

我在幸福之地：不丹

黄紫婕——著

*I'm in Bhutan
The Land of Happiness*

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在不丹，你会看到一种迷人的生活方式，一种人类有可能得到的选择，
他们跟自然非常非常亲密。大家站在自己的土地上，
吃的是自己土地上孕育出来的东西，非常拥抱自己的传统，不穿现代的服饰，
可是在这个最穷的国家却有无限的自足和自在。

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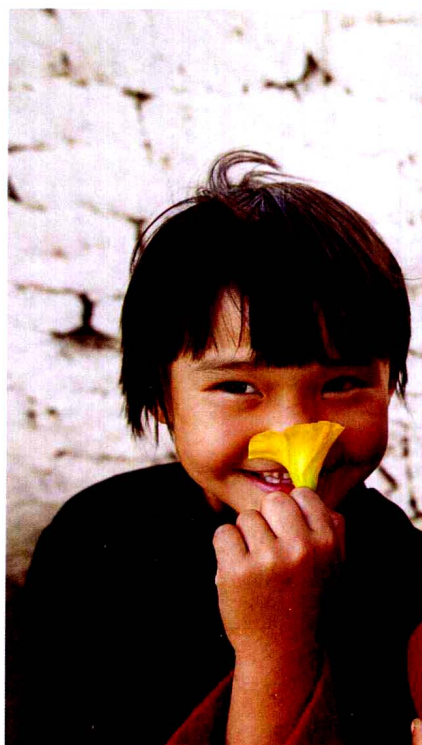
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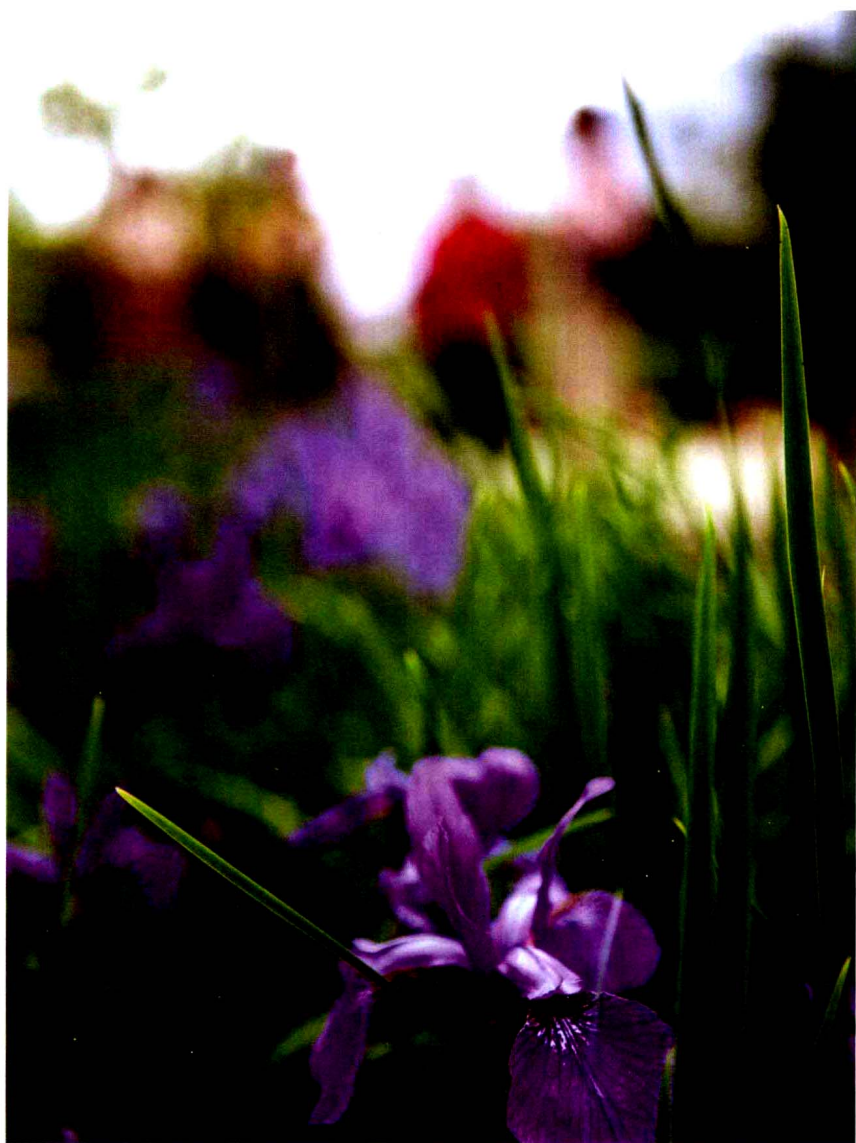


