

## 纳西族传统造纸术与它传承的文化

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东巴文化是纳西族古代文化，因保存于东巴教而得名。东巴教崇尚自然，信奉万物有灵，并受藏族苯教、佛教和道教的影响，其主要活动是祭祀、祈祷和驱灾等。东巴祭师是东巴文化的传承者，由他们用象形文字书写的东巴经典多达三万卷，而东巴形象文是当今世界上唯一还在使用的象形文字。

如今在纳西族28万人口中，能够完全掌握东巴技能的东巴祭师已不足20人，而且都已年逾七旬。他们很可能在本世纪的第一个十年里全部离世。所以保护和抢救东巴文化，使其免于迅速消亡而仅仅成为一种博物馆文化，就成了当今人们关注的焦点。在现存东巴祭师尚能表现和传授技能的时候，及时纪录他们的生活和工作过程，是一项很有价值的工作。

中国云南省迪庆藏族自治州中甸县的白地相传为纳西族东巴文化的发源地。白地骨都村73岁的和志本是现在当地最著名的东巴祭师。他的家族是十代祖传的东巴。他不仅精通东巴经文，能主持东巴仪式，还能自制几乎失传的抄写东巴经书所用的土纸。

本组反转片纪录了和志本和他的儿子们制作土纸及书写东巴象形文的过程；并证明，东巴形象文是现在唯一还活着的象形文字，而白地纳西族传统造纸术的传承，可能会部分地使东巴形象文以其原始的形态保存下去。

Traditional Naxi Papermaking and the Culture it Transmits

Photographer and Writer: Zhang Xu, Bai Feng

Dongba culture is the ancient tradition of China's Naxi nationality. It has been preserved and become known through Dongba shamanism, an animistic, Nature-worshipping religion that incorporates elements of Ben, Buddhism, and Daoism. Its major rituals include sacrifice, prayer, and exorcism. Dongba shamans are the keepers of Dongba culture. Over 30,000 Dongba scriptures have been written by these shamans over the ages using Dongba pictographs, the only pictographic script still in use in the world today.

Of the 280,000 Naxi people, there are less than twenty remaining full Dongba shamans. They are all over seventy years old, and it is likely that within the first ten years of this century, they will all have passed on. Preserving Dongba culture, and preventing its rapid demise into no more than a museum exhibit, has become a burning necessity. It is essential to immediately record the life and work of these Dongba shamans while they are still capable of expressing and passing down their traditions.

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It is said that the Baidi area of Zhongdian County, located in northwestern Yunnan Province's Diqing Tibetan Autonomous Prefecture, is the birthplace of Dongba culture. Seventy-three years old He Zhiben of Gudu village in Baidi is the area's most famous living Dongba shaman. The Dongba tradition has been handed down through his family for ten generations. He Zhiben is not only

a master of Dongba scripture, who still celebrates the Dongba rituals. What's more, he has carried on the almost forgotten art of making the paper upon which the ancient Dongba writings are copied.

This series of slides records the process by which He Zhiben and his sons hand- make this paper, and shows him using it to write Dongba pictographs. It also is evidence that the preservation of this papermaking technique by the Naxi people of Baidi may allow Dongba pictographic writing, the world's only extant pictographic script, to survive in its original form.

## Traditional Naxi Papermaking in Baidi, Zhongdian County



01 白水台是中国云南省迪庆藏族自治州中甸县白地一处奇异景观。其对面的“阿明灵洞”相传是东巴教祖师“丁巴什罗”修行传教的地方，因此东巴教和纳西族民间把白地当作“圣地”。当地流传这样一句话：没到过拉萨，不算真喇嘛；没到过白地，不算真东巴。

Baishuitai (White Water Platform), located in Baidi village of Zhongdian County, Diqing Tibetan Autonomous Prefecture, Yunnan Province, China, is a holy site of Dongba culture. On the mountain opposite is Amingling Cave, where Dongba master Dingba Shiluo meditated and taught long ago. A local Naxi proverb says, "One can't be a true Lama without going to Lasa; one can't be a true Dongba without coming to Baidi."



02 白地山中的灌木瑞香，是纳西族人制作传统土纸的原料  
Daphne Odora, indigenous to Baidi mountain, provides the material for handmade Naxi paper.



