

# 漢堡大學學生參訪萬佛聖城

## Students from Humboldt State University Visit CTTB

文/譯：本刊編輯部

By Editorial Staff



DHARMA REALM NEWS | 法界音

北加州漢堡州立大學師生80餘人，於4月17日至19日，前往萬佛聖城體驗道場生活，學習打坐和佛理；並與法師居士座談，探討當代世界面臨的重大問題。

這項參訪活動由漢堡州立大學宗教研究系主辦，每年春秋兩季各舉辦一次，至今已逾20年，被該系視為「打開心靈」的體驗之旅。

4月18日晚間，漢堡大學學生在道源堂參加「佛教徒倫理與科技」座談會。曾任職高科技公司的周瑞芬率先發言表示，科技創新的快速爆發已到了可能在無意間造成人類毀滅的後果。例如合成生物學，奈米科技，人工智慧，將這三者快速發展的成果混合，雖足以延長人類生命，但也使得我們過度依賴智慧型機器，這些機器最後將有能力自動為人類作決定。我們是否能設計出具有倫理道德的智慧型機器？

周瑞芬認為，佛教的核心思想：慈悲與智慧，正是解決人類危機之道。因此教育年輕人極為重要，特別是可能創辦科技新創公司，以及成為創新者的青年，更需要從慈悲與智慧的角度出發。果能如此共同努力，科技方可幫助世界變得更好。

研究佛教的學者康達加亞指出，早期佛法是透過記憶，經由口頭傳播開來。其後藉着刻在石上與貝葉，傳播佛教經文。隨著書寫科技不斷演進，紙張、裝訂成冊的書籍、打字機、電腦等，為人類留下記錄，如今已進入電子檔時代。康達加亞認為，我們應在心靈科技與書寫科技之間取得平衡。

接著發言的恆異法師認為，現代生活讓人

On April 17<sup>th</sup>, over eighty students came down from Humboldt State University in Arcata, California to visit the City of Ten Thousand Buddhas for a weekend workshop. During the weekend, they experienced life in a Buddhist monastery, learned about meditation and Buddhadharma, and attended seminars with Dharma Masters and laypeople that addressed topics relevant to today's world.

This visit was organized by HSU's department of religious studies. HSU students visit CTTB twice a year as part of the religious studies department's educational offerings – once in the spring and once in the fall. This workshop has been offered for over 20 years, and the visit to CTTB is considered a “mind-opening” part of its offerings.

On April 18, students gathered at Daoyuan Hall for an evening seminar on Buddhist ethics and technology. Prisilla Yeh, speaking from her experience working at high-tech companies, cautioned that scientific and technological innovations are advancing so quickly that unintended consequences could harm or even eliminate the human race. Combining just three of the many rapidly evolving technologies – synthetic biology, nanotechnology, and artificial intelligence – leads to the potential to prolong life, but also greatly increase our chance of becoming overly dependent on intelligent machines, which have the increasing intelligence and latitude to make decisions for us automatically. In which case, can we design intelligent machines that help us make ethical decisions?

Mrs. Yeh said that the heart of Buddhism, which is compassion and wisdom, provides us with wisdom to solve the crisis we now facing. Educating the next generation is important. Young people forming start-up companies, joining think tanks, or innovating for corporations should be aware of the ethical and moral implications of their work. It is only when technology is used with wisdom and compassion that collectively we can make this world a better place.

Dr. Hudaya Kandahjaya, a scholar in Buddhism, said that the teachings of early Buddhism were first transmitted by means of memory and oral communication. Later, the Buddhist teachings were carved onto stone or palm leaves and the study of Buddhism became reliant on textual records. Our writing technology has evolved since then: we make records with paper

更加缺乏定力與耐性，並減損精力，特別傷害肝腎。佛教修行則讓人能夠沉穩專注，並保護我們的精力。漢堡大學有學生提問指出，現代科技不是幫助人類提高生產效率嗎？恆異法師回答說，剛開始確實如此，但往後將失去得更多。

恆異法師並提出幾項使用科技產品的注意事項，例如指定「不得使用電話區」，或者「不用科技產品時段」；每天早起後與就寢前，不用科技產品；確認生活方式是正面使用科技產品等。

