

# The Myingyan Sun Lun Lineage: A Brief Introduction

## 敏建孙伦寺传承法脉简介

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ကျေးဇူးရှင် စွန်းလွန်းဂူကျောင်း ဆရာတော်ကြီး ဦးကဝိ

# 孙伦传承法脉 The Sun Lun Lineage

- **The Sun Lun lineage** is a significant tradition within Theravada Buddhism, originating from Myanmar. This lineage is named after Sun Lun village, near Myingyan Town in central Myanmar, which was the birthplace of the well-known Arahān Sun Lun Sayadaw Gyi U Kavi, born as U Kyaw Din (1878 - 1952).

**孙伦传承法脉**是源自缅甸的南传佛教重要传统。这个传承以孙伦村命名，孙伦村位于缅甸中部的敏建市附近，是著名的阿罗汉孙伦大师，原名乌乔鼎（1878 - 1952）的出生地。

- **Founder of the Sun Lun Vipassanā Meditation method**, the late Arahān Sun Lun Sayadaw Gyi U Kavi of Myingyan, was a well-known Great Arahān who attained Arahantship through great effort and mindfulness.

**敏建孙伦大师**是孙伦毗婆舍那内观禅修法的创立者，是一位以强大的精进及正念，最终达至阿罗汉果位的著名大阿罗汉。

# 孙伦大师 Sun Lun Sayadaw Gyi U Kavi

## Sun Lun Sayadaw Gyi U Kavi achieved significant milestones:

- Started practicing Ānāpāna Vipassanā meditation in June 1920.
- On 12<sup>th</sup> August 1920, at around 10pm, he attained the Sotāpatti Magga (First Stage) and became a Sotāpanna (Stream-Winner).
- On 11<sup>th</sup> September 1920, at around 10pm, he attained the Sakādāgāmi Magga (Second Stage) and became a Sakādāgāmi (Once-Returner).
- On 10<sup>th</sup> October 1920, at around 10pm, he attained the Anāgāmi Magga (Third Stage) and became an Anāgāmi (Non-Returner).
- After attaining the Anāgāmi Magga, he became a Sāmaṇera (Novice Monk).
- On 9<sup>th</sup> November 1920, at around 10pm, he attained the Arahanta Magga (Fourth Stage) and became an Arahanta (the Noble One).

## 孙伦大师取得的重大成就:

- 从1920年6月开始修习安那般那法及毗婆舍那内观禅修法。
- 于1920年8月12日，晚上大约十时，证得初果须陀洹，成为须陀洹圣者（入流者）。
- 于1920年9月11日，晚上大约十时，证得二果斯陀含，成为斯陀含圣者（一还者）。
- 于1920年10月10日，晚上大约十时，证得三果阿那含，成为阿那含圣者（不还者）。
- 在成为阿那含圣者后，出家成为沙弥。
- 于1920年11月9日，晚上大约十时，证得四果阿罗汉，成为阿罗汉圣者（应供无学圣者）。

# 真佛子 A True Son of the Buddha



Photo of Sun Lun Sayadaw Gyi U Kavi  
孙伦大师慈容

- **After attaining the stage of Arahant**, Sun Lun Sayadaw Gyi U Kavi's mind was free from impurities and could be referred to as a Senior Disciple or a True Son of the Buddha. Afterwards, he was promoted to a Bhikkhu with precepts.

证得阿罗汉果后，孙伦大师的内心远离尘垢，堪称为一位上首弟子或真佛子。之后，他成为具戒比丘。

- **Over the next thirty-one years**, he guided his devoted followers in practicing his Vipassanā Meditation method and led them along the path to Nibbāna.

