

善根農場

“Good Roots”

阮有天文

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貞實英譯 CHINESE TRANSLATED BY JENSHI



我第一次到萬佛城，是在1996年和我的母親一起去的；母親在生活中徹頭徹尾地影響我，並鼓勵我走上菩提道。去年夏天，在決定找時間來靜下自己的心並加深對佛教的投入之後，我開始考察去寺廟居住的可能性。

也就是在那個時候，我想起了萬佛城，所以夏初我打電話到辦公室，朱居士接的電話。我提出可否讓我在廟上住一個月，他語氣溫和地回答：「可以呀！你來住吧！」因此在十年之後，我終於覓得回返萬佛城的道路了。當我決定留下來做三星期的義工時，我了解此舉將是一種挑戰，也是個轉變生命的經驗。結果證明不僅如此，收穫更多；其中最值得一提的，就是與范居士一同在有機農場做義工。

這是我初次涉足農事，因此我完全不知如何應付。在萬佛城的有機農場做義工，我負責協助范先生種植、除草、收成、灌溉、照料植物，以及答覆其他可能的詢問。當時，義工稀少，百事待舉。雖然在炎炎夏日下幹活很苦，可是沒多久我就發現自己挺喜歡這份差使，我學到許多諸如耕耘、農作物之類的事情，以及佛教的自然觀。

令我印象深刻的是親身在土地上勞動的體驗。藉著躬耕於自給自足的佛教農園，我在工作中觀察了自然界。我驚歎於土地的賜予是何其慷慨豐盛，何以一粒細小的種籽，竟能生根、開花而長成一株茂美成熟的植物。現在，我更為明白擺在我們餐桌上的天然食物是怎樣來的了。一天，我們在有機農園採收了玉米、南瓜、意大利

The first time I visited the City of Ten Thousand Buddhas (CTTB) was with my mom, in 1996. Throughout my life, my mom has always influenced and inspired me to walk a Buddhist path. This past summer, after deciding to take some time off to still my mind and deepen my commitment to Buddhism, I started looking into staying at a Buddhist Monastery.

That's when I remembered CTTB. So I called the Front Office early in the summer and Mr. Chu picked up the phone. I asked if I could stay for a month, and in a kind and gentle voice he told me: "Yes, we can fit you in." So after ten years, I eventually found my way back to CTTB. When I made up my mind to stay and volunteer there for three weeks, I understood that it was going to be a challenging and life-changing experience. It proved to be these things and more. One of the personal highlights was volunteering on the Organic Farm with Mr. Fan.

This was my first experience farming, so I had no idea what to expect. As a volunteer on the CTTB Organic Farm, I supported Mr. Fan by helping with planting, weeding, harvesting, watering and taking care of the plants, and whatever else was asked of me. At that time there were very few volunteers around and there was always something that had to be done. Although it is hard work under the scorching summer sun, within no time I found myself really enjoying it and learning a great deal about farming, plants, and the natural world from a Buddhist perspective.

Something that made a deep impression in me was the experience of physically being and working on the land. By being on the land and contributing to the practice of sustainable organic Buddhist farming, I was able to observe nature at work. I was amazed at how abundantly and generously the Earth gave, and how a tiny seed could take root and blossom into a vibrant mature plant. I



瓜、四季豆、馬鈴薯、蕃茄、生菜；隔天，我們就在大齋堂裡將它們權充午餐了。做為整個運作過程中的一小部分，其回報與謙遜遠多於任何個人的。

在有機農園工作也能成就佛法的修行，因為佛教與農耕終究都是耕耘。你勤勤懇懇地賣力工作，注意周遭因果，培植有益的，去除有害的，終至見到耕耘的果實和蔬菜。在佛教方面，修行的成果即是慈悲、仁愛、專心、智慧，終至脫離諸苦。就有機農園而言，能有機會生產健康、自然的食物；供應的對象不單是人，更包含了一切眾生。

