

# Reflections of the Covid-19 Pandemic — A Forum From Different Perspectives

## 新冠肺炎審思研討會

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文/譯 鄔親潤、阮詩慧

Part of the Sunday Evening Lecture Series, the Forum on the Reflection of the Covid-19 Pandemic was successfully concluded on December 13, 2020. This forum was held by the City of Ten Thousand Buddhas, and virtually hosted by Dr. Raymond Yeh, a renowned business management consultant and member of the Institute of Electrical and Electronics Engineers (IEEE). The five speakers invited to speak, each on their own evening during the series, were professionals and scholars from a variety of backgrounds, including science, religion, education, healthcare, and economics. They shared with the audience their perspectives, examination, and outlook of the impact of Covid-19 on the future of the world.

周日晚佛法講座系列之一、新冠肺炎審思研討會於2020年12月13日圓滿落幕。此次研討會由萬佛聖城主辦，並由國際電機電子工程師學會院士暨著名企管顧問葉祖堯博士主持，邀請到五位來自不同領域的專家與學者，通過線上溝通的方式，從科學、宗教、教育、醫學、經濟、心靈的多個角度出發，與聽眾分享他們對這次新冠肺炎的回顧、審思，以及對未來的展望。



### RESPONSIBLE LIVING

Explorations in Applied  
Buddhist Ethics—Animals,  
Environment,  
GMOs, Digital Media

“Buddhist Ethics Related to the Covid-19 Response”

Dr. Ron Epstein

November 8, 2020

Chancellor Emeritus and Trustee, Dharma Realm Buddhist University

「佛教倫理與新冠反思」

易象乾博士

2020年11月8日

法界佛教大學終身榮譽校長

“To understand the virus, regardless of whether you take a pro-science or anti-science, religious perspective, neither is sufficient in and of itself,” Dr. Ron Epstein stated in his reflections on the pandemic. Currently, there are too many uncertainties tracing the origins and pathways of the coronavirus. For example, there are theories that the virus can spread from minks to humans, which led to mass killings of minks recently in Denmark in a misguided attempt to get rid of the coronavirus.

「無論您是從科學角度出發，還是從非科學、宗教的角度出發，兩種角度都因為各自的局限性，不能足以徹底理解新冠病毒。」易象乾博士在反思這次疫情時說道。在追溯病毒的源頭的過程中，有太多不確定的因素。甚至有些理論認為，

From the perspective of Buddhism, any long-term effective actions must be based on respect for life, especially sentient life and the ecosystems within which it flourishes. Dr. Epstein stated that the Venerable Master Hsuan Hua had mentioned that the energy of Guanyin Bodhisattva, such as that generated from reciting the *Great Compassion Mantra*, can heal diseases. That spiritual energy is similar to that developed in Chan meditation; each person can develop the light of wisdom. It is sort of like electrical energy, and it can detoxify the air and destroy illnesses and plagues.

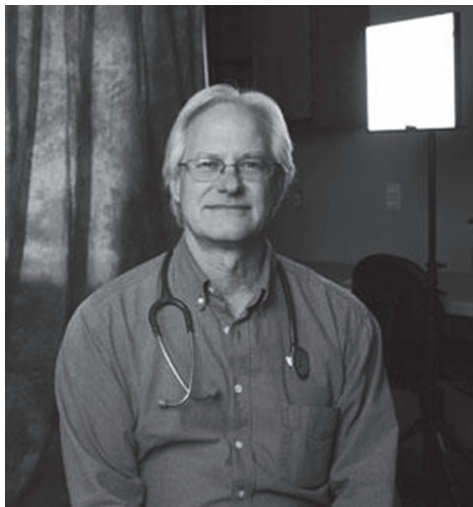
A lot of what is happening with the coronavirus is not understood because the social and technical models used to see how the virus works are inadequate. For example, in the United States, the new Biden administration has pledged to use policies based on science. But there are two problems with the use of science as a viewpoint from which to develop policies for governance. The first problem is that the study of science views the world from a limited and overly narrow focus. A second problem is that the study of science and scientific research lack scientifically generated moral guidelines. Science is about what is, and not what ought to be. Dr. Epstein concluded his remarks by suggesting that we follow the Venerable Master Hsuan Hua's teachings, and practice the four pure abodes, also known as the four measureless mental states: loving kindness, compassion, sympathetic joy, and equanimity. They will help us be confident and to overcome the challenges and suffering the virus is causing in the world.

