

金佛聖寺 禪堂規矩

Rules for the Meditation Hall at Gold Buddha Monastery

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（每次二十分鐘）

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

In general, you should be punctual, silent and keep the Meditation (Chan) Hall clean and orderly.

1. Do not be late or linger outside. You are not permitted to enter the Chan Hall after the sit has already begun.
2. If you are late, **do not knock on the door**. Knocking disturbs people in the Chan Hall.
3. You are not permitted to leave the hall until the sit is over.
4. Do not read, or bring drinks and containers such as cups, bottles or bags into the Chan Hall during the sits.
5. No talking inside the Chan Hall. You are encouraged to wear a sign that says "Not Talking" -- vowing to remain silent during the entire session.
6. Do not bring recitation beads, counters, MP3 players, cell phones, pagers or other electronic devices to 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 (20 Minute Walking Period)

1. Walk briskly to improve your blood circulation, while continuing to contemplate your topic. The proper way to walk during a Chan is to let your arms swing naturally at your side.
2. There will be two or three lanes for different walking speeds:
(Walk in a clockwise direction at all times)
Outer lanes - fast speed

3. 靜坐前五分鐘，維那師會打板，大眾聞聲，即入禪堂。

4. 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。

坐香時（每支香六十分鐘）

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，應被叫起練習跪禪，或站禪一段時間，或乃至開靜。
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. 請勿用毯子裹身。
6. 請勿在祖師殿後、說法台上、佛龕與供桌間、及光明燈旁等處打坐或睡覺。
7. 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。
8. 如欲繼續靜坐者，除非可連續坐滿兩支香及中間的跑香時間（亦即至少可連續坐兩小時又二十分鐘）的雙盤打坐者，方可長坐。
9. 接下聞兩聲木魚。大眾首先將自己坐墊整齊放於己位上，然後開始跑香。

Inner lanes - medium speed or slow speed

3. The boards will be hit five minutes before the sit begins. You must return to the Chan hall at this time.
4. 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 Chan Hall will be closed as people return to their seats.

During the Sits (60 Minute Sitting Period)

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. 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 than once during any sit, the proctor may ask you to practice standing or kneeling meditation for the rest of the sit or for a temporary period of time.
4. If you are awakened by the proctor, do not get angry, ignore him, become arrogant or argue with him/her. Ideally, you should put your palms together respectfully.
5. Please do not wrap blankets around your upper body.
6. Please do not meditate or sleep behind the Patriarch Hall, on the platform, between the altar and offering table, or on either side of Medicine Buddha.
7. 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.
8. If you are able to sit for **at least 2 hours and 20 minutes** in full lotus posture, you may continue sitting in your place. If you cannot sit continuous in full lotus through one meditation period, the walk and the next

10. 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 **10:50 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. 於晚上 **7:15 ~ 8:30 pm** 聽禪坐開示。
5. 於 **9:30 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。

sit, you must stand up and do the walk with everyone else.

9. Next, the wooden fish is hit twice to signal the start of the 20 minutes walk. Put your sitting cushion away neatly and fold your blanket before starting to walk.

10. 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 **10:50 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. From **7:15 pm - 8:30 pm**, there will be a Lecture on Meditation.
5. At **9:30 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 Chan Hall and retire to your room.