

Calligraphy Meets Philosophy

Talk 1

KS Vincent POON
(潘君尚)

尚語
第一話



Calligraphy Meets Philosophy

Talk 1

尚語

第一話

KS Vincent POON (潘君尚)



The SenSeis

First Edition
Aug 2022

Published by
The SenSeis 尚尚齋
Toronto
Canada
www.thesenseis.com
publishing@thesenseis.com

ISBN 978-1-989485-30-9

Cover
Kanazawa Shinise Memorial Hall
金澤市老舗紀念館
Kanazawa Japan

All Rights Reserved
© 2022 The SenSeis

In Loving Memory of My Beloved Mother

Pui Luen Nora TSANG(曾佩鑾)

Table of Contents

Introduction	5
<i>Heart Sutra</i> (《般若波羅蜜多心經》)	
Calligraphy	8
Translation	10
Remarks	13
Footnotes	14
<i>Great Learning</i> (《大學》)	
Calligraphy	18
Translation	23
Remarks	38
Footnotes	39
<i>Revisions to “An English Translation and the Correct Interpretation of Laozi’s Tao Te Ching”</i>	45
<i>Zhuangzi - The Secret of Caring for Life</i> (《莊子•養生主》)	
Calligraphy	52
Translation	54
Remarks	55
Footnotes	60

Calligraphy Meets Philosophy

Introduction

(I)

Content is the soul of an artwork.

Thus, catching the soul of Chinese calligraphy requires understanding the literary contents. To facilitate this, the *Calligraphy Meets Philosophy* series presents traditional Chinese calligraphy alongside line-by-line translated texts with remarks and footnotes.

(II)

Traditional Chinese calligraphy is not just about physical aesthetics. The art is also a reflection of one's temperament, charisma, refinement, and philosophies⁽¹⁾. Literary contents scribed by calligraphers thus play a significant role in the art and should never be overlooked. Indeed, *Lanting Xu* (《蘭亭序》), the most renowned piece of calligraphy in Chinese history, is not only praised for its aesthetics but also for its literary content⁽²⁾.

(III)

Calligraphy Meets Philosophy – Talk 1 (《尚語•第一話》) includes three calligraphic works and their translations: *Heart Sutra* (《般若波羅蜜多心經》), *Great Learning* (《大學》), and *Zhuangzi - The Secret of Caring for Life* (《莊子•養生主》). It also includes *Revisions to “An English Translation and the Correct Interpretation of Laozi’s Tao Te Ching”*.

(IV)

This book could not have been published without the help of my father, Dr Kwok Kin POON (潘國鍵博士). I sincerely thank his priceless advice in my translations throughout the series. His unwavering support and tutelage have always been the chief drivers of my passion for learning and transmitting traditional Chinese calligraphy and culture.

Knowledge is never pursued alone.

KS Vincent Poon
August 2022, Toronto

Footnotes

(1). 梁披雲主編,《中國書法大辭典》. Guangdong: 廣東人民出版社, 1991, p.73.

(2). KS Vincent Poon & Kwok Kin Poon, *English Translation of Classical Chinese Calligraphy Masterpieces*. Toronto: The Sen-Seis, 2019, p.43.

Heart Sutra

(《般若波羅蜜多心經》)

Calligraphy

Calligrapher (書者): KS Vincent Poon (潘君尚)

Content (內容): *Heart Sutra* (《般若波羅蜜多心經》)

Style (字體): Small Standard Script (小楷)

Caption (款識): 般若波羅蜜多心經潘君尚沐手敬書 (*Heart Sutra*, KS Vincent Poon scribed with due respect and cleansed hands)

Seal Inscription (鈐印): 君尚 (朱文) (Kwan Sheung, red characters), 潘氏 (白文) (The Surname of Poon, white characters)

Medium (材料): Ink on Xuan paper (紙墨水本)

Size (尺寸): 66 X 35cm

Year (年份): 2020

觀自在菩薩行深般若波羅蜜多時照見五蘊皆空度一切苦厄舍利子
色不異空空不異色色即是空空即是色受想行識亦復如是舍利子是
諸法空相不生不滅不垢不淨不增不減是故空中無色無受想行識無
眼耳鼻舌身意無色聲香味觸法無眼界乃至無意識界無無明亦無無
明盡乃至無老死亦無老死盡無苦集滅道無智亦無得以無所得故菩
提薩埵依般若波羅蜜多故心無罣礙無罣礙故無有恐怖遠離顛倒夢
想究竟涅槃三世諸佛依般若波羅蜜多故得阿耨多羅三藐三菩提故
知般若波羅蜜多是大神咒是大明咒是無上咒是無等等咒能除一切
苦真實不虛故說般若波羅蜜多咒即說咒曰揭諦揭諦波羅揭諦波羅
僧揭諦菩提薩婆訶

