，有不少攝影師看過後都很羨慕，覺得自己將來也有這樣的照片就好了。但是「世間的一切，都是虛幻不實的」，只不過是那段時間有這樣的因緣，發生了這樣的事而已，好壞都一定會過去的，毋須執著。

There have been many photographers who have admired these photos and wished that they have similar ones in the future. However, all things in life are nothing but an illusion, and they just so happen to exist at that moment. Whether good or bad, all things pass in the end so any attachment is unnecessary.



羅慧娟 / 2011

Jacqueline Law

在2011年，我已經出家了，收到好朋友羅慧娟的電郵說：「現在我跟你一樣，都沒有頭髮，因為我得了癌症，正接受化療。」她希望我們在塵世間再有最後一次的拍攝合作。雖然我出家以後已經不再拍人像攝影，但這樣的請求又怎能拒絕呢？

因為她是一位虔誠的基督徒，深信離開以後會回到天父身邊成為天使，所以我就給了她一個天使的造型。拍攝期間她格外精神，沒有人會認為她是一位癌症末期的病人。當時她說了一句話：「攝影能治百病！」證明心情對於人的健康是有很大影響的。

因為她很投入和享受整個拍攝過程，所以我四個月以後再回香港，為她多拍了一次，而這次真的是最後一次了。在拍這輯照片的七個月以後，她離開了。及後我再回香港時，辦了一次「跨越宗教的啓示」講座，分享我和她之間，跨越宗教的互動。

I was already a Buddhist monk in 2011 when I received an email from my good friend Jacqueline. "I am as bald as you now from my chemotherapy and cancer!" She asked if I could take her portrait photo once again, while she still had the chance. Who could reject such a request, even when I no longer took portrait photography?

Since Jacqueline was a devoted Christian who truly believed she would transform into an angel after her death and return to God, I decided to photograph her as an angel. During the shoot, she was in such high spirits that no one could tell she had terminal cancer. I remember her exclaiming, "Photography can cure any disease!" This demonstrates just how much the state of mind can influence one's wellbeing.

Since Jacqueline was so involved and delighted during her photoshoot, I decided to shoot her one more time when I was back in Hong Kong four months later. This time was truly the last, as she passed away seven months afterwards. On my next trip back to Hong Kong, I held a seminar titled 'Wisdom across Religions' and shared the inspirations between Jacqueline and myself.



2009年，我的生命重新開始。準備去台灣的時候，還不知道能否出家，只是放下香港的一切名與利，專心去走一條修行的道路，因為生命裡遇到很多事情，儘管有名有利，也未必能夠解決。

我曾經為香港一位超級富豪的兒子拍家庭照，他們夫婦知道我正準備去台灣全職修行，覺得很奇怪。我問他：「其實有錢也不一定開心，你說對嗎？」他想了一下，也同意我的說法。

富有的人有他們的不開心，窮人也有窮人的不開心。我現在體會到的，最重要是看自己的心念，原來開心與不開心是可以選擇的。

出發去台灣之前，我想學習「不懂攝影」。因為自己有太多經驗，反而想嘗試重新開始，也許會有不一樣的體會，所以我把相機鏡頭全部作慈善拍賣或送給別人。但因緣是很奇妙的，當我臨走的時候，一直慣用的相機品牌辦了一個攝影馬拉松活動，邀請我當評判，還送了一部便攜式相機給我當紀念品。我把它一併帶去台灣，一試只用「傻瓜」相機攝影的感受。

My life took a fresh start in 2009. As I was preparing for my spiritual journey to Taiwan, I was still unsure as to whether I was ready to become a monastic. All I knew was that I needed to let go of everything I had in Hong Kong, and focus on walking the path of enlightenment, because there are many problems in life that cannot be solved with fame and fortune.

Previously I had shot family portraits for a wealthy family and they were baffled as to why I wanted to be a monk. I answered, "Having all the money in the world doesn't necessarily make you happy, does it?" They agreed. With happiness, there is actually little difference between the rich and the poor. I now realise that the biggest determinant of happiness is one's own mind; happiness is a choice we can make.

Before the trip to Taiwan, I wanted to 'unlearn' photography. I had too much experience as a photographer and wanted a fresh start with new experiences, so I gave away all my photography equipment as charity and gifts. Karma can sometimes reveal itself in the most interesting way. I received a compact camera as a gift from Canon when I was invited to be a judge for their Photo Marathon event, just before my departure. I ended up bringing the camera to Taiwan and had the refreshing experience of only using a compact camera for photography.



幻象

過後

Transcending the Illusion.

不懂攝影



Unlearn Photography / 2010

這是晚上在我們的寺院外面做動禪時拍的，當時只有一支燈管。拍這個跳起的動作時，雖然用自動模式，但原來不自覺地就用上了技術。首先我會調高ISO，然後用最大光圈，讓相機可以用上最快的快門，而且評估他們的動作在跳到最高點的時候，會稍稍停留一剎才下墜，我就在他們稍微停留的瞬間拍攝。

於是我發現，原來很多事情是不需要太刻意去做的。後來在禪修的學習裡，也發現原來有很多東西是跟攝影互通的，所以我才再運用攝影來融合禪法，以接引大眾。

接下來是我出家以後，只拿著一部便攜式數碼相機，任何時候只要感覺一來，便會拍下的相片。

This photo was taken when we were practicing 'exercise meditation' in front of our temple. It was dark and illuminated by only one fluorescent tube. Although the camera was already set to auto mode, I couldn't help but use some advanced photography techniques. In order to capture the leaping movement, I raised the ISO, set the largest aperture to allow for the fastest possible shutter speed, anticipated the highest point of the movement and waited for the split second moment of stillness to snap the shot. It was then that I realised we shouldn't be forcing things so much in life. During my study of Zen, I discovered many similarities between Zen and photography, which is why I merge photography into the Zen practice to share with the public.

Following are the photos I took with the only compact camera after becoming a monk, simply whenever it feels right.



攝影創作源於生活

Photographic creations originate from life

這是在台北一家茶館門口的地蓆，進去時發現地蓆被踏破了一大片，很有歲月的痕跡。剛好近門的桌上有一套茶具，覺得很搭配，於是便搬移過來，拍完了再放回去。

其實所有的藝術創作都是從生活而來的，如果脫離了生活，就會變得造作。

This photo was taken at a teahouse in Taipei. When I entered the house, I noticed the worn out mat was a perfect match with the tea set on the table. I simply placed the tea set on the mat for the photo and put it back afterwards.

All artistic creations should be inspired from our lives; otherwise it will become forced and artificial.

成功的攝影作品必須充滿感覺，
拍攝時注入的感情越多，
作品的感染力就越大。

Successful photography is full of passion;
the more emotive the shoot,
the more captivating the photo becomes

攝影不是為拍而拍，應該是有感覺才拍。這張照片其實是我們二十多人跟着家師去內地參觀禪宗祖庭時拍的，其他團友都沒有留意到，因為他們走得很匆忙，所以忽略了。

Photography is not merely for the sake of taking pictures; photos should only be taken when you are inspired by something. This photo was taken when I followed my master, along with twenty other people, to visit the ancient Zen temples in China. The other group members didn't notice this because they were in too much a hurry.





要感動別人，
先要感動自己

How can we move others
if we cannot move ourselves?

如果你的作品連自己都感動不了，卻希望別人會感動，當然沒有可能。這是下大雨時積水的木地板，只要有感覺，誰說下大雨時不能拍照？

If our work cannot move even ourselves, don't expect that it will move others. This is a wooden floor covered with water on a rainy day. As long as intuition strikes, who says photos can't be taken during heavy rainfall?

