

法入心行，歸返佛陀故鄉

尼泊爾——佛陀的故鄉，一場強震過後，映入眼簾的是滿目瘡痍、滿城瓦礫，高樓平房、千年古蹟倒塌毀損，許多生命瞬間消失。當地民眾在強震前一秒鐘仍喜樂歡笑，後一秒鐘卻遍地哀號，令人不忍。慈濟人在震後立即準備出發勘災，卻輾轉波折數日才抵達尼泊爾。自此我們的腳步從未離開，迄今仍在當地關懷。

當慈濟人踏上這片土地時，不禁遙想二千多年前，佛陀在此出生、成長，而後修行成佛，遊化各地宣說佛理，彷彿還可以感受到佛陀當時的慈悲。而看見災難景象，不僅印證佛陀所說「無常」及「成、住、壞、空」的道理，更能體會佛法是永恆真理。所以，大家要法入心、法入行，將佛法帶回佛陀的故鄉，膚慰受災受難的人。

慈濟人抱持感恩心走入災區，看到許多貧窮人的生活因遇難而雪上加霜，也看到當地仍存在著社會階級分別，於是透過賑災，積極帶動「教富濟貧」與「濟貧教富」。

首先發放生活物資，為貧窮人解生計的燃眉之急；發放過程中，彎腰鞠躬，平等尊敬地獻上物資，並歡喜地給予擁抱。如此身行，深深感動了當地人，也紛紛加入志工行列。因緣會合，數位企業家出錢出力，也投入慈濟的發放工作，又親自隨著慈濟人走近貧者，一樣彎腰鞠躬、親手布施，打破他們原有的貴賤觀念。藉由發放活動，解除貧者生活的困境，開啟富者內心的大愛，同時讓人性回歸平等真如，這不就實踐了「教富濟貧」的精神嗎？

此外，我們也努力推動「濟貧教富」，對於受助的人，抱持「苦既拔已，復為說法」的理念，給予生活資助後，再啟發本具的佛性，讓他們體會人人都能救人的道理。「竹筒歲月」於焉開展，即使只是一元、五角，投入竹筒，都如大海裡永不乾涸的一滴水。凝聚點滴力量，也可以去救人，讓人人歡喜感受：我也有一分救人的力量！

當急難救助告一段落，但許多人還聚居帳篷區，生活條件簡陋，因此慈濟展開中長期的援助工作。除了援建簡易教室、簡易屋之外，也持續進行人文關懷與義診衛教，帶動更多當地志工投入。

八月初，當地醫師在帳篷區舉辦一次大型義診，臺灣醫師、藥師共襄盛舉。義診前下起大雨，承擔總務的志工趕緊搭起帳棚，並由當地志工在積水處協助鋪路，儘管雙腳陷入泥濘，依然彎下腰，徒手將一塊塊磚頭或竹子鋪上。大家分工合作，只為了讓前來求診的老弱婦孺有一條好路可走，這真是「用愛鋪路走過來」。

尼泊爾重建之路仍漫長，在這片大地上，欣見美善的人們用真實之愛撫平受創的人心，陪伴他們走過艱辛困境。展望未來，期待眾人繼續發揮愛的能量，傳承這分真誠與無私，在佛國走出一條菩提大直道。

慈濟基金會創辦人 釋證嚴

THE DHARMA COMES HOME TO NEPAL

Nepal is the birthplace of the Buddha. In April 2015, after a powerful earthquake, there were scenes of devastation everywhere. Tall buildings and homes were reduced to debris and rubble. Monuments and landmarks that were thousands of years old collapsed and lay in ruin. Many lives were lost in the instant the quake struck. One second before, people were happy and laughing; a second later, the quake left them screaming in pain and suffering, all over the disaster area. It was truly heart-rending. After the quake, Tzu Chi volunteers immediately set off for Nepal to conduct a disaster assessment and relief mission. Despite flight cancellations and delays, the disaster relief and medical team arrived in Nepal three days after the quake. Since then, Tzu Chi has been in Nepal serving and caring for the quake survivors.

