

## THE WATER-POURING CEREMONY ( 倒水式 )

The water-pouring ceremony is a way of remembering our family and friends who have passed away. 倒水式是用来念往生家人与友的一式。

We begin with meditation of loving-kindness (*mettā bhāvanā*). Take up a relaxed meditation posture. It can be on the floor, or on a seat if that is more comfortable.  
先从慈爱坐禅开始。可在地上或椅子上调好舒适的坐姿。

When we are doing meditation of loving-kindness we begin with ourselves, move on to those we are close to, and end by spreading good-will to all living beings.  
打坐时现由本身开始，然后观想亲近的人，接着再把慈爱伸展到所有的众生。

First become aware of the breathing and allow the bodily processes to calm down.  
首先要观理呼吸，并让身体平静下来。

Then for a few minutes try to maintain these thoughts in mind: **May I be happy, may I be peaceful, may I be free from suffering.**

然后花点时间心中默念：愿我快乐，愿我平安，愿我脱离痛苦与烦恼。

When we are feeling relaxed, comfortable, and friendly towards ourselves, we can begin to remember relatives and friends who have passed away.

当我们本身感到安逸、舒适、友善时，就忆念已往生的亲戚朋友。

Bring an image of each one of them to mind and say to them: **May you be happy, may you be peaceful, may you be free from suffering.**

逐一忆念他们并对他们说：愿你快乐，愿你平安，愿你脱离痛苦与烦恼。

This is the main part of the remembrance ceremony so take your time and try to include anyone you want to remember.

这是追念仪式的主要部分，故应花点时间将你所忆念的人都一一包括在内。

Before we finish we also try to include all people, all creatures, all living beings in our well-wishing, by thinking: **May they be happy, may they be peaceful, may they be free from suffering.**

在结束前我们诚心祝福所有的人，包括所有的动物与一切众生，心中想着：愿他们快乐，愿他们平安，愿他们脱离痛苦与烦恼。

**Sādhu! Sādhu! Sādhu!**

善哉！善哉！善哉！

When we pour the water it is a symbolic gesture. Just as the water overflows the container so does our merit overflow from our good deeds, and we wish well to those whom we are remembering. During the ceremony we say the following verse three times:

**Idaṃ me ñātīnaṃ hotu, ~ sukhitā hontu ñātayo!**

依当米那地南河都 ~ 苏基打烘都亚得哟

May this (merit) go to my relatives, ~ may my relatives be happy!

**Sādhu! Sādhu! Sādhu!**

善哉！善哉！善哉！