



# 無相拜佛圖解

Signless Buddha-Prostration Illustrations





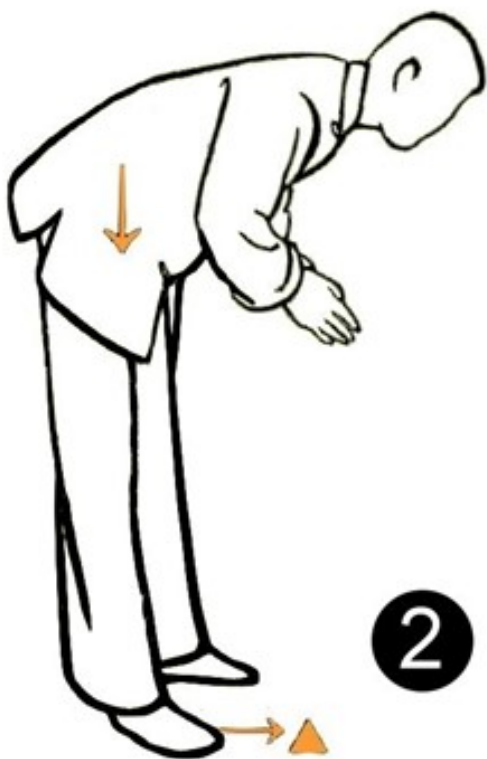
**重點：**雙腳站開與肩同寬，雙掌（或虛掌）當胸合十

**說明：**重心在雙足，全身放鬆，勿著力，如軟骨頭，閉眼

**Figure 1**

**Stand with your feet shoulder width apart. Relax and join your palms or cup them together in front of your chest. Close your eyes and balance your weight evenly on both feet.**

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**重點：彎腰，到90度。**

**說明：**

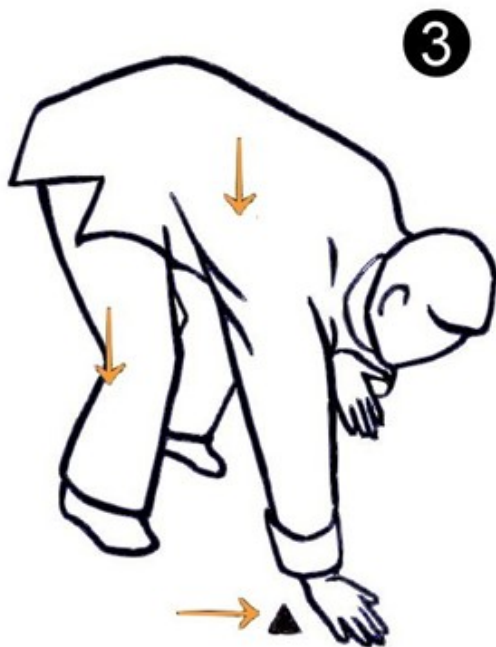
**1.只彎腰，勿含胸低頭。彎腰時、背自然平、手仍當胸**

**2.有高血壓同修，彎腰前，下巴稍上仰。**

**Figure 2:**

**Keep your palms joined as you slowly bend forward at the waist and move your weight forward.**

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**重點：**右手著地，重心往前移。

**說明：**膝蓋彎曲,右手著地，支撐身體，然後身體慢慢往下，重心漸漸往前。

**Figure 3:**

**When you can no longer bend forward, start to bend your knees. Extend your right hand to touch the ground for support while shifting your weight forward.**

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**重點：兩膝著地、左手伸出按地、右手往右前方按地。**

