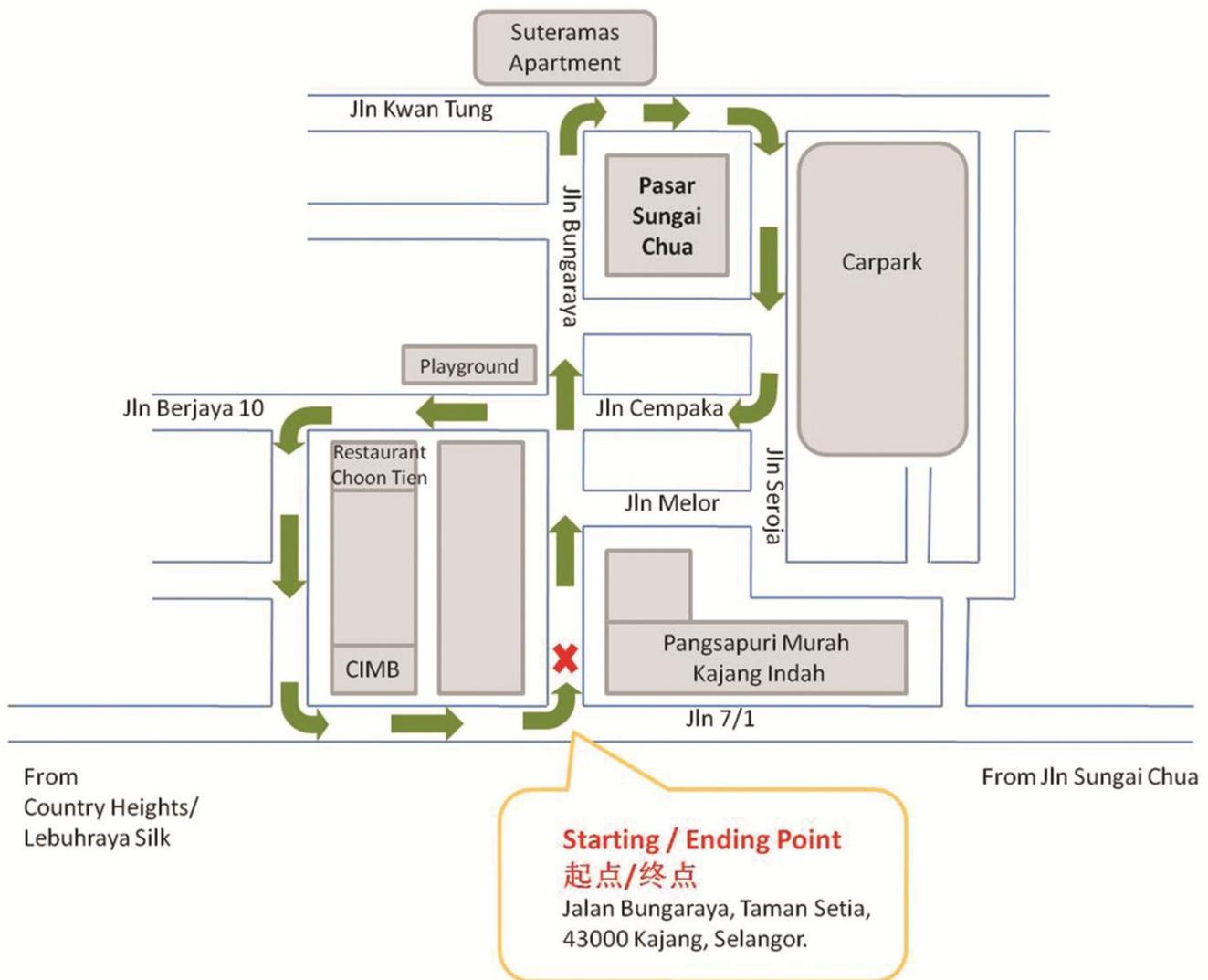


# Pindapata (Alms Round) Route Map 法师托钵路线图



**For more information, kindly contact: Sis Lai Peng @ 016-233 2842. 详情, 请联络: 佩玲师兄 @ 012-200 3263**

Dhammavijaya Meditation Centre (DMC), Dengkil 龙溪法胜禅修中心  
Lot 850, Jalan Besar, Kg Sg Buah Luar, 43800 Dengkil, Selangor, Malaysia.  
GPS location +2° 53' 31.74", +101° 44' 37.22" (2.892151, 101.743673)



