

# 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.

## 端午节的粽香与家乡情

端午节是广东一年一度的重要节日，也是民间风俗最为丰富的时刻之一。每当端午临近，家家户户便开始准备包粽子的原料，糯米、红枣、咸蛋黄、五花肉……摆满了整个厨房。长辈们耐心教孩子们包粽子的技巧：先把粽叶折成漏斗形，再放入米和馅料，最后小心地捆好。厨房里弥漫着糯米的香气，笑声不断，这是家庭团聚最温暖的时刻。

除了家庭活动，广东各地的河道和水乡都会举行龙舟赛。村民们早早集合在河边，彩色的龙舟排列整齐，鼓声洪亮而有节奏。划手们奋力划桨，船头的龙头在水面上舞动，激起层层水花。岸上的观众挥舞旗帜，欢呼声、锣鼓声与水声交织在一起，形成热烈的节日氛围。赛后，村庄还会举办庙会，售卖小吃、手工艺品，表演民间戏曲，让人感受到传统文化的生动与活力。

端午节的民间风俗不仅仅是节日庆祝，更承载着深厚的文化意义。通过包粽子、赛龙舟，我们表达对先贤屈原的怀念，也体验家乡的味道和人情的温暖。我常常在包粽子的过程中回忆童年的情景，和家人一边包一边聊天，笑声中有对家乡深深的依恋。

在现代社会，虽然生活节奏快了，但端午节的传统习俗依然在广东广泛流传。年轻一代参与包粽子和观赏龙舟比赛，不仅能学习民间技艺，也增强了对家乡文化的认同感。广东的端午节，是历史与现代交织的盛会，是民间风俗让家乡记忆得以延续的生动体现。

# Dragon Boat Festival: The Fragrance of Zongzi and Hometown Feelings

The Dragon Boat Festival is an important annual festival in Guangdong and one of the richest moments for folk customs. As the festival approaches, every household starts preparing ingredients for making zongzi: glutinous rice, red dates, salted egg yolk, pork belly... filling the kitchen. Elders patiently teach children the techniques: folding the leaves into a funnel, adding rice and filling, and carefully tying the zongzi. The kitchen is filled with the fragrance of glutinous rice and laughter—a warm moment of family reunion.

Beyond home activities, rivers and water towns across Guangdong host dragon boat races. Villagers gather early by the river, colorful dragon boats neatly lined up, drums beating loudly and rhythmically. Rowers paddle vigorously, the dragon head on the boat dancing on the water, splashing waves. Spectators on the shore wave flags, cheering, with the combined sounds of drums, cheering, and splashing water creating a lively festive atmosphere. After the races, villages hold fairs selling snacks and handicrafts, and performing folk opera, showcasing the vividness and vitality of traditional culture.

The folk customs of the Dragon Boat Festival carry profound cultural significance beyond celebrations. Making zongzi and racing dragon boats express remembrance of the ancient poet Qu Yuan and allow us to experience the flavors and warmth of our hometown. While making zongzi, I often recall childhood memories, chatting and laughing with family, feeling a deep attachment to my hometown.

Even in modern society with fast-paced life, the Dragon Boat Festival traditions still thrive in Guangdong. The younger generation participates in making zongzi and watching dragon boat races, learning folk skills and strengthening their sense of hometown culture. Guangdong's Dragon Boat Festival is a celebration where history and modern life intertwine, vividly preserving folk customs and hometown memories.

## 拜神与民间信仰的独特韵味

广东的民间信仰形式多样，其中拜神是最具特色的一种。无论是小村庄的庙宇，还是城市的街道神坛，人们总会在特定节日前后供奉神明，祈求平安、健康与丰收。在农历新年或农忙季节，家家户户会准备香烛、鲜花、水果和糕点，整齐摆放在神龛前。小孩子在长辈的带领下磕头、行礼，表达敬意。整个仪式既庄重又温馨，让人心生敬畏之情。

在一些传统节日里，村庄会组织盛大的庆典活动。祭祀完成后，人们还会举行巡游，抬着神像穿过村庄街道，鼓乐声震耳欲聋，彩旗飘扬。居民们自发加入表演，舞蹈、戏曲、民间杂耍交织在一起，形成独特的民俗风貌。整个过程既是一种信仰的体现，也是一场文化盛宴，吸引年轻人参与并感受传统魅力。

