



綠色生活在聖城

三合一彙編

☞ 上接封面內頁

歷來規模最大、最重要的聯合國氣候變遷會議，於12月7-18日在丹麥首都哥本哈根舉行。數萬人湧入哥本哈根，119位國家元首和領導人商討、決定了地球60多億人的未來。主辦單位一開始就播放一部描繪全球暖化末日景象的短片，提醒192國代表：這次會議是達成具體協議，化解全球暖化災難的最後契機。在短片中，來自全球的孩童呼籲與會代表幫助他們，讓他們在沒有暖化災難的世界成長。片中描繪若各國領袖未能立即採取行動，未來的世代將面對暴風雨肆虐及沙漠處處的景象。影片結尾，一名哀愁的小女孩說：「拜託救救這個世界！」

由於人類的思想、言行、生產方式，乃至社會制度及世界觀乖離自然，近年來各式各樣衝突矛盾、駭人聽聞的災難頻傳。世人開始驚覺，地球正遭受無情的破壞，未來的世界：環境污染、氣候變遷、資源匱乏、糧食及飲用水短缺，動植物紛紛絕種，生命將會失去生存的空間……。人類自私盲目的生活方式，二十世紀末年，即造成地球上每一小時至少有一種生物絕種；而當我們談到「瀕臨絕種的生物」時，卻忽略了自己可能就是其中的一員。

1991年，聖城開設了第一堂「垃圾分類法」的講解課程，幫助大家建立資源回收與環保的概念；同時也著手將廚餘轉化成堆肥的工作；2005年5月更成立有機菜園，

Green Living at CTTB

Compiled by Three in one

☞ Continued from cover inner page

The largest and most important United Nations climate change conference was held December 7-18, 2009, in the Danish capital, Copenhagen. The organizers opened the conference by showing the 192 representatives a video of a global warming “doomsday” scenario, stating: “This meeting is to reach concrete agreements and is a final opportunity to resolve the global warming disaster.” In the video, children from around the world urged delegates to help them and to prevent a global warming disaster. The video indicated that if world leaders fail to take immediate action, future generations will face raging storms and desert scenes everywhere. At the end, a sad little girl said: “Please save this world!”

Due to human thought, behavior, and industrialization, as well as social systems and world views that have deviated from nature, we now hear about a wide variety of conflicts and appalling disasters. All over the world, the earth is being subjected to relentless destruction and the future world will be one of environmental pollution, climate change, resource scarcity, food and drinking water shortage, extinction of plants and animals, and loss of land mass. Because of the blind and selfish lifestyles of humanity in the twentieth century, every hour on Earth results in at least one biological extinction; and when talking about “endangered species,” we must not ignore that we may be one of them.

In 1991, CTTB held its first class in recycling and environmental protection and began composting kitchen waste. Then, in May 2005, we planted an organic vegetable garden that supplies the city’s vegetables. In these ways, we participate daily in the green movement and enjoy both physical and mental health in line with the natural environment and green living—a return to a natural way of living, free from pollution that damages the body, soul, and inner world and destroys the earth’s ecosystem. This worthwhile effort is an inspiration to others.





供給城內的飲食；在聖城內，天天實踐綠色行動，日日享受符合自然生態與身心健康的綠色生活。綠色生活是一種回歸自然的生活模式，不污染破壞自己身心靈的內在世界，也不污染破壞地球生態，值得實踐與推廣。

為此，新年新希望，從本期起我們企劃「綠色生活在聖城」專題，分四個單元報導：

1. 地球生病了：從上人的灼見可知地球生病的真相，思維如何留給後代子孫一片淨土，乃當前重要的課題。

2. 環保在聖城：包括上人的言教與身教、從「資源回收在聖城」的歷史回顧。所謂「前人種樹，後人乘涼」，珍惜並維護聖城大環境，讓後來的人也能享受這塊聖地。

3. 身體力行綠色生活：以自己的行動及態度，啟發及感召周圍的人，從食、衣、住、行、育、樂下手。各大洲的地球居民紛紛提醒自己對這個星球的責任，反省一下自己的生活方式是否合乎生態規律，同時感謝地球提供了生存的空間。為了自己、為了子孫和眾生，踏入2010年，你有否為新一年的生活立志？

