



北海道小樽市
Otaru, Hokkaido, Japan

用心 Mindfulness

葉祖堯講於2013年9月18日 萬佛城大殿

A Talk Given by Raymond Yeh on September 18, 2013
in the Buddha Hall at CTTB

近佛師要我講法，但我不會講法。我還有兩個月就77歲了。我想，也許我可以分享我對「用心」兩個字在日常生活中的體會。

我從小就不是一個好學生，初中七年級的時候，代數不及格；高中時，我又進了同樣的中學——建中。我初中的級任老師，是我高中的國文老師。所以他第一次上課時先點名。我還記得很清楚，當他點了我名字後他就說：「哎，站起來看看，是你嗎？」一看果然是我，他就很洩氣的說：「你怎麼又混進來了？」所以我的父母親也總想我能夠大學畢業他們就謝天謝地了。

DM Jin Fo asked me to talk Dharma this evening. Regrettably, I am not competent in this category. Since I will be 77 in about 2 months, perhaps I can share my experience of the word “mindfulness” in daily life.

I was never a good student. When I was 7th grade, I flunked the Algebra course. But I was able to pass the exam and got in the same school for high school education. My core teacher in the junior high became my Chinese teacher during the senior high. During the first class, he called rolls. When he got to my name, he asked me to stand up and said “is that really you?” After he took a closer look at me and found out that indeed I was the same student in his junior high class, he said, unbelievably: “How did you get in here again?” Well, my parents never put a lot of

我剛剛到美國的第一個暑假是1957年。那個時候我暑假有兩個工作：白天在一個工廠做五天，晚上在一個披薩飯店做七天洗碟子。我雖然是做兩個工作，可是我非常高興；這個樣子到九月的時候，我的學費就出來了。可是我在披薩飯店做事的二廚常常找我麻煩。有一天要跟我打架。他是200磅，我是130磅；這個打架可以想象而知，不能打！但是我決定不跟他打架以後，也不願意再受他的氣；所以我當時就做了一個決定：我要做這個飯店裏面不可缺少的人。

所以從那個決定以後，我即使每個鐘頭有十五分鐘休息，我也不休息；人家休息時，我就打掃廚房。然後，即使在週末我已經累得不得了，我也還到飯館去幫大廚，做披薩的麵及拌漿等。然後我就等我的機會，因為我看到大廚有時候喝醉酒，他喝醉酒就不來上班了。我也知道兩位老闆看到，因為他們中總有一位週末時也在，這個最便宜的工人，可以做他們飯店裏面所有的事情。果然有一天，大廚喝醉酒就不來了；第二天他就被老闆解職，然後我就被升成主廚。所以欺負我的人變成我的手下，這大概兩個月多一點的時間。這就是我到了美國以後，學到的第一課：怎麼「用心做事」。

我想今天用這個機會跟各位分享一下，我在日常生活中體驗到「用心」這兩個字的關鍵元素是甚麼。

第一點：你要有一點骨氣。

在我們生命裏面，我們不能決定生命給我們的牌是什麼。可是我們可以決定怎麼打好我們這副牌。你假如沒有骨氣的話，你就沒辦法打好你的牌；你一定要有一點骨氣。下面我分享一位小女孩艾麗思克·斯科特的故事。

她生於1996年，死於2004年。在一歲的時候，她就被診斷得到一種稀有的、只有小孩子才有的癌症，因此在四歲的時候，她常進進出出醫院。有一次從醫院回來的時候，她告訴她爸爸媽媽，她希望在家門口擺一個小檸檬攤子，賣檸檬汁，賺一點錢，捐給醫院幫助其他像她一樣的孩子。八歲的時候，她用自己的名字成立一個基金會；九歲不到就死了。死後十年的今天，她的基金會繼續在全國募款，已經募到了伍仟伍佰萬元美金，支持全國兩百五十個研究項目。所以一個人不管年紀大小，都可以決定打好他們手中的牌，不管是什麼牌。

第二點：你必須知道你是誰，你要什麼。

當我快要拿到博士學位的時候，我的論文指導老師跟我說，他願意介紹我去加州柏克萊大學或者去康奈爾（Cornell）大學教書，兩個頂尖的學校。可是我跟老師說我根本不考慮，因為我對自己沒有信心。我要找一個有發展空間的地方，所以我選了賓州州立大學，作為我

hope on me to be very successful. They privately thought that they would be very grateful if I could make it through college.

I remember that during my first summer at US in 1957, I was working two full time jobs—as a laborer in a factory during the weekdays, and as a dishwasher in a pizza parlor for seven evenings. I was very happy to get these jobs so that I would be able to cover my tuition when September came around. However, the assistant chef in the pizza parlor did not seem to like me and often bullied me. In fact, he tried to provoke a fight with me one evening. In deciding not to fight him, with my 130 lb weight against his 200 lb mass, I also decided not to take the unnecessary bullying from him anymore. So, I made a vow then to become the indispensable person in that restaurant.

