



佛寺规矩

THE TEMPLE'S ETIQUETTE

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阿 弥 陀 佛

是伟大称号

阿弥陀佛历经多生多劫所修的的四十八大愿，现已成了大愿王、佛王、法王、功德王！

释迦牟尼佛说法四十九年，说净土究竟无上大法最精髓的一句就是：“南无阿弥陀佛”。是一句伟大的称号！

这一句佛号，是了生脱死的大手印！这一句佛号，具足一切圆满福德，一切深妙智慧，佛法大海，是究竟的无上大法！

至诚念一句：“南无阿弥陀佛”佛号，能消除八十亿劫生死重罪。佛法八万四千法门，以“阿弥陀佛”为第一！

念一句佛号，包含了一切功德的果实：三藏十二部经论的总藏心、六度万行、禅门一千七百则公案、一切戒律、八万四千恒河沙数、千千万万的修行法门，都为这一句佛号所摄！

念佛一法，乃佛教总持法门。上至文殊、普贤；下根至五逆十恶，地狱众生；甚至临终十念一念，皆得往生；是方便中之方便，究竟中之究竟，万修万人去！



AMITABHA BUDDHA IS THE GREAT NAME

Amitabha Buddha cultivated the Forty-eight Great vows for many lives in many kalpas. Presently He is known as The King of Great Vows, The Buddha King, the Dharma King and The King of Merits and Virtues!

Sakyamuni Buddha had spoken The Dharma for forty-nine years. When He taught us the Pure Land Dharma, He told us to recite Amitabha Buddha's Name, the Great Name that is Ultimate. The Name is the Unsurpassed Dharma, the marrow of Buddhism.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

The Buddha's Name is the Great Seal which liberates living beings from the Samsara of Birth and Death. The Buddha's Name is replete with Perfect Blessings and Virtues, the deep and wonderful wisdom, the Sea-like Buddha Dharma. It is the ultimate, unsurpassed, wonderful Great Dharma!

By sincerely reciting Amitabha Buddha's Name once, it helps us to eradicate heavy offences in eighty billions kalpas of birth and death. Among the eighty-four thousand Dharma Doors, Amitabha Buddha is the foremost!

The Buddha's Name encompasses the fruits of all merits and virtues, the central teaching of the Tripitaka and the twelve cannons of Sutras, the six Paramitas and the millions of myriad practices, the seventeen hundred discussion of the Chan-School, and all the precepts. Indeed the Buddha's Name gathers in the eighty-four thousand Ganges Sands Dharma Doors of Practice.

The Buddha Recitation Dharma is the Dharma Door of Dharanis in Buddhism. This pervasive Dharma Door is practised by Great Bodhisattvas such as Manjushri Bodhisattva and the Universal Worthy Bodhisattva. It also gathers in the living beings of inferior roots who have committed the Five Rebellious Acts and the Ten evil deeds, the beings of the Hells. Even people who can recite the Name once or ten times on their deathbed will attain a rebirth in the Pure Land. So, it is the most convenient Dharma among the expediency, the Ultimate practice amidst the ultimate Dharmas. If millions of people practise this Dharma Door, all of them will be certain of a rebirth!

THE TEMPLE'S ETIQUETTE

Talking about etiquette, there is a cantonese saying which stated: "On entering a temple, pay respect to the spirits. On entering a house, call out to the owner." Every man must cultivate good manners and politeness while interacting with others.

But nowadays, the Buddhist or the visitors know very little about the etiquette and rules of the monasteries.

Mostly, the Abbot and the Dharma Masters are very busy. They have to cultivate the path, recite the Sutras and attend to other Dharma matters. So, it would be impossible for them to explain the etiquette and rules of the monasteries to very layman or visitor.

But it is very important for every Buddhist or visitor to have a basic understanding of the monasteries rules and etiquette.

●佛寺规矩●

谈到佛寺里的规矩，广东人有一句话：“入庙拜神，入屋叫人”这是做人应有的态度和礼貌。

就是现在的佛教徒或非佛教徒的香客，当进入佛寺之前，会有几个懂得佛寺里的一些礼仪与规矩？

通常，佛寺里的主持、法师们都繁忙着修行、念经、或做其他法事，绝不可能对每一个到来佛寺的人——解释应该和不应该的礼仪与规矩！

不过，作为一个佛教徒或香客，最低限度一定要明白佛寺里的礼仪与规矩，这是非常重要的！

阿弥陀佛！

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





进入佛寺里，若遇寺内主持或法师们，应合掌说：“法师，阿弥陀佛！”。回去时也说“阿弥陀佛”而不说“再见！”（阿弥陀佛四字代表一切）。

If we were to meet with the Abbot or the Dharma Master in the monastery, we must put our palms together and say: "Dharma Master, Amitabha Buddha!". Before leaving we must also say: "Amitabha Buddha" instead of "Good bye!". Do pay special attention to this!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

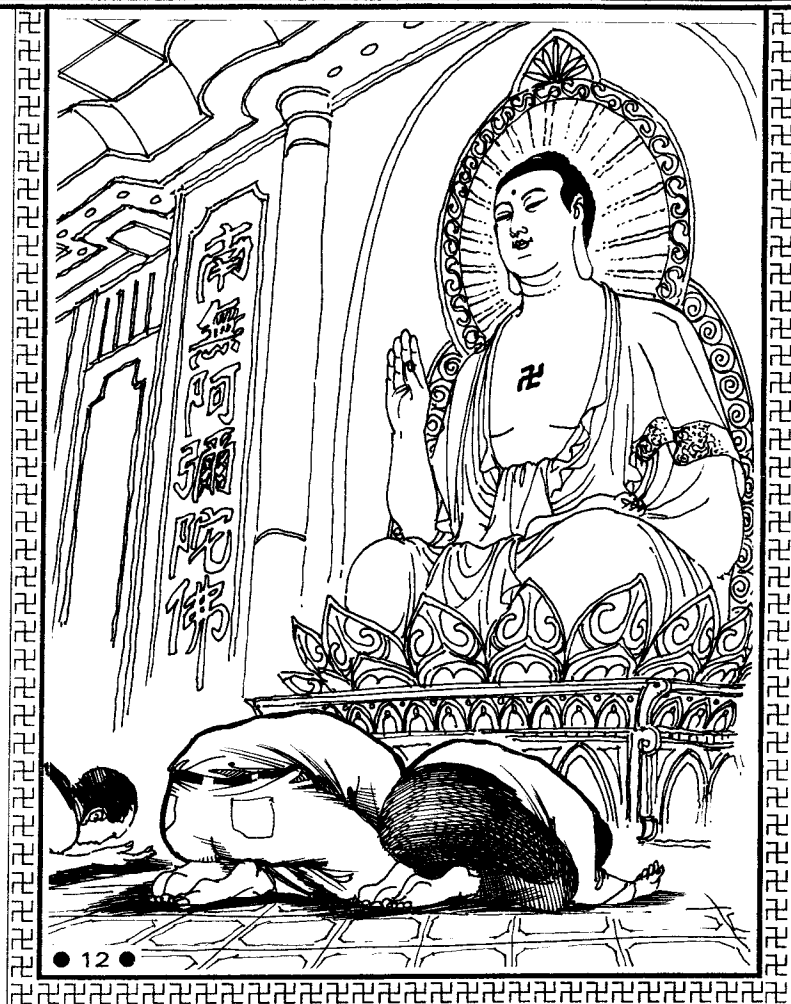




佛寺是佛教的圣地。进入佛寺绝不可以抽烟、穿拖鞋、皮鞋、木屐、口吃东西……否则会污化佛寺清规！

A monastery is a Sagely Way Place in Buddhism. It is not advisable for us to smoke there. Neither should we walk about in slippers, leathered shoes or clog. Nor should we eat the food while walking and throw the remains everywhere. These actions are against the pure rules of the monastery!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