Buddhist Missionary Society Malaysia (BMSM) Meditation Section  
马来西亚佛教弘法会禅修组

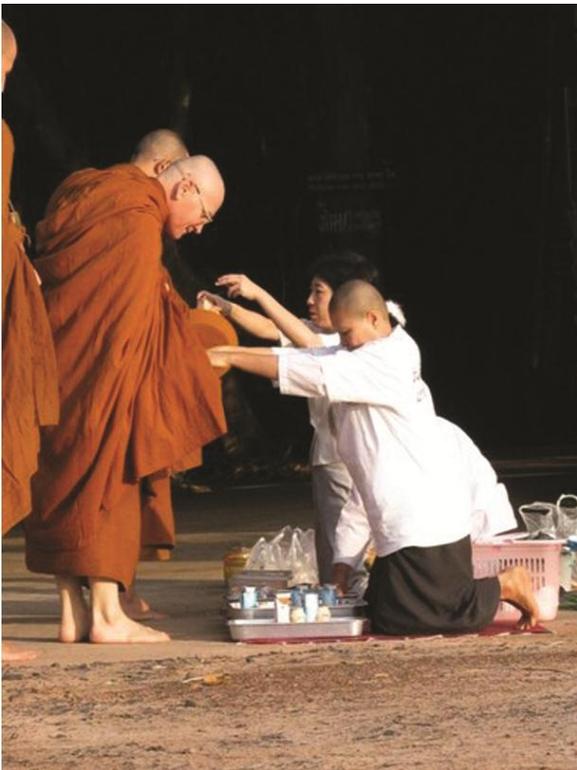
# Pindapata(Alms Round) Details 法师托钵详情

17<sup>th</sup> February 2013, Sunday. 8<sup>th</sup> day of CNY  
2月17日2013年。(星期日) 华人新年初八  
8 am 早上八时正  
Pasar Sungai Chua 锡米山巴刹

**More than 20 Sangha members led by Most respectable Sayadaw U Agganna in the Pindapata.**

**All are welcome to join in this meritorious event.**

尊敬的尚智禅师将会带领二十多名僧团成员  
外出托钵食物。欢迎大家参与这殊胜的善行。



- ~ Strictly No Cash.
- ~ Only Food (cooked / dried), Fruits, Drinks are welcome and acceptable.
- ~ Kindly wrap food with paper / wrapper.
- ~ You may wait along the roadside as shown in the map.
- ~ Kneel and offer the food to Sangha members when they walk in front of you.

- ~ 严禁供养金钱。
- ~ 施者可以准备熟食、干粮、水果、饮料。
- ~ 请用纸袋包装好供养品。
- ~ 请依据路线图沿路等候法师。
- ~ 当法师步向您身前时，请跪下并虔诚将食物供养法师。

## What is Pindapata? 托钵的意义

Pindapata means the Sangha (Buddhist monks) going on alms round carrying a bowl with hands to accept offerings. The Buddha teaches His disciples to practise right livelihood, that is using appropriate means to obtain life's necessities. As for the Sangha, practising the right livelihood means to go on alms round so as to forbid the Sangha from earning a living so that they could devote their life to the practice of the Dhamma (Buddha's teaching). At the same time, the practice of the Pindapata or alms round by the Sangha gave lay devotees the opportunity to perform Dana (generosity) and accumulate merits for themselves. Alms round also enables the general public to have an association with the Triple Gem (the Buddha, Dhamma and Sangha), which are the seeds for a happier life, free from suffering, in the future. Alms round also provides an opportunity for the Sangha to propagate the Dhamma. The Theravadian monks who practise according to Buddha's monastic rules will stop taking food after solar noon. They will usually go on alms round at about 7am to 9 am to public places such as wet markets, restaurants, and hawker centers. The Sangha put great emphasis on their posture during alms round. They will walk in silence at a slow pace, and with their eyes gazing downward.