創作不要怕錯，
如果做任何事都要求完美，
便會失去創意的空間。

Don't be afraid to make mistakes during creation.
If perfection is the only pursuit,
one will lose the freedom of creativity

不單指創作，如果平時做任何事都要求完美，不但自己很辛苦，與你合作的人也很痛苦。第一眼看這張照片的時候像是夜晚，抬頭看到月亮從雲層走出來，但其實這是地上一灘水的倒影，那是白天的太陽，旁邊的樹是倒影。我們其實很容易被視覺騙了。

Besides creativity, if we pursue perfection in all aspects, we and those who collaborate with us will be miserable. At first glance, this photo seems like a night shot with the moon. However, it was actually taken during the daytime. It is simply a reflection from a puddle of water. This is how we can be tricked by visual effects.





簡單的攝影風格，
更能表現攝影師的功力

Simplicity in composition shows the true ability of
the photographer

這個畫面看起來像是刻意擺佈的，但事實上我只是偶然經過，巧遇一片樹葉落在那逆光的位置，我便把相機放在石頭上面，然後按下快門，就那麼簡單。

所以，只要你發現一個場景很有感覺，便不加思索的拍下就好了。我以前曾經在拍完後，再嘗試這樣那樣的擺弄再拍幾張，結果最後還是選回第一張。那一開始看到的感覺，只要移動過後就不一樣了。

This photo looks like I set the scene deliberately. In fact, it is just a fallen leaf that happened to be in a backlit spot. I simply placed my camera on a rock and took the photo.

Whenever we spot an interesting scene, don't hesitate to press the shutter. I used to pursue perfection by trying a variety of different settings. In the end, I still chose the first photo taken. The sensation feeling from the very beginning will be different once we altered the setting.

藝術創作無分好壞、對錯，
只有喜歡或不喜歡。

There is nothing good or bad, or right or wrong in art;
it only matters if we like it or not

大家以後可以放心攝影了，拍出來的照片只要你自己喜歡就可以，如果別人不喜歡，是別人不懂得欣賞而已。當然，如果所有人都不懂得欣賞你的作品，是否也應該檢討一下呢？

攝影時不要這樣想：「啊，這張照片如果貼出來應該會有100個讚！」有期望就會有失望，拍照是因為有感覺，想拍所以拍，不要想為甚麼而拍。

Every photo taken is great, as long as we like it. If other people don't like it, they simply don't know how to appreciate it. Of course, if no one likes your work at all, it could be worth doing a self-review.

When taking photos, don't think about how many likes you will get when you post it online. Expectations are often followed by disappointment. We should take photos when intuition strikes, instead of thinking too hard about why you want to take the photo.





攝影是一瞬即逝，
做人又何嘗不是？

A photo is captured in a flash of time;
isn't it similar to life itself?

有一次我的弟弟葉錦添到台北工作，我從寺院去酒店找他。當時剛剛雨過天青，酒店房有一個露台，下完雨地上留了一灘水，出現一個倒影，於是把握當下，蹲下來拍了一張，再回到房間跟弟弟聊天。

如果你下次去到酒店露台便想「上次看見常霖法師有一張照片是這樣拍成的」，於是在露臺地上潑些水，然後等太陽出來，拍出來的感覺是完全不一樣的。

My brother Tim Yip once came to Taipei, and I met him at the hotel. Earlier rain had naturally left a puddle of water on the hotel terrace. I captured the scene, and then went back to chat with my brother.

If you happen to be on the terrace of a hotel, don't try to imitate the photo by pouring water onto the ground and waiting until the sun comes out. The feeling of the photo will be totally different.

時常把相機帶在身邊，
留意到美好的事物便拍攝下來，
有助陶冶性情。

Carrying a camera all the time, and keeping an eye on interesting scenes around us,
are helpful for cultivation of personality

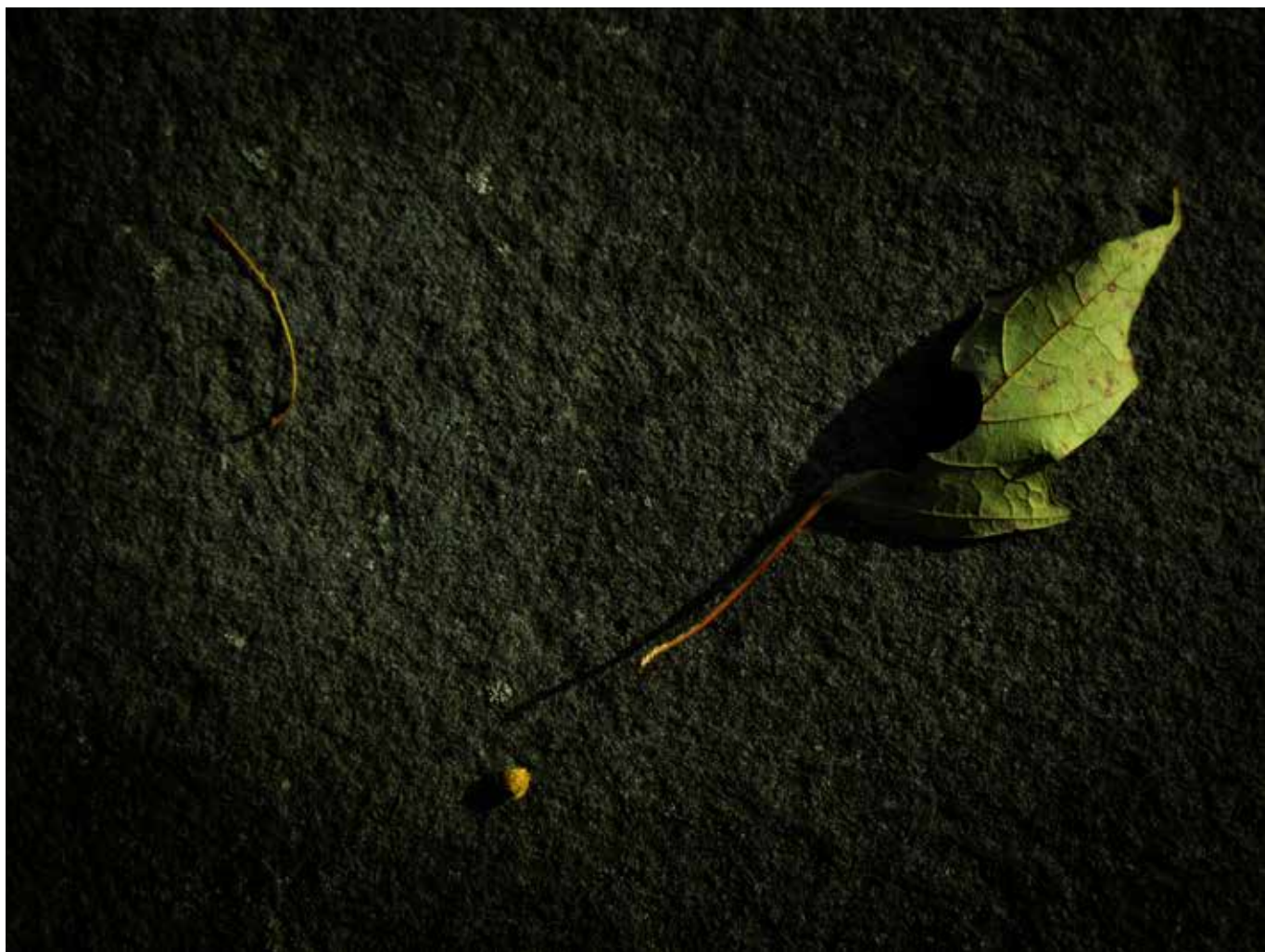
葉青霖攝影同學會有一次攝影活動，在流浮山舉行，它的西面一望無際、視野空闊，所以太陽低得僅在地平線上仍清晰可見。這是一間破舊的屋子，旁邊有一棵樹，接近日落時光影配合得很好，我便舉機拍下來。

其實隨身帶著相機，還有個很大的好處。譬如約會時對方遲到讓你等得很不耐煩，滿腦充斥着責備他的說話。但是如果你帶著相機，便會因為打量周圍環境，有感覺便拍下來，拍著拍著，你要等的朋友到了，還能開心地跟他分享。所以帶著相機某程度可以挽救幾乎破裂的友情。

One event held by Alain Yip Photography Alumni (AYPA) took place in Lau Fau Shan, where the space was vast, and the sun could still be seen even when it went near the horizon. A tree was casting a perfect shadow on the wall of a shabby house nearby. I just followed my intuition and took this picture.

