

LESSON NOTES

Video Culture Class: Hong Kong Holidays #18 Buddha's Birthday

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18

TRADITIONAL CHINESE

1. 大家好，我是Olivia。
2. 歡迎收看「香港節日系列」。
3. 今集我們會介紹佛教最重要的節日 - 佛誕。
4. 在每年的農曆四月初八，全港的佛堂寺廟都有禮佛慶典和浴佛法會，紀念佛祖釋迦牟尼的誕生。
5. 佛誕又稱浴佛節，你知道為什麼嗎？
6. 我會在這影片最後公佈答案。
7. 佛誕最主要是藉著浴佛活動，提醒人們運用佛陀的智慧，洗去內心的染污，淨化心靈，勸人行善積德、樂善好施。
8. 佛教的倫理道德規範旨意為導人向善及提升人類精神境界，而且是建立和諧社會的重要力量。
9. 這種特殊功能可以說是其他傳統節日所無法取代的。
10. 在香港，大嶼山的寶蓮寺是佛教聖地，在那裡的天壇大佛於2008年之前是世上最高的戶外青銅坐佛像；而大佛下的祭壇更供奉著佛祖的舍利子。
11. 寺內有多座富中國特色的建築物，很值得參觀，除了拜佛，還可以在這裡享用佛門齋菜。
12. 有機會不妨赴一趟洗滌心靈之旅！
13. 在佛誕那天，寶蓮寺會舉行莊嚴盛大的浴佛節慶典，包括公眾浴佛儀式及少林功夫表演。

CONT'D OVER

14. 浴佛儀式是指由善信以香湯沐浴佛身，寓意以佛祖的智慧淨化心靈。
15. 1998年，覺光法師為香港成功爭取佛誕為公眾假期，成為香港佛教發展史上的一個重要里程碑。
16. 現在就來揭曉問題的答案。
17. 佛誕又稱浴佛節，你知道為什麼嗎？
18. 佛誕又稱浴佛節，是因為相傳佛祖誕生時，天有九龍吐水到他身上沐浴，所以日後佛誕都有這個儀式。
19. 你覺得這一集怎麼樣？有沒有學到一些有趣的知識？
20. 在你的國家，有沒有一個關於佛教的節日呢？
21. 在CantoneseClass101.com留言，和我們分享吧。
22. 下次見！

ENGLISH

1. Hello, everybody, I'm Olivia.
2. Welcome to the Hong Kong Holiday Series.
3. In this lesson, we will talk about the most important event in Buddhism: the Buddha's Birthday.

CONT'D OVER

4. On the eighth day of the fourth month on the Lunar calendar, all the temples and monasteries in Hong Kong hold liturgy, ceremonial celebrations, and bathing ceremonies to commemorate the birth of Buddha.
5. Buddha's Birthday is also known as the Buddha Bathing Festival. Do you know why?
6. We'll show you the answer at the end of this video.
7. The main purpose of celebrating Buddha's Birthday is to remind people to use the Buddha's wisdom to wash away the pollution of the inner self and to purify the mind, by doing the Buddha bathing ceremony. It also advises people to do good deeds and contribute to charity.
8. Buddhism's code of ethics guides people to perform good deeds and elevate the human spirit realm, and it also acts as an important force in establishing a harmonious society.
9. These special features of the holiday are unique among the traditional festivals.
10. In Hong Kong, the Po Lin Monastery on Lantau Island is a holy place for Buddhists; the Tian Tan Buddha there was the world's tallest outdoor bronze sitting Buddha before 2008, and the altar underneath the Buddha also showcases the Buddha's relic.
11. The monastery has a lot of Chinese-style buildings and is worth a visit; other than paying respects to the Buddha, you can also enjoy Buddhist vegetarian food there.
12. A visit there is a good opportunity for a spiritually cleansing journey.
13. On the day of Buddha's Birthday, the Po Lin Monastery holds a solemn and grand Buddha's Birthday celebration, including a public Buddha bathing ceremony and Shaolin Kung Fu performances.

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14. The Buddha bathing ceremony is carried out by worshippers pouring fragrant water on the Buddha statue, which is meant to purify the mind with the help of the Buddha's wisdom.
15. In 1998, the Venerable Kok Kwong strived for and succeeded in making the Buddha's Birthday a public holiday in Hong Kong, and it has become an important milestone in the history of Buddhism's development in Hong Kong.
16. And now I'll give you the answer to the earlier quiz.
17. Buddha's Birthday is also known as the Buddha Bathing Festival. Do you know why?
18. Buddha's Birthday is also known as the Buddha Bathing Festival, because according to legend, when Buddha was born, nine dragons came from the sky and spit water to bath him. Hence the ritual of the Buddha bathing ceremony.
19. How was this lesson? Did you learn a lot of interesting things?
20. In your country, is there a festival related to Buddhism?
21. Share with us by leaving a comment at CantoneseClass101.com.
22. And I'll see you next time.

VOCABULARY

Traditional	Romanization	English	Class
誕生	daan3 sang1	to be born	noun; verb
里程碑	lei5 cing4 bei1	milestone; landmark	noun
佛堂	fat6 tong4	temple; monastery	noun

佛誕	fat6 daan3	Buddha's Birthday	noun
慶典	hing3 din2	celebration	noun
釋迦牟尼	sik1 gaa1 mau4 nei4	Gautama Buddha	noun
智慧	zi3 wai3	wisdom	noun
淨化	zing6 faa3	to purify	verb
行善	hang4 sin6	to do good deeds	verb
天壇大佛	tin1 taan4 daai6 fat6	Tian Tan Buddha Statue	noun
舍利子	se3 lei6 zi2	relic	noun
齋菜	zaai1 coi3	vegetarian dishes	noun
洗滌	sai2 dik6	to wash; to rinse	verb
盛大	sing6 daai6	majestic	adjective
功夫	gung1 fu1	kung fu	noun
善信	sin6 seon3	worshippers	noun
寓意	jyu6 ji3	implied meaning; moral	noun; verb
爭取	zang1 ceoi2	to strive for	noun; verb
公眾假期	gung1 zung3 gaa3 kei4	public holiday	noun
佛教	fat6 gaau3	Buddhism	noun

SAMPLE SENTENCES

天后王菲都係信佛教㗎。

tin1 hau6 wong4 fei1 dou1 hai6 seon3 fat6 gaau3 gaa3.

The diva Faye Wong also believes in Buddhism.