



## 綠色生活在聖城 (續)

三合一彙編

## Green Living at CTTB (Continued)

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### 萬佛聖城大清理 (1997至2000)

約1998年初，我們整理「中美佛教總會難民救濟中心」地下室所遺留下來的一大堆衣物，以卡車四、五趟，送到一些慈善機構，如救世軍等。又於2000年4月，整理「中美佛教總會難民救濟中心」所留下來政府所提供的各種語言學習的書籍和錄音帶，包括荷蘭語、法語、越南語、俄語、葡萄牙語、匈牙利語、馬來語、日語及西班牙語的初級會話錄音帶，這些共佔滿了大倉庫的三個房間。這些物品都是有20至30年的歷史，有一半是舊式過期的多種語文學習唱片，其他都是書。我們先將盤帶裝箱，再送去洛杉磯給一位居士幫忙回收處理。而這些紙盒、紙箱及書籍，送上黃色大卡車，載去政府開的回收中心去回收。

上人未購買萬佛聖城之前，這地方是政府所設立的一所規模很大的療養醫院。我們剛接收時，看到過去留下很多破舊的機器，烤箱、沙發椅、大型機器、洗衣機、地毯、傢俱、彈簧床墊、冰箱、洗碗機等等，應有盡有。

有一天，有人自稱是 Alex & Co.，並向總辦公室詢問說他們可以收購冰箱等，於是機不可失，我們立即就請總辦公室人員帶他去大倉庫看，結果他們就決定一個月後再來收購這些東西。一個月後，Alex & Co. 如期到來；他們開了兩輛特大的卡車，共載了五趟。

這是聖城第一次的大清理室內的破銅爛鐵，從此之後，大倉庫煥然一新，是書香之庫，也是資源回收展示中心及資源回收課室。

第一次大清理後，對 Alex & Co. 有了很大信心，立刻成立了一個大清理小組，所以很快就

### The Great Cleanup of the City of Ten Thousand Buddhas (1997 to 2000)

In early 1998, the office organized a big clean-up to clean out the basement that was used by the Sino-American Buddhist Association Refugee Relief Center. Five truckloads of old clothes and bedding were taken to the Salvation Army in Ukiah. The government provided us with books and tapes in Dutch, French, Vietnamese, Russian, Portuguese, Hungarian, Malay, Japanese, and Spanish, that occupied three rooms and were by then around 30 years old. The tapes were sent to Los Angeles to a layperson who offered to manage them, and the books were loaded onto the yellow truck and taken to the recycling center.

Before the Venerable Master purchased the City of Ten Thousand Buddhas, it was a large government-run hospital. The buildings were stuffed with broken-down machines, ovens, sofas, refrigerators, dishwashers, and so forth.

One day a man from a scrap-metal dealer, Alex & Co., offered to buy our old refrigerators and machines. This was an opportunity not to be missed! It took us a month to collect everything. It took Alex & Co. five trips to collect and transport everything away in two huge trucks.

This was CTTB's first cleanup effort to get rid of scrap metal. Afterwards, the large warehouse was like new and become a storage room for new books with their new-book smell. This also became the display room for the recycling center and classroom.

Inspired by this major cleanup, we decided to clean up a huge scrap metal pile in front of the lumberyard. Some of the machines we had never seen before, but they were built of stainless steel, and we were sure Alex & Co. would want them. The junk doubled that of the previous effort. Without wavering, we called Alex and Co., but they told us that the price of scrap metal had plunged dramatically and was virtually worthless. If we wanted them to come and collect the scrap metal, we would have to pay a high fee.





從不同建築物又清出了更多舊機器；其中有非常好而堅固的鐵，也有不銹鋼及銅製品，有的是前所未見的機器。我們以為奇貨可居，因為這次清出的比之前多了兩倍，排滿了木料場前面及整條街旁。之後，才接到 Alex & Co. 的消息，說自從1998年開始，破銅爛鐵的價錢已一落千丈，一文不值了；若要他們來收亦可以，但是我們須付很高的款項。

雖然不想花那麼多錢去丟破銅爛鐵，但也不能讓聖城變成另一座破銅爛鐵的山丘。在千方百計的打聽之下，分支道場的法師們終於為聖城找到洛杉磯的于衍宗居士來幫忙；他對破銅爛鐵的處理很有辦法。這一次，于居士與城內男眾不辭勞苦的大力配合下，在五天内總算清走了所有戶外的那些歷史性的破銅爛鐵；此次只花了幾百塊錢，而非幾千塊錢。這是很划得來的！