Always carrying a camera has many other advantages. Have you waited a long time on the street to meet with a friend who is late? Often we would feel impatient or irritated. However, having a camera means that you can instead spend the time looking for interesting things to shoot, and so you can have something extra to share for when they arrive. Carrying a camera could even save a friendship!





肯用心感受，
無處不是攝影題材

Feel with your heart;
anything can be your subject in photography

這幅也像是刻意擺設而拍的。其實是我早上經過那條路，太陽剛出來照在路上，剛巧有片樹葉、一顆種子、一根枯枝，營造出很美的畫面，我就拍下來再繼續走路，可見攝影題材到處都是。

This picture looks like a well arranged setting. However, the moment just happened when I was walking pass that scene in the morning. The sun was shining and everything was there. I just took a shot and move on. Therefore anything can be a subject for photography.

攝影的重點，在於看不見的部分

The key to photography lies in the unseen

這裡說看不見的部分，是指感覺，感覺不是用眼睛看，而是用心去感受的。所以攝影的重點是要有感覺而不是純粹在畫面或技術上，甚麼黃金三角、Zone System等都不是最重要的。

The "unseen" here refers to the feeling. It is not sensed by eyes, but by the heart. Hence, the key to good photography is not just using techniques like the Golden Triangle or Zone System. It is always the feeling that counts.





攝影的最高技術，
就是忘記技術

The best technique in photography is
to forget about techniques

聽完這句話，有沒有人覺得「我沒有什麼技術，可以很容易忘記，那不就是最高技術？」請記着，「忘記」是必須已經熟悉得像呼吸那麼自然，不用想就能做到，「不懂」並不等於「忘記」。

Once you have mastered photography, the best way to utilise your skill is to master it as naturally as breathing. It is about doing it naturally without thinking; however, it does not mean that you have no technique at all.

人的痛苦來自太多的追求與慾望

One's misery roots from too much craving and desire

這張黃昏的照片有點像山火，就像我們的心一樣，在追求很多未達到的慾望的時候，就會非常煩躁紛亂。

This picture taken at dusk looks like a bushfire. Just like our mind, we feel irritated when things fail to meet our desire.





物質不能完全令人快樂，
心靈的滿足最能持久。

Happiness from material possessions does not last.
Only the satisfaction of our mind counts

這是紐約的一個公園，經過的時候剛好有陽光，這幾片樹葉好像突然跳出來跟我打招呼，我看到很高興，所以馬上拍下來。

快樂其實很簡單，只要我們改變心態，要求簡單一點，心靈就自然滿足了。

Walking through a park in New York, the sun shone through the leaves, and they appeared to jump out and greet me. It made me very happy and I took the photo.

Being happy should be easy, as long as we alter our attitude. Demand less, and our mind will be more easily satisfied.

大部份的煩惱都是不必要的，
只因我們想得太多

Most worries are unnecessary,
it is only because we think too much

廣東話經常有一句「你諗多咗喇（你想太多了）！」很多時候我們都在想：「這件事是否應該做呢？可能行不通的，還是不要做了。」結果就一事無成。很多事情只要方向正確，跟著去做就好了。就像下大雨時，只要有感覺，就拿相機去拍好了。

We often think too much before doing things. "Should I do it or not? Maybe it's not going to work. Maybe I should stop." In the end we decide to do nothing.

Instead, we should just go for it, as long as we are in the right path. Just like this picture, I simply took it because it felt right, regardless of the heavy rain.





修行就是修自己的不行

Zen practice is to practice
what we are not capable of

當初我去台灣，是要全職地修行。當時認為未必會出得了家，不過方向正確就去做了。那什麼叫修行呢？就是修自己的不行，或者修正自己的行為。

The reason I went to Taiwan is to do full-time Zen practice. I didn't think I could be a monastic at the time. However, I was on the right path and finally made it. So what is Zen practice? It is to practice what we are not capable of, or to modify our own behaviour.

慢下來，
才看得清前路該怎麼走

Slow down,
in order to see clearly how to proceed

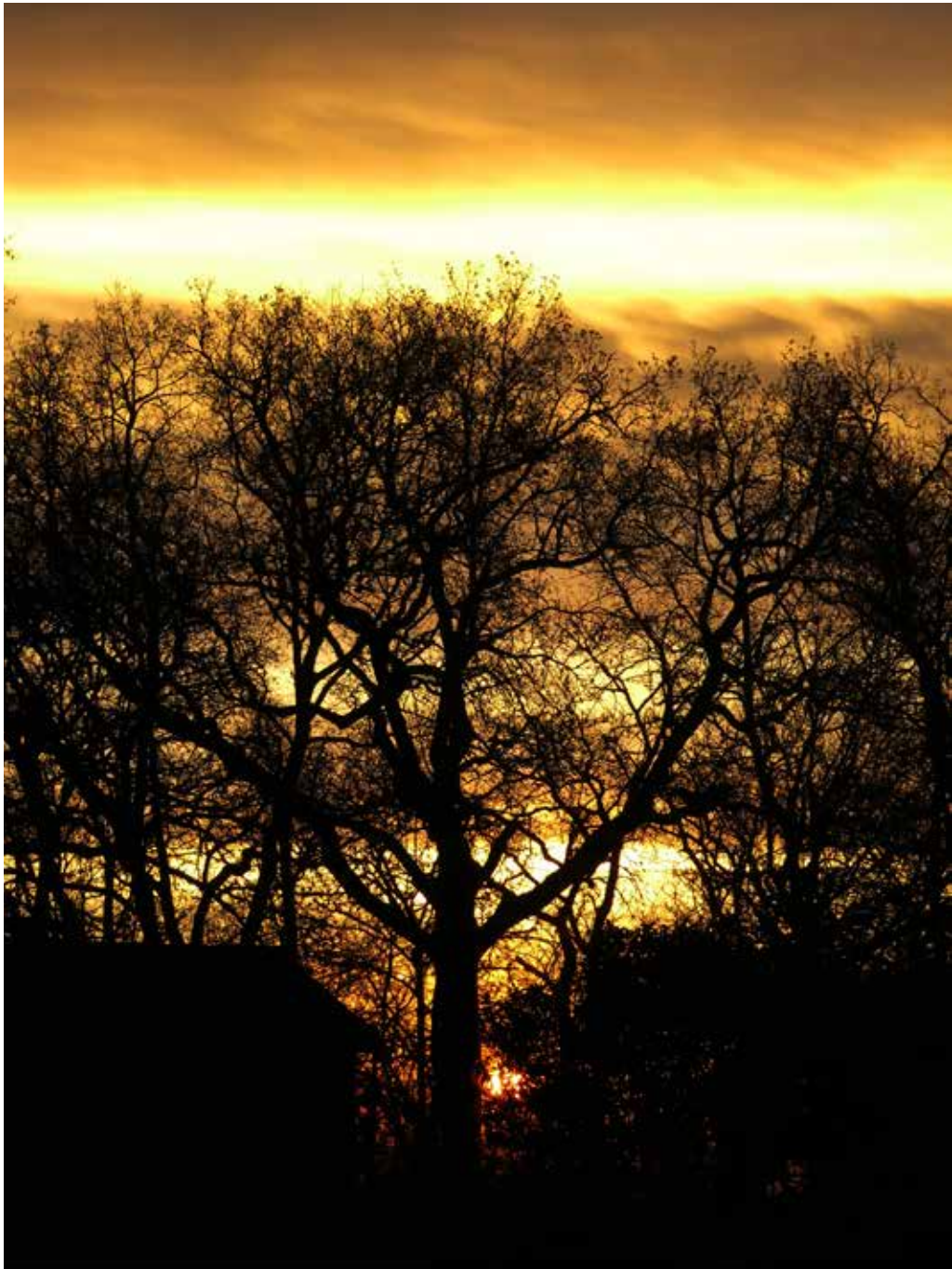
首先要自己慢下來，才會看得清前路，當看到以後，要走得快也不打緊，只要不急就可以了。

