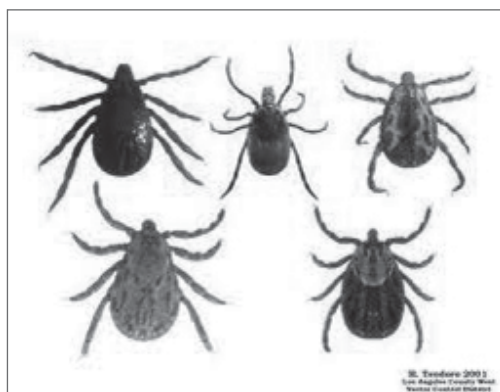


# 現代人的生活危機

The Crisis of a Modern Life

文·任微言

英譯·徐秀儀



## 超度化蟲災

2010年農曆七月前，所住的房子後院，忽然出現數不盡的小蟲，爬滿地面與牆壁。這些小蟲從左鄰後院綿延多戶，數量增加得很快。室友懷疑是左鄰之前以槍射死動物，埋在他家後院所致，但無法證實。

我們的左鄰採取水攻方式，拿水管沖這些小蟲。但水攻顯然無效，小蟲已成大軍，這種小蟲像跳蚤。我們只得緊閉後門，不敢再開。而小蟲蔓延速度極快，不久，前院也開始出現蟲跡，當時出門必須很小心。我的室友還教我出門時，腳上要套塑膠袋，上了車就將塑膠袋反過來打結，儘快找地方丟棄，以免鞋子沾上蟲卵，帶進屋裡。

隔兩戶的鄰居對我的室友抱怨說：「都是妳們這些佛教徒不殺生，所以小蟲越來越多。等我們找了除蟲公司來，把蟲都殺光；妳們的小蟲又會跑過來，這

## Dissolving a Crisis by Crossing Over Insects

Before the seventh month of the lunar calendar of 2010, a multitude of little insects suddenly appeared in the backyard of our house. They were crawling all over the grounds and walls. These little insects started from our left neighbor and eventually infested the backyards of several houses. Their numbers increased very rapidly. My suitemate suspected it was caused by the animal which our left neighbor had killed with a gun and buried in his backyard; however, we did not have any evidence to support that theory.

Our left neighbor tried water attacks. They tried to get rid of the insects by hosing them with water. Obviously, the water attack was not very effective, and the insects continued to grow into a big army. These insects were like tick. The only thing we could do was to shut the backdoor and not open it again. The insects spread rapidly and soon our front yard became infested. We had to be very careful when leaving the house. My suitemate thought we should use plastic bags as shoe covers whenever we left the house. As we reached the car, we

樣永遠解決不了問題。」我們很擔心，事態發展萬一真的如同她所說，我們會變成這個社區的罪人。

這時，幸好有法師提醒，我們在萬佛聖城為這些小蟲設牌位，給這些小蟲迴向。同時，因為金佛寺即將展開四週地藏七，再加一週梁皇寶懺。法師幫忙，在溫哥華的金佛寺也設一個牌位。金佛寺法師認為迴向給我們房子外那些小蟲不夠，因為鄰居的小蟲可能越界而來。因此要多設一個牌位，迴向給我們附近鄰居的小蟲。

牌位才設兩天，原來密密麻麻的小蟲忽然完全不見了。鄰居們還沒來得及讓除蟲專家以化學藥劑殺蟲，這些小蟲奇蹟似地消失。法師說：「他們(鄰居)永遠不會知道(究竟怎麼回事)。」

這件事讓我們體會到，大家每天在佛殿作功課，無形中都產生了力量。因此，設牌位為小蟲迴向，感應那些小蟲很快搬家。我們在佛殿隨眾作功課，或個人自己作功課，無論迴向世界和平、迴向眾生平安、或作其他迴向，都有一股力量，我們未必看得到，一般人當然更不知道。

### 輻射線干擾人

有次看到一份英國的研究報告，指出全球約有12%的人口對輻射線過敏，我正好就是其中之一。以前很少碰到跟我相同體質的人，前幾個月，有一個團體在加州公用事業委員會的舊金山辦公大樓前，抗議太平洋瓦電公司為用戶安裝智能電錶。這個團體中，就有人也對輻射線過敏。

其中之一，是住在聖塔羅莎附近的一位白人女性。她說，鄰居家原先安裝了智能電錶，距離她的工作室很近，她開始出現沮喪、頭痛、噁心、失眠等症狀。因為實在太難過了，她只好跟鄰居情商，容許她以小型獨輪推車蓋住智能電錶。她的鄰居答應了。金屬製成的獨輪車，果然有效阻絕輻射線對她的傷害，她的症狀全都不藥而癒。她的鄰居索性打電話，請太平洋瓦電公司來取消智能電錶功能。在太平洋瓦電公司技工約好要來的那天，這名鄰居擔心技術人員看到獨輪車蓋著智能電錶，萬一有什麼問題，他可能有責任，因此便將

would turn the plastic bags inside-out and tie a knot in them. The plastic bags would be thrown away as soon as possible. All this was to avoid collecting insect eggs onto our shoes and bringing them into the house.

