



王欣平講於2010年10月8日萬佛城大殿

A talk given by Sharon Wang on October 8, 2010 in the Buddha Hall at CTTB



聖城的美

The Beauty of CTTB

人活八十歲，在這八十年的人生中，能有多少圓滿呢？在平常人生活中，總喜歡抱怨人生沉悶、不圓滿，即使有很好的工作和幸福的家庭，仍然無法滿足，我來聖城之前也是如此。

我曾經覺得人生不圓滿，爸爸殘障，媽媽每天被娘家煩到受不了，哥哥拖拖拉拉，不值得驕傲，每次看到我姊姊就咬牙切齒。在外面，我總是個爛好人，功課平平，不引人注目。每次看到別的女生吸引眾目，為人簇擁，就覺得好羨慕；反過來看自己，毫無特別，真是令人沮喪。從來沒有足夠信心，看到的總是自己缺點，日積月累自然也沒有了笑容。來到聖城，我的不圓滿漸漸變圓滿了。

二〇〇七年夏天，我踏進聖城城門。腦海中不由自主浮現兩個字——簡陋。我看盡繁華大城，聖城顯得非常單調，當然，當下對城裡的人下了斷語——土包子！然而，聖城日子卻轉變了我一生，開啟夢想，具體肯定自己。

聖城的學校，外貌上怎麼看都不像學

If we say there are 80 years for one's lifespan, how many satisfying incidents can happen during these 80 years? In daily life, people always complain how their lives are plain, boring, and dissatisfying; even though they have a high paying job and an adoring family, people still feel empty. My attitude toward life was as pessimistic as those people before I came to the City of Ten Thousand Buddhas (CTTB.)

I always felt as if my life was never in my favor. I have a father who is handicapped, a mother who is annoyed by her own family, a brother who procrastinates (which is not really something to be proud of), and a sister who always insults me whenever she sees me. Aside from when I was with my family, I was a yes-man. My grades were average in class. I believed I did not have an attractive appearance or personality. I admired girls who appeared more attractive and were surrounded by large groups of people. Then I tried reflecting upon myself and felt so depressed and not special at all. I never had enough confidence because I usually saw bad points in my character. Day after day, I had no smile on my face. After I came to CTTB, my attitude toward life changed gradually and for the better.

The first time I stepped through the gates of CTTB was in the summer of 2007. At that moment, a word unconsciously popped into my head -- primitive. CTTB seemed so simple and boring compared to the ostentatiously prosperous city of Taipei. Of course, I immediately made a false assumption about the people here -- a group of Buddhist hicks. However, the days I spent in CTTB changed my life to a brighter, more matured perspective; it aroused my dreams and renewed my aspirations.



校，兩層樓的建築，紅磚上爬了些許藤蔓，木頭格子的窗戶，開關都得使上吃奶的力氣，還配上喀噠喀噠的音樂，以為置身在哈利波特城堡，說是廢棄的舊屋，可能還比較令人相信吧！學校從幼稚園到高三，學生不超過一百人，每個人的個性、身家……，大家都瞭若指掌吧！大多數老師是修行人。學生不能交男女朋友，不能隨便上網，不能隨便外出，當時懷疑自己是否真的能待得下去。

一開始，我很沒有信心，和城裡的人相處，才覺得自己是很幸福的。有些同學沒有完整的家，卻很知足，覺得這樣就很幸福了。有位女生，長得蠻普通，但在我眼裡，她的自信使她光采亮麗。跟同學相處，發現了自己的價值，我不是爛好人，喜歡幫助別人，不喜歡拒絕人，是不想要人家傷心，我活得更有自信，更開心。對於家人，不再感到不好意思，爸爸即使是殘障，卻努力工作來讓我受更好的教育；媽媽是好媽媽，勤儉持家，總是把家人擺第一；哥哥即使有一點懶，功課不好，卻很體貼，把自己的本分做得很好。雖然跟姊姊相處不好，她卻教了我人生很重要的一課，「己所不欲，勿施於人」，我再也不覺得人生不圓滿，反而是比誰都圓滿。

慢慢發現聖城的美，在聖城三年，學到外面學不到的價值觀和平靜。打坐和佛學課，使我學到以理性來看待事情，學習管理情緒和降低慾望，並用真心來處理困難。同時要尊重別人，尊重生命，這也正是自我尊重。學到人有妄想，才有煩惱，知道如何以平常心看待一切逆境。法師說過：「山不轉，路轉；路不轉，人轉；人不轉，心轉。」只要有對的心態，就沒有不圓滿的事，每件事都是圓滿的。

在聖城，我想到非洲當義工醫生的夢想得到了支持。第一次知道原來我沒做可笑的事，而是做了人生最有意義的抉擇。在聖城學校，修行人老師讓我知道自己是特別的，幫我重新建立信心和希望，我可以是人群中最閃耀的星星，我的人生多采多姿，因為每個人都是特別的，我也是。

The school in CTTB does not look like a school at first glance: a two-story building with some ivy growing on the red brick wall, and wooden windows that make weird noises when we try to open them. The building felt more like a discarded building than a school. There are approximately a 100 students in this school. Not surprisingly, everyone knows each other really well. Most of the teachers are cultivators. During school time, students cannot go on the Internet, go out without permission, or have a relationship with the opposite gender. When the school year started, I was wondering how I could survive in this kind of environment for one year.

In the beginning, I lacked confidence in myself. However, after I had some interactions with the girls in the school, I started feeling that I have a really fortunate life. In the school, some of the girls have a single parent family, but they never complain about it because they think that it is happiness. One girl is not as pretty as a movie star, but her confidence makes her seem like a star in Hollywood. After a few months in school, I discovered my values as Sharon Wang, the individual: I am not a “yes man.” I like to help people; I don't like to reject others because I feel guilty for not helping. I live in a more confident and happier way than before. I don't feel embarrassed about my family anymore. My dad is handicapped, yet he works hard to give me a better education in America. My mother is a good mother because we are always the first priority in her heart. Even though my brother procrastinates all the time, he is a considerate person who does his duty as a brother very well. I know I do not get along with my sister, but she has taught me an important lesson in life: 'Do unto others as you would have others do unto you.' I feel my life is no longer dissatisfying; instead, I have the brightest life compared to others.

Gradually, I have discovered the beauty of CTTB. During these three years, I have learned values and calmness which I have never known before. Through meditation and Buddhist classes, I learned to solve problems from a more rational point of view, and to have self control over my emotions and desires, and to use a true mind to resolve difficulties. Also, I have learned how to respect others and all living things, because this is the respect toward one's self. I have learned that we have desires because we have false thinking and know that I should face adversities with a calm mind. Dharma Master once said, “If the mountain does not turn, the road will turn; if the road does not turn, the person will turn; if the person does not turn, the mind will turn.” As long as we have the right attitude toward life, there is no such thing as dissatisfaction. Everything is satisfaction.

In CTTB, my dream of being a volunteer doctor in a developing country was supported. This is the first time I realized that I did not dream about an impossible mission. It is the most meaningful decision I have made in my life. In school, the cultivating teachers have built up my confidence and hopes by letting me know that I am special. I can be the brightest star in the crowd. My life will be full of meaning because everyone is special; therefore, so am I.