

Dr. Yeh: Venerable Master, Dharma Masters, all wise advisors: This evening we have a most distinguished speaker, Howard Lyman, coming all the way down from Washington State. Howard is a most famous person starting a revolution in this country. During dinner, I asked Howard, "What would you like me to say about you?"

His answer was that he is the most unconventional rancher that you will ever meet. But he is much more than that. I think that he has a prediction, he believes that in his lifetime most people in this country will become vegetarians. However, it is not a matter of whether they become vegetarians; it is a matter of whether they become vegetarians early enough to save this earth and themselves. So without further ado, I would like to give the microphone to our speaker tonight, Mr. Howard Lyman. [Applause]

Howard Lyman: You should never applaud for somebody until you hear what they have to say. I'm a 4th generation rancher, farmer, feedlot operator. I now travel around the world about 100,000 miles a year. I talk to people about the proper amount of animal products to have in their diet as being zero.

We as a species today are traveling towards a cliff at a 100 miles an hour. If we do not change the path that we are on, this species, the *homo sapiens*, will be at the bottom of the cliff and it would be too late for the future generations. You are the most opportunistic generation that has ever lived on the face of the earth because you have the opportunity of turning the road. So we do not need to



go to the bottom of the cliff but we can go in a direction that is good for us, the animals, and the planet.

When I was a young child, I lived on the farm. We have lots of animals, I knew them all, I knew them with names, I knew them when you would look them in the eye. It was the most important thing in the world when I was growing up how we treated animals. There was no doubt in my mind that the only thing I ever wanted to be in my entire life was a farmer. I made a mistake of deciding that I would like to be an agri-businessman. And so I went to Montana State University. I was indoctrinated in the idea of better living through chemistry; forgot all about the humane treatment of animals; forgot all about looking them in the eye; forgot all about treating them knowing that they have families. I came home from Montana State University with the degree in agriculture but was more interested in the financial return from animals than I ever was in the animals' well-being.

When I came back to the farm, full of all the information that I had learned in the university, I took a small ordinary farm and turned it into an operation over

顛覆傳統 · 回歸自然(1)

—— 第四代牧場業者「豪悟來門」

Subverting Traditions & Returning to Nature (I)

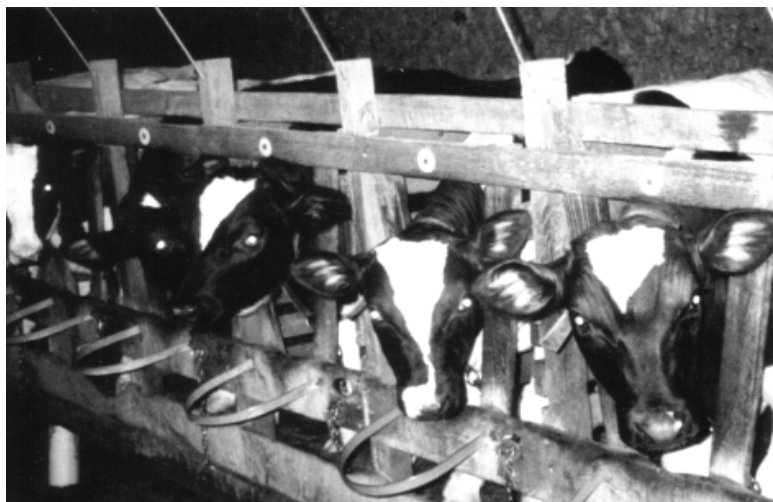
—The Awakening of an 4th Generation Rancher, Howard Lyman

豪悟來門講於 2008 年 3 月 15 日 萬佛聖城大殿

A TALK GIVEN BY HOWARD LYMAN IN THE CTTB BUDDHA HALL ON MARCH 15, 2008

陳果璞 中譯 CHINESE TRANSLATED BY YVONNE CHU

a period of years where I had 7,000 cows, 12,000 acres of crops, 30 employees. I can't tell you what a thrill it was first time I wrote a check for a million dollars and



it didn't bounce. I thought: I have arrived as the Donald Trump of agriculture. Just when I was on top of the world, in 1979 when I thought I was the Donald Trump of agriculture, I ended up with a wake up call. I ended up paralyzed from the waist down.

