

拜佛及四大威儀與醫學的關係

運動養生的重要性（續）

## The Connection between Bowing and the Four Departments and Medicine

### —The Importance of Exercise and Health (Continued)

#### （二）四大威儀

正確的姿勢在日常生活當中非常重要，因為姿勢既能保持健康的體魄，也能導致疾病的產生。

比如說，您的工作站立的時間多，那麼站著的時候，讓您的雙足保持前八後二，與肩同寬；身體的重心在兩足根之間，以腰部為中心，丹田施力，做前後左右上下平衡運動。身體的每一塊肌肉、筋骨都要儘可能用得到，讓身體均衡施力；不能長期持久，只讓某些局部肌肉、筋骨工作。或者總是長久保持某種姿勢，這樣易傷我們的筋骨，易造成骨錯縫、筋出槽；即所謂小關節錯位、肌肉拉傷，甚至是大關節錯位等。要隨時調整我們的身體，保持正確的姿勢。如果必須某些局部肌肉、筋骨長期持久工作，工作前要做暖身運動，工作後就要做舒筋拉骨等平衡筋骨的運動，使其快速修復，不留後遺症。搬重物要善用巧力，四兩撥千斤。若您的工作是久坐方式，以打坐姿勢為最佳。

在行、住、坐、臥時，頭部、脊椎骨儘可能保持在一條水平直線上。佛教導我們的「立如松、坐如鐘、行如風、臥如弓」這四大威儀，我們若把它們落實在我們的日常生活當中，隨時可以糾正我們的不良姿勢。

#### 立如松

頂天立地立如松，

前八後二足根生，

入地九尺頭懸鐘，

含胸拔背軒昂腰。

任何時候站立，全身的重心總是

#### II. The Four Departments

Correct posture is very important in our daily life. Our posture can either maintain our health or cause illnesses to develop.

For example, if your job requires you to stand for long periods of time, you can place your feet shoulder-width apart with your toes spread and your heels close at a proportion of 8 to 2. Distribute the weight of your body evenly between your two heels with your waist as the center, and, applying force in the *dantian*, do balancing exercises that move your body forwards, backwards, up, down, left, and right, using every muscle, tendon, and bone as much as you can. One should not put only certain muscles or areas to work for long periods of time. To keep them still in a particular position for an extended period easily harms our tendons and bones and is likely to cause bone dislocation, overstretching of tendons, as well as the dislocation of minor joints, pulled muscles, or even the dislocation of major joints. We should be constantly adjusting our bodies to maintain correct posture. If we must work certain muscles or bones for extended periods, we should do stretching exercises beforehand and afterwards. We should do exercises that balance the tendons and bones, such as stretching to enable quick healing and to prevent any long-term injuries. When moving heavy objects, we should be skillful in exerting our strength. If your job requires you to sit for long periods, the meditation position is the best.

In walking, standing, sitting, and lying down, the head and vertebra should be in the same straight line. The Buddha taught us the four departments – to stand like a pine, sit like a bell, walk like the wind, and recline like a bow – for us to practice in our everyday lives. This way we can correct our bad posture any time.

#### Standing like a pine

Supporting the sky with one's feet planted on

A talk given by  
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保持在兩足後跟之間。兩腳以前八後二的比例來站立，足根支力；足底生根，就好像入地九尺一般。全身自然放鬆。頭如懸鐘，頭頂百會穴對著天空，「就好像空中自然有一條直線繫在百會穴，頭如懸鐘狀掛在空中」；凌空端正，俯首「反觀」，後頸貼衣領，下巴內收「脊椎最正直，最利於頭頸之交通，功能最佳」；舌尖頂於上顎，舌根上空，如含一團空氣「唾液腺（即甘露水）的開口金津穴、玉液穴通暢無比，鼻中（咽喉、氣道）亦通暢無阻」；雙臉半垂，雙目視前下三尺處；含胸拔背，腰桿挺直，整個脊椎骨自然挺直在一條直線上；讓兩足根的中點夾、上丹田、中丹田、下丹田（身體的中心線——中軸）和頭頂百會穴，這五點保持在一條直線上。