病毒是從水貂的身上傳染給人類的，導致人類大量獵殺水貂，試圖來消滅病毒。

從佛教的角度出發，人們認為任何長期行之有效的措施，必須要以尊重生命為基石，尤其是尊重眾生以及他們賴以生存的生態系統。易象乾教授引用宣化上人開示觀世音菩薩的大願力時說，念誦〈大悲咒〉的能量可以治癒各種疾病。這種精神上的能量與參禪時產生的能量一樣，可以啟發任何人產生智慧的光芒，就像是電的能量，既可以淨化空氣，也可以祛病滅疫。

人類目前仍然不能全面瞭解這次新冠肺炎病毒的原因是，目前社會與技術運作的方式，並不適用於分析此次病毒傳播。在美國，拜登及其新政府宣佈，將以科學為依據制定減疫政策。但是這種方式會產生兩個問題。第一個問題是，科學是從有限的微觀視角來研究世界；第二個問題是，科學的學習以及研究缺乏道德準則。科學應該實事求是，而不是人們認為應該是什麼樣子就是什麼樣子。最後，易象乾博士總結道，我們應該遵循宣公上人的教導，修習四梵住，也就是四無量心，即慈悲喜捨，才可以在非常時期，激發足夠的信心，來克服病毒帶給人類的挑戰與痛苦。

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“The Big and Local pictures of Covid.”  
November 15, 2020  
Dr. Marvin Trotter,  
Internist and the Former Chief Medical Officer  
at Ukiah Valley Medical Center in Ukiah, CA.

「全方位看新冠」  
2020年11月15日  
查德醫師  
瑜伽市內科醫生

There are more than 200,000 cases of coronavirus per day in the United States, and there are 2,000 deaths per day in the US. In California, there are around 30,000 cases per day. Compared to the rest of the states in the US, California has the largest number of cases.

The coronavirus is a difficult disease, and the problem is that it is not only influenza, but also vasculitis, an inflammation of the arteries and the vascular part of the body. The patients who have coronavirus disease are very difficult to treat.

The two groups with the highest risk factors are diabetic and Hispanic patients. According to Dr. Trotter, in Ukiah, the nurses are mostly Spanish-speaking nurses, and are at extremely high risk. They say that their job in the ICU is “very hard. They want to quit, but they must keep going.” The patients who are in the ICU are very isolated and only have minimal communication with the nurses. As a result, the nurses in Ukiah write their names on their masks so the patient will know who they are talking to. According to Dr. Trotter, the way to decrease the number of cases and minimize risk is to wear masks and avoid large gatherings. “Masks are the thing to do.”

截至目前，美國每天有超過20萬人確診感染新冠病毒，超過兩千人因病毒被奪去生命，而在加州，每天有大概3萬人被確診，是目前確診人數最多的州。

查德醫師認為，新冠肺炎是一種非常難以治癒的病毒，因為治癒的困難在於，病毒不僅具有流感的特徵，也有血管炎的特徵，也就是身體的動脈和部分血管產生炎症，因此要想治癒被感染的病患難上加難。

