

# 一切都行！

## “Everything is OK!”

徵文得獎作品— 英文B組菩提獎 李海昱  
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我是在佛教家庭裡長大的孩子。雖然從未見過宣公上人，但是在我的生命中他是非常重要的。小時候媽媽就常常用師公(宣公上人)的法語和故事，來教導我佛學和灌輸正確的道德觀念，於是我學到了很多。對我平常生活起居，待人處事有很大的啓示和幫助。

記得師公最喜歡說的一句話是「Everything is OK!」而我從來沒仔細想過這句話究竟是什麼意思。但是從最近發生的兩件事情，讓我終於瞭解真正的意義。

從三、四歲開始，媽媽就要我每天固定作早晚課，譬如念《心經》、〈大悲咒〉、〈楞嚴咒〉等等。去年九月，我開始在社區大學讀書以後，功課很重，考試很多。和其他的同學一樣，以為如果花越多時間讀書，成績就會越好。所以有一次數學大考快要來時，就開始在早晚課上面偷工減料。譬如本來應該唸〈大悲咒〉、《心經》各三遍，〈楞嚴咒〉一遍，為了節省時間，就把〈楞嚴咒〉省掉；作晚課時，《地藏經》本來要念一品，我就只唸短短兩頁，迴向禮佛時也草草了事，有時就乾脆免了。

以為這件事情沒有人知道，而媽媽其實已經發現了，所以有一天早上，上學之前，媽媽就跟我談作早晚課的意義與重要性。她說我們天天作早晚課，就像是每天送給每一位眾生一份珍貴的禮物，因為我們把功德迴向給他們，換句話說，就是替眾生想，時時把他們放在自己前面。那時候我並沒有把媽媽的話聽到心裡面去。數學考卷發下來，真的讓我跌破眼鏡，因為我花很多時間準備這一次的大考，而分數卻是低得不像話，跟上幾次的成績真的是差太遠太遠了。我好難過，心裡就開始埋怨，怎麼會這麼倒楣，忽然就想到早上媽媽說的那一番話，於是決定乖乖的替別人想，再也不要再在早晚課上面偷工減料了。不可思議的，我的數學成績不久之後又回升了，在這之

As I have grown up in a Buddhist family, the Venerable Master Hsuan Hua is an important part of my life, although I have never met him. When I was little, my mother often used the Venerable Master's Dharma talks and stories to help me understand Buddhism and establish good moral standards. Consequently, I learned a lot. They have helped me greatly in my everyday life.

I remember one of the Venerable Master's favorite quotes was "Everything is OK!" I never really understood how and when "everything" could be "OK," until I recently had two experiences that made me realize what it really means.

When I was three or four years old my mom set daily recitation schedules for me, such as reciting *the Heart Sutra*, the Great Compassion Mantra, the Shurangama Mantra and the like. Last September I started going to a new school and there was always tons of homework to do and lots of studying for tests. I thought the more time I had for studying the better my grades would be so when a big math exam was coming up I began to shirk my daily recitation. Instead of reciting the Shurangama Mantra and three times each of *the Heart Sutra* and the Great Compassion Mantra, as I was supposed to do for morning recitation, I did away with the Shurangama Mantra, and for evening recitation recited only two short pages of the *Earth Store Sutra*. I tried to get away with no bowing.

Wrongdoings never go undetected and somehow my mother got wind of what I was doing. She gave me a talk about the real meaning and importance of the practice of recitation. She said that doing recitation every day is like giving a present to all living beings every day because you transfer the merit to them. In other words, you are thinking of them and putting them before yourself. At the time I didn't really take it to heart. But when I went to school later that day and received the results from my exam, my grade was really bad—almost the complete polar opposite of my previous grades. I was really sad because I had studied extra hard for this exam. Talk about being depressed. I really didn't

前，從來沒想過作早晚課會跟功課有直接關係。

每個禮拜天，我們全家都去金聖寺。有時候法師講法時會叫我上去幫忙翻譯，我都很樂意去作。但是幾個禮拜以前，法師要我幫忙翻譯星期天早上的開示，剛好隔天要數學期中考，所以很想待在家好好用功，哪裡也沒有心情去。更頭痛的是，有一條練習題我怎麼作也作不出來，最後只好去跟媽媽商量。媽媽提醒我，不要自私的只是為自己想，更何況幫助別人的時候也就是在幫助自己。不管考試考得怎麼樣，都不是世界末日。於是我們說好，早上去幫忙翻譯，中午請別人代替，吃完午齋就回家唸書。結果中午找不到人代替，只好待到結齋以後才回家。

