

西藏宫殿寺庙

中华文明史话

(中·英·文·双·语·版)
· HISTORY OF CHINESE CIVILIZATION ·

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History of
Tibetan Palaces and Temples

史话

中国大百科全书出版社

中华文明史话

故宫奇闻

History of
Forbidden Palaces and Temples

史话



《中华文明史话》中英文双语丛书
HISTORY OF CHINESE CIVILIZATION

西藏宫殿寺庙史话

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AND TEMPLES

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序

北京大学教授 辛德勇

我不是一个科班出身的历史学工作者，基础的中国历史知识，几乎全部得自自学。所谓“自学”，也就是自己摸索着读书。在这个过程中，一些篇幅简短的历史知识小丛书，给我提供过非常重要的帮助，是引领我步入中华文明殿堂的有益向导。按照我所经历的切身感受，像这样简明扼要的小书，对于外国人了解中国的历史文化，应当会有更大的帮助。现在摆在读者面前的这套《中华文明史话》中英文双语丛书，就是这样一种主要针对外国朋友而量身定做的书籍。

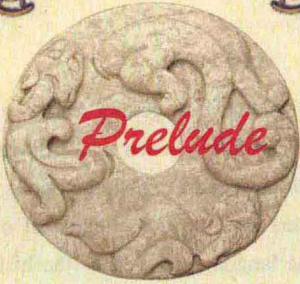
编撰这样的历史知识介绍性书籍，首先是要保证知识的准确性。这一点说起来简单，要想做好却很不容易。从本质上来讲，这是由于历史本身的复杂性和认识历史的困难性所造成的，根本无法做到尽善尽美；用通俗的形式来表述，尤为困难。好在读者都能够清楚理解，它只是引领你入门的路标，中华文明无尽的深邃内涵，还有待你自己去慢慢一一领略。这套《中华文明史话》中英文双语丛书，在首先注重知识准确性的基础上，编撰者还力求使文字叙述生动、规范，深入浅出，引人入胜；内容则注重富有情趣，具有灵动的时代色彩，希望能够集知识

性、实用性、趣味性和时代性于一体；同时选配较多图片，彩色印刷，帮助读者更为真切地贴近历史；而汉、英双语对照的形式，将特别有助于非汉语母语的外国人士或是海外中国侨民的后裔用作学习中文的辅助读物。

其实，用汉、英双语对照形式出版的这套书籍，并不仅仅会为海外非汉语读者了解中国历史文化提供便利，它精心安排的选题，也会成为中国读者特别是青少年学习中国历史文化知识的简明读本；阅读这样的书籍，会有助于中国读者学习和掌握中国历史文化知识的英语表述形式，这将对增进中国民众的对外交往，起到积极的作用。

中华文明有过辉煌过去。但是，按照我的理解，主要面向海外读者编撰出版的这套丛书，并不应该成为一种自我夸耀的演示。每一个国家和民族都具有值得同等骄傲的优秀文化，也都带有诸多同样丑陋的斑点。我们需要的是相互的理解与交流。从清朝末年时起，有许多来华的日本人，喜欢用“不思议”也就是“不可思议”这个词，来描述对中国的困惑；直到今天，类似的困惑依然普遍存在。日本在历史上与中国文化接触密切，尚且如此，海外其他地区，自然更加严重。这种困惑的根源是不同文化彼此之间的隔膜。我希望出版《中华文明史话》这样的读物，能够有助于普通外国民众更多地了解中国，认识中国，进而沟通我们的心灵，共同面对逐渐融为一体的世界。

