

Heng Yuan, co-manager of the kitchen at the City of Ten Thousand Buddhas and MA alumni.

How can we not be overwhelmed by the immensity of the problems with humanity and the world? Dr. Toupadakis shared his morning prayer which included having the strength to accept the disasters in the material world without judgment or upset, to accept all the behaviors of others without judgement or criticism, and to accept his own weaknesses and faults with peace. He starts with doing small tasks at hand with compassion, not fear, asking himself, “What can I do for others today?” He trusts that, with sincerity and

他將自我意識和精神成長融入了他的化學教學中。他與法界佛教大學的育人之道有著強烈的共鳴，並非常高興在法大見到兩位他以前在加州大學戴維斯分校的學生。

面對人類和世界的巨大問題，我們該如何應對？托帕達基斯博士分享了他的晨禱，他會祈禱自己有能力接受物質世界的災難，不加評判，沒有煩惱；接受他人所有的行為，沒有批評，沒有指責；坦然的接受自己的弱點和過錯。從身邊的小事開始，用慈悲而不是恐懼，問自己：「今天我能為別人做些什麼？」他相信，一直真誠地去做，好的結果自然會產生。✿

## Politics of the Common Good in Early China

### 麥蔻·尼蘭談「中國早期的公益政策」

By Shu Xiaojuan Chinese Translated by Zhang Chin Fa

束曉娟 文 張親法 中譯

On November 12, 2019, Dr. Michael Nylan, a professor of Early Chinese history from the University of California, Berkeley, gave a lecture on the “Politics of the Common Good in Early China” at a DRBU Symposium. The focus was on the *Shangshu* (尚書 - Venerable Documents) classic, in twenty-nine chapters, which was deemed the chief repository of political wisdom. For that reason, the *Shangshu* was repeatedly “reconstructed” and revised in imperial times. During the talk, Dr. Nylan shared the example of Emperor Yu (禹) who governed with virtue and benevolence. She presented historical examples of ministers who risked their lives to speak truth to the emperors. Abundant evidence shows that benevolent governing and wide consultation in imperial decision-making process were deeply rooted in China’s early history, not antithetical to Chinese tradition. Dr. Nylan wished our contemporary governments could learn from the ancients.

Dr. Nylan herself is keen on speaking her truth in her research as a historian, and has written on a range of interdisciplinary topics such as political rhetoric, gender construction, and the Five Classics and their place in Chinese history. ✿



2019年11月12日，加州大學柏克萊分校的早期中國史教授麥蔻·尼蘭博士在法大研討會上作了題為「中國早期的公益政策」的演講。演講著重談《尚書》，該書共有二十九篇，被譽為政治智慧的寶庫。因為這個原因，《尚書》在各個朝代被多次「改造」和修訂。在演講中，麥蔻·尼蘭博士

舉出以道德和仁愛治國的禹王，並介紹了歷史上臣子們冒著生命危險向皇帝進言的例子。大量事實表明，仁政和君王決策過程中的廣開言路，深深紮根於中國的早期歷史，並沒有與中國傳統背道而馳。麥蔻·尼蘭博士希望我們的當代政府可以向古人學習。

麥蔻·尼蘭博士本人熱衷於在她作為歷史學家的研究中說出自己的真相，並撰寫了一系列跨學科的文章，例如政治修辭，性別建構，五經及其在中國歷史上的地位等。✿