

般若觀音聖寺彌陀七規約

一、總則

1. 人人都要出聲念佛，宣公上人開示說：「念佛勿緩亦勿急，你若慢了，就會懈怠；你若快了，就會有緊張的毛病發生，所以要心平氣和的、念得很自然的。」
2. 念佛時，大眾要異口同聲，音量和諧，調子和速度要一致。人人要注意念從心起，聲從口出，音從耳入，字字念得清清楚楚，意、舌、耳三根攝於佛號。
3. 身體不適無法隨眾者，應向糾察請假，不可私人隨便。
4. 各人利用自修時間，每日至少禮佛三百拜。

二、大殿（念佛堂）

1. 每一個人分配位置固定後，不得私自調動，或彼此調換。
2. 繞佛之前，將個人拜墊左右對齊，而後合掌出班，至轉角處，不停步直接向上結毗盧印，然後放掌而行。
3. 繞佛時，腳步要劃一整齊，配合佛號，切勿東張西望，垂目三分，並與前人保持一人位之距離，不可偏左右而行，乃至太遠或太近。
4. 止靜時不得進出大殿，欲如廁者應於繞念時為之。
5. 止靜時，不可撥弄念珠及計數器，也不帶會報時的電子表（若有，應先按掉），切莫發出聲音吵到旁人。
6. 打瞌睡者，如得到巡香點醒，請合掌致謝，並心念阿彌陀佛，以免起瞋恚心，並挺腰端身正坐，若昏沉無法控制或被提醒三次者，請自動自發並輕聲的改長跪或起身站立念佛。
7. 下殿時，全體參加者應將個人蒲團和拜墊擺放整齊，然後順序出班。欲禮佛者，亦要先出班，後再回己位禮佛。

三、齋堂

1. 進食喝茶時，盡量避免發出嚼食聲。
2. 用齋時，當一心默念佛號。

四、寮房

1. 不得私自調換寮房，或佔用他人床位。
2. 禁止使用鬧鐘及吹風機。
3. 若於清晨未打板前起身者，動作應放輕，勿擾及他人。
4. 寮房走廊走路要輕聲，以免干擾他人養息。
5. 起床後，棉被、枕頭等內務，須整理整齊。
6. 除早上自修或晚上下殿以外，其餘時間不得回寮房。
7. 換洗濕衣物，一律掛於曬衣場。
8. 安板聲結束後，禁止再禮佛、沐浴、洗衣，應立即熄燈。

五、浴廁

1. 節省用水、用電，愛惜福報。
2. 公眾共用場所，請大眾保持清潔衛生。
3. 出廁後，必洗手，方得禮佛，持經，或向人作禮。

六、犯規警惕

1. 遲到：起香三拜後，還未上殿者，此香結束後，請到佛前禮佛三拜，佩帶「遲到」紙牌。
2. 懈怠：打瞌睡、偷懶，請到佛前求懺悔，禮佛三拜，佩帶「懈怠」紙牌。
3. 長舌：有意無意講話者，甚至比手畫腳或筆談者，一律到佛前禮佛三拜，佩帶「長舌」紙牌。（若真有緊要疾病，欲向糾察索取藥物者，請寫字條）。
4. 犯規：其他一切所訂之規則，如有違犯者，則禮佛三拜後，佩帶「犯規」紙牌。

□註：所有警惕紙牌，須掛足一日一夜後，禮佛三拜方能取下。

Regulations for the Amitabha Buddha Recitation Session
At Prajna GuanYin Sagely Monastery

I. GENERAL PRINCIPLES

- 1) Everyone should recite the Buddha's name aloud. Venerable Master Hua had instructed, "Recite the Buddha's name neither too slow nor too fast. If too slow, you will become lazy; if too fast, the problem of nervousness will occur. Therefore, one should recite calmly, harmoniously, and naturally.
- 2) While reciting the Buddha's name, everyone should recite harmoniously with the same volume, tune, tone and speed. All should bear in mind that the recitation must originate from the mind, the voice comes from the mouth, and the sound enters the ears. Every word should be recited clearly so that one's mind, tongue and ear organs are gathered in by the Buddha's name.
- 3) If for health reasons, you are unable to follow the assembly, you have to tell the Session's Inspector—one may not off-handedly excuse oneself without informing anyone.
- 4) Each person should use the self-study periods daily to bow at least 300 times to the Buddha.

