

## Buddhist Economics (continued)

### 佛教經濟學（續）

A talk given by Professor Clair Brown at the City of Ten Thousand Buddhas on December 8, 2018

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凌親本、馬親喜 中譯



**Editor's Note:** Dr. Clair Brown is a renowned professor of Economics at UC Berkeley. She has been a Buddhist for years. In 2017, she published a book, *Buddhist Economics* revealing the inequalities in the current economic system and calling on people to care for each other and the environment rather than engaging in overconsumption.

**編按：**著名經濟學教授克蕾兒·布朗博士任教於柏克萊大學經濟系，她信仰佛教多年，於2017年出版「佛教經濟學」一書，指出現行經濟體系不平等，呼籲人類互相關懷，並關懷地球，而不應過度消費。

To give you some background information, let's talk just a little about the *Paris Agreement* of 2015. Paris initially said, "We really want to stay under 1.5 degrees centigrade of temperature rise above what it was in the industrial age. We really do want to prevent catastrophic changes on the planet." At the rate we're going, we're going to reach the 1.5 degrees by 2035, if not sooner, and we're already seeing catastrophic climate changes, especially with the melting polar icecaps, and the fires and droughts in California. We can see the suffering globally and locally that's already happening. This is just the beginning, because we are also learning more and more about how climate change causes diseases to be transmitted much faster.

為了給大家提供一些相關背景，我們來談談《巴黎協定》。巴黎協定最初聲明：「我們要將全球氣溫上升控制在不超過工業時代之攝氏1.5度。我們要防止地球發生災難性的變化。」以上是2015年12月的議題。但是按照我們現在的趨勢，我們將在2035年甚至更早就會達到攝氏1.5度。我們已經看到了災難性的變化，特別是冰川融化、加州的火災和乾旱。我們可以看到這些氣候災難帶來的痛苦。這僅僅是開始，我們也越明白氣候變化會引發疾病，並且傳播速度會更快。

Unfortunately, we're doing worse, not better. In 2018, carbon emissions skyrocketed again. Another part of the problem is that the U.S. plans to pull out of the Paris agreement. Fortunately, California is really pushing ahead to create a low-carbon economy. If we stop using fossil fuels energy, including gasoline and methane (natural gas), then we can live in a clean energy world, which would be a major step forward in getting rid of carbon emissions.

We need to act now, because if countries don't do anything, at the rate we're going, temperatures will rise to 4.5 degrees centigrade, and then it won't be possible for any of us to live on this planet. Rich countries need to reduce wasteful consumption. We need to use clean energy, regenerative agriculture and reduce air travel. Air travel is actually one of the worst contributors to pollution and carbon emissions. We need to consume and buy less, and allow poorer countries to increase their basic consumption. More importantly, we need to provide poor countries with the technology to stop using fossil fuels and to grow with clean energy. Otherwise with the rise of living standards in China, India, Africa, and throughout South Asia, greenhouse emissions will increase. When I was in Bhutan and Sri Lanka, I witnessed that if people get enough money, they want a car. But cheap cars all over Asia are diesel-powered, which are horrible polluters. Rich countries have an obligation to help these countries to improve their living standard without fossil fuels, which helps all countries achieve the Paris goals.

If you go to Bhutan, a Buddhist country, you will see many people eating beef. They aren't allowed to kill animals, so the beef is imported from India, and comes with many sanitary and health problems. The Bhutanese really like eating meat, but they also care tremendously about the planet. Being a vegetarian would of course be better for the planet and for our well-being. But even if you don't choose to have this diet, I would encourage you to consider reducing your consumption of meat to two ounces a day, which would make a huge difference.

Let's consider the statistics of soybeans are grown and consumed. You might think that soybeans are grown to make tofu, but actually soybeans are mainly used to feed the cattle; over 80% of the soybeans are animal feed. The Amazon rainforest is destroyed to grow soybeans for cattle feed. You can see the problem: animals are a really inefficient way of providing protein and nutrition; 83% of farmland, including growing soy beans, is responsible for 50% of food related emissions (carbon

遺憾的是，我們做得更糟。2018年，碳排放開始劇增；部分問題是美國想退出巴黎協定。所幸，加州正積極減少碳排放。如果我們不再使用石化燃料、汽油和甲烷，我們就可以生活在一個再生能源的世界，這是我們在降低碳排放上向前邁出的重要一步。

