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| 萬佛城如來寺三週禪七時間表  Three Weeks Chan Meditation Session At the City of Ten Thousand Buddhas  **(TM)**  **12/15/19 – 1/5/20** | | | | | |
| Morning | AM | | |  | |
| **4:00 – 5:30** | **打 坐** | **1** | | | **Seated Meditation** |
| 5:30 - 7:00 | 放 香 |  | | | Break |
| 6:15 - 6:45 | 早 齋 (居士) |  | | | Breakfast (Laity) |
| **7:00 - 8:00** | **打 坐** | **2** | | | **Seated Meditation** |
| 8:00 – 8:25 | 跑 香 |  | | | Walking Meditation |
| **8:25 - 9:25** | **打 坐** | **3** | | | **Seated Meditation** |
| 9:25 – 9:50 | 跑 香 |  | | | Walking Meditation |
| **9:50 – 10:45** | **打 坐** | **4** | | | **Seated Meditation** |
| 10:45 - 10:50 | 跑 香 |  | | | Walking Meditation |
| 10:50 - 11:50 | 午 齋 |  | | | Noon Meal |
| Afternoon | **PM** | | |  | |
| **1:00 - 2:00** | **打 坐** | **5** | | | **Seated Meditation** |
| 2:00 - 2:25 | 跑 香 |  | | | Walking Meditation |
| **2:25 - 3:25** | **打 坐** | **6** | | | **Seated Meditation** |
| 3:25 - 6:35 | 放 香 |  | | | Break |
| 5:15 - 5:45 | 晚 餐 (居士) |  | | | Dinner (Laity) |
| **6:35 – 7:35** | **打 坐** | **7** | | | **Seated Meditation** |
| 7:35 – 8:00 | 跑 香 |  | | | Walking Meditation |
| **8:00 – 9:00** | **打 坐** | **8** | | | **Seated Meditation** |
| 9:00 – 9:05 | 跑 香 及 三 皈 依 | | Walking Meditation and Three Refuges | | |

開 始 Start **:** 7:45pm, **Sunday**, **12/15/19。**

講解規矩以及分配禪堂座位

(Explaining the rules & assigning seats in the Chan Hall)

圓 滿 Finish **:** 9:00 pm, **Sunday**, **1/5/20**。

男眾禪堂: 如來寺二樓。Men's side Chan Hall: TM 2nd Floor.

男眾基礎班禪堂: 如來寺一樓。Chan Hall for male beginners: TM 1st Floor.

### Rules for the Chan Hall

### The City of Ten Thousand Buddhas

## (For Ch’an Session, 12/15/19 – 1/5/20)

#### Please be punctual, silent and keep the Ch’an Hall clean and orderly.

**1.** Do not be late or linger outside. You are not permitted to enter the Ch’an Hall after the sit has already begun.

**2**. If you are late, please do not knock on the door. Knocking disturbs people in the Ch’an Hall.

**3.** You are not permitted to leave the hall until the sit is over.

**4.** You are not allowed to read, or to bring drinks and containers such as cups, bottles or bags into

the Ch'an Hall during the sits.

**5.** Talking inside the Ch’an Hall is prohibited. You are encouraged to wear a sign that says “Not

Talking”-- vowing to remain silent during the entire session.

**6.** You are not permitted to have recitation beads, counters, Walkmans, tape players, MP3 players,

cell phones, pagers or other objects at your seat. Turn off the beep on your electronic watch so

that it does not sound during the sit. Absolute quiet must be maintained.

**During the Walks :**

**1.** You should walk briskly to improve your blood circulation, while you continue to contemplate

your topic. The proper way to walk during a Ch’an is to have your arms swing naturally at your side.

**2.** There will be two or three lanes for different walking speeds:

**Outer lanes - - fast speed (Walk in a clockwise direction at all times)**

**Inner lanes - - medium speed or slow speed (Walk in a clockwise direction at all times)**

**3.** Please walk out the Ch’an hall by going clockwise if necessary.

**4.** The boards will be hit five minutes before the sit begins. You must return to the Ch’an hall at this time.

**5.** Two to three minutes before the sit starts, the proctor will call for the assembly to run. There is

one exception to this rule. There will be **no running** immediately after lunch at **1:00 pm**.

You should run until you hear the wooden fish hit once. This is the signal to stop. Do not stop

beforehand. If you cannot run, you should stand aside so that you do not obstruct those who are

running. The doors to the Ch’an Hall will be closed as people return to their seats.

**6.** You should not start sitting while a walk is in progress. The sit begins after the “Run!” is over.

**During the Sits :**

**1.** Sit close to one another in orderly rows. The proctor may assign you a seat.

**2.** Three hits on the wooden fish signals the start of the sit. You should sit upright and try your best

not to move around during the sit.

**3.** Wake up sleepers nearby you, especially those who snore. If you make a disturbance due to sleeping

more that once during any sit, you may be asked by the proctor to practice standing or kneeling

meditation for the rest of the sit or for a temporary period of time.

**4.** If you are wakened up by the proctor, do not get angry, ignore him, become arrogant or argue with him. Ideally, you should put your palms together respectfully.

**5.** If you feel drowsy or cannot bear physical pain during a period of sitting meditation, you may stand up quietly and practice standing or kneeling meditation in your place without disturbing others or moving around. After practicing a period of standing or kneeling meditation, you may sit down quietly and continue your sitting meditation.

