



佛法生活

Living Buddhism

周瑞芬 9/22/2005講/譯於萬佛城大殿

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IN THE BUDDHA HALL AT THE CITY OF TEN THOUSAND BUDDHAS

我想分享本人對於如何實現上人把佛法宣揚到西方的願景之一些淺見。大家都知道近年來天災人禍越來越頻繁，也越來越嚴重。汽油價錢直線上升，全國最高價曾高達一加崙六美金。雖然油價漲到這麼高是由「卡崔那颶風 Katrina」所引起，但也是老天爺在提醒我們石油遲早就要用完了。汽油一貴，所有的物價都會跟著上升，那時候許多我們習以為常的一些生活方式，例如動不動就開車到處跑、浪費種種資源、無論有多少物質享受，似乎還是不夠等等習性會越來越負擔不起。一般人平時在不斷的外求之下，失去了生活重心。殊不知人生無常，一旦天有不測風雲時，完全沒有心理準備，因此就開始擔心、憂慮、恐懼、害怕、驚慌失措，不知何去何從。

我們在萬佛聖城的生活跟一般人比起來，真是大不相同。第一，我們要惜福得多，處處節省資源。而且很多事都自己做，例如生產有機蔬果、維修及其他各種工程，所以一般物價對我們的影響要小得多。再者，萬佛城的住眾都是修行人，注重戒、定、慧的精進修持，而不是外求。所以當外在環境遽變時，應對能力要強得多。這種能力對這無常世界上所有的人，不分國籍、不分種族都是非常重要的。但是一般人沒有這種認知，沒有這種環境來轉化

Today I would like to share with you some of my thoughts on ways to carry out the Venerable Master's vision of propagating the Proper Dharma to the West. We all know that recently, there have been increasing occurrences of disasters, both natural and man-made. The tolls of these disasters are mounting higher and higher. The price of gasoline has skyrocketed, with the national high reaching \$6.00 per gallon at one point. Although the recent hike on gasoline price was caused by Hurricane Katrina, it also is the Universe's way of warning us that we should think about the scenario when we have depleted all our gasoline supplies. When gasoline prices skyrocket, prices for everything else go up too. Very soon, we will not be able to afford our current lifestyle, in which we hop in our car and go somewhere without worrying about the gas money; waste all kinds of resources such as water, gas, electricity, and paper; are not satisfied by any amount of material enjoyment, etc. Most people in this society have lost their inner center due to their endless outward pursuits. Not being mindful of the impermanence of life, most people are not mentally prepared to face the unpredictable future. It is not surprising that when disasters hit, they became worried, scared, and totally devastated.

Our lifestyle here at the City of Ten Thousand Buddhas (CTTB) is very different from the outside world. First of all, we are a lot more conscientious about conserving precious material resources as well as not wasting our blessings. In addition, we do a lot of work ourselves, such as growing organic fruits and vegetables, repairing and maintaining our buildings and grounds as well as many other types of construction. Therefore, the increases in prices have a lot less impact on us. Furthermore, the residents at CTTB are cultiva-





他們的生活方式。

上人的宏願是要把佛法宣揚到西方社會。上人在世時，很努力的在世界各地，尤其是美國西岸設立許多法界道場。二、三十年來用大法會、譯經、辦教育、推廣素食等方法來實現他的宏願。在上人涅槃後的十年中，不論是出家眾或是在家眾都非常努力的保持上人所設立的家風。但對於把佛法宣揚到西方社會的進展似乎不很明顯。

我想在這裡和各位分享一下我的一些想法：

大法會：如果信眾來參加大法會時，覺得佛殿莊嚴、不擁擠、也不受氣候的影響，宿舍整齊、清潔、不擁擠，他們一定會感覺殊勝，下次一定想帶親朋好友一起來，所以我覺得提升我們設備的品質是很重要的。

譯經：幾十年來，許許多多的出家、在家眾都很用心的翻譯了許多經典，出版的品質也越來越好。可惜的是在行銷方面稍弱。這麼好的書，行銷並不廣。所以專業化的出版、行銷所有的書籍與雜誌，對於宣揚佛法會有很大的幫助。甚至於漸漸的可以發展「法界」的電台、電視台、報紙等等。

辦教育：培養下一代是最有利的投資。近年來男女校中小學都在成長中，尤其是小學吸收了許多本地的西方人，這是把佛法的種子播種在西方社會的最佳途徑。法大如能先發展我們的特長，即佛法、翻譯、中文等等，使全世界所有想要研究佛學、學習翻譯與中文的人都來法大註冊。相信法大也一定能日益成長的。

佛法村：上人曾經說過佛法村的理想。前面已經說過，聖城的住眾與法界的信眾過的是佛法生活。如果世界上越多的人以這種價值觀來過生活，世界就會越和諧、越太平。當然聖城的生活，還是有許多可以改進的地方。如何改進呢？

1. **增進溝通：**高效率的溝通是建立和諧團體的最主要的因素。要有高效率的溝通必

tors who focus diligently on practicing precepts, *samadhi*, and wisdom, rather than pursuing external things. Consequently, our ability to deal with unexpected changes in the outside world is a lot stronger. Such ability is very important to everyone in the world regardless of their race or nationality. However, most people are not as fortunate as we are here at CTTB because they live as if nothing bad will ever happen to them, and they do not have the environment to transform their lifestyle.

