

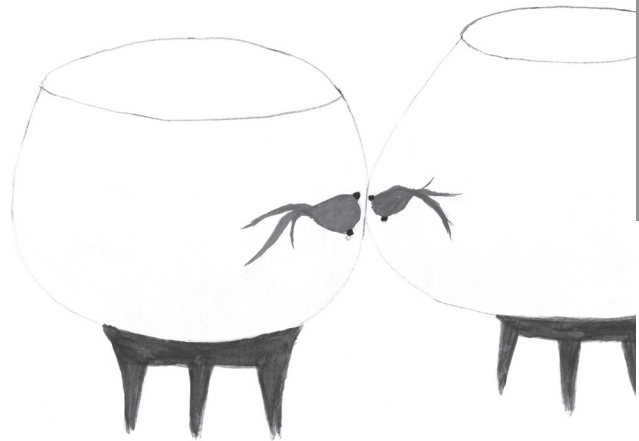
一個非改不可的毛病



A Problem I Must Conquer

Spoken by Frank Liu on February 23, 2014
at the Buddha Hall of CTTB

劉無塵講於2014年2月23日 萬佛聖城大殿



背景插畫選自——碧瀾《清心》

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BODHI FIELD | 菩提田

All Buddhas, Bodhisattvas, Venerable Master, Abbot, Dharma Masters, Good Knowing Advisors and the Assembly, tonight I'd like to share with everyone an experience I had while volunteering. But I first start by apologizing because last time I said I am only going to stay for 6 months. But during the 8 months here, volunteering in CTTB has really become one of the places I cherish the most. Not only do I have a chance to do service for the temple, but I also have the opportunity to become a better person and become a better volunteer.

During the first month here, I quickly realized that it is hard to be a volunteer. Anything I would do, say and think would get yelled at. It's like playing chess where you make one wrong move and it's checkmate. And the checkmate comes like a storm – obliterating any self-confidence you had at all. As time went on, it gets a lot better but sometimes I still don't do very well.

So the things I learned were:

諸佛菩薩、上人、方丈、法師們、善知識們和佛友們，今晚想跟大家分享我當義工時的一個故事。但是先得對大家道個歉，因為上次我說只會待在聖城六個多月，結果在這裏當了義工八個月，也讓我發現聖城是我最珍惜的地方之一。我不但能為聖城服務，而且還有機會學到怎麼當一個更好的人和一個更好的義工。

在這裏的第一個月，我很快就發現當好一個義工是非常難的。無論我做什麼、說什麼、想什麼都會被罵。這很像玩象棋，當我走錯步，我就被將軍了。時時就像有一場風暴掃來，把我的自信心完全抹掉；可是過了一段時間，我慢慢就習慣了，所以也變得越



佛言：如人鍛鐵，去滓成器，器即精好。學道之人，去心垢染，行即清淨矣。

——《佛說四十二章經》

Responsibility: Once we were preparing to eat instant noodles, and I was hesitant about how much water I should add, how hot I should put the pot at, etc. I was asking a nearby person and he told me that I should take cooking instant noodles as my own initiative and not just rely on others all the time. Thinking about that, I should apply to my work too. I should take the work to my own initiative and stop asking my boss what to do all the time. I should try and think about how to tackle on the work instead of keep nagging him.

Selflessness: Think of others before thinking of oneself. It is a characteristic of a Bodhisattva and a good thing to practice when volunteering, in CTTB and in life. I think that if everyone can give in a little bit; the world will be a much peaceful and happy place to be.

Concentration: When there is a job for us, we should do it single-mindedly. Whether it is pulling grass or cutting trees, single-mindedness will allow one to work faster and without mental obstructions. In other words, one become much more efficient and won't make others wait.

But the most important thing I learned is: **Loyalty**. When it comes down to work, I must listen to my boss. If he said the apple is an orange, then that apple IS an orange. Anything that he says is true and it would be forbidden to go against his words and his rules. I think that if one has this kind of attitude, then the relationship between boss and volunteer will be much smoother.

What I have said does not mean that I have mastered it; in fact, I am still learning and working on it every day.

What goes with “educational volunteering” is the environment that CTTB exists in. I cannot stress enough – my first impression of this city is that it makes me want to cultivate. I'm not sure if it is the scenery or the people here serious in cultivating but staying here makes me feel at home.

Not to mention, this place offers vegan food. Back in Maryland, the only vegetarian places I could go to were pizza stores and Subway. Well, eating pizzas were delicious but they were mightily expensive so I often went to Subway to eat. Yes, they offer fresh vegetables that goes along for the sandwiches but that's about it. Even their veggie patties have eggs! So their Veggie Delite isn't really quite delightful. So you can imagine the sandwiches can get really mundane when you are a college student commuting from home every day and having to eat those sandwiches for lunch. Ever since coming to CTTB, there are many variances of vegan foods found in the Dining Hall, Jyun Kang Restaurant. As a result, I am grateful for all the Dharma Masters and volunteers for cooking the delicious vegan food for us every day.