After the volunteers landed in Nepal, we could not help but ponder about this land that was the birthplace of the Buddha. Over 2,000 years ago, he was born and raised here and went on a spiritual pilgrimage to search for the Truth. Through cultivation, he eventually attained enlightenment. With a compassionate heart, he travelled to different places to preach the Dharma to alleviate the suffering of people. Just by being in Nepal we can almost feel the Buddha's compassion flowing toward us. The devastation of the quake, however, shows life's impermanence and the law of existence — all objects go through the phases of formation, continuation, deterioration and destruction, as taught by the Buddha. This proves that the Buddha's teaching is the eternal Truth. Therefore, we should take the Dharma to heart, practice it and bring the Buddha's teachings back to Nepal to care for and love the Nepalese affected by the quake.

With a grateful heart, Tzu Chi volunteers went into the disaster areas to serve. We saw many poor people whose life was afflicted by further hardship. We also saw that the caste system still exists in Nepal. Through disaster relief, Tzu Chi has actively engaged the local society by “inspiring the rich to help the poor” and “teaching the poor to give after giving them aid”.

For emergency relief, Tzu Chi started by distributing material aid to meet the urgent needs of quake survivors. When giving aid, the volunteers bowed to the survivors to show equality and dignity and hugged them to share their joy. Such a humble practice of respect deeply touched the local people and inspired them to volunteer with Tzu Chi. Karmic causes and conditions came together to inspire several local entrepreneurs to work with Tzu Chi. In addition to support in various ways, they also participated in Tzu Chi's aid distributions. They followed the volunteers and personally went to serve the poor. Crossing the social divide, they gave aid to the quake survivors one by one with a bow. These distributions met the urgent needs of the poor and helped the rich show their Great Love. In doing so, they were put back in touch with their Buddha nature that everyone is born with. This is how Tzu Chi "inspires the rich to help the poor".

On the other hand, Tzu Chi also works hard in teaching the poor to give after receiving aid. To truly help the people and empower them, just providing aid is not enough. We also teach them the Dharma, to inspire them to do good and bring out their Buddha nature. By giving, they learn that they also have the capacity to help people. Through Tzu Chi's coin bank program, they donate what they can, even if it is only one dollar or 50 cents. They are like drops of water coming together to form a vast ocean; seeing small donations become a large sum to help others empowers every donor and gives them joy in knowing that they too have the means to help people.

The emergency stage of disaster relief has come to an end; but we find many quake survivors still living in tents under harsh conditions. To help them, Tzu Chi has begun mid- and long-term disaster recovery work. Besides building them temporary houses, we continue to carry out home visits to support people with care and love and hold free clinics as well as inspiring and recruiting more locals to serve as volunteers.

In August, Nepalese doctors held a large-scale free clinic; doctors and pharmacists from Taiwan also participate and support. Before the clinic started, it rained heavily and made the ground muddy. Volunteers quickly set up tents. Then local volunteers paved a path with bricks on the muddy ground. Despite getting their feet all muddy, they still bent down and used their hands to lay bricks one by one, before putting bamboo on the ground to make walkways. Volunteers worked together as a team to make it easier for patients, such as the old, the infirm, women and young children, to walk on the muddy ground. Volunteers literally paved a path with love for patients to come in.

The road to recovery for Nepal is still long and arduous. However, in this land, we are happy to see people bring out their kindness and beautiful nature to heal the trauma of the quake survivors with genuine love. Together, they will overcome their hardships and challenges. For the future, I hope to see people continue to practice their power of love. Only by passing on this true sincerity and selfless love to more people will this broad and straight Bodhi Path be paved in the homeland of the Buddha.

Shih Cheng Yen
Founder of Buddhist Tzu Chi Foundation