

• 排尿或排便時疼痛或不適，下腹部沉重感或壓迫感

• 尿急或壓力性尿失禁（咳嗽、跳躍、笑時漏尿）

• 便秘與腹瀉交替

• 排便不完全

恢復橫膈膜與骨盆底肌的協調功能，對高效呼吸、穩定腹內壓及核心功能支撐至關重要。通過覺察與溫和練習，可以重新建立這種自然協調，改善呼吸機制，並促進骨盆及肌肉骨骼健康。

在下一篇文章中，我們將提供橫膈膜呼吸的逐步指導，並示範一種姿勢，幫助橫膈膜與骨盆底肌恢復自然協調。

☞待續

What happens when the pelvic floor becomes dysfunctional:

Evidence-based symptoms may include:

• discomfort or pain during urination or defecation

• lower abdominal heaviness or pressure

• urinary urgency or stress incontinence (leakage during coughing, jumping, laughing)

• alternating constipation and diarrhea

• sensation of incomplete bowel emptying

Restoring the coordinated function of the diaphragm and pelvic floor is essential for efficient respiration, stable intra-abdominal pressure, and functional core support. Awareness and gentle practice can help reestablish this natural harmony, improving both breathing mechanics and overall pelvic and musculoskeletal health.

In the next article, we will provide a step-by-step guide to diaphragmatic breathing and demonstrate a posture that helps the diaphragm and pelvic floor restore their natural coordination.

☞To be continued



專文介紹
SPECIAL FEATURE

學佛行儀（睡眠第十八）

Department Guidelines for Buddhist Practitioners —18. Bedtime

善因法師 述

Narrated by Dharma Master Shanyin

晨珪譯組 英譯

English Translated by Early Bird Translation Team

【白話】凡是出家僧人和在家居士睡覺時，不應仰面躺臥、俯身趴臥或左側臥。應當以右手枕頭，左手輕搭膝蓋，向右側臥，這稱為吉祥臥。睡眠最好使用單人床榻。睡前不宜過多思慮，否則難以入眠。應先靜坐一小時，待到坐得疲倦了再睡。不可脫去內衣而睡，不可談笑高聲。

天未亮時，應早早醒來，起床後靜坐一小時，再下榻離開臥室。以上所有過程，皆須保持念住，或默誦後早覺偈，以防心神散亂，增長修行覺悟。

凡需攜帶便溺器具時，不得從佛像前或講經堂前經過。

☞待續

When it comes to the sleeping posture, both monastics and lay practitioners should avoid lying on the back, on the stomach, or on the left side. Instead, one should lie on the right side, with the head resting on the right hand and the left hand resting on the left knee. This is called the auspicious posture. It is better to sleep alone rather than share a bed. Before going to bed, avoid excessive thinking, as this can make it difficult to fall asleep. One may meditate for an hour, and when feeling tired, then go to sleep.

Do not sleep without underclothing. Avoid laughing, joking, or speaking loudly. Therefore, one should be firm in observing the precepts and rise before dawn to meditate for an hour. In all activities, remain mindful of reciting the verse for early rising to prevent the mind from becoming scattered and to strengthen the resolve for Bodhi.

When carrying a chamber pot, avoid passing in front of Buddha images, lecture hall, or through shrine areas.

☞To be continued