

綠色生活在聖城

Green Living at CTTB (Continued)

前集提示：

「前人種樹，後人乘涼」，由於有前人的努力，今日聖城才能保持自然祥和、與世無爭的清淨土地，日日享受符合自然生態與身心健康的綠色生活。我們要珍惜並維護聖城大環境，讓後來的人也能享受這塊聖地。

放眼現今的世界，駭人聽聞的災難頻傳，地球正遭受無情的破壞：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……，令人憤怒、痛心，我們須要趕緊行動，為環保出一份心力，幫助世人認知地球承受的傷害，更在自家食、衣、住、行、育、樂中，實踐綠色生活，才能讓後代子孫有一片可以生存的淨土。

把交通綠化，乘坐合乎道德及生態原則的交通工具

- 多用公共交通工具，必要時才開車。
- 儘量不買、不用私家車，如使用的話，妥為保養。
- 選購汽車時，注重性能及耗油量。
- 用省油的方法開車（例如保持合理車速，避免急剎車）。
- 開私家車儘量一車載多人。
- 儘量停車就熄火，天涼時車廂不開空調。
- 爭取更多空間，方便行人及單車往來。

Summary from the previous issue:

It is said: Predecessors plant the trees while the latter generation enjoys their shade. Because of the hard work done by our predecessors, nowadays, the City is a natural and peaceful place in harmony with the rest of the world. In CTTB, we daily enjoy both physical and mental health in line with the natural environment and green living. We should cherish and maintain it for the enjoyment of those in the future.

In the world today, we hear about a wide range of appalling disasters. The earth is being subjected to relentless destruction: environmental pollution, climate change, resource scarcity, food and drinking water shortage, and extinction of plants and animals, etc. It's easy to feel overwhelmed, or even angry when we hear the news about these world disasters. We should quickly act to protect the environment. It's not enough to acknowledge the suffering borne by the earth; we should practice green living in our food, clothing, everyday living, education, and entertainment. By taking action, so that future generations will have clean land to live on.

Green Transportation – Use a mode of transportation that accords with the principles of ethics and nature

- Take public transportation; drive only when necessary.
- Use public transportation if possible. If you do have a vehicle, send it for regular maintenance.
- When purchasing a vehicle, consider its performance and fuel economy.
- Adopt fuel efficient driving (for example maintain a steady speed, avoid hard breaking, etc.).
- Carpool.



- 可能的話多跑樓梯，少乘電梯。
- 儘量不坐飛機，例如以視像會議，代替出門公幹。

把育樂綠化，進行合乎道德及生態原則的育樂

把生活習慣綠化

- 多做戶外活動，少逛商場，少到開著空調的室內運動場。
- 多做不污染的運動，例如打太極、做瑜珈、遠足、騎單車等。
- 多用舊物料自製禮物或賀卡，既有巧思、省錢，又省資源。
- 支持各類「二手市場」，參與物資交換、循環活動。
- 不吸煙，勸使他人勿在人前吸煙，舉報非法吸煙。
- 把垃圾郵件退回，附上字句：「請以後勿再寄來」；拒收在街上派發的宣傳單，減少浪費資源。
- 支持生態旅遊，保育自然環境，減少破壞各地環境與文化。

追求安寧

- 不製造噪音；輕聲談話。
- 如非急事，儘量不在公共場所使用手機。
- 多多為自己製造自在的獨處機會。

親近大自然

- 嚮往淡泊、簡樸、純真的生活方式，多親近大自然。
- 做園藝，照料家居盆栽。
- 尊重自然生態（不隨便干擾動植物、不撿拾貝殼、不採摘花果等）。

- Turn off your engine when idle. Turn off the air conditioner when the weather is cool.
- Promote more open space, making roads pedestrian- and cyclist-friendly.
- Take the stairs when possible and use the elevator less.
- Avoid the plane. Opt for video or teleconference meetings instead of business trips.

Green Recreation - Take part in recreation that accords with principles of ethics and nature

Green Your Habits

- Opt for more outdoor activities. Minimize trips to shopping malls and air conditioned indoor gyms.
- Do more non-polluting exercise such as tai chi, yoga, hiking, cycling.
- Recycle old materials to make gifts or greeting cards. It is more creative, saves money and resources.
- Support the used goods market place. Participate goods exchange or reuse activities.
- Do not smoke. Encourage smokers not to smoke in front of others. Report those who smoke unlawfully.
- Return junk mail with the words, "Please do not send further mailings." Decline fliers handed out on the streets, to reduce waste.
- Support eco-tourism, protect nature, reduce damage to the cultural and natural surroundings.