**6.** The hand bell will be hit to end the sit. You may then uncross your legs. About two or three minutes

later, the bell will be hit a second time for you to stand up; you should not continue to sit.

**7.** Next, the wooden fish is hit twice to signal the start of the walking meditation. Put your sitting cushion

away neatly and fold your blanket before starting to walk.

**8. You are not permitted to start to sit during a walk. You must follow the assembly. Walk when everyone else is walking and sit when everyone else is sitting.**

Special Times :

**1.** At **6:15 am,** breakfast is available for lay people if they wish.

**2.** At **10:45 am,** after the last sit before lunch, please continue to walk around the hall until the proctor has hit the wooden fish to signal the time to leave the hall. At that time, we will line up outside and walk in single file to the Dining Hall.

**3.** At **5:15 pm,** dinner is available for lay people if they wish.

**4.** At **9:00 pm,** you should not leave the hall during the walk following the last evening sit until the proctor has bowed the Three Refuges and struck the wooden fish to signal the end of the walk. At that time, you may leave the Ch’an Hall and retire to your room.

We need your help.

In order to get some fresh air in the Chan Hall please open the windows and doors during the walks, the breaks and the lunch time. Please also close them before the sits.

**萬佛聖城 禪堂規矩**

**(三週禪七12/15/19 – 1/5/20)**

**通則：守時！肅靜！整齊！清潔！**

**1.** 請勿遲到，或在外逗留到靜坐開始後，才進入禪堂。

**2.** 如果遲到，請勿敲門，影響禪堂的靜坐。

**3.** 請勿在靜坐結束前，離開禪堂。

**4.** 禪堂內禁止看書，及帶飲料或容器 (如茶杯或保溫杯等)、袋子等。

**5.** 禪堂內請勿交談。最好能配帶禁語牌。

**6.** 禪堂內請絕對保持肅靜!請勿數唸珠，勿攜帶計數器、隨身聽、念佛機、呼叫器、

行動電話及會報時的電子表等，進入禪堂。(如有，請事先取消報時功能)。

**跑香時 ：**

**1.** 為促進血液循環，是故應跑香。(然不論跑香或止靜，都應繼續參話頭)。跑香時

兩臂宜自然前後擺動。

**2.** 依速度快慢，跑香可分兩路或三路： **(請依順時鐘方向跑)**

**外圍區域 - - 快 速**

**中間區域 - - 中等速度或慢速**

**3.** 若需出禪堂，也請依順時鐘方向走出禪堂。

**4.** 靜坐前五分鐘，維那師會打板，大眾聞聲，即入禪堂。

**5.** 靜坐前二至三分鐘，聞維那師喊跑 **(**或**Run)**，即起跑步，至聞木魚一聲響，再慢

慢止跑。木魚聲未響，勿停止跑。若無法跑者，應立一旁，以免礙眾。(唯午齋後

**1:00 pm**的第一支香，**無起跑**)。大眾止跑歸位後，禪堂大門將關上。

**6.** 跑香時，不可自行去靜坐。在維那師喊跑 (或Run)，聞木魚一聲響後，才可去靜坐。

**坐香時 ：**

**1.** 靜坐時，應依序坐下成行。巡香師可分配位置。

**2.** 聞木魚三聲，即開始靜坐 (止靜)。應挺腰端身正坐，儘量保持不動。

**3.** 請搖醒打盹者，尤其打鼾者。任何一支香內，若打盹者製造騷擾一次以上，應

被叫起來，修行跪禪或站禪，經一段時間，或直至開靜為止。

**4.** 凡被巡香師用香板糾正者，應合掌以示恭敬及感激。不可起瞋恚不理，或我慢辯解。

5. 如果在坐禪時，感覺到昏昏欲睡，或者是無法忍受身體上的疼痛，可以安靜的站起來，

在其原地來修行站禪或跪禪，但絕不能打擾到他人或者是走動。而修行站禪或跪禪經過一段時間之後，可以安靜的坐下來，繼續坐禪。

**6.** 開靜時，聞引磬一聲，停止靜坐。此時會有二至三分鐘散腿。聞第二聲引磬，

即站起於座前。此時請勿走動，或繼續靜坐。

**7.** 接下聞兩聲木魚。大眾首先將自己的毯子疊好整齊放於己位上，然後開始跑香。

**8. 已在跑香時，未聞木魚聲，不可自行停跑，而去靜坐。禪堂內，人人皆應隨眾：**

**大眾跑香，則跟隨跑香；大眾停跑，才可停跑；大眾止靜；方可止靜。**

**特別時間 :**

**1.** 居士如需要早齋者，請於**6:15 am**至齋堂用齋。

**2.** 於**10:45 am** 跑香之後，必須等維那師敲木魚一聲，方可離開禪堂。應保持肅靜，

依序列隊，前往齋堂用齋。

**3.** 居士如有需要者，請於**5: 15 pm** 至齋堂晚餐。

**4.** 於**9:00 pm**晚間最後一支香坐畢後，應繼續跑香，直到維那師做完三皈依，及敲

木魚一聲後，方可離開禪堂。

需要您的幫忙：

為了禪堂的空氣新鮮，請在跑香，放香，午齋期間，將禪堂的門窗打開，讓外面的新鮮空氣能夠流入禪堂。而當跑香結束後，準備坐香之前，請關上門窗。