

Introduction

简介

- (1) The precious Buddhist philosophy about kindness, wisdom and compassion was born 2 500 years ago, in India, when a prince called Siddharta Gautama left his palace to seek enlightenment. After many years of hardships and meditation, at the age of 35, he finally became the "Buddha", the awakened one. He spent the rest of his life as a wandering monk, with the only wish to share his profound realizations about compassion and true happiness.

珍贵的佛法具足无上的慈悲与智慧。在二千五百年前，一位叫乔达摩·悉达多的印度王子离开他的宫殿，去寻找宇宙人生的真谛。经过多年的苦行与修炼，在他 35 岁时，终于完全证悟成为佛陀。随后他云游四方，为众生带来无量的慈悲与真实的快乐。

- (2) Over the centuries, his teachings spread in many countries in Asia: Nepal, China, Thailand, Japan. But it is in Tibet that the whole of his teachings have been preserved; ALL of the sanskrit textbooks of India were translated in tibetan, thus preserving what is called the 3 vehicules: Hinayana, Mahayana and Vajrayana.

经过数世纪的发展，佛教传播到了许多亚洲国家：尼泊尔、中国、泰国、日本等。在西藏，佛法被完整地保留下来。所有印度的梵文佛经都被翻译成藏文，佛法可以分为三个次第：小乘、大乘和金刚乘。

- (3) Buddhist teachings were first brought to Tibet in the 8th century when the tibetan king Trisong Detsen invited the great indian vajrayana master Guru Padmasambhava. During that time, this great master also helped to establish the Samye monastery, the first buddhist university in the country. Since then, over time, four major lineages have been founded the first being the Nyingma, then followed by the Kagu, then the Sakya and finally the Gelug.

佛法最初是在公元 8 世纪传入西藏。当时的西藏国王赤松德赞，邀请伟大的印度金刚乘大师—莲花生进藏宏法。莲花生大师建立了桑耶寺，这是当时西藏的第一座佛教大学。从那以后，藏传佛法先后形成了四个主要分支，宁玛巴、噶举巴、萨迦巴、格鲁巴。

- (4) For nearly 1500 years, monasteries have been keeping alive the teachings of the Buddha through the devotion of great masters, yogis, monks and nuns. They are the true guardians of the moral discipline that leads to profound wisdom and compassion.

近 1500 年来，历代的上师、瑜伽士、比丘和比丘尼在寺庙里完整地传承下来佛陀的言教。他们严守戒律，具足无量的智慧与慈悲。

Dakmar Tulku

札玛活佛

- (5) Among these monasteries, is Dragmar Wangchen Ling, a remote Nyingma monastery near the village of Samar, in the Kham region, in the eastern part of what once was Tibet, now comprised in the Province of Sechuan, in China.

这些寺庙中有一个叫扎玛旺千林的宁玛巴寺庙，在遥远的康巴地区一个叫沙玛的乡村附近，这里属于中国四川省的康巴地区。

- (6) In the summer of 2007, the supreme leader of the monastery, Dakmar Pema Wangdrak Tulku, went back to his monastery with few foreign students.

2007年夏天，寺庙最高主持—札玛贝玛旺札活佛，与几个国外的弟子来到了寺庙。

- (7) The actual Dakmar Tulu is the sixth incarnation of Dakmar Tulkus. He was born in 1975 and recognized as a Tulku at the age of 6. He was then brought to the Palyul Namdroling Monastery in South India, where for 17 years, he undertook intensive study and practice of the Dzogchen "Great Perfection".

札玛活佛出生于 1975 年，在六岁时被认定为札玛活佛的第六世转世，并来到了南印度的白玉南卓林寺，随后的 17 年里，他深入地学习和修证了大圆满法。

- (8) The first five Dakmar Tulkus were Kunzang Khyabdal Lhundrup, Khyabdag Pawo Dorje, Yizhin Wangyi Gyalpo, Pema Gyaltzen and Pema Wangchen. As the previous tulkus, his task is to take care of the nearby Samar village people and also to look after the welfare of the monks and nuns of the monastery.

前世的五位札玛活佛分别是根桑恰达伦珠，恰达帕沃多杰，仪新旺给嘉波，贝玛嘉臣，贝玛旺千。前世的札玛活佛们以照顾附近沙玛的村民为己任，同时也负责比丘和比丘尼的生活。

Dragmar Monastery

札玛寺

- (9) Dragmar Wangchen Ling was founded in the 16th century by the great meditation master Sala Rigzin Gyatso. During a retreat of many years in a nearby cavern, this renowned great master had a vision of the monastery as being a place a great benefit for the generations to come. Soon after, many students gathered and the first monastery was built. It is said that, at the moment of his death, Sala Rigzin Gyatso's enlightenment was such that he attained the state of rainbow body.

札玛旺千林由伟大的禅修大师萨拉仁增嘉措在 16 世纪修建。这位著名的上师在附近的山洞闭关多年，他以智慧观察到这个地方建立寺庙会极大利益世代的众生。不久他的弟子们聚集起来修建了最初的寺庙。据说，萨拉仁增嘉措最后证得彩虹般的虹身成就融入涅槃。

- (10) Since then, in the following centuries, the monastery expanded under the guidance of 13 successive great masters who gave profound teachings on meditation. In the past, there used to be over 300 monks and nuns living there but now the number has dropped to approximately 100.

