



綠色生活在聖城 (續)

三合一彙編

Green Living at CTTB (Continued)

Compiled by San Heyi

把住家綠化，居住清淡而合乎道德及生態原則的環境

節能省電

使用節能電器（如節能洗衣機，節能空調，節能冰箱，採用較環保的電子產品），與高耗電的電器相比，節能電器僅使用一半到十分之一的電能，即可達到同樣的功能和效果，而且使用壽命更長。非必要的電器少買。時常留意保養電器（特別是冷氣機），減少耗電。

- 用高品質省電燈代替傳統鎢絲燈泡，不僅減少耗電，還能提高照明效果。60瓦亮度的傳統鎢絲燈泡需耗電60瓦，同樣瓦數省電燈泡卻只耗電17瓦，壽命更長更省電。
- 若使用燈罩則選用透光率高的淺色燈罩，並保持燈光設備及燈泡潔淨以達最高照明效益。
- 日光燈用電量僅有白熾燈的三分之一左右，故應盡量採用日光燈管，更可利用天然光。
- 日光燈管使用數月後，顛倒一下兩端接觸極，壽命可延長一倍，也可提高照明度。
- 長時間不使用電器設備，或不再使用電器用品時，應該把電源插頭拔除，減少待機電力的消耗。
- 離開房間時，關掉電燈和冷氣機。
- 天氣不是太熱時，用電風扇代替開冷氣機。冷氣房內配合電風扇使用，可使冷氣分佈較為均勻，可提高冷氣的功效，並可降低電力消耗。
- 冷氣機、除濕機均應定時清潔隔塵網，宜兩週清洗一次，以提高使用效率；過濾網太髒時，容易造成電力浪費。
- 冷氣機裝置空調機的位置，可加裝窗簾、遮陽棚，避免日光直射及雨淋。
- 在空調機通風口附近不要堆放雜物，避免冷氣流通時因受到阻擋而降低冷氣效



Green your home: Living lightly accords with moral codes and ecological principles

Energy Saving

Use energy-efficient appliances (such as energy-saving washing

machines, air-conditioning, refrigerators, and environmentally friendly electronic products). Compared with non-energy-efficient appliances, energy-efficient appliances only use about one half or one-tenth of the energy to produce the same results and functions. In addition, they tend to have a longer life span. Avoid purchasing unnecessary appliances. Always pay attention to the maintenance of the appliances (especially air-conditioning), which can reduce power consumption.

- Replace traditional incandescent light bulbs with high quality energy-saving light bulbs, not only to reduce power consumption, but also to improve the lighting effects. A 60 watt traditional incandescent light bulb produces the same amount of brightness as an energy-saving light bulb that uses only 17 watts. They also last longer.
- Use light-colored and translucent lamp shades. Keep the light fixtures and light bulbs clean to achieve maximum lighting efficiency.
- Fluorescent lights use only about one-third of the energy used by incandescent lights, so use fluorescent light tubes where possible; also utilize more natural sunlight.
- Reversing the ends of a fluorescent light tube every few months can double its life span and also improve its brightness.
- Unplug any electronic appliances that are not in use for a period of time to avoid drawing standby power.
- Turn off the light and the air-conditioner before leaving a room.
- When the weather is not too hot, use fans instead of air-conditioning. Fans can also be used inside air-conditioned rooms to distribute the cold air evenly, resulting in more efficient cooling and the reduction of energy consumption.
- Clean the air filters of air-conditioners and dehumidifiers regularly, preferably every two weeks in order to maximize their efficiency. Dirty filters cause power wastage.
- Add curtains and an awning over the area where the air-conditioner is located to protect it against direct sunlight and rain.
- Do not pile debris near the air-conditioner vents, as that blocks the air-flow, lowers efficiency, and wastes power. Get into the habit of turning off the air-conditioner when it is not needed.



