

A journey to experience China Tibetan culture

中国西藏文化之旅

ཀུང་གོའི་བོད་ལྗངས།

布达拉宫

Potala Palace

彭措朗杰·编著

Edited by Phuntsok Namgyal



中国大百科全书出版社

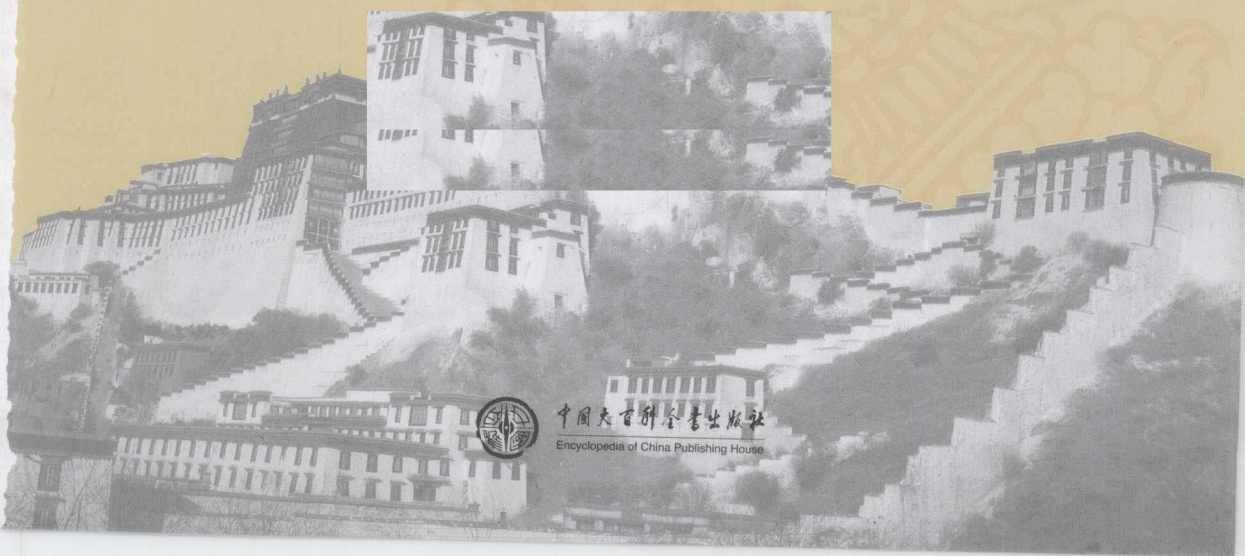
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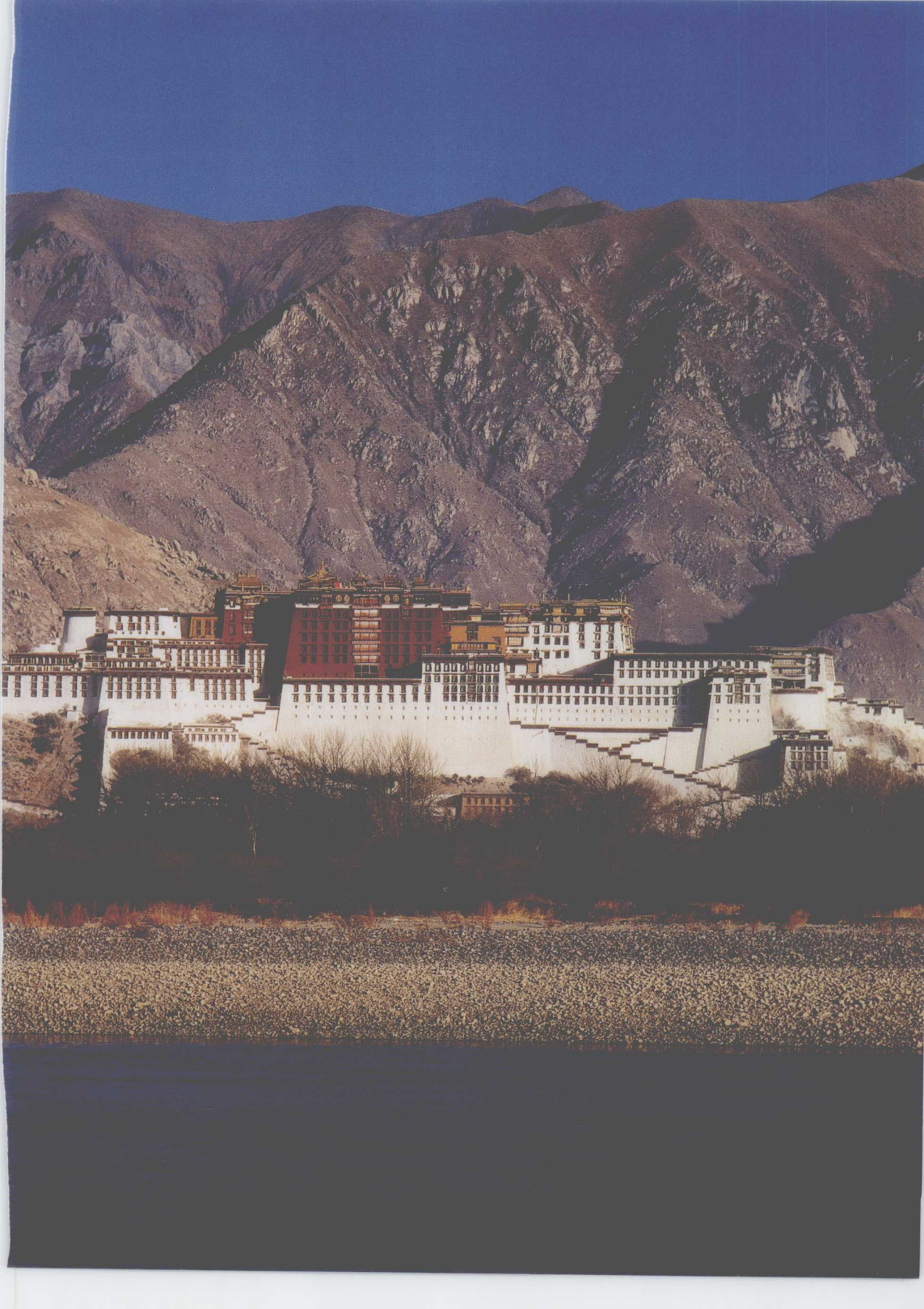
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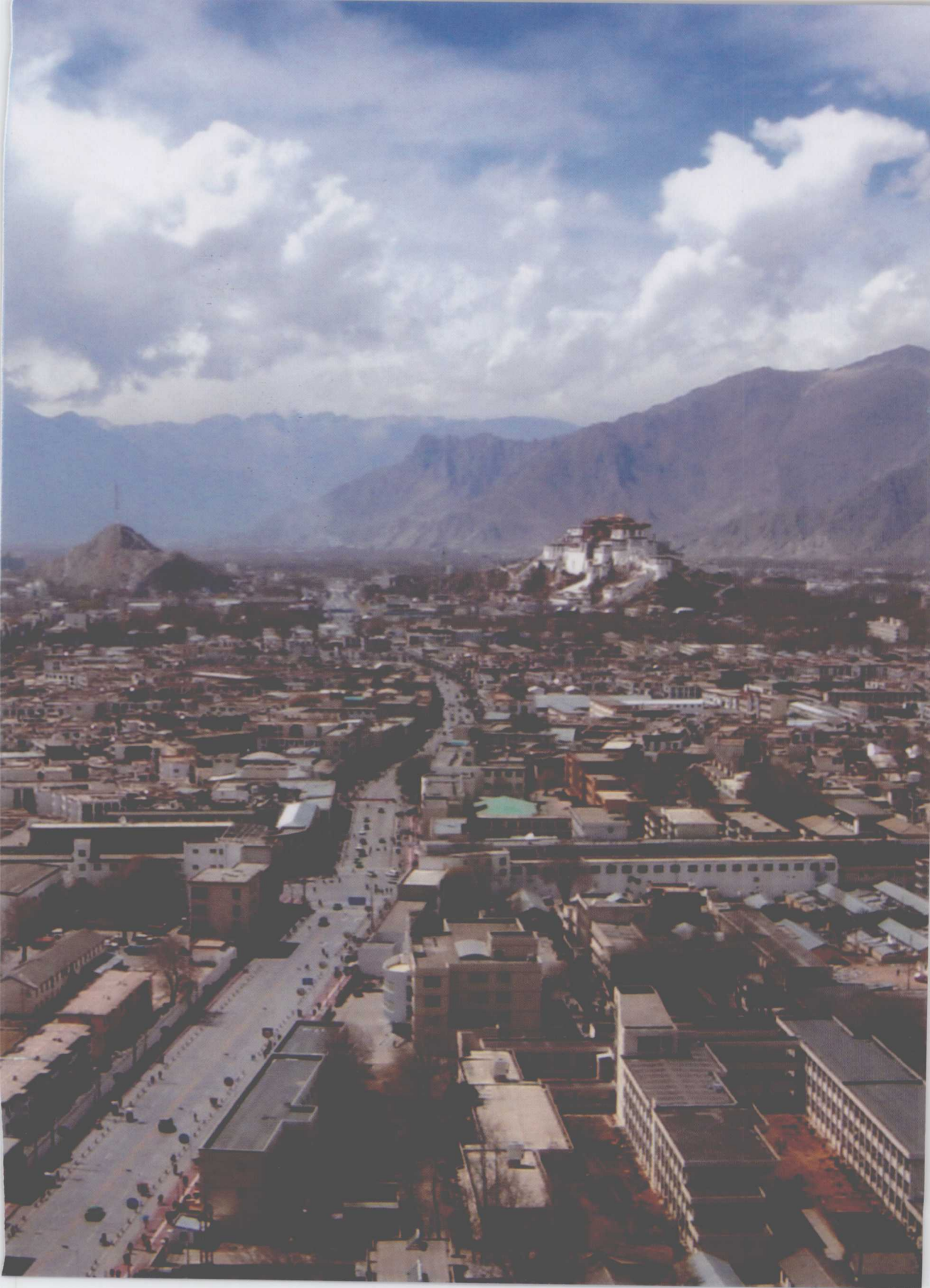
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The image is a composite. The upper portion shows a person from the back, looking up at a ceiling covered in numerous small, lit oil lamps, creating a warm, golden glow. The lower portion shows the Potala Palace in Lhasa, Tibet, under a clear sky. The palace's white walls and red-roofed sections are prominent, with a wide staircase leading up to it.

