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摘要

Su-Shi was a well-known metrist of Sung dynasty. He was born in a family had great belief in religion. Su left the central government to be an officer of many states about forty years. He liked to visit temples in his whole life. So, he had a close relationship with Buddhism. From Su' s literature, we can see that the karma of Su and the temples he visited. The activities of Su in temples including reading, accommodation, traveling, look up monks, appreciation of flowers and paintings, etc. In his exile life, Su try to heal his mind with the help of Zen and Buddhism. Su discussed with monks about dharma that was the alleviation of Su in the period of decrial. From Su' s literature, we can see how the religion gave Su the supporting to comfort his mind.

關鍵字：Su-Shi, Dong-Po, Temple, Abasement, Buddhism