



知足常樂的生活方式

A Carefree Lifestyle

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光陰似箭，日月如梭，一轉眼，來萬佛聖城已12年多了。住的時間愈長，愈覺得萬佛聖城是個寶地，是世界上少有的。非常感恩上人打造這片人間淨土讓眾生修行。雖然萬佛聖城如此殊勝，但也唯有有福的人才看得見、認得出、進得來、待得下。

舉個實例來說明：十多年前，當我們從德州搬來萬佛聖城時，我們僱了一個搬家公司。一走進我們的家門時的第一句話是「你們家這麼漂亮，要搬到那去啊？」我們回答：「要搬去更好的地方。」

當時也有許多朋友、鄰居很不明白，萬佛城怎麼會有如此大的吸引力，讓我們願意放棄這看來是如此美好的一切，除了房



Time flies! In a flash, I have already been a City of Ten Thousand Buddhas resident for over 12 years! The longer I live in this community, the more I feel that CTTB is indeed a unique treasure in the world. I am truly grateful that the Venerable Master built this Pure Land on Earth for all the beings to cultivate. Although CTTB is an excellent place for cultivation, only people with blessings can see it, recognize it, and choose to come and stay.

I will give you an example to illustrate this point: To move to CTTB from Texas over ten years ago, we hired a moving company. The first sentence the mover asked was, “Your home is so beautiful, where are you moving to?” We replied, “To a better place.”

In fact, many friends and neighbors could not figure out why the City of Ten Thousand Buddhas had such appeal that we were



子以外，還有許多朋友、親人、社會關係等等。有些朋友，甚至激動到要親自到萬佛聖城來看個究竟。

當然真正來的是搬家公司。當我開門迎接他時，看到他充滿疑惑的眼神。寒暄後，他脫口而出：「這就是更好的地方嗎？」我們回答：「是啊，你不覺得嗎？沒關係，有一天你會明白的。」

雖然女兒（恒音師）出家多年，但因為忙碌的生活，同修與我很難得來萬佛城。每次來也是來去匆匆，停留幾天就離開了，所以對萬佛城並沒有太多的認識。退休以後有空閒了，開始考慮剩餘的人生如何走？曾經考慮建立一個社區，聚集理念相同的人在一起生活，互相照顧。真的開始規劃時，覺得這不太像老年人該做的事。同時想到，萬佛城也許正是這樣的一個社區。

2003年秋天，帶了些日常必需品，我們從德州開車來萬佛城。當時學校正準備開學，我們來了就在學校幫忙、教課。在學校每天與年輕人互動，分享我們的人生經驗，非常開心。

一學年很快就過去了，我們覺得社區的生活很好，大家分工合作，不用為每天的柴米油鹽而操煩。有這麼多法師做我們的榜樣、教導我們，使我們佛緣日增，對人生有更深層的認識。每日生活在空氣新鮮的大自然環境中，不但沒有任何環境污染，也沒有噪音、電視新

willing to give up all these seemingly wonderful things. In addition to our house, when we moved we also left behind many friends, family, and social relationships. Some friends even wanted to personally make a trip to CTTB to find out for themselves why we had moved.

Of course, in reality, only the mover made the trip to CTTB. When I opened the door upon the mover's arrival, I saw the puzzled expression on his face. After the greeting, he asked, "This is the better place?" I answered, "Yes, don't you see? It's okay, one day you will understand!"

Although our daughter (Dharma Master Yin) had already left the home life for many years, my husband and I did not visit CTTB very often due to our busy lives. When we did visit, we did not stay long, so we did not get a chance to really experience CTTB. When we retired, we had a lot more free time. We began contemplating what to do with the rest of our lives. We had the idea of building a community with like-minded people, so that we could share our interests as well as support one another. However, when we started planning such a community, we realized that it would probably be too much of an undertaking for people of our age. In the meantime, it dawned on us that CTTB might be just the community we were looking for.

In the fall of 2003, we packed a few necessities in the car, and drove to CTTB from Texas. It was the beginning of the new school year when we arrived, and we were invited to help out in the school and did some teaching. Interacting with young people and sharing our life experiences made us very happy.

One school year passed in a blink, and we loved the community life. Due to the division of labor, not everyone has to worry about shopping, cooking and cleaning. By

聞、報章雜誌的烏龍新聞、令人上癮的菸酒毒品與電動電子遊戲等一般人生活所離不開的環境。著實是座世外桃園，但一般人不能了解的，就像搬家公司那位先生，人來了也看不見。

雖然出發前只帶了些日常必需品，但是九個月寒暑也這樣過去了，好像什麼也不缺。這意味著，德州那3,400平方英尺的房子裡，每個櫥櫃裝得滿滿的東西，都是不需要的。也才恍然明白，原來每天扛著這麼多不需要的東西過日子，真累人！

法師們只需幾套換洗的衣服，我們卻有一櫃子的衣服，而且總是少一件；各式鞋子、皮包、手飾，還得搭配著衣服換；房子裡有家庭用的飯廳、客廳，和請客用的飯廳、客廳，真夠浪費。但這都是中產家庭的標準生活設施，毫不特殊。

來了萬佛城，慢慢體會簡單生活的輕鬆自在。房子小，容易收拾，也節省能源；黑灰的衣鞋，不用擔心搭不搭配；不應酬，也省去請客用的飯廳和客廳。一切簡單，多些時間修行



following the Dharma Masters' examples, as well as by learning the Buddha's teachings, we began to understand the real meaning of life. We live in a natural environment with fresh air; not only is there no environmental pollution, there is no noise pollution. There are no TVs, newspapers, trashy magazines, alcohol, drugs or computer games — all the things most people in the world cannot live without. It truly is a pure land on earth, but very few people can recognize it -- just like the mover who was here but could not understand why this would be a better place.



