

## Forest monks protect their environment

When monks moved into the forest near Herrnschrot village in the year 2007, forest authorities were skeptical: wouldn't people living in a forest have a negative impact on nature?

Skepticism didn't last long, however, when it became obvious that those monks did not use the forest for partying or trash disposal. On the contrary, they honor it as an environment for practice, an area of seclusion, in brief: as a "university of the heart" worth protecting. They are not interested in profit rates and forest harvesting, but in helping the inherited commercially used forest to develop into a natural biosphere.

In good and friendly co-operation with forester Albrecht Roth a systematical rejuvenation of the Muttodaya forest was started right after the foundation of the monastery, the biodiversity increased by planting new tree species. Only native trees were used (except for a few neophytes in the garden area in the immediate neighborhood of the main building).

Turning away from spruce mono culture forestry towards an increasing healthy diversity – this means, that more and more creatures of the woods come to feel at home in the monastery forest. Especially the opulent buffet of berries and nuts transforms Muttodaya into a birds' paradise.

In the meantime Muttodaya forest is an exemplary object of study and admiration. Regularly forest inspector Roth drops by with his students and apprentices in order to demonstrate what a healthy rejuvenating forest can look like. The following list of trees and shrubs and spotted animals is certainly not complete.

It is understood that hunting is prohibited on monastery grounds – *khettaṃ abhayadānaṃ* – a "zone of the gift of fearlessness" as it is traditionally called, some kind of church asylum for animals. Nevertheless it took a couple of generations until the resident mammals and birds got used to monks in their neighborhood. But it is not intended to domesticate them anyway.

Even if the idea of protection is dominant the monastic community also gets material benefits from the monastery forest. About two thirds of the annual demand for fire wood is supplied by own resources. The monks leave most of the fruits of the woods to its animals, but a few kg of cherries, apples, blackberries, blueberries and hazelnuts and other fruits come to be offered to the monks (collected and harvested by guests and visitors). Mushrooms are on the menu in season.

It should be mentioned that Muttodaya monastery practices environmentalism on other areas, too, as far as it is possible: separation of garbage and recycling, compost, biological waste water system, modern central heating oven with little exhaust, using biological detergents, saving water and last but not least the frugal, non-consumerism oriented lifestyle of the monks are to be listed here.

The forest is the living room and study of the forest monks, their cloister, cell, meditation room, suitable for seclusion and retreat, an object for contemplation of the characteristics of existence. The perception "forest" is the first step on the "genuine, undistorted, pure descent into emptiness" as one teaching goes (M121).

No wonder that forest monks at the same time use and protect their forest.

### Number code (last column):

- 1 native since the last ice age
- 2 imported from other areas of Europe centuries ago or breeds
- 3 neophytes from overseas
- 4 animals living in the monastery
- 5 animals traveling through or flying over the monastery or living in the neighborhood

Trees and shrubs					
	German Name	English	Latin	Genus name	Cd
<b>Needle trees</b>					
1	Eibe	Yew tree	Taxus baccata	Eibengewächse	1
2	Weiß-Tanne	Silver fir	Abies alba	Kieferngewächse	1
3	Latschen-Kiefer	Mountain pine	Pinus mugo	Kieferngewächse	2
4	Schwarz-Kiefer	Black pine	Pinus nigra	Kieferngewächse	2
5	Wald-Kiefer, Föhre	Forest pine	Pinus silvestris	Kieferngewächse	1
6	Europäische Lärche	Larch	Larix decidua	Kieferngewächse	1
7	Rot-Fichte	Norway spruce	Picea abies	Kieferngewächse	1
8	Lebensbaum	Thuja	Thuja occidentalis	Zypressengewächse	3
<b>Leafed trees</b>					
9	Berg-Ahorn	Sycamore maple	Acer pseudoplatanus	Ahorngewächse	1
10	Feld-Ahorn	Field maple	Acer campestre	Ahorngewächse	1
11	Blutberberitze	American barberry	Berberis ottawensis	Berberitzengewächse	3
12	Sauerdorn	Common barberry	Berberis vulgaris	Berberitzengewächse	1
13	Rotblättrige Berberitze	Redleafed barberry	Berberis th. atropupurea	Berberitzengewächse	1
14	Berberitze	Barberry	Berberis thunbergii	Berberitzengewächse	1
15	Haselnuss	Hazelnut	Corylus avellana	Birkengewächse	1
16	Hainbuche, Weißbuche	Hornbeam	Carpinus betulus	Birkengewächse	1
17	Weiß-Birke	Silver birch	Betula pendula	Birkengewächse	1
18	Gemeiner Bocksdorn	Wolfberry	Lycium barbarum	Bocksdorngewächs	3
19	Stiel-Eiche	Common oak	Quercus robur	Buchengewächse	1
20	Rot-Buche	Red beech	Fagus sylvatica	Buchengewächse	1
21	Buchsbaum	Box tree	Buxus sempervirens	Buchsbaumgewächse	2
22	Schwarzer Holunder	Black elder	Sambucus nigra	Geißblattgewächse	1
23	Roter Holunder	Red elder	Sambucus racemosa	Geißblattgewächse	1
24	Schneeball	Guelder rose	Viburnum opulus	Geißblattgewächse	1
25	Heckenkirsche	Honeysuckle	Lonicera xylosteum	Geißblattgewächse	1
26	Bambus	Bamboo	Sinarundinaria murielae	Grasartige	3
27	Kornelkirsche	Cornel cherry	Cornus mas solitär	Hartriegelgewächse	2