這張其實算是自拍像。自拍，通常就想到現在最普遍的，一隻手提高相機來拍自己。但自拍其實有創意無限的方法，可以對著反光的物體、鏡子、玻璃，甚至是自己的影子都可以成為自拍的題材。

We should slow down in order to see the road ahead clearly. Once it is clear, then it does not matter whether we move fast or not, as long we do not rush.

This photo is a selfie, but not the type where we use one hand to point the camera at ourselves. There are actually many creative ways to do it, such as shooting through a mirror, glass and any other reflective object, or even shooting our own shadows.





過去已經過去，未來仍未到臨，
真正的生命就在當下

What has been done is done,
what is about to come has not yet come,
real living lies in the present

即是常常聽到的「活在當下」，適當的時候做適當的事，這就是你真正的生命。
這是法國梅村冬天時的黃昏，正好在適當的時候把它拍攝下來。

In other words, it is to 'live in the moment'. Do appropriate things at the appropriate time;
that is true living. This photo was taken at the perfect moment during a sunset at Plum
Village in France.

快而不趕，忙而不急，
便是活在當下。

Be quick but not rushed, be busy but not hurried,
that is living in the moment

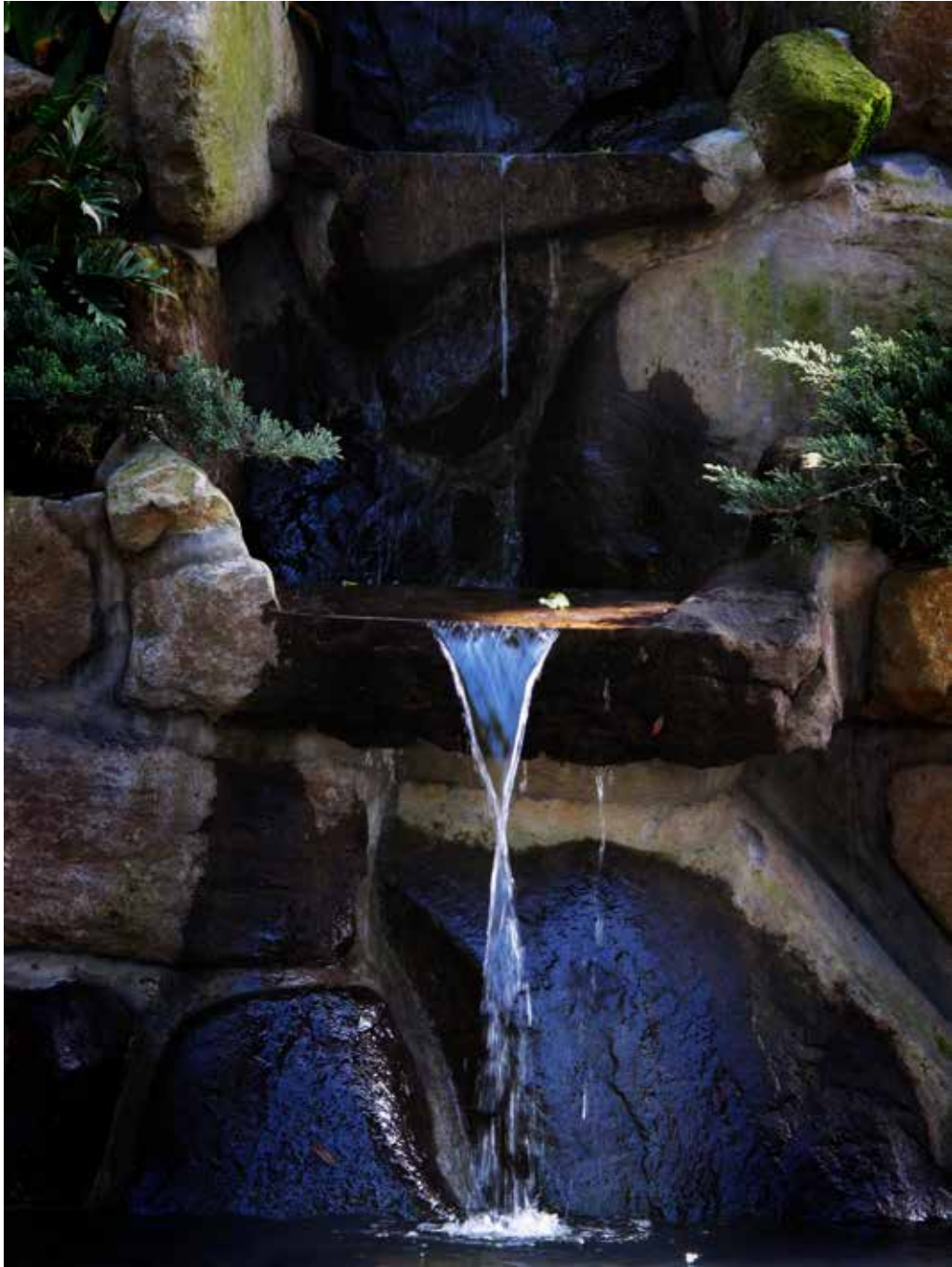
很多時聽到老闆說：「這件事不用急，但一定要快！」其實這句話很有禪意，因為快和急是兩碼子事。如果做任何事情，都可以快得有效率而又不急的話，可以把事情做得很好。現在大部分人都要Multi-tasking，同一時間做很多事情，往往做得亂七八糟。事實上Multi-tasking是否就不是禪修呢？不對。在禪修狀態裡，儘管同一時間做很多事情，但是在做A的時候，腦袋裡就只有A，做到B時，A的東西就馬上放下，只集中在B，儘管時間很短都可以。當然這需要練習才容易做得到。

照片是在尼加拉瓜大瀑布拍的，前面的海鷗剛巧飛過，拍的時候有沒有這隻海鷗並不重要，重要的是當時有沒有感覺。

Sometimes we hear the boss say, "Don't rush, but do it quickly!" This is actually a statement with Zen wisdom, since 'quick' and 'rushed' are different. If we can manage things in an efficient way without rushing, we can do it very well. However, people today tend to be multi-tasking yet failing to do each thing successfully. In Zen meditation, we can be multi-tasking, but still focus on one thing at a time. Of course this requires constant practice.

This photo was taken at Niagara Falls. A seagull just flew across when I clicked the shutter. It does not matter whether there is a seagull or not, it is the feeling of the moment that matters.