Although we only brought along few necessities with us when we came in 2003, during our first nine months, we experienced all four seasons of the year, and we seemed to have everything we needed. That means we really did not need any of the stuff in the closets of our 3,400 square feet home in Texas. It dawned on me that we were, in fact, burdened by all that stuff we did not need for all those years. What a waste!

While most Dharma Masters only own a few sets of robes, we have closets full of clothing, but somehow feel that we are always still short of that one outfit for a particular occasion. Furthermore, I had to have matching shoes, purses, and jewelry for each outfit. Each house has a formal living room and a formal dining room for entertaining guests, and another living room and dining room for family use. Again, what a waste. But all these belongings were very normal for any middle class family, nothing extraordinary.

After living in CTTB for a while, we found that the simple lifestyle is so much more carefree. It's much easier to clean a small

與服務，生活更充實。所以除了簡單的傢俱與大部分的書籍，其他的東西都處理掉了。

生活簡單化，發現需要的真是很少。一年365天佛殿的功課，像時鐘一樣的準時、一致；沒有週末、假期、節日，給人一種安定、平穩、持久、永續、淡定的生活節奏；不論出家或在家人，每個人的日程表都排得十分緊湊。這是上人精心設計的，讓我們每個人沒時間打妄想、閒聊、講是非、應酬或者任何一種浪費時間的娛樂，可以好好用功修行。

十多年來，愈來愈體悟到簡單規律的生活非但輕鬆自在，事實上也是將來所必須的生活方式。為什麼？世界各國的政治經濟愈來愈不穩定，對地球的破壞、對資源的浪費愈來愈厲害。面對這種世界性的危機，最直接的解決方法，就是改變價值觀、人生觀，也就是實行上人的六大宗旨。

如何改變呢？例如，明白了「真正需要的實在很少，欲望卻是無限」的道理，我們可以從「多多益善」改變為「夠用就好」；這幫助我們去除貪心。

明白「我們是一體」的道理，我們可以從「處處斤斤計較」改變為「隨時與他人分享」；這幫助我們去除爭心，帶來世界和平。

明白「吃虧就是佔便宜」、「施勝於受」的道理，我們可以從「處處想佔別人的便宜」改變為「先為他人著想」；這幫我們去除自私、自利。

明白「本自具足」的道理，我們可以從「不斷的外求」改為「與內心世界連接」；這幫我們真誠做人，不打妄語、討好別人。

要促成這種大幅度的改變，我一直在思考：如何把佛法的精髓傳給更多的人，這包括任何宗教信仰、種族、文化背景、年齡、教育程度、經濟環境等的人。讓他們都能來體驗萬佛城的簡單充實，認識人生最重要的是什麼，學習調整自己的價值觀與人生觀，才能把緊張憂慮的生活，轉化為知足常樂的人生。

聖城中小學的夏令營，其實是一個很好的版本。短短的兩週裡，孩子體驗到簡單生活

house, and it also conserves a lot of natural resources. Wearing nothing but black or grey clothes and shoes, everything matches. Without entertaining, we do not need any formal living or dining room. The simple lifestyle allows us to have more time for cultivation and making contributions to the community, and this gives us a much more meaningful life. So besides some basic furniture and most of our books, we got rid of most of our belongings in Texas.

We discovered that we really need very little in this simple lifestyle. The ceremonies in the Buddha Hall are like clockwork, they are always the same everyday throughout the year, without distinction between weekdays or weekends, vacations or holidays. Such a schedule provides a regular, stable, reliable, sustainable and calm rhythm. For both the monastics and the laity, the daily schedule is really packed, and this was carefully designed by the Venerable Master so that everyone could focus on cultivation without free time to engage in false thinking, chitchatting, gossiping, socializing or any kind of time-wasting entertainment.

Over the last ten or so years, I began to realize that this simple and structured lifestyle not only helps people to live a more serene life, it's the lifestyle that most people need to adapt to the future world. Why? The world's political and economic climate has become increasingly turbulent, the destruction of the environment and the waste of natural resources have become increasingly severe. Facing such a worldwide crisis, the most effective solution will be for everyone in the world to change his/her value system and outlook on life, namely changing to Venerable Master's six principles.

How to change? Here are a few examples. From the understanding that 'we really need very little, yet our desires are unlimited', we can shift from 'the more the better' to 'being content with having enough'. That will help us get rid of our greed.

From the understanding that 'we are all one', we can shift from 'always fight for my share' to 'sharing with others'. That helps us lessen our ego and bring peace to the world.