2001-2005年，總辦公室去租垃圾箱丟建築廢棄物等大型垃圾。2006-2008年開始，由建築維修部門自行處理，及租垃圾箱丟建築廢棄物等大型垃圾。因購買建築材料來維修或從各地善信所供養的食品，每年聖城會有很多木棧板。好的木棧板充分利用，剩下壞的、舊的，就會連同其他木類等，需要花費處理。雖然目前城內有小型碎木機，但處理有限，耗費很多人力時間。資源回收部門希望在未來能夠有大型碎木機來打碎木墊板，及砍下來的大樹幹等等，以精簡人力時間及節省肥料花費，同時可作園藝用途；如此才真正充分利用聖城本有的資源！

所謂「前人種樹，後人乘涼」，今日聖城成為自然祥和、與世無爭的一片土地，眼前翠綠的山坡、聳直的大樹、豔麗的鳥獸飛禽，不禁令人想起前人的努力，感恩之心油然而生。甫踏進2010年，新年新志願，讓我們立志珍惜維護聖城，讓後人也能一同享用這塊聖地。

同時也要讓我們的大家庭——地球更美好。祈願擁有一個健康、和諧的地球，讓人們不但能夠認知地球承受的傷害，更進一步要改變自身的行為，啟發感召周圍的人，一同從食、衣、住、行、育、樂下手，停止對地球的傷害。

### (三) 身體力行綠色生活

從前文上人的灼見瞭解地球生病的真相：

Although we did not want to spend that much money, we could not allow the City to become a “mountain of scrap metal.” After extensive searching, we found Upasaka Yu from Los Angeles to help us drive. This time, Upasaka Yu and other men volunteers at the City of Ten Thousand Buddhas coordinated and collaborated laboriously in clearing out all the historic scrap metal and other garbage within five days. This time, we only spent a few hundred dollars, not a few thousand dollars. It was a good deal!

From 2001 to 2005, the office rented large garbage dumpsters to dispose of construction waste and other large scale garbage. From 2006-2008, the Buildings and Grounds department took care of renting dumpsters to dispose of construction waste. Due to purchase of construction materials and the delivery of donated foodstuffs, each year CTTB has numerous wooden pallets upon which these things are delivered. We find various uses for those pallets that are still in good shape, but those that are broken or too old need to be disposed of at cost. Although right now CTTB has a small scale wood shredder, its functions are limited and it requires a lot of human labor to operate. The R&R department hopes that in the future, CTTB will purchase a large scale wood shredder to shred the pallets and the branches pruned from CTTB's trees to make mulch. This would not only reduce the amount of labor and time needed for operating the shredder, but the mulch can be used in the organic farm and reduce the expenses for compost fertilizer; in this way, we can fully make use of the City's resources.

It is said the predecessors planted the trees while the latter generation enjoy their shade. Nowadays, the City is a natural and peaceful piece of land in harmony with the rest of the world. On seeing the bluish green hillside, the straight and stately trees, the bright-colored and beautiful birds and animals, I am very grateful for all the hard work done by our predecessors. Entering the year of 2010, let us make a New Year's resolution to cherish and protect the City so that the later generations can enjoy this sacred land.

Meanwhile, may our good mother – Planet Earth – be well, healthy and harmonious. It's not enough to acknowledge the suffering borne by the earth, but we need to further reform our behavior so as to inspire and influence others who live upon it. We should stop hurting the earth by the choices we make concerning our food, clothing, housing, transportation, education, and entertainment.

### (III) Personally Practicing a Green Lifestyle

From the penetrating view in the previous context, we understand the reality of how Earth has become sick.

—In this world, each country overconsumes energies such as nuclear energy and the atomic energy both of which send out excessive amounts of heat causing changes in the weather.





——因為現在這個世界上，每個國家耗用的能源都太多了，又用核子能、原子能，發出的熱力太強了，就令氣候都改變了。

——因為現在人類只知道浪費能源、浪費材料，所以才會有災難。

——為什麼有這樣的災難呢？就因為人們殺生太多了。

——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互相競賽武器。

從2009歲末至2010年初，史無前例的暴風雪襲擊，降雪量持續刷新了各地有氣象以來的最高記錄；歷史罕見的極端天氣，其暴雪過程來勢猛、強度大、時段集中，災情造成嚴重影響——建築物倒塌、車輛砸損、電力受損。飛機因供電中斷或冰雪覆蓋而被迫停駛，機場紛紛關閉，交通運輸系統近乎癱瘓；醫院運作受阻，通訊不暢、陷入混亂，幾乎失控。特別是農業、林木業、畜牧業等因暴雪過深，而造成無法估計的經濟損失。

聽到這些災變消息時，我們容易感到不知所措、內疚、沮喪，甚至憤怒、痛心；但是，我們如何在災變中痛定思痛，重視全球氣候變遷？那麼去行動，去建立一個美好和可持續的未來！

實際上，最重要的解決辦法，我們只需要在食、衣、住、行、育、樂下手，用自己的行動來啟發和感召周圍的人，大家一起來實踐綠色生活，才能讓後代子孫有一片可以生存的淨土。

—People nowadays only know to waste energy and material. Hence the occurrence of disaster.

