追尋、實踐與超越：
陶淵明農耕的生命情景

梁贻婷

（國立成功大學中國文學研究所碩士三年級）

摘要
辭官歸隱後，陶淵明以務農的行為，實踐生命的意義，並且重新省思人與自然的關係。本文欲從農耕的角度，探討詩人於鄉居生活時，所呈現的生命情景。首先，陶淵明隨順自然質性，歸返田園，以此追尋自我的意義。隱居歲月，躬耕田畝，以保其率真本性，心靈也獲得自由。其次，藉由農耕的生活方式，不僅可以謀得衣食的來源，也得以堅守其道德理念。然而，耕稼生活，也有艱辛的一面，歷經苦、樂的交相辯證後，詩人學習如何抒解生命的困境，化苦為樂。生活於田園，心靈藉此得以淨化和寄託，縱使偶感孤寂、焦慮，也能化為正面積極的力量。同時，這也是因為詩人欣嚮自適的性情，才讓他得以隨遇而安的緣故。

關鍵詞：陶淵明、農耕、生命情景、田園、自然
Search, Practice, and Transcendence:
The Farming’s Life Situations of Tao Yuanming

Ting-Yi Liang

Abstract
After abdicating, Tao Yuanming practiced his meanings of life, and reflected the relationships between human and nature by the behavior of cultivation. This paper attempts to explore the poet’s life situations in the village days from the farming point of view. At first, Tao Yuanming followed his natural character to return to rural areas and searched for his significance. The seclusion years, he could keep his natural personality by farming, and his soul could have freedom. Secondly, the poet could seek the source of food and clothing, and stick to his moral ideal. However, the farming life also had the difficult side. After the dialectics of pastoral bitter and joyful, the poet learned to relieve the plight of life, and changed bitterness to happiness. His soul could be purified and lodged by means of living in the rural area. Although he sometimes felt lonely and anxious, he could change into positive strength. This was also because the poet had an optimistic character, that he could feel joyful everywhere.

Keywords: Tao Yuanming, Farming, Life Situations, Pastoral Areas, Nature