

Intention &amp; Surrender :

## The Art of “Keeping an Eye on Yourself”

## 留一隻眼睛看自己



葉祖堯博士 2008年3月17日講於萬佛聖城大殿

SPOKEN BY DR. RAYMOND YEH ON

MARCH 17, 2008 IN THE BUDDHA HALL AT THE CITY OF TEN THOUSAND BUDDHAS

上星期六，我們有一位非常有名的人在這裏與我們分享，他怎麼從一個第四代的養牛人，轉變成爲一個素食主義者。他的名字是Howard Lyman。使他轉變最大的原因，是他的脊椎骨長了一個瘤，而如果開刀切除那個瘤，只有百萬分之一的機會，他能行動自如，否則他將永遠不能再步行。

在他開刀以前那一晚上，他發了一個願。就是以後不管他是不是坐在輪椅上，或者是開刀成功，他需要去向全世界的人解釋，如果我們繼續食用以現代化工廠養牛方式所提供的肉，將使人類滅亡。所以當他手術成功以後，他以最經濟的方式到全世界各個地方講他的理念，有時甚至於睡在別人家的地板上；他從不在乎有多少聽眾，因爲他有強烈的願望來傳播他的訊息。這次他來了以後，我聽了他的演講，然後也看了他化了四年時間製作的

電影，也跟他談過，我深深的被他的仁慈感動。

在他的演講中，他談到自己強烈的感受時說：「我確切地相信大多數的美國人都會在我的有生之年成爲素食者。但是我不能確定他們是否能在這極有限的時間內改變他們的飲食習性，以便及時拯救自己與地球的生命。」

Lyman的故事使我想起來有位法師講過的一個故事。大概在一百多年以前，好像在中國山東省一個寺廟裏面，有一個在廟上幫忙的人，他在三天之前就知道自己要走了。所以向廟裏請了二百斤的柴火，也請了他的一些朋友幫他助念。他的朋友就請他留下最後幾句話給他們，他說「我只是一個普通打工的人，也不識字，也沒有什麼東西可以說的。」就坐在柴火上繼續打坐準備走。可是在他走以前，突然張開眼睛，跟他的朋友說「能說不能做，不是真智慧」然後就走了。

Lyman是一個既能說也能做的人。當然，要談到讓全美國每一個人都改變他們的飲食習慣，

Last Saturday we had a very distinguished guest speaker, Howard Lyman, who talked about his journey from a fourth generation cattle rancher to a vegan. A key reason for his transition was the wake up call from a tumor in his spine which had a one in a million chance of being corrected through surgery and enabling him to walk again.

The evening before his surgery, he made a vow that whether he could walk or in a wheelchair, he would go on to talk about the destruction that modern factory farming and meat eating causes to human beings. After he recovered, he began to fulfill his vow by giving thousands of speeches, sleeping on the floors many times in other people's homes. And he continues today. Listening to two of his speeches, watching a documentary he spent four years to produce, and talking to him, I was deeply touched by his humanity of being willing to talk to any group regardless of the size, and his passion in spreading the message.

He made a strong statement

從吃肉到吃素，是很不容易。例如，當他真正出去傳送他的智慧，到全國各地去演講的時候，在這個經濟鎖鏈線上，所有不同的力量都來反對他，因為他所講的話威脅到他們的生計。因為他在Ophra Winfrey的電視節目上談到這些話題時，Ophra說：「我再也不吃漢堡了。」所以德州的養牛協會就告他，同時也告Ophra Winfrey。

他們在法律糾纏裏面，一直打了六年；假如輸掉這個官司，他會失去所有的財產。所以能說又能做，是需要一個很大的勇氣。因為他有勇氣，所以他能不顧一切，包括損失掉他所有的財產，也必須要讓每一個人聽到真相。

上面這個故事同時也令我想到了，在全世界自行車競賽中最有名的人Lance Armstrong，他在法國的競賽，大概是所有運動競賽裏面最激烈的，因為他要在一個月之內騎兩千多英里，經過高山跟夏天的考驗。可是，他連贏七次，歷史上從來沒有人做到過。在他參加這些競賽以前，已患了一種很不平凡的癌症，擴散在他的胃裏、肺裏、腦子裏，基本上醫生認為他不可能活太久了。可是，他的太太知道他非常非常想要騎腳踏車，所以她就將他的腳踏車掛在病床前面，他每天只要醒來就看到腳踏車；因為看到腳踏車，他就想要恢復健康來騎。所以像奇蹟一般，他恢復健康了。雖然他全年每天都訓練大概四~八個小時，可是，他能得到別人所不能得到的這種勝利，不僅是他的身體跟腦筋的訓練，而真正是來自他內心轉化。就像他在前五次冠軍的時

候，第二名都是一個德國人。在2002年比賽的時候，這個德國人不小心掉到路邊一個小溝裏面。Armstrong停下來，等他的對手從路邊起來以後，他再跟對手繼續比。Armstrong會成爲一代高手是因為他對內心完整的追求遠勝於外在成就，是一個永不停止活在“邊緣”上的境界。Lyman與Armstrong都是追求卓越極好的例子。

☞待續

last Saturday here in that “it is not a question in his mind that most Americans will become vegetarians during his lifetime, but whether they will change their diet in time to save themselves and the planet earth.”

The story of Lyman reminds me of a story related by DM Jin Quan. About 100 years ago, an ordinary person who helped out in a monastery recognized his time of death three days before it occurred. He requested 200 catties of wood from the monastery and invited some of his colleagues to help recite the Buddha's name to send him off. His friends wanted him to leave some last words for them. He said simply that he was a very ordinary person and not a person of words or literature. However, just prior to his departure, he opened his eyes and told his friends: “Talking without doing is not real wisdom,” and then he died.

Howard Lyman is both a talker and a doer. While it is not easy to talk about the grand vision of changing Americans' diet in his lifetime, it is altogether a different matter when he began to preach the message all over the country as all kinds of forces in the economic chain came out and opposed him. For example, he had to fight a

legal battle with the Texas Cattlemen's Association which sued him, along with Oprah Winfrey, for six years. He would have lost everything he owned if he lost the legal battle. Walking the talk takes a great deal of courage. That courage allowed him to let go of the consequence of the legal battle because he was determined to let everyone hear his message.

His story also reminds me of the story of cycling legend Lance Armstrong, winner of the Tour de France, the most taxing event in bicycling, 2,000 miles including some of the toughest terrains in a month—an unprecedented 7 times in a row. But before he did that, he was diagnosed with testicular cancer, which had already spread to his stomach, lungs, and brain. While doctors offered little hope of recovery, Armstrong's wife knew better. She hung his bicycle in front of his bed so he could see it every waking moment. Armstrong miraculously recovered, driven by the sheer will to ride again. While Armstrong undoubtedly trains hard, four to eight hours a day in rugged conditions much of the year, his mastery comes not primarily from his physical stamina and mental discipline, but from his heart. For instance, when one of his major competitors, Jan Ullrich, lost control of his bike and slid 20 feet down into a roadside ravine during one stage of the 2002 Tour, Armstrong simply waited until Ullrich was back on his bike before proceeding. What defines Armstrong as a master in a field of many winners is his pursuit of inner perfection rather than outer achievement, a never-ending pursuit of being on “the edge”. Lyman and Armstrong are the finest examples of excellence!

☞To be continued