



世界真佛宗宗務委員會 教育處 真佛法學堂  
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# 佛門禮儀

「千江有水千江月」

## 第一課





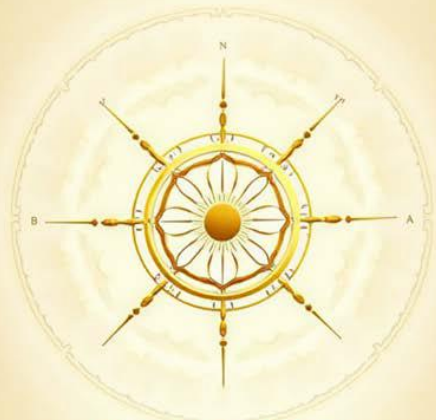


## 三千威儀

行如風；坐就是端正——坐如鐘；  
臥就如弓——弓箭那個弓，吉祥臥；  
立如松——站的就很正直；都是講威儀的。

摘自盧勝彥文集642【偕汝談心(三)】





真佛宗

在家居士學佛行儀須知

學佛，不止在壇前



# 真佛宗 在家居士學佛行儀 須知

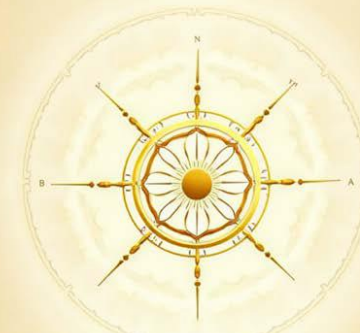




# 課堂目標：

(一) 入寺的規矩

(二) 真佛宗專屬道場禮儀



真佛宗

在家居士學佛行儀須知

學佛，不止在壇前



❖ 真佛宗在家居士學佛行儀須知





# 入寺儀

Entering a Temple



圖片僅供參考



# “寺”是什么？



## What is a Temple?



佛陀的道場、  
寺院。

The sacred  
teaching ground  
of the Buddha;  
A Buddhist temple.



清淨、  
神聖的地方。

A place of purity  
and holiness.



佛、法、僧  
三寶的所在。

The abode of the  
Three Treasures:  
Buddha, Dharma,  
and Sangha.



僧侶們專心  
修行的地方。

A place where  
monastics practice  
and cultivate  
wholeheartedly.



積累福報、  
增長智慧的地方。

A place to accumulate  
merit, blessings,  
and cultivate  
wisdom.



圖片僅供參考



# 从何而入？

# WHERE TO ENTER?



山門·前面



C

A

B

圖片僅供參考

❖ 真佛宗在家居士學佛行儀須知



到了佛殿前，

When you arrive at the Buddha Hall,

記得要

please remember to

把帽子  
脫下來，

remove your hat,

然後

慢慢地走。

and walk slowly.



心存恭敬，莊嚴道場

With respect in our hearts,  
we enter the sacred and noble temple.



脫帽

Remove Your Hat



慢行

Walk Slowly



圖片僅供參考



❖ 真佛宗在家居士學佛行儀須知



# 從側門進入大殿， 向佛菩薩行三拜禮，或是點香供養。

Enter the Main Hall through the side door, perform three prostrations to the Buddhas and Bodhisattvas, or offer incense in reverence.

見性門

Door of Wisdom

## 1 行三拜禮

Perform Three Prostrations

來到佛菩薩面前，  
以恭敬心行三拜禮，  
表達最誠摯的尊敬。

When you stand before  
the Buddhas and Bodhisattvas,  
perform three prostrations  
with a sincere and respectful heart  
to express your deepest reverence.



## 2 點香供養

Offer Incense

或點香供養，  
祈願佛菩薩加持，  
增長福慧。

Or offer incense,  
and pray for the blessings  
of the Buddhas and Bodhisattvas  
to increase our merits  
and wisdom.



### 三拜禮的步驟：

Steps of the  
Three Prostrations:

#### 1 合掌站立

Stand with palms joined.



合掌，心中默念敬意。  
Join palms,  
and silently  
cultivate respect in your heart.

#### 2 鞠躬

Bend forward.



上身前傾，表示恭敬。  
Bend your upper body forward  
to express reverence.

#### 3 跪拜

Prostrate.



雙手伏地，頂禮佛菩薩。  
Kneel down, place both palms  
on the ground, and prostrate.

重複以上動作三次，即完成三拜禮。  
Repeat the above steps three times to complete the three prostrations.

### 小提醒

Gentle Reminders

- 動作要輕柔，心要恭敬。  
Move gently and keep  
a respectful heart.
- 保持安靜，  
不喧嘩，不打擾他人。  
Keep silence and  
do not make noise  
or disturb others.

圖片僅供參考







**特別注意**  
IMPORTANT  
REMINDER

# 大殿正中間的位子~~是給住持法師或負責職事的師父用的~~，我們不能在那裡禮佛。

Please note: The seat in the center of the Main Hall is reserved for the Abbot or Dharma Masters who are in charge of the temple duties.  
**We should not worship or pray in that place.**



## 為什麼？ WHY?



這是出家師父執事、主持法會、帶領修行的位子。

This seat is for the monks who conduct ceremonies and lead our practice.



表示對師父的恭敬，也是護持道場的禮儀。

It shows respect to the masters and upholds the proper etiquette of the temple.



請在兩側或後方的位置禮佛。

Please worship or pray in the side or back areas.

## 我們可以在這些地方禮佛 You may worship or pray in these areas

大殿兩側的位子  
Seats on both sides of the Main Hall



後方的位子  
Seats at the back



兩側的位子  
Side areas



心存恭敬，處處是道場。

With a respectful heart, every place in the temple is a sacred place.



# 在寺院裡 該做什麼、不該做什麼？

What Should We **Do** and  
What Should We **Not Do** in a Temple?

圖片僅供參考





# 禮佛之後， 你可以隨意地欣賞佛菩薩的聖像、 寺院的建築。

After paying respect to the Buddhas,  
you may freely appreciate the **sacred statues of the Buddhas and Bodhisattvas**,  
as well as the **architecture of the temple**.



圖片僅供參考





# 也可以向寺裡的師父請教佛法， 或是自己找地方安靜地閱讀佛經。

You may also ask the temple monks for teachings on Buddhism,  
or find a quiet place to read Buddhist scriptures on your own.



向師父請教佛法

Ask the temple monks  
for teachings on Buddhism.

圖片僅供參考



安靜地閱讀佛經

Find a quiet place to read  
Buddhist scriptures on your own.





# 最重要的，要避免大聲喧嘩、嬉鬧。 寺院是清淨修行的地方，不是遊樂場喔！

Most importantly, **avoid loud talking and noisy behavior.**  
The temple is a place for pure practice and cultivation,  
**not a playground!**



避免大聲喧嘩、嬉鬧  
Avoid loud talking and noisy behavior



寺院不是遊樂場！  
The temple is not a playground!

