



## 最有意義的選擇

吳適有 文/英譯

人的一輩子裏所做（與未做）的決定都很重要。但是，如果要我選擇其中最有意義的一個，就是我選擇了到萬佛聖城的培德男校就學。

我從這所學校的學習中，得到了多種的好處和無數寶貴的課程。從那些孜孜不倦於啟發本有智慧的修行人身上，我得到非常獨特的體驗。從耳濡目染的旁觀中，漸漸地我也向他們看齊了。透過這些學習，令我在自省上打下基礎，尤其相當得力於持戒和打坐這兩方面（遠超過我的學術成就）。

打坐給了我自在，而且在心靈上有更多的空間來審察自己的念頭和動機，也讓我專心並自然於所行所做；持戒令我即使在無心的情形下也不至於踰矩。打坐和持戒讓我穩定，活得自在，也有較積極的人生目標。如果少了自省的能力，我就可能不斷地重覆犯同樣的過錯，並迷失我所面對的人生道路，前過加上後錯，以至於將在沮喪與煩悶中度日而無法解脫。

在學業上的成就讓我進入極好的大學和研究所，這些是人生重要的一部分。在《華嚴經》十地品第五難勝地中，金剛藏菩薩用偈頌描述五地菩薩的修行境界說：

為欲教化諸世間 善知書數印等法  
亦復善解諸方藥 療治眾病悉令癒  
文辭歌舞皆巧妙 宮宅園池悉安隱  
寶藏非一咸示人 利益無量眾生故  
日月星宿地震動 乃至身相亦觀察  
四禪無色及神通 為益世間皆顯示

我們應盡力學習這種利益眾生的精神，惟有以這樣的心懷去學習，我們才能夠超越所學的範疇。培德中學提供了一個獨特的環境，不僅僅重視學業，也強調精神領域，從而結合了整個人生的層面。我獲益良多，希望其他人也能享有同樣的機會與體驗。

## The Most Valuable Choice

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Every decision that one makes (and does not make) in life is important. However, if I had to choose one that was more significant than any other, I would go with my decision to come and study at Developing Virtue School at the City of Ten Thousand Buddhas.

I have benefited in a multitude of ways from my experience at Developing Virtue School (DVS) and learned countless precious lessons. The experience was unique because there were many living examples of people who tirelessly practice in order to uncover their inherent wisdom, and I learn these lessons by observing and emulating them. The most important things I took away from my experiences there (more important than the academic training) was a good foundation in my spiritual practices, especially those of holding precepts and meditation.

The practice of meditation gives me the freedom and mental space to examine my intentions and act mindfully and spontaneously; holding the precepts gives me the clarity at moments when insight is lacking. These two jointly provide me the stillness so I can live my life freely, purposefully, and with strength. Without them I will invariably forget what I have done, be confused about why my life is the way it is, feel frustrated about not being able to change it because I don't remember what I did. I will further repeat all of my past mistake in perpetuity.

The academic training I received which led to educational opportunities at a good university and later graduate school is an important piece of the puzzle as well. In a verse describing the fifth ground of a Bodhisattva, or an enlightened being, in the Ten Grounds Chapter of *Avatamsaka Sutra* (which is a major scripture in our tradition), a Bodhisattva by the name of Vajra Treasury said:

*In order to mature people, the Bodhisattvas establish arts and skills--  
Writing, printing, mathematics, medical sciences, exorcism, antidotes, and curing,  
Establishing excellent education, compassionate, kind, intelligent.  
Witty in the finest song and dance, they build delightful places--  
Canals, parks with flowers and fruits, places to sit,  
Doing many things for the joy of beings,  
Even revealing many kinds of treasure troves.  
Mastering observation of the movements of celestial bodies and earth  
As well as physiognomy,  
They accomplish formless meditations, mystic knowledge, and the  
immeasurables,  
Desiring well-being and happiness for the world.*

It is in this spirit of benefiting others that we do our best to learn. It is in this spirit that we attach importance to learning our subjects and excel in our studies. The school offers an unique environment where both spiritual and academic learning are emphasized and integrated into a larger picture. I benefited greatly, and wish that more people could have the same opportunity.