进入佛殿时，佛教徒或香客们，一定要向佛菩萨问讯、顶礼、跪拜，这是礼貌。在佛教徒心中，应该把佛菩萨放在生命的第一位！

The Buddhas and the Bodhisattvas should be of utmost importance in the life of all Buddhists. So, on entering a Buddha Hall, it is very important for the Buddhists or the visitors to pay respect by greeting, making obeisance and bowing to the Buddhas and Bodhisattvas.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

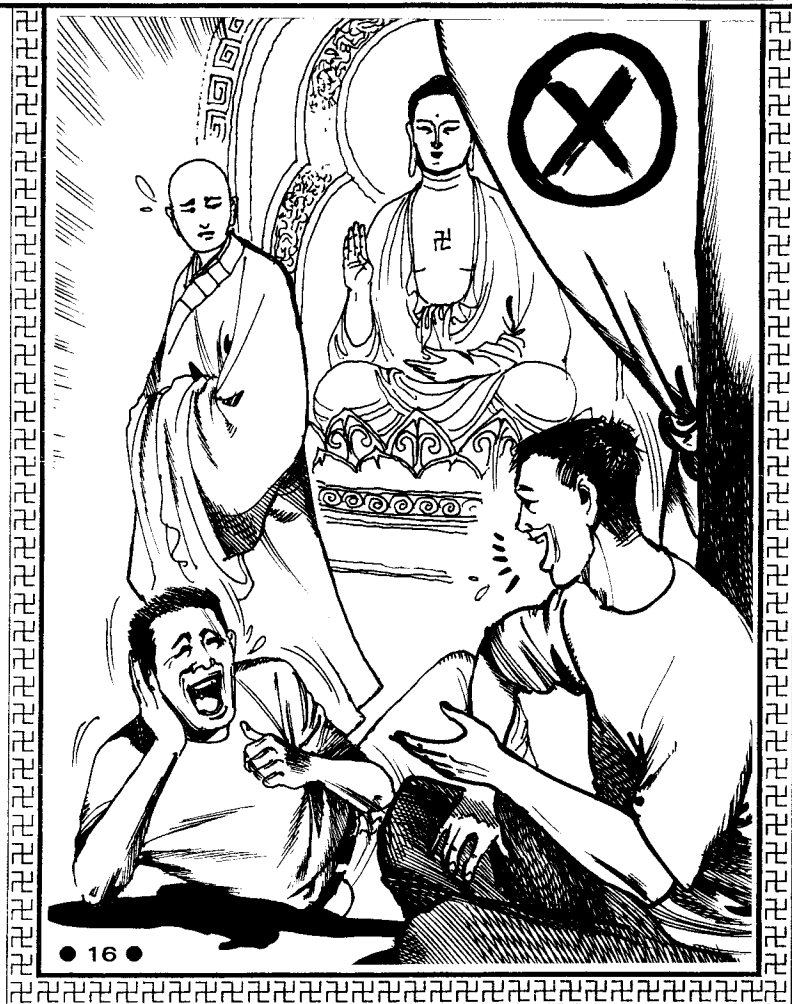




礼佛时要起恭敬心，不可以站在佛殿正中，东张西望，把佛菩萨当作是艺术品看来看去。这样是不恭敬的行为。

A lay disciple is not supposed to stand in the middle of the hall while making obeisance to The Buddhas. It is indeed very rude if they were to treat the images of the Buddhas and Bodhisattvas as art pieces and scrutinize them from all angles!

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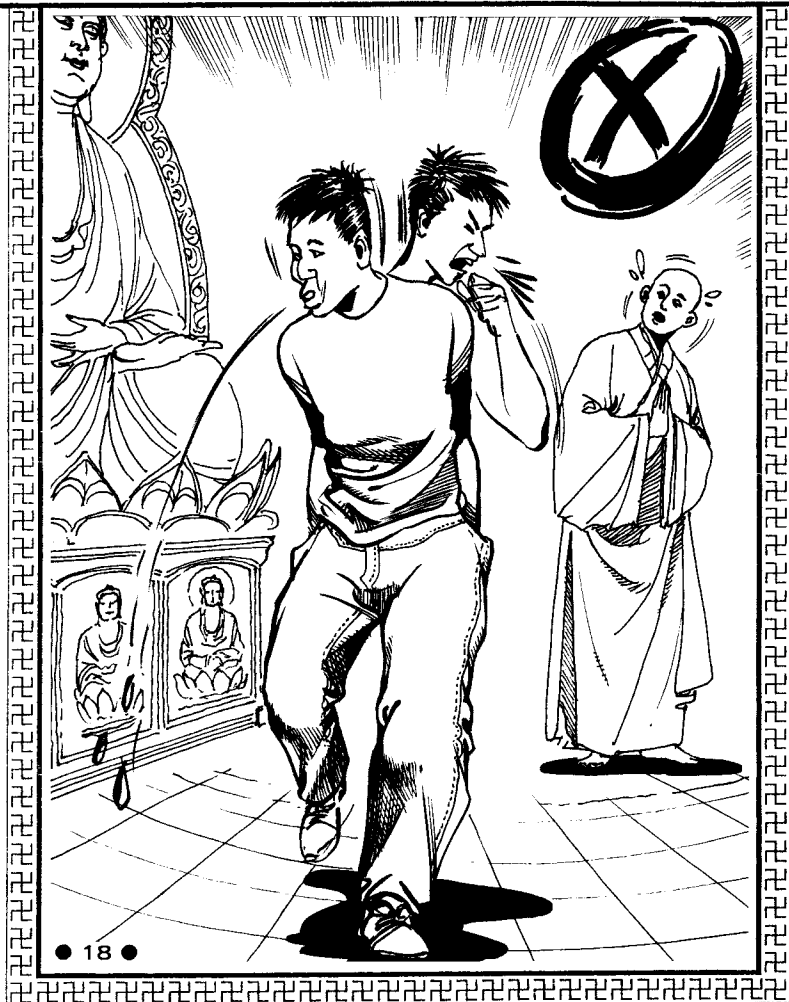




在佛寺的大殿里，是“禁语”的，“不准喧哗”的圣地；但偏偏有人大声谈话、走来走去、东张西望、躺躺卧卧大有人在。这是犯了寺规的呀。

A Buddha Hall is a Sagely Way Place where people must restrain themselves from speaking unnecessarily or making noise. But there are those unruly people who insist on talking loudly, walking about and the worst of all are those simply lie about as they like! These actions are going against the monasteries rules!