Trees and shrubs					
	German Name	English	Latin	Genus name	Cd
28	Heidekraut	Heather	Calluna vulgaris	Heidekrautgewächse	1
29	Heidelbeere	Blueberry	Vaccinium myrtillus	Heidekrautgewächse	1
30	Rhododendron	Rhododendron	Rhododendron spec.	Heidekrautgewächse	2
31	Faulbaum	Holly blue	Frangula alnus	Kreuzdorngewächse	1
32	Winter-Linde	Linden tree	Tilia cordata	Lindengewächse	1
33	Sommer-Linde	Linden tree	Tilia platyphyllos	Lindengewächse	1
34	Gamander	Germander	Teucrium spec.	Lippenblütler	1
35	Stern-Magnolie	Star magnolia	Magnolia stellata	Magnoliengewächse	3
36	Gewöhnliche Esche	Ash tree	Fraxinus excelsior	Ölbaumgewächse	1
37	Sanddorn	Sea buckthorn	Hippophae rhamnoides	Ölweidengewächse	2
38	Weinrose	Eglantine	Rosa rubiginosa	Rosengewächse	2
39	Dünenrose	Burnet rose	Rosa pimpinellifolia	Rosengewächse	2
40	Feuerdorn	Fire thorn	Pyracantha soleil d'or	Rosengewächse	1
41	Apfelbeere	Black chokeberry	Aronia melanocarpa	Rosengewächse	3
42	Kirschlorbeer	Cherry laurel	Prunus laurocerasus	Rosengewächse	2
43	Himbeere	Raspberry	Rubus idaeus	Rosengewächse	1
44	Brombeere	Blackberry	Rubus fruticosus	Rosengewächse	1
45	Bodendeckerrose	Ground cover r.	Rosa Sorte	Rosengewächse	2
46	Strauchrose	Shrub Rose	Rosa Sorte	Rosengewächse	2
47	Kletterrose	Rambler rose	Rosa Sorte	Rosengewächse	2
48	Hundsrose	Dog rose	Rosa canina	Rosengewächse	1
49	Schlehe	Blackthorn	Prunus spinosa	Rosengewächse	1
50	Weißdorn	Maythorn	Crataegus monogyna	Rosengewächse	1
51	Felsenbirne	Juneberry	Amelanchier ovalis	Rosengewächse	1
52	Kultur-Apfel	Apple tree	Malus domestica	Rosengewächse	2
53	Elsbeere	Service tree	Sorbus torminalis	Rosengewächse	1
54	Speierling	Sorb tree	Sorbus domestica	Rosengewächse	1
55	Eberesche	Mountain ash	Sorbus aucuparia	Rosengewächse	1
56	Süßkirsche	Sweet cherry	Prunus avium	Rosengewächse	2

Trees and shrubs					
	German Name	English	Latin	Genus name	Cd
57	Wildkirsche	Wild cherry	Prunus padus	Rosengewächse	1
58	Roskastanie	Ordinary chestnut	Aesculus hippocastanum	Roskastaniengewächse	2
59	Echte Walnuss	Walnut	Juglans regia	Walnussgewächse	2
60	Ohrweide	Eared willow	Salix aurita	Weidengewächse	1
61	Korkenzieherweide	Willow	Salix matsudana	Weidengewächse	3
62	Korbweide	Basket willow	Salix viminalis	Weidengewächse	1
63	Salweide	Pussy willow	Salix caprea	Weidengewächse	1
64	Zitter-Pappel, Espe	Aspen tree	Populus tremula	Weidengewächse	1

Animals					
	German name	English	Latin	Genus name	Cd.
<b>Mammals</b>					
1	Hausmaus	House mouse	Mus domesticus	Echte Mäuse	4
2	Waldmaus	Wood mouse	Apodemus sylvaticus	Echte Mäuse	4
3	Langohr Fledermaus	Long-eared bat	Plecotus auritus	Glattnasen	4
4	Feldhase	Hare	Lepus europaeus	Hasenartige	4
5	Reh	Roe	Capreolus capreolus	Hirsche	5
6	Eichhörnchen	Squirrel	Sciurus vulgaris	Hörnchen	4
7	Rotfuchs	Red fox	Vulpes vulpes	Hunde	5
8	Steinmarder	Beech marten	Martes foina	Marder	4
9	Wiesel	Weasel	Mustela erminea	Marder	4
10	Maulwurf	Mole	Talpa europaea	Maulwürfe	4
11	Haselmaus	Dormouse	Muscardinus avellanarius	Schläfer	4
12	Wildschwein	Wild boar	Sus scrofa	Schweine	5
13	Waldspitzmaus	Common shrew	Sorex araneus	Spitzmäuse	4
14	Erdmaus	Field vole	Microtus agrestis	Wühlmäuse	4
15	Rötelmaus	Bank vole	Clethrionomys glareolus	Wühlmäuse	4