圖片僅供參考



請保持安靜、莊嚴  
Please keep quiet and be respectful



保持安靜，尊重道場  
Keep quiet and respect the sacred space







# 在寺院見到人 怎麼打招呼？

How to Greet Others  
When You Meet People in the Temple?





在寺院裡遇到人，  
無論認識與否，都應該雙手合掌，  
然後說一聲「阿彌陀佛」來問好。

When you meet anyone in the temple, whether you know them or not,  
you should put your palms together in greeting  
and say “Amitufo” to say hello.

阿彌陀佛  
Amitufo



遇到人  
Meet someone



雙手合掌  
Put palms together



說「阿彌陀佛」  
Say “Amitufo”



問好  
Greet



培養慈悲與善緣  
Cultivate kindness  
and good affinity

圖片僅供參考



清淨莊嚴  
福慧雙修





如果你想請教佛理，  
可以走到堂室外面，  
**先問訊**（這是佛門一種恭敬的禮儀，  
類似鞠躬）**然後再問是否可以請教。**

If you would like to ask about Buddhist teachings,  
please go to the outside of the hall, first **greet the monk**  
(a respectful Buddhist etiquette, similar to bowing),  
and then ask if it is okay to ask for teachings.



圖片僅供參考

**1** 走到堂室外面

Go to the outside of the hall



**2** 先問訊（類似鞠躬）

First greet the monk (similar to bowing)



**3** 再問是否可以請教

Then ask if it is okay to ask for teachings







# 如果師父邀請你進入客堂坐下來聊， 才可以進去； 如果沒有，就不要貿然闖入。

If the monk invites you to enter the guest hall and sit down for a conversation,  
then you may go in; if not, please **do not enter without permission**.



師父邀請你進入客堂

If the monk invites you in



圖片僅供參考



經同意後再進入，保持恭敬與禮貌。

Enter only after permission, and maintain respect and courtesy.



師父沒有邀請，不要貿然闖入

If the monk does not invite you in



未經同意，不要貿然進入，以免失禮。

Do not enter without permission, to avoid being disrespectful.







# 如果想在寺院 用餐或住宿 要如何做？

How to Arrange Meals  
or Accommodation in the Temple?



圖片僅供參考





如果你想留在寺院  
用餐，或者想留宿一天  
甚至多天，  
可以向客堂的「知客僧」  
請示是否可以。

If you wish to stay in the temple for meals,  
or to stay overnight for a day or even several days,  
you may ask the guest hall's **attending monk**  
for permission.



用餐  
For meals



留宿一天或多天  
Stay overnight  
for a day or several days



向知客僧請示  
Ask the attending monk  
for permission

圖片僅供參考

客堂  
Guest Hall

知客僧

Attending Monk

知客僧  
Attending Monk





# 如果師父允許，這就稱為 「安單」

If the monk gives his permission,  
this is called “Andan (Taking Up Residence)”.

可以，  
你安單吧！

Yes, you may  
stay (andan).

知客僧  
Attending Monk

佛門清規  
僧團生活



「安單」就是得到允許，  
在寺院裡用餐或住宿。

“Andan” means receiving permission  
to stay in the temple for meals  
or accommodation.

圖片僅供參考





# 一旦獲得允許留宿， 就必須問清楚寺院的 作息時間，

【起板】：早上起床的時間，  
「安板」：晚上就寢的時間。

Once you have permission to stay overnight,  
be sure to ask clearly about the temple's  
schedule, including:

“Qiban” (morning wake-up time) and  
“Anban” (nighttime lights-out time).

寺院作息時間如下：

起板：早上 5:00

安板：晚上 9:30

The temple schedule is as follows:

Qiban: 5:00 AM

Anban: 9:30 PM

| 寺院作息時間表 |         |       |         |
|---------|---------|-------|---------|
| 時間      | 事項      | 時間    | 事項      |
| 04:50   | 晨鐘      | 05:00 | 起板      |
| 05:30   | 早課 / 修行 | 21:00 | 晚課 / 誦經 |
| 21:20   | 收板 / 靜默 | 21:30 | 安板      |

圖片僅供參考



【起板】：早上起床的時間  
“Qiban” (Morning Wake-up Time)



04:50

晨鐘  
Morning Bell



05:00

起板  
Wake Up



05:30

早課 / 修行  
Morning Practice

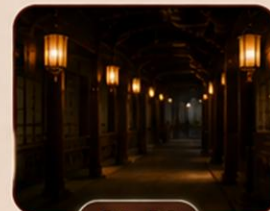


「安板」：晚上就寢的時間  
“Anban” (Nighttime Lights-out Time)



21:00

晚課 / 誦經  
Evening Practice



21:20

收板 / 靜默  
End of Activities / Silence



21:30

安板  
Lights Out



請遵守寺院作息，與大眾和合共住，成就清淨的修行環境。

Please follow the temple schedule and live in harmony with the community to support a peaceful practice environment.





# 還有早晚課誦的時間和內容， 以及用餐的時間和方式等等。

Also the time and content of morning and evening recitations,  
as well as the meal times and manners, and more.



圖片僅供參考



## 早晚課誦 / Morning & Evening Recitations



### 早課 / Morning Recitation

04:50 – 06:30



- 誦經、持咒、唱讚、禮佛
- Sutra chanting, mantra recitation, Buddha praise, and prostrations
- 修習止觀，開啟清淨的一天
- Cultivate calm and wisdom, begin a pure day



### 晚課 / Evening Recitation

19:30 – 21:00



- 誦經、持咒、唱讚、迴向
- Sutra chanting, mantra recitation, Buddha praise, and dedication
- 收攝身心，迴向菩提
- Calm the mind and dedicate merit to all beings



請準時參加課誦，共同維護道場的清淨與莊嚴。  
Please attend recitations on time to maintain  
the purity and solemnity of the temple.



## 用餐時間與方式 / Meal Times & Manners



### 用餐時間 / Meal Times



早餐  
Breakfast

06:30 – 07:00



午餐  
Lunch

11:00 – 11:30



晚餐  
Dinner

17:00 – 17:30

### 用餐方式 / Meal Manners



飯前供養  
Offer gratitude  
before meals



不浪費食物  
Do not waste  
food



保持安靜  
Keep silence  
while eating



專心用餐  
Eat mindfully  
and gratefully



飲食是修行的一部分，感恩三寶和眾緣的成就。  
Meals are part of our practice—be grateful  
for the blessings of the Three Jewels and all conditions.





# 同時也要問清楚 其他需要注意的事項， 以免不小心觸犯寺院的規定， 反而損害了自己的福報。

At the same time, be sure to ask clearly about  
other important matters and rules,  
so as not to unintentionally violate the temple's regulations  
and reduce your blessings instead.