我們需要採取行動，因為如果各國都袖手旁觀，按照現在的速度，氣溫很快就會攀升至攝氏4.5度，屆時大家都將無法生活。我們都明白，富裕的國家需要減少消費。我們需要使用再生能源、發展永續農業並減少飛行。飛行實際上是最糟糕的污染源之一。我們要少用少買，讓貧困國家增加基本消費。更重要的是，我們需要為他們提供技術，以擺脫他們對石化燃料的依賴並發展再生能源。當我在不丹、斯里蘭卡的時候，發現當地人如果有足夠的錢就想要買車。但亞洲各地的廉價車都是來自印度的柴油車，這會造成相當可怕的空氣污染。因此，幫助這些國家在不使用石化燃料的情況下提高生活水準是我們的責任。

如果你到不丹這個佛教國家，會看到很多人吃牛肉。當地不允許捕殺動物，因此就從印度進口牛肉，這也衍生許多衛生和健康問題。不丹人很喜歡吃肉，但他們也非常關心地球。成為一個素食主義者，對地球和自己的健康都有益處。即使你不願選擇這種飲食方式，我也鼓勵你考慮每天減少肉類攝取至兩盎司，這將產生巨大的影響。

現在來看看我們生產和消費了多少黃豆。你可能認為人們買黃豆是用來製作豆腐，但實際上黃豆主要用於餵養牲口，80%以上的黃豆是動物飼料。亞馬遜熱帶雨林被剷除，以種植黃豆，做成動物飼料。現在你可以看到問題所在了：利用動物來提供蛋白質和營養是非常低效能的，83%的農田包括黃豆田，總共產生50%和食物相關的氣體排放（碳和甲烷排放），卻只提供我們18%的卡路里。

從農業角度看，我們也遇到一些問題：除了農藥和水的問題，我們需要發展再生農業，這與我們如何吃和吃什麼有關，因為食

and methane emissions), which provides 18% of our calories.

There is also a problem from an agricultural viewpoint: In addition to the issues of pesticides and water, we need regenerative agriculture, which has to do with how and what we eat, because a lot of greenhouse gas emissions are created in the growing of food. So, your diet has a big effect on emissions.

We also waste a great deal of food. In the United States, 40% of wasted food goes into landfill, which releases methane. Also, when people go out to eat, they don't get take-out bags for unfinished food. We should not waste food, because food nurtures us and we want to take care of the earth, so it can continue to grow good healthy food.

We should aim to drive electric cars as well as walk and bike, which don't cause any carbon emissions. We should insulate our homes with green products. If something breaks, we should fix it. Many green products are reusable and we can also share things with others. At our house, we conserve water. When I live naturally, I feel good about life and appreciate mother earth. This reminds me of our interdependence. It is important to consume less.

Therefore, we need to find a way to live with clean electricity, and to stop being wasteful. Our carbon footprint is huge. You can go online and see what your carbon footprint is and think about how you can reduce it. We want to live mindfully. We want to live with love, compassion and wisdom. Hopefully, we are all working on that to the best we can. Thich Nhat Hanh says it beautifully, "Our collective compassion, mindfulness and concentration nourishes us but it can also help to re-establish the earth's equilibrium and restore balance. Together we can bring about real transformation for ourselves and for the world." And that's Buddhist economics in a nutshell.

Nations can structure new markets and economies and provide the programs to help create change. One of the ways in which we're doing this is through rules, regulations, and programs to work for all of us. The climate scientists provide us roadmaps to transition from fossil fuel to clean energy. Economists provide us with policies to decrease inequality and share prosperity. We know how to get rid of inequality and we know how to get rid of carbon emissions. The United Nations has taught us that developing sustainable goals can relieve suffering around the world.

We know how to get rid of mass starvation, extreme poverty, and we know how to provide education for women and girls. We just need to do it. This is the path to a Buddhist economy. Some places, like Finland and other northern European countries, do provide a

物生產過程會排放大量溫室氣體。由此可知，你的飲食方式對碳排放有著巨大的影響。

說到飲食這個話題，我們也太浪費食物。在美國，40%的廢棄食物進入掩埋場，製造甲烷。人們上館子吃飯，不把吃剩的食物打包帶回家。我們不應該浪費食物，因為食物滋養我們，我們要照顧地球，這塊土地才能繼續生長出健康的食物。

我們的目標應該是開電動汽車，以及步行或騎自行車，因為不會產生任何碳排放。我們應該使用環保產品為房子隔熱，如果建材損壞，也試著修復。許多環保產品都可重複使用，我們也可以與他人分享這些材料。在家裡，我們節約用水。當我順乎自然地生活時，我感受生活的美好和自己的存在。也提醒我，人類是相依互存的。所以，減少消費很重要。

