

# 清明节

## Qing Ming Festival



5/4/2026  
星期日 晚上八点

清明节是华人的传统习俗 - 是专为追思和祭拜亡者而设的传统节日。自古，生者就是透过清明节对家中的祖先和亡者表示恭敬和感恩。

依佛教的教法，亡者因过去活着的时候种下的种种恶因缘，以致他们往生恶趣。这天举办不动佛超度法会就是为他们做功德，让他们转生善趣。根据经典，只要有人念不动佛的佛号，就会得到诸佛菩萨的加持；不会有恶念或受恶魔干扰；也不会遇到感染病或遇到灾难。据说念颂不动佛的佛号可避免堕入三恶道。

5/4/2026  
Sunday, 8pm

Qing Ming Festival is a traditional Chinese custom. It is observed as a time for remembrance and veneration of the deceased. Since ancient time, the living have expressed their respect and gratitude to their ancestors and the deceased through the Ching Meng Festival. According to Buddhist teachings, the deceased would have knowingly or unknowingly done a lot of non-virtuous deeds when they were alive. This could lead to their rebirth in a lower realm. Buddha Akshobhya puja is conducted on this day to create the merits for the deceased so that they can be liberated from the lower realms. According to the sutras, those who recite the name of Akshobhya Buddha will have the blessings of all Buddhas, will not be harmed by negative thoughts and demons, and will not encounter contagious diseases or disasters. Buddha Akshobhya mantra is said to be very effective in preventing rebirth in the three lower realms.



藏传宁玛巴噶陀佛学会 Nyingma Kathok Buddhist Centre

9 Lorong 21 Geylang, Singapore 388456 8218 6207

kathok\_sg@hotmail.com facebook.com/nyingma.kathok https://kathok.org.sg