

# 布达拉宫 POTALA PALACE

S P L E N D O R O F T I B E T

彭措朗杰 编

*Edited by  
Phuntsok Namgyal*



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The Potala Palace

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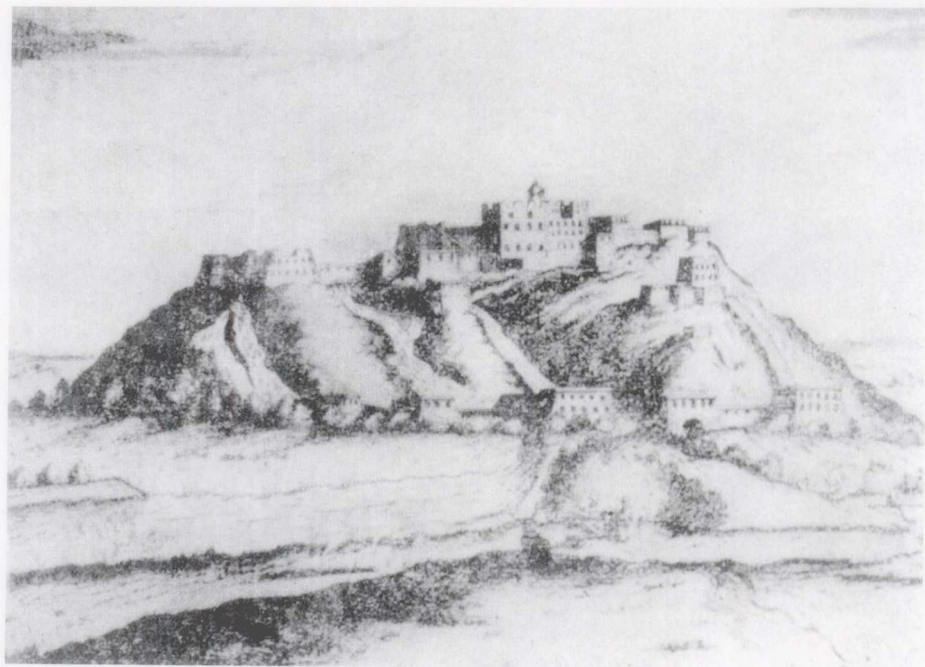
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1662年的布达拉宫  
The Potala Palace in 1662

## 布达拉宫概述

举世闻名的布达拉宫，耸立在西藏拉萨市红山之上。

布达拉宫海拔3700多米，占地总面积36万平方米，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，是当今世上海拔最高、规模最大的宫堡式建筑群。

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种色彩的鲜明对比，分部合筑、层层套接的建筑形体，都体现了藏族古建筑迷人的特色。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。

布达拉宫是历世达赖喇嘛的冬宫，也是过去西藏地方统治者政教合一的统治中心。从五世达赖喇嘛起，重大的宗教、政治仪式均在此举行，同时又是供奉历世达赖喇嘛灵塔的地方。

631年（藏历铁兔年）由吐蕃赞普松赞干布始建布达拉宫。当时修建的宫殿有999间，加上山上修行室共1000间，后因雷击和战乱遭严重破坏。1645年，五世达赖喇嘛为巩固政教合一的甘丹颇章地方政权，重建布达拉“白宫”及宫墙城门角楼等，并把地方政权机构由哲蚌寺迁来。1690年，第巴桑结嘉措为五世达赖喇嘛修建灵塔扩建了“红

宫”，以后历世达赖喇嘛陆续增建了5个金顶和一些附属建筑，直至1936年十三世达赖喇嘛灵塔殿建成后，形成了布达拉宫今日的规模。

布达拉宫主体建筑为白宫和红宫。

白宫是达赖喇嘛的冬宫，也曾是原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。

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、东西庭院和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。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，还有大量经经典籍、金银玉器等。

# The Potala Palace A Brief Introduction

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

At an elevation of more than 12,000 feet (3,700 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 Dragon King's Pool 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 1,000. 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.