不望回報只管付出，
最終得益的還是自己，

Giving without asking for a reward ultimately benefits one's own self

做義工是一種「只管付出，不問回報」的心態，沒有期望，就不會失望。千萬不要在做義工的時候，覺得自己很重要，希望人家一定要對你客氣、尊重。如果抱著這樣的心態，千萬不要做義工，以免自己不開心，又帶給別人煩惱。

在做義工時，人家請我們掃地，我們都會很樂意地去掃地，如果叫我們擦窗，我們就去擦窗。所以在上班的時候，也不妨嘗試一下用同樣的心態，上司叫我們做什麼，就很樂意去做，然後到月尾發現，自己來當義工怎麼還有薪金？那還會嫌工資少嗎？只要改變一下心態，工作時就會開心很多。

“Giving without asking for a reward” is the mentality for volunteer work. When there is no expectation, there will be no disappointment. Never assume the importance of one's self, nor wish for people's respect or special treatment. Otherwise, we will not be happy and at the same time irritate others.

As a volunteer, we do what people ask us to do keenly, like sweeping the floor or cleaning the windows. This attitude of being a volunteer can be applied at work. When we are willing to do whatever our boss asks, at the end of each month we will be amazed that we get paid for being a volunteer. In this way, we will not complain about the salary and work situation anymore. By altering our attitude, we can achieve more happiness and satisfaction.

路遠肯起步，目標越來越近；
路近不起步，永遠也不會到；

Taking the first step towards a distant destination brings your target closer;
not taking the first step towards even a nearby destination will make the target unreachable

舉例來說，我們現在要從荃灣到柴灣，有很多交通方法；例如乘計程車、地鐵、巴士、騎單車，甚至走路都可以（中途要乘渡海小輪）。如果只能走路，但卻嫌路程太遠而不肯起步，那當然永遠到不了。但如果相信走得到，只要踏出第一步，就已經接近了一步。當然要先弄對方向，柴灣在東邊，就要向東走，但如果向西走能到嗎？能，因為地球是圓的。

這是在加拿大洛磯山拍的，冬天時景物都變成黑白灰色，是很特別的感覺。

When traveling from Tsuen Wan to Chai Wan, we can take several modes of transportation such as a taxi, MTR, bus, bicycle and even on foot. If the only choice is to walk, but we refuse to take the first step because of the distance, we will never reach our destination. However, if we have confidence in reaching the destination and take the first step, we are getting one step closer. Nevertheless we need to make sure that we are heading in the right direction. If Chai Wan is on the east side, we should go east. But can we get there if we happen to go west? The answer is yes, because the earth is a sphere.

This photo was taken at the Rocky Mountains in Canada. The scenery turned black and white in Winter time, so it turned out to be very special.





事情沒有對或錯，
視乎我們用甚麼角度去看

There is no right and wrong,
it all depends on one's point of view

我們經常看到一些令大家不高興的爭執，甚至導致家庭和朋友之間不和睦，原因是彼此都執著地認為自己是絕對正確，對方是絕對錯誤的，那當然沒有商量的餘地了。究竟一分鐘是長或短？想像自己便急時，身處於洗手間的內和外，便有完全不同的感受。在我的經驗裡，遇上爭執時，調解會比裁決更有效處理問題。

照片中開始枯萎的樹葉，在在顯示出生命循環不息的美。

We frequently witness unpleasant quarrels between family and friends, leading to disagreeable relationships. This is due to the stubborn belief that one is always right and the other is always wrong, leaving no room for negotiation. We should ask ourselves, "Is a minute too long or too short?" If we imagine needing to go to the toilet desperately, the feeling when we are outside and inside the toilet will be completely different. According to my experience, meditation is always more effective when dealing with quarrel than justice.

In this picture, the withering leaves embody the beauty of life's endless circulation.

遇到困難，
聰明的人會想辦法逃避，
有智慧的人會想辦法解決。

When confronted with difficulties,
the intelligent will choose to avoid it but the wise will choose to solve it

香港人有句話叫「閃」，即是立即迴避的意思。聰明的人一遇到困難就會「閃」，但是問題不會自動解決，一定要面對和想辦法處理，才能徹底解決問題。

燈具不亮，就像沒有生命。因此在戶外拍到燈具時，我都盡量把它放在太陽前面，做成好像是它發亮的假象。

There is a saying in Cantonese called 'dodge', which means to avoid immediately. The intelligent will 'dodge' when confronted with difficulties but leave the problem unsolved. We have to face the situation and think of a way to solve the problem thoroughly.

An unlit lamp appears lifeless. Whenever I take pictures of outdoor lamps, I try to place it towards the sun to create a glow.





每一個困難和逆境，
都是我們學習和進步的機會。

Each predicament is a lesson for us to make progress

這是我的親身體驗。當年我的婚紗攝影公司從開業以來，生意一直很順利，我連盈虧表也不會看，覺得公司做得好就能賺錢。後來很感激遇到亞洲金融風暴、沙士、金融海嘯等接二連三的打擊，令我得到學習和進步的機會。如果公司到今天為止仍然不斷賺錢的話，我是不會成長的，也不可能在這裡做分享。希望大家都要珍惜每一個困難和逆境，藉此得到學習和更進一步的機會。

雨後路上的泥濘，換一個角度反而看到它獨特的美態。

This is actually from my own experience. At the very beginning of my wedding photography business, everything went so smoothly that making money was guaranteed as long as everything was done right. I did not even know how to look at the profit and loss statements. Afterwards, I was actually grateful for encountering the adversity of financial turmoil and SARS. My business losses made me realise the need to learn and progress. If my business continued to turn a profit, I would not improve and may not even be able to share anything here. I truly hope that all of us can cherish the opportunities to transform predicaments into self-learning and progression opportunities.