來越好，雖然有時候還是做得不好。

所以我學到的是——

責任心：有一次，我們準備煮泡麵吃，我不確定怎麼做，不知道要加多少水、要煮多熱等等。於是我問旁邊的人，他告訴我，我應該學著自己煮，不要一直等別人告訴我怎麼做。想想他說的話很有道理，所以工作的時候我也應該主動幹活，自己想法子怎麼把活兒搞定，而不應該一直嘮叨老闆。

不自私：我應該要先想到別人，然後再想自己。這是一種菩薩的心腸，可以好好運用在聖城裏面和聖城外面的生活。我覺得如果大家都能多讓步一點，這個世界會變成一個更平安和快樂的地方。

專心：做事情時，我們要專一其心。無論是拔草或是修樹枝，如果專心不打妄想，幹活的速度會增加，因為腦子裏面沒有想「現在幾點了」、「我餓了」等等的事。你不但會覺得很平靜，而且會提高工作效率，不會耽誤別人。

然而，我學到最重要的是**忠心**：工作時一定要聽老闆的話，如果他說那顆蘋果是橘子，那它就是一顆橘子。他說的什麼都是正確的，不能反對他的話和他的規矩。我覺得如果一個義工有這種態度，那麼老闆和部屬的關係會很平順。

以上所說的，並不表示我完全做到了。事實上，我現在每天還是繼續學習怎麼當一個好義工。

與「有教育性的義工生活」這個理念相配合的，是萬佛聖城的環境。我必須強調，自己對聖城的第一個印象是想來修行。我不知道是因為風景，還是因為人在這裏修行這麼專心，來到聖城以後，我有賓至如歸的感覺。

還有，這個地方提供全素的膳食。在我住



The Buddha said, "People smelt metal by burning the dross out of it in order to make high quality implements. It is the same with people who study the Way: first they must get rid of the defilements in their minds; then their practice becomes pure."

—The Sutra In Forty-two Sections

Another critical factor why CTTB is so pure is because once you step inside, it is like a whole new world. More importantly, there are no outside distractions in the City. Ukiah is about 30 min bike ride away, close enough for going there for business errands and far enough to avoid keep going there again and again. I don't need to worry about things happening outside either such as my friends graduating schools, politics within the government, wars happening internationally, etc. Probably the only thing I would be interested in is the weather. Any rain or snow would be great but not as much as the East Coast.

In summary, there are many reasons why I wanted to stay in CTTB a little bit longer. So I hope everyone can bear with me for another year or two before I go back and finish my college career.

So the story I wanted to share may sound a bit too ordinary but I think if there were anything to learn from it, it's worth telling it.

It happened last year between October and November. I remember that afternoon I went to pick grapes and olives with a group of volunteers. During that time, my phone slipped from my pocket. When losing something valuable, every second counts because with every second gone, the chance of finding the lost valuable decreases. However, by the time I realized what happened, it was nighttime. I can only look for it the next day.

So the next day noon, with the help of several friends, we frantically searched both the grape area and the olive tree, but sadly, they came up empty handed. I had no choice but to go back and inform my boss of this tragedy.

When I told him, he gawked, "You're kidding right?"

I tried to be reassuring and said, "There is still one way to find it and that's when my alarm goes off."

He just stared back at me and scoffs, "And when's that?"

And I replied meekly, "3:45 AM".

Then, he swiftly criticized me for being so careless.

That night we were starting our midnight runs which is moving grape compost from a vineyard to the farm from 8 PM to 5 AM every night. Why do we do it at night when everyone else is sleeping? It is so that there is less traffic on the road and we can go more trips as each trip would be faster and less gas consuming. I think the night shift took us about 3 trips per hour. Now that I

的馬里蘭州，大學裏的素食餐廳就只有披薩店和潛艇堡。雖然披薩蠻好吃，但是真的太貴了，所以我就常常去潛艇堡吃。在那裏，就只能吃普通的三明治和新鮮生菜，因為連他們賣的素餡餅都含有蛋！所以潛艇堡的素食餐，實在不太好吃。如果一個大學生，每天從家裏開車到學校讀書，中午就只能吃這種三明治，實在很容易吃膩。來到聖城之後，大齋堂和君康都有很多很多不同的素食料理，所以我很感謝法師和義工，為我們每天做這樣美味的素食。

另外一個重要的因素，聖城是這麼的清淨。一走進聖城，就像走進一座不同的國土，絲毫不受外界的干擾。瑜伽市離聖城差不多三十分鐘自行車的路程，如果是出城辦事，這距離還算夠近；可是如果出城逛街還是什麼的，這段路還挺遠的，可能每幾月能去一次吧？來到聖城我也不用掛心外面的事：像是我朋友的研究生活，或是國家政治，或是國際戰爭等等。也許只有對天氣預報我還有興趣，下雨或下雪都好，可是不要像東部下得那麼大。

總之，有很多原因使我想待在聖城。所以在我回去上完大學之前，希望大家能再忍耐我一、兩年。

接下來想跟大家分享的這個故事，可能有點太平凡，可是如果能從故事裏學到點什麼，那就值得講一講。

這是去年差不多十月、十一月份時發生的。我記得那天下午，我和一幫義工們去摘葡萄和橄欖，我的手機那時候從褲兜裏掉了出來。當丟了很貴重的東西，每分鐘都變得很重要，因為每一分鐘過去，找到東西的機會就越來越小。可是當我發現時，已經是晚上了，只好明天才能去找。

於是第二天中午，在幾個朋友幫助下，我們拼命地在葡萄園和橄欖樹下找，可惜兩個地方都是空的，我只好回去報告老闆。

當我告訴他，他大吃一驚地說：「你在開玩笑吧？」

我想讓他放心，就說：「還有一個辦法可找到，

have lost my phone, he has to stop at 3 AM and help me look for it.