I can't tell you what it was like for someone who has been active all his life not to be able to put his feet on the floor. The reason I became a farmer was because of birds, trees and living soil. After taking my practices that I'd learned at Montana State College, using the chemicals that had acquired, I saw the birds die, the trees die, I saw the soil change. And it was not until I was paralyzed that I was willing to admit that I was the problem, not the solution. While I was on my back in the hospital, the doctor told me that the tumor was on the inside of my spinal cord and that I had less than one chance in a million that I would ever walk again. When somebody gives you the odds of one in a million, they are saying to you pick out the wheelchair of your life, that you will be in it for the rest of your life.

The night before the operation, a lot of things went through my mind. It was

not about owning seven combines of a hundred thousand dollars a piece, or 20 tractors and 30 trucks. What went through my mind was: why did I become

a farmer? Birds, trees, living soil. I was convinced that with odds of one in a million that I would be in the wheelchair for the rest of my life. I wondered: what kind of life I am going to have? Am I going to sit in a wheelchair and feel sorry for myself? Or could I make my life amount to something? And if I do that, what would that something be? I decided that night whether I was in a wheelchair or not for the rest of my life, I would do everything that I knew how to do to try and bring the farm back to what it was when I was a kid with birds, trees and living soil and just because I was paralyzed, this would not detour me from that journey.

When I woke up in the hospital after the operation, I could feel the foot of the bed. There was another person in the room with me when I was recovering. It was the most joyous I ever been in my life because I could feel the foot of the bed. But the individual in the room with me was dying and all day I looked at this individual little by little and saw the life draining out of that person. At the same time, I had the great joy knowing that I would probably walk again. I think that we need to understand things happen for a reason. Did I go through this so I could own more cattle? So I could make more money? So I could have more equipment? Or was this a gift that was given to me to open my eyes to share the knowledge with people about the im-

pending disaster? Time would tell which path I would take.

Recovering from the operation took a couple of years. Having 7,000 head cattle and 30 employees, the financial shape of my farm was not good. I had asked the doctor what caused the tumor on my spinal cord? He said they were adolescent cells stimulated to grow probably by the chemicals I used on farm. The light came on, I thought what I need to do is become an organic farmer. I went to see my banker, and I said to my banker that I need to borrow some money. We need to start farming with nature. My banker leaned back in his chair. He said, what does that mean? I said that I think we need to become organic farmers. My banker looked at me and he laughed. He said, "You want me to lend you money and you are not going to spend it with my other customers? The chemical dealers? The pharmaceutical dealer? The fertilizer dealer?" He said there would never be a day like that. And so 1983, I sold my farm. I paid my debts. But I did not forget the commitments I had made to myself.

Although I no longer owned the farm or owned cattle, I had the commitment that I had made that I would spend the rest of my life trying to bring the farm back to what it was when I was a kid with birds, trees, and living soil. I had started working with other farmers, to help them not make the mistakes that I had made. I received a phone call, they said to me how would you like to go to Washington, DC. and work on Capitol Hill? I thought wow! 535 members of Congress! I absolutely knew they wanted to do what was right. I went to Washington, DC. I spent five years of my life working on Capitol Hill. I learned a thing there that was called the Golden Rule: "Them that got the gold, make the rules." After five years of working in Washington, DC, I said to my friends, I said this game is rigged, the deck

is marked. We would never win in Washington, DC. My friends looked at me and said what are you going to do? Go talk to the people? And I said yes. And they said that you will never get half of the people to do anything. I said we don't need half; 80% of the people in the United States of America are braindead. They are part of the herd, following nose to tail. And when you follow nose to tail, there is only one thing you ever see in front of you. Our job is not to talk to the braindead, our job is to talk to the people that are still thinking.

I left Washington, DC, I started traveling around talking to small groups of people. I spent 300 days a year on the road, sleeping on people's floors, talking to them about a problem that I thought had the potential to be devastating to the people living in the United States of America. I knew we were grinding up cows and feeding them back to cows. A cow is an absolute herbivore. They were never designed to eat another cow. But for our quest for making a lot of money, we took a plant-eating being and started feeding them the ground-up remains of other cows. The problem was a thing called Mad Cow Disease. Back in the 1990, no one had ever heard of Mad Cow Disease, something that eats holes in your brain that will incubate from 10 to 40 years. And it was 100% fatal. Back in 1990, people thought that I was the person that had holes in my brain. But I continued to travel around and speak until I had an opportunity to go to England in 1996 and testified in a trial of a group of activists that were handing out brochures about McDonald's outside of their restaurants. They were being sued by one of the largest corporations in the world. They had no money. I went over to testify in their favor. One of the most interest thing that has ever happened in my life.

