



日喀則

གཞིམ་ཀའ་ཆེན་

名勝古迹

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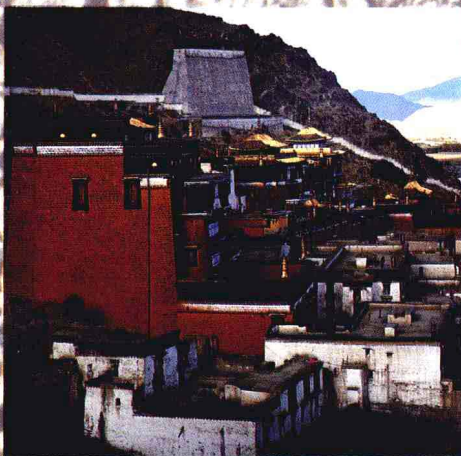
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名勝古迹

座落在日喀則市西北側的札什倫布寺是西藏四大黃教寺廟之一，寺內“強巴”金銅佛堪稱世界之最；薩迦寺以浩如烟海的藝術珍寶而著稱于世，江孜宗山抗英遺址以抵抗外來侵略，弘揚愛國主義精神而為世人敬仰；白居寺以聚眾教派于一寺而引人入勝；夏魯寺以藏漢建築藝術的珠聯璧合而獨樹一幟；珠峰腳下的絨布寺以其海拔最高而使人仰慕，還有米拉日巴、薩班、八思巴等許多聖僧名流的故居及涉足過的歷史文化遺迹……這些絢麗多彩的文物古迹和璀璨奪目的人文景觀，不僅使有幸來過日喀則的中外游客留連忘返，去而復來，也使尚未親臨此地的人們急盼成行，一飽眼福。

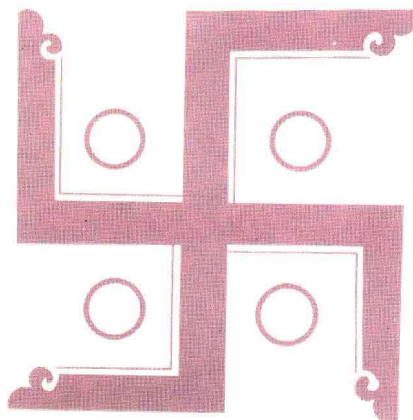


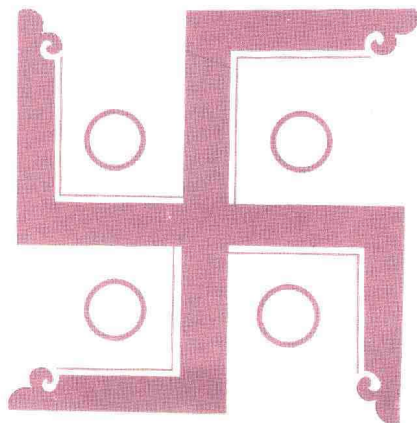
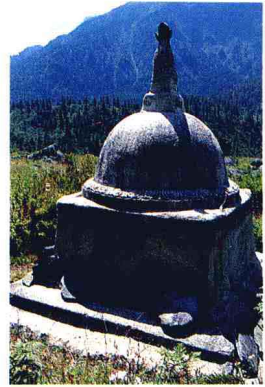
HISTORIC ATTRACTIONS

The giant bronze Maitreya in Tashilhunpo, one of the four greatest monasteries in Tibet, is the largest of its kind in the world; the tremendous amount of antiques and artistic works in Sakya monastery deserve fame in the world; remains of fight against imperialist aggression in the fortress of Gyantse are deeply admired for their patriotic spirit; Palcho monastery in Gyantse, a holder of different religious sects in one monastery as one body, is an astonishment; Shalomonastery, another holder of two different handicraftsmanship of the Tibetans and Hans, is another interest, lastly Rongbuk monastery at the foot of Mt. Qomolangma is an admiration for its being the highest monastery in Tibet. Apart from these ruins of residents of visit by noted historical figures or sages such as Misarepa, Sakya Pandita, Pagpa, and the like, are also in possession of Shigatse property. These historic monuments and figures of wonder give those fortunate visitors of the past, both from home and abroad, many happy memories and make them look for more returns; and give those wishful visitors of the future a nice yearning for a coming trip.