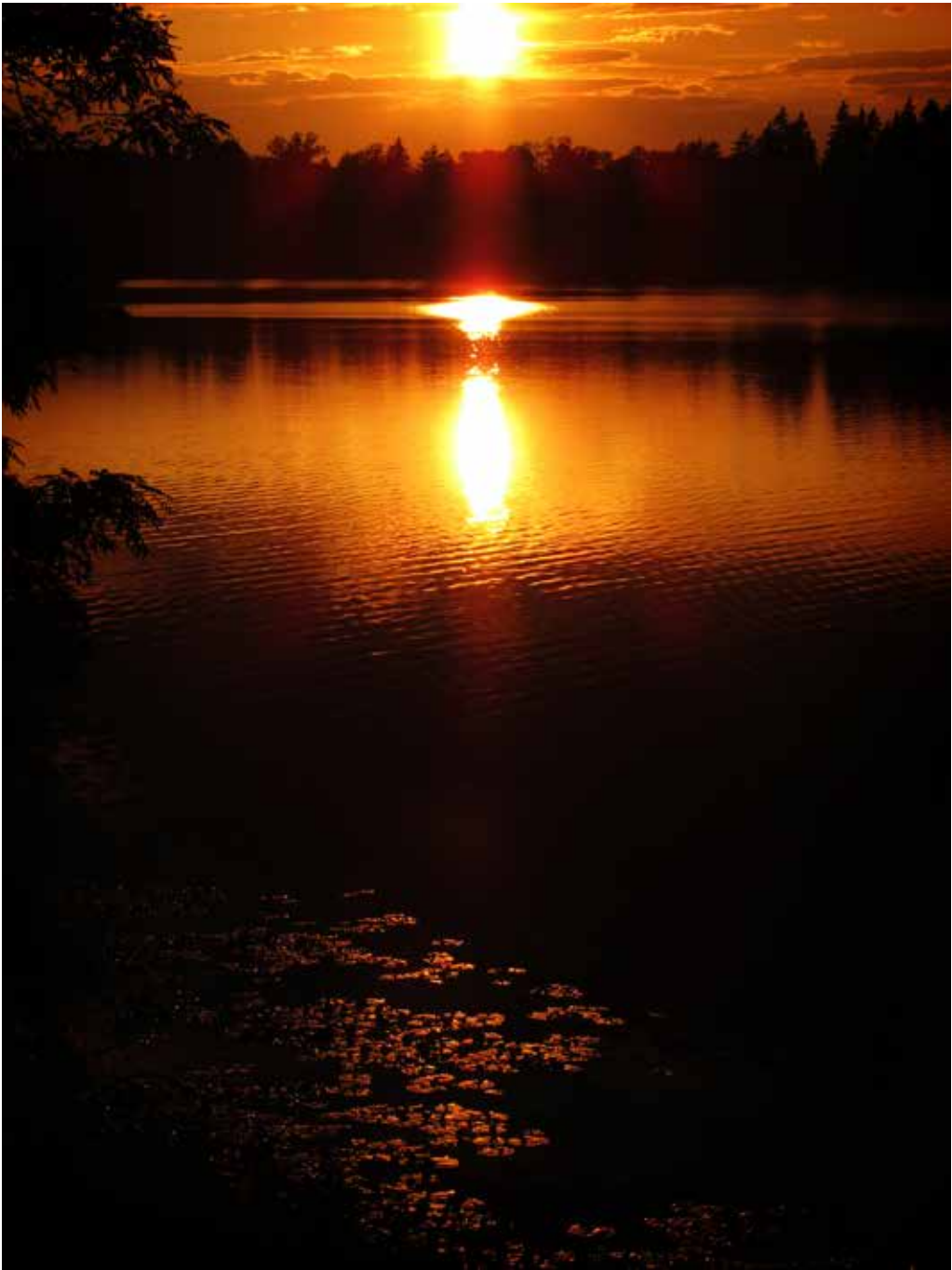
The mud on the road after raining can be beautifully presented once you view it at a different angle.

人沒法決定人生的長度，
但能改變生命的寬度。

We cannot define our life span but can certainly expand our life spent

人的壽命有多長，其實並不太重要，重要的是在這段人生路上，有沒有曾經發光發熱、影響和利益到其他人？在以前的崗位，我能影響的人很少，現在能影響的也不算很多，但的確比以前多。最重要的是透過這樣的全職修行之後，自己也有進步，才能在分享時有說服力。有一句香港俗語說「講就天下無敵，做就有心無力！」。怎樣才能做到呢？一定要親自去實踐。所以我在書中跟大家分享的話，雖然不一定是我原創，但全部都是親身經歷而來的。

Life expectancy is not the most important thing in life; what matters is whether you have done your best and helped others. Before becoming a monastic, I could only influence a few while I can certainly influence a few more now. The best part is that after full-time Zen practice as a monk, I have made progress and become more convincing when I share my experiences. There is a saying, "All talk no action". How can we avoid this? The key is to just do it. In this sense, while everything I share in this book may not necessarily be original, they are all my own personal experiences.





幸福人生的定義不在榮華富貴，
而在活得自在。

The definition of living a happy life is not about wealth;
it is about whether one can live at ease

從照片中可以看到黃昏時候拍出金光閃閃的水面，代表財富和金錢的虛幻；而水中的金魚，就像人一樣不停地追求那些閃亮的光，卻永遠不會掌握得到。

From this photo, the sparkling water during dusk represents the illusion of wealth and money, while the goldfish represent people who are pursuing the sparkling light blindly, yet never be able to hold it.

放下
便得自在

Put it all behind us, and we are at ease

這個茶碗不管如何珍貴，捧在手中久了也是一個負擔，此時只要能夠放下，便可得到自在了。

No matter how precious this tea bowl is, it will become a burden if we hold on for too long. Put it aside and we will be free.





需要卻可以很簡單，
想要是永無止境，

Wants are endless, yet needs can be simple

我拿著相機走過時，這幾條魚以為有東西吃，所以爭得你死我活，結果卻什麼都沒有。想一下我們是否曾經這樣？狠狠地跟別人鬥爭，到頭來卻一無所得。

「需要」和「想要」的分別，相信大家也很清楚。曾經聽過一位西方女眾的分享，她在櫥窗裡看見一個名牌手提包時，馬上問自己，是需要還是想要呢？當時她就說：「我當然需要，沒有它我不能生存下去的！」她當時是真的這麼想的，但事後才知道，自己被渴望擁有的貪慾騙了卻察覺不到。

As I passed this pond holding my camera, the fish began to fight for the food they thought I was carrying. I had no food, so they got nothing at all. In our own lives, have there been any instances where we have fought very hard with others, only to gain nothing in the end?

As we all know, there is a difference between needs and wants. During a retreat, I heard a western woman sharing her experience about a luxury handbag she saw in a display window. She asked herself whether this was a need or want, and simply answered, "Of course I need it. I can't live without it!" She was driven by the desire for possessions and could not realise it.