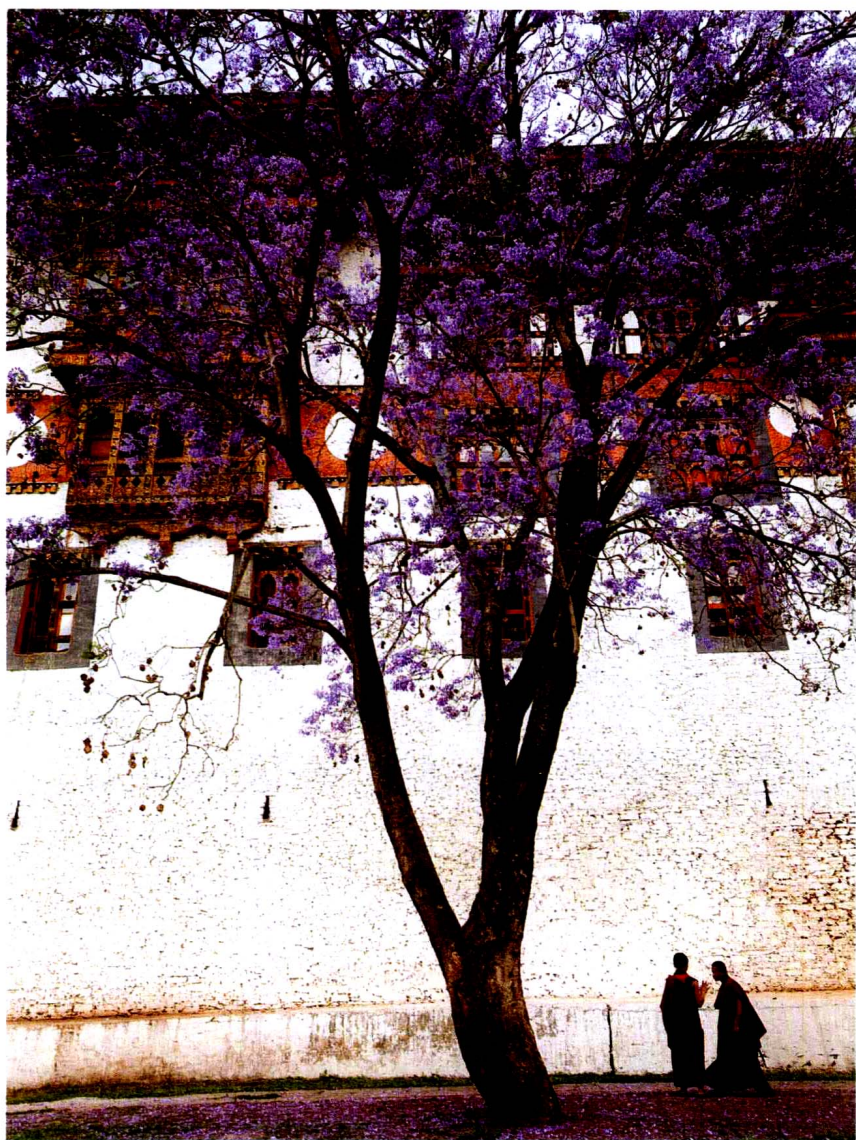
















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转动地球的幸福

From

我很高兴有机会将这本书推荐给大家。从黄紫婕女士的著作我们可以了解，为了减少这个世界的不安、纷争，增进世界的和谐，她对佛法推广所做出的努力。

通过本书，她希望将几年来在东南亚国家旅行时所学习到的智慧与经验，和读者们分享。她对大乘佛教的教法与宗派有深入的研究，包括藏传佛教的莲花生大士，以及不丹竹巴噶举传承的创始者——夏宗法王。她也尽其所能地探索与发掘不丹已知和未知的文化与传统，将之介绍到不丹以外的地方。这样的举动不仅不丹王国与其人民受惠，本书的读者，藉此得以了解不丹传统与文化深层精妙的细节，对他们更是有莫大的好处。