圖片僅供參考

## 在寺院需注意的事項



## Important Reminders in the Temple



### 作息時間

#### Daily Schedule

- 起床、課誦、就寢時間
- 參與寺院共修活動
- Wake-up time, recitation time, and lights-out time
- Participate in the temple's practice activities



### 用餐規範

#### Meal Manners

- 用餐時間與地點
- 不浪費食物，感恩惜福
- Meal times and locations
- Do not waste food; be grateful and cherish our blessings



### 清淨規範

#### Monastic Conduct

- 保持安靜，避免喧嘩
- 衣著整齊，行為端莊
- Keep silence and avoid loud talking
- Dress modestly and behave properly



### 禁止事項

#### Prohibited Actions

- 不可拍照、錄影（未經允許）
- 不得攜帶葷食、酒、菸等違禁物品
- No photography or recording without permission
- Do not bring non-vegetarian food, alcohol, cigarettes, or prohibited items



### 其他規定

#### Other Regulations

- 住宿安排與房間使用規範
- 其他寺院特別規定事項
- Accommodation arrangements and room usage rules
- Other special rules of the temple



遵守寺院規定，是對三寶的恭敬，也是累積福報的善行。  
Following the temple's rules is a way to show respect to the Three Jewels  
and to accumulate blessings and merit.

用心學習 · 清淨身心 · 福慧增長  
Learn with Sincerity · Purify Body and Mind ·  
Increase Blessings and Wisdom





特別強調的是：  
留宿寺院期間，絕對不能  
吃葷腥（肉類、海鮮）或飲酒。

It is especially emphasized that:  
During your stay in the temple,  
you must not eat meat (including seafood)  
or drink alcohol.



圖片僅供參考

不能吃的食物 / Foods Prohibited



肉類  
(豬、牛、羊、雞等)  
Meat  
(Pork, Beef, Lamb, Chicken, etc.)



海鮮  
(魚、蝦、蟹、貝類等)  
Seafood  
(Fish, Shrimp, Crab, Shellfish, etc.)



飲酒  
(任何酒類)  
Alcohol  
(All Types of Alcohol)

可以吃的食物 / Foods Allowed



清淡素食，清淨身心  
Vegetarian Meals, Pure Body and Mind



遵守寺院的飲食規定，不僅是對三寶的恭敬，  
更是對自己修行與福報的保護。

Following the temple's dietary rules is a way of showing respect  
to the Three Jewels and protecting your practice and blessings.



恭敬三寶  
Respect  
the Three Jewels



清淨身心  
Purify  
Body and Mind



累積福報  
Accumulate  
Blessings



保護修行  
Protect  
Your Practice



感恩您的配合，讓我們共同維護寺院的清淨與莊嚴。  
Thank you for your cooperation. Let us work together to maintain the purity and solemnity of the temple.





# 夫妻也絕對不能 在清淨的寺院裡同住一個房。

Married couples are absolutely not allowed  
to stay in the same room  
in the pure and holy temple.



圖片僅供參考

## 嚴禁行為 / Prohibited Conduct



**不能行房**  
Do not engage  
in sexual activity.



**不能同房**  
Do not share  
the same room.



**不能同住一個房**  
Do not stay in  
the same room.

寺院是修行與清淨的道場，  
請夫妻同住不同房，  
共同遵守寺院規範，  
以維護道場的清淨與莊嚴。

The temple is a place of practice and purity.  
Married couples, please stay in separate rooms  
and strictly follow the temple regulations  
to maintain the purity and sanctity of  
the practice environment.



清淨修行，從自律開始；  
尊重道場，功德無量。

Pure practice begins with self-discipline;  
respect the temple, and merits are limitless.



清淨身心  
Purify  
Body and Mind



尊重規範  
Respect  
the Rules



守護道場  
Protect  
the Temple



累積福報  
Accumulate  
Blessings





# 如果參加寺院的早晚課誦， 最好自備「海青」。

If you participate in the temple's morning or evening recitations,  
it is best to bring your own "Hai Qing".

# 如果是受過菩薩戒的弟子， 也應該攜帶「緇衣」， 這樣可以讓道場顯得更加莊嚴。

If you have received the Bodhisattva Precepts,  
you should also bring your "Man Yi".  
This helps to make the Dharma hall more solemn and respectful.



莊嚴道場 · 清淨修行

A solemn Dharma hall,  
a pure environment  
for practice.



## 海青 Hai Qing

參加早晚課誦時所穿的共修服裝，  
表示恭敬與整齊。

The Hai Qing is the shared practice attire  
worn during morning and evening recitations,  
representing respect and discipline.



### 小提醒 Tips

海青顏色以黑色為主，穿著整齊，心自然恭敬。  
Hai Qing is usually black.  
Wearing it properly helps cultivate a respectful mind.

## 緇衣 Man Yi

受菩薩戒弟子在參與法會或課誦時所穿的袈裟，  
象徵菩薩戒體，莊嚴殊勝。

Man Yi is the robe (Kashaya) worn by those who have  
received the Bodhisattva Precepts during ceremonies  
or recitations. It symbolizes the Bodhisattva vows and  
brings honor and dignity to the Dharma assembly.



### 小提醒 Tips

緇衣代表戒體與願力，請妥善保管並如法穿著。  
Man Yi represents the precepts and vows.  
Please keep it well and wear it properly.

## 真佛弟子黃色法衣 True Buddha Disciples' Yellow Dharma Robe

真佛弟子在參與法會或重要共修時，  
可穿著黃色法衣，表達對根本傳承上師  
與三寶的恭敬與護持。

True Buddha disciples may wear the yellow Dharma robe  
during ceremonies or important practices to show  
respect and support for the Root Guru and the Three Jewels.



### 小提醒 Tips

黃色法衣代表光明、清淨與慈悲心，請保持整潔。  
Yellow represents light, purity and compassion.  
Please keep it clean and presentable.

圖片僅供參考



以恭敬的儀態與莊嚴的服儀，共同維護道場的清淨與殊勝。  
Let us uphold the purity and magnificence of the Dharma hall  
with respectful conduct and proper attire.



恭敬心  
Respectful Mind



清淨心  
Pure Mind



和合心  
Harmonious Mind



菩提心  
Bodhi Mind





# 離開寺院前 要注意什麼？

What Should You Pay Attention to  
**Before Leaving** the Temple?

圖片僅供參考





在離開之前，  
你所有使用過的物品  
都必須清洗乾淨，  
並放回原位。

Before leaving,  
all items you have used  
must be **cleaned thoroughly**  
and **returned to their original place**.



圖片僅供參考



清洗乾淨  
Clean thoroughly



保持整潔  
Keep clean



放回原位  
Return to original place



尊重道場  
Respect the temple

一份自律，成就清淨道場；  
一份尊重，功德無量。

Self-discipline creates a pure environment;  
Respect brings immeasurable blessings.





# 寺院裡的一草一木 都是**三寶**的物品。

如果沒有經過常住師父的允許，  
**絕對不可以隨意使用或拿走。**

Every plant and every tree in the temple  
belongs to the **Three Jewels**.

Without permission from the resident monks,  
you must not **use or take anything casually**.