The Venerable Master's vision is to propagate the Proper Dharma to the West. He did his best to establish many places for spiritual practice around the world, especially on the west coast of both the US and Canada. In the last 20-30 years, he moved forward to accomplish his vision by offering Dharma events, translating sutras, setting up schools to give future generations the right kind of education, promoting vegetarianism, etc. In the ten-year period after Shr Fu's Nirvana, both the Sangha and the laity have done their best to uphold Shr Fu's teachings, although the progress in furthering Shr Fu's vision is not as prominent.

I would like to take this opportunity to share with you some of my thoughts:

Large-scale Dharma Events: If the participants who come to these big Dharma events feel that our Buddha Hall is very adorned, not crowded, also not affected by the weather; and our dorms are clean and tidy, and not crowded, they will very likely want to bring their family and friends here for these events in the future. Therefore, I firmly believe that upgrading our very old facilities is very important for attracting more visitors.

Sutra Translation: For many years, many Sangha members as well as laypeople have been devoted to translating the sutras. They've done wonderful translations, and the print quality has improved a lot in the last ten years. However, the distribution of such wonderful books does not match up. Perhaps some professional publishing expertise will help get these books in the hands of people who are interested in Buddhism. Over time, we may even want to consider using radio or television programs to spread Shr Fu's teachings.

Education: Educating our young is the most worthwhile investment. In recent years, both Instilling Goodness Elementary School and Developing Virtue Secondary School have experienced steady growth. The elementary school has attracted quite a group of local Western families, and this is an excellent way of planting the seeds of Proper Dharma in the West. As for Dharma Realm Buddhist University, if we could first focus on our strengths, such as Buddhism, translation and Chinese, we may attract all those who are interested in studying Buddhism, Chinese or translation to enroll at DRBU. This way, we will see steady growth at DRBU too.





須具備下列三個條件

- * 明確的溝通管道
- * 雙贏的溝通技巧
- * 願意以共同的目標為重，而不堅持己見

2. 有效率的管理：運作系統化、程序化可以提高效率、節省資源、提高品質、減少壓力，達到事半功倍，而非事倍功半。

3. 漸進的企業化：每個單位，例如學校、出版、素食餐廳、農場，甚至於齋堂、宿舍都能獨立經營、自給自足。

4. 相互照顧、相互支持：像一個大家庭，不分你我。有力時出力，需要別人幫助時，安心的接受幫助。因為付出即是收入，由交易的方式轉化為「幫助需要的人」，使每一位成員沒有後顧之憂。有需要時，不是把身邊的一、兩位家人累垮，而是有幾十人可以幫忙。

5. 制度健全化：使所有想過佛法生活的人，不論種族、國籍、年齡、經濟環境等等都能來出一份力，成為這個大家庭的一個成員。

6. 達到分工合作的經濟效益：當成員人數達到某個數目時就可以得到分工合作的經濟效益。例如，有托兒所、老人院、兒童課餘活動、大齋堂、各種專題研究、各種健身活動。每個成員可以在自己熱衷的崗位上奉獻與修行，而其他的一切都被照顧到了。這樣的環境不就是人間淨土嗎？

The Village of Living Buddhism: Shr Fu once talked about the vision of a Village of Living Buddhism. As mentioned earlier, the residents of CTTB and all of Shr Fu's followers are practicing living Buddhism. The more people there are practicing living Buddhism, the more harmonious and peaceful the world will be. Of course, even at CTTB, there are still improvements that can be made. What are they?

Improved Communication: Highly effective communication is the most important factor in building harmonious communities. There are three key ingredients in highly effective communication:

- * Clear and readily accessible communication channels.
- * Communication skills focusing on producing win-win solutions.
- * Willingness to give up one's own opinion for the common goals.

Effective Management: Employing project planning and management and installing processes in all facets of operation will improve effectiveness and efficiency, conserve resources, improve quality, reduce stress, and achieve twice the result with half the effort.

Step-by-step Enterprising: Many functional areas such as school, publishing, vegetarian restaurant, natural organic farming, and even housing and dining hall can eventually become self-sufficient, independently operated units through empowerment with accountability.

Mutual Support and Caring: We treat each other as if we are all members of a very large family. Contribute what you have, and take what you need when you need it. Since giving is receiving, instead of paying back, let's pay it forward, so that no member will ever feel alone and helpless. A family of such a size will never be dragged down by anything that might happen.

Improved Infrastructure and Systems: With good infrastructure and systems in place, many people, regardless of race, nationality, age or financial condition, desiring to practice living Buddhism can come and contribute their talents, and be a member of this big harmonious family.

Enjoy the Benefit of Economy of Scale: When the number of the people reaches a critical mass, there will be the benefit of economy of scale. For example, there could be a daycare for the elderly as well as youngsters, after school activities, a community dining hall, seminars, health classes, etc. such that every member can cultivate while contributing on what he/she is enthusiastic about, and everything else will be taken care of. To me, this sounds very much like the Pure Land on earth.