托，是指出家僧以手持钵，乞求希施。佛陀制定托钵，令出家众不得从事生计营业，亦不可蓄存财富物质。佛陀教导佛弟子修习正命，用正当的方法取得生活必需品，出家人的方式就是托钵行乞，公开光明地接受信众布施，清净安心。透过出家人外出乞食，能籍此机会给予施主参与布施以累积善业，让广大民众有机会跟三宝结善缘，为自己的未来种下离苦得乐的善因。同时出家人也借托钵弘扬佛法。真正如法的南传出家人在正午过后就停止进食，所以早晨大约七至九点左右，就会有南传出家人到人群聚集的地方，例如市集、菜市场、餐馆、茶室、小贩中心开始托钵乞食。南传出家人在托钵时非常注重行仪，无论在行走或等待供养时常眼垂低视、步行善缓、不高声嬉笑。

### Offering for Pindapata 供养须知

1. Strictly no cash offering
2. Do not touch Sangha members
3. Donors are welcome to offer any primary dishes or side dishes as they wish. However, please do not offer raw food items such as uncooked meats, raw eggs or any type of grains at its raw form. This is because the Venerable Sangha member who receives the uncooked food will have to starve for the day as he is not permitted to cook by himself.
4. Theravadian monastics, unless they are sick, will have to go on alms round bare footed. Therefore, to show your respect and for your own benefit, you are encouraged to also take off your shoes when making food offerings. Kneel and respectfully put your offerings into the Venerable Sangha's bowl.

- 1、 不要供养金钱；
- 2、 不要触摸出家人；
- 3、 施者可以依照自己的喜好来供养一些主食或副食品。不供养出家人未煮熟的肉、生蛋和生谷米等等需要烹饪才可进食的食物。否则，那些只依托钵方式取得一天主要口粮的出家人可要在当天挨饿了。
- 4、 供养时尽可能脱掉鞋子。（南传出家人除了生病以外，一般上在托钵时是必须赤脚的。为了对僧宝表示恭敬与出自对您的福利，如果您方便的话，建议您在供养时也应当脱掉鞋子，并跪着把供养品放进出家人的钵里。）

# DONATION FORM 捐献表格

**Dhammavijaya Meditation Centre, Dengkil 龙溪法胜禅修中心**

Lot 850, Jalan Besar, Kg Sg Buah Luar, 43800 Dengkil, Selangor, Malaysia.

Email: dhammavijaya.dengkil@gmail.com

We/I would like to make my/our contribution to Dhammavijaya Meditation Centre, Dengkil

我/ 我们法喜捐献给龙溪法胜禅修中心: RM 马币\_\_\_\_\_

Method of Donation 捐献方式:

Cash 现金

Cheque/Money Order, payable to 支票/汇票, 请注明: **Buddhist Missionary Society Malaysia**

**Meditation Section.** Cheque/Money Order No 支票/汇票号码\_\_\_\_\_

Direct Bank in 银行进账 **Ambank Berhad** Current Account Number 来往户口号码: **186 201 2007991**

(Please send / email the scanned copy of bank in slip to DMC for issuance of receipts)

Full Name 姓名: TanSri/Dato'/Datuk/Mr/Mrs/Miss: \_\_\_\_\_

Address 地址\_\_\_\_\_

\_\_\_\_\_ Postcode 邮区号码: \_\_\_\_\_

Contacts 联络电话: \_\_\_\_\_ (Home 宅/Office 办) \_\_\_\_\_ (Mobile 手机)

Email 邮址: \_\_\_\_\_

For further enquiries, kindly contact 详情请联系:

Bro H K Chong @ 019\_237 7799; Sister Lai Peng @ 016-233 2842; 佩玲师兄@ 012 200 3263

Signature : \_\_\_\_\_

Date: \_\_\_\_\_

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FOR OFFICE USE

Receipt No. \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_