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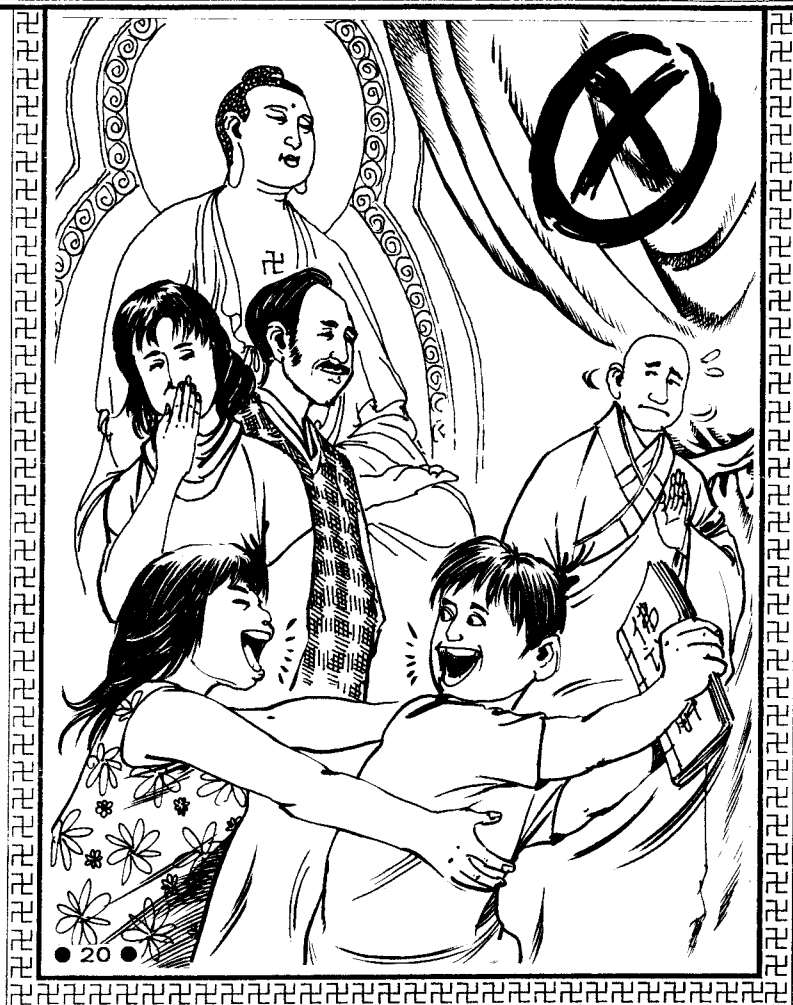


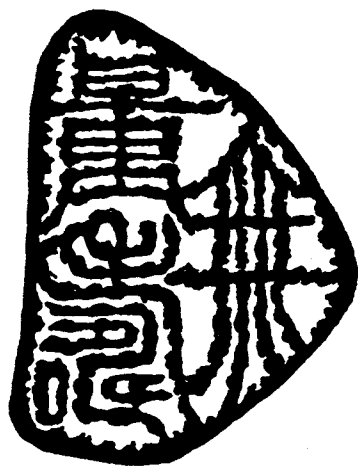


大殿是佛菩萨清净的圣地，有天龙八部护持。随地吐痰将污及圣地，把疾病传播，害及僧宝。这是非常坏的恶习。

The Buddha Hall is a pure dwelling which is guarded and upheld by the Gods, Dragons and the Eight-fold division. People who spit every where are encouraging the spreading of diseases with their unhygienic practices. They are harming the gem of Sanghans and the offenders will fall into hells to undergo the retributions of acute sufferings!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

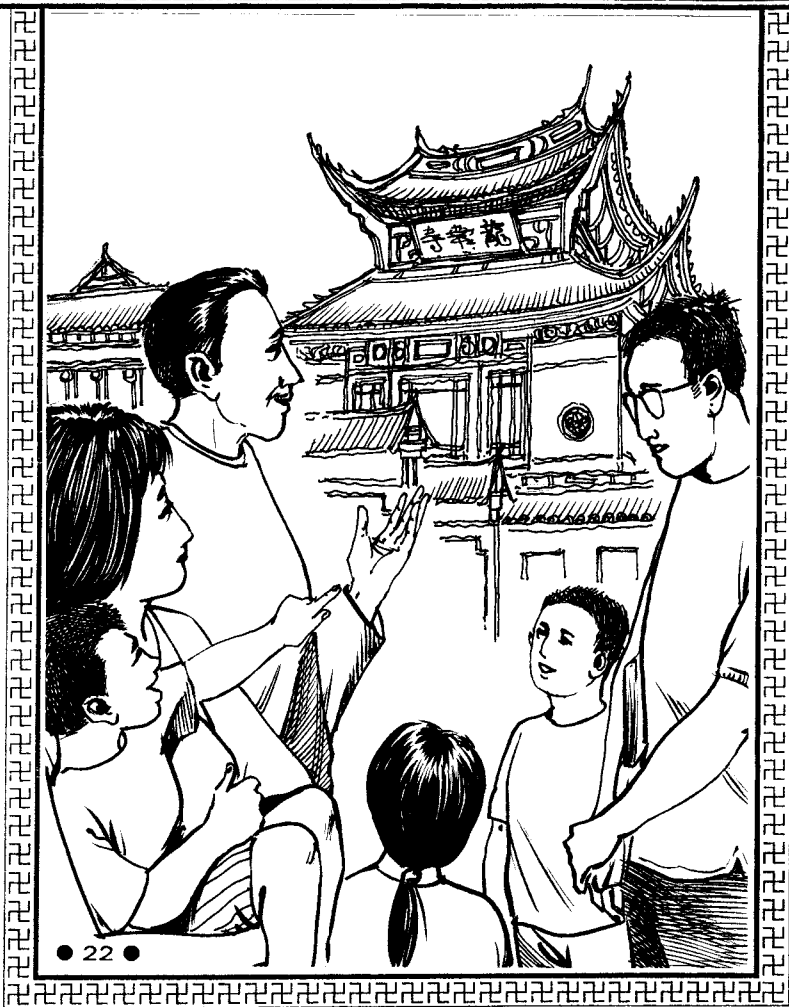




小孩子们喜欢在大殿里东奔西跑，把大殿当作是游戏和玩耍的地方。有时还手多多摸这个摸那个，做为父母的若不严格管教，真是罪过了。

Some children treat the Buddha Hall as their play-ground and enjoy running about there. They would touch whatever things that could be reached. As such, parents are to be blamed for not teaching them the proper conduct!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