宗教在不丹人的生活里扮演了举足轻重的角色，因为不丹的治国方针——“国家幸福指数” (GNH, Gross National Happiness)，便是建立于佛陀的教法之上。人类所追求的终极目标即是幸福的生活。因此，GNH就成为这个社会，为了持续坚守创造幸福的理念，在制定所有发展计划与政策时必须遵循的发展典范。

GNH有四大支柱，分别为：全体平等与均衡发展、维护传统与文化、环保护生、良好的管理效能。GNH强调，满足个人心理与生理需求的幸福感是很重要的，因此，这和以GDP为经济发展模式，用以衡量社会成长与福利的国家相较，不论是已发达国家或是发展中国家，GNH是将经济成长视为得到幸福的其中一种方式，而非国家发展的终极目标。

2010年，本书的作者黄紫婕女士和不丹内政与文化部所欲探讨、发展的议



题，即是GNH的四大支柱之一——文化维护与推广。

她是山月国际特殊文化交流协会理事长，对于台湾地区和不丹双边文化的推广与交流不遗余力。尤其是促成并大力协助不丹参与“2010台北国际花博不丹馆”与“2011台北国际书展不丹主题国”，以及在台湾地区举办的“第一届台湾不丹快乐经济论坛”。她以坚定的信念和专业，全心地投入，着实令我讶异和钦敬。

因此，我很开心她终于要出书了。

期待本书能将不丹幸福的核心精神，带给台湾地区乃至世界各地的读者，将不丹珍贵的文化，贡献给世界，并为地球转动幸福。

不丹内政与文化部部长
明究·多杰(Mingyur Dorji)

Preface

Rotate the Earth with Happiness

From

I would like to take this opportunity to commend Ms. Lady Grace Huang, the author of the Book titled “I am in Bhutan, the happy land” for her diligent efforts in publishing this text. It is her own pieces of work try to flourish the Buddha Dharma religion in the would trying to simplify the complexity of the discourses and summarize it to the possible extent for the benefit of the universe.

Basically, she intends to share wisdom and the gainful experiences that she acquired over the years by traveling to the various countries in the Southeast Asia. She has done a lot of in-depth research and studies on Mahayana Buddhism and its scholars including the great Tantric Master Guru Rinpoche and Zhabdrung Ngawang Namgyel, the founder of Drukpa Kadgue School of Buddhism in Bhutan. She also tries her best to explore and discover the undiscovered culture and traditions of Bhutan and her people but also will immensely benefit the readers world-wide in knowing the minute details about Bhutan and its culture and traditions.

The role of religion plays a vital role in the lives of Bhutanese as the concept of Gross National Happiness (GNH) in Bhutan was founded based on the principles and the teaching of Gautama Buddha. The ultimate goal of being a human being is to live in happiness. Therefore, the GNH has become the development paradigm where all the developmental plans and policies are framed in keeping with view of creating happiness in the society. The four essences of GNH are: Equitable and Sustainable Socio-economic Development, Preservation and Promotion of culture, Conservation of Environment and Good Governance. GNH emphasizes the importance of happiness as a function of meeting both the mental and physical needs of individuals. Unlike GDP-based economic models, which is popular measure of growth and wellbeing in both developed and developing countries, the philosophy of Gross National Happiness considers economic growth as one of the means towards achieving happiness and not

as the ultimate objective of development.

In 2010, the author of this book, Lady Grace Huang, approached the Ministry of Home & Culture Affairs (MoHCA) and deliberated on the issue of preservation and promotion of our culture which is one of the main pillars of GNH. Lady Grace is the President of the Sunya International Flora Expo, upcoming Taipei International Book Exhibition (TIBE) 2011 and the first GNH Conference to be held in Taiwan for the participants from both countries. After I know this, it really amazed me all by the determined persistence in Grace, her profession and devotion.

Now, I am very happy to know that her book about Bhutan is published. I have much expectation in this book to convey the core spirit of the happiness in Bhutan. I expect that all readers in Taiwan even in the whole world will be inspired profoundly by the precious and abundant culture of Bhutan, and Bhutan is always at the service to contribute to the wellbeing of this planet.

Good wishes to you, reader!

Ministry of Home & Cultural Affairs



Royal Government of Bhutan
Tashichho Dzong, Thimphu
Minjur Dorji

24 January, 2011