4. 心靈環保：上人開示心靈環保，心淨國土淨，心裡清淨，外面世界就會清淨。如何致力心靈環保，從佛陀與善知識的教導，可以找到解答。

在新的一年，願我們活得更簡樸、更天然、更自在；不但期許自己，也願一切眾生生活出健康、幸福、圓滿！

(一) 地球生病了

從1998年以來，全球暖化已為人類及生態系統帶來了災難：極端氣候（冰凍、極寒、暴雪、暴雨、颶風），還有冰川融化、永久凍土層融化、珊瑚礁死亡、海平面上升、生態系統改變、洪水、乾旱的災害增加、致命熱浪、糧食減產、暖化等等。這些災難不再是科學家的預言，而是現實在世界各地頻頻出現，人類正為此掙扎求生存。

從2004年歲末的南亞海嘯浩劫，至2009歲末跨2010年初，北半球再度進入急凍世界，大型暴風雪伴隨寒潮自北向南襲擊美

Therefore, to begin the New Year with new hope, starting with this issue, we will present four modules concerning the "green lifestyle" in CTTB.

1. The Earth Is Sick: From the Venerable Master's profound view, we can understand the truth of the earth's sickness. Thinking about how to leave future generations a pure land is an important current topic.

2. The History of Resource Recycling at CTTB. This article includes recycling at CTTB and the Venerable Master's model in lecturing and teaching. The Chinese have a saying: "The ancestors plant the tree; the descendants enjoy the shade." We also wish to pay our highest respect to the monastic and lay volunteers who have for many years maintained a clean environment at the City, and nowadays we as well maintain it for the enjoyment of those in the future.

3. Personally Practicing a Green Lifestyle: With our own actions and attitudes, we can inspire those around us, starting with our food, clothing, housing, transportation, education, and entertainment. We, the residents of the various continents of the Earth, should remind ourselves of our responsibility for this planet, reflect on whether or not we follow the ecological laws, and thank the earth for giving us a place to live. As we enter the year 2010, are we determined to lead a new way of life that allows prosperity for all sentient beings?

4. The Inner Environment: Instructions on caring for the environment from the Venerable Master: "The outside world becomes pure from inner purity. If my heart is pure, then the outside world will be pure. From the Buddha's teachings and from good spiritual mentors, we can find the answers on how to care for the spiritual environment.

In the coming New Year, may we all live a more simple, natural, and carefree life, and may not only we ourselves, but all beings, be healthy, happy, and fulfilled!

(I) The Earth Is Sick

Since 1998, global warming has brought about disasters to both humans and ecological systems such as: extreme weather (freezing temperatures, unusual snow and rainfall, numerous hurricanes), as well as melting glaciers, thawing permafrost, dying coral reefs, rising sea levels, ecosystem change, floods, droughts, increased disasters, deadly heat waves, low food production, global warming, and so on. These disasters are no longer a prediction made by scientists; they are now a reality the world over, and occurring with such frequency that mankind is struggling to survive them.

From the South Asian tsunami disaster at the end of 2004 to the end of 2009 and the beginning of 2010, the northern hemisphere has suffered severe cold weather. Large snowstorms accompanying a polar outbreak are traveling southwards, hitting North America, Europe, and Asia. North America has suffered the most severe snowstorms since 1885, affecting an area of 800 kilometers across 12 states and



洲、歐洲和亞洲各地，暴雪不斷。這場也是北美自1885年來最嚴重的雪災，影響面積一度廣達800公里、涵蓋範圍遍及12州、全美四分之一人口受到影響。在歐洲也是遭暴風雪肆虐，從俄羅斯、烏克蘭、瑞典、德國、波蘭、羅馬尼亞、匈牙利、英國到法國和義大利，冰天雪地籠罩各地，挪威中部城鎮的氣溫也跌到零下41°C。

在亞洲，中國也受到這一波超強寒流影響，從華北、黃淮、江淮、江漢等地，寒流持續發威，暴雪不停，北京、天津一帶積雪量刷新60年紀錄，部分地區災情慘重；新疆省連日來遭到大風雪襲擊，氣溫急降到零下40°C，部分地區積雪深達60公分；內蒙古最東部的呼倫貝爾北部地區，更跌至零下47.5°C多度。南韓首都首爾亦遭受這場暴雪吹襲，是一百年來最嚴重的雪災。在印度北方，也受到這一寒潮影響，由於喜馬拉雅山脈寒風南下侵襲，造成鄰近各省及中部地區連日酷寒，至今已凍死122人。