我們需要思考如何以再生能源的方式生活。我們也需要更進一步，因為我們實際上產生大量的碳足跡。您可以上網查看自己的碳足跡，並思考如何降低。我們想要有意識的生活，我們希望以愛、慈悲和智慧生活，並希望我們能夠在工作上全力以赴。「慈悲、正念和專注能滋養我們，同時也有助於重整地球、恢復平衡。我們一起努力，就可以為自己和世界帶來真正的變革。」簡而言之，這就是佛教經濟學。

國家可以構建新的市場和經濟體系，並提供助於變革的計畫。其中的一個方法是讓規則、法規和計畫能適用於所有人。氣候科學家說，「經濟是由碳排放及其路線決定。」我們知道如何消除不平等，我們也知道如何減少碳排放。聯合國告訴我們，制定可持續發展目標可以減輕全世界承受的苦難。

我們知道如何擺脫大規模飢荒和極度貧困，我們也知道如何為婦女和女孩提供教育，我們需要行動，這就是佛教經

much more sustainable livelihood for its citizens. We can create a Buddhist economy, one where we recognize that we're all interdependent and we care for each other and the earth.

Creating a Buddhist economy is a lifelong process and I want you to join me, because it does take courage to stand up to fossil fuel companies and protect the environment, but we can do it as a collective group. It's going to take courage to change the way we live. It's going to take courage to promote justice, and it's especially going to take courage to remember to live with joy. Together we can create a lifetime of courageous living to care for each other and the planet. ☸

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## Connecting with Our Culture

### 連接我們的文化

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By DVGS 培德女中 提供

Fifteen young aspiring students from Developing Virtue Secondary School, Girls Division went to Mission San Jose High School on March 31, 2019, to compete in the Chinese competition organized by Association of Northern California Chinese Schools (ANCCS). The areas of competition ranged from calligraphy to writing PinYin to impromptu speech.

Many of the competitors' mother language is Chinese and this event helps connect the competitors with their roots by interacting with other Chinese learners outside DVGS. The Chinese teachers that accompanied them on the trip reminded the fifteen competitors that winning was not the main reason or purpose of competing in this competition. However, it is an opportunity to get exposed to Chinese culture, and the experience is what really counts at the end of the day.

Nevertheless, two of our competitors won first place: Tammy Long (class of 2021) won first for typing Chinese words and Annabelle Shen (class of 2021) for Chinese Calligraphy.

Four of our students won second place: Sophia Liu (class of 2020) for translation, Vanessa Hung (class of 2020) for typing Chinese characters, Raven Li (class of 2020) for essay writing, Cindy Han (class of 2019) for comprehension.

Another four of our students won third place: Naomi Seng (class of 2022) for translation, Nina Xie (class of 2022) for public speaking, Audrey Chan (class of 2021) for impromptu speech and lastly Jia Jia Ni (class of 2022) for essay writing. ☸

濟學。有些地方，例如芬蘭和其他北歐國家，確實為人民提供更好的生活條件。我們可以創造我所提出的佛教經濟；這種經濟就是人們互依互存，關心彼此也關心地球。

創造佛教經濟是一生一世的事業，我希望你們加入我的行列，因為這需要勇氣去對抗石化燃料公司和保護環境。我們可以一起團結努力。改變生活方式需要勇氣，伸張正義需要勇氣，快樂的生活尤其需要勇氣。我們可以一起努力，創造一個關心彼此和關心地球的無畏人生。☸

2019年3月31日，十五名年輕有為的培德女校學生前往聖荷西的米慎中學參加北加州中文學校聯合會舉辦的中文比賽。比賽項目多元，包括書法、拼音書寫和即席演講。

許多參賽者的母語皆為中文，學生們藉由參加這項活動讓和校外學生切磋學習中文，同時也幫助學生們溯本。陪同參賽的中文老師提醒十五位參賽者，獲勝並不是參賽的主因或目的。這是一個接觸中國文化的絕佳機會，因此，參賽經驗才是最重要的。

儘管如此，兩名女校參賽者贏得第一名，分別是龍婧瑜（2021年級）中文打字、沈芳汀（2021年級）書法。

四名學生獲得第二名，分別是：劉致遠（2020級）翻譯、洪千代（2020級）中文打字、李悅圓（2020級）短文寫作、韓錦坤（2019級）閱讀測驗。

我們的另外四名學生名列第三名，分別是成如意（2022年級）翻譯、謝竺真（2022年級）演講、陳思易（2021年級）即興演講、倪一嘉（2022年級）短文寫作。☸