从此以后，十三位上师不断地扩建寺庙，并深入地传授大圆满禅修法门。过去寺庙里有 300 多位比丘和比丘尼，而现在只有大约 100 位。

- (11) Life at the monastery is totally devoted to study and practice. From early in the morning to late at night, all monks and nuns spend their days into prayer and study of holly scriptures. Besides, each season, they also take part in the Gongdu Kagye Dorsem Shitro, an extremely elaborate religious ceremony that lasts up to 8 days, which is performed for the benefit of all sentient beings.

寺庙里的全部生活就是学习和修行。从清晨到深夜，所有的比丘和比丘尼整天都投入到颂经和学习佛经中。此外，每个季度他们都要参加为期 8 天的极其殊胜的法会，以利益所有众生。这些法会是贡度法会（上师密意合集），噶杰法会（八大黑噜嘎），朵森法会（金刚萨埵），喜措法会（文武百尊）。

- (12) The young monks and nuns also take time to learn how to write and read. A retreat center is provided way above the monastery for the monks and nuns who wish to practice solitary meditation in prolonged retreats. And for the most experienced, caves in the nearby mountain provide a difficult and challenging environment indeed, but the benefits of such a retreat have been demonstrated repeatedly over the centuries by many great meditation masters.

年轻的比丘和比丘尼还要学习拼读和书法。寺庙上面有个闭关中心，比丘和比丘尼可以长年独自禅修。附近山里还有一些更加艰险的山洞，只有富有经验的修行人才能去闭关。历代禅修大师证明在那里闭关，会获得更大的成就。

- (13) Dragmar Wangchen Ling is exceptionally remote. At an elevation of 3 800 meters, it takes 2 days to get there from Chengdu, in China. Sometimes roads can be quite challenging, especially nearby the monastery...

札玛旺千林非常遥远，海波 3800 米，从中国成都出发要两天时间才能到达。公路也不太好，特别是快到寺庙的地方就更差。

- (14) The monastery stands above the mountainside village of Samar. Village people often come to the monastery to ask for blessings and help in difficult situations and also receive spiritual advices. They also gather with the monks and nuns in the main temple at each religious ceremony.

寺庙坐落在沙玛村的半山腰。村民们经常在困难的时候来到寺庙，祈求加持和帮助，同时也得到心灵上的指导。每一个宗教节日，他们也和比丘比丘尼在大殿里参加法会。

Actual situation

现状

- (15) Although Dragmar Wangchen Ling plays a very important role in its community, its situation needs a lot of improvement. Even if since 2004, Dakmar Tulku has built a new stupa, a new road, has brought electricity and has built a new dharma protector temple, a lot still needs to be done in a near future, the most urgent and important being the construction of a new main

temple. As for the village, Dakmar Tulku also plans the construction of a school, a medical clinic and a house for the elderly people over the course of the next years.

虽然札玛旺千林在当地是非常重要的，但寺庙的状况急需改善。早在 2004 年札玛活佛就新建了一座舍利塔，一条新路，并且引来电力，还建造了一座新的护法殿。但是还有很多项目急待进行，目前最急迫最重要的就是建一座新的大殿。札玛活佛还计划为当地村民建一所学校，一座医院和一座敬老院。

Conclusion

小结

- (16) This is Dragmar Wangchen Ling Monastery. Life in Tibet is hard and its people are brave and enduring. As they get older, their faith grows even stronger, so does their practice. So in these modern times, monasteries are more than ever needed, as true holders of the spiritual and cultural life of Tibet. Dakmar Tulku humbly requests your help in keeping alive this ancient tradition of wisdom and compassion.

这就是札玛旺千林寺。藏族人民勇敢而吃苦耐劳，随着他们不断地成长，他们的信仰也不断加强，修证也不断提高。所以在现代，做为精神文化生活的支柱，信教群众比以前更加需要寺庙。在此，札玛活佛诚挚地请求您的帮助，以保持这传承久远的智慧与慈悲。

Texts to be shown on screen

字幕

- | | |
|---|----------------|
| - Lhasa, Tibet | 西藏拉萨 |
| - Yumbu Lakang Palace, built by the first king of Tibet, Nyatri Tsenpo. | |
| - 西藏历史上第一个国王纳撒赞布的皇宫—永布拉康宫 | |
| - The Potala Palace | 布达拉宫 |
| - The Jhokang Temple | 大昭寺 |
| - The Samye Monastery | 桑耶寺 |
| - Samye Chimpu retreat center | 桑耶青浦闭关中心 |
| - Dragmar Wangchen Ling Monastery | 札玛旺千林寺 |
| - Giving blessings to disciples in Mignak | 在新都桥加持信众 |
| - Reaching a high pass of 4 400 meters in Litang | 翻越 4400 米的理塘高山 |
| - Samar village people greeting Dakmar Tulku | 沙玛村民欢迎札玛活佛 |
| - On the way to the monastery above the village | 经过村庄去寺庙的路上 |
| - Greetings by the monks and nuns at the monastery | 寺庙比丘比丘尼欢迎札玛活佛 |
| - Visit of the holly great stupa "Chorten Mebar" | 参观圣迹—放光的舍利塔 |
| - Dakmar Tulku leading the Gongdu puja | 札玛活佛主持贡度法会 |
| - Horse ride to the retreat center above the monastery | 骑马去山上的闭关中心 |
| - Dakmar Tulku giving Long Life Empowerment | 札玛活佛授予长寿佛灌顶 |
| - Future monastery location nearby the village | 村庄附近未来寺庙的位置 |