國際氣候組織發出警告，像這樣極端的气候可能沒完沒了。

自然災害，對人類有什樣啓示？

宣公上人有其獨到的見解，他說：「現在的氣候都變了，以前沒有雪的地方現在下雪了，以前不冷的地方現在冷了，這就是水災將要發生的一個起始。因為現在這個世界上，每個國家用的能源都太多了，又用太陽能，又用核子能、原子能，發出的熱力太強了，就令氣候都改變了，把冰山、冰川都給融化了。這些冰若是一融解，海水就漲高了，世界上的人死的就不知有多少。」

對於北美東北的格陵蘭島這片冰原，上人曾說：「格陵蘭現在的冰原面積卻比全美國都大。」幾萬年前，經過冰河時期的格陵蘭島，現在正處於融冰，在21世紀之內會不會完全溶化？如果格林蘭冰原繼續溶化、阿拉斯加冰川以空前的速度縮短、俄羅斯河川流量的增加、北極多年凍土開始融冰，這樣的趨勢將使地球海平面也逐漸上升；因為海平面的上升，意味著洪水的到來，並且有些小島將會被淹沒，尤其是人口密集的沿海平原地區帶來威脅。

其實早在70年代，宣公上人已經提出警

a quarter of the nation's population. Blizzards are raging through Europe, enveloping Russia, Ukraine, Germany, Poland, Romania, Hungary, the United Kingdom, France and Italy in snow.

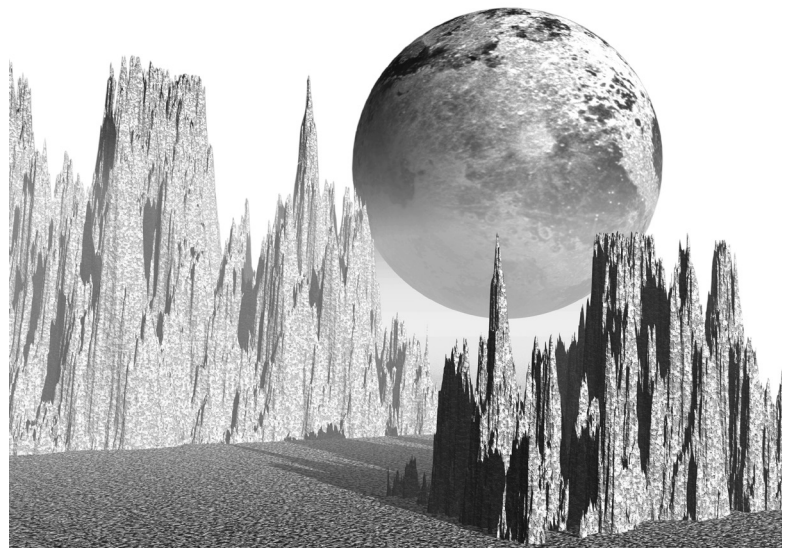
In Asia, China has also felt the impact of this wave front. From the North, Huanghuai, Jianghuai, Jiangnan and other places, a cold front continues to display its power. Beijing and Tianjin, after 60 years, had the hardest hit with record snowfall. In Xinjiang Province, for the past few days, temperatures have dropped to minus 40°C. In some areas, the snow is as deep as 60 cm, and in the most eastern part of Inner Mongolia, Northern Hulunbeier, the temperatures have dropped even more to minus 47.5°C. The South Korean capital Seoul was also subjected to a heavy snow hit; the most severe in a century. The north of India is experiencing a cold wave with a south wind invading the Himalayas. Neighboring provinces and the central region are having bitter cold days. So far, 122 people have frozen to death.

International climate groups have warned that such extreme weather may continue to occur for a long time.

Natural Disasters: What Is Their Message for Humanity?

The Venerable Master Hua had his unique view of the matter: "The present climate has changed. Before it never snowed here, but now it snows. Once it wasn't cold here one; now it is. These are omens that warn us of an upcoming flood. In the present world, every country uses too much energy: solar energy, nuclear energy, atomic energy. The tremendous heat emitted by our energy use is changing the climate, causing icebergs and glaciers to melt. If these glacial masses melt, the sea water will rise and kill many people in the world."