**說明：**

**1.單手：屈膝時、右手按地。**

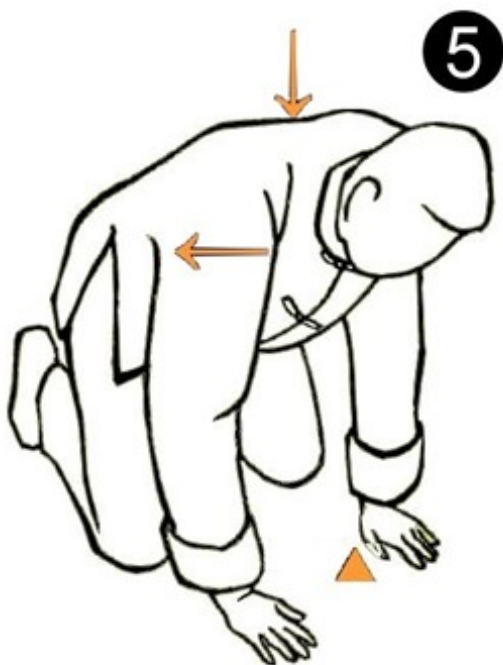
**2右手因支撐全身力量而稍出力、兩膝著地、左手伸出按地、右手往右前方按地**

**3雙手：屈膝、雙手按地，兩膝著地。不論單手、雙手，左右手位置剛好是後來低頭觸地距耳朵一拳頭處。**

**Figure 4:**

**Put your left hand down further for-ward and, using your arms for sup-port, start to gently drop your knees until they touch the ground.**

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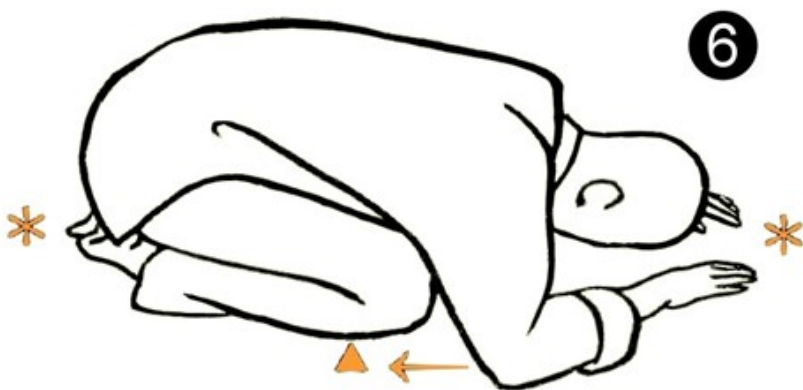
**重點：身前顧、腳放平。**

**說明；用雙手、雙腿稍前傾出力，雙腳自然翻掌放平。**

**Figure 5:**

**Move your right hand forward, parallel with the left hand, and let the weight shift to the back.**

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**重點：坐腿上、俯身、額頭鼻尖觸地、握拳、翻掌。**

**說明：**

**1雙腳翻掌後，往大腿方向坐，俯身、額頭鼻尖觸地、背仍平。**

**2．一般人因未確實往大腿方向坐或身體關係而使臀高頭低，此時須調整使頭臀部水平，以免血液集中頭部，使憶佛念不細膩。**

**3翻掌後，這時憶佛念為整個過程最輕安階段，一般人會執著不動，乃至忘失憶佛念，建議仍須持續憶佛、繼續動作。**

**Figure 6:**

**Flatten your feet and rest your buttocks on your calves. Bow down slowly until the forehead touches the ground or mat. You can slightly adjust your body to find a comfortable posture.**