而且有兩類族群是容易被感染的高危人群，即糖尿病人和西班牙裔。在瑜伽市，大部分的護士都會說西班牙語，他們說，在重症監護室的工作「極其艱苦」，他們「無時無刻都在想馬上辭職」，但是又必須堅持到底。重症監護室裏的病人與世隔絕，和護士交流的機會也很少，所以護士們就把自己的名字貼在面罩的前額位置上，這樣病患可以知道他們在與哪位護士溝通。但是根據查德醫師的建議，只有堅持戴口罩、避免去人群聚集的地區，才能減少感染人數，乃至降低到最低。

「戴口罩是我們一定要做的事情。」

“Uncertainty as a Bridge to Compassion”  
November 29, 2020  
Mr. Nipun Mehta,  
Founder of ServiceSpace

「通過無常 感受慈悲」

2020年11月29日

尼朋·梅塔先生

公益團體「服務空間」創辦人



“Uncertainty isn’t a bug, it isn’t a problem to be solved, and it is how all of life is.” During this time of the pandemic, there is a lot of uncertainty. A question that Mr. Nipun Mehta brings up is centered on whether we collectively look at and investigate the problem of uncertainty or shrink from the problem of uncertainty.

「無常並非煩惱，不是一個需要我們去解決的問題。無常就是生活的本質。」在此次大規模疫情爆發的環境下，人們的生活會遭遇很多無常，而梅塔先生想要討論的主題是，我們是應該從宏觀的角度來看待無常，還是在無常來臨的時候退縮。生活充滿了變化和不確定，



Life is full of uncertainty; therefore, instead of avoiding the problem, we should cooperate with others and also ourselves. Mr. Mehta refers to Ajahn Chah's quote: "If you see certainty in that which is uncertain, you are bound to suffer."

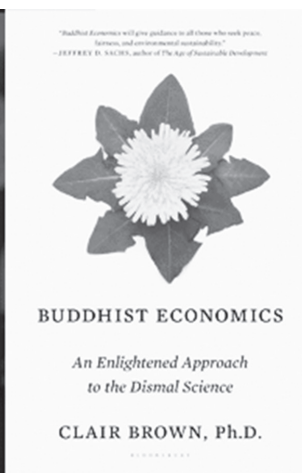
Uncertainty is an incredible tool too, as it can lead to compassion and acts of kindness. As a response to the pandemic, Service Space organized a project website called "Karuna Virus." The website has stories of people in quarantine sharing their happiness with others. For example, there was a story of a 99 year-old man, who raised money for the nurses working on the frontlines of the pandemic. He took walks in his backyard, and like many others who shared their stories, all used their own methods and professions to bring compassion and light into the world. Therefore, during this pandemic, amidst uncertainty, compassion has come forth into the world because suffering and compassion are interconnected.

與其迴避這個難題，我們更應該好好與他人合作，也與自己和解。梅塔先生引用南傳長老阿姜查的開示說，「如果你在無常的現實中認為有不變的情況，那你最後肯定會痛苦。」

無常也可以激發人們內心的慈悲與善良。在疫情期間，「服務空間」開創了「慈悲感染」網站，在平台上分享隔離期間人們互助互愛的感人故事，比如，一位99歲高齡的老人以在自家後院走路的方式籌集善款，幫助奮戰在滅疫第一線的護士。還有其他很多人也一樣，用自己的方式和專業，把慈悲與光明帶到這個世間。因此，疫情和無常同樣可以讓大家更加感受到慈悲，因為苦難與慈悲本來就是緊密不分的。

"Covid is Helping Us Understand the Meaning of Life"  
December 6, 2020  
Dr. Clair Brown,  
Professor of Economics and Director of the Center for  
Work, Technology, and Society at the University of  
California at Berkeley and author of the highly regarded  
book "Buddhist Economics."

「新冠病毒與生命的意義」  
2020年12月6日  
克蕾兒·布朗  
柏克萊加大教授



"Each of us can do a lot in our own way of showing compassion and reducing suffering globally." Living a meaningful life in a time of multiple crises is what we should all strive to do. Even though the world may be out of balance and lead to our lives being out of balance, we should find our own meaning of life. Even though there is uncertainty, we should believe that everything in this world is impermanent.