Seek for Serenity

- Do not contribute to noise pollution. Talk softly.
- Do not use a cell phone in public unless it is an emergency.
- Find opportunities to be alone.

Embrace Nature

- Strive for a simple lifestyle and be closer to nature.
- Do gardening or cultivate bonsai trees.
- Respect the natural ecology. (Do not disturb the animals; do not collect shells, or pick wild flowers and fruits.)
- Participate in local eco-tours or culture tours.
- Try living in the country and enjoy a more natural lifestyle.

Non-Polluting Traveler

- Use the least polluting means of transportation.
- Avoid processed or packaged food and drink.





- 參加本地生態之旅，或本土文化體驗營。
- 參加簡樸的鄉間生活體驗，享受回歸大自然的樂趣。

無污染旅行者

- 使用最少污染的交通工具。
- 少用過份加工及包裝的食品、飲品。
- 不用用完即棄的物品。
- 帶走一切帶去的物品，絕不留下垃圾。
- 不在野外生火。
- 不干擾野生生物，不捕獵動物或採摘植物。
- 不干擾當地居民的生活。
- 保持寧靜，儘量不使用唱機或揚聲器。
- 少帶高科技產品。
- 遵守一切郊野公園管理當局的指示。

造緣綠化人間

- 身體力行綠色生活原則，用自己的行動及態度，啟發及感召周圍的人綠化自己的生命。
- 綠色消費，運用購買力改變生產及銷售生態。
- 綠色政治，運用選票及輿論力量，迫使官方及政界推動綠色政策。
- 支持綠色團體，令地球生態可持續，更令人間恢復美好。

活出本性，師法自然

- 保持輕鬆平靜，不讓自己受高壓力影響（睡眠不足，吃得過飽、過濫，煩惱、抑鬱等。）
- 多親近人與動植物，少與機器為伴。
- 多勞動，多走路。
- 日出而作，日入而息，充份休息，生活有規律，凡事節制有度。
- 多用符合自然（非對抗性）的方式，保健治病。
- 追尋精神的育樂。
- 淡泊名利，知足常樂。
- 致力保持生態多樣化，避免千篇一律的模式。
- 追尋和諧合作，共存共榮、生生不息，不對抗衝突，不壓搾、剝削。
- 常存對造化的感恩之情。

【附錄】劉果福 文

我開始做工時，是跟果建一起，他說，「上

- Do not use disposable wares.
- Take everything with you; do not leave any garbage.
- Do not start open fires in the wilderness.
- Do not disturb wild animals. Avoid hunting or picking vegetation.
- Do not disturb local residents.
- Keep the noise down. Do not use a boom box or loudspeaker.
- Take less high tech gadgets along on the trip.
- Adhere to all park rules and regulations.

Green the Earth

- Adopt green living. Using your own actions and attitudes as a model to inspire others to live green.
- Green consumption. Using your purchasing power to alter the manufacturing process and retail chain management.
- Green politics. Using your voting and free speech rights to influence representatives to promote green policies.
- Support green organizations. By allowing life on earth to be sustainable, we are enabling a better tomorrow.

Live Out Our True Nature by Emulating Nature

- Be calm and relaxed. Do not allow stress to get to you (sleep deprivation, overeating, burnout, anxiety, etc).
- Interact with people and animals; minimize time spent with machines.
- Stay active; walk more.
- Work during the daytime and rest during nighttime. Rest sufficiently; maintain a routine and adopt a moderate lifestyle.
- Sustain health and treat illnesses with methods that accord with nature (instead of going against nature).
- Pursue mental well being.
- Do not pursue fame and power; be content with life.
- Diversify. Avoid a monotonous lifestyle.
- Promote conservation and sustainability, not conflicts, suppression, and exploitation.
- Always be grateful for the mother earth where we live.

Appendix: By Guo Fu Lau

When I started working, I was with Guo Jian. He said, "The Ven. Master once told me, 'When you work in construction, do not waste nails. Otherwise, in the future when you are working, you will find that you have everything except nails.'"