圖片僅供參考



這涉及到「**盜取**」的問題，  
會**損福報**。

This involves the issue of “**theft**”,  
which will **diminish your blessings** and good fortune.



尊重常住  
請先請示

Respect the Sangha,  
please ask for permission.



愛護道場  
珍惜三寶物品

Cherish and protect  
the temple and its belongings.



善用因緣  
廣植福田

Make good use of conditions  
and cultivate blessings.



不隨意使用或拿走  
是修行的基本功課

Refraining from using or taking  
without permission is a basic  
practice in cultivation.



守護道場的清淨與莊嚴，就是守護我們的福報與慧命。

Protecting the purity and dignity of the temple is protecting our blessings and wisdom-life.







佛弟子要知道，  
能在寺院裡住上一晚，  
就等於種下了清淨的善因。

所以，要感恩大眾師父們  
供養我們清淨修行的環境。

Buddhist disciples should understand that  
being able to stay in the temple for one night  
is like planting a **pure and wholesome cause**.

Therefore, we should be **grateful** to  
all the monks and practitioners  
who provide and sustain a **pure environment**  
for our spiritual practice.

圖片僅供參考



一晚的住宿  
種下善因

One night's stay  
plants a wholesome cause.



清淨環境  
成就修行

A pure environment  
supports our practice.



感恩供養  
心生歡喜

Gratitude for the offerings  
brings joy to the heart.



大眾成就  
功德無量

The collective support  
creates immeasurable merit.

感恩大眾師父的慈悲供養，讓我們在清淨的道場中，安心修行，增長智慧，累積福報。

With gratitude to the compassionate monks and all devotees,  
may we practice with peace of mind, grow in wisdom, and accumulate blessings in the pure Dharma hall.







如果留宿寺院  
不是為了熏習佛法，  
那可以說是  
大大損耗了  
自己的福報。

If staying overnight in the temple  
is **not** for the purpose of **cultivating the Dharma**,  
it can be said that one is greatly  
**depleting** one's own **blessings**.



福報如水，若不善用，將會悄然流失；  
留宿寺院，當以修行為本，方不辜負三寶慈悲與護持。

Blessings are like water—  
if not used wisely, they will quietly slip away.  
Staying in the temple should be **centered on practice**,  
so as not to squander the kindness and protection  
of the Three Jewels.



圖片僅供參考





在寺院留宿期間，  
可以隨力所能地  
掃地、清潔，  
主動詢問是否有需要  
幫忙的地方。

During your stay at the temple,  
do what you can to **sweep and clean**.  
Take the initiative to ask if there is  
anywhere **you can help**.

圖片僅供參考



隨力所能  
掃地清潔

Do what you can—  
sweep and clean.



主動詢問  
是否需要幫忙

Take the initiative  
to ask if help  
is needed.



發心付出  
利益道場

Offer your effort  
with a sincere heart  
to benefit the temple.



累積福報  
增長慧命

Accumulate blessings  
and cultivate wisdom  
through service.



一份小小的付出，成就清淨道場；一顆真誠的心，廣結善緣福報。  
A small act of service builds a pure temple; a sincere heart creates boundless blessings.







離開的時候，  
也可以隨緣隨力地供養寺院。  
這些行為都能避免損耗常住的福報，  
也能為自己積累福德。

When you leave,  
you may **offer to the temple** according to your  
means and with a willing heart.  
These actions help **prevent the loss of blessings**  
for the Sangha, and also allow you to  
**accumulate merit and virtue** for yourself.



圖片僅供參考



隨緣隨力  
供養寺院

Offer to the temple  
according to your  
means and conditions.



避免損耗  
常住福報

Helps prevent the  
loss of blessings  
for the Sangha.



積累福德  
廣增善根

Accumulates merit  
and virtue, and  
expands wholesome roots.



心懷感恩  
福報綿長

A heart of gratitude  
brings long-lasting  
blessings.



護持道場  
功德無量

Supporting the temple  
brings immeasurable  
merits.



一份供養，護持道場；一念善心，福德增長。  
An offering supports the temple; a wholesome intention brings growth in merit and virtue.





# 在你辦妥所有事情、 準備離開之前，

1

應該先到佛前行三拜禮，  
向佛菩薩告假。

First, go to the Buddha and pay  
**three prostrations**, and **inform** the  
Buddha and Bodhisattvas of your leave.



圖片僅供參考

2

然後，也要向常住師父們告假後，  
才可以離開。

Then, **inform the resident monks**  
or abbots of your leave **before**  
you are permitted to depart.



行三拜禮  
向佛菩薩告假  
Pay three prostrations  
and inform the Buddha  
and Bodhisattvas.



向常住師父們告假  
Inform the resident  
monks or abbots.



告假後才可離開  
You may leave only  
after taking leave.



以恭敬心告假，是對三寶與常住的尊重，也是修行的一部分。  
Taking leave with respect is an expression of gratitude and honor to the Three Jewels and the Sangha,  
and it is also an essential part of our cultivation.







# 總之， 進入寺院是我們 與三寶結緣的好機會，

In conclusion,  
entering the temple is a wonderful opportunity  
to **connect with the Three Jewels**.



恭敬三寶  
正念修行



圖片僅供參考



透過這些規矩，不僅能表達我們的**恭敬心**，

Through these guidelines, we not only express our **respect**,



**表達恭敬心**  
培養感恩與謙卑

Express respect,  
and cultivate gratitude  
and humility.



**培養正念**  
在行動中保持覺知

Cultivate mindfulness  
and stay aware  
in our actions.



**提升修行**  
讓修行更上一層樓

Elevate our cultivation  
and take our practice  
to the next level.



也能在行動中**培養正念**，  
讓自己的修行**更上一層樓**！

which allows us to cultivate mindfulness in action,  
and take our cultivation to a **higher level**!



True Buddha Dharma Classroom  
真佛法學堂  
Kelas Dharma Satya Buddha



讓我們以恭敬心、感恩心、正念心，與三寶結下殊勝善緣，  
在清淨的道場中，積累福德，成就菩提！

Let us, with respect, gratitude, and mindfulness, form a sublime affinity with the Three Jewels.  
In this pure temple, may we accumulate merit and virtue, and accomplish **Enlightenment**!







# 真佛宗 道場禮儀指南

True Buddha School  
Temple Etiquette Guide

圖片僅供參考

萬法唯心

心外無佛 佛外無心

萬法唯心 心亦萬法

真佛宗





# 進入道場前的準備

Preparation Before  
Entering the Temple

圖片僅供參考







# 穿著整潔端莊， 避免暴露或 過於花俏的服裝。

Dress neatly and modestly.  
Avoid revealing or  
overly flashy clothing.