布达拉宫

Potala Palace

举世闻名的布达拉宫，耸立在西藏拉萨市西北面的红山之上。

海拔 3700 多米布达拉宫是当今世上海拔最高、规模最大的宫堡式建筑群，占地总面积 36 万平方米。布达拉宫主体建筑总面积 13 万平方米，主楼相对高度 117 米，共 13 层，其中宫殿、灵塔殿、佛殿、经堂、僧舍、庭院等一应俱全。“布达拉”为梵文音译，又为普陀、普陀洛迦等等，有光明山、海岛山之意。布达拉宫在信仰藏传佛教的人民心中，犹如观音菩萨居住的普陀山一样神圣。布达拉宫始建于 631 年（藏历铁兔年），距今已有 1300 多年的历史。

据记载，唐代初年，吐蕃赞普松赞干布迎娶唐朝文成公主为妻，在红山上建了九层的宫殿千间，取名“布达拉宫”与公主居住，并示耀后人。当时，红山内外有三重城墙，布达拉宫东门外有松赞干布的跑马场。后因战乱，布达拉宫的大部分被毁。

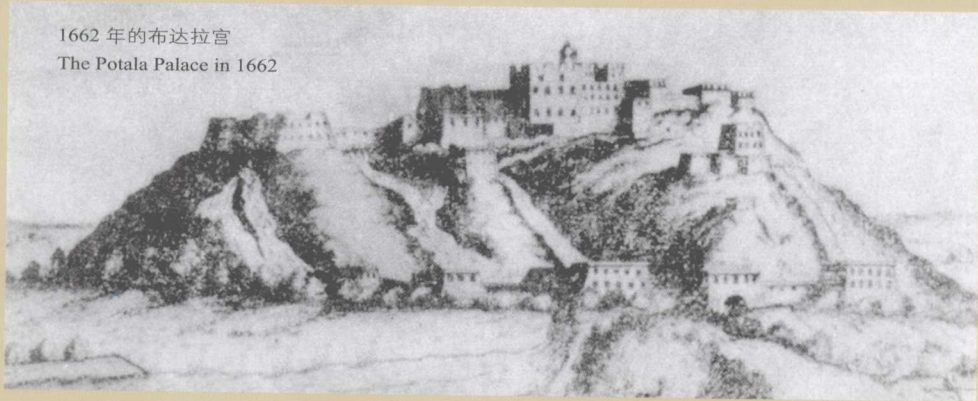
清初，五世达赖喇嘛建立了甘丹颇章地方政权，并于 1645 年开始重建布达拉宫的“白宫”及宫墙、城门、角楼等。白宫落成后，五世达赖喇嘛及地方政权机构即从哲蚌寺移居这里，一直到他去世。