So that night, after we finished a couple of trips, we were riding the pick-up truck to the back mountain. He says, “We can only search once place, it’s either the grape area or the olive tree. We don’t have time to search both areas.” Since we don’t have enough time to look in both areas, I can only guess the phone is at the place where I first got off the pick-up truck. So I promptly told him it was in the grape area.

Once we got there, he started calling my phone as we slowly looked for a light in the darkness. Just as when we were about to give up, we heard a faint vibration sound. Immediately, I ran towards the sound and found the phone was laying snugly between the seat and the transmission stick in the pick-up truck. I went from happiness into dismay instantly. How did that happen? Ah, it must have happened because I wasn’t sitting properly and I was quite chatty that day. I was busier chatting with the volunteers than noticing where my phone went when we went to the grape area. As a result, it slipped and I was oblivious until it was too late.

How stupid was I? I claimed that I dropped it in the grape area. I claimed that it wasn’t in the truck. Even if we searched every piece of grass and every pebble, we still wouldn’t be able to find it after all.

This event was really humbling to me and I am really grateful that this happened. What I learned from this experience was that carelessness can be inconvenient for others. At first, I thought that carelessness is like missing points on a quiz or a test but now I understand that it can be hassle for others. Just by losing my phone I had made my boss stop working for one hour. Just by losing my phone I had made my friends use their own personal time to help me look for it when they had their own schedule to follow. And just by losing my phone I had my mom worry which added another layer of stress upon her already overloaded work. How can I be a good worker if I’m careless? How can I be a good friend if I’m careless? And how can I be a filial son if I’m careless?

Consequently, carelessness is a problem I must conquer and I am extremely grateful to have such a caring boss, helpful friends and loving parents. From that point forward, I tried to be more careful even though sometimes old habits come up again.

That is what I wanted to share tonight.

Thank you and Amitufo!



那就是當我的鬧鐘響的時候。」

他就瞪著我，嘲笑地說：「那是什麼時候？」

我就小聲地回答：「凌晨三點四十五。」

然後，他立刻就責備我做事粗心大意。

那天晚上我們準備執行夜間勤務，就是把葡萄渣從外面的葡萄園拉到農場，勤務時間是晚上八點到隔日清晨五點。為什麼要選在晚上呢？因為晚上馬路沒有車。這樣我們就可以載比較多趟，而且每趟也節省些汽油，每個小時大概可以來回跑三趟。那晚因為我丟了手機，所以老闆得在三點多停工幫我找。

於是，我們搞定幾趟以後，就開著那部卡車去後山。他對我說：「我們只能尋找一個地方，到底是在葡萄區還是在橄欖樹下？我們沒有時間找兩個地方。」我就只好猜是在葡萄區，因為那兒是我最先下車的地方。於是，我告訴他去葡萄地方找。

到了那裏，他就開始撥打我的手機，一邊在黑暗中尋找手機光線。當我們正要放棄，突然聽到一個震動的聲音。我立刻往那聲音跑，看到手機舒舒服服地躺在卡車的前座和變速器中間，我很快從高興轉為沮喪。這是怎麼發生？唉，原來是那時候我沒有坐好，在車上顧著跟其他義工聊天，沒注意到手機掉在車裏。

我多傻呀？我說我把手機掉在葡萄園，我說我的手機不在那輛車裏；即使翻遍每片草葉、每顆小石子，我們也不可能找到我的手機。

這個事情讓我意識到，做事要腳踏實地。而且我很感謝發生這件事，讓我學到疏忽大意會給別人添麻煩。在成長的過程當中，我一直以為這只是一個小毛病，像考試少考了幾分，只會影響我自己；可是現在我知道，疏忽大意也會打擾別人。你看，光是丟了我的手機，就讓我的老闆暫停工作幫我找；丟了我的手機，讓我的朋友們用他們額外的時間幫我找；丟了我的手機，讓我的媽媽在她已經超負荷的工作之上增加另一層的壓力。如果我很疏忽大意，我怎麼能當一個好義工？如果我很疏忽大意，我怎麼能當一個好朋友？如果我很疏忽大意，我怎麼能當一個孝順的兒子？

因此，疏忽大意是一個我一定要改的毛病。非常感謝我有一個很照顧人的老闆、許多的良朋益友，以及慈愛的父母。從這件事之後，我做事變得更加用心，只是有時候老毛病還是會出現。

以上就是今晚想跟大家分享的。

謝謝各位，阿彌陀佛！