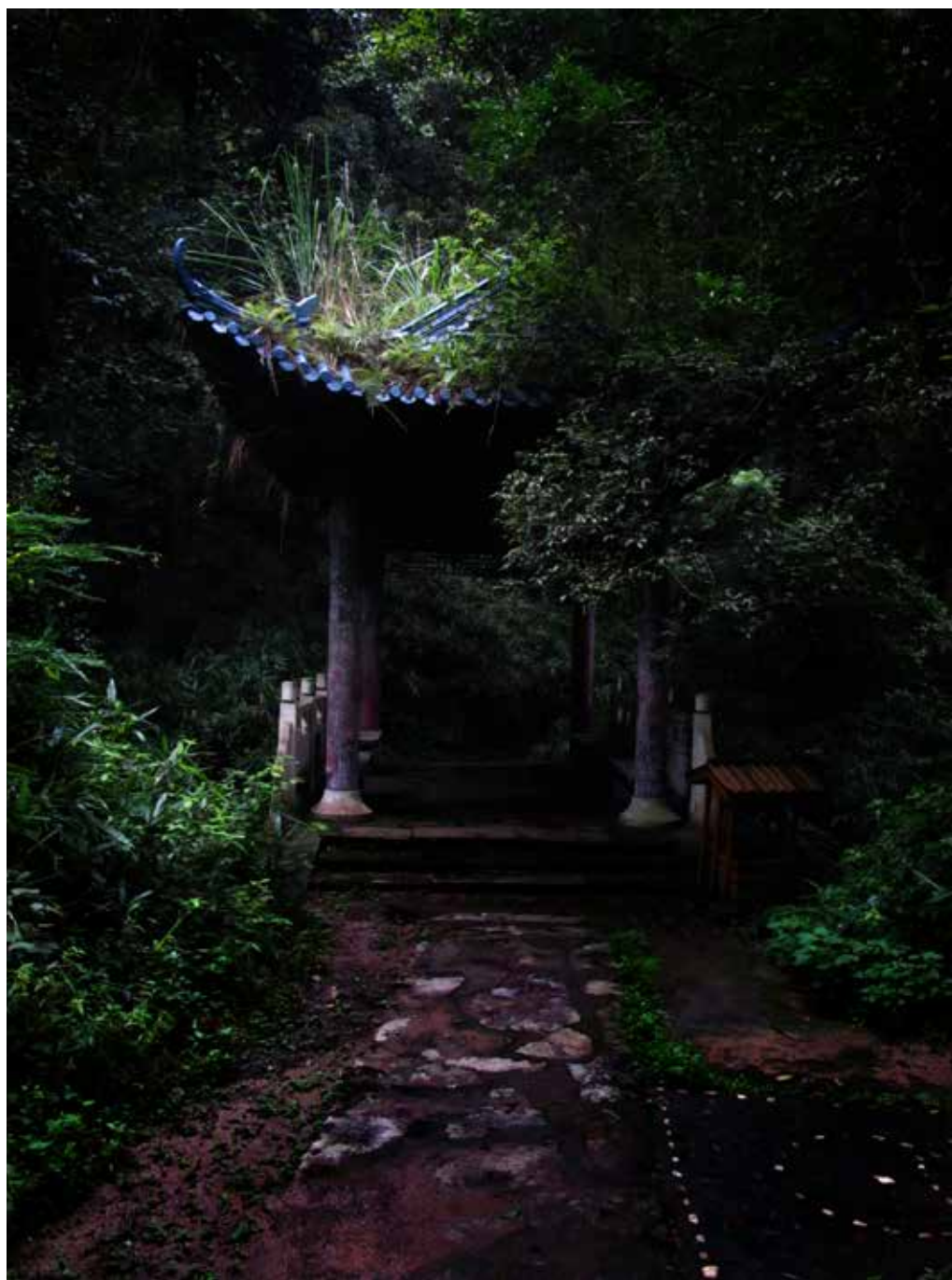
小時候，幸福是一件簡單的事；
長大了，簡單是一件幸福的事；

When we are young, happiness is simple;
when we grow up, simplicity is happiness

這兩句話在Facebook貼出來，一定會有很多人讚；不過大家在讚歎時，有多少人會真正嘗試令自己生活得簡單一點呢？樹上簡單的一片枯葉，已經吸引了我去欣賞。

If we post this phrase on Facebook, we will gain a lot of likes. However, after the likes, how many people will really try to live life the simple way? For me, a withered leaf on a tree is simple enough to trigger my appreciation.





不要凡事都分好壞、是非、對錯；
重要的不是事情的表面現象，
而是做事時的起心動念

Don't differentiate everything between good or bad,
true or false and right or wrong.
What matters is the root of intention,
rather than merely the appearance

任何事都要分是非對錯，是製造煩惱的根源。大家不妨弄清楚，做事時自己內心真正的想法是什麼，不要太衝動看到別人做就跟著做。當然這需要一個覺察能力，需要禪修練習才容易做到。

The root of worries lies in the constant differentiation of right from wrong. However, it may be helpful if we follow our own mind rather than following others blindly. This of course requires the awareness achieved through Zen practice.

知道
不如
做到

Knowing is not as good as fulfilling

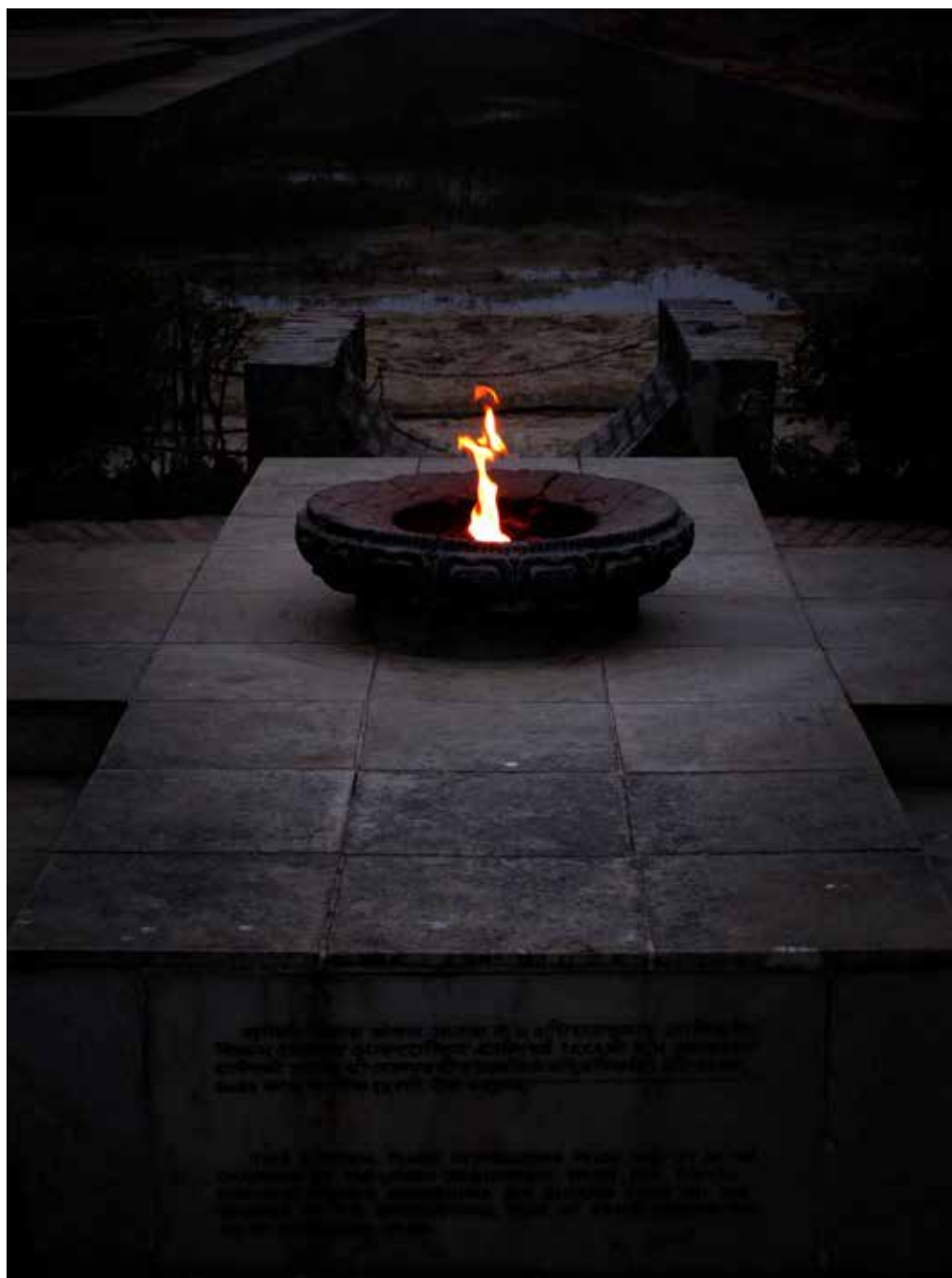
這很簡單，不要「講就天下無敵，做就有心無力」。只懂把道理聽和講，就像只懂欣賞餐牌內的菜式。必須要在生活中實踐，我們才能真正嚐到食物的美味。

我常常覺得，樹葉就是因為會枯萎，才顯得出它的生命力。

This is simple, don't be "invincible when we talk, but powerless when we act". Those who are only capable of listening and passing on theories, but fail to practice, will be just like those who appreciate the menu but fail to enjoy the great taste of the food itself.

Leaves may eventually wither and dry out, but that is how they demonstrate their life energy.





修行要不斷練習，
把它變成習慣，再進入潛意識內

Zen meditation can only become habit
through constant practice,
until it merges into your subconscious

那怎樣才能做到呢？你要立即開始愛上修行，在生活中持續練習；就像這朵藍毗尼園內的火，假如不經常補充燃料，就會很容易熄滅。

How can this be achieved? We should be passionate about Zen meditation and keep practicing in our daily lives. Just like the fire burning in Lumbini, the birthplace of the Buddha, it will extinguish if you stop fueling it regularly.