2007年12月11日



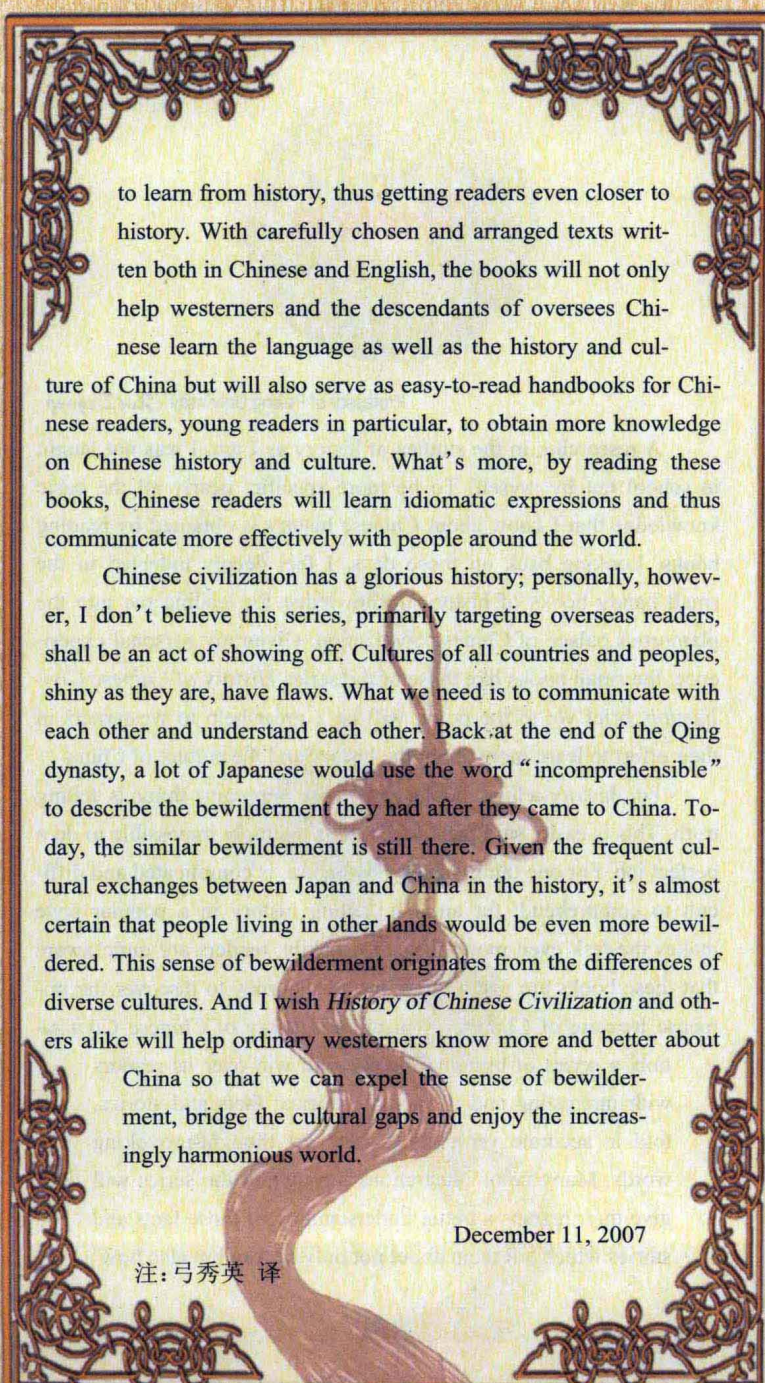
Prelude

Professor of Peking University *Xin Deyong*

A researcher in the studies of history as I am, I was not taught in school but by myself. To be more specific, nearly all the basic knowledge that I know about Chinese history is obtained by reading books. Looking back on those days, I feel deeply indebted to the small handy books of historical knowledge for leading me into the glamorous palace of Chinese civilization. Given my personal experience, the small books like those of the series *History of Chinese Civilization*, brief yet to the point, will be a great help to westerners in their effort to learn more about the history and the culture of China.

For history-telling books, the most important thing is telling truth. This is easier said than done and it's simply impossible to do a perfect job. For one thing, history, by nature, is complicated and difficult to comprehend; for another, telling history in a popular style makes the task even more difficult. Luckily, readers are quite aware that these books are just a guide in their journey to discover the immense treasure of Chinese civilization. *History of Chinese Civilization*,

a series of bilingual books, will win over its readers with interesting and inspiring historical facts and stories, told in accurate yet vivid, simple yet thought-provoking words. Many color illustrations throughout the series will give their readers a better understanding of those facts and stories which tell them about not only history but also how



to learn from history, thus getting readers even closer to history. With carefully chosen and arranged texts written both in Chinese and English, the books will not only help westerners and the descendants of overseas Chinese learn the language as well as the history and culture of China but will also serve as easy-to-read handbooks for Chinese readers, young readers in particular, to obtain more knowledge on Chinese history and culture. What's more, by reading these books, Chinese readers will learn idiomatic expressions and thus communicate more effectively with people around the world.

Chinese civilization has a glorious history; personally, however, I don't believe this series, primarily targeting overseas readers, shall be an act of showing off. Cultures of all countries and peoples, shiny as they are, have flaws. What we need is to communicate with each other and understand each other. Back at the end of the Qing dynasty, a lot of Japanese would use the word "incomprehensible" to describe the bewilderment they had after they came to China. Today, the similar bewilderment is still there. Given the frequent cultural exchanges between Japan and China in the history, it's almost certain that people living in other lands would be even more bewildered. This sense of bewilderment originates from the differences of diverse cultures. And I wish *History of Chinese Civilization* and others alike will help ordinary westerners know more and better about China so that we can expel the sense of bewilderment, bridge the cultural gaps and enjoy the increasingly harmonious world.