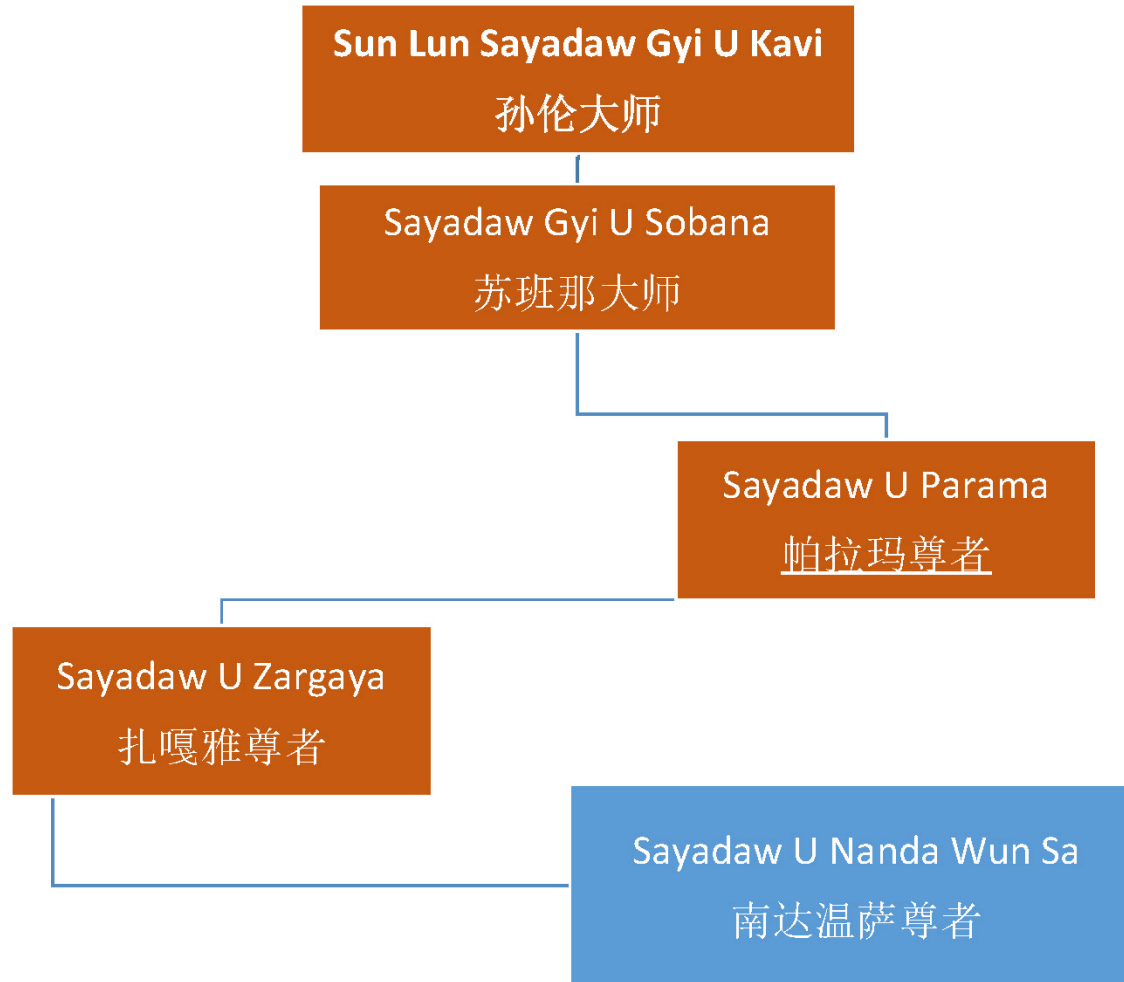
在之后的三十一年中，孙伦大师指导善信们修习他创立的内观禅法，并在通向涅槃的路上引领他们前进。

- **Founded** the Myingyan Sun Lun Monastery. 创建敏建孙伦寺。
- **Was** the first generation abbot of Myingyan Sun Lun Monastery. 曾经是敏建孙伦寺的首任主持尊者。
- **Entered** Parinibbāna at 4:55 pm on 17<sup>th</sup> May 1952 in Myingyan Sun Lun Monastery. Buried inside the Myingyan Sun Lun Monastery.

孙伦大师于1952年5月17日下午4时55分，于敏建孙伦寺入般涅槃。其遗体也安葬于此寺院。

# 传承示意图

# Inheritance diagram



# 敏建孙伦寺

# Myingyan Sun Lun Monastery



## Address of Myingyan Sun Lun Monastery

### 敏建孙伦寺地址：

Sun Lun Gu Kyaung Street,  
16th, Quarter,  
Myingyan Township,  
Mandalay Region, Myanmar