17 世纪后期，在五世达赖喇嘛阿旺洛桑嘉措的晚年期间，27 岁的桑结嘉措由五世达赖喇嘛任命为“第司”之职，并代理达赖喇嘛主持全藏统一的第司政权，自 1679 年至 1703 年，历时 25 年。

1690 年在第巴桑结嘉措的主持下，竭全藏之财力，历时 3 年，在白宫的中上部为五世达赖喇嘛修建灵塔殿，并扩建为红宫，1693 年竣工。以后历代达赖喇嘛的扩建，才达到今日的规模。

1662 年的布达拉宫

The Potala Palace in 1662



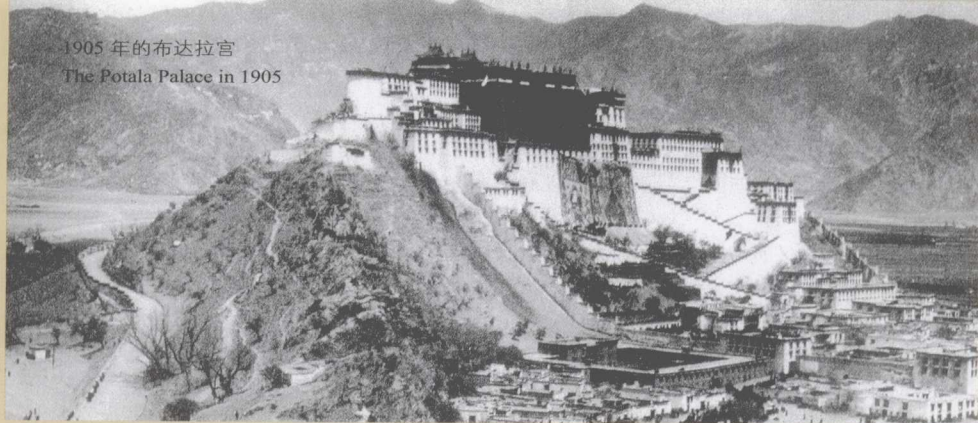
布达拉宫主体建筑为白宫和红宫。

白宫是达赖喇嘛的冬宫，也曾是多年西藏地方政府办事机构所在地，高 7 层。位于第四层中央的东有寂圆满大殿，是白宫最大的殿堂，面积 717 平方米，这里是举行达赖喇嘛坐床仪式、亲政大典等重大宗教和政治活动的场所。位于顶层有两套达赖喇嘛冬季的起居宫，称东、西日光殿。

红宫由达赖喇嘛的灵塔殿和各类佛殿组成，共有 8 座存放历世达赖喇嘛法体的灵塔。西有寂圆满大殿是五世达赖喇嘛灵塔殿的享堂，也是布达拉宫最大的殿堂，面积 725 平方米；法王洞等部分建筑是吐蕃时期遗存的布达拉宫最早的建筑物；殊胜三界殿是红宫最高的殿堂；十三世达赖喇嘛灵塔殿是布达拉宫最晚的建筑。



1905 年的布达拉宫
The Potala Palace in 1905



布达拉宫还有一些附属建筑,包括山上的朗杰札仓、僧官学校、僧舍、东西庭院,山下的宫前雪老城内的原西藏地方政府的印经院、马厩、监狱和布达拉宫后园龙王潭等。

布达拉宫依山垒砌,楼群重叠,气势雄伟,坚实敦厚的花岗石墙体,松茸平展的白玛草墙,金碧辉煌的金顶,具有强烈装饰效果的巨大鎏金宝瓶、幢和经幡,交相辉映,红、白、黄 3 种色彩对比鲜明。宫墙底部深入岩层中的巨石墙基最厚达 5 米以上,往上逐渐收缩,到宫顶时,墙厚仅 1 米左右,部分墙体的巨石夹缝中还浇注了铁汁。这一切都保证了这座宫殿在 1300 多年的沧桑中巍然不动。分部合筑、层层套接的藏族古建筑形式,和金顶区的汉地建筑形式的完美结合,不仅体现了布达拉宫是藏式建筑的杰出代表,也是中华民族古建筑的精华之作。

300 余年来,布达拉宫收藏和保存了极为丰富的历史文物,计有 2500 余平方米的壁画,近千座佛塔,上万座塑像,上万幅唐卡。此外,还有大量经文典籍、金银玉器等。

布达拉宫于 1994 年被联合国教科文组织批准列为世界文化遗产。

The world famous Potala Palace stands on the Red Hill overlooking the city of Lhasa in Tibet.