From the understanding that 'giving is more satisfying than receiving', we can shift from 'always wanting to take advantage of others' to 'thinking of others first'. That will bring us contentment.

From the understanding that 'we all have inherent wisdom within', we can shift from 'spending all our energy chasing things outside of ourselves' to 'reaching within and connecting with our inner self'.

In order to help bring about such a vast change, I have been thinking about a way of propagating the essence of the Buddha's Teaching to a lot more people regardless of their religious belief, race, age, level of education, or financial wellbeing. Here is how we can do it: We will provide an environment where these people can come and personally experience CTTB's simple, fulfilling and life transforming lifestyle, where they can begin to understand some of the really important aspects of life. They will learn ways to make adjustments in their value systems and life views in order to transform their stressful lifestyle to a carefree lifestyle.

的樂趣與打坐的寧靜；瞭解吃素的原因與好處；在有機農場幫忙與學習，有機會接近大地，並瞭解桌上的食物來之不易，應該珍惜；沒有了手機、電動玩具那些本來離不開手的東西，日子其實更專注、更充實。

孩子在短短的兩個星期裡所體會到的，不正是今日社會上無數成天為了生活與前途而忙碌、憂慮、迷茫、失落的人所需要的？而要實現這樣一個成人營，萬佛城已經具備以下所需的條件：

寧靜的自然環境：現在世界任何一個角落，要找到像萬佛城這樣有新鮮的空氣、湛藍的天空、燦爛的陽光、沒有燥音或其他污染的地方是很不容易的。這樣的環境，可以讓生活在繁忙都市裡的人放慢腳步，深深地吸口這令人覺得健康的空氣。

簡單的生活方式：房間小而簡單舒適，空氣流通、不冷也不熱。參與者只需帶幾套寬鬆、舒適換洗的衣服即可，藉此體驗「所需要的實在很少」。

健康的生活方式：簡單、平衡、營養的素食；早起早睡的生活；每天有瑜伽、太極、快步健行等健身活動；放下手機、電腦，與內在自我連接。

回歸基本的生活方式：到有機農場親自參與除草、栽苗、收成等工作，體會食物來之不易；即使付得起也不能浪費，更何況世界上還有很多鬧飢荒的地方。

探索內在的生活方式：每日數次的靜坐，幫助參與者靜下來；由向外馳求的生活方式，轉為探索內在世界，找到人生真正的意義。

無求的生活方式：學習、體驗六大宗旨的價值觀與人生觀。每日實際去體驗為何「需要的實在很少」、「夠用就好」、「少欲知足」、「吃虧就是佔便宜」、「施勝於受」、「捨己為人」、「惜福」、「節儉」、「真誠」等價值觀，讓人變得比較輕鬆，向知足常樂的方向前進。

孩子的夏令營，乃至上面所描述的成人營，都是把佛法與上人的六大宗旨介紹給更多人的方便法門。❀

Our schools' annual summer camps provide a very good model for such an environment. In barely two weeks' time, the campers experience the quietness of CTTB's environment, the serenity of meditation. They learn the reasons and benefits of being vegetarian. While helping out on the organic farm, they have a chance to be close to Mother Earth, as well as learn to appreciate the amount of work that went into the food on the table, and hence learn to treasure every bite of it. They experience the increased concentration and focus that comes when there are no cell phones or other electronic toys.

What these children experience in the summer camp is exactly what all those stressed out, worried, lost, and confused adults in the world need. In fact, CTTB already has most of the facilities and other resources necessary for such an adult retreat, as listed below:

A quiet natural environment: It is very difficult to find a place anywhere in the world with fresh air, blue sky, bright sunshine, no noise pollution or any other kind of pollution. Such an environment allows city dwellers to slow down and take a deep breath of this healthy air.

Simple lifestyle: Living quarters are small, simple and comfortable. There is ample fresh air, and the rooms are not too hot and not too cold. Participants only need to bring a few sets of comfortable clothing, and hence experience that one really needs very few things.

Healthy lifestyle: Simple, balanced and nutritious vegetarian meals; early to rise and early to bed daily; choice of yoga, tai chi, or brisk walking daily; putting away all the cell phones and computers in order to connect with the self.

Back-to-basics lifestyle: By participating in weeding, planting and harvesting on the organic farm, they get to see all the work that goes into growing the food on the table. They will understand why we should not waste any food even if we can afford it, especially when lots of people in many places in the world do not have enough food.

A lifestyle that helps connect to the world within: Several daily meditation sessions help participants calm down, and change the habit of looking outside for what they want to, instead, exploring the world within to discover the real meaning of life.

A life style of contentment: Learning and applying the value system and life view derived from Venerable Master Hua's six principles. There are daily opportunities to experience and understand why 'we really need very little', 'content with having enough', 'lesser the desire, more the freedom', 'thinking for others first is more satisfying than taking advantage of others', 'giving is more satisfying than receiving', 'being frugal', and 'being genuine' will lessen the stress and increase freedom in life.

Both the schools' summer camp and the adult retreat are the expedient way of bringing Buddha's teaching and Venerable Master Hua's six-principle life style to a great number of people. ❀