

# 中元节

## Hungry Ghost Festival

The Hungry Ghost Festival is a significant traditional festival observed by many East Asian cultures. It's a time to remember and honor ancestors and spirits, while also engaging in various rituals and activities.

中元节是许多东亚文化共同庆祝的重要传统节日。这个节日是用来纪念和尊敬祖先与亡灵的时刻，人们同时也会参与各种仪式和活动。



The festival is celebrated on the 15th day of the 7th lunar month, which usually falls in August or September. This day is believed to be when the "gates of hell" open, allowing spirits and ghosts to roam freely in the human world for a month.

中元节在农历七月十五日庆祝，通常在八月或九月之间。人们认为这一天是“地狱之门”打开的时候，允许亡灵和鬼魂在人间自由游荡一个月。



Traditional beliefs hold that during this month, restless spirits, including those without families or forgotten ancestors, visit the living realm.

据说，在这个月里，不安宁的亡灵，包括那些没有家庭或被遗忘的祖先，会来到人间。



To appease and honor these spirits, people offer food, incense, and paper items, believing that these offerings will bring them comfort and ensure good fortune.

人们为了安抚和尊敬这些亡灵，会献上食物、香烛和纸制品，相信这些供品会给他们带来舒适，并确保好运。



The festival emphasizes respect for the past, a connection with family roots, and a sense of unity with both the living and the deceased.

中元节注重的是对过去的尊重，还有家族的团结与和谐。



# What goes on during the Hungry Ghost Festival?

## 中元节期间主要有哪些活动？



### Ancestral Worship and Offerings

Families set up altars with food, fruits, and symbolic paper items to worship ancestors and spirits. The offerings often include the ancestors' favourite dishes.

### 祖先祭拜和祭品

人们会摆放祭坛来祭拜祖先和亡灵，祭坛上摆放食物、水果和象征性的纸制品。祭品中也通常包括祖先生前喜爱的菜肴。



### Burning of Joss Paper and Incense

Joss paper, also known as "冥钱" (míng qián) or "hell money," is burned to provide financial comfort to the spirits in the afterlife. Incense sticks are lit to guide the spirits and signify respect towards them.

### 焚烧金纸和香

金纸，也被称为“冥钱”或“冥币”，被烧化供奉亡灵。人们认为点燃香烛能引导亡灵，同时也表示对他们的尊敬。



### Stage Performances

Stage performances, including song performances, traditional operas, puppet shows, and folk dances, are held to entertain the spirits and humans alike.

### 歌台表演

人们为了娱乐人们与亡灵举办了歌台表演，表演中包括歌唱表演，传统戏曲、木偶剧和民间舞蹈。



### Paper Offerings

Other than joss paper and incense sticks, intricate paper crafts, such as cars and houses, are made to be burned as offerings to the spirits.

### 纸制祭品

除了金纸和香烛，人们也会焚烧精致的纸制艺术品，如车子只和房屋，为供奉亡灵。