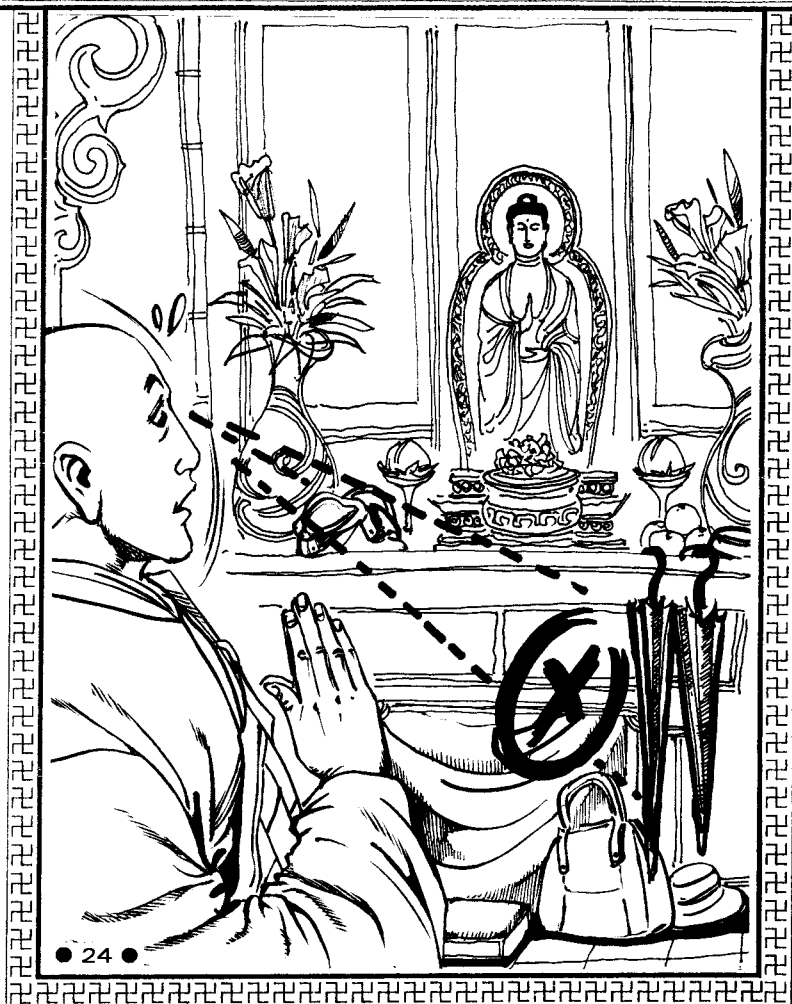




做父母的，应该经常把孩子们带去佛寺，让孩子们多接触佛菩萨，教他们礼佛、诵经，深入佛理。将来长大，懂得怎样孝顺父母。

Parents who know the benefits in practicing the Buddha Dharma should teach their children and youngsters to believe in Buddhism. If possible they should bring them to participate in the Dharma Assembly or listen to Dharma talk. With the guidance of the Buddha Dharma, parents should be most relieved to have filial children who would become good citizens in the society!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

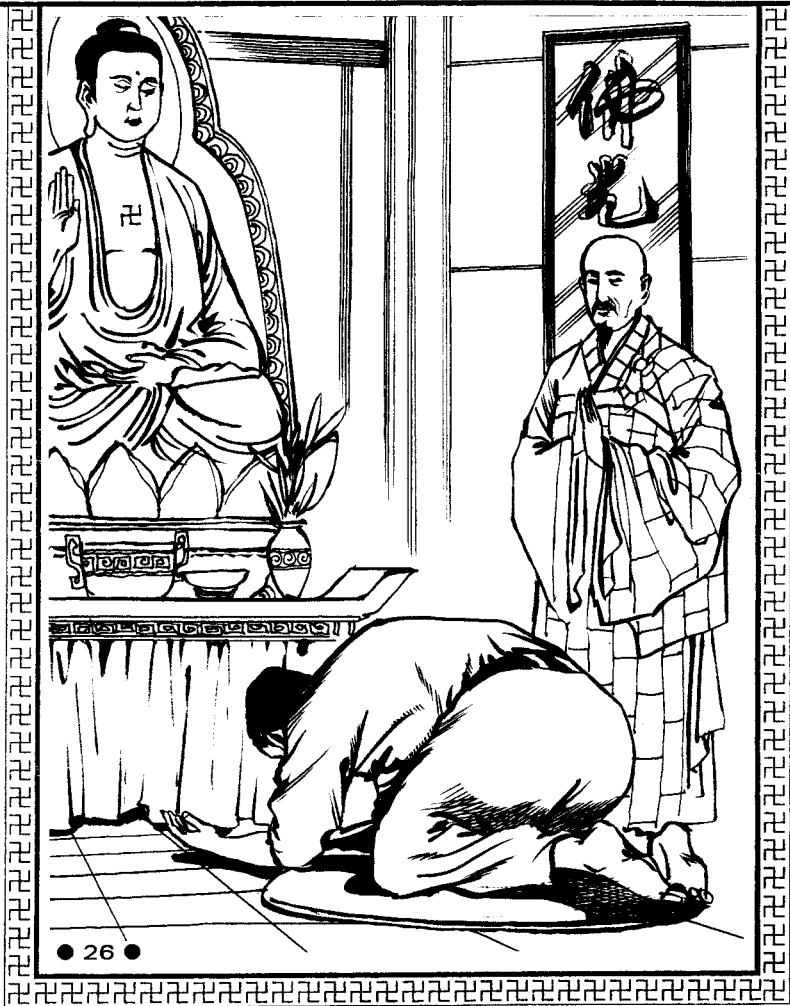




在下雨天，佛友所攜帶的雨伞、雨衣、帽子、手袋及皮包……放在应放的地方才是。千万不可以放在佛台上，这是不对的，要特别留意这点。

It is going against the rules of a monastery if the layman were to place their umbrellas, clothings, hats, handbags, purses and others on the Buddha's offering table. They must place them at a fix place or on the floor!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒在大殿向法师顶礼时，应该面对佛菩萨的方向才对。不可以朝著法师的身体跪拜，这是不合礼仪的！

If we wish to make obeisance to the Dharma Master, we must do so by facing the direction of The Buddhas and Bodhisattvas. We must not bow directly to his body. This is not in accord with the etiquette!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





众善男信女到佛寺拜佛，千万不可以穿迷你裙、背心或短裤，或低胸露背的衣服。这有碍佛堂庄严，有失礼仪了。

The adorned Buddha Hall is an adorned Way Place which must be venerated. The lay disciples must wear properly. It is not advisable to wear mini-skirts, shorts, blouses with very low-cuts or bare-back as such practices are the causes of grave offences!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





在佛大殿礼佛之前，应先整洁身体或洗手。不要让其他的佛友们嗅到你满身的臭汗。记得，礼佛一拜，能灭除八十一劫生死重罪。

We must know that making obeisance is the utmost politeness we can show to the Buddhas. So we should wash our hands and make ourselves clean before bowing to the Buddhas. We must not be careless. If one could sincerely make obeisance to the Buddha for once, offences which are as much as the ganges sands would be eradicated.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