03 年逾古稀的东巴教祭师和志本在白地骨都村一带享有盛名。他最擅长东巴象形文书法，并能自己制造土纸。在家中院內，和志本东巴先剥下瑞香树皮，再除去外边的黑皮，只留用白绿色的茎皮。剥树皮的过程要十分小心，因为瑞香树皮含有毒素，触及皮肤会产生刺痛；也正因为如此，用它造的纸可以避免虫蛀，得以长久保存

Elder Dongba shaman He Zhiben of Gudu village is well known in the area. He is a master of Dongba pictographic writing, and hand makes the paper on which the Dongba scriptures are copied. Here he removes and processes the bark in his courtyard, discarding the outer black layer and keeping the inner light green layer. Great care must be used in working with the bark, which contains toxins that will injure the skin on contact. These same toxins prevent insects from eating paper made from the bark, allowing it to be preserved for a very long time.



04 和志本的小儿子正在晾晒瑞香茎皮。晴天时，茎皮需要晾晒一至二天，使其从浅绿色变成淡黄色。

He Zhiben's youngest son dries the bark. It takes one or two sunny days to dry the bark, and fade its color from light green to pale yellow.



05 和志本的长子将晾干的茎皮放入锅中煮。煮茎皮期间需要时常翻动，并要加入适量草木灰，以使茎皮尽快煮软，煮的时间通常需要六至十二小时。

He Zhiben's eldest son boils the dried bark in a pot. This generally requires six to twelve hours. The bark must be stirred frequently, and some plant ash should be added during boiling to soften it.



06 煮软的茎皮在充分漂洗后，要用自制的木锤一点点捣烂，有时需要捣两遍直至糊状纸浆。

The eldest son pounds the bark with a handmade wooden pestle. Sometimes it takes a second pounding to reduce it to pulp.



07 和志本长子把捣烂的纸浆放入木水槽中的模具里用双手充分搅匀。纸浆最终在水中均匀地散布。

He Zhiben's eldest son uses his hands to mix the pulp with water in a wooden mold. Finally, the pulp and water are evenly mixed.



08 当纸浆均匀铺在模具底部的竹笪子上时，他缓缓提起模具，使水漏出，然后把铺满纸浆的竹笪子从模具中取出。  
When the pulp is evenly distributed on the bamboo grate at the bottom of the mold, the mold is slowly lifted and the water runs out. The bamboo grate is taken out of the mold.



09 东巴祭师的传承为父传子，子传孙。虽然由于历史的原因，和志本东巴无法把其全部东巴技艺传承下去，却最终把祖传的造纸术传给了他的三个儿子。长子把铺满纸浆的竹算子贴在平木板上，用手挤压竹算子，把纸浆中的水挤出。

Dongba shamanistic teachings are traditionally passed from father to son, and on to the next generation. Although historical issues have prevented He Zhiben from transmitting the complete Dongba teachings, he has passed on the ancestral papermaking art to his three sons. Here his eldest son lays the pulp-covered bamboo grate on a flat wooden board, and uses his hands to press the remaining water out of the pulp.





10 留在木板上的纸浆经过一至两个晴天的晾晒可以完全干透。和志本东巴往往愿意亲自把干透的纸从木板上揭下，因为他喜欢听土纸从木板上揭下时发出的清脆响声。

The paper pulp on the board will be completely dry after one or two sunny days. He Zhiben greatly enjoys hearing the crackling noise the dry paper makes as it's peeled off the board, and often undertakes this step himself.



11 和志本东巴正在对照桌面上一本古老的“占卜”东巴经书抄写东巴象文。这本古老经书是“文革”中因掉落在柜子后面而免于被烧毁的，是他家几百本祖传经书中唯一保留下来的一本。

Dongba shaman He Zhiben copies an old Dongba divination written in Dongba pictographs. This document is the only survivor of several hundred ancient Dongba scriptures handed down in his family. It escaped destruction during the Cultural Revolution because it had fallen behind a cabinet.



12 东巴象形文是当今世界上唯一还在使用的象形文字

Dongba pictographs are the only pictographic writing system still in use in the world today.