Everything will change but once we can accept change, we can start each day anew and forget about the past. In Buddhist Economics, the goal is to provide well-being for everyone in the world. The well-being of the body, mind,

「每個人都可以用自己的方式做很多事，顯示他們的慈悲，為全世界減低痛苦」。布朗教授提到，即使遭受多重危機夾擊，我們還是每天努力讓自己的生活過的有意義。即便世界秩序的失衡讓我們的生活失衡，我們也要努力找尋生活的意義。人生有很多不確定的因素，我們也要接受這個世界本來就是無常的事實。

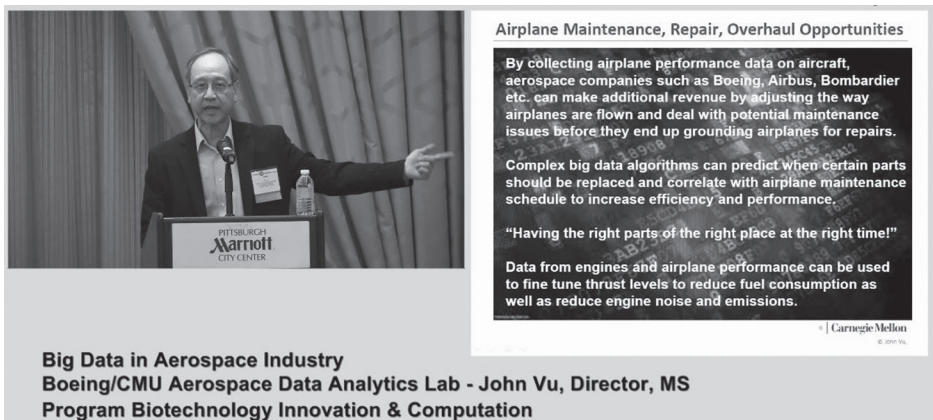
任何事情都有可能改變，如果我們可以接受事情的變化，那麼我們過的每一天都是全新的一天，過去的就該忘掉。從

and spirit is not determined by consumption or outside events. Instead, happiness is created by caring for the planet and helping other people.

In Buddhism, happiness comes from within, not from consumption. If we grasp for more, then there will be more suffering. Therefore, the time of the pandemic can be used as a time for reflection and for finding the meaning of life.

佛教經濟學的角度出發，我們的目標是要讓世界上的每一個人都過上健康的生活，而健康的身、心、靈，從來不是向外予取予求，或外在因素來決定的。快樂始於愛護地球、幫助他人。

佛教教導眾生，快樂源於內在，而非向外索求，如果我們想要緊緊抓住的東西越多，痛苦也就越多。因此，在疫情期間，我們不妨利用這個時機反觀自己，尋找自己生命的意義。



**Airplane Maintenance, Repair, Overhaul Opportunities**

By collecting airplane performance data on aircraft, aerospace companies such as Boeing, Airbus, Bombardier etc. can make additional revenue by adjusting the way airplanes are flown and deal with potential maintenance issues before they end up grounding airplanes for repairs.

Complex big data algorithms can predict when certain parts should be replaced and correlate with airplane maintenance schedule to increase efficiency and performance.

"Having the right parts at the right place at the right time!"

Data from engines and airplane performance can be used to fine tune thrust levels to reduce fuel consumption as well as reduce engine noise and emissions.

— | Carnegie Mellon

**Big Data in Aerospace Industry**  
**Boeing/CMU Aerospace Data Analytics Lab - John Vu, Director, MS**  
**Program Biotechnology Innovation & Computation**

“The Future of Education: A Post-Pandemic Perspective”

December 13, 2020

Professor John Vu,

Former Director of the Master of Science in Biotechnology, Innovation and Computing Program and Distinguished Professor of Computer Science at Carnegie Mellon University. While Vice President at Boeing, he was responsible for the design and development of the B777.