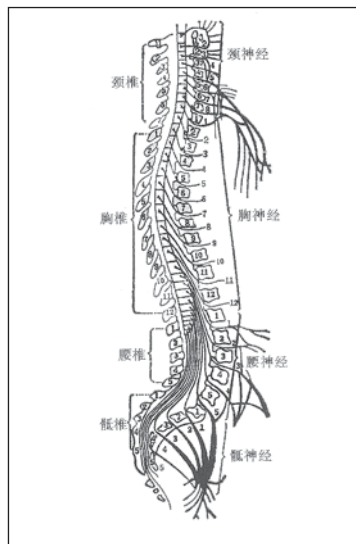
注1：上丹田：在兩眉中心的印堂穴，與腦後枕骨下和頸一脊椎骨之間的玉枕穴，連線的後三分之一處。

中丹田：在兩乳之間的膻中穴，與背部兩肩胛骨下骨尖之間的至陽穴，連線的後三分之一處。

下丹田：在肚臍的神闕穴，與腰部腰二、腰三脊椎骨之間的命門穴，連線的後三分之一處。

注2：佛所說的四大威儀指的是，整個脊椎骨自然挺直，呈現在一條水平直線上；這是最標準、最健康、最正確的

姿勢。而不是像一般解剖學及生理學所描述的那樣，正常人的整個脊椎骨側面觀，可見四個生理性彎曲，呈S形。



待續

the ground, stand like a pine.

Eight in the front and two in the back, we plant our heels.

Our feet entering nine feet into the earth, our head a hanging bell,

Contain the chest, lift up the back, and hold high the lower back.

Whenever we are standing, we should keep our weight centered on the point between our feet. We should stand with our feet angled outwards at the proportion of eight in the front to two in the back, with the heels of our feet supporting our weight. The soles of our feet are planted as if they went nine feet into the ground. Our entire body should be at ease and relaxed. Our head is like a hanging bell. The *baihui* pressure point at the top of the head is facing the sky; it is "as if there were a string in space connected to the *baihui* pressure point and our head is like a bell hanging in space." One is upright and erect when one is high up in the air. When one bows one's head, one contemplates inwardly. The back of our neck should be touching the collar, and our chin should be tucked in. An upright backbone helps the circulation between the head and the neck and renders its best function. The tip of our tongue should be at the roof of our mouth, and the tongue should be raised as if holding a ball of air. The salivary gland, the sweet dew's mouth of Golden Liquid pressure point, and the Jade Fluid pressure point will all be smoothly connected. The energy path in the nose and trachea will move without obstruction. Keep the eyelids half-closed with the eyes looking three feet ahead. Contain the chest, lift up the back, and hold high the lower back. The entire spine is a natural straight line, with the two heels, the upper *dantian*, the middle *dantian* and the lower *dantian* (the central line - the axis of the body) and the *baihui* pressure point at the top of the head. These five points are along the same straight line.

#### Note 1:

Upper *dantian*: Located one-third of the way between the *yintang* pressure point between the two eyebrows, and the *yuzhen* pressure point between the occipital at the rear of the brain and first cervical vertebra.

Middle *dantian*: Located one-third of the way between the *danzhong* pressure point in the middle of the chest and the *zhiyang* pressure point between the shoulder-blades in the back.

Lower *dantian*: Located one-third of the way between the *shenque* pressure point in the navel and the life gate pressure point between second and third lumbar vertebrae.

#### Note 2:

The four deportments the Buddha taught: Stand like a pine, sit like a bell, walk like the wind, and recline like a bow. Actually, the perfect (most correct) and healthy position is to have the entire spine straight and naturally upright, forming a plumb line. It is not the way it is depicted in most dissection and biology textbooks, which show the normal spine in profile as being naturally curved in four areas in an S-shape, called "natural or biological curvature." Note well: the correct and the common are two entirely different concepts.

To be continued