率，造成浪費。冷氣不用時，應養成隨手關閉的習慣。

- 在東西向開窗處，應裝設百葉窗或窗簾，以減少太陽輻射熱進入室內，降低空調用電量。

- 室外室內多種植物，令周圍蔭涼，減少開風扇、冷氣。冷天多穿衣服，必要時才開暖爐。

- 電視機放置至少應離開牆壁10公分以上，以利散熱。電視機溫度高較耗電，所以避免長時間收看電視，也避免調高畫面亮度和音量。

- 節約使用冰箱，減少開門次數，可使冰箱正常保鮮也減少耗電；電冰箱門每開一次，壓縮機需多運轉十分鐘才能恢復低溫狀態。每天減少3分鐘的冰箱開啟時間，一年可省下30度電。冰箱放在陰涼角落可省電，開門取物後儘快關上。

- 食物應先冷卻降溫再放入冰箱，除可穩定保鮮效果也可節能。

- 電冰箱不要塞滿食物，儲藏量以八分滿為宜，以免阻礙冷氣流通，避免負荷過重，這樣省電又減少中毒危險。

- 儲夠一機衣服才開洗衣機，既省水、省電又省工夫，衣物非必要不乾洗。

- 儘量少用電梯，當通過較低樓層，改走樓梯；如有多台電梯，在休息時間只部份開啟。

- 儘量用可再充電電池，少用普通電池。

- 儘量用太陽能用品，例如計算機、手錶。

- 購買電器儘量選擇印有環保標章之產品，如電腦主機、微處理器、顯示器及硬碟。液晶電腦屏幕代替電漿屏幕，液晶屏幕與傳統電漿屏幕相比，大約節能五成。

- 節約使用電腦、印表機；不用電腦時，以設定「待命」來代替使用屏幕保護。

- 調低電腦屏幕亮度，不使用時將其斷電。

- 個人電腦，設定省電模式，當其工作暫停5-10分鐘後，即可自動進入低耗能休眠狀態。

- 儘量選購具有省電功能的電器用品，通常可在持續15分鐘未使用時，自動進入省電狀態。

- 牆壁與天花板可以儘可能選用反射率較高的乳白色或淺色系列，以增加光線之漫

- Install blinds or curtains over the windows to reduce the solar radiant heat that enters the room, thereby minimizing the power used by the air-conditioner.

- Plant more plants indoors and outdoors to create shade around the house, which reduces the need for fans and air-conditioning. Wear more clothes in cold weather and turn on the heater only when necessary.

- Place a television at least 10 cm away from the wall to reduce heat buildup. When the temperature of the television is high, it tends to consume more energy; therefore, avoid watching TV for prolonged periods of time. Also avoid turning up the picture brightness and volume.

- Avoid opening the refrigerator door unnecessarily, so the food can stay fresh and to reduce energy consumption. It takes the compressor about 10 minutes to restore the low temperature each time the refrigerator door is opened. Reducing the time the refrigerator door is kept open by three minutes a day results in saving around 30 kwh per year. Placing the refrigerator in a cool corner can save energy. Also close the refrigerator door as soon as you take out the required food.

- Cool food down before placing it in the refrigerator. This not only preserves the freshness, but also saves energy.

- Do not pile too much food in the refrigerator. It's best to fill up about 80 % of the space so that air circulation is not impeded and the compressor is not overloaded. This saves energy and reduces the chance of food poisoning.

- Accumulate laundry and wash only when you have a full load; this saves water, energy, and work. Dry clean your clothes only if absolutely necessary.

- Minimize the use of elevators. If you need to reach one of the lower floors, take the stairs instead. If there are many elevators, one should operate only a few of them during non-business hours or periods.

- Use more rechargeable batteries and less regular batteries.

- Use solar-energy products, such as calculators and watches, as much as possible.

- When purchasing electronic appliances such as mainframe computers, microprocessors, monitors, and hard-drives, look for those with the energy-saver logo printed on them. Opt for LCD screens, which can be 50% more energy-efficient than the traditional plasma screen.

- Minimize the use of computers and printers. Set the computer in hibernate mode instead of using the screen-saver when the computer is not in use.

- Lower the brightness on the computer's screen and turn off the power when not in use.