Regarding the land of ice called Greenland, the Master said: "The current Greenland ice sheet is greater in area than the entire United States." In Greenland, which was in a glacial phase tens of thousands of years ago, the ice is now melting and could be completely dissolved in the 21st century. If the Greenland ice sheet continues to melt, the





世的訊息：「在不久的將來，恐怕就在這個世紀裏頭還會有一次大水災。現在海水每年都在漲，陸地一年比一年低下去幾吋，幾十年以後，海水就會漲到陸地上了。那時候南北極的冰山再一融解，冰山倒到海裏去，海水就更高了，最低限度也會比地面高出四丈；那時候地球上的人類就會受到很大的災難。為什麼有這樣的災難呢？就因為人們殺生太多了。」

氣候轉變，是成住壞空的作用

「現在的氣候很不正常，有時就很熱，有時又很冷，和幾百年前的氣候完全不同；這些氣候的變化，也就是世界成住壞空的變化，」上人對於現在氣候不正常，舉出一個列證：「你們各位研究歷史就知道，現在挪威和丹麥那個地方，在第8世紀那時候有一塊土地，這個土地比美國整個的面積都大，那時候它的名字就叫『青翠之地』，就是一塊綠色的草原；因為當時這塊土地很肥沃的，種出來的東西比現在的美國這裏長得更大。可是由於氣候一天比一天的冷，到15世紀時，把全部青翠的大地都結成冰了，完全變成冰原，不能再種地，人也不能住了。」

為什麼會這樣？上人說：「就是因為氣候的轉變，冰一天比一天凍得多，冷的天氣也就一天比一天多一點；現在北冰洋和南冰洋都有很多的冰，等到這個冰把整個世界都凍滿了，這個世界就會壞了」。

氣候一天一天的不同，在《華嚴經》〈世界成就品〉提到：「滅壞生成互循環，於虛空中無暫已。」這種成、住、壞、空循環的情形，總是也沒有一個停止的時候。上人說：「這都是世界成住壞空的作用。五百年有一個小變化，二十個五百年就有一個中變化，八十個五百年就有一個大的變化。五百年是一個小小劫，二十個小小劫是一個小中劫，四個小中劫是一個大的大劫。一萬年以前的那個世界和現在的這個世界就不同，那時候是一個大冰期，這個大冰期的冰凍得太多了，等這冰一化，比原子彈、氫氣彈更厲害，這是天然的災難，人死了很多人。一萬年有一個大冰期，兩千五百年就有一個小冰期。這個世界就是這樣成住壞空、成住壞空地變化；有大的成住壞空，也有小的成住

Alaskan glaciers will also melt at an unprecedented rate, the flow of Russian rivers will increase, the Arctic permafrost will begin to melt the ice, and this trend will gradually result in a rise of the Earth's sea level. Floods will occur, islands will be submerged in the sea, and densely populated coastal plain areas will be at risk.

Actually, in the early 1970's, Venerable Master Hua gave us this warning: "In the near future, perhaps in this century, there will be a disastrous flood. The seawater is rising every year and the land is sinking several inches year after year. In a few decades, the seawater will rise and flood the land. Then, with the melting of the icebergs in the North and South Poles, the sea level will rise even higher, at least forty feet above the land. At that time the population will suffer a big disaster. Why would such a disaster happen? It's because we kill too many living beings."

Climate change is part of the cycle of formation, dwelling, decaying and extinction

"The present climate is not normal. Sometimes it is very hot. Sometimes it is very cold. It was completely different several hundred years ago. These climate changes are signs of the world going through the stages of coming into being, developing, decaying and disappearing." Regarding the present, abnormal climate, the Venerable Master pointed out an example: "Those who are familiar with history know that in the 8th century, there was a piece of land around Norway and Denmark that encompassed an area greater than the United States. It was called "the verdant place," a green prairie, because at that time the land was very fertile. Any plants that sprouted there grew larger than what is seen in America. However, there was a gradual decline in the weather. By the 15th century, the climate had transformed the verdant earth into a complete ice field which was no longer fertile; it became unsuitable for people to live there."

Why has it become like this? The Master said, "It is because of the transformed climate. The ice fields have slowly grown day by day, making the weather colder and colder. Currently, the Arctic and Antarctic are covered with glaciers. They will keep melting until the ice fills the entire world; the world would be in trouble."

The climate changes day by day. The *Flower Adornment Sutra* states: "The cycle of decay and extinction, formation and dwelling, / Occurs in the void without the slightest pause." The cycle of formation, dwelling, decay, and extinction never stops. The Venerable Master said: "These are all signs of the world going through the stages of formation, dwelling, decay, and extinction. Every 500 years there is a small change. In twenty periods of 500 years, there is a medium-sized change. In eighty periods of 500 years, there is a large change. Five hundred years is a small small eon. Twenty small small eons makes a small medium eon. Four small medium eons makes a small large eon. The world of ten thousand years ago is different from the present world. There was a great glacial period then. There was too much ice,