「疫情後的未來教育走向」

2020年12月13日

武親道教授

卡內基美隆大學計算機學院傑出生涯教授（已退休）

What worries Professor Vu is the fact that more than 13 million students worldwide have been affected by the pandemic so far, and this is just the beginning. Before the pandemic, experts predicted that more than one third of younger people could become jobless due to a lack of required skills and qualifications. The reason is that the education they received was not a good fit for the job market, and after the pandemic, this situation will be worse. Because of the recession, nearly half of younger people couldn't afford to go to school in order to get the appropriate education and training; they had to

武教授十分擔憂的是，全球超過一千三百萬的學生的教育，受到這次疫情的影響，而這只是開始。在疫情發生之前，有學者預測，全球接近三分之一的年輕群體，因為缺乏相關的技術和資質，而不能參與到全球就業大軍中，因為他們受到的教育不合時宜。在疫情發生之後，這種情況將繼續惡化，因為疫情導致經濟衰退，接近一半的年輕人因為負擔不起高等學校的學費，而與職場所需要的教育和培訓無緣，不得已只能去打工來支持家庭的基本開銷。

因為疫情，很多學校開放網絡教程。來自

work instead to put food on their tables for their families.

Because of the pandemic, most schools have launched fully online courses. Reports from Coursera and EdX show that their registration numbers have increased by 400% or even 500%. Professor Vu believes that, after the pandemic, the future of education will follow the new Hybrid Module, which applies to both online and face-to-face teaching curriculum, in which technology will play a key role:

- 1) Lectures & materials will be available online, which students must learn PRIOR to class
- 2) Classroom is designed for discussions, teamwork, and collaboration on projects
- 3) Independent thinking, teamwork, and soft-skills will be part of the curriculum
- 4) Career planning will be done as early as possible
- 5) Assessments will be performed on a weekly or monthly basis to monitor progress
- 6) Supporting structure and tutoring will be integrated in the model

Furthermore, the roles of students, teachers, and parents are all going to change:

- 1) The roles of students are learning and problem solving, and not memorizing and passing tests.
- 2) The roles of teachers are guiding, coaching, and motivating, and not just transferring knowledge.
- 3) The roles of parents are supporting, communicating and understanding, and not checking school-works and test scores.

These five speakers' talks have been recorded and uploaded to YouTube; if anyone is interested, please visit: <https://www.youtube.com/playlist?list=PLRKMhcJzThDYz2KwQDkk-lxSn41GY1NR9> ❀



Coursera公司和EdX公司的報告，在他們的網站註冊學習的學生人數增長了4到5倍。展望未來，武教授認為，未來教育將走向線上與線下結合的形式，即混合教育模式。這種以科技為依托的教育模式包括以下幾個特點：

- 1)教程和學習資料都可以從網上下載，學生必須提前預習後才可以來課堂上參與討論。
- 2)課堂的時間主要用於討論、小組成員合力完成小組課題。
- 3)獨立思考、團隊合作以及軟技能，都是課程的組成部分。
- 4)開始職業生涯規劃的時間越早越好。
- 5)每周、每個月都有小測驗，以便老師掌握學生的學習進度。
- 6)將學校的輔導與支持流程，納入此教育模式。

另外，學生、教師、以及家長在教育中的角色也將面臨改變：

- 1) 學生的主要目的是學習和解決問題，不是死記硬背或者應付考試。
- 2) 老師的主要目的是引導、輔導和鼓勵學生自主學習，不只是把知識傳遞給學生。
- 3)家長的主要目的是為學生提供支持、溝通與理解的幫助，不是檢查作業或者考試成績。

這項研討會五位主講人的談話都已全程錄影，放到影音網站上，有興趣的讀者可造訪以下網址觀看：

<https://www.youtube.com/playlist?list=PLRKMhcJzThDYz2KwQDkk-lxSn41GY1NR9> ❀