

[外语导游词]四川-峨眉山英文导游辞 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/234/2021_2022__5B_E5_A4_96_E8_AF_AD_E5_AF_BC_c34_234886.htm Mt. Emei is one of the "four famous mountains" in China. It lies about 168km from Chengdu, the capital of Sichuan Province. Before the tour of the holy mountain, it is important to obtain some information about the spread of Buddhism in China, Buddhism in Mt. Emei and its hiking routes.

The Spread of the Buddhism Buddhism was founded in India around the 16th century BC. It is said that the founder was Sakyamuni. Sskyua was the name of the clan to which his family belonged. Sakyamuni was a prince and was brought up in luxury. In his 20s, he became discontented with the world. Every day he had to face with sights of sickness, death and old age since the body was inescapably involved with disease, decrepitude and death. Around the age of 30 he made his break from the material world and plunged off in search of enlightenment. Sakyamuni began by studying Hindu philosophy and Yoga. Then he joined a band of ascetics and tried to break the power of his body by inflicting severe austerities on himself. However, no matter how he held his breath until his head burst and starved his body until his ribs jutted out, he failed to enlighten himself. Finally Sakyamuni followed the principle of the middle way in which he would live between the extremities of asceticism on one hand and indulgence on the other. As the story goes, he devoted the final phase of his search for enlightenment to meditation and mystic concentration. One evening he sat beneath a fig tree, slipped into a

deep meditation and achieved enlightenment from his mystic concentration. Sakyamuni founded an order of monks and for the next 45 years or so preached his ideas around 480 BC. Sakyamuni teaches that all life is suffering. Everyone is subjected to the trauma of birth, to sickness, decrepitude and death. Real happiness can't be achieved until suffering is overcome. The cause of unhappiness is desires, specifically the desire of the body and the desire for personal fulfillment. In order to overcome the desires and achieve happiness, it requires the following eight-fold path. 1. Right knowledge来源

: www.examda.com Buddhist followers should believe that all life is suffering. It is caused by the desire for personal gratification. 2. Right Aspiration Buddhist followers should become passionately involved with the knowledge of what life's problems basically are. 3. Right Speech Buddhist followers should avoid lies, idle talk, abuse, slander and deceit. 4. Right Behavior Buddhist followers should show kindness and avoid self-seeking and personal fulfillment in all actions. 5. Right Livelihood Buddha considers spiritual progress impossible if one has occupied himself/herself with slave-dealing or prostitution. 6. Right Effort来源 : www.examda.com The effort is the will to develop virtues and curb passions. 7. Right Mindfulness Buddhist followers should practise self-examination and cultivate themselves to overcome the state of semi-alertness and become aware of what is happening to them. 8. Right Absorption The absorption involves the techniques of Hinduism's raja yoga and leads to the same goal. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com