II. BUDDHA HALL (BUDDHA RECITATION HALL)

- 1) If one has been given a fixed place in the Hall, one cannot move or exchange places with others.
- 2) Before circumambulation, arrange the bowing cushions neatly, place one's palms together, and follow the procession. At the cornering spot do not stop while making the Vairochana seal. Proceed walking with palms folded.
- 3) During Circumambulation, one's footsteps should be in accordance with each syllable of the Buddha's name. Keep one's eyes lowered and avoid glancing to the right and left. Try to walk in line, not too close or too far from the person in front of you. A distance of an arm's length should be maintained between each person.
- 4) During silent recitation no one is allowed to enter or leave the Hall. If one needs to go to the restroom, one may do so during circumambulation.
- 5) Throughout the meditation (silent recitation) periods, avoid using beads or tally-counter which may disturb others. Please also avoid wearing electronic watches which have alarm (unless the alarm is set off).
- 6) Those who fall asleep during the silent recitation will receive reminder calls from the Session's Inspector. Please acknowledge by putting your palms together and say Amitabha Buddha silently. Then, return to your proper posture (i.e. sit upright) and continue your meditation and silent recitation. This will avoid any arousal of agitation. Those who have been reminded 3 times in a session or cannot control your sleepiness should kneel or stand up while continuing your recitation.
- 8) At the end of a session, everyone should recite the Buddha's name and leave the Hall in line. If one wishes to remain in the Hall to bow, one may return to one's place after the corner turning point.

III. DINING HALL

- 1) Avoid making sounds while eating and drinking.
- 2) Single-mindedly recite the Buddha's name in silent while eating.

IV. LIVING QUARTERS

- 1) Exchanging rooms or beds with others are not allowed.
- 2) Do not use alarm clock and hair dryer.
- 3) Those who wake up before the morning board-hitting (wake-up call) please move about quietly so that your roommates and neighbours are not disturbed.
- 4) Walk quietly in the room. Do not disturb those resting.
- 5) Arrange the beddings and personal belonging in proper order at all time.
- 6) One should not be in one's living quarters except during morning break and sleeping hours.
- 7) Please hang and dry your clothes and personal belongings in the specified area.
- 8) After sounding the evening boards, one may not continue to bow, to do the laundry, or to bathe. Lights should be turned off immediately.

V. RESTROOMS

- 1) Cherish one's blessing by conserving the use of water and electricity of the permanent dwelling.
- 2) Public places should be kept clean.
- 3) Wash one's hands before leaving the restroom, only then one may bow to the Buddha, recite Sutras or pay respects to others.

VI. WARNINGS GIVEN FOR THE VIOLATION OF RULES

- 1) **Tardiness:** Those who have not arrived at the Buddha Hall after the first three bows are considered tardy. At the end of the incense period, they should make obeisance to the Buddha three times and wear tags which say "tardy" for the remainder of the day.
- 2) **Laziness:** Those who are lazy or falls asleep should make obeisance three times to the Buddha in repentance and wear tags which say "lazy" for the remainder of the day.
- 3) **Blabbermouth:** To speak intentionally or unintentionally, to use gestures or writing to communicate with others is considered as blabbermouth. These people should make obeisance to the Buddha three times and wear tags which say "blabbermouth" for the remainder of the day.
- 4) **Other violations:** Those who violate other rules of the order, one should make obeisance to the Buddha three times and wear tags which say "Violator of Rules" for the remainder of the day.

Note: Every warning tag should be put on for 24 hours after each violation. Please make 3 bows to the Buddha before taking it off.