

Retreat Rules and Practices

禅修规约

- All participants must surrender the hand phone to committee during the registration on first day.

所有参加者必须在第一天报到时将手机交给工委会。

- All participants are to observe the **8 precepts**. Those with permission from the meditation teacher due to physical sickness may be exempted from observing the **sixth precept**.

所有参加者必须受持八关斋戒。如果因身体健康无法受持第六条戒律，在得到老师允可后可不受持这条戒律。

The 8 precepts are:

八关斋戒是：

- 1st: Abstaining from killing any living being.
不殺生
- 2nd: Abstaining from taking what is not given.
不偷盜
- 3rd: Abstaining from sexual activity.
不邪淫
- 4th: Abstaining from wrong speech—lying, gossiping, divisive, or harsh speech.
不妄语、不绮语、不两舌、不恶口
- 5th: Abstaining from intoxicants.
不饮酒
- 6th: Abstaining from eating after noon (i.e. drinking milk, soy milk, milo, 3 in 1 coffee, etc.)
过午不食 (包括牛奶、豆奶、美禄、三合一咖啡等)
- 7th: Abstaining from dancing, singing, listening to music, watching movies, or adorning oneself with garlands and perfumes.
不香花曼庄严其身，亦不歌舞倡伎
- 8th: Abstaining from using high or luxurious seats & beds.

不坐卧高广大床

(Keeping these precepts helps to achieve samatha (tranquillity) states of mind by managing sense desires and self-aggrandizing practices 持守以上戒律能帮助守护根门及减轻欲贪，进而提升内心的平静)

- **Do not use beeping watches** during sitting meditation.

禅修时不准使用会发出显著声音的手表

- **Do not use perfumes or scented products.**

不准使用香水或有强烈味道之产品

- Carry out your daily activities mindfully to maintain your practice and to avoid disturbing fellow meditators. Do things mindfully and silently. **Noise disturbs the mind.**

以正念进行所有的日常作息与修持，不导致过多的杂音，以避免干扰其他的禅修者的宁静。

- Be sensitive to the proper mode of conduct for men and women within a monastic setting. **Segregation of gender is mandatory**, and no man should enter a woman's lodgings (or vice versa) under normal circumstances.

寺院严厉防护男女有别，因此请勿随意进入异性的宿舍。

- **Do not loiter** around the library, dining hall, or lodging, engaging in chatting.

勿在道场里的图书馆、餐厅、宿舍闲逛或闲聊。

- **Do not bring any valuables** to the retreat. Retreat organizers are not liable for any personal belongings lost during the retreat.

请勿携带贵重物品来禅修，主办单位将不为任何遗失物品负责。

- Place all **water bottles** outside the meditation hall. Noise from water is amazingly distracting in the silence of the peaceful hall.

把水罐放置在禅堂外，水声将严重干扰禅堂的宁静。

- You are encouraged to sit through each meditation session until the bell rings. You may practice **standing meditation** if sitting becomes unbearable.

禅坐时您被鼓励保持坐姿直到引罄的提示声响起。假如真的无法忍受，您可以尝试站禅。

- AVMC reserves the right to require a **retreatant who violates the rules** to leave the center with a minimum of 24 hours' notice. One verbal warning will be given first. This right shall be exercised in rare circumstances and in the best interests of the other retreatants at the center.

假如禅修者违犯规约，正勤乐住禅林有权要求禅修者在二十四小时之内离开禅林。一个口头警告将会先发出。此条规的实行主要为了保护其他禅修者的利益。

- A yogi will be assigned a cleaning job everyday according to duty roster, to help maintain the environment.

禅修者必须实行每日出坡的义务，以维持禅林的环境。

- All lights (including the power of water dispenser) must be turned off at 10.00pm.

所有电灯和热水器必须在十点后关避。

- The participants are required to wear their name tags at all times for identification purposes.

禅修者在禅修期间需戴上名片，以方便老师及工委辩识身份。

- For those join for 5 days retreat, bring enough clothing to last you the whole retreat. For those who join more than 5 days could wash the clothes if necessary.

只参加五天的禅修者请携带足够的衣物，参加超过五天的禅修者如有需要可洗衣。

Dana (Donation) 供养/布施

- If you wish to do Dana, all dana or cash donations will be collected during registration on the first day of the retreat.

如果您发心供养，所有供养金或布施可在禅修的第一天交上。