整潔  
Neat



端莊  
Modest



得體  
Appropriate



恭敬  
Respectful

心外無佛 佛外無心



萬法唯心心亦萬法

圖片僅供參考





如果是參加法會或共修，  
應盡量穿著黃色海青，  
若持菩薩戒應佩戴「**縵衣**」  
(菩薩戒衣)，以示莊嚴。

If you are attending a Dharma Assembly  
or group practice, please wear the **yellow Haiqing**.  
If you have received the Bodhisattva Precepts,  
please wear the **Man-yi** (Bodhisattva Precept Robe)  
to uphold dignity and respect.



黃色海青  
Yellow Haiqing



縵衣 (菩薩戒衣)  
Man-yi  
(Bodhisattva Precept Robe)



圖片僅供參考

### 縵衣 (菩薩戒衣)

持菩薩戒者所佩戴的戒衣，  
象徵菩薩的願力與莊嚴。

The Man-yi (Bodhisattva Precept Robe)  
is worn by those who have received  
the Bodhisattva Precepts,  
symbolizing the vows and dignity  
of a Bodhisattva.





若是初次前往道場，  
可先向該分堂或同修會的  
負責人或師父**致電詢問**  
是否有需要注意的事項。

If you are visiting the temple or affiliated center for the first time, you may **contact the person in charge or a Dharma teacher** in advance to inquire about any important guidelines or things to take note of.



致電詢問  
Make a Call



注意事項  
Important Guidelines



圖片僅供參考

### 💡 貼心提醒

事先詢問，能幫助您更順利地  
參與法會或共修活動。

Asking in advance helps you  
to participate in Dharma activities  
more smoothly and mindfully.





# 如何 進入道場？



How to Enter  
the Dharma Center?







道場的門雖不像大寺院有正中山門，  
但進門時仍應心存恭敬。

可以合掌輕聲念一句  
「**嗡嘛呢唄咪吽**」或「**南摩蓮生活佛**」，  
內心觀想向佛菩薩頂禮。

Although the entrance to our center may not have a  
central mountain gate like a large temple,  
we should still maintain a respectful mind when entering.

You may join your palms and softly recite  
“**Om Mani Padme Hum**” or “**Namo Living Buddha Lian Sheng**”,  
and in your heart visualize paying homage to  
the Buddhas and Bodhisattvas.



嗡嘛呢唄咪吽  
Om Mani Padme Hum

或  
or



南摩蓮生活佛  
Namo Living Buddha Lian Sheng

圖片僅供參考

合掌輕聲念誦



內心觀想向佛菩薩頂禮。  
In your heart,  
visualize paying homage  
to the Buddhas  
and Bodhisattvas.







道場的門雖不像大寺院有正中山門，  
但進門時仍應心存恭敬。

可以合掌輕聲念一句

「**嗡古魯蓮生悉地吽**」、

「**嗡嘛呢唄咪吽**」或「**南摩蓮生活佛**」，  
內心觀想向佛菩薩頂禮。

Although the entrance to our center may not have  
a central mountain gate like a large temple,  
we should still maintain a respectful mind when entering.  
You may join your palms and softly recite one of the following:  
“Om Guru Lian Sheng Siddhi Hum”, “Om Mani Padme Hum”  
or “Namo Living Buddha Lian Sheng”,  
and in your heart visualize paying homage  
to the Buddhas and Bodhisattvas.



嗡古魯蓮生悉地吽  
Om Guru Lian Sheng  
Siddhi Hum

或  
or



嗡嘛呢唄咪吽  
Om Mani Padme Hum

或  
or



南摩蓮生活佛  
Namo Living Buddha  
Lian Sheng



圖片僅供參考



內心觀想向佛菩薩頂禮。  
In your heart,  
visualize paying homage  
to the Buddhas  
and Bodhisattvas.





# 請輕聲開關門， 進門後動作放緩， 不可喧鬧奔走。

Please open and close the door **gently**,  
**slow down** your movements after entering,  
and **avoid talking loudly or running around**.



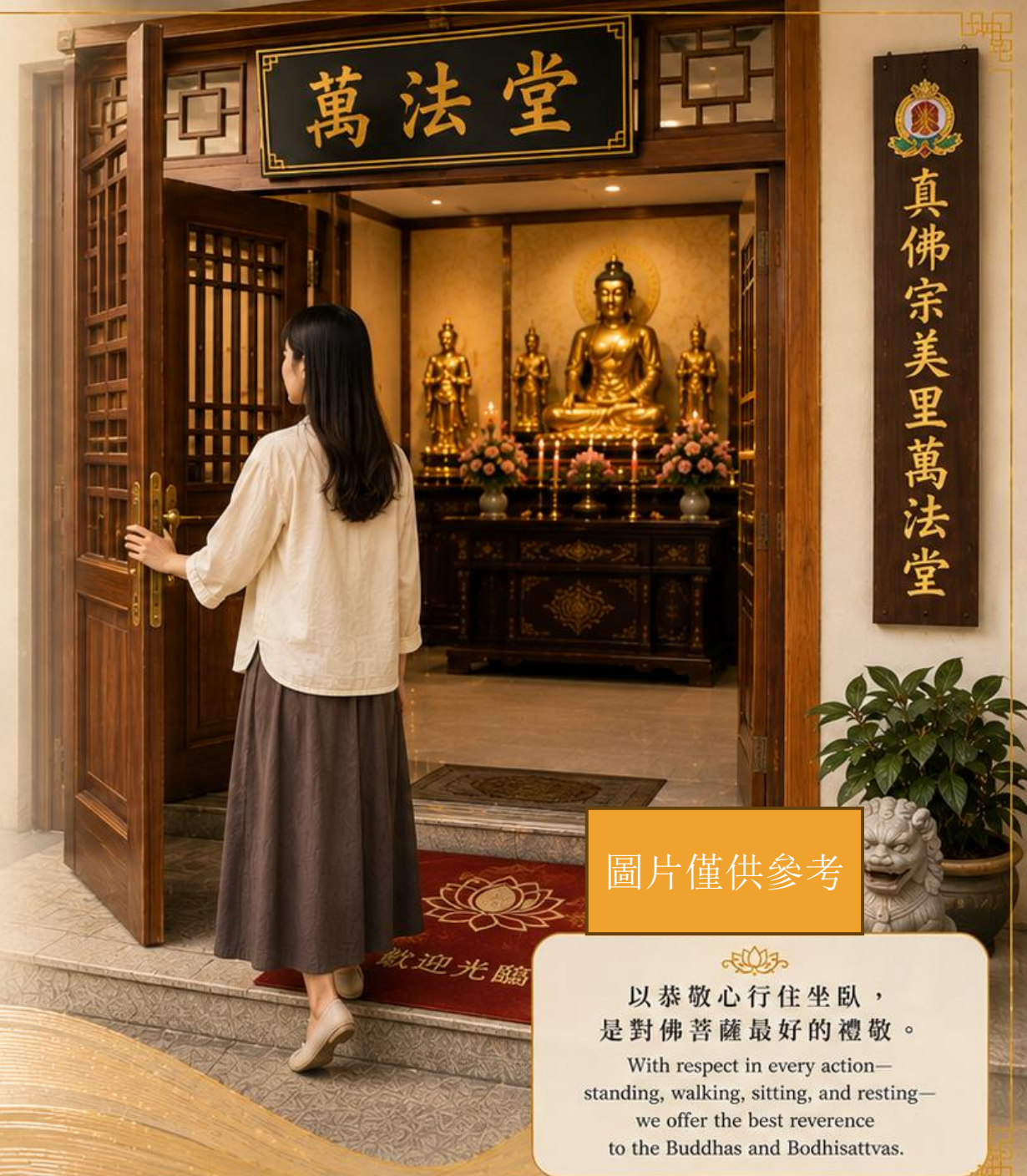
請輕聲開關門  
Open and close  
the door gently