So, I begin to observe everyone and everything about the restaurant. I wanted to help out on every front. Instead of taking 15 minutes breaks, I try to clean up the kitchen. Instead of rest during the weekends, despite the fact I was very tired, I went to the restaurant to help the chef to make dough, sauce, etc. In other words, I will pick up whatever loose balls in the air whenever I can. Then I waited for my opportunity as I observed that the Chef occasionally got drunk and hence we have an assistant chef. Since one of the two owners was always there on weekends, I knew that they have noticed that this lowest paid dishwasher could do everything in the restaurant. Well, the Chef was drunken one day. He was sacked the next day and I was promoted to be the Chef. I became the boss of my bully, in a little over two months after my vow. So, the first lesson I learned in this country was to work mindfully—which has several shades of meaning.

I would like to take this opportunity to share with you what are the key elements of mindfulness in daily life, based on my experience.

First, you've got to have some bones!

In life, each of us was given a deck of cards. While each of us can't change our cards, each of us has the choice of how to play our cards. If we have the bones, we will be willing to make the choice regardless what other people might say. Here is an example of a 4-year old who decided on how to play her deck.

Alexandra "Alex" Scott was born in 1996 and passed away in 2004. When she was one year old, she was diagnosed with a rare children cancer. When she was 4 year old, she visited the hospital frequently. One time after she came back from the hospital, she told her parents that she would like to have a lemonade stand in their front yard to raise some fund for the hospital, in order to help other children like her. When

第一個教書的學校。我記得去了賓州大學以後，有一次我去開會，見到一位很驕傲的年輕教授，他在哈佛大學教書。可是七年以後，當他要申請另外一個學校的系主任職位時，他要求我給他寫一封介紹信，因為那個時候我已經是系主任了。

現在有許多年輕人找我談話。我常建議他們，大學畢業了或者中學畢業，就該揸一個背包去看世界，找到自己。他們說：「我沒錢啊！」我說：「你可以睡硬地板，你可以到麥當勞去做事，對不對？」可是大多數東方的父母，總要把孩子留在身邊，不知道他們的小孩因此不能高飛了——翅膀已被剪了而不知道。

第三點，一個人需要開發一個寬大的胸懷，能夠原諒別人。

講一個納爾遜·曼德拉的故事。他在監牢裏被關了二十七年，有三個獄卒監督，常常用鐵錘子打他。他出來以後，不久被選為南非第一個黑人總統。在就職典禮的時候，他請了三位當年虐待他的監卒為上賓，並且特別介紹他們。他說：「我在年輕的時候，脾氣很不好，這三位朋友幫忙我把脾氣變好了。」典禮完了以後，他走過來跟這三位朋友說，他說：「當年當我離開監獄的時候，我知道如果我不把我的憤怒留下來在監獄的門裏，那麼我一輩子都是被關在監獄裏。」

第四點，一個人需要培養設計思維。

當我在披薩飯館裏時，我很仔細地看每一人做的事，整個飯店裏面需要做什麼；我看得清清楚楚，然後才定下我的計劃。有一次跟洛杉磯著名的蓋蒂博物館的建築師談了很久，他說在設計這座博物館以前，他在這塊土地上走了兩年，跟鄰居談、了解僱他的人——蓋蒂的計劃組，想要的是什麼東西，了解每天的光是什麼樣。所以開始設計的時候，他已經知道每一個房間的光線，在什麼時候是什麼樣子。他記得鄰居跟他說，「這個博物館的建築不要比兩層樓高。」還有，雖然他是用白石頭成名的建築師，可是鄰居不喜歡白石頭，因為太陽光反射的太厲害等等。所以他以兩年的時間，然後才能設計出來一個有長遠價值的結果，能達到所有人需要的一種平衡，例如使用乳色的石頭、建

she was 8 years old, she created a foundation in her name and passed away before she was nine. Today, almost 10 years after her death, her foundation has raised more than 55 million dollars, supporting more than 250 research projects to find solution to children's cancer. As you can see from the example above, that anyone, regardless of one's age, can decide to play their deck of cards well.

Second, you've got to know who you are and what you want!

When I was about to receive my Ph.D degree, my thesis advisor told me that he would recommend me to teach at either UC-Berkeley or Cornell, two top schools. However, I told him that I would not consider these schools, because I had no confidence in myself. I needed to find a place where there is enough room for me to find myself. So, I picked Penn State University as my first employer. I remembered that shortly after my arrival to Penn State, I went to a conference and met a young professor from Harvard University who was quite full of himself. However, seven years later, he requested me to write a letter of recommendation for him in applying for a department chair position. By then, I was already a department chair.

Nowadays, many young people seek my advice. I often tell them to see the world with a backpack in order to find themselves. Their answer inevitably is: "But I don't have money." Then I'd asked them, can you sleep on hard floors? Can you flip hamburgers at McDonalds? Too often, parents, especially Asian parents, would like to keep their children nearby, not knowing that in so doing, they have clipped their children's wings, preventing them from soaring high in the sky.

Third, you've got to develop a big heart in order to forgive!

