

17/5/2011(TUE)	<b>PROGRAM 节目表</b>	五月十七日(二)
05.00am	Arrival of participants	集合及报到。
05.30am--07.30am	Transmission of Eight Precepts.	传授八关斋戒
07.30am--08.30am	Breakfast.	早餐
08.30am--09.00am	Interval	休息
09.00am--11.30am	Chanting Avalokiteshava Sutra	千手千眼观世音共修
11.30am--12.30pm	Vegetarian Lunch	素午餐
12.30pm--14.00pm	Rest	休息
14.00pm--17.30pm	Avalokiteshava Initiation	千手千眼观世音大灌顶
17.30pm--06.30am	Continue the precepts till 6.3am	回家继续修持至
	on the next morning then dedicate	隔天临晨六时三十分
	the merit by one self.	结束后自己作回向。

## **EIGHT PRECEPTS 八关斋戒**

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. To refrain from killing</li> <li>2. To refrain from stealing</li> <li>3. To refrain from sexual misconduct</li> <li>4. To refrain from lying</li> <li>5. To refrain from taking alcohol and/or intoxicating drugs</li> <li>6. To refrain from using a high or luxurious seat or bed (not higher than 12 inches from the floor)</li> <li>7. To refrain from taking food at inappropriate times, can drink plain water after 12.00pm</li> <li>8. To abstain from indulging in songs, dances, music and show as well as the use of ornaments, perfumes and cosmetics.</li> </ol> | <ol style="list-style-type: none"> <li>1. 戒杀生.</li> <li>2. 戒偷盗.</li> <li>3. 戒邪淫.</li> <li>4. 戒妄语.</li> <li>5. 戒酒精或失去自制力的药品。</li> <li>6. 戒用广大高床(不能高过12寸的床)</li> <li>7. 戒非时进食,中午12点后禁食.可喝开水.</li> <li>8. 戒参与歌舞,音乐,及穿戴装饰,香水和化妆.</li> </ol> |
|---|---|

### **八关斋戒的功德利益**

**(初八, 十四, 十五, 三十)**

- 1) 由於不杀生,今生和来世得以长寿及无病痛.
- 2) 由於不偷盗,今生和来世得以受用圆满,别人不会侵犯你的财物.
- 3) 由於不淫欲,今生和来世得以五官端正,相貌庄严.
- 4) 由於不妄语,今生和来世得以不受人欺诳.受人敬重.
- 5) 由於不饮酒,吸烟,服食毒品今生和来世得以具有清晰的头脑,五官灵敏,智慧圆满.
- 6) 由於不座卧高阔大床,今生和来世得以获得他人的赞誉和敬仰.
- 7) 由於不非时食,今生和来世得以享有丰饶的饮食.
- 8) 由於不香花鬘庄严及歌舞,今生和来世得以膚色柔美身心调和及 言語如法音.