☞ To be continued

葉教授：上人、諸位法師、各位善知識！我們今天非常榮幸，請了一位非常特別的人來為大家演講，他的名字叫豪悟來門，是從華盛頓州來的。豪悟是在這個國家推動革命的一個最有名的人。晚餐時我問他：「你要我怎麼介紹你？」他的回答是，他是你一生中所見過的最超越傳統的一個牧場業者。但是他比這個頭銜具有更多的內涵。我認為他有一種預感，相信絕大多數的美國人在他有生之年會變為素食者（註：他已七十多歲）。可是這個不是他們會不會變成素食者的問題，而是他們變成素食者的時機，是否還來得及拯救這個地球跟他們自己。因此我不再多說，就把麥克風給我們今晚這位講演者豪悟來門。（掌聲）

來門先生：直到聽完講了什麼之前，你們應該不要給予鼓掌。我是第四代的牧場業者，農夫，牛隻飼養場經營者。我現在每年要旅行十萬英哩，到世界各處巡迴演講；我對人們談到，在他們飲食中，所應攝取的動物產品適當分量，是零。現在我們人類正以每小時一百英哩的速度走向懸崖，如果不改變途徑的話，萬物之靈的人類就會掉到懸崖底下去了；而要想改變，對後代來說就太晚了！你們是地球有史以來最生逢其時的世代，因為各位擁有可以改變途徑的契機。因此我們毋須走向懸崖底下，但是我們可以走上對我們、對動物、對地球都有利的一個方向！

我小時候住在農場，我們有很多動物；每一隻動物我都認識牠們，我知道牠們每一個的名字，只要一眼看到牠們，就能辨認出牠們。生長在一個如何與動物相處的環境裏，這是最重要的事；毫無疑問的，當時在我心裏頭，我這一生唯一想要做的，就是成為一個農夫。但是我卻做了要成為農業商人的錯誤決定，因此我進了蒙大

拿州立大學。我被「最好透過化學來生存」的觀念所教條化；忘掉所有這些仁慈地對待動物的事，忘掉所有這些看動物的眼睛的事，忘掉所有以瞭解牠們也有家人的態度來看待牠們的事。我帶著一個農業學位，從蒙大拿州立大學回到家；但是比起我曾經在意過的動物的幸福，我對從動物身上獲利，更感覺有興趣。

我把在大學裏所學到的帶回農場裏，經過幾年，我把家裏小型傳統農場變成了一個企業，擁有七千多頭牛，一萬兩千英畝農地，三十個員工。我無法告訴你，在我第一次開出一張一百萬金額的支票，而沒遭到退票的時候，那是多麼令人興奮到發抖啊！我認為我快變成農業界裡像唐納·川普（注：美國地產大亨）那樣的人了。一九七九年，就在我達到巔峰，自認是個農業界的唐納·川普時，一個警訊結束這一切，結果我下半身整個癱瘓了。



我無法告訴你，一向都這麼活躍的我，卻弄到把腳放到地板上都不能的程度，這是何等滋味！我想成為農夫的理由，本來是因為鳥、樹，以及肥沃的土地；而在我把從蒙大拿州立大學裏所學到的，經過實習之後，用了化學肥料、農藥等等，我看到鳥死了，樹枯了，我也看到肥沃的土壤都變質了。直到我癱瘓了，我才會願意承認：我是個問題，而非解決問題者。在躺著被送到醫院的途中，想著醫生告訴我的話：腫瘤是長在脊椎裡，我可以

恢復走路的機會是一百萬分之一。當有人給你這種百萬分之一的可能性時，他們的意思就是在對你說：挑一張輪椅吧！因為你下半生都要坐在輪椅上。

手術前一晚，我心中思潮起伏。我想的不是擁有七台的收割打穀機，一台就幾十萬美元，或者二十台拖曳機和三十輛卡車；而是：我為什麼要當農夫？我想到的是那些鳥、那些樹，還有肥沃的土壤。我被說服後半