進門後動作放緩  
Slow down your  
movements after entering



不可喧鬧奔走  
Avoid talking loudly  
or running around



圖片僅供參考

以恭敬心行住坐臥，  
是對佛菩薩最好的禮敬。

With respect in every action—  
standing, walking, sitting, and resting—  
we offer the best reverence  
to the Buddhas and Bodhisattvas.





若場內已有  
共修進行中，  
請輕輕入座，  
不要干擾他人。

If a Dharma practice session  
is in progress,  
please **take your seat quietly**  
and **do not disturb others.**



圖片僅供參考





# 禮敬佛菩薩與壇城

Respecting the Buddhas, Bodhisattvas  
and the Mandala



圖片僅供參考



一進門後，  
應面向佛堂正中央的  
佛像與根本上師法相，  
合掌鞠躬或行三拜禮。

Upon entering,  
face the Buddha and the Root Guru image  
at the center of the Dharma hall,  
and greet with palms joined and a bow,  
or perform the three prostrations.



合掌

Palms Joined



鞠躬

Bow



三拜禮

Three Prostrations





# 若壇城前有供桌、香壇， 可隨意供香與供品， 但不可擅自動用壇城上 原有的物件或貢品。

If there is an offering table or  
incense altar in front of the shrine,  
you may respectfully offer incense,  
flowers, or other offerings.

However, do not move or use any  
ritual objects, items, or existing offerings  
on the shrine without permission.

✓ 可以供香與供品  
隨緣供養，表達恭敬心



You may offer incense,  
flowers, or other offerings.

✗ 不可擅自動用  
不可移動、取用壇城上  
原有的物件或貢品



Do not move or use any ritual  
objects, items, or existing offerings  
on the shrine.



圖片僅供參考





若不知道  
供養壇城的規矩，  
請先詢問知客人員  
或弘法人員。

If you are unsure about the  
rules for making offerings  
to the altar or mandala,  
please ask the reception staff  
or Dharma assistants first.



圖片僅供參考





# 與人見面 打招呼的禮儀

The Etiquette of  
Greeting Others



圖片僅供參考



見到真佛僧眾  
或道場負責人，  
應合掌稱呼  
「師父好」、  
「阿彌陀佛」或  
「上師/教授師/法師/  
講師/助教吉祥」。



圖片僅供參考

When you meet True Buddha  
monastics or the person in charge  
of the Dharma center, greet them  
with palms joined and say:

師父好



Hello, Shifu.

阿彌陀佛



Amitufo.

上師吉祥  
(或：教授師吉祥)



Auspiciousness to  
Your Guru.  
(or: Auspiciousness to  
Respected Teacher.)

法師吉祥



Auspiciousness to  
Dharma Master.

講師吉祥



Auspiciousness to  
Dharma Lecturer.

助教吉祥



Auspiciousness to  
Dharma Assistant.





見到其他信眾或義工，  
也應合掌說

「阿彌陀佛」或  
「師姐／師兄好」，  
展現和合禮儀。

When you meet other Dharma friends  
or volunteers, greet them with palms joined  
and say “Amitufo” or “Hello, Shijie/Shixiong”,  
demonstrating harmony and respectful etiquette.

阿彌陀佛

Amitufo



師姐／師兄好

Hello, Shijie/Shixiong



圖片僅供參考







# 與人交談請 壓低聲音， 避免談論世俗話題 或與佛法無關的內容。

When speaking with others,  
please keep your voice low,  
and avoid topics about worldly matters  
or anything unrelated to the Dharma.



壓低聲音  
Keep your  
voice low



避免世俗話題  
或與佛法無關  
的內容

Avoid worldly topics  
or anything unrelated  
to the Dharma



圖片僅供參考





# 參加共修或法會時

Attending Group Practice  
or Dharma Assembly



圖片僅供參考



# 法會或共修 請提前幾分鐘到場， 避免遲到打擾他人。

For Dharma assemblies or group practice,  
please arrive a few minutes early  
to avoid being late and disturbing others.



提前到場  
Arrive Early



歡喜參與 不擾他人  
Joyfully Participate  
Without Disturbing Others



準時是尊重，發心是修行。  
Punctuality is respect;  
sincerity is cultivation.

真佛宗

萬法唯心



圖片僅供參考



請提前到場  
Please Arrive  
A Few Minutes Early



感恩您的配合  
Thank You  
for Your Cooperation



有座位安排者，  
請依序就座；  
無特別安排者，  
可選擇靠邊位置安靜入座。

If seats are arranged, please **be seated in order**.  
If there is no specific arrangement,  
please **choose a seat along the sides**  
and **sit quietly**.

#### 有座位安排者



請座位就座  
Please be seated in order.

#### 無特別安排者



可選擇靠邊位置  
安靜入座  
Please choose a seat along  
the sides and sit quietly.



圖片僅供參考



保持安靜、專注，尊重自己與他人。  
Maintain silence and focus,  
respecting yourself and others.





隨眾誦經、持咒、禮拜，  
動作應整齊莊重，  
手機務必關機或靜音。

Chant sutras, recite mantras, and bow together with the assembly.

Maintain proper posture and dignity.  
Please turn off your mobile phone or set it to silent mode.

#### 隨眾誦經

Chant Sutras Together



專注誦經，心口如一  
Focus on the sutras with sincere mind.

#### 隨眾持咒

Recite Mantras Together



持眾專注，心念清淨  
Recite mantras with focus and a pure mind.

#### 隨眾禮拜

Bow Together



禮拜整齊，恭敬莊嚴  
Bows should be neat, dignified, and respectful.



圖片僅供參考

#### 手機務必關機

Please Turn Off Your Mobile Phone



#### 或設為靜音模式

or Set It to Silent Mode



尊重佛法  
即是尊重自己與他人

Respect the Dharma  
is to respect yourself  
and others.





法會期間  
請勿走動、隨意出入、  
滑手機或與人閒談。

During the Dharma assembly,  
please do not walk around,  
enter or exit at will,  
use your phone,  
or talk with others.



保持正念與恭敬心，  
共護法會莊嚴。

Maintain mindfulness  
and reverence,  
and protect the  
dignity of the Dharma assembly.