塔

STUPA





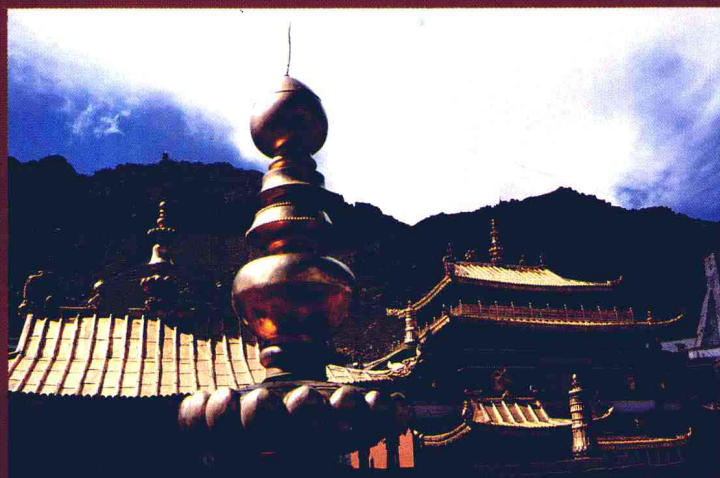
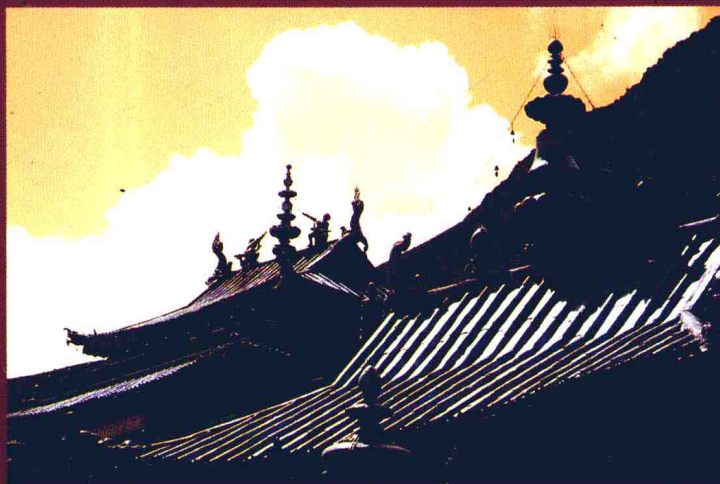


扎什倫布寺

TASHILHUNPO MONASTERY

扎什倫布寺于公元1447年由宗喀巴弟子根敦主巴創建，又經四世班禪羅桑却堅擴建形成今天的規模，并由歷代班禪住持。寺內存有四至九世班禪靈塔和十世班禪的金質靈塔，是西藏著名的黃教寺院。

Tashilhunpo, the seat of the Panchen Lamas, was founded in 1447 by Gedun Drup, a disciple of Tsongkapa, and extended to the present size by the 4th Panchen Lama, Lobsang Chogyen. The 4th-9th Panchen Lamas' tombs and the gold sheeted funerary stupas of the 10th Panchen Lama are enshrined within the monastery.





高26.2米的“强巴”金铜佛像

The bronze Maitreya
Buddha, 26.2 metres
in height.

每年藏歷5月14—16日在札寺舉行盛大的展佛祈禱法會，僧俗瞻仰佛光，以求風調雨順。

From the 14—16th of the 5th lunar month the monks of Tashilhunpo assemble for the annual Prayer Festival during which the gigantic appliqued "Thangka" is spread on display for the monk and lay folks for the wish of an enough rainfall for their crops.



釋迦牟尼佛
Buddha Shakyamuni

無量光佛

Buddha Amitabha—
the God of
Infinite Light



彌巴佛

Buddha Maitreya or
the Future Buddha

扎西拉杰

Glory to the Gods !





黨和國家領導在札什南捷開光大典上
The participation of the Chinese Communist Party and the State leaders at the opening ceremony of the funerary chapel, Tashi Namgyal



五世至九世班禪合葬靈塔祀殿——東陵札什南捷
Tashi Namgyal, the funerary chapel of the 5th—9th Panchen Lamas



合葬靈塔
The funerary stupa



僧俗同歡
A ceremonial assembly of the monk and lay folks



殿內九世班禪像
A portrait of the Ninth Panchen Lama in the funerary chapel



斯姆欽姆

ZIGMO CHENMO



斯姆欽姆即跳神，最早由七世班禪丹白尼瑪法定每年藏歷八月在札寺舉行，後經九世班禪充實完善形成目前的規模。三天中登場百余僧人，表演24種不同形態的神舞。將象征的“鬼食子”押送寺外焚饒，以示驅逐邪魔，弘揚佛法，安泰人間之意。每年從四面八方涌來觀看的僧俗達數萬人。

Zigmo Chenmo—The Grand Performance.

The Grand Performance is a festival of religious dance, initiated by the 9th Panchen Lama. The festival takes place in the eighth lunar month and lasts for three days during which a hundred monks take participation in twenty-four shows of different styles of religious dances. A form of “evil spirit” is cut into pieces and thrown into a distance as a symbol of getting rid of “evil spirits” for the prosperity of religion and worldly beings. During this time thousands and thousands of monk and lay folks come from every direction to join the festival.





喇嘛儀仗隊·觀看

A Procession of monks
spectators



斯姆欽姆
ZIGMO CHENMO