般若波羅蜜多心經潘君尚沐手敬書



Translation

Note: The original Chinese and its sentence arrangement follow the 《大明太祖高皇帝御製般若心經 (Heart Sutra: An Imperial Rendition by Emperor Taizu of the Great Ming Empire)》⁽¹⁾. Specialized terms in Buddhism are imported from renditions by Edward Conze⁽²⁾ and the Ven. Dharma Master Lok To (樂渡長老)⁽³⁾.

般若波羅蜜多心經

Heart Sutra

1. 觀自在菩薩，行深般若波羅蜜多時，

When the Bodhisattva Avalokiteśvara (觀自在菩薩)⁽⁴⁾ ruminated wisely and deeply (行深)⁽⁵⁾ to reach the state of Prajna Paramita (般若波羅蜜多, the Perfection of Transcendent Wisdom),

2. 照見五蘊皆空，度一切苦厄。

He perceived and understood (照見) that all Five Skandhas (五蘊) are of Nothingness (空)⁽⁶⁾, and He vowed to transcend all (度一切)⁽⁷⁾ to depart all anguishes and sufferings (苦厄).

3. 舍利子，

O Sariputra,

4. 色不異空，空不異色；

Form does not differ from Nothingness, and Nothingness does not differ from Form;

5. 色即是空，空即是色。

Form is Nothingness, and Nothingness is Form.

6. 受想行識亦復如是。

The same also applies to feelings, perceptions, volitions and consciousness (行識).

7. 舍利子，

O Sariputra,

Calligraphy Meets Philosophy – Talk 1 (《尚語·第一話》)

Content is the soul of an artwork.

Thus, catching the soul of Chinese calligraphy requires understanding the literary contents. To facilitate this, the *Calligraphy Meets Philosophy* series presents traditional Chinese calligraphy alongside line-by-line translated texts with remarks and footnotes.

Calligraphy Meets Philosophy – Talk 1 (《尚語·第一話》) includes three calligraphic works and their translations: *Heart Sutra (《般若波羅蜜多心經》)*, *Great Learning (《大學》)*, and *Zhuangzi - The Secret of Caring for Life (《莊子·養生主》)*. It also includes *Revisions to “An English Translation and the Correct Interpretation of Laozi’s Tao Te Ching”*.

Kwan Sheung Vincent POON (潘君尚, 1979-)

KS Vincent POON, of Nanhai descent, was born in British Hong Kong and emigrated to Canada with his family at age eight. He completed his BSc with high distinction in Biochemistry and Physics, MSc and BEd degrees, as well as a Certificate of Management at the University of Toronto. At a very young age, Vincent studied and practised traditional Chinese calligraphy and Chinese culture under the careful tutelage of his father, Dr Kwok Kin POON (潘國鍵博士). Not only has he mastered scribing the clerical, cursive, semi-cursive and standard scripts, but he is also adept at translating Chinese to English. He authored various books with his father, which include *A Narrative on Calligraphy by Sun Guoting (《英譯書譜》)*, *English Translation of Classical Chinese Calligraphy Masterpieces (《英譯法書》)*, as well as *An English Translation and the Correct Interpretation of Laozi’s Tao Te Ching (《英譯並正解老子道德經》)*. Independently, he authors the *Calligraphy Meets Philosophy (《尚語》)* series.

潘君尚，原籍南海。生於英治香港，八歲隨父母移民加拿大。畢業多倫多大學 (University of Toronto)，獲生化系一級榮譽理學士、教育學士、理學碩士、商業管理文憑。自幼跟隨父親潘國鍵博士研習中國書法及中國文化，深得父親所傳。隸、草、行、楷四體兼善之外，亦擅長中英翻譯。已出版著述，計有與父親合譯之 *An English Translation and the Correct Interpretation of Laozi’s Tao Te Ching (《英譯並正解老子道德經》)*、*A Narrative on Calligraphy by Sun Guoting (《英譯書譜》)*、*English Translation of Classical Chinese Calligraphy Masterpieces (《英譯法書》)*，及個人專著 *Calligraphy Meets Philosophy (《尚語》)* 系列。

The SenSeis
www.thesenseis.com
publishing@thesenseis.com

ISBN 978-1-989485-30-9



9 781989 485309