請勿走動



No Walking  
Around

請勿隨意出入



No Entering  
or Exiting

請勿滑手機



No Using  
Mobile Phones

請勿與人閒談



No Talking  
with Others

圖片僅供參考





# 法會後可隨力供養 主壇僧眾或道場， 表達感恩與護持之心。

After the Dharma assembly,  
you may **offer donations** to the presiding  
monastics or the temple according to your ability,  
to express **gratitude** and **support**.

## 供養的意義



表達感恩  
Express  
Gratitude



累積福德  
Accumulate  
Merit



護持道場  
Support the  
Temple



成就佛法  
Help Fulfill  
the Dharma



供養是自願的，隨喜即可，無壓力。  
Offerings are voluntary.  
Give with joy, without any pressure.



感恩您的發心護持，願您福慧增長，萬事吉祥。  
Thank you for your kind support.  
May you be blessed with wisdom, merit, and all auspiciousness.



圖片僅供參考





# 欲請法或與 真佛僧眾交談時

When Making Requests for Dharma  
or Speaking with True Buddha Monastics



圖片僅供參考





# 請先在共修結束後 或空閒時， 合掌詢問：

「弟子有事想請示，  
是否方便？」

Please wait until the group practice is over  
or when the master is free, then press your palms together  
and ask politely:

“Disciple has something to ask,  
would it be convenient for you?”



圖片僅供參考







若師父 / 弘法人員  
正在處理其他事務，

請耐心等待，  
不可催促。



If the master or dharma staff  
is busy with other matters,  
please be patient and wait quietly.  
Do not urge or rush them.

圖片僅供參考







# 交談時注意 用語恭敬， 避免以世俗語氣 談論佛法。

Speak with respect  
during conversations,  
and avoid using **worldly**  
**tones** to discuss the Dharma.



圖片僅供參考







# 欲在道場 用餐或暫留時



When Dining or Staying  
in the Temple



圖片僅供參考





# 若道場有供齋， 請先詢問是否方便 留下用餐。



If meals are offered at the temple,  
**please kindly ask first**  
if it is convenient  
for you to stay for the meal.



圖片僅供參考







# 用餐前合掌念供養偈， 用餐時保持安靜， 勿挑食或浪費。

Recite the food offering verse  
with palms joined before the meal.  
During the meal, keep silence,  
do not be picky or waste food.



圖片僅供參考







# 用畢後 主動收拾碗筷， 協助整理環境。



After the meal,  
take the initiative to  
clear your dishes and utensils,  
and help keep the environment clean.



圖片僅供參考







# 若需短暫休息 或暫留道場， 應向負責人或在地師父 請示是否方便。



If you need a short rest  
or wish to stay at the temple,  
please ask the person in charge  
or the resident lama for permission  
to ensure it is convenient.



接待處  
Reception

圖片僅供參考







# 離開道場前 的行儀



Etiquette Before  
Leaving the Temple



圖片僅供參考



欲離開時，  
應向佛前行三拜禮或問訊，  
默念

「願佛力加持，護念我等，  
增長福慧」。

When leaving,  
you should perform **three prostrations**  
before the Buddha or offer respectful greetings,  
and silently recite:  
“May the Buddha’s power bless us,  
protect us, and increase our merits and wisdom.”



三拜禮  
Three Prostrations



問訊  
Respectful Greetings



圖片僅供參考

溫馨提醒

離開道場時，保持恭敬與感恩之心，  
讓善緣延續，福慧增長。  
Leave the temple with respect and gratitude,  
so that our good affinities continue  
and our blessings grow.







# 向師父及在場負責人 合掌告假：

「弟子/末學告退，  
感恩根本上師與三寶加持」。



離開前，應以恭敬心向師父及在場負責人  
合掌告假，表達感恩與尊重。



合掌



告假



感恩三寶



慈悲喜捨

智慧圓滿



圖片僅供參考

接待處  
Reception



溫馨提醒



以恭敬心來，以感恩心去，常存善念，福慧自增。

Come with respect, leave with gratitude.  
Keep kind thoughts, and blessings will grow.





# 若有因果問事或供養， 應在適當時間向 知客或值堂人員詢問流程。

If you wish to consult on karmic matters  
or make an offering, please inquire  
about the procedures from the **Temple  
Attendant or Hall Supervisor**  
at the appropriate time.



詢問流程  
Inquire Procedures



獲得正確指導  
Receive Correct Guidance



依規進行  
Follow Temple Rules



圖片僅供參考

以恭敬心，正確行持，  
共修佛法，廣結善緣。

With reverence, follow the proper way,  
practice the Dharma together, and create good affinities.





# 其他應注意事項



Other Important  
Notes to Be Aware Of



圖片僅供參考

以清淨心入道場  
以感恩心行修行





# 禁止在道場 抽煙、喝酒、吃葷食， 或談論與修行無關的負面話題。

Smoking, drinking alcohol, eating meat,  
or engaging in **negative conversations**  
unrelated to spiritual practice  
are strictly prohibited in the temple.



禁止抽煙  
No Smoking



禁止喝酒  
No Alcohol



禁止吃葷食  
No Meat



禁止抽煙  
No Smoking



禁止喝酒  
No Alcohol



禁止吃葷食  
No Meat



禁止談論  
與修行無關的  
負面話題  
No Negative Talks

圖片僅供參考

## 溫馨提醒

保持身口意清淨，  
才能護持道場莊嚴，  
有利於修行與他人。

Keep body, speech, and mind pure.  
This protects the temple's purity  
and supports our practice and others.





# 不可私自拍攝或錄影 法會內容，除非經過同意。

Do not take photos or record videos  
of the Dharma assembly **without**  
**permission.**



尊重法會

保持專注，恭敬道場。

Respect the Dharma assembly.  
Stay focused and respectful.



保護隱私

保護他人隱私與法會莊嚴。

Protect others' privacy  
and the sanctity of the assembly.



圖片僅供參考

未經同意，請勿拍攝或錄影  
No photography or video recording  
without permission.

溫馨提醒

如需拍攝，請先向主辦單位或負責人員提出申請，  
並獲得同意後方可進行。

If you need to take photos or record videos,  
please seek approval from the organizer or  
responsible staff first.

Proceed only after obtaining consent.







# 所有道場物品 皆屬三寶所有， 未經允許請勿取用或攜出。

All items in the temple belong to  
the **Three Treasures**.

Please do not take or remove anything  
without permission.