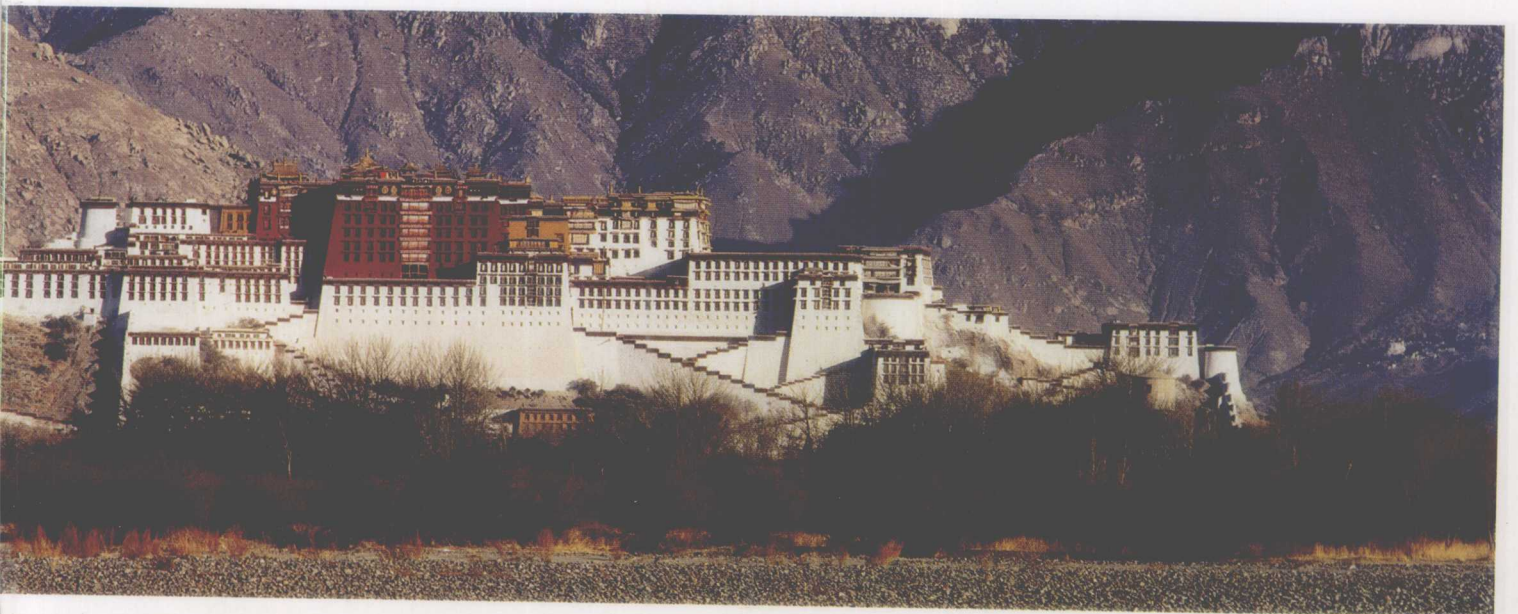
Over the past 300 years or so, the Potala has accumulated an enormous collection of historical relics, including a great number of murals, about 1,000 pagodas, 10,000 statues, numerous Tangka paintings, Buddhist scriptures, and gold and silver objects.