Our neighbor two doors down complained to my suitemate: "This is all because of the Buddhist belief of no killing. That is why these insects are increasing in number. After we hired pest control experts to get rid of all the insects, the ones from your yard would come over again. There is no way we can ever resolve this issue this way." We were very worried that her words might come true and we would be responsible for this mishap in our neighborhood.

Fortunately, through a reminder from a Dharma Master, we set up a plaque for the bugs at CTTB transferring merit to them. At the same time, Gold Buddha Monastery was about to start a 4-week Earth Store Bodhisattva Recitation Session followed by a one-week Emperor Liang Repentance Session. Through the assistance from the Dharma Masters, we set up another plaque for the insects at the Gold Buddha Monastery in Vancouver. The Dharma Masters at Gold Buddha Monastery thought that transferring merits to the insects from our yard would not be enough since the insects from our neighbors might come over. Therefore, we set up another plaque, transferring merits to the insects in our neighbors' yard.

Just two days after we had set up the plaque, all the insects that originally covered every square inch of our compound were gone. Our neighbors did not even have time to wait for pest control experts to kill the insects with chemicals; the insects miraculously disappeared into thin air. One Dharma Master said: "They (the neighbors) will never know (what happened)."

This incident made me realize that a source of energy is generated when we cultivate every day in the Buddha Hall. That is why, when we set up the plaque and transferred merit to the insects, it efficaciously caused the insects to relocate. Regardless of whether we are cultivating with a group in the Buddha Hall or by ourselves, whether we are transferring merits to world peace, peace for living beings or other transference, it all has an energy. We might not be able to see it, and others would of course not know anything about it.

### Disturbance from Radiation

I once came across a study from England, stating that 12 percent of the human population is allergic to radiation. I am among them.

Previously, I would rarely meet others like me. A few months ago, a group of people stood outside the California Public Utility Commission office protesting the installation of smart meters by PG&E. Among the group of protesters were people who are also allergic to radiation.



One of them is a Euro-American lady living near Santa Rosa. According to her, when her neighbor had the smart meter installed very close to her home office, she started

獨輪車挪開。結果那天太平洋瓦電公司技工竟然因故不能前來。

這名白人女性當天恰好外出，並不知道獨輪車被挪開。但是晚上返家後，她的沮喪、頭痛、噁心、失眠等症狀全回來了，她不知道是怎麼回事。度過輾轉難眠的夜晚後，第二天，太平洋瓦電公司技工終於來了，為她鄰居取消智能電錶功能，她的輻射線過敏症狀跟著消失了。當鄰居告訴她這兩天的情況後，她才恍然大悟，明白自己前一天為何不舒服，次日又忽然好了。

她因此加入抗議團體，要求暫停太平洋瓦電公司安裝智能電錶計劃；並讓用戶有拒絕安裝（opt-out）的選擇；此外又要求太平洋瓦電公司出資，研究已安裝智能電錶用戶的健康變化狀況。他們的理由是：智能電錶採用的無線科技，全天候發出無線電波輻射線，尤其在公寓大樓，數十個智能電錶集中在一起，影響人體健康至鉅。

這個抗議團體中，有一位是舊金山東灣核桃溪市John Muir醫學中心小兒科醫生傑爾特，她指出，無線電波輻射線將造成兒童的免疫系統失調、睡眠失調、行為失調、學習困難、細胞膜受損、腦部受損。傑爾特建議使用有線智能電錶，以去除這些健康顧慮。

萬佛聖城總共只有一個電錶，安裝在山門口附近。如果太平洋瓦電公司要改裝智能電錶，對城裡住眾的影響應該不至於太大，因為還有一段距離。所以我們很幸運，無須太擔心這個問題。

個人前些年曾在舊金山灣區一家電視台服務，原先在南灣辦公室還好，後來調回總台。我的座位正對著屋頂上一個較大的碟型天線，背後有兩台新聞部的伺服器，兩處匯合的電磁波輻射線讓我每天下班後，頭都漲得很難過，必須喝熱的味噌湯才能入睡，否則難以成眠。

有一次從辦公室直接前往我們的分支道場，參加梁皇寶懺。一進道場，就感覺腦中電流紛亂轉個不停，當時意識到這股紛亂的電流是從辦公室來的，只是上班時感覺不到而已。24小時後才安靜下來，那時深深感到輻射線之害。不久之後，我就辭職離開這家電視台了。

to experience symptoms such as depression, headaches, nausea, insomnia, etc. She felt so sick that she had to ask her neighbor to allow her to use a wheelbarrow to cover the smart meter. Her neighbor agreed.

The metal wheelbarrow was effective in blocking the radiation for her, and her symptoms went away without needing any medicine. Her neighbor eventually decided to call PG&E to disable the smart meter. On the day of the appointment with PG&E, the neighbor was afraid the technician might see the smart meter covered over by a wheelbarrow and would be held liable for any damages. He moved the wheelbarrow away from the smart meter. However, the PG&E technician did not make it to the appointment.