一到家，爸爸馬上衝到圖書館去找數學參考書，希望能幫我解答那個超頭痛的練習題。不可思議的事情發生了，爸爸回來了以後跟我們說，他翻遍了書架上的數學參考書，都沒有找到可以參考的，他已經放棄希望、要離開的時候，忽然從他的眼角看見一本小小的、一點都不起眼的書，是有關於三角形的。考題是有關微積分而不是三角，但出於好奇，爸爸還是拿起來翻了一下，他打開書時，眼前所看到的正是那一條我做不出來的練習題。借了書之後，爸爸就非常高興的飛奔回來。

感覺上，那一天下午腦力特別的好，不管是複習或做練習題都很得心應手。第二天，我信心充滿的去考試，那一條難題果然在考卷上面，而我是少數幾個能解答出來的人，那一次我拿到滿分。事後媽媽說，如果那一天很自私的撇下翻譯不管的話，這些「奇蹟」是不會發生的。就像媽媽說的，「只要我不放棄別人，佛菩薩、師公和其他的人也永遠不會放棄我的。」

所以，到底什麼時候是「Everything is OK」呢？結論是，當你為別人想，願意犧牲自己，並且記得什麼是重要的，那麼「Everything就會OK」。可是如果你自私自利，不但一切不會OK，有時候事情會變得很糟，糟到令你無法相信。我一直以來最大的缺點就是自私，太會為自己想，這個毛病一直都沒有辦法改掉，不過這次從這兩個經歷，和對師公的法語真正的體驗，現在知道要如何改正自己的缺點，相信這也是師公希望我能學到的。

know why this was happening...until I remembered what my mother had told me. I decided that I would be good, put others before me and stop cutting my recitation homework. Miraculously when the next exam rolled around, my grades improved. It had never occurred to me that recitation homework would directly affect me.

The second incident occurred not long afterward. My whole family goes to Gold Sage Monastery every weekend. The Dharma Masters often ask me to help translate as they are giving Dharma talks. Usually I do it willingly. Two Sundays ago, I was asked to help translate a lecture on the Shurangama Mantra. I would have done it gladly if not for another big math exam that I had coming up the following Monday. All I wanted to do that Sunday was stay home and bury myself in my textbooks and notebooks and exercise problems. It didn't help much that there was this one question on the practice exam that I couldn't solve. I voiced my anxiety to my mother who reminded me that when I help others that I'm helping myself and told me to stop being selfish. She said whether I did well on the exam or not, it would not be the end of the world so we compromised. Our agreement was that I would help translate the morning lecture, and my mom would try to find someone else to translate during the lunchtime Dharma talk so we could come home right after lunch and I could start studying as soon as possible. Unfortunately, she couldn't find a substitute so we stayed longer.

When we got home my father rushed to the library to look for books that could help solve the practice problem that had been giving me so much trouble. He came home saying that something amazing happened at the library. He had flipped through three hefty math books without finding anything helpful when something caught his eye. It was a tiny trigonometry book which was something he thought would not be useful. He opened the book and there was exactly what he needed. He checked out the book and hurried home ecstatically. All in all, everything went very smoothly that afternoon.

With my confidence renewed, I went to take my exam the next day. The difficult problem was on the test. I was one of the few students who got it right and my score was perfect. My mother later told me that these incredible things would likely not have happened if I had been a "selfish ghost" and stayed home to study. She often likes to say, "As long as you don't give up on other people, the Buddhas, Bodhisattvas, Venerable Master and everyone else will not give up on you."

So when is "everything OK!?" Everything will be OK when you think of others, are willing to sacrifice yourself and never forget what is really important. When you are selfish and petty, not only will everything not be OK, sometimes things will get so bad you won't even believe it. This principle bodes well for me because one of my many big shortcomings is being selfish. I've never really been able to turn my selfishness around. However these two experiences, together with my new understanding of the Venerable Master's favorite quote, have shed new light on what I should do to improve myself. I believe this is what the Venerable Master wants to teach me.