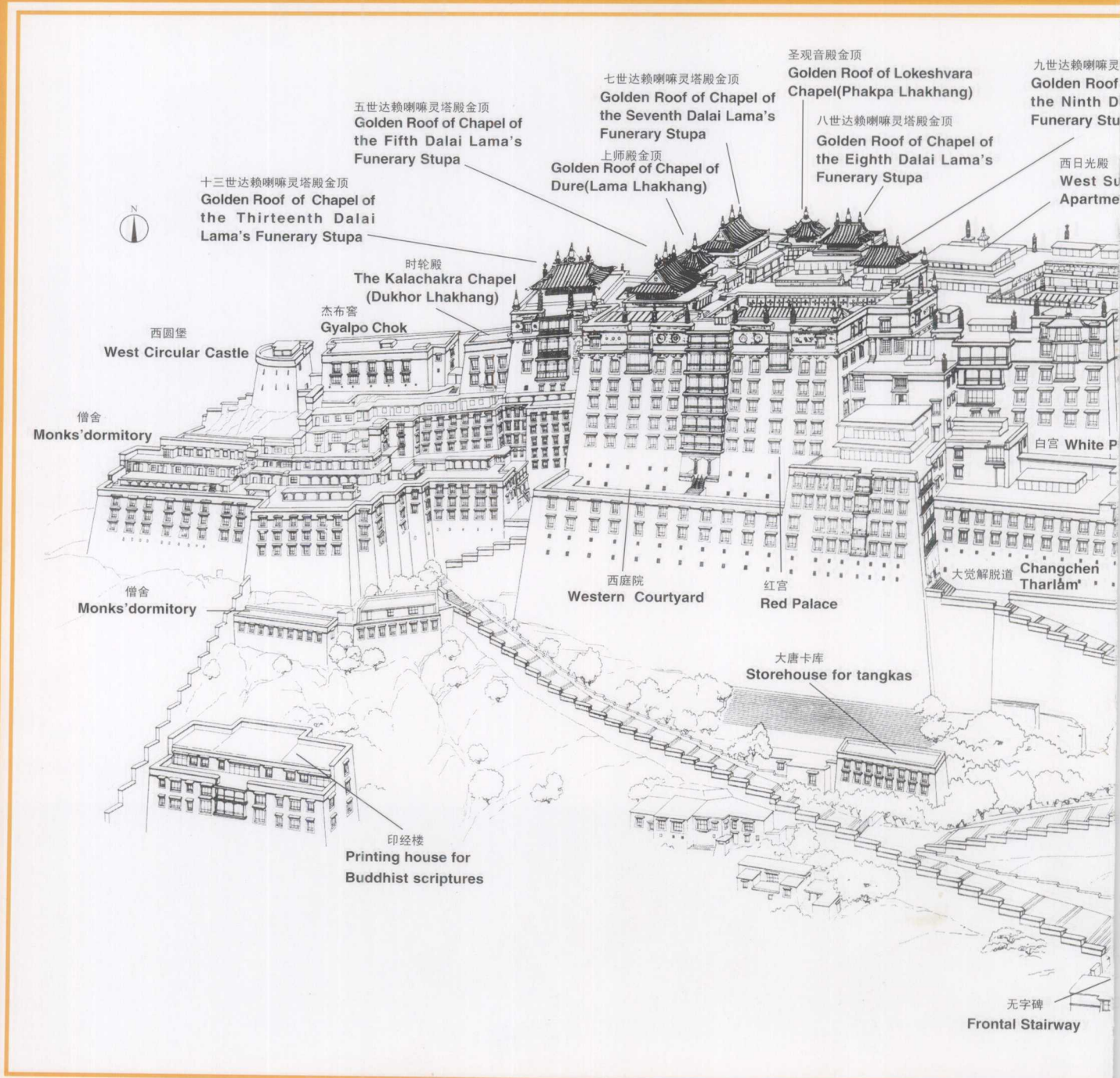


1905年的布达拉宫  
The Potala Palace in 1905

2000年的布达拉宫  
The Potala Palace in 2000







布达拉宫鸟瞰图  
 A Bird's-eye view of the Potala Palace