—Why do we have these disasters? It is because we have engaged in too much killing.

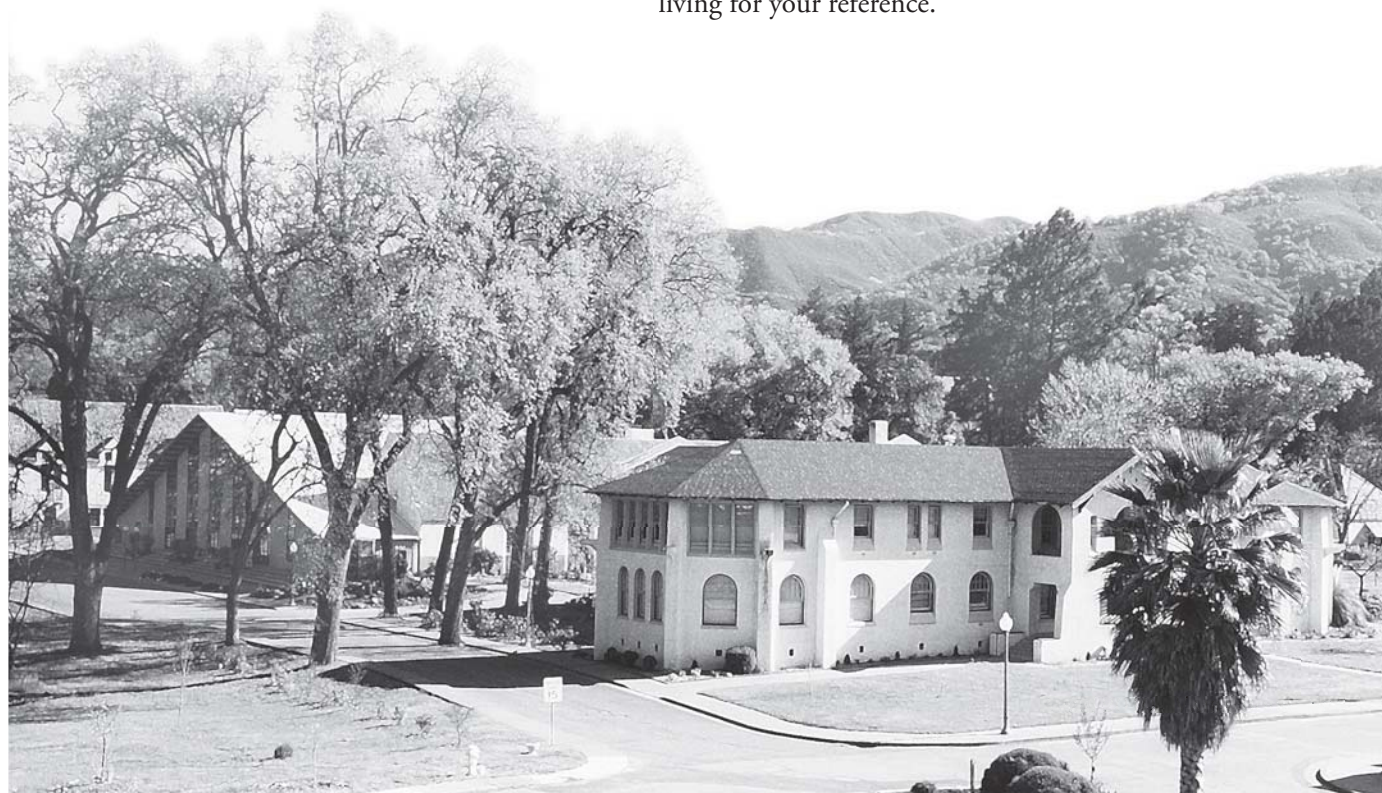
—Why are people's lives in danger now? It is due to the fact that each country is competing on national defenses, i.e. their weapons.