壞空。」這個世界壞了，其他的世界就會成就。

核能武器，是毀滅地球的預兆

科學固然改善了人類的物質生活，但也因為人們一味地追求經濟成長，除了資源與能源日漸枯竭，環境遭受破壞、空氣被染污，嚴重危害人類與動物的生存條件。空氣怎樣被染污的呢？上人說：「由原子彈、氫氣彈和汽車、輕工業、重工業所排出來的煙造成的。」

「科技文明的進步，就是人類末日的開始，」上人斬釘截鐵的說：「在無量劫以前，這些世界的文明就已經進步到極點了，文明進步到極點就把這些世界毀滅了。現在地球上有一種種厲害的武器，好像原子彈、氫氣彈、核子彈，又是洲際飛彈，將來這些武器就能把地球給毀滅了，你看這多厲害。又是死光，又是磁光，這個磁光一發出，把人都弄愚癡了，什麼也都不知道了。這種種不可思議的武器，就是毀滅地球的一個預兆。」

上人語重心長提到：「我們現在這個世界上，每一個人生命都很危險的，因為每一個國家都在競賽武器。殺人的武器一天比一天厲害，一天比一天危險性大，所以這種武器一用，甚至於整個世界的人類都會被毀滅了。你們說這個是不是個問題？人的生命，現在是每一秒鐘都有危險，就是我們所生存的這個地球，每一秒鐘都有毀滅的可能。」

上人甚至還提到：「其他的星球、月球、太陽系為什麼沒有生物？就因為文明開化到極點，不知道幾千萬、幾千萬億億年以前就給毀滅了。所以你們不要以為現在可以看電視、聽收音機，有電話、電報，文明進化真好；好到極處就該壞了。這些水星、木星、火星、土星、金星，在很久以前，每一個星球上都有像紐約那樣的摩天大廈，飛機、火箭什麼都有，但是到了極點，這些戲就都下台了，所有星球上的生物都沒有了，這都是因為文明進步，進步到極點就沒有了，這都是成住壞空的道理。」

科學儘管是理性的活動，但是科學發展未必是理性。「因為現在人類只知道浪費能源、浪費材料，所以才會有災難，」上人點

and when it started to melt, it was more devastating than the atomic or hydrogen bomb; this was a natural disaster and many people died. Roughly, in 10,000 years there is a large glacial period. In 2,500 years there is a small glacial phase. That is how the world goes through the changes of formation, dwelling, decay, and extinction.

Nuclear weapons: Omens of the destruction of the Earth

Undoubtedly, science has improved our material life. However, there has been a high cost in our intensive quest for economic growth: the energy and resources diminish every day, the environment is devastated, the air is polluted, and the survival of humans and animals is threatened. How has the air become polluted? The Venerable Master said, "It is due to the toxins discharged by the atomic bomb, the hydrogen bomb, automobiles, and light and heavy industry."

"Scientific and technological progress is the beginning of the end of mankind." The Venerable Master stated very firmly, "Countless eons ago, the world's civilizations progressed to an extreme, and when they reached that limit, the world perished. Now on Earth there are various powerful weapons, such as atomic bombs, hydrogen bombs, nuclear bombs, and intercontinental ballistic missiles, which have the capability to destroy the Earth in the future. See how devastating they are. There are also death beams and magnetic beams, which when emitted, can make people so dull-witted that they know nothing at all. All these incredible weapons are omens of the destruction of the earth."

Every person in the world is endangered by the international competition for new arms. The advancement of weapons technologies poses an increasing threat to everyone's life. Once these weapons are put into use, the whole world will be destroyed. Don't you think this is a problem? Our lives are constantly in danger. There's a chance that the earth we depend on could be destroyed at any moment.

Why is there no life on the other planets, the moon, or anywhere else in the solar system? It's because when civilization developed to its utmost, perhaps tens of millions, or several billions or trillions of years ago, it was destroyed. So you should not think that now you can watch TV, listen to the radio, use the telephone or telegraph, and that the progress of civilization is great; when what is good reaches an extreme, it turns bad. Many ages ago, Mercury, Jupiter, Mars, Saturn, Venus, and every planet had skyscrapers like those in New York, airplanes, rockets, and everything else, but when everything reached an extreme, the play was over and all living things disappeared from these planets. This is due to the progress of civilization, for when progress reaches an extreme, it's all over. This is the principle of formation, dwelling, decay, and extinction."