塔殿金顶  
of Chapel of  
ilai Lama's  
pa

nshine  
nt

alace

东日光殿  
East Sunshine  
Apartment

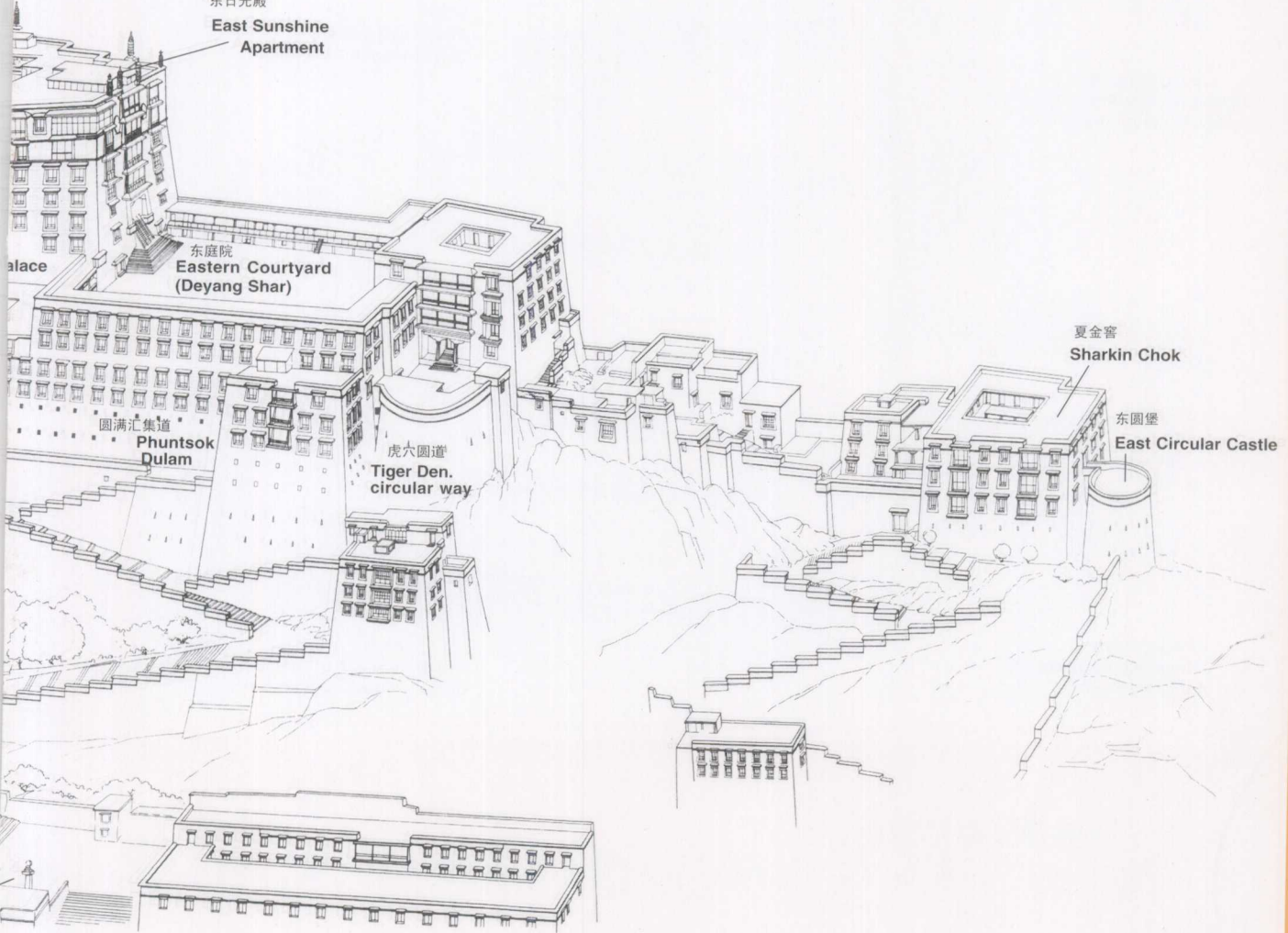
东庭院  
Eastern Courtyard  
(Deyang Shar)