我極其服膺有機農園的信念，並與一切眾生分享所生產的食物。這樣做，對昆蟲、動物、地球，連同耕於斯土者，與食於斯土者，其利益與功德是不可估量的。因此，我感恩萬佛城與宣公上人，具有獨到的眼光與能力，使之付諸實現。

對有機農園而言，現在是個令人振奮的時候；因為它日趨茁壯成熟，養得起愈來愈多的眾生了。僅只短短數月，我親眼見證它巨大的進展。事實上，每次回去探視，都見到令我欣喜不已新氣象，以及義工群中的新面孔。在強有力的指揮和理想之下，我們正在集結一支奇妙而優秀的義工隊伍，來開發知識與技術，並創立有效率的操作系統和程序。在內有僧團與居士的支持，外有義工的奧援之下，有機農園的未來將會持續看好。

此外，連同我所學到的許多課程，萬佛城的經驗在在告訴我：善根會滋生更多的善根。能在此地待上三個星期是我的福氣，受它的啟發，我決定今年春天移居萬佛城住上一陣子，以便繼續修習佛法和效力於農園。在萬佛城，每天的内容都很充實緊湊：參加儀式、打坐、梵唱，練功和瑜珈，上佛法討論課及聽經，研究佛法，受教於出家眾與在家居士，享用美味的素食，以及到有機農園出坡。猶記得，每一天終了上床休息時，感覺過了有意義而愉悅的一天；希望我生命的每一天都能以這種方式度過。

你若有興趣到善根農園做義工，詳情請見 www.drbaivolunteers.org/goodroots。

understand better now the process that allows us to have natural food on our tables. One day we were harvesting corn, squash, zucchini, pole beans, potatoes, tomatoes, or lettuce on the Organic Farm, and the next day we were eating it in the Dining Hall for lunch. It is rewarding and humbling, to be a small part of a process so much bigger than any single living being.

Working on the Organic Farm is also a wonderful complement to studying and practicing Buddhism, since Buddhism and farming are both ultimately about cultivation. You work diligently and sincerely, paying attention to the causes and conditions in your environment, plant and grow what is beneficial, weed out what is not beneficial, and eventually see the fruits (and vegetables) of your cultivation. In the case of Buddhism, the fruits of cultivation are compassion, loving kindness, mindfulness, wisdom, and eventually liberation from all suffering. In the case of organic farming, you have the opportunity to produce healthy natural food not only for human beings, but for all living beings.

I strongly believe in the mission of the Organic Farm to produce and share food for all living beings. The benefits and merits of doing this are immeasurable, for the insects and animals, the Earth, the people who work on the Farm, and the people who are fed by it. For this reason I am grateful to CTTB and the Venerable Master Hua for having the vision and the skillfulness to make it a reality.

Now is an exciting time for the Organic Farm, as it grows and matures and becomes capable of feeding more and more living beings. In only a few short months, I have personally witnessed it grow and develop immensely. In fact, each time I come back to visit, there are exciting new changes and new faces among the volunteers. Guided by strong leadership and a powerful vision, we are in the process of assembling an amazing and dedicated team of volunteers, developing knowledge and skills, and creating effective operating systems and procedures. With enough support from the monastics and lay people as well as outside volunteers, the future will continue to look bright for the Organic Farm.

Along with many other lessons, my experience at CTTB has taught me that good roots create more good roots. It was a blessing to have stayed there for those 3 weeks, and I was so inspired that I have decided to move to CTTB this spring and stay for a while to continue studying and practicing Buddhism and to contribute to the Farm. Every day spent there was packed with opportunities to attend ceremonies, meditate, chant, do *taichi* and yoga, participate in Dharma discussions and lectures, study Buddhism, learn from the monastics and lay people, eat delicious vegetarian meals, and work on the Organic Farm. I remember going to bed at the end of every day feeling like I had just lived a deeply meaningful and joyful day, and wishing that every day of my life could be lived in this way.

If you are interested in volunteering on the CTTB Organic Farm, please visit www.drbaivolunteers.org/goodroots.