At an elevation of more than 12000 feet (3700 meters) above the sea level, the Potala is the world's highest and largest castle palace. Built against the terraced slope of the hill, with buildings one upon another, the Potala has an imposing look. The granite walls, the reddish-brown walls made of willow branches, golden roofs decorated with big gilded bottles, the splendid sutra-streamers and banners are unique characteristics of the Potala buildings. The striking contrast of red, white and yellow colors join to make the Potala a rare example of architecture in the traditional Tibetan style.

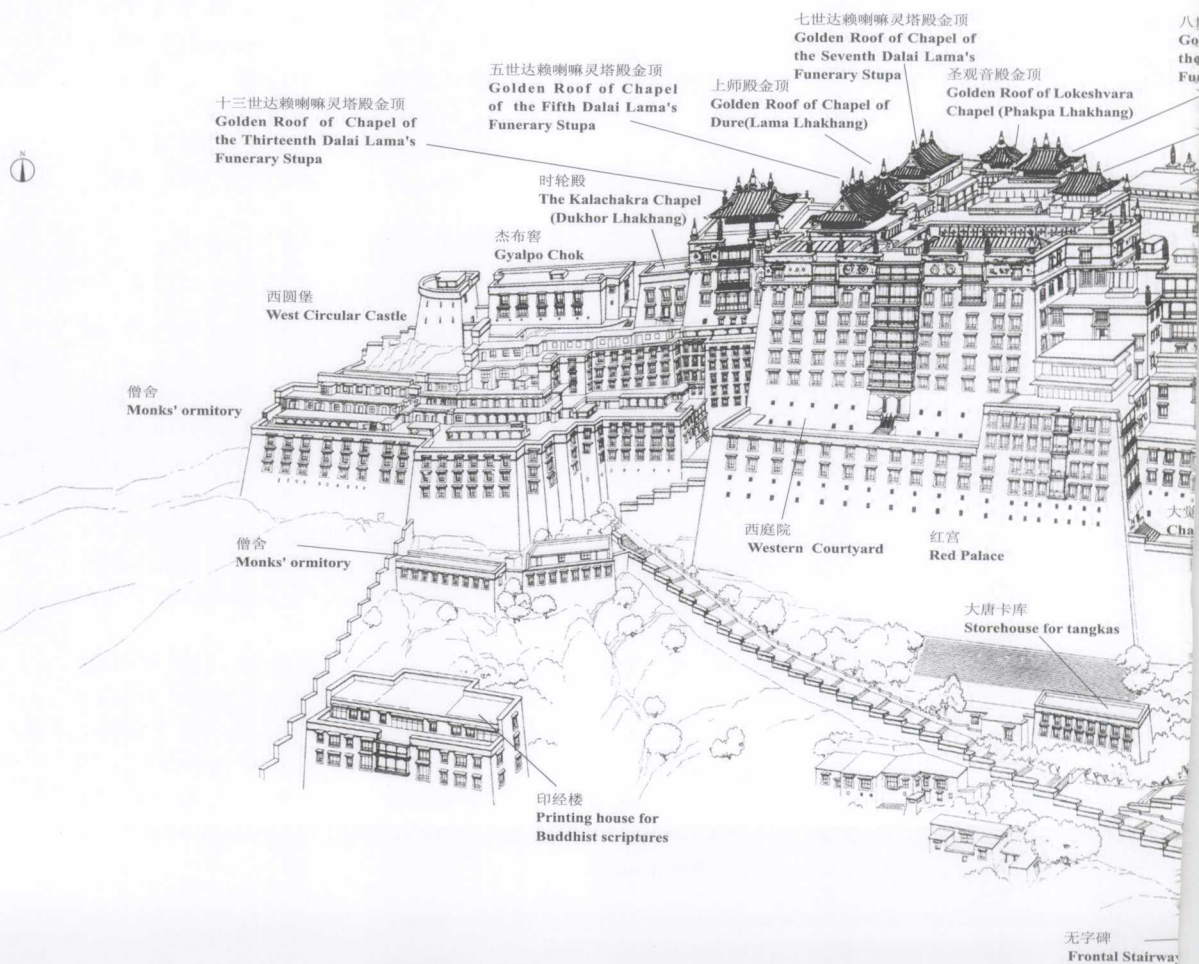
The structure is composed of the White Palace and the Red Palace. The 7-story White Palace served as the winter residence of successive Dalai Lamas. It also housed the former local Tibetan government. On its fourth floor is the Eastern Audience Hall, the biggest in the White Palace, where important political and religious ceremonies such as the enthronement of Dalai Lamas were held. On the top of the palace are two apartments of Dalai Lamas' winter residence, known as the East and West Sunshine Apartmente.