缅甸曼德勒地区，敏建市第十六区，孙伦古酱路。

**The Myingyan Sun Lun Monastery** was founded by Sun Lun Sayadaw Gyi U Kavi. It's the origin of Sun Lun inheritance.

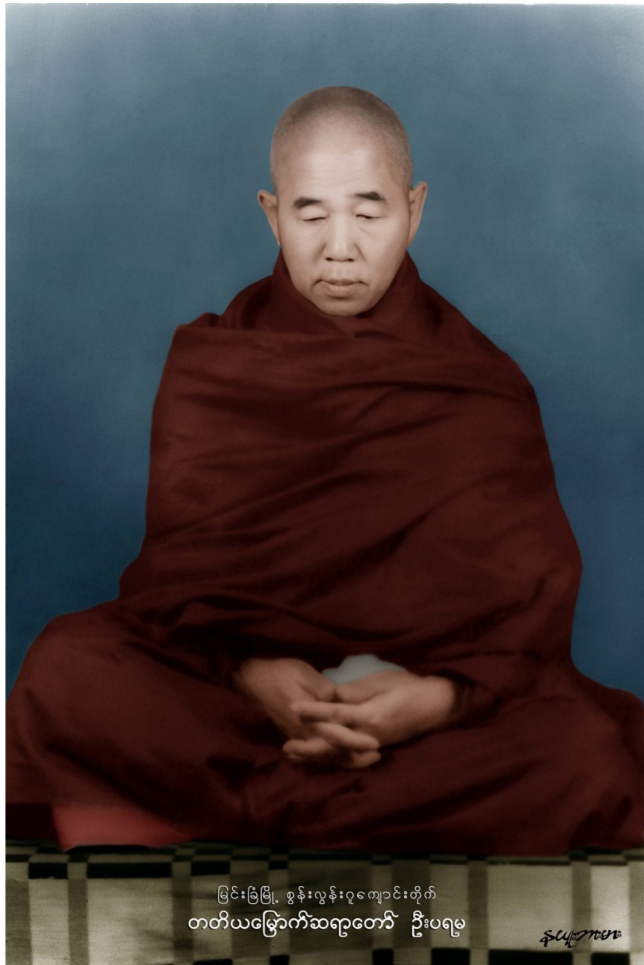
**敏建孙伦寺**由孙伦大师创建，是孙伦传承的起源地。

# 苏班那大师 Sayadaw Gyi U Sobana



- **Born** on 2<sup>nd</sup> August 1898. (出生于1898年8月2日)
- **Became** a monk on 16<sup>th</sup> February 1918. (于1918年2月16日成为比丘)
- **Studied** at a school of Buddha literature for monks. (曾于僧侣佛典学校学习)
- **Learned** the practice of Sun Lun Vipassanā Meditation from Sun Lun Sayadaw Gyi U Kavi. Served as the assistant to and took care of him. (从孙伦大师那里学习了孙伦禅修法的实践。成为其侍者且照顾他)
- **Along with** Sun Lun Sayadaw Gyi U Kavi, preached the teachings of Sun Lun Vipassanā Meditation. (与孙伦大师一起传播孙伦禅修法)
- **Was** the second-in-charge Sayadaw who presided over the erection of Gandhakuti Samsarā Aye Pagoda. (是负责建造刚达库提轮回阿耶塔的副主持尊者)
- **Was** the second generation abbot of Myingyan Sun Lun Monastery. (曾经是敏建孙伦寺的第二任主持尊者)
- **Entered** Parinibbāna on 16th July 1983 at 9:35 am in his monastery. His body was supple and peaceful. (于1983年7月16日上午9:35，于其寺院，即敏建孙伦寺，入般涅槃。其遗体柔软平静)
- **Buried** inside the small stupa in the Myingyan Sun Lun Monastery compound. (被安葬于敏建孙伦寺内的小佛塔中)

# 帕拉玛尊者 Sayadaw U Parama



- **Was** the third generation abbot of Myingyan Sun Lun Monastery.  
(曾经是敏建孙伦寺的第三任主持尊者)
- **Taught** Sun Lun Vipassanā meditation to yogis in Myanmar.  
(向缅甸的众多禅修者教授孙伦毗婆舍那禅修法)



# 扎噶雅尊者 Sayadaw U Zargaya



- **Was** the fourth generation abbot of Myingyan Sun Lun Monastery.  
(曾经是敏建孙伦寺的第四任主持尊者)
- **Taught** Sun Lun Vipassanā meditation to yogis in Myanmar.  
(向缅甸的众多禅修者教授孙伦毗婆舍那禅修法)

# 南达温萨尊者 Sayadaw U Nanda Wun Sa



- **Born** on 3rd June 1972 in North Okkalapa Township, Yangon Region.