From the end of 2009 to the beginning of 2010, we have attacks of unprecedented snowstorms. The amount of snowfall has continuously made the highest meteorological record. The rare and violent force of the snowstorms is fierce and powerful creating serious damages in the regions, i.e. collapsing buildings, damaged vehicles, and electric power failures. Additionally, airplanes had to stop operating due to power outages or being covered by ice and snow. Airports had to close and transportation systems were paralyzed. Hospital operations were also impeded. Interrupted communications caused chaos and the loss of control. Due to the severe snowfalls, the economic losses suffered by agriculture, the forest industry, and animal husbandry were inestimable.

It's easy to feel overwhelmed, guilty, discouraged, or even angry upon hearing all the news on these disasters in the world. However, we must take this painful experience to heart and pay more attention to the global weather changes. By taking action, we can still build a wonderful and sustainable future.

In actuality, the most important solutions can be found in food, clothing, everyday living, education and entertainment. Let's use our actions to inspire and move people around us. All of us should practice green living so that the future generations will have clean land to live on.

The following is a collection of recommendations for green living for your reference.





以下是所收集到的綠色生活大全，供您實踐綠色生活參考。

### 把飲食綠化，吃清淡而合乎道德及生態原則（素食）的食品。

吃素，不僅可以修習對眾生的慈悲心，更能夠減少資源的消耗。生產1公斤的牛肉，必須消耗10萬公升的水；而生產1公斤的小麥，只需750公升的水。吃素同時有利個人健康，減少地球的破壞；如此則災難也會減少，眾生能得安樂。

根據國際替動物發聲素食聯盟(Viva!)2009年4月1日統計，一輩子吃素的一名英國人，大約可省下：760隻雞、5頭牛、20隻豬、20頭羊、半噸的魚。這亦意味著，將有一大片森林可以保留下來。

在美國，只要一人棄肉茹素，每年就可救34隻動物。一名一生吃50年素的臺灣人，終其一生可以救1700隻雞免於被屠宰及在養殖場被虐待。再加上豬、牛、羊其他動物及魚、蝦等海鮮類，這個數字相當可觀。做什麼善事可以讓一個人一輩子救1700條命？就是只要能控制嘴巴、筷子，開始吃素就可以了！

#### 購買/支持本地農產品

多選購本地及鄰近地區的產品，減少運輸污染，而且可以貢獻本地農民生計。選購當令食品，除了能享受到新鮮和美味，更能免去冷凍儲藏的過程。一周購買一次本地農產品，一年可以減少排放兩噸二氧化碳。

急凍及空運來的食品，都耗用大量能源、污染環境，儘量少吃。

#### 選擇/支持有機食品

多買有機食品，罷買基因改造的食品及其產物，吃得安全又減少污染大地。

#### 不要浪費食物

吃多少煮多少，儘量餐餐吃完、不丟棄，可惜福。外食點菜要適量，吃不完打包拿回家吃。

☞待續

### Make your food green: EATING light (vegetarian food) accords with the moral codes and ecological principles.

By taking a vegetarian diet, one not only cultivates compassion toward living beings but also reduces the consumption of resources. In order to produce one kilogram of beef, 100,000 liters of water are consumed whereas producing one kilogram of wheat only requires 750 liters of water. Being a vegetarian can benefit one's health and minimize the damage to the Earth at the same time. Therefore, the disasters will be lessened and living beings will also attain peace and happiness.

According to the statistics from the Viva! (Vegetarian & Vegan Foundation) 1st April 2009, a British citizen who is a lifetime vegetarian can save approximately 760 chickens, 5 cows, 20 pigs, 20 sheep and ½ ton of fish. This means that a huge piece of forest can be preserved.

In the United States, if one person becomes a vegetarian, one can save 34 animals per year. A Taiwanese person who eats vegetarian food for 50 years can save 1,700 chickens from the slaughter house and their being abused in the animal farm house. Adding the pigs, cows, sheep, other animals, fish, shrimp and other seafood, the number becomes fairly significant.

#### Purchase Local Agriculture Products

Purchasing local products from neighboring areas helps to reduce pollution from transporting and contributes to the income of the local farmers. The consumption of seasonal foods, which are better tasting and fresher, eliminates the cooling and storage process. Also buying locally grown food once a week can reduce two tons of carbon dioxide in one year. Frozen and airborne foods also require much energy and can pollute the environment, so do your best to eat less of them.

#### Support Organic Foods

It is best to buy mostly organic foods and to avoid genetically modified food. They are safer and do not pollute the earth.

#### Avoid Wasting Food

Cook the amount that you wish to eat and finish it to cherish our blessing. Avoid over ordering when dining out, and bring the leftovers home to eat.



☞To be continued