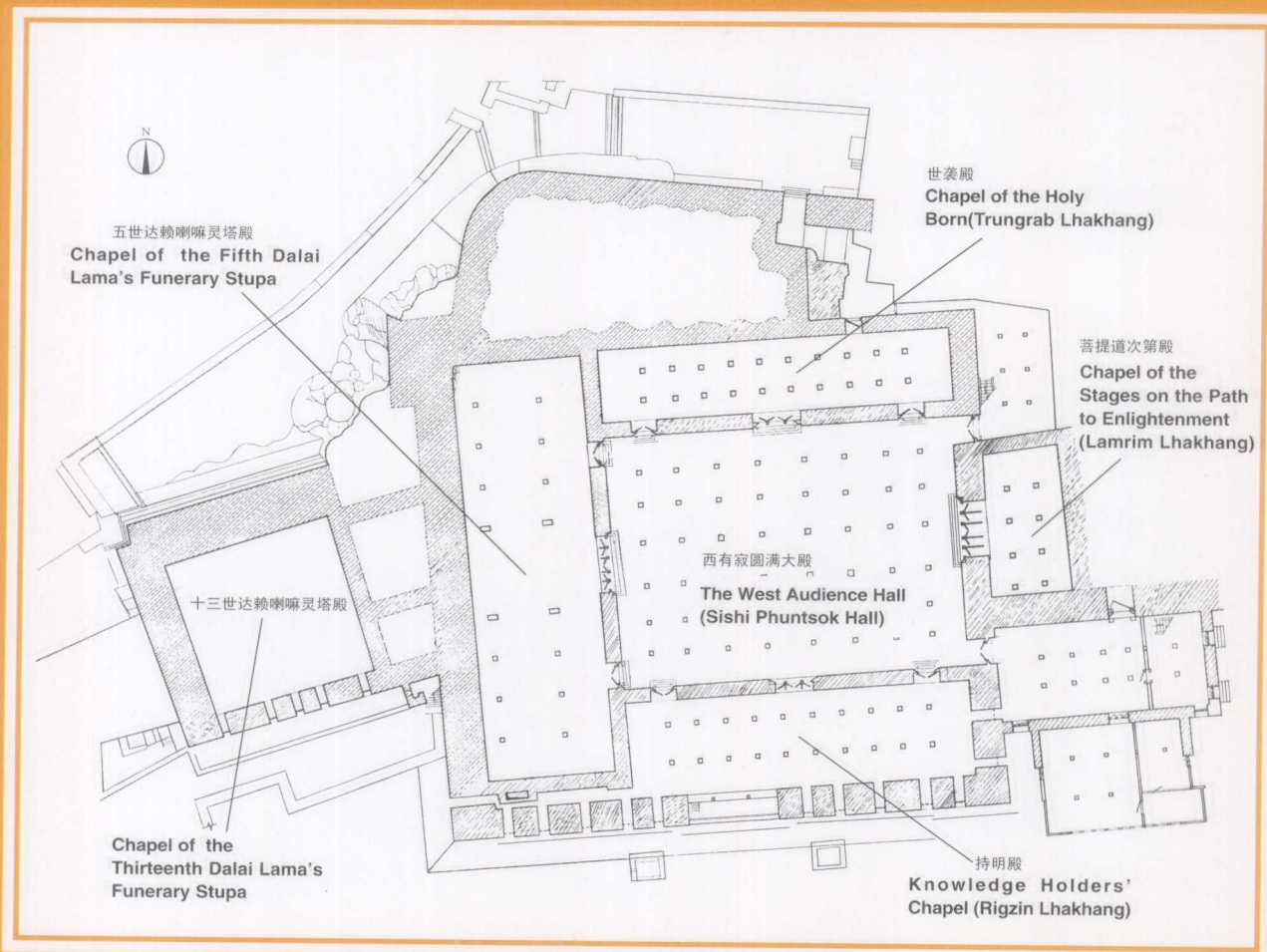
圆满汇集道  
Phuntsok  
Dulam

虎穴圆道  
Tiger Den.  
circular way

夏金普  
Sharkin Chok

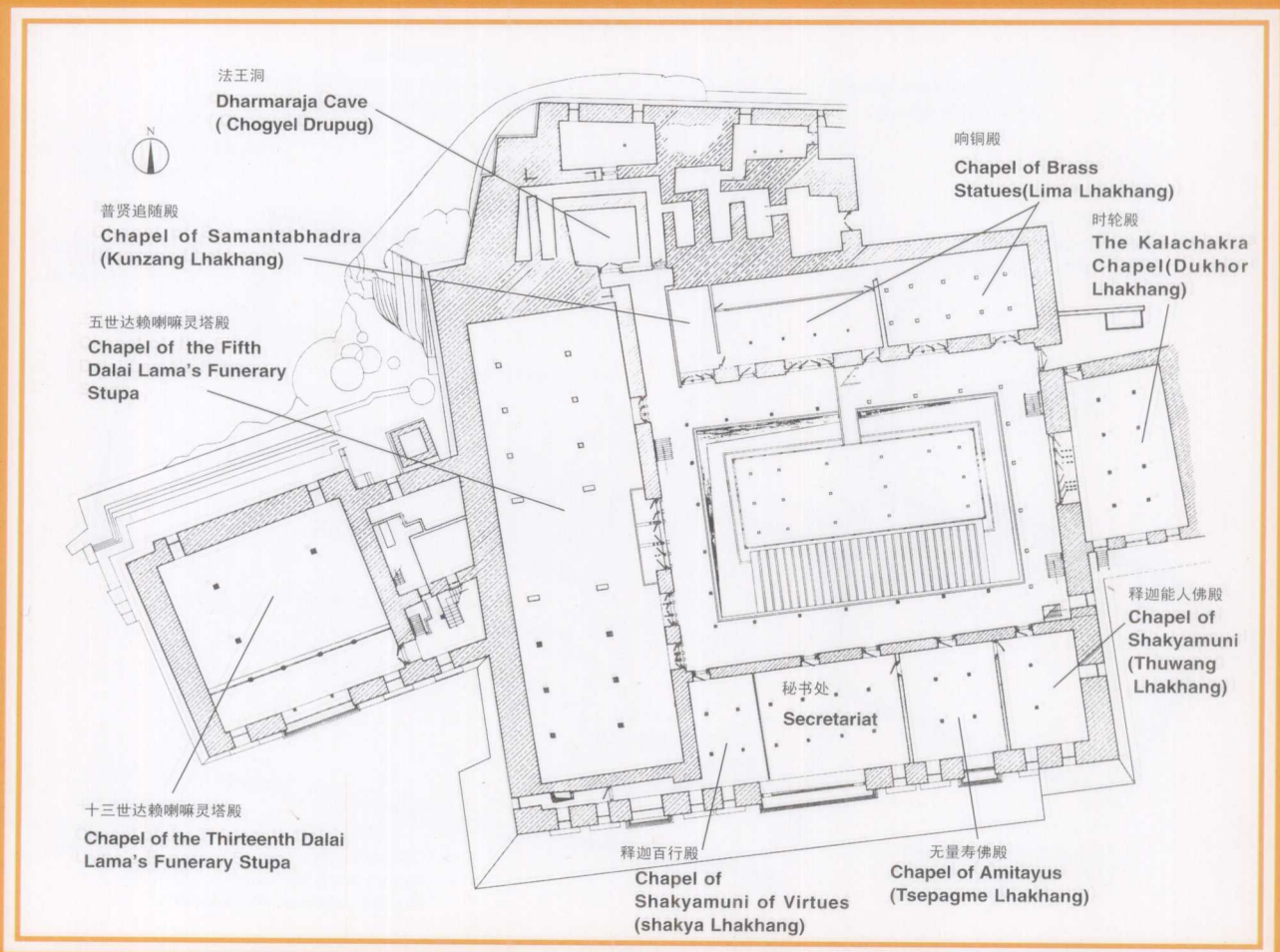
东圆堡  
East Circular Castle





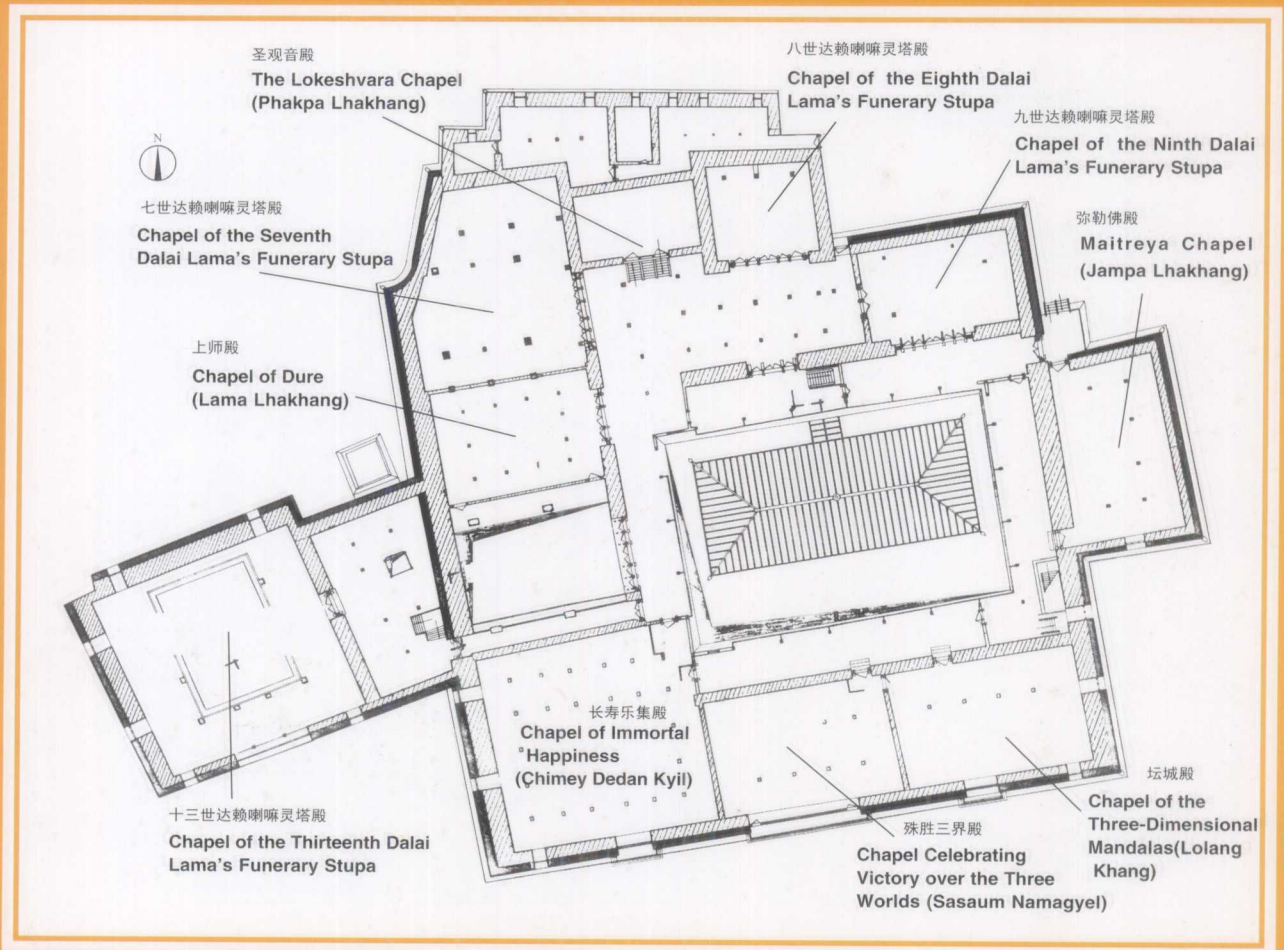
红宫一层殿堂分布示意图

Chapels and Halls on the first floor of the Red Palace



