

般若觀音聖寺

Prajna Guan Yin Sagely Monastery

For Office Use:

Paid / Unpaid

# 20~28/11/2010 彌陀七 報名表格

## Amitabha Buddha Recitation Session

### REGISTRATION FORM

姓名 Name	中 Chinese		英 Eng.	
性別 Sex	男 <input type="checkbox"/> M	女 <input type="checkbox"/> F	出生日期 Date of birth	年齡 Age
電話 Tel:	家 Hse.		手提 H/P	
電郵 e-mail		寮房是否須要冷氣? Do you need air-con in your dormitory?		否 <input type="checkbox"/> 是 <input type="checkbox"/> No Yes
<p>註：欲睡冷氣房者請自備棉被及寒衣，以免受寒著涼。          Note: Those who choose to sleep in the air-con room need to prepare your own warm clothing &amp; blankets to prevent cold.</p>				
健康狀況 Health Status	佳 <input type="checkbox"/> 尚可 <input type="checkbox"/> 不良 <input type="checkbox"/> Good Fair Poor	學佛背景 Background in Buddhism		三皈 <input type="checkbox"/> 五戒 <input type="checkbox"/> 菩薩戒 <input type="checkbox"/> 3 Refuges 5 Precepts Bodhisattva Precepts
是否參加過本寺自2003年以來歷屆所主辦的佛七? Have you ever participated in the Buddha Recitation Sessions held by us since 2003?			否 <input type="checkbox"/> 是 <input type="checkbox"/> No Yes	多少次? How many times?
語言 Language	讀中文 <input type="checkbox"/> Read Chinese	讀英文 <input type="checkbox"/> Read English	需要領取一份午齋發願文否? Do you want to receive a copy of Lunch Vows?	否 <input type="checkbox"/> 是 <input type="checkbox"/> No Yes
緊急事件通知人 Emergency Contact Person		關係 Relationship		電話 Tel
<p>本人在佛七期間同意遵守主辦單位所訂的一切規約。          I agree to abide by all the rules of the organizer during this Buddha Recitation Session.</p>				
日期 Date		簽名 Signature		
未滿十八歲者，應有家長同意書。 Participant under the age of 18 requires parent's/guardian's consent.			家長簽名 Signature of Parent / Guardian	

般若觀音聖寺主辦

# 彌陀七簡章

1. 日期：公元2010年11月20日（星期六）至 2010年11月28日（星期日）
2. 參加資格：
  - ① 年齡十三歲以上，六十五歲以下，思想純正，行為端正的佛教徒。  
（若六十五歲以上自認健康狀況允許者，也可以參加。）
  - ② 願意在彌陀七期間：
    - ① 一律嚴格禁語七日七夜。
    - ② 受持七日七夜八關齋戒。
    - ③ 一律過午不食及不飲漿。（除白開水之外，其他飲料一律禁止飲用。）
    - ④ 每日隨眾念佛修行，並禮佛至少300拜以上。
    - ⑤ 遵守主辦單位所訂的一切規約。
  - ③ 曾經動過大手術及嚴重疾病如高血壓、心臟病、肺結核、糖尿病、胃病、偏頭痛、哮喘、發羊癲、夢遊、B型肝炎者一律謝絕參加。
  - ④ 謝絕嘗試，信心不足及隨喜參加一、二日者。
  - ⑤ 主辦單位有權拒絕任何報名者參加。
3. 報名手續：
  - ① 填妥報名表格一份。
  - ② 報名費RM 100/=
4. 穿著：
  - ① 只允許穿**全白色**的寬鬆T-恤及長褲（請準備至少八套以上。若不方便，灰、黑及深藍色之長褲亦可通融），其他衣物包括睡衣一律禁穿。
  - ② 蓄長髮的女參加者須用橡皮圈把頭髮綁整齊，禁止使用任何髮夾和髮飾。
  - ③ 請勿攜帶貴重首飾、手錶或物品，以及塗香抹粉。
  - ④ 請自備海青（最好兩件）。
5. 自備用品：
  - ① 請自備日用品：睡袋或被單、枕頭、牙膏、牙刷、沐浴露/肥皂（無香）、毛巾等。
  - ② 嚴格禁止攜帶任何食物包括沖泡飲料、補品等。
6. 注意事項：
  - ① 參加者須遵守戒律及克制思想、舉止及行為。
  - ② 佛七期間：不閱讀報章、雜誌、不接撥電話或短訊、不收寄信件、不聽收音機及耳聽機，並謝絕會客。
7. 截止日期：2010年11月7日（星期日）
8. 報到時間：2010年11月20日（星期六）下午2:00 pm 至 3:00 pm。

# **Amitabha Buddha Recitation Session**

At Prajna Guan Yin Sagely Monastery

**1. Date: 20<sup>th</sup> November 2010 (Saturday) to 28<sup>th</sup> November 2010 (Sunday)**

**2. Requirements:**

- ① Open to all Buddhists who have proper faith, right views and good conduct, **between 13 to 65 years old**. (Age above 65 but reckon that they are healthy may be allowed)
- ② One **must adhere to the following rules** for the duration of the session:
  - ❶ **Maintain absolute silence for 7 days and 7 nights.**
  - ❷ **Receive and uphold the 8 Vegetarian Precepts for 7 days and 7 nights.**
  - ❸ Participants are **not allowed to take any kind of food including fruit juice after noon** except plain water.
  - ❹ Accord with the Assembly in cultivation, in reciting the Buddha's name and making at least 300 bows daily.
  - ❺ Abide by all the rules laid down by the organizer.
- ③ Those who have undergone major surgery and/or suffering from serious illnesses such as high blood pressure, heart problems, diabetes, gastric, migraine, asthma, epilepsy, sleep walking, Hepatitis B, and Tuberculosis are strictly prohibited from participation.
- ④ Applicants who are not committed and serious and wish to participate on a trial basis are strictly not allowed.
- ⑤ The organizer reserves the right to reject any application.

**3. Registration Procedure:**

- ① To complete the Registration Form.
- ② Registration Fee : RM 100/=

**4. Attire:**

- ① Loose and **white colored T-shirt & long pants (at least 8 sets is advisable. If not convenient, grey, black or dark blue long pants are permissible)**. All other types of clothing include pyjamas are prohibited.
- ② Ladies with **long hair** should tie their hair with plain rubber band—all other types of hair clips are prohibited.
- ③ Please do not bring along valuable jewelry, watch or accessories and makeup or fragrant powder.
- ④ Please bring along ceremonial black robe. (2 sets of robe is advisable)

**5. Necessities:**

- ① Please bring your own daily necessities such as sleeping bag or blanket, pillow, toothpaste, toothbrush, **soap/shower gel (without fragrance)**, towel, etc.
- ② Bringing instant or flavored drinks or tonics other than plain water are strictly prohibited.

**6. Special Attention:**

- ① Participants must abide by the precepts and guard one's mind and conduct.
- ② During the session, the following activities are not permitted :
  - ❶ Reading newspapers or magazines,
  - ❷ Making and/or receiving phone calls or SMS messages,
  - ❸ Receiving and sending letters,
  - ❹ Listening to radio or using walkman, Discman etc.
  - ❺ Receiving and communicating with guest and relatives.

**7. Registration Deadline: 7<sup>th</sup> November 2010 (Sunday)**

**8. Reporting Time: 20<sup>st</sup> November 2010 (Saturday), between 2:00 pm to 3:00 pm**