Animals					
	German name	English	Latin	Genus name	Cd.
<b>Birds</b>					
16	Goldammer	Yellowhammer	<i>Emberiza citrinella</i>	Ammern	4
17	Waldbaumläufer	Treecreeper	<i>Certhia familiaris</i>	Baumläufer	4
18	Nachtigall	Nightingale	<i>Luscinia megarhynchos</i>	Drosseln	4
19	Wacholderdrossel	Fieldfare	<i>Turdus pilaris</i>	Drosseln	4
20	Singdrossel	Song thrush	<i>Turdus philomelos</i>	Drosseln	4
21	Amsel	Blackbird	<i>Turdus merula</i>	Drosseln	4
22	Hausrotschwanz	Black redstart	<i>Phoenicurus ochruros</i>	Drosseln	4
23	Rotkehlchen	Robin	<i>Erithacus rubecula</i>	Drosseln	4
24	Eisvogel	Kingfisher	<i>Alcedo atthis</i>	Eisvögel	5
25	Höckerschwan	Muted swan	<i>Cygnus olor</i>	Entenvögel	5
26	Stockente	Mallard	<i>Anas platyrhynchos</i>	Entenvögel	5
27	Waldkauz	Twany owl	<i>Strix aluco</i>	Eulen	4
28	Sperlingskauz	Pygmy owl	<i>Glaucidium passerinum</i>	Eulen	4
29	Wanderfalke	Pergrine falcon	<i>Falco peregrinus</i>	Falken	5
30	Fichtenkreuzschnabel	Crossbill	<i>Loxia curvirostra</i>	Finkenvögel	5
31	Dompfaff	Bullfinch	<i>Pyrrhula pyrrhula</i>	Finkenvögel	4
32	Buchfink	Chaffinch	<i>Fringilla coelebs</i>	Finkenvögel	4
33	Kernbeißer	Grosbeak, Hawfinch	<i>Coccothraustes coccoth.</i>	Finkenvögel	4
34	Sperber	Sparrowhawk	<i>Accipiter nisus</i>	Habichtartige	4
35	Mäusebussard	Buzzard	<i>Buteo buteo</i>	Habichtartige	4
36	Kleiber	Nuthatch	<i>Sitta europaea</i>	Kleiber	4
37	Elster	Magpie	<i>Pica pica</i>	Krähenvögel	5
38	Saatkrähe	Rook	<i>Corvus frugilegus</i>	Krähenvögel	5
39	Eichelhäher	Jay	<i>Garrulus glandarius</i>	Krähenvögel	4
40	Kranich	Crane	<i>Grus grus</i>	Kraniche	5
41	Haubentaucher	Great crested grebe	<i>Podiceps cristatus</i>	Lappentaucher	5
42	Ferldlerche	Skylark	<i>Alauda arvensis</i>	Lerchen	5
43	Weidenmeise	Willow tit	<i>Parus montanus</i>	Meisen	4

Animals					
	German name	English	Latin	Genus name	Cd.
44	Sumpfmeise	Marsh tit	Parus palustris	Meisen	4
45	Blaumeise	Blue tit	Parus caeruleus	Meisen	4
46	Haubenmeise	Crested tit	Parus cristatus	Meisen	4
47	Tannenmeise	Coal tit	Parus ater	Meisen	4
48	Kohlmeise	Great tit	Parus major	Meisen	4
49	Graureiher	Grey heron	Ardea cinerea	Reiher	5
50	Mehlschwalbe	House martin	Delichon urbica	Schwalben	4
51	Schwanzmeise	Long-tailed tit	Aegithalos caudatus	Schwanzmeisen	5
52	Mauersegler	Swift	Apus apus	Segler	5
53	Buntspecht	Spotted woodpecker	Dendrocopos major	Spechte	4
54	Schwarzspecht	Black woodpecker	Dryocopus martius	Spechte	4
55	Grünspecht	Green woodpecker	Picus viridis	Spechte	4
56	Star	Starling	Sturnus vulgaris	Stare	4
57	Bachstelze	Pied wagtail	Motacilla alba	Stelzen	4
58	Schwarzstorch	Black stork	Ciconia nigra	Störche	5
59	Ringeltaube	Wood pidgeon	Columba palumbus	Tauben	4
60	Wasseramsel	Water ouzel	Cinclus cinclus	Wasseramseln	5
61	Hausperling	House sparrow	Passer domesticus	Webervogel	4
62	Zaunkönig	Wren	Troglodytes troglodytes	Zaunkönige	4
63	Goldhähnchen	Pallas' warbler	Regulus regulus	Zweigsänger	4
64	Mönchsgrasmücke	Blackcap	Sylvia atricapilla	Zweigsänger	4
<b>Reptiles</b>					
65	Ringelnatter	Grass snake	Natrix natrix	Nattern	5
66	Blindschleiche	Slowworm	Anguis fragilis	Schleichen	4
67	Zauneidechse	Sand lizard	Lacerta agilis	Echte Eidechsen	4