



## Appamada Vihari Meditation Center, Penang

(Registration No. PPM-009-07-2102013)

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## Rules and Regulations 条款和规则

### Retreat Rules and Practices 禅修规约

#### Harmonious Practices towards a Noble Community Living 迈向和谐高尚群体生活

- All participants are to observe the **8 precepts**. Those with permission from the meditation teacher may be exempted from observing the **sixth precept** due to physical sickness. 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. 不非梵行 (不淫)
  - **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
  - **NOTE: 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)
- Observe **noble silence** at all times to protect your own meditation as well as that of others. Noble silence promotes inner peace. 时刻秉持**禁语**以维护自己和他人的禅修。禁语促进内心的平静。

- For residential retreats, surrender your **cell phone** at the registration counter when checking in. For one-day retreats, turn off your cell phone or set it to silent mode. 所有参加者必须在第一天报到时将手机交给工委会。
- **Do not use alarms** during waking hours. We will arrange for a morning wake-up gong according to the retreat schedule. 禁止使用闹钟。我们会按照时间表在早上响锣。
- **Do not use beeping watches** during sitting meditation. We harmoniously use retreat timers and chimes, and learn to live as a peaceful community. 禅修时禁止使用会发出显著声音的手表。
- Do not use perfumes or scented products. 禁止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 participants. 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。
- **Remain in the retreat compound** throughout the retreat. 禅修期间只允许在禅修林范围活动。
- 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 office, 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。
- Wear your **name tag** 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辨识身份。
- **The retreat timetable** will be displayed outside the hall and at other appropriate places. 禅修时间表将在大厅外和其他适当的地方展示。
- Do not do **walking meditation** inside the meditation hall, as it can disturb fellow participants. Walking meditation can be done outside the meditation hall or inside the dining hall. 请勿在禅堂内进行行禅, 以免打扰其他同修。行禅可在禅堂外或食堂内进行。
- 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磬的提示声响起。假如真的无法忍受, 您可以尝试站禅。
- You will be **allocated a bed in which to sleep**. Please use it throughout the retreat and do not switch with other participants, unless it is absolutely necessary and you have obtained permission from the retreat committee. 每位禅修者将会配置一个单人床。禅修期间请勿擅自调换床位。欲换床位必须获得禅修筹委的许可。

- AVMC reserves the right to require a **retreatant who violates these rules or causes disharmony, displays attitude or behaviours deemed inappropriate** by AVMC, 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 residents at the center. 假如禅修者违犯规约，破坏和谐或行为不当，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。
- **Interview sessions** are optional. If you would like an interview, write your name on the whiteboard. 欲与导师小参者，可以把名字预先写在白板上。
- All participants will be assigned **some gardening or housekeeping chores**, to help maintain the conducive environment. 禅修者必须实行一些出坡义务以维持禅林的环境。
- As a Theravada tradition, we **eat whatever the donors offered, i.e. the food can be vegetarian (with garlic and onion) or non-vegetarian**. Yogis therefore should strictly follow Theravada practice on food provided during the retreat. 根据南传佛教的传统，我们接受供养者提供的任何食物，即食物可以是素食（带有大蒜和洋葱）或非素食。因此，禅修者应遵守及接受在闭关期间所提供的食物。

## Other General Matters 其他事项

### House Rules 禅林规则

- For those who join for less than 5 days of retreat, please bring enough clothing to last you the whole retreat. For those who join for more than 5 days, you may wash clothings 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。
- Dress code: Plain white top. Long white/black/dark blue/dark brown bottom. 着装要求：纯白色上衣。长款白色/黑色/深蓝色/深棕色底部
- 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

### Dana (Donation) 供养

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。