**三寶所有**

Belongs to the  
Three Treasures



**未經允許**

Without  
Permission



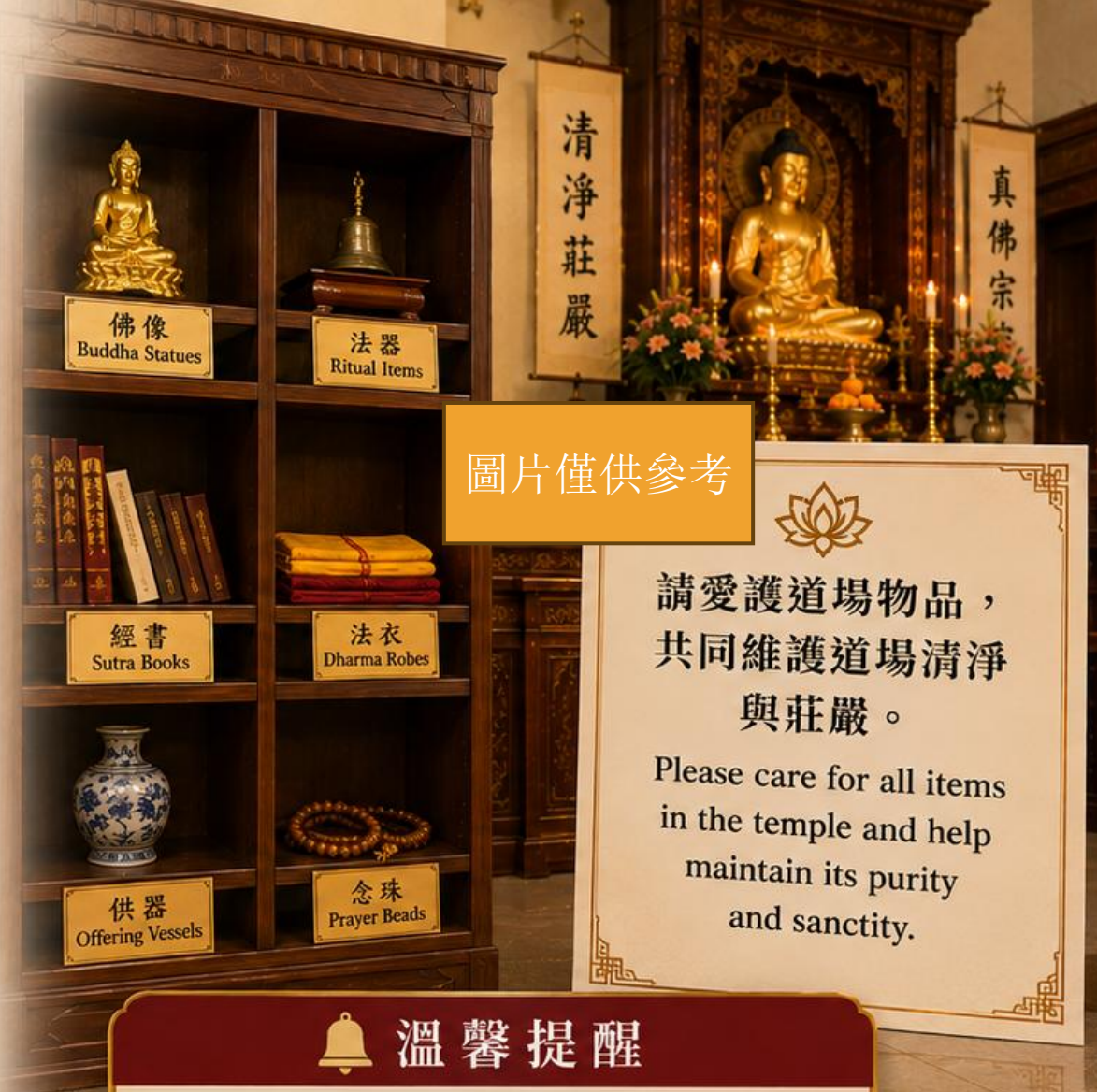
**請勿取用**

Do Not Take  
or Use



**請勿攜出**

Do Not Remove  
or Take Away



圖片僅供參考



**溫馨提醒**

尊重三寶，珍惜因緣，福慧長增。

Respect the Three Treasures,  
cherish this connection,  
and may blessings and wisdom grow.





# 若發心做義工， 應遵守安排， 不可自作主張擅動 法器或道場設施。

If you volunteer in the temple,  
please **follow the arrangements**.  
Do not make decisions on your own  
or touch ritual instruments or  
temple facilities **without permission**.



**遵守安排**  
Follow  
the arrangements

依負責同師或負責人的  
安排與指示行事。

Follow the guidance  
of the in-charge.



**團隊合作**  
Work  
as a team

互相協助，  
維護道場和諧。

Support one another  
and maintain harmony.



**不可擅動法器  
或設施**  
Do Not touch ritual  
instruments or  
facilities

未經允許，請勿擅自  
移動或使用法器與設備。

Do not move or use any  
items or facilities without  
permission.



**恭敬三寶**  
Respect  
the Three  
Treasures

以恭敬心護持三寶，  
珍惜道場一切。

Respect the Three Treasures  
and cherish everything in  
the temple.



**溫馨提醒**  
Kind Reminder

以發心的心做義工，  
是守護道場、利益眾生的善行。  
守規矩，就是護持佛法。

Volunteering with a sincere heart  
protects the temple and benefits all beings.  
Following the rules is supporting the Dharma.



圖片僅供參考



## 義工守則 Volunteer Guidelines

- ✓ 遵守安排
- ✓ 聽從指示
- ✓ 恭敬三寶
- ✓ 保持清淨
- ✓ 團隊合作





# 總結

真佛宗的分堂／同修會，  
是根本上師蓮生活佛以大願力所建立的弘法據點，  
每一個角落都承載著無量的加持力與修行功德。  
我們佛弟子每次進入道場，  
都是一次與佛菩薩結法緣、與同修建立善緣的珍貴機會。

True Buddha School branches and fellowships are Dharma centers  
established by our Root Guru, Living Buddha Lian Sheng,  
through His great vows.

Every corner carries infinite blessings and merits of practice.

Every time we enter the temple,  
it is a precious opportunity to connect with Buddhas and Bodhisattvas,  
and to build wholesome affinities with fellow practitioners.



清淨  
Purity



恭敬  
Respect



和合  
Harmony



歡喜  
Joy



善緣  
Wholesome Affinities



修行  
Practice



功德  
Merit

圖片僅供參考

願我們時時保持清淨恭敬的身口意，共同營造一個莊嚴、和合、歡喜的修行道場！

May we always keep our body, speech, and mind pure and respectful,  
and together create a sacred, harmonious, and joyful place of practice!





真佛宗全球資訊網  
TRUE BUDDHA SCHOOL NET

什麼是修行的基礎呢？

就是你好好的利用世間上一切的东西，來使你自己本身的功課精進有了成就，這個是修行的基礎。

蓮生法王開示集641【偕汝談心（二）】  
《修行的基礎（叢林生活）》





# 佛門禮儀

「千江有水千江月」

世界真佛宗宗務委員會 教育處 真佛法學堂  
馬來西亞真佛宗密教總會 大德佛學院 聯辦



## 第一堂課圓滿吉祥

### 祝願大家

# 福慧增長

### 謝謝您的出席聆聽



蓮花俊仁 合十