輩子得坐輪椅，復元的機會只有百萬分之一。我猜想那是什麼人生？我將會變成怎樣？我真的打算坐在輪椅裡為自己抱憾？或者可以讓我的輪椅人生，也變得很有意義？如果是那樣，什麼是有意義的事呢？所以當晚我就決定，不管我是否後半輩子得坐在輪椅裡，我要盡我所能的，把農場變回我小的時候的那樣，有鳥、有樹、有肥沃的土壤；即使我癱瘓了，也不會改變方向。

當我手術後在醫院醒來，我可以感覺到病床下的地板了。在我復原期間，同病房有另一個病人。這是我這生最快樂的事，因為我已經可以感覺到病床的床腳；但是那個病人卻逐漸走向死亡，我眼睜睜的看著他生命力一點一點的消失。在這同時，我非常高興地知道，我可能可以再走路了。我認為我們必須瞭解，事情的發生都有它的原因。是否在復原之後，我能擁有更多的牛？我是否能賺更多錢？買更多機器？或者這是個天賜良機，讓我睜開眼睛，去與他人分享這迫在眉睫之災的相關知識？時間會告訴我該走哪條路。

手術之後的調養歷時兩年，由

於擁有七千頭牛，三十個員工，農場的經濟狀況並不是很好。我曾經問過我的醫生，為什麼我的脊椎會長腫瘤？醫生說：因為發育中的細胞可能受到你農場所用的化學物質的刺激而成長。我心頭一亮，我認為，我們須要做的，就是把農場變

成有機農場。我就去找貸款的銀行，我向銀行家說我要借一筆錢，我們必須開始用自然的方式來耕耘農場。這個銀行家靠著椅背問我說：「你這是什麼意思？」我說：「我們必須成為有機農夫。」這個銀行家瞪著我，然後笑起來，就說：「你要我借你錢，但是你卻不打算和我其他的顧客做生意嗎？那些化學廠商、藥劑廠商、肥料廠商怎麼辦呢？」他說這是不可能的。1983年我賣了農場去還債；但是我並沒忘掉我對自己所做的承諾。

雖然我已不再擁有農場，不再擁有牛；但是我對自己有個承諾，我要用我下半生，把農場變回我小的時候那樣，有鳥、有樹、有肥沃的土壤。我開始跟其他的農夫合作，希望他們不要犯了我一樣的錯。有一天我就接到一通電話，問我是否願意到華府，在國會山莊工作？我想：不錯啊！535位國會議員當然應該知道他們要做什麼，什麼才是對的事情。所以我到了華府，在國會山莊一做就做了五年。我在那邊學到了一樣事，叫做「黃金法規」；因此這些議員拿到了黃金，然後制定法規。在華府工作了

五年之後，我對我的朋友說：「這遊戲……，債務是已經很明顯了，我在華府是不可能贏的。」我朋友問我：「你要怎麼樣做呢？你難道要去說服所有的人嗎？」我說：「對！」朋友說：「你要能說動一半的人去做就已經不錯了！」我覺得

我永遠不可能說動一半的人，因為在美國百分之八十的人都是腦死，他們是那種墨守成規的一群普通人；當你墨守成規，你只會看到眼前的東西。

我的工作並不是對這百分之八十腦死的人談話，我要對那些還能夠思考的百分之二十的人談話。

於是我就離開了華府，我開始對一小群一小群的人談話；當時我一年當中有三百天都在路上，晚上在人家家裏打地鋪。我告訴他們一個我認為對於住在美國的人而言可能十分具有破壞力的問題。我知道我們把牛磨成粉，再餵回去給牛吃。本來牛是草食類，牠們從來不是被生來吃另一頭牛的；但是我們為了追求很大的利潤，我們把草食動物，開始餵牠們用其他牛的殘骸所磨成的粉。這問題就是我們所說的瘋牛症；它的潛伏期是十到四十年，會把腦部吃掉成許多個洞洞。百分之百的患者會因此死亡。在1990年代，聽到這種說法的人，以為是我才是腦子長了一個個洞。但是我繼續各處旅行並演講，直到1996年，我有個機會到英國，為對一群實驗者的一樁訴訟案當證人，因為他們在麥當勞餐館外面散發廣告小冊子。他們被麥當勞這個世界最大的公司之一告了，他們並沒有錢；我到那兒去贊助他們，幫他們作證，這是我人生當中最有趣的經歷之一。

◎ 待續