

I think this is going to be something that's not really applied to other families in India, I'm Jain, Jainism is a smaller religion within India. So we have our own separate festivals we, of course, celebrate festivals like Hindu festivals because that's just common. But for us there's this thing every year we do this, this is like a ritual of sorts where for one week we are expected to fast.

這個習俗並不適用於所有印度家庭。我是耆那教。耆那教是一個很小的印度宗教，我們有自己獨立的節日。當然，我們也會慶祝印度教節日。對於我們的宗教而言，我們需禁食一周。

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And by fast I mean just have water, but because that's a really tough thing to do you can't just go without food for a week unless you're used to it. A lot of Jain families don't actually follow that, they just tend to stick to Jain cuisine instead.

禁食期間，我們只能喝水，這是一個非常艱難的宗教，除非你已經習慣了，否則你是無法堅持禁食一周的。許多耆那教家庭實際上不會禁食一周，他們只是會吃一星期的耆那教食物。

禁食期间，我们只能喝水，这是一个非常艰难宗教，除非你已经习惯了，否则你是无法坚持禁食一周的。许多耆那教家庭实际上不会禁食一周，他们只是会吃一星期的耆那教食物。

And at the end of this sort of eight-day fast, what happens is all big families gather, so we are nuclear families who would go to one family's house, all of us would gather. We would switch off our phones, we would basically turn off any electronic things, any electric things like the fan. I don't think you have a fan in the office, but yeah, we would turn off the fans, everything.

在八天齋戒結束時，所有家人會聚集一堂並關掉手機，關掉任何電子產品，包括風扇。

在八天斋戒结束时，所有家人会聚集一堂并关掉手机，关掉任何电子产品，包括风扇。

So it becomes super quiet and then we just pray for an hour, two hours, I would say. We just pray standing up, sitting down, wearing a mask, even before covid, we have to wear a mask, we wear white clothes. And after, it happens during the evenings around time of the sunset, it starts at around five, ends around so.

之後，我們會祈禱一、兩個小時。你可以站著、坐著、戴著口罩祈禱，，即使在新冠病毒之前，我們也必須戴口罩，而且還必須穿白色的衣服。通常是在日落時分，從五點左右開始。

之后，我们会祈祷一、两个小时。你可以站着、坐着、戴着口罩祈祷，，即使在新冠病毒之前，我们也必须戴口罩，而且还必须穿白色的衣服。通常是在日落时分，从五点左右开始。

So if you're doing it in a really open space with a lot of windows, I'm sort of speaking in an architectural way because that's what comes to me. But you see the sun setting down, it's really calm, there's no noise other than the chants and it's really peaceful and that's sort of what we do every year.

如果你在一個有很多窗戶的非常開放的空間祈禱，你會看到太陽落山，四周真的很平靜，除了歌聲之外沒有任何噪音，這就是我們每年需要做的傳統習俗。

如果你在一个有很多窗户的非常开放的空间祈祷，你会看到太阳落山，四周真的很平静，除了歌声之外没有任何噪音，这就是我们每年需要做的传统习俗。

I don't think we did it this year because of the pandemic or if we did, I'm not entirely sure because I was on a pretty long trip trying to come back to Hong Kong.

去年因為新冠肺炎，我們可能沒有做，因為當時我身處於一個試圖返回香港的長途旅行。

去年因为新冠肺炎，我们可能没有做，因为当时我身处于一个试图返回香港的长途旅行。

The entire eight-day thing is called Paryushan and I'm not entirely sure what the last day is called because I'm not really in touch with Jainism as much as the rest of my family, but yes, that is a thing we sort of celebrate do every year.

這個歷時八天的習俗被稱為“贖罪日”。我不完全確定最後一天叫什麼，因為我接觸的耆那教並不多。但是，我的家人每年都會慶祝這一傳統。

这个历时八天的习俗被称为“赎罪日”。我不完全确定最后一天叫什么，因为我接触的耆那教并不多。但是，我的家人每年都会庆祝这一传统。