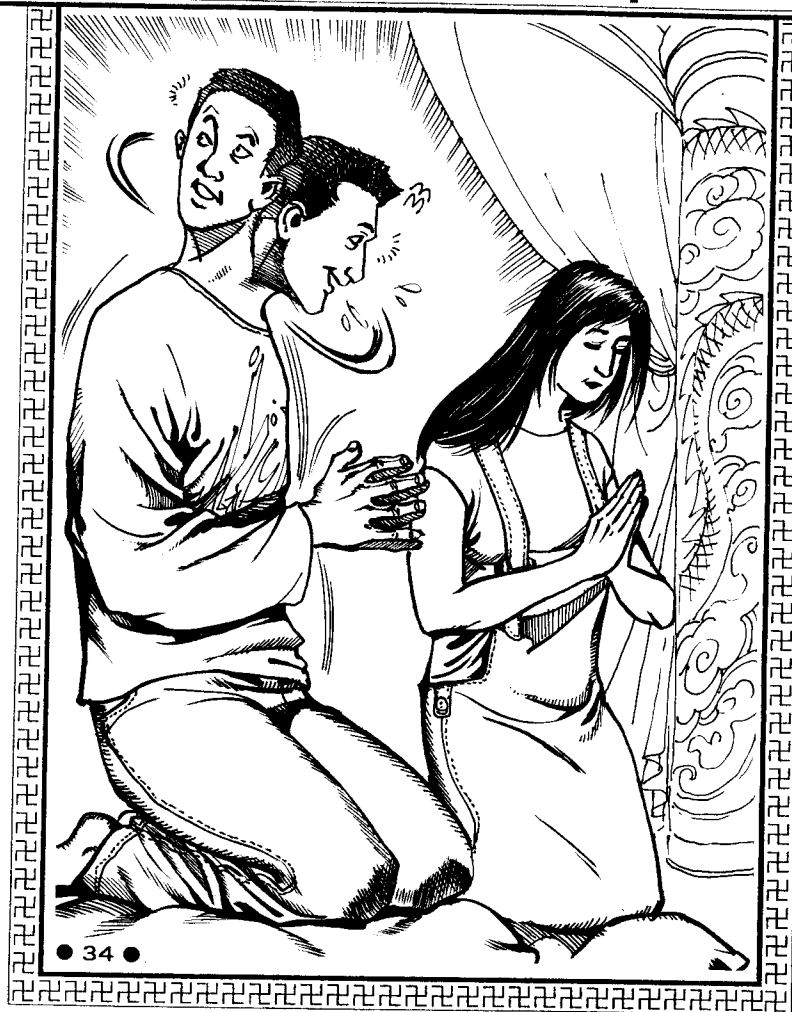




在诵经念咒之际，嘴里不要吃任何东西。一边吃一边拜，这是不恭敬的行为！

It is not advisable to partake meaty food before reciting the Sutras and making obeisance to The Buddha. It is especially rude for those who chew the chewing gum while praying to The Buddhas!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





礼佛时身体不要东歪西斜，或眼睛东张西望，双手合掌又合不拢，一点诚心都没有。这样的礼佛，怎会显出恭诚的庄严相？

How could one reveal the adorned appearance of great respect while making obeisance to the Buddha if he does not even care to stand straight but join his palms carelessly while looking about the surrounding with his mind all scattered!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





初学佛者，不知道怎样礼佛或顶礼的佛友，应该请教在旁的佛友或法师。千万不可以敷衍了事！

For those who are new to the Temple and who do not know the correct way in making obeisance to The Buddha, they should consult the Dharma Masters or those who stand beside them. It is not advisable to bow half-heartedly in a muddled manner!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

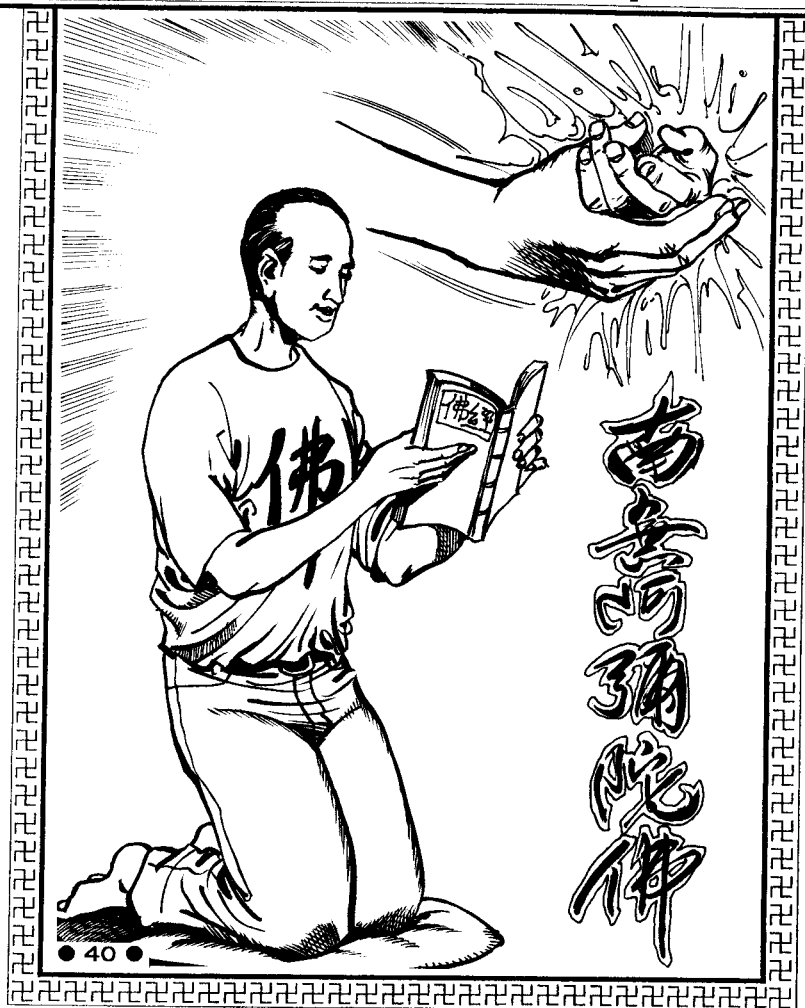




当有人顶礼佛菩萨的时候，不应该从他的面前走过，这样会影响他当时礼佛的情绪。这是非常没有礼貌的行为！

Do not walk before the people who are making obeisance to The Buddha as such conduct would distract their concentration. Besides, this is considered as no manners!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





拿经书之前，先将双手洗干净，而且要双手拿经书，敬经如敬佛。最好跪著诵念；或按照法师的指示。

We must wash our hands before holding the Sutra. We must hold it respectfully with both hands, just as though The Buddha is standing before us. The best way for recitation is to kneel down. But we may either stand or sit down when situations arise!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





“经”是佛的三宝之一，有天龙八部护持着，不可以把经书放在地上，或随意乱丢而悬空，或倒置。这样做法是不恭敬的。

The Buddha Sutras are the Dharma Gem and they are protected and upheld by the Gods, Dragons and the Dharma protectors. We should not put them on the floor, dangling half way on the table or with the front covers facing downwards. We are violating the rules and committing the offences for being disrespectful!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





到来佛寺时，若遇有人正在诵经，不可以从他人的面前走过，或拿着相机拍照，若无旁人似的。这样会破坏佛寺的仪规。

At a monastery, we should never walk in front of the Sutra Recitation Assembly, and take photographs just as though nothing is going on. By doing so, we are destroying the harmonious atmosphere of the adorned temple and committing the offence for disturbing others!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●



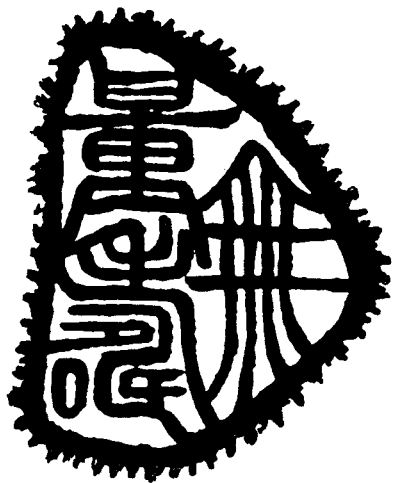


现今社会发达，手提电话机、收音机及光碟随身听机等等满街都是。不要为了自己的方便，把这些东西都带进佛寺来，一边听经，一边谈生意。这种不良行为是不对的。

In this modern society, we can see handphone and call-machines, radio and CD players...etc every where. For the sake of convenience, many people bring them to the temple. They listen to the Sutra half heartedly while handling their business on the phone. This is also a form of offence.