- Set your personal computer in the power-saver mode, so that when its activity is suspended for 5-10 minutes, it will automatically enter a low-power hibernation state.

- Purchase appliances with power-saving features that allow the appliance to enter a power-saving state after 15 minutes of no activity.

- Walls and ceilings should be painted white or other light colors to increase reflection of light, thereby also increasing the brightness in the



射效果，增加室內明亮感，進而減少所需之燈具數量。

- 儘量於戶外晾乾衣物，減少使用烘乾衣機的次數。
- 可以在屋頂種植綠色植物，除了美觀之外，又可以增加室內隔熱效果，減少空調冷氣使用量。

【附記】綠化聖城初步行動之一，就是今年下半年，要在五觀堂（大齋堂）朝南的屋頂，安裝太陽能板，以供應城內約七分之一電力。目前政府正鼓勵使用太陽能，其將補貼我們約四分之一的裝置費用。在十年內，所省下的電費就可以抵銷太陽能板的裝置費用。利用太陽能將有助於萬佛聖城能源廣泛的審視目標的達成，讓城內住眾更能了解能源消耗情形，也更會節省能源。

節約用紙，保護森林

合理使用紙張和木材，不但保護森林，增加二氧化碳吸收量，而且減少了紙張和木材加工及運輸過程中的能源消耗。鼓勵舊教科書二手交易。紙張雙面打印、複印，既可以減少費用，又可以節能減碳。必要時才影印筆記，減少耗用紙張。用手帕代替紙巾，每人每年可減少耗紙約0.17千克。減少使用過度包裝的用品、食品。此外，多參加植樹活動。一棵樹一年可吸收二氧化碳18.3千克，相當於減少了同一份量二氧化碳的排放，還可保持土壤不流失或坍方。

- 習慣每張紙寫兩面才丟掉，把舊信封再用。內部傳遞文書 / 物件時，使用循環再用的信封 / 包裝材料，外面可貼上寫有收件人資料的新標籤。
- 多用再生紙及其他循環再造的物質。
- 購買設有雙面列印 / 影印功能的印表機 / 影印機。將打印機預設為雙面列印。
- 選購再生紙可以減少砍伐樹林，除了保林之外，每一棵樹每年約可以為我們吸收掉12公斤的二氧化碳。
- 安排把廢紙及碳粉盒送去回收再造。
- 用「私人」茶杯，減少紙杯紙碟等。
- 儘量多用布尿布，少用嬰兒紙尿片，減少垃圾。
- 儘量用抹布、舊式布拖把和水桶來擦洗

room and reducing the number of lamps required.

- Dry clothes outdoors when possible and minimize the use of the dryer.
- Planting plants on the rooftop not only beautifies the dwelling, but increases the insulation effect inside, thus reducing the need for air-conditioning.

Note: Later this year, as part of the initiative to become a "greener" community, the City of Ten Thousand Buddhas plans to install solar panels on the south-facing roof of the Five Contemplations Hall (big dining hall), which will supply approximately one-seventh of the electricity used by the City. We are taking advantage of the government subsidies for solar energy, which will pay for about one quarter of the cost. In less than ten years, our savings should be able to cover the cost of the panels. The use of solar energy will be complemented with a CTTB-wide energy audit with the aim of making CTTB residents more aware of energy consumption and more careful to conserve energy.

Save Paper and Protect the Forests

Reasonable and frugal consumption of paper and wood can protect the forests and increase carbon dioxide absorption. It also reduces energy consumption caused by paper and wood processing and transportation. Encourage the trading of secondhand textbooks. Printing and copying on both sides of paper reduces both cost and carbon emissions. Photocopy only when absolutely necessary to reduce paper usage. By using handkerchiefs instead of tissue paper, each person can reduce paper consumption by 0.17 kilograms per year. Lessen the use of products and foods that come with excessive packaging. Participate in more tree planting activities. A tree can absorb about 18.3 kilograms of carbon dioxide, which is equivalent to decreasing the same amount of carbon dioxide emission, and also protects the soil from landslides and erosion.