**重點：握拳、翻掌、擡身、翻腳掌、往腿部坐**

**說明：**

**1翻掌後，用雙手、雙腿出力，身體往前傾、擡身。**

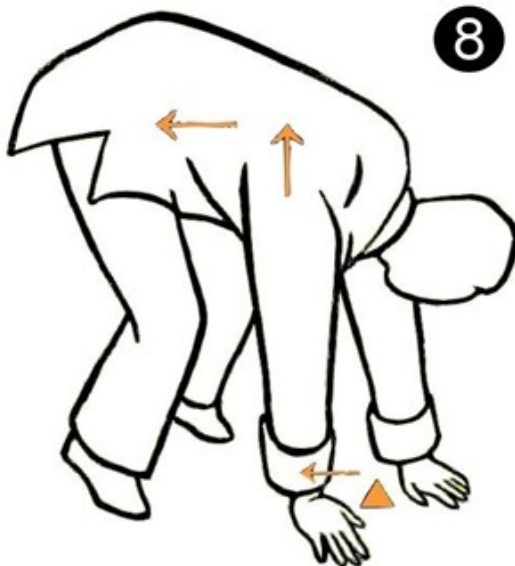
**2擡身後，翻腳掌，再往腿部方向坐。**

**Figure 7:**

**Tuck your toes under and lift your body up slowly. Bring your weight onto your hands.**

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**重點；縮右手、左手當胸、起身。**

**說明：**

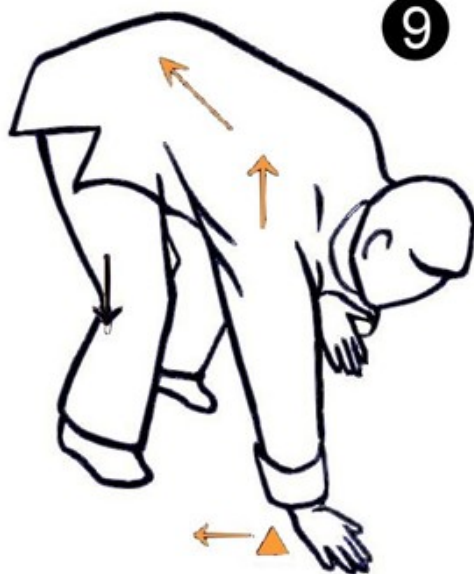
**1上單手：縮右手按地位置為兩膝中間前方一個拳頭，左手當胸**

**2雙手・左手仍在原先位置，不必當胸。**

**Figure 8:**

**Still leaning forward, lift your knees. Slowly step your hands closer to your body and begin to straighten your legs.**

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**重點：右手、雙腿出力，腰部往上擡。**

**說明：**

**1.單手：以右手及雙腿出力。雙手：以雙手、雙腿出力。**

**2．不論用單手或用雙手者，臀部直接往上擡，不是往後再向上，避免整個重心在腿部、造成腿部多出力、會抖，影響憶佛念。**

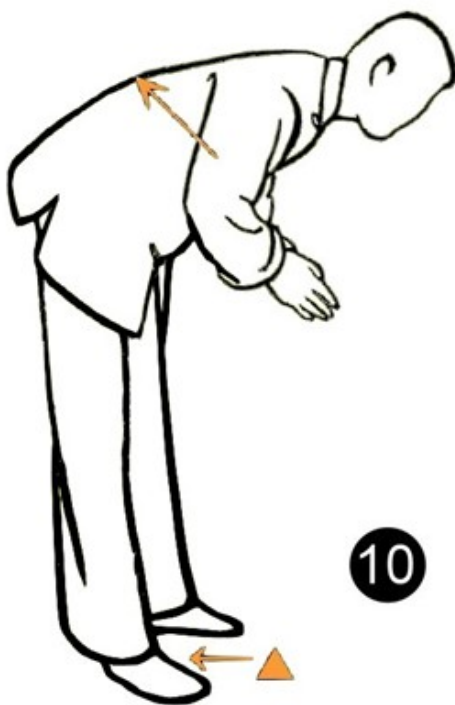
**3．單手．以右手為支撐重點，稍出力，隨著重心後移，右手漸離地**

**4．雙手，以雙手為支撐重點，出力較單手少，隨著重心後移，雙手漸離地**

**Figure 9:**

**Shift the weight onto the legs, push with both hands or just the right hand. Lift your body up as your hand(s) leave the ground.**

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**重點：縮右手、雙手當胸、至90度。**

**說明：**

**1手離地，隨著重心移轉而在雙腿。**

**2單手，右手離地漸與左手當胸合十**

**3雙手，雙手離地，雙手漸合十**

**4最後身體漸呈90度，背部仍平勿躬。**

**Figure 10:**

**With your weight securely on both legs, slowly straighten the torso to an upright position and bring the palms together.**



**重點：**恢復到初始狀態。

**說明：**腰部出力即可

**Figure 11:**

**Return to the starting posture with closed eyes, joined palms and legs parallel, shoulder width apart.**

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