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佛台上除了摆放佛像、香炉、佛灯、花瓶之外，不可以把自己带来的物品也放上去。这种做法是不恭敬三宝的！

The altar of The Buddha is for placing the Buddhas' images, incense pots, oil lamps, vases and other offerings. We should not put our things on the table. Or else we would be committing of being disrespectful towards the Triple Gems!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

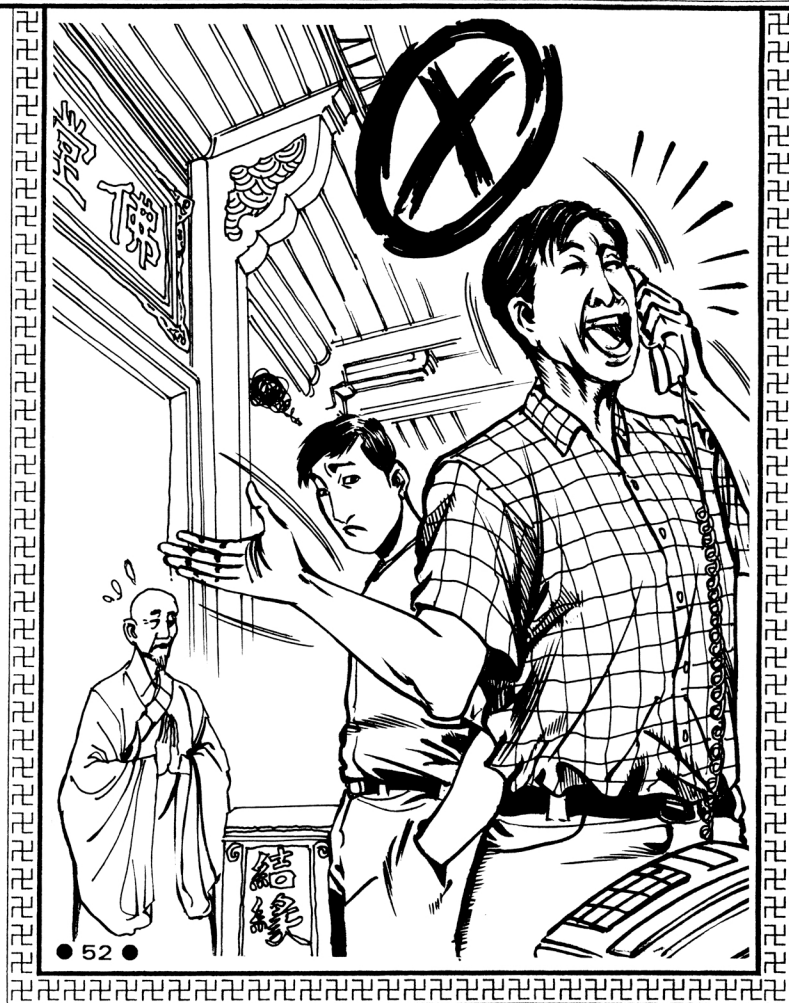




佛寺里的任何东西，厨房用具、食物、台上的水果等，不可以自取来食用。否则，就犯了偷盗寺内之物，盗用十方供养的常住物了。

In the monastery, we are not allowed to take things without asking for permission. Neither can we take the food from the kitchen or the fruits at the altar and eat them. By doing so, we are committing the offence of stealing. We are stealing the offerings of the Permanent Dwelling which come from the ten directions!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒不要贪图佛寺的方便，如要用佛寺的电话，就要付钱；或把钱放在福田箱里。要记得：不要因小失大！

We should not be greedy and use the amenities of the monastery for our convenience or comfort. If we wished to use the telephone, we must pay accordingly, or put the money in the Blessing Box. Or else a small cause of misuse might bring upon us a great retribution. We must always be careful not to commit offences from minor negligence!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





在佛寺里用餐的时候，要守规矩。吃饭的时候不可争先恐后，要禁语。这样才不会污化佛门的清规！

While eating at a monastery, we must queue up instead of rushing for food. We must abide by the pure rules without going against them!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

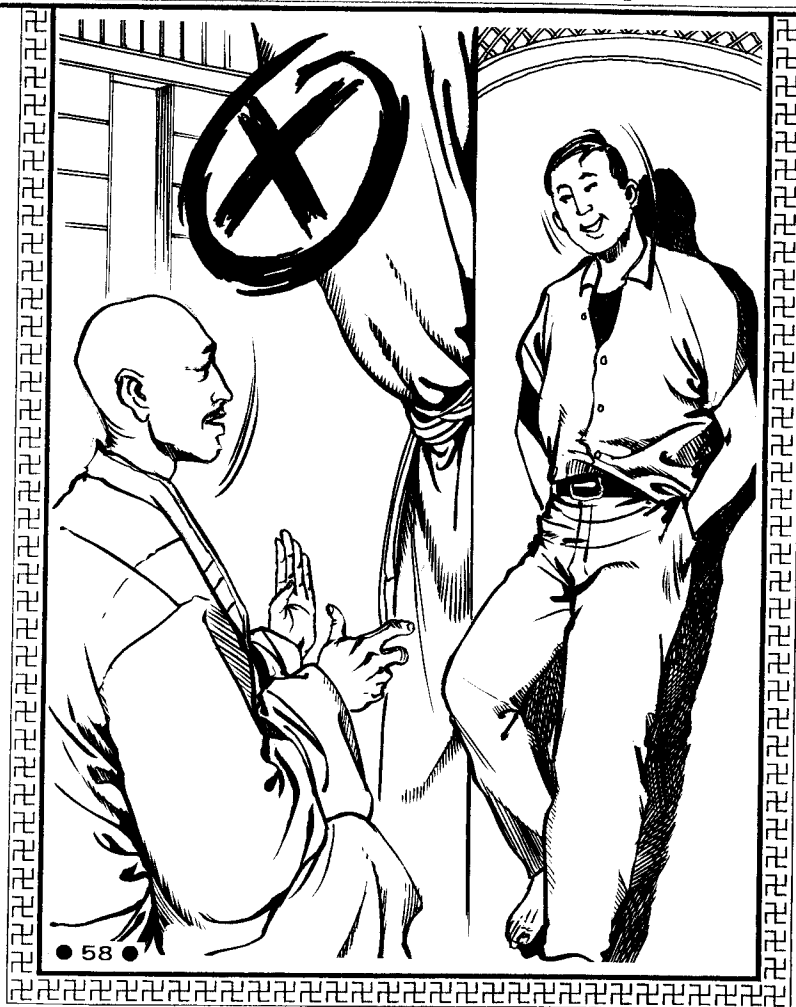




佛寺里若设法会或者庆祝佛诞的时候，往往设有素筵供给佛友结缘。食用后，必须捐出一些功德钱，因为食物是由十方善众所捐献的，是不应该白吃的呀！

In order to create good affinity with others, vegetarian banquets are arranged during the celebrations of Wesak Day or other Dharma Assemblies. After eating, we must donate some money because the food is donated by the multitude from the ten directions. We are not supposed to eat it free!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