破災難徵結所在。

地球有病，乃當前重要的課題

對於人類所依存的地球，上人提到：「好像我們這個地球是以『土』為體，這個體裏頭就有血液、骨頭、肌肉、筋絡。地球上的江河、湖、海這麼多的水，就是世界體血脈的流通；又有石頭及金、銀、銅、鐵、錫、鋁等種種的礦物，這等於骨頭一樣。硬的屬於骨頭，軟的屬於肌肉，流動的就是血液，和人的身體有皮、血、肉、筋、骨是一樣的。」

地球裏邊有很多熱的東西，就好像我們肚裏頭裝的東西也是熱的一樣，只不過世界是大的，人類是小的，」上人給我們一個警惕：「這個地球也像我們人一樣會生病，地震就好像我們人得了半身不遂一樣，半邊身體不能動彈了。還有海嘯、山崩或者火山爆發，這也好像一個人補品吃太多了，周身的血管都被油塞滿了，所以血管就爆裂，腦溢血而死。地球有海嘯、火山爆發，也就像人得病一樣的，只不過一個是人的病，一個是地球的病，其實大同小異。怎麼樣山會爆？怎麼樣有岩漿琉磺質流出來？怎樣地會震？怎樣海會嘯？這都有它們的原理。山崩、海嘯、地震都可以說是地球有病了，就像人身體有病一樣的，不過它患病的時間和我們人不同。我們人幾十年之中就有很多的病痛，地球是在幾億年的時候裏邊，有這些的病痛。」

為了恢復全球自然環境的穩定、保持生態系統的平衡，讓子孫有一片可以生存的淨土，因此，如何回歸自然的生活模式——實踐綠色生活，是當前至關重要的課題，也是每一個地球人不可推卸的責任。

脫稿前，驚傳在加勒比海國家海地，1月12日下午遭到當地兩百年來規模最大7.0的強烈地震侵襲；這一搖，首都太子港瞬間夷為平地，死傷遍地，死亡人數可能超過20萬人，國際聯合會紅十字會更估計有多達300萬人流離失所。人們無助、絕望的神情，令觀者為之鼻酸，試問自己能為他們做什麼？

◎待續

While science is a rational activity, the developments of science are not necessarily rational. The Venerable Master also pointed out the cause of disasters: "Because human beings now only know how to waste energy and waste resources, disasters will happen."

The Earth Is Sick: An Important Topic Today

The Venerable Master once gave a detailed explanation about how humankind depends on the Earth, "Our world takes earth (soil) as its substance. Within our bodies are bones, blood, and the circulatory system. Upon the Earth are rivers, lakes, and oceans. These bodies of water form the circulatory system of the Earth. Beneath the Earth are gold, silver, copper, iron, tin, lead, and other metals and minerals, which can be likened to the bones of the body. The hard substances of the Earth are like its bones, and its soft substances are like its flesh. That which moves is like its circulation. Just like a person, the Earth has its skin, blood, flesh, bones, and marrow."

"Within the earth are hot substances just as there is warmth in our stomachs. It's just that the Earth is much more massive than a human body." The Venerable Master gives us another warning, "The earth is just like us in that it can get sick. An earthquake is like a person with hemiplegia, in which half of the body is paralyzed. Like a person who has eaten too much rich food so that his blood vessels are clogged with grease, the clogging of the earth's systems causes tsunamis, landslides, and volcanic eruptions. The earth having a tsunami or a volcanic eruption resembles a person suffering an illness: one illness is on a human scale, one is on a planetary scale, but they are basically similar. Why do volcanoes erupt? Why does the lava flow out of them? Why does the earth shake? How do tsunamis occur? There are reasons behind these phenomena. Landslides, tsunamis, and earthquakes all show that the earth is sick just as our bodies get sick; the only difference is in the time scale. Our bodies experience many different kinds of sickness is over a period of several decades, while the earth's sicknesses are stretched out over several hundred million years."

In order to restore the world's natural environment and maintain the ecosystem in balance, so that future generations can enjoy a pure land, it is critical that we learn how to return to a natural way of life and practice green living. No one on this earth can shirk his or her responsibility in this.

Before finalized, came the startling news in the Caribbean nation of Haiti, the afternoon of January 12 was the largest local two centuries a strong 7.0 earthquake struck; the shaking, the capital of Port au Prince (Port-au-Prince) Instant razed to the ground, dead and wounded everywhere, the number of death may exceed 200,000 people, the International Federation of Red Cross also estimated that as many as 3 million people were displaced. People are helpless, hopeless look, so that the viewer whom feel sad, how we could do for them?

◎To be continued