我对广东拜神的民间风俗印象深刻。在每次参与拜神活动时，我都会感受到一种与祖先和自然的联系。摆放祭品、烧香拜神，这些看似简单的动作，其实承载着人们对生命、家园和未来的美好祝愿。它让我明白，民间信仰不仅是一种宗教形式，更是一种文化精神和情感纽带。

现代生活虽然充满了各种科技与娱乐方式，但拜神风俗依然被保留并传承下来。年轻人通过参与拜神活动，不仅能了解传统文化，也能体会社区凝聚力和乡土认同感。广东的民间信仰习俗，将历史、文化与生活紧密结合，让传统文化在现代社会中依然焕发光彩。

## Deity Worship and the Unique Charm of Folk Beliefs

Folk beliefs in Guangdong are diverse, and deity worship is one of the most distinctive forms. Whether in village temples or street shrines in cities, people offer sacrifices during specific festivals, praying for safety, health, and a good harvest. During Lunar New Year or busy farming seasons, families prepare incense, flowers, fruits, and pastries neatly arranged on the altar. Children, guided by elders, bow and perform rituals, showing respect. The ceremony is solemn yet warm, inspiring a sense of reverence.

During certain traditional festivals, villages organize grand celebrations. After the rituals, people carry the deity statues through the village streets, accompanied by deafening drumbeats and fluttering flags. Residents spontaneously join performances, combining dance, opera, and folk acrobatics, creating a unique folk spectacle. The process is both an expression of faith and a cultural feast, attracting young people to experience traditional charm.

I am deeply impressed by the deity worship customs in Guangdong. Every time I participate, I feel a connection with ancestors and nature. Arranging offerings and burning incense seem simple, yet they carry people's hopes for life, home, and future. This makes me understand that folk beliefs are not merely religious rituals but also a cultural spirit and emotional bond.

Although modern life is filled with technology and entertainment, deity worship traditions are still preserved. Young people participating in these rituals not only learn about traditional culture but also experience community cohesion and local identity. Guangdong's folk beliefs seamlessly combine history, culture, and daily life, keeping traditional culture vibrant in modern society.

# 舞龙舞狮中的岭南文化

舞龙舞狮是广东最具代表性的民间风俗之一，每逢春节、元宵或开业庆典，街头巷尾都会看到长龙蜿蜒、狮子腾跃的热闹场景。舞龙舞狮不仅是一种表演形式，更是岭南文化精神的生动体现。

准备舞龙舞狮需要大量的时间与人力。村民们会提前数周制作龙身和狮头，选用色彩鲜艳的布料和纸张，绘制精美图案。表演者需要长时间排练，练习协调动作和节奏。舞龙需要多人合力抬动龙身，随着鼓点起伏，龙身翻滚、蜿蜒、盘旋，如同活物般在街道间穿行；舞狮则表现狮子的威武和灵动，每一个跳跃和翻滚都需要精准配合和默契。

在我家乡，每次舞龙舞狮都是村庄的盛大节日。居民们围在街头观看，孩子们模仿动作，老人们则回忆起自己年轻时参与舞狮的情景。舞龙舞狮不仅带来视觉和听觉的享受，更让人感受到社区凝聚力和传统文化的魅力。我每次观看都会被这种热情和活力深深感染，心中对家乡的认同感也随之增强。

在现代社会，虽然很多人忙于工作和学习，但舞龙舞狮依然在广东保留和传承。学校和社区组织的舞龙舞狮活动，让年轻一代体验传统技艺，也让岭南文化得以在新时代继续焕发生机。对于我而言，舞龙舞狮不仅是一种民间表演，更是一种文化记忆和情感寄托，象征着家乡的历史与精神。

## Lingnan Culture in Dragon and Lion Dances

Dragon and lion dances are among the most representative folk customs in Guangdong. During the Spring Festival, Lantern Festival, or grand openings, streets are filled with the lively sight of winding dragons and leaping lions. These dances are not just performances; they vividly embody the spirit of Lingnan culture.