The Red Palace consists primarily of Dalai Lamas' stupa halls and various chapels. It contains eight Dalai Lamas stupas and chapels, including the West Audience Hall, Dharmaraja Cave and the Chapel Celebrating Victory over the Three Worlds. The West Audience Hall, the Fifth Dalai Lama's memorial hall, is the largest hall in the entire Potala complex. The Dharmaraja Cave and some other sections, which can be dated back to the Tubo regime in the seventh century, are among the earliest buildings of the Potala. While the Chapel Celebrating Victory over the Three Worlds is the highest hall in the Red Palace, the hall housing the Thirteenth Dalai Lama's stupa is the latest building of the Potala.

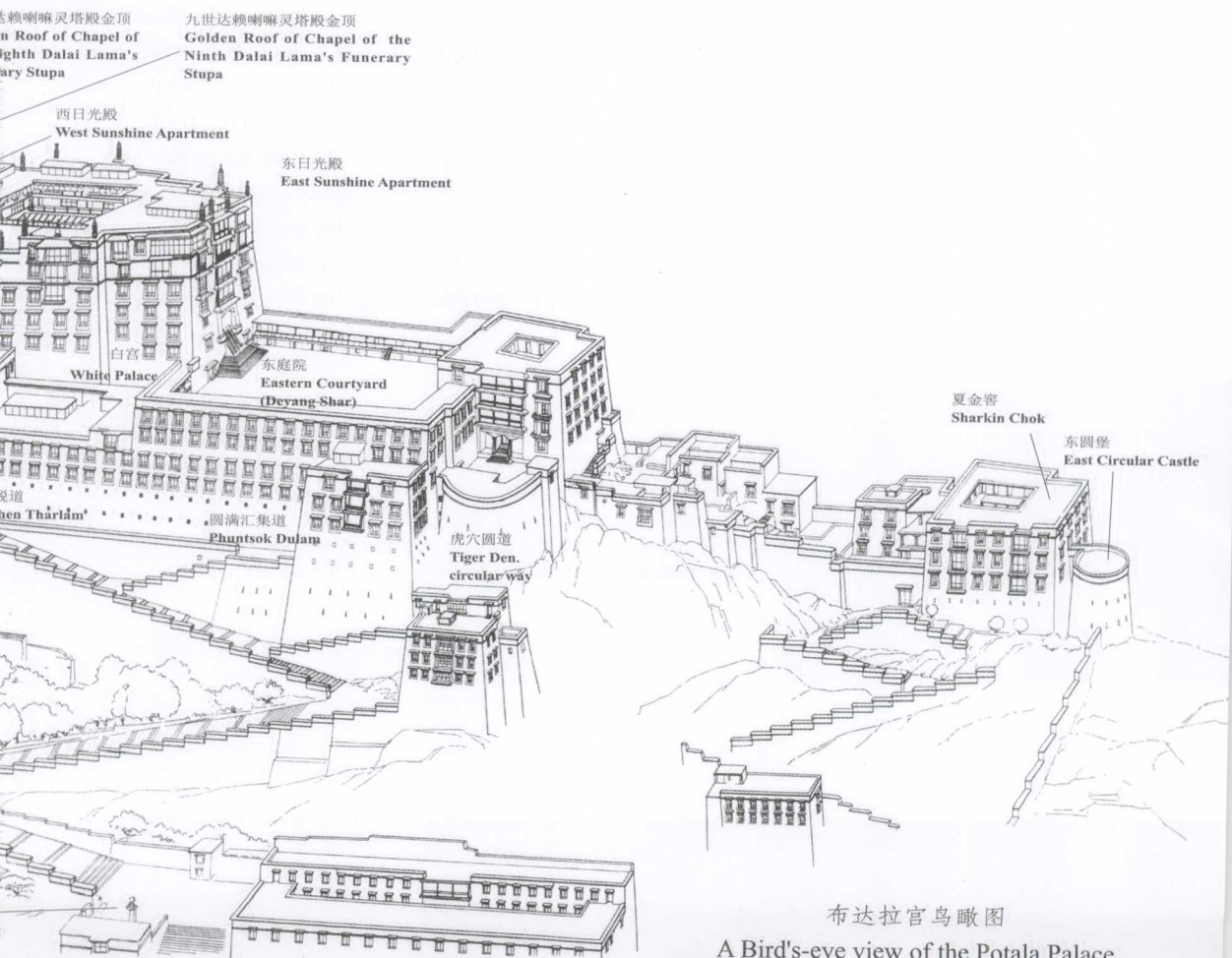
Subordinate constructions to the Potala include the Namgyel Dratsang, the training center for monk officials, the monks' dormitories, and the eastern and western courtyards on the hill, the printing house for Buddhist scriptures, a jail, stables and the Lake of the Naga-king at the backyard of the Potala at the foot of the hill.