（1972年6月3日出生于仰光镇）

- **Took** holy orders under guidance and leadership of the third Venerable Sayadaw Gyi U Parama, at Ariya Ordination Hall, in Myingyan Sun Lun Monastery, on 16<sup>th</sup> October 1991.

（1991年10月16日，于敏建孙伦寺，由寺院第三任主持，帕拉玛尊者授俱全戒，成为比丘）

- **Is** the fifth generation abbot of Myingyan Sun Lun Monastery.

（现任敏建孙伦寺的第五任主持尊者）

# 领导者合影 Photo of the leaders

- **Sayadaw U Nanda Wun Sa**, and some members of the Trustee of Myingyan Sun Lun monastery. (南达温萨尊者和敏建孙伦寺受托人理事会的一些成员。)



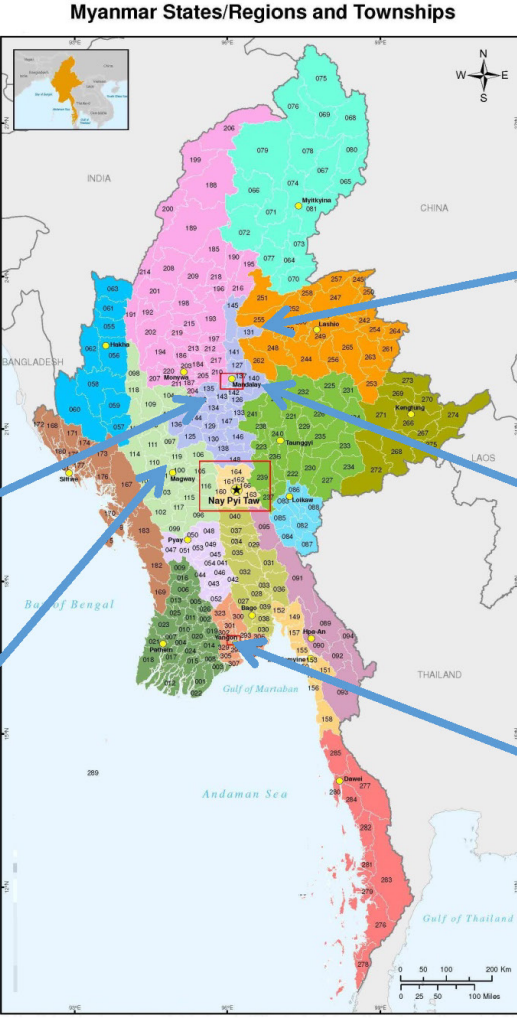


# 孙伦寺群位置

# Locations of Sun Lun monasteries

## Locations of Kabar Aye Sun Lun Monasteries and Myingyan Sun Lun Monastery

卡巴耶孙伦寺院群及敏建孙伦寺位置



Myingyan Sun Lun Monastery  
敏建孙伦寺

Moe Goke  
Sun Lun Monastery  
莫谷孙伦寺

Pyin Oo Lwin (May Myo)  
Sun Lun Monastery  
宾乌伦 (眉缪) 孙伦寺

Kyauk Padaung  
Sun Lun Monastery  
加巴当孙伦寺

Kabar Aye Sun Lun Monastery  
卡巴耶孙伦寺



**U Kavi's Stupa (Samsāra Aye Pagoda)**  
孙伦大师舍利塔（轮回阿耶塔）

- **Sayadaw Gyi U Sobana** gave Sayadaw Gyi U Wara an authority to publish Sun Lun Sayadaw Gyi U Kavi's biography.  
(苏班那大师授权华那大师出版孙伦大师传记。)
- **Sayadaw Gyi U Wara** was added as an administrator for Myingyan Sun Lun Monastery and Sun Lun Sayadaw Gyi U Kavi's Stupa (Samsāra Aye Pagoda).  
(华那大师被任命为敏建孙伦寺和孙伦大师舍利塔，即轮回阿耶塔的管理员。)
- **Sayadaw U Pyinnar Win Sa**, the abbot of Kabar Aye Sun Lun Monastery, has inherited the above duties in 2022.  
(卡巴耶孙伦寺的方丈，宾尼亚温萨尊者，于2022年继承了上述这些职责。)

## Statement 声明

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Touch Awareness Mindfulness  
触 觉知 正念