修行寧可短，不可斷

Practicing Zen meditation can be short but not interrupted

人本性好逸惡勞，做事情耐力不夠時，就會有很多藉口。在生活中修行，提升自己的覺察能力，是需要每天持續練習的，就像蠟燭一根點燃另一根，其間中斷的話，往往就很難繼續下去。

Humans were born to be indolent. When our endurance runs short, we can come up with a lot of excuses. Hence, we should practice Zen meditation in our daily lives to improve our awareness. Just like lighting candles one after another, once interrupted, the process will not be able to continue.





都是生命中的
最好的一切
安排，

Every outcome is the best possible outcome

在美國紐約碧巖寺禪修時，一天黃昏經過禪堂門前的蓮花池，剛好陽光只落在前面的一組蓮花上，令主題非常突出。

其實很多事情都是因緣和合，不是你個人的力量可以改變的。如果接受了一切都是最好的安排的話，即是說對任何事情，都懂得改變心態去積極面對，生命的質素就不一樣了。

While attending a meditation retreat at Blue Cliff Temple in New York, I came across a lotus pond in front of the meditation hall. The sunlight happened to shine on a group of lotuses, and they stood out incredibly.

In life, most arrangements are due to cause and condition, and are truly beyond one's control. Once you accept the fact that every outcome is the best possible outcome; in other words, to adopt a positive attitude and learn from every experience; the quality of your life will be very different.



我經常舉一個例子，比如有一杯喝了一半的水，可以有兩種態度來看：一個就是「真好，我還有半杯水！」，另外一個就是「慘了，我只剩下半杯水！」一個是積極的看法，一個是消極的看法，但現實並沒有改變，這半杯水還是半杯水，重要的是我們怎樣選擇，接下來的日子是想開心自在，還是每天憂心煩惱呢？

I always use the "glass half full" proverb. There are two approaches toward it - one, "Terrific, I still have half glass of water!", and two, "Oh no, I only have half a glass of water left!" The former attitude is positive while the latter is pessimistic. Although there are many circumstances beyond our control, it is always our own choice whether to be happy or miserable about it.

Epiphyllum

曇花
一現

我們寺院裡的曇花，今年開過幾次了。這張照片是找來一位朋友，幫忙拿著手電筒從後面逆光照著而拍成的。為什麼要強調逆光呢？因為如果是正光照的話，花朵不會這麼通透；所以不是所有事情都是順境才好，逆境可以令你的生命更加立體。

人家說「曇花一現」，是形容時間短暫，稍縱即逝；其實曇花從開花到凋謝之間，還是有幾個小時的，那這樣的時間算不算短暫呢？人的一生數十寒暑，又算不算稍縱即逝呢？其實時間的長短，完全視乎人的心念，不管我們怎麼想，時間都是繼續流走，開心和不開心，最終都會過去。

A pot of Epiphyllum in our temple had blossomed several times this year. This was photographed with a friend pointing a torch towards the back of the flower. Backlight is important to achieve this three-dimensional, transparent effect. If the light had been from the front, this effect could not be achieved at all. Likewise, success without obstacles may not greatly benefit you, but adversity can make your life fulfilled.

People often say that the Epiphyllum blossoms only in a flash of time. In reality, it blossoms for several hours; is that time really short? We should then ask ourselves, do our lives also happen in a flash of time? The concept of whether life is long or short, happy or sad, is purely determined by one's mind.



第二天早上起來，昨晚曾經盛放的曇花已經凋謝，「落紅不是無情物，化作春泥更護花」，一期生命的暫時完結，還可以幫助下期生命的重新開始，因此生命的重點不在能活多久，而在活得是否有意義。

The Epiphyllum withered away the next morning. A Chinese poet stated, "The fallen flower is not ruthless, it has simply transformed into a fertilizer for more flowers to blossom in the coming Spring". This shows that the termination of one generation is not a dead end, but instead a new start for the next generation. Hence, what really matters is the meaning rather than the longevity of life.



幻象

還是幻象

釋常霖

Illusions are Illusions

Ven. Chang Lin



這張照片模仿了百多年前濕版攝影的效果，所以服裝造型上也懷舊一點。整個製作過程用了不少時間，但是大家都樂在其中。不管做任何事情，在過程中都要盡情投入，儘管玩也要玩得認真，才真正地活在當下。

這八位不是常霖法師的徒弟，而是葉青霖的攝影徒弟，因為這八個人暫時都不是佛教徒。可以看到不論葉青霖還是常霖法師的教法，都不會強迫跟他學習的人要和他一樣，不然這八個人都要把頭髮剃掉出家了。

青霖八徒（葉青霖攝影教學團隊）

／ AYPT (Alain Yip's Photography Teaching Team)

This photo simulates the early collodion wet plate process of the past era. To match the theme, we decided to wear vintage clothing. The entire process took quite a while to finish, but we all enjoyed it thoroughly. No matter what you are doing, you should by all means devote yourself to it. That is the true meaning of "living in the moment".

The eight people in the back of the photo are not the disciples of monk Chang Lin; rather, they are apprentices of photographer Alain Yip. As you can see, my approach to teaching is not to push anyone to follow in my own path. Otherwise, these eight people would have shaved their heads and become monastics now!



葉青霖

Alain Yip / 2005

VS

最後，問一下大家，哪裡不是修行的好地方呢？我出家之前對於深山修行是很嚮往的，出家以後再回到繁華的鬧市，見山還是山，周圍都有佛法，四處都有禪機，重要的是自己的心態。

Last but not least, is there any place not suitable for Zen meditation? Before becoming a monk, I was fascinated by the idea of practicing Buddhism in the mountains. After coming back to live as a monastic within the hustle and bustle of the city, the mountain still remains the mountain. Buddhism can exist anywhere when we understand our minds.



釋常霖 Ven. Chang Lin / 2014

在生活中禪修

Zen practice in our daily life

禪修不一定指在禪堂裡打坐，如果生活中做任何事情，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 doesn't necessarily mean we have to sit inside a meditation hall. If we can be aware of what we're doing in every moment without being distracted, then we are practicing in the correct way.

Sitting meditation is a very good practice. We don't have to sit for too long when we first start. Just relax & practice continuously. If one can practice sitting meditation every morning after waking up & every night before sleeping, both body and mind will benefit.

很感謝大家購買這本書，間接支持了我們接下來為香港人舉辦「身心兩相安·千人禪修2015」活動的經費。你不會因為看過一次攝影書就會攝影，也不會練習一次禪修就能夠提升覺察能力。很多東西知道道理以後，一定要實踐，過程中，還要多花時間練習。



很多人聽了以後不去做，就算做了又不練習，就覺得「我還是不行的了」，那就真的不行了。希望大家無論學什麼東西，學了以後一定要練習，持續地練習過後，才能掌握當中的技巧。希望大家看完這本書之後，真的在生活當中觀察一下自己可以做到多少。

總而言之，修行要不斷練習，把它變成習慣，再進入潛意識內；寧可短，不可斷！

I would like to sincerely thank you for buying and reading this book, as all proceeds will go to supporting the upcoming “At Ease With Body & Mind – Zen Meditation with One Thousand People 2015” event held in Hong Kong.

Remember, reading one photography book doesn't mean you immediately know how to take photos; likewise, one meditation practice will not fully raise your awareness. One can master these skills only through continuous practice.

Unfortunately, people often fail to keep practicing what they have learned and eventually give up. I hope that all of you can continue to practice Zen meditation, until you can master the technique and merge it with your subconscious.

Always remember; practice is better short, than interrupted.

每張照片都是一個 **幻·象**
Every Photo is an **Illusion**

從葉青霖到釋常霖
From a Photographer to a Monk

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