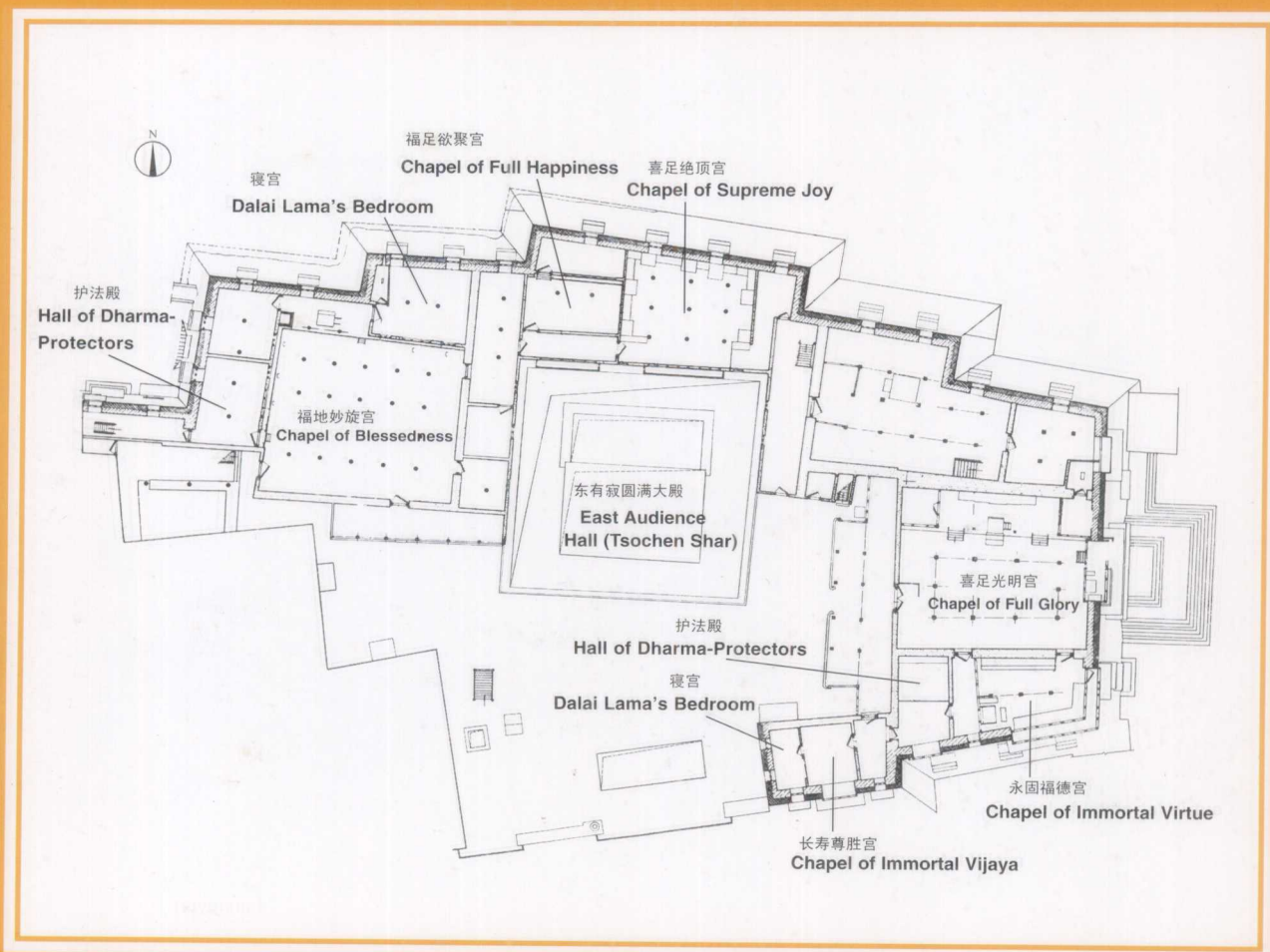
红宫三层殿堂分布示意图

Chapels and Halls on the third floor of the Red Palace



红宫四层殿堂分布示意图

Chapels and Halls on the fourth floor of the Red Palace



白宫顶层日光殿各殿堂分布示意图  
 Chapels and Halls on the Sunshine Apartment  
 on the top floor of the White Palace



布达拉宫在拉萨市位置图

The location of the Potala Palace in Lhasa

## 建筑外景

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、规模最大的宫堡式建筑群。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。

### *An Overall View of the Potala*

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 Dragon 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”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……。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 “Brilliant 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. It was listed as an important world historical heritage by UNESCO in December, 1994.