- Get into the habit of using both sides of paper before throwing it away. Reuse envelopes, and use recycled envelopes/packing materials when transferring letters/objects within an organization by simply affixing a new label with the recipient information.
- Use recycled paper and other recycled materials.
- Buy printers and copiers that have the capability of printing on two sides and set the printer default to double-sided printing.
- Purchasing recycled-paper can reduce the number of trees cut down and protect forests. Every tree can absorb about 12 kg of carbon dioxide per year.
- Send waste paper and cartridges to be recycled.
- Use a "personal" cup and minimize the use of disposable paper cups and plates.
- Use cloth diapers if possible and lessen the use of paper diapers so as to reduce waste.
- Use cloth towels, and a regular mop to clean the kitchen and floor. Avoid using paper towels or disposable mops.
- Use the blank side of used paper as scratch paper.



廚房或地板，少用紙巾或即棄拖布。
 • 以廢紙空白的一面作草稿。

Note: Dining Hall, Gold Mountain Dhyana Monastery
 by Dharma Master Heng Chih

【附記】金山禪寺齋堂
 恒持法師 記

金山寺整修時使用的木頭，來自觀世音菩薩的感應。一天，上人的弟子，果同·勞頓夫婦，得知三藩市鬧區有一所辦公樓要維修，需要拆走一些木架子，誰來拆除，木料就歸誰。果同夫婦立即通知金山寺，寺裡便派了弟子們去把木架子拆下並送回金山寺。



The lumber used to renovate Gold Mountain came as a response from Guanyin Bodhisattva. Guo Tung and Guo Tung Laughton, disciples of the Master, learned that an office building in downtown San Francisco was about to be renovated and that the wooden shelving needed to be removed. Anyone willing to remove the wood could have it free of charge. The Laughtons quickly informed Gold Mountain and crews

of young disciples were sent to tear out the shelving.

The wood was the major material used in the initial renovation of Gold Mountain. The small pieces left over from major work were saved and used to make the tables and small wooden stools used in the dining hall at Gold Mountain. The Master's lesson to extravagant westerners about the principle of reusing and not wasting was repeated again and again during the renovations of the Association's monasteries.

在開始整修金山寺時，這些木頭是主要的材料。其餘的小塊木頭則用來做齋堂的飯桌和小凳子。在整修很多法總道場時，上人一再地教導奢侈的西方人不浪費、重複使用可用的材料。

∞待續

∞To be continued



萬佛聖城對我的影響

How the City of Ten Thousand Buddhas Has Influenced Me

徵文得獎作品—A組喜捨獎 莊果藝

Written by Chuang Gwo Yi, Winner of the Joy and Giving Award, Group A in the 30th Anniversary Essay Contest

李海昱 英譯 / 沙彌尼近海 修訂 Translated into English by Lotus Lee / Revised by Shramanerika Jin Hai

2003年第一次讀到宣公上人的開示錄，知道有萬佛城這麼一處恪遵佛制的道場；城中的修行人是如何地嚴持戒律、衣不離體、日日轉法輪。從而得知，原來世尊時代的修行人日中一食、夜不倒單。很想親自到這樣一處清淨又嚴謹修行的聖地，體驗那裏的人事物，不僅只從書上讀到又加上自己想像的那樣而已。聖城的前身還是一座精神病院，我知道精神病人在精神病院如何過生活。但是變成一座佛教道場，住進法師和想要清淨

The first time I read the Venerable Master Hua's lectures was in 2003. That was the first time I learned that there was a place called the City of Ten Thousand Buddhas (CTTB). The Venerable Master said that cultivators at CTTB still follow the rules that the Buddha set down for disciples. For example, the precepts are upheld very seriously, the Dharma wheel is turned every day, and members of the Sangha always wear their precept sashes. Not only that, they also eat only one meal a day and don't lie down to sleep. It is all very impressive, but since I had never been to CTTB, I could only read about it and imagine it in my mind. I really wanted to go to such a place and experience life there. I had heard that CTTB's "past life" was