Another person told me that he often visits the City's old buildings such as the garages and laundry rooms because he can find lots of old parts such as valves, pipes, etc. He said, "Do you know how the City survives? It is because of these old parts. The City survives on these scrap metal parts!" I thought to myself, many people did not dare to purchase the City back when it was a state hospital because the buildings were too old and very hard to maintain. A



人有一次告訴我：『做工時，不能浪費釘子；否則，你將來做工時，什麼都有，就是沒有釘子。』」

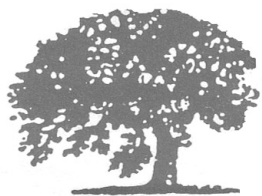
又有人跟我說，他常去看聖城的車房、洗衣樓之類的舊房子，因為那裡有很多閥（valve）、管子等的舊東西。他說，「你知道聖城怎樣生存的嗎？就是因為這些東西；聖城就是靠這些破銅爛鐵哩！」我想，當初為什麼很多人都不敢買聖城的前身——當時的州立醫院——就是因為建築物太陳舊，維修困難。這些建築物內的很多零件，都很古老；太早期的東西，現在可能買不到。那我們怎麼維修聖城呢？就用這些舊車房、舊洗衣樓裡的舊東西來替換；如果要以新的零件換，可能得把聖城整個建築系統都換掉，所以聖城可以說是依靠這些破銅爛鐵來維修的。這是柯果明居士告訴我的。

兩天前，我聽錄音帶裡，上人問是誰扔了他的紙杯，有個人說是他丟的。上人跟那人說，他不應該這樣；因為如果有人沒有杯子，就可以用這個紙杯。過後有人跟我說，他看到上人有一個蠟紙杯，用了兩年，後來有人把它丟掉了；上人跟那人說，「我還沒有用夠呢！為什麼你丟掉？」這是果遜師告訴我的。上人也說以前在舊的金山寺，我們是從垃圾桶裡揀食物吃；現在雖然不用了，可是我們也不該浪費東西。我覺得這是一個很有智慧的開示。

在聖城有許多人跟隨上人很久了，都知道聖城的家風吧！上人這種節儉個性、這種不浪費的做法，是我們該效法的。聖城做了很多資源回收的工作，減少很多垃圾量；可是，我們要再接再厲，不只回收舊東西，還要回用——收回後，還要利用！為什麼？因為如果可以回用，很多東西都還有利用的價值。回用東西，也是讓我們不至喜新厭舊的一個方法；如果我們喜歡新東西，討厭舊東西，這會使我們的欲望增加，要買這、要買那，這不好！

我覺得聖城是正法的代表，是末法時代裡的正法。要這個正法住世，我覺得必須有兩個條件：第一，是四眾真誠修行持戒；第二，是我們要很有智慧地去利用我們所擁有的資源。為什麼我們要很小心地利用我們的資源呢？因為我們要讓正法延續下去。

待續



lot of the parts in these buildings are very old and outdated. We probably could no longer buy parts that are so obsolete. How are we supposed to fix and maintain the City? We rely on the parts found in these old garages and laundry rooms to replace the broken ones. If we want to use new parts, we would probably have to upgrade all the building systems in the City. Therefore, we can say the City relies on scrap metal for maintenance. This was told to me by the layman, Guo Min Kok.

A couple days ago, I was listening to a tape recording of the Ven. Master where he was asking who threw away his paper cup. Someone answered, saying he had thrown it away. The Master told the person that he should not have thrown away his paper cup because if someone has no cup, he can use that cup. Another person later told me that he saw the Master use a wax paper cup for two years and then someone threw it away. The Master told the person, "I am not done using the cup! Why did you throw it away?" This was told to me by Dharma Master Guo Sun. The Master also said when they were in the old Gold Mountain Monastery, they used to look for food in the garbage bin; although we do not have to do this anymore, we should not waste anything. In my opinion, the Master's instructions have a lot of wisdom.

Many people in the City who have been following the Master for a long time should all know this is the City's principle! We should all emulate the Master's frugality and approach to not wasting. The City has done a lot of work in recycling and has reduced a lot of waste. However, we have to keep pushing the bar. We not only have to recycle, we need to reuse: after the initial collection, we need to reuse! Why? If things can be reused, they still have useful value. Reusing is also a good method to cure our habit of liking new things. If we like to use new things and dislike using old things, this will increase our desire to buy this and to buy that, which is ultimately not good!

I think the City is a model of the Proper Dharma; it exemplifies the Proper Dharma during the Dharma-ending Age. In my opinion, if we want the Proper Dharma to live on, we need to have two conditions: (1) the assembly must cultivate and uphold the precepts with utmost sincerity, and (2) we need to wisely utilize the resources that we have. Why do we want to use our resources carefully? Because we want the Proper Dharma to continually live on.

To be continued