The initiator of the Potala can be traced back to Tubo Tsenpo Songtsen Gampo, a Tibetan king, who began to build the Potala in 631 (the Iron-Hare year by the Tibetan calendar). The Potala at that time had 999 rooms, with the addition of a



cave shrine, making the figure up to 1000. Later, due to fires caused by lightning and wars, the original construction was almost leveled to the ground. Construction of the present Potala began in 1645 in the reign of the Fifth Dalai Lama, who, in order to consolidate the Ganden Potrang political-religious regime, rebuilt the White Palace as well as the enclosures, towers and turrets of the Potala. He subsequently moved his government to the White Palace from the Drepung Monastery. In 1690, the Sixth Dalai Lama enlarged the Red Palace to house the Fifth Dalai Lama's stupa. The extension was completed in 1693, which was followed by new projects, including five golden roofs and a number of subordinate sections, sponsored by later Dalai Lamas. By 1936, when the Thirteenth Dalai Lama's stupa was built, the Potala we see today was completed.

Over the past 300 years or so, the Potala has accumulated an enormous collection of historical relics, including a great number of murals, about 1000 pagodas, 10000 statues, numerous Tangka paintings, Buddhist scriptures, and gold and silver objects.



建筑外景

An Overall View of the Potala

布达拉宫

布达拉宫依山垒砌，楼宇重叠，主楼高 117 米，共 13 层，东西长 360 余米。主要建筑为红宫、白宫、僧舍、二堡四窖（东圆堡、西圆堡、玉阶窖、丹玛窖、杰布窖、夏金窖）等。山下附属建筑有雪老城、龙王潭等。它是当今世界上海拔最高、规模最大的官堡式建筑群。布达拉宫不但是藏式建筑的典范，还是珍贵典籍文物的宝库。1961 年公布为全国重点文物保护单位。1994 年公布为世界文化遗产。

The Potala stands against the terraced slope of the Red Hill. Its main portion is a building of 13 stories. The major parts of the Potala include the Red Palace, the White Palace, and monks' dormitories. In addition, there are the old town Zhol and the Naga-King's Pool at the foot of the hill. In 1961, the State Council placed the Potala on the list of cultural sites under State-level protection. In 1994 the UNESCO World Heritage Committee placed the Potala on the World Cultural Heritage list.

布达拉宫 >

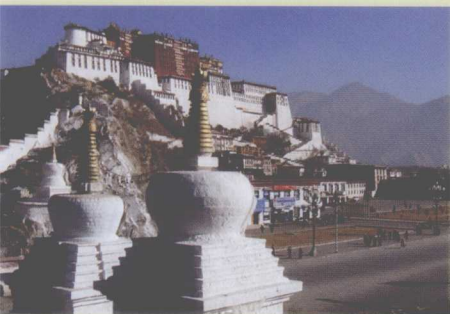
“布达拉”是梵文音译，又音译为普陀、普陀洛、普陀洛迦等种种，意为光明山、海岛山、舟岛等。相传，布达拉是佛教观世音菩萨的说法道场。浙江普陀山康熙皇帝御制碑文说：“从佛经中考证，普陀洛迦山有三处：一在厄纳忒黑，一在忒白忒，一在南海。”忒白忒之普陀即第二舟岛拉萨布达拉。

布达拉宫建在拉萨市中心红山上，巍峨宏伟，是西藏闻名于世的标志性建筑群，也是中华民族艺术精品和珍贵文物的宝库。

The Potala

The name 'Potala' is a derivation from Sanskrit Potaraka, meaning 'rilliant Mountain,' 'Island Mountain,' or 'Boat Mountain,' which is dedicated to Avalokiteshvara. Qing Emperor Kangxi said in a stele installed on Mt. Putuo of Zhejiang, 'As recorded in Buddhist scriptures, there are three Potaraka mountains: one is at a port of the Indus, another is in Tibet, and the third is the sacred island of Putuo in the South Sea.'

