

岭南风俗：祭祖与龙狮共舞

广东，这片岭南大地，自古以来就有着丰富多彩的民间风俗。无论是沿海的渔村，还是珠三角的繁华城镇，民间习俗都深深根植于人们的日常生活之中。尤其是在传统节日里，祭祖、拜神、舞龙舞狮等活动成为人们生活的重要组成部分。

每到清明或春节，广东的家庭都会准备丰盛的祭品来祭拜祖先。家中长辈会指导晚辈如何摆放供品，讲解香烛的摆放顺序，以及如何恭敬地叩拜祖先。家家户户的餐桌上，鱼、肉、糕点、糖果等应有尽有，每一样都寄托着对祖先的敬意与祈福。祭祀完毕后，家人围坐在一起，分享食物，讲述家族的历史与故事，让年轻一代在温暖的氛围中感受到文化的传承。

除了家庭祭祖，村庄中常常会组织大型庆典。每逢元宵或端午节，舞龙舞狮是必不可少的节目。舞龙者一条长龙般舞动，伴随锣鼓声穿梭于村庄大街小巷；舞狮则由两人合作，表现出狮子的威武与灵动。观看的人们鼓掌喝彩，孩子们则兴奋地模仿舞动的姿势。这种热闹场景不仅让节日更具仪式感，也加强了村民之间的情感联系。

我个人对这些民间风俗有着深刻的感受。它们不仅是形式上的仪式，更承载着一种文化认同和情感纽带。在祭祖时，我能感受到家族的历史脉络；在舞龙舞狮时，我仿佛看到古老的岭南文化在现代社会中焕发新的生机。这种传统文化的延续，让我对家乡充满了自豪感。

在现代生活节奏加快的今天，民间风俗仍然有其重要的地位。虽然科技改变了我们的生活方式，但节日的庆典和祖先的祭拜依然保留着文化的根基。通过参与这些习俗，年轻一代不仅学会尊重传统，也增强了对家乡的认同感。广东的民间风俗，既是历史的延续，也是现代生活的一部分，为岭南文化注入了独特的活力。

Lingnan Customs: Ancestor Worship and Dragon-Lion Dances

Guangdong, this land of Lingnan, has long been rich in diverse folk customs. Whether in the coastal fishing villages or the bustling towns of the Pearl River Delta, folk traditions are deeply rooted in daily life. Especially during traditional festivals, activities such as ancestor worship, deity worship, and dragon-lion dances become an essential part of people's lives.

During Qingming or the Spring Festival, families in Guangdong prepare abundant offerings to honor their ancestors. Elders guide the younger generation on how to arrange offerings, explain the proper placement of incense and candles, and how to respectfully bow to the ancestors. The family table is filled with fish, meat, pastries, and candies, each symbolizing respect and blessings for ancestors. After the rituals, family members gather, share food, and recount family stories, allowing the younger generation to experience cultural inheritance in a warm atmosphere.

Beyond household ancestor worship, villages often organize large-scale celebrations. During Lantern Festival or Dragon Boat Festival, dragon and lion dances

are essential. Dragon dancers move the long dragon through village streets to the sound of gongs and drums, while lion dances, performed by two people, display the lion's strength and agility. Spectators cheer, and children excitedly imitate the movements. These lively scenes not only make festivals more ceremonial but also strengthen emotional bonds among villagers.

Personally, I feel deeply connected to these folk customs. They are not merely formal rituals but carry cultural identity and emotional ties. When performing ancestor worship, I sense the historical lineage of my family; during dragon-lion dances, I feel the ancient Lingnan culture coming alive in modern society. The continuation of these traditions fills me with pride in my hometown.

Even in today's fast-paced life, folk customs remain significant. Although technology has changed the way we live, festival celebrations and ancestor worship preserve the roots of culture. By participating in these customs, the younger generation learns to respect tradition and strengthens their sense of hometown identity. Guangdong's folk customs are both a continuation of history and a part of modern life, injecting unique vitality into Lingnan culture.