Here is a story of Nelson Mandela. Imprisoned for 27 years and often beaten up by his three prison guards, Mandela was finally released from prison, and later he was elected the first black president of South Africa. At Nelson Mandela's Presidential inauguration ceremony, he invited the three prison guards as guests. During the ceremony, he introduced these three guards to the audience and told the audience that when he was young, he had bad temper. However, his three friends helped him to develop a more tolerant attitude. After the ceremony, he walked over to his three guests and told them: "when I left the prison gate, I realized that if I cannot leave my anger in the prison, I will be a prisoner for the rest of my life."

Fourth, you've got to cultivate designing thinking!

In my case; I carefully watched every aspect of the restaurant before designing my plan. I once talked to the architect, Richard Meier, of the famous Getty museum in LA. He told me that he walked the site for two years before he began designing. He understood the environment, the natural lights of different times of the day, the desires of the Getty Trust planning team, and the neighbor's desire not to have purely white walls that reflect the intense sunlight on them and also not to have more than two story high buildings, etc. Taking all these requirements into account, he was able to design a long lasting building with beige-colored walls, and all of the buildings extend underground and are linked with subterranean corridors that facilitate the moving of artwork and other materials, etc.

築延伸到地下，可以搬運藝術品。最重要的是，它標顯了蓋蒂中心所代表的特質：持久、堅固、簡單、溫暖和工藝。

第五點，你需要有一點耐心。

就像這位建築師麥爾，花費兩年的時間了解所有的東西，然後才開始設計。因此一千年以後的人們到蓋蒂博物館，依然能夠品味到當年設計師想要賦予他們的感受。就跟我們現在妙覺山的發展計劃一樣，所要設計的應該是一座千年古剎。是否有想過多年以後，有人來訪問萬佛城的時候，他們能否體會到我們想要他們感受的是什麼嗎？

第六點，不要很快地衝過生命！

我記得剛到德州大學的時候，我告訴我同修我希望每四年休息一年，到世界上不同的大學去訪問；結果越來越忙，10年的時間就像飛過去一樣。假如你開車一小時開90哩，然後什麼也沒看到，有什麼意義？下面這一首古詩表達了現代一般人的生活：

高坡平頂上，儘是採樵夫；
人人盡懷刀斧意，未見山花映水紅。

第七點，感恩！

去年我回臺灣的時候，特地拜訪我初二時候的代數老師；謝謝他當年把我當掉，所以我可以拿到一個數學博士。他八十八歲的臉上所綻放出來的笑容，是我此生最大的禮物。

我特別感恩在這人生的邊緣能住在聖城，可以參加很多法會，在我回家前，來幫我洗淨多劫以來沾染的污穢。

第八點，請別人原諒你！

我照顧過幾位在生命最後階段的人，幾乎每一個人都有很多的後悔。我發現如果要有一個無悔的生命，「請別人原諒你」是一個關鍵因素。所以我現在有一個名單，我希望找到他們，當面向他們道歉，請他們原諒我。

年初的時候，我再一次到日本訪問北海道的小樽市，那是五十七年以前，我搭貨船到美國來的地方。年初再訪時，我寫下了這幾句話：

白雪映銀髮，甲子手中流，
借問蓮邦路，老實念彌陀。

所以，我現在的功課就是「用心」念佛！阿彌陀佛！

More importantly, the museum expresses the qualities the Getty Center celebrates: permanence, solidity, simplicity, warmth, and craftsmanship.

Fifth, you've got to have patience!

Design takes time as evidenced by Meir's walking the site for two years to truly understand how the requirements of various parties can come together seamlessly so that when the visitors come, they can experience the architect's intent 1,000 years from now. It's sort of like our situation here at CTTB in the design of our East Campus. Shouldn't we want to design a 1,000 year monastery such that when people visit CTTB long after we are all gone, they will be able to experience our intent for them?

Sixth, don't rush through life!

When we first arrived at the University of Texas at Austin, I told my wife that I would like for us to take a sabbatical every 4 years to visit different universities around the world. Well, as I got busier each year, 10 years just fly by without notice. What's the point of driving 90 miles/hour and missing the whole scenery? The following poem seems to express the busy life of people nowadays:

*On the flat slopes of the mountain,
There are full of people looking for fire wood;
Everyone has knives or chain saws intending to cut,
They missed the beautiful river reflections of the red mountain flowers.*

Seventh, be grateful!

One of the most memorable events of my life was the visit last year with my 7th grade algebra teacher. I thanked her for flunking me so that I was able to get a Ph.D degree in Mathematics. The radiant smile from her 88 year old face was more rewarding than any awards I've received.

I am most grateful to be at CTTB, at the edge of my life, as I am able to attend all kinds of Dharma events which would help me to clean up a lot of dirt that I've accumulated in this life and other life times before I go home!

Eighth, ask for forgiveness!

I have been with a few people at their last stage of life. Almost all of them have many regrets. What I discovered through them is that an important aspect of building a regret-free life is to ask for forgiveness. I have accumulated a list of people that I would like to apologize to them face to face.

Earlier this year, I revisited Otaru, Japan again after 57 years, when I boarded a cargo ship to America. I wrote the following during this revisit:

*White snow and silvery hair reflect upon each other,
Six decades have slipped from my fingertips.
Where is the land of lotus?
Just mindfully recite Buddha's name!*

So the work is cut out for me now to mindfully recite Buddha's name!
Amitabha!