

## Sunzi's Simple Life

By Jerelyn Lee  
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My name is Jerelyn Lee. I am fourteen years old living in the United States. My grandfather, General Lee Yu-Ri, was an expert in Sunzi Bingfa. I visited Suzhou Qionglong Mountain, the birthplace of Sunzi Bingfa, with my family in the New Year 2008. I have learned more about Sunzi, my family's history, and my grandfather's work in Sunzi Bingfa when I was helping my father to establish a website ([www.leevuri.org](http://www.leevuri.org)) in memory of my grandfather.

I was fascinated by the scenes at the Qionglong Mountain. The calming and peaceful mountain captured nature's beauty. The smell of refreshing bamboos filled in the air. Following a trail in the bamboo forest on the top of the mountain, passing by an impressive gallery with a full collection of calligraphy of Sunzi Bingfa, in the languages of Chinese, Japanese, and English, carved on marble stones, approaching a giant bronze statue of Sunzi, a trail with stone steps led me to the most impressive Sunzi's living quarter. An inspiring, small, and simple cottage has only few rooms displaying a table, a bed, chairs, and some farming tools. With Sunzi's remarkable career in his time, I imagined that he could have had a big mansion for his retirement. Until now I realized that because of his simple, quite, secluded life style, Sunzi was able to accomplish his extraordinary work, the world's famous book that has been treasured for thousands years, Sunzi Bingfa. This also demonstrates our Chinese culture, heritage, and wonderful qualities that have been passed on from generation to generation.

Recently I read a series of media newspaper reports and magazine articles about the war that caused thousands of people lost their homes and lives. I then realized that billions of dollars spent on this war is for taking control of the world's natural energy resource, oil. The oil has become an essential element in human's daily life especially in industrialized countries. Everyday we rely on oil for producing electricity, transportation, and even for cooking and heating, etc. However, burning gasoline can increase release of CO<sub>2</sub> into the air. Carbon dioxide triggers the ozone layer to become thinner. The temperature of the earth increases due to thinner layer of ozone. This so called the Greenhouse Effect has caused global warming and ice glacial melting. Therefore, overwhelmingly consuming in oil can cause destructive and devastating wars, jeopardize human's health and life quality, harm earth's natural development, and ultimately endanger the environment that we live in.

Oil has become such an important element in human's life, yet it has caused devastating hazard. How to balance the needs to solve the problems? In my view, the best way to achieve this is to conserve energy, live with a simple life like Sunzi did, take responsibilities, and act now to protect the earth. What is simple life in natural living style? Actually it's a healthy and undemanding life style in the natural way of living. I suggest that we should start doing the basics to develop a healthy life style; such as

walking more and driving less, exercising more and watching less TV and playing less electronic games, eating more organic vegetables and fruits and consuming less meat, recycling more and wasting less. By doing these, people can live longer and healthier. Not only we would conserve energy and protect the earth, we would also prevent wars, which would benefit all of us.

In addition, every country's government should take the leading responsibilities to educate people and regulate the industries to conserve energy. The Chinese government has set a great example for promoting "Macro Control" (hong2guan1tiao2kong4). By controlling the growth of economy and regulating industries and businesses, we can prevent excessively producing goods to avoid over supply markets and demands. Moreover, all countries should promote "Kyoto Protocol" with international coordination and planning. Let everyone in the world to take care and save our earth!

A famous Chinese proverb says: "It takes ten years to grow a tree, a hundred years to train a person." The earth is our mother and it is the only place human can live and depend on. It doesn't take long to destroy our planet if we don't act quickly. I truly appreciate Sunzi's philosophy of living life, which has enlightened me in a new revolutionary way of living to improve life. Not only I have recognized my responsibilities of caring and saving the earth and people, I have also realized that if all of us work together, the earth would be a much better place and even more beautiful!

## 儉樸的孫子

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2008年4月於美國

我的名字是李佳玲。我今年14歲，住在美國。我的祖父李浴日少將是一個研究孫子兵法的專家。今年元旦時，我和我的家人遊覽了蘇州穹窿山《孫子兵法》的誕生地。回到美國後，我在幫助父親建立一個紀念祖父的網站（[www.leeyuri.org](http://www.leeyuri.org)）時，讓我對孫子和我的家族歷史有了更進一步的了解。

我非常嚮往穹窿山的風景。寧靜悠閒的山谷裡充滿了大自然的美麗，空氣中洋溢著翠竹的芬芳。沿著山中小徑，穿過滿掛著《孫子兵法》中、日、英文花崗岩石刻的中西迴廊，繞過孫子的青銅像雕塑，踩著石階，我來到了令我印象最深刻的孫子隱居茅舍，草堂內只有幾個小隔間，其間陳列了簡單的桌椅臥床，還有一些田野農用的工具。以往我一直想

像，以孫武大將軍的顯赫功業，他應該有一個宮殿式的退休居所。這時我深深體會到，就是因為這樣簡單而樸素的隱居生活，讓孫子得以撰寫他這千年不朽的創世鉅作《孫子兵法》，並且這也正就是我們中華民族代代相傳的美德。

最近我看到報章雜誌許多有關伊拉克戰事的報導，成千上萬的平民百姓因此流離失所、喪失生命，我才發現這個已花費了數百億美元的戰爭，其實為的就是要搶奪世界石油資源的控制權。石油在我們的日常生活中已是不可或缺的要害，我們每天靠它來發電，開車，燒飯，取暖等。可是燃燒石油，還會增加二氧化碳的排放，讓保護地球的大氣臭氧層變薄，產生了溫室效應，進而使地球氣候異常，兩極冰層快速溶解。所以消費大量的石油，不但會為人們帶來戰禍，也會嚴重威脅到人類的生態與環境。

石油對人類既是這麼重要，又有這麼大的危害，那我們應該怎麼樣來平衡這個問題呢？我認為最好的方法就是節約能源，就是要效法孫子崇尚簡單樸素與自然生活的精神，並且要以身作則，立即開始。什麼是簡單而樸素的自然生活呢？其實也就是一種健康節儉的生活方式，我建議我們應該建立起如：多走路少開車、多運動少看電視或玩電子遊戲、多吃有機蔬果少食魚肉、多回收少浪費等等的良好生活習慣。這樣做，人們不但可以活得健康長壽，又能節約能源保護地球，還可以防止戰爭，真是一舉多得。

此外，各國政府必需負起領導的責任，教育人民和規範企業來節約能源。中國政府一直在推動的“宏觀調控”，就是一個很好的例子。藉控制經濟的增長和對企業的約束，我們可以防止因為過度生產而造成資源上的浪費。另外，國際上也應該大力推動像“京都協議”一樣的全球性合作計劃，讓全世界每一個人都來關愛我們的地球！

中國有一句諺語：“十年樹木，百年樹人”。地球是人類的母親，也是人類賴以生存唯一之地，如果我們不馬上採取行動的話，這個地球不消幾年就會被人們的浪費所摧毀。我非常感激孫子的生活哲學所帶給我的啟示，它不僅啟發了我對地球與人類的愛心，也讓我體認到只要大家同心協力，這個世界會更加美好！