Coincidentally, the lady was out that day and did not know the wheelbarrow was moved. When she got back home that night, her depression, headache, nausea, and insomnia all returned and she did not know what was going on. After she spent a night of tossing and turning, the next day, the PG&E technician showed up and disabled the smart meter. Her symptoms of radiation allergy went away as well. When her neighbor told her about the events of those two days, she realized why she had felt sick the day before and suddenly recovered the next day.

This prompted her to join the protesters to request that PG&E stop the smart meter installation plan and give customers the choice to opt-out. In addition, they are also requesting PG&E to pay for an assessment of the health effects on smart meter users. Their argument states: smart meters use wireless transmission technology that continuously transmits wireless radiation all day long. Especially in apartment complexes where many of these smart meters would be located in one area, that concentration could eventually cause negative impacts on human health.

One of the protesters is a pediatrician Toril Jelter from John Muir Medical Center in Walnut Creek. Dr. Jelter claimed that wireless radiation would cause children's immune system disorder, sleep pattern distortion, behavior disruption, difficulty in learning, cell membrane and brain damage. Jelter recommended using wired smart meters to eradicate these health concerns.

The City of Ten Thousand Buddhas has only one meter for the entire campus and it is installed near the main entrance. If PG&E were to install a smart meter, the impact to the residents of the city would not be great of the distance. Therefore, we are very lucky not to have to worry about this problem.

I used to work for a television station in the Bay Area. When I was at the South Bay office I was fine. However, when I relocated back to the main office, my desk was directly facing a pretty big satellite dish on the roof, and there were also two newsroom servers behind me. The radiation of the electromagnetic field from both directions led me to experience a terrible swollen feeling in my head after work every day. I would need to drink hot miso soup in order to fall asleep; otherwise, it was very hard to fall asleep.

One time I went directly from work to a branch monastery of Dharma Realm Buddhist Association to attend the Emperor Liang Repentance

現在無線科技無所不在，方便之餘，我們也要對其輻射線提高警覺。尤其手機，外面世界幾乎人手一機。城裡也有些人使用，所以佛殿入口有一張告示，提醒大家進入佛殿後，一定要關機，這很重要。不僅是手機鈴聲萬一響起，會吵到大家；更重要的，手機若不關機，輻射線隨時都干擾別人。尤其打七時，無形中更干擾大家專心修行。

聖城中小學規定，學生平日在校內不用手機，不看電視，電腦網路也只限老師規定跟作業有關的網站。這些都是對學生很好的保護，讓他們的腦細胞減少受輻射線傷害的機會。尤其在電腦前用手机，幅射線更是加倍厲害。

個人常覺得手機、電腦，都是現代社會裡的「必要之罪惡」。有些人使用藍芽耳機或有線耳機，以減少手機輻射傷害。但藍芽耳機得長時間佩戴，還是讓人頭昏腦脹。使用有線耳機，則手機輻射線可能較分散，不完全進入腦部，而是往下行，傷害人體內臟。

當然這些都有待科學界進一步研究，總之，手機、電腦這些電子產品，在必要時使用，平日能夠少用還是少用的好。必須整天面對電腦的人，別忘了每個小時都要離開電腦一段時間，讓自己休息一下。

Session. When I stepped into the monastery, I sensed an electric current in my brain spinning non-stop and realized that it had been in my brain from my workplace. It's just that I couldn't feel it at work and it finally stopped after 24 hours. I deeply felt the negative impacts of radiation. Not long after that, I resigned and left the television station.

Wireless technology is everywhere today. Despite the convenience, we need to be cognizant of the radiation—especially from the cell phone because almost everyone in the outside world has a cell phone. There are some people who use the cell phone in CTTB. That is why there are posters at the Buddha Hall entrances reminding us to turn off our cell phones before entering the Buddha Hall. This is very important. Not only does the ringing of the cell phone disturb everyone; more importantly, if the cell phone is not turned off, the radiation will constantly disturb others. During a retreat session, it inevitably causes disturbance when everyone is trying to cultivate.

CTTB's elementary and high schools do not allow students to use cell phones or to watch television in school. Internet access is also restricted to Websites that are relevant to class materials and pre-approved by teachers. These measures are very good at protecting the students, allowing them the opportunity to lessen their exposure to radiation. The radiation is especially severe when one uses a cell phone in front of a computer.

I feel that cell phones and computers are the necessary evils of today's society. Some people use Bluetooth or wired earpieces to reduce the harm of radiation. Extensive usage of Bluetooth headsets will still cause headaches. Wired earpieces might disperse the radiation of the cell phone. It might not completely enter the brain but travel downwards and damage the internal organs.

Of course, the scientific assessment of all these are still ongoing. In summary, use cell phones, computer and electronics products sparingly and only when needed. Those who have to face the computer all day should leave the computer for a short period of time every hour and take a rest.

(By Wei Yen Ren on September 20, 2010/  
Translated into English by Chee, Siew Yee)



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