Preparing for dragon and lion dances requires significant time and manpower. Villagers spend weeks making dragon bodies and lion heads, using colorful fabrics and paper, and painting exquisite patterns. Performers undergo extensive rehearsals, practicing coordinated movements and rhythm. Dragon dances involve multiple people lifting and moving the dragon in sync with drumbeats, making it coil, roll, and weave through the streets like a living creature. Lion dances showcase the lion's strength and agility, with every leap and roll demanding precise coordination.

In my hometown, every dragon and lion dance is a grand village festival. Residents gather on the streets to watch, children imitate the moves, and elders recall their youth participating in lion dances. These dances provide visual and auditory enjoyment while strengthening community bonds and showcasing traditional culture. I am always deeply moved by the energy and enthusiasm, and my sense of

hometown identity grows stronger.

In modern society, although many are busy with work and study, dragon and lion dances are still preserved and passed down in Guangdong. School and community events allow young people to experience traditional skills, ensuring Lingnan culture continues to thrive in the new era. For me, dragon and lion dances are more than folk performances; they are cultural memories and emotional anchors, symbolizing the history and spirit of my hometown.

## 家乡民俗的现代价值

广东的民间风俗源远流长，涵盖了祭祖、拜神、舞龙舞狮等多种形式。在现代社会，这些习俗不仅没有被遗忘，反而在家庭和社区生活中焕发出新的价值与意义。

在家庭层面，祭祖和拜神仪式仍然是重要的精神活动。即使现代人生活节奏加快，很多家庭仍会在春节或清明时准备供品，向祖先祈福。通过这样的仪式，家人聚在一起，不仅延续了传统文化，也强化了家庭成员之间的联系和责任感。我记得小时候，每次祭祖前，父母都会详细讲解祖先的故事和家族的历史，让我们在参与中理解自己的根源。

在社区层面，舞龙舞狮、庙会和节日庆典依然吸引大量居民参与。街头的锣鼓声和欢呼声，孩子们模仿舞龙舞狮的动作，年轻人参与表演，老年人观看并指导，形成了跨年龄的文化交流。这种互动不仅让传统技艺得以传承，也让人们在快节奏的生活中找到文化归属感和精神慰藉。

我认为，广东民间风俗在现代的意义，不仅在于文化展示，更在于社会情感的维系与历史记忆的保存。通过参与这些习俗，年轻一代学会尊重传统，也能感受到社区的温暖和家乡的独特魅力。无论时代如何变迁，民间风俗都是家乡文化的重要符号，连接过去与现在，也为未来留下了宝贵的文化财富。

总的来说，广东民间风俗不仅是一种传统的生活方式，更是一种精神纽带和文化认同。它让人们在忙碌的现代生活中找到安宁和自豪感，也让家乡的历史与文化得以延续。参与民间风俗，不只是体验节日的热闹，更是一种对家乡深切的热爱和文化责任的体现。

## The Modern Value of Hometown Folk Customs

Folk customs in Guangdong have a long history, encompassing ancestor worship, deity worship, and dragon-lion dances. In modern society, these customs not only persist but have gained new value and significance in family and community life.

At the family level, ancestor and deity worship remain important spiritual

activities. Despite fast-paced modern life, many families still prepare offerings during Spring Festival or Qingming, praying for blessings. These rituals bring family members together, not only preserving traditional culture but also strengthening bonds and a sense of responsibility. I remember that as a child, before ancestor worship, my parents would share stories of our ancestors and family history, helping us understand our roots through participation.

At the community level, dragon-lion dances, temple fairs, and festival celebrations still attract widespread participation. The sounds of drums and cheering fill the streets; children imitate the dances, young people perform, and elders watch and guide, creating intergenerational cultural exchanges. This interaction preserves traditional skills and gives people a sense of cultural belonging and spiritual comfort amid fast-paced life.

I believe the modern significance of Guangdong folk customs lies not only in cultural display but also in maintaining social bonds and preserving historical memory. Through participation, the younger generation learns to respect tradition, experience community warmth, and appreciate the unique charm of their hometown. Regardless of changing times, folk customs remain vital symbols of hometown culture, linking the past with the present and leaving valuable cultural heritage for the future.

In summary, Guangdong folk customs are more than traditional practices; they are spiritual bonds and cultural identity. They provide peace and pride in busy modern life and ensure the continuation of hometown history and culture. Participating in folk customs is not only enjoying festive celebrations but also expressing deep love for one's hometown and a sense of cultural responsibility.