漢堡大學宗教研究系教授詹肯斯則說，現代生活讓大家遠離自然環境，對人類的心智已造成一定程度的影響。科技使若干精神問題惡化，很多人已經產生強迫症現象。他認為這是現代生活的悲哀。

法界佛教大學學生活動聯絡人李佼談到她過去在高科技公司任職的經驗，她當時服務的「第二生」(Second Life)公司提供立體沉浸網路世界，造成很多使用者完全沉浸於上網的日子，離開網路的生活因而大受影響。搬進萬佛聖城後，她感受到最大的好處就是讓心靈安靜沉澱。她希望人們善用科技，而非被科技利用。

法界大學永久榮譽校長易果容指出，大家都沉浸在科技裏，因而忽視了科技的缺點。他注意到科技問題，是因為看了一個研究，顯示千禧年世代的年輕人已降低了25%的同理心，較難為人設想，這是跟使用科技產品有關。2013年的賣座電影「雲端情人」(或譯「觸不到的她」)講述一名寂寞的男子愛上的是電腦模擬合成的女子，顯示科技已影響新世代處理人際關係的能力。

易果容並提及谷歌公司工程主任瑞·科茲維爾(Ray Kurzweil)的著作「奇點迫近」，指出人類科技的發展將達到電腦比人腦還聰明的程度，屆時人類智慧將成爲生物與非生物的混合品種。科茲維爾也談到將人類心智上載到電腦，使之不朽的一種超越人類思維的可能性。在回應一名學生提出，減少在教室裏使用科技產品時，易果容建議在座的大學生，不妨「放科技的假」。一名學生隨即發言表示，來到萬佛聖城，她將手機留在車上，一兩天都不用，感覺很快樂。❀

and bound books, typewriters, computers. Now, we even have electronic records such as pdfs. Dr. Kandahaya concluded that we need to strike a balance between spiritual technology and written technology.

Speaking next, Dharma Master Heng Yi said that the technology of modern life makes us more scattered, less patient, and harms our vital energy. Buddhist spiritual practice, on the other hand, makes us calmer and protects our vital energy. One HSU student raised the question, "Doesn't modern technology makes us more productive?" To which Dharma Master Heng Yi replied, "At first it does. But later, we lose more."

Dharma Master Heng Yi offered suggestions for using technology wisely, such as designating "no phone zones" and other tech-free times, starting and ending the day device-free, and identifying the ways your life is techpositive.

HSU religious studies professor Stephen Jenkins said that modern life disconnects us from our natural environments and that has greatly affected our minds. Technology exacerbates certain mental tendencies, such as obsessive compulsive disorder. To him, modern life comes with a certain sadness.

Next, Angela Morelli, student activities coordinator at DRBU, spoke about her experience working in the high-tech industry. As a developer working for Second Life, a 3D immersive online world, she witnessed users who were absorbed in their online life to the extent that their offline life suffered from it. After moving to CTTB, she felt the most useful thing was to quiet the mind. Her approach to determining the place of technology in our lives is that we should take advantage of technology rather than letting technology takes advantage of us.

Dr. Ron Epstein, chancellor emeritus at DRBU, said that we are so immersed in technology that we overlook its shortcomings. For him, the wake-up call about the role of technology was reading a study showing a 25% empathy deficit in the millennial generation, which is connected to their use of technology. He also referred to the 2013 movie "Her," in which a lonely man falls in love with a computer simulation of a woman, as an illustration of the way technology affects the newer generation's ability to form human relationships.

Dr. Epstein then mentioned Google's director of engineering Ray Kurzweil, who wrote a book about "the singularity," a coming point in our development when computers become more intelligent than humans, at which point humans will start becoming hybrids of biological and non-biological intelligence. Kurzweil is also interested in transhumanism and immortality and predicts that both will be possible through technology.

In response to one student's ideas about reducing technology use in the classroom, Dr. Epstein suggested to students that they take "tech breaks." One HSU student said that when they arrived at CTTB, she was happy to leave her cell phone locked in her car and experience one or two phone-free days in CTTB. ❀