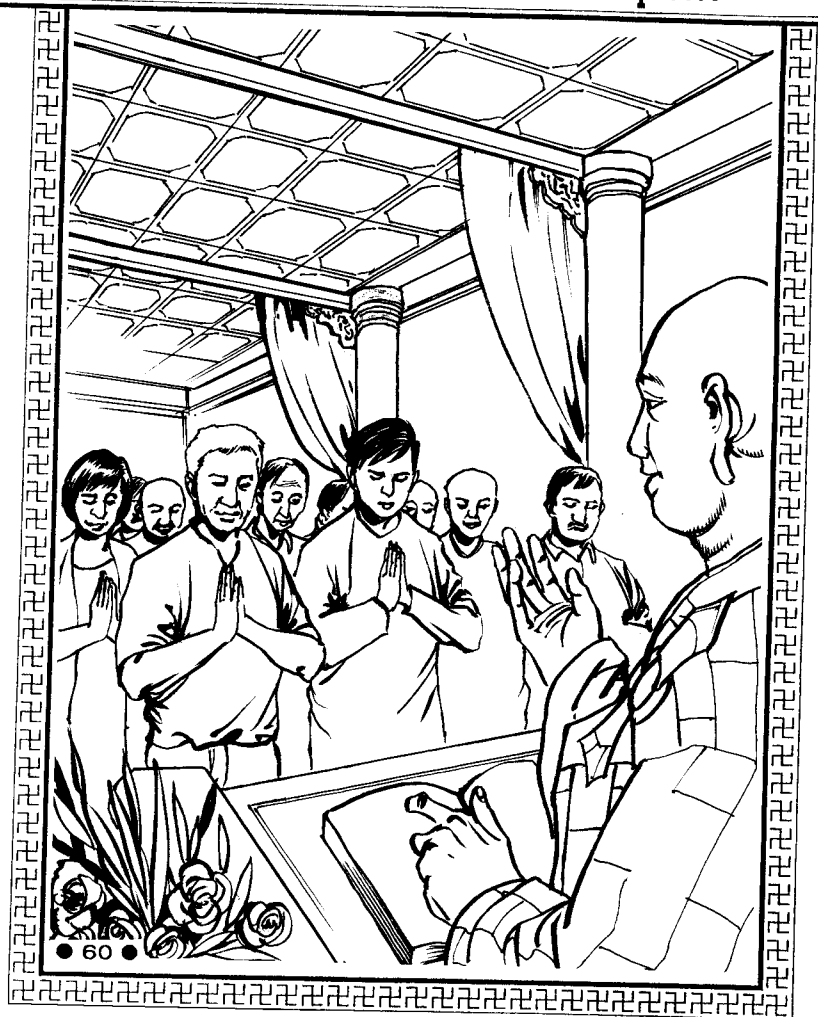




佛教徒若与法师谈话，法师坐，我们应该恭敬的站立在一旁，若无命令，不得坐下。站的时候，身体和脚均不可靠墙或斜着站，这样才不会对法师不恭敬呀！

When speaking to the Dharma Master who is sitting down, we must stand respectfully beside him. We are not supposed to sit down without being asked to do so. While standing, do stand straight without leaning against the wall or standing improperly. This is being very disrespectful!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒若与法师谈话，说话的声音应该要清晰小声，彬彬有礼，脸带笑容。当法师在讲话的时候，要恭敬的听；话未讲完，不得插咀，这是应有的礼貌。

While speaking to the Dharma Master, we must speak clearly and gently. We must always be respectful and converse in a happy manner. Never should we interrupt the speech of the Dharma Master!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





当听法师在讲佛理或开示的时候，必须专心的聆听，不可跟旁人闲谈或打瞌睡。这不但对法师不恭敬，而且是非常没有礼貌的。

When the Dharma Master is giving a Dharma talk or Instructions, we must not chat with those sitting beside us or take a nap. This is being disrespectful!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





属于法师专用的椅子、睡床、用具、衣物等……皆不得取用。佛寺里的任何东西是否可以用呢？最好先问。这是礼貌！

We must not use the things which belong to the Dharma Master, such as his chairs, bed, things, clothing and others. If we are unsure of the things, we must enquire first before using. This is simply politeness!

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佛教徒应该恭恭敬敬地用双手奉上饮食给法师。若自己吃过的东西或食物，不可以给法师食用。这会犯不恭敬之罪。

We must use both hands to make offerings to the Dharma Masters. Do not offer to them the food which have been tasted or eaten by us. This is an offence of giving unclean food!

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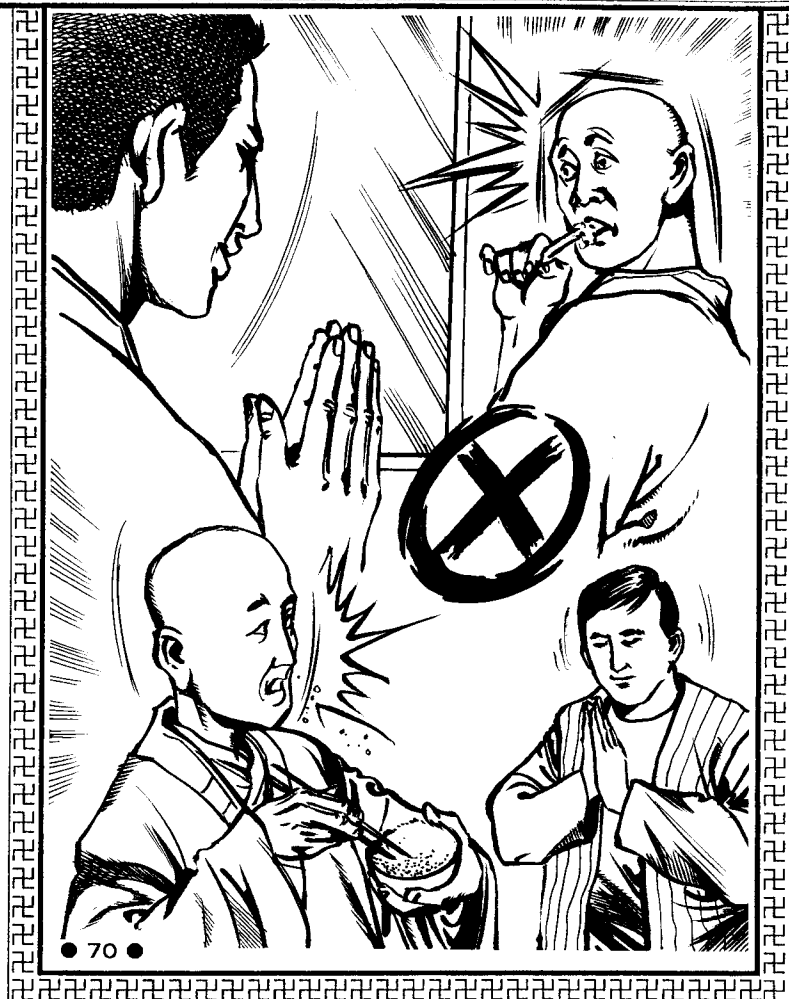




佛教徒当要进入法师房间之前，应先扣门三声，若无回应声，即知法师在房内有事或念经，或休息，就不可以强入房内，即得离去。这是应有的礼貌！

Before entering the room of the Dharma Master, we must knock at the door for three times. If there is no answer, we must know that the Master is either doing his work or resting. We should then leave immediately. Never should we force our way into his room!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒见到法师正在刷牙、洗脸、吃饭、休息、睡眠、写字或打电话时，不应该向法师作礼。若在路上偶然遇到法师，亦不作礼，合掌，一声：“阿弥陀佛”即可。

We must not make obeisance to the Dharma Master if he is brushing his teeth, washing the face, eating, resting, sleeping, writing or making a call. When we meet him on the road, we need not make obeisance to him. Instead we can just say: "Amitabha" to him.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●