December 11, 2007

注:弓秀英 译



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引言

翻阅西藏建筑史，自公元7世纪吐蕃王松赞干布修建第一批寺庙建筑开始，西藏便拉开了富于地方特色的建筑序幕。西藏建筑在最初便与佛教结下不解之缘，其发展与藏传佛教的发展相辅相成，互相影响。

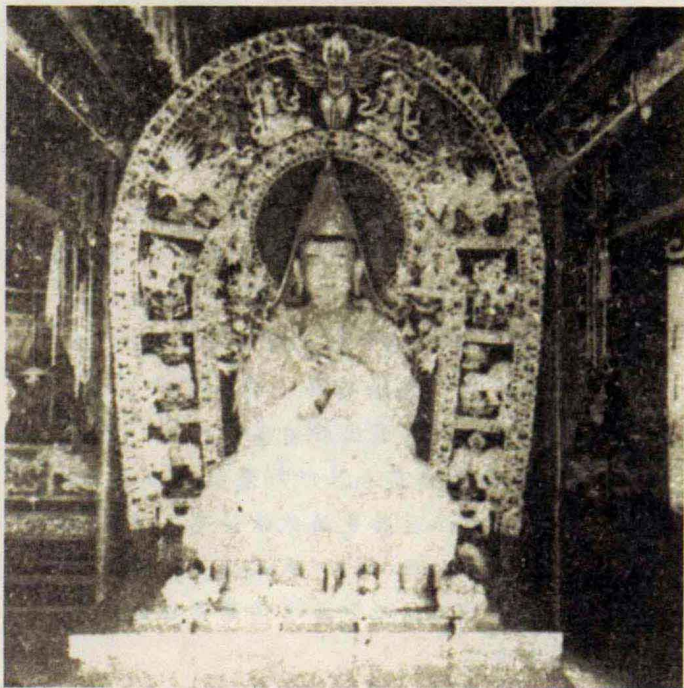
西藏建筑独具特色的建筑风格，不仅引来了无数建筑、佛教研究者的关注，也引来了无数的游客。在西藏，无论是布达拉宫、大昭寺、小昭寺，还是桑耶寺、萨迦寺、甘丹寺等，不仅具有独特的建筑风格，蕴含浓郁的宗教氛围和神秘色彩，而且还藏有无数珍贵的文物和艺术珍品，这些无不吸引着国内外游客的眼球。可以说，西藏的建筑及其所拥有的艺术品，包容着西藏独具特色的政治体制、宗教文化及风土人情，因此，我们要了解西藏文化，最好的途径就是去了解西藏的宫殿寺庙建筑。





一 西藏宫殿寺庙 建筑的三个发展期

说起西藏建筑的发展，无论是豪华奢侈的宫殿，还是香火旺盛的寺院佛堂，无不伴随着藏传佛教的兴衰而起伏。我们略加考究就不难发现，西藏各类建筑的发展应是自公元7世纪中叶佛教传入雪域高原，建起第一批



● 藏传佛教格鲁派始祖宗喀巴塑像



佛殿开始,现已有 1 300 多年的悠久历史。应该说,西藏建筑的发展基本上随着佛教的传入和发展而兴起,从而也就客观地形成了西藏建筑发展的寺院化风格。根据西藏建筑在风格和艺术上的衍变历程,我们大致将其宫殿寺庙建筑发展分为三个时期。



1. 单一化的“拉康建筑期”

7 世纪至 9 世纪中叶为西藏宫殿寺庙建筑的第一时期,即西藏建筑发展的启蒙期,我们通常称之为“拉康建筑期”。此期间,西藏佛教的发展命运多舛,宫殿寺庙的建筑发展虽依托佛教有了较大的发展,但也常常因为禁佛运动而遭受冲击。

西藏建筑的发展自公元 7 世纪始,吐蕃赞普松赞干布当时统一西藏建起了吐蕃王朝,先后迎娶尼泊尔



● 松赞干布塑像





● 文成公主塑像

墀尊公主和唐朝文成公主为妃，两公主均携带佛像、经典、法器、僧侣等入藏，后为供奉自己带入的圣物，墀尊公主和文成公主分别建起了大昭寺和小昭寺。随后，松赞干布又大兴土木，在拉萨周边各地修建四茹寺、四厌胜寺、四再厌胜寺等寺庙和道场，用于供奉释迦牟尼及八随佛弟子即观音、度母、佛母等佛像，自此拉开了西藏宫殿寺庙建筑发展史的序幕。

755年，西藏寺庙建筑遭遇第一次禁佛运动，由于当时的吐蕃赞普墀松德赞年幼，无力政事，猖獗的反佛者大举反佛旗号，致使包括大昭寺在内的大量寺庙建筑被破坏和拆毁。墀松德赞掌权后，力诛反佛大臣，积极迎请印度佛教大师寂护、莲花生入藏传授佛法，并建立了西藏第一座佛法僧三宝俱全的寺庙——桑耶寺——亦