The Potala is the best palace complex of Tibet well-kept till now. It is a landmark of Tibet well-known to the world, and it is a very important cultural relic site under State-level protection of China.



布达拉宫广场佛塔（扎郭嘎尼）▲
Buddhist Pagodas on the Square of
the Potala (Trakor Karnyi)







铜狮 ▲

布达拉宫红宫建筑的腰檐四隅各有一尊铜质鎏金狮子塑像，狮子高1米。《大智度论》称：佛为人中狮子。凡佛所在之处，或床或地，都称狮子座，后泛指寺院中供奉的佛、菩萨塑像的台座以及高僧说法时的坐席。狮子是西藏宫殿、寺院建筑的重要题材之一。

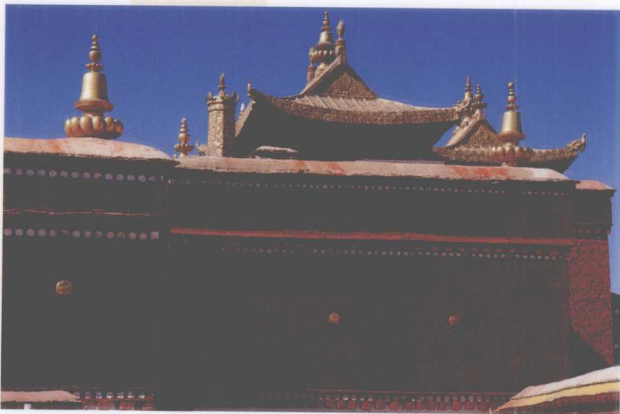
For the Red Palace of Potala Palace, each corner of its eaves sits a gilded copper statue of lion, one-meter high. In Buddhist canon, the Buddha is regarded as a lion. Wherever the Buddha sits, be it a bed or a mat, it is called the Lion's Seat, which later refers to the pedestal of a Buddha or Bodhisattva statue, or the seat where an eminent monk sits while teaching. As it is, the lion becomes one of the important themes in the construction of Tibetan palaces and monasteries.

无字碑（夺日朗玛）>

1693年为举行五世达赖喇嘛灵塔殿落成典礼而立的纪念碑。此碑立于布达拉宫南侧登山石阶的进口处。碑高5.6米，碑额、碑身与碑座3层均用花岗岩雕成，碑身与碑座用铁汁浇铸固接。1682年五世达赖喇嘛阿旺罗桑嘉措在布达拉宫圆寂，因政治、宗教原因，匿丧13年未报告清政府。1690年才动工修建五世达赖喇嘛灵塔及灵塔殿。以致1693年在此举行隆重的灵塔殿落成典礼时，只能用无字碑的形式表示对五世达赖喇嘛的纪念。

The Non-inscribed Stone Stele (Dokri Langma)

The stone stele without any words inscribed on it was erected in 1693 for the inauguration of the Fifth Dalai Lama's funerary stupa. The stele stands at the bottom of the southern stone stairway that leads to the Potala. It is over 18 feet high. Its top part, body, and bottom are made of granite. The Fifth Dalai Lama died in 1682. Because of political and religious reasons his death was not reported to the Qing government for 13 years. The Fifth Dalai Lama's funerary stupa and the hall to house it began to be built in 1690. When the Fifth Dalai Lama's funerary stupa was completed in 1693, a stele without any words on it was erected in commemoration of the occasion.



白玛草墙 ▲

The reddish-brown wall

知识链接 Knowledge in Link

白玛草墙一般都装饰在西藏很多重要寺院宫堡的屋檐或墙檐下，赭红色的墙面像绒毛一样平整。它采用怪柳的枝条，晒干，去梢剥皮，再用皮绳扎成小捆，然后层层夯实，再染上颜色，用木钉固定成墙。

The reddish-brown wall is very often seen on the eaves or below the wall roof of some important chapels or halls in Tibet. The wall is made of dry and skin-peeled willow branches tied layer on layer to be dyed and fixed on the wall.