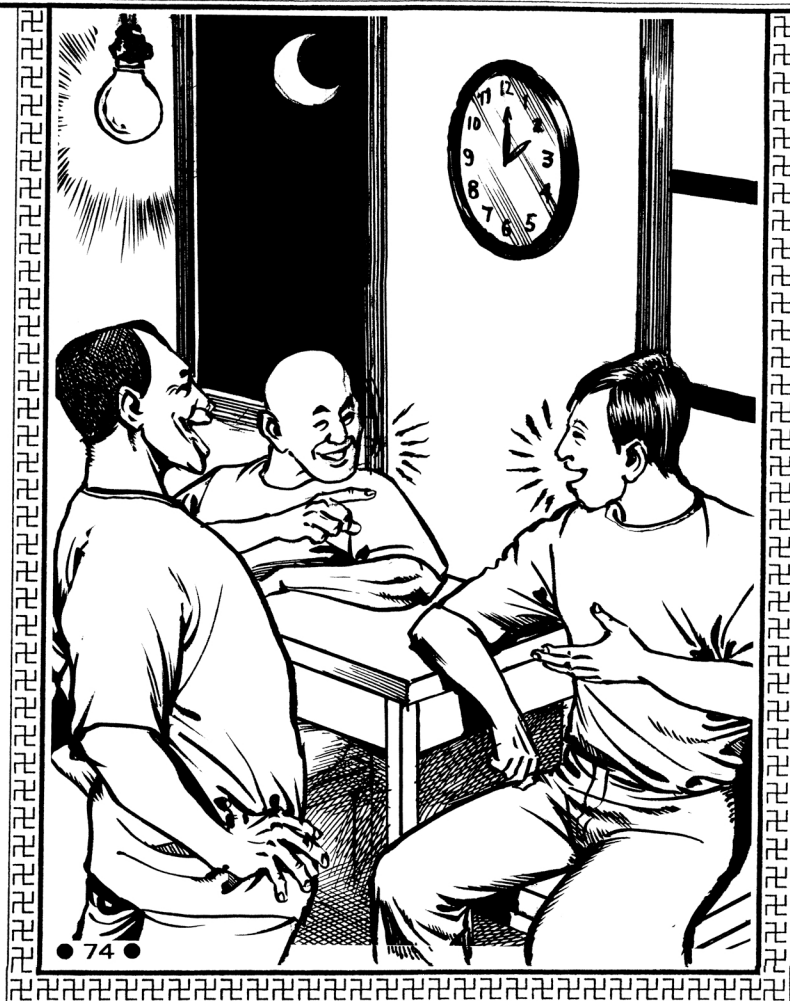




当法师赠送法物结缘，应该用双手接领，以表示对法师礼貌恭敬，并说：“阿弥陀佛”。（最好是在功德箱捐些钱）。千万不可用单手接物，这是不礼貌的！

If the Dharma Master gives us the Dharma Souvenirs to create affinity, we must receive them with both hands to show our respect. We can answer: "Amitabha Buddha!" (or donate money into the charity box). Never should we receive with only one hand. This is very rude!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒到佛寺里住宿，必须遵守佛寺规定熄灯睡觉的时间，不可擅自开灯看书或闲谈到天亮。这样会浪费电源，而且是不合仪规的。

When we stay in a monastery, we must abide by the rules. For example: we must switch off the light at a fixed time. We must not switch on the light as we like to read or gossip with others. This is a wasteful practice. Besides, this is not in accord with the etiquette!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒到佛寺小住，不可以顺手把佛寺里的任何东西带回家用，包括一针一线。不然就犯了偷盗的罪名了。

After staying in a monastery for a few days, we must not bring anything home from the monastery. Not even a needle or thread. Or else we are considered violating the precept of not stealing. So, be especially careful about our behavior!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●



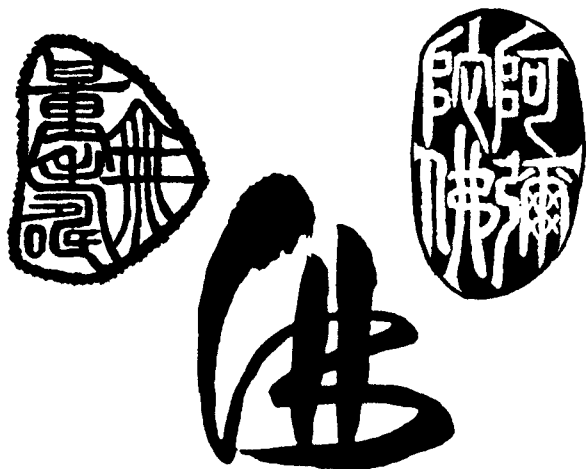


当双手拿着佛像时，不可以向他
人行礼或打招呼。手拿着佛像必须要
高过腰部，这是应有的礼貌。

While carrying the image of The
Buddha with both our hands, we are not
supposed to bow to others or wish them.
Besides we must hold the image slightly above
the waist. Do remember this!

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛寺是清淨的道場。對新來的佛友，大家都應該和睦相處。會的要教不會的，不可輕視他們，否則自己就有失修養了。

The Monastery is a pure Way Place. The old cultivators and the new comers should dwell in harmony. Those who know must teach the new ones. Never should they look down on people for it only reflects on their lack of cultivation. And it may lead to unnecessary disputes.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





佛教徒诵经时应以“和雅”为主，则功德无量，而不是要向他人展示歌声，故意提高声调扰乱他人，这是不好的行为。慎之，慎之！

The merits and virtues in reciting the Sutra is immeasurable. So, we should try to recite together in harmony. The recitation of the Sutra is for oneself to hear clearly, but not to impress others on how good one's voice is. It is very rude if we were to scream at the top of our voice to disturb others.

● 佛寺规矩 ● THE TEMPLE'S Etiquette ●





来到佛寺，偶尔也会听到一些是非；智者应尽量远离，不要参与是非。如果不幸有人来诉说是非，那只好恭听，自己不可加说一份，则罪过了！

At times we can hear some disputes in the monastery. A wise man should refrain from taking part in it. If unfortunately there were people who came and told you about the rights and wrongs of others, you should just listen and try to advise them. Never should you try to encourage them with additional issues which would result in more offences!

回 向 偈

VERSE OF TRANSFERENCE



愿以此功德，
May the merit and virtue accrued from this work,

庄严佛净土，
Adorn the Buddhas' Pure Lands,

上报四重恩，
Repaying four kinds of kindness above,

下济三涂苦。
And aiding those suffering in the paths below.

若有见闻者，
May those who see and hear of this,

悉发菩提心，
All bring forth the resolve for Bodhi,

尽此一报身
And when this retribution body is over,

同生极乐国
Be born together in the Land of Ultimate Bliss.



● 助印 ● 佛寺规矩 ● 芳名 ●

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孙果森 居士 谈：健康

由于经济快速成长，现代人都过着丰衣足食、暴饮暴食的生活习惯，导致体内摄取过量的营养。此外，化学剂及农药的使用，加上空气污染，天然水源污染，身体内在日月累积留下过多的酸性毒素，致使体内血液的酸碱度失去平衡。

健康人的身体内呈微碱性的pH值是7.4。只要你明白这个道理，保持着它，这个人月月年年都不易生病。学佛或非学佛的人，都需要一个强壮的身体，是吗？

我本人专医：肩膀痛、脚肿、膝盖痛、手足关节风湿痛、腰背酸痛、颈项硬化、偏头痛、中风等症……请联络我谈谈。

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