



唐麗麗

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孩子教我的「快樂學」 The “Positive Psychology” I Learned from My Children

前幾天，孩子們在這裏分享他們在萬佛城求學的心得，聽完之後我覺得挺安慰的。為什麼呢？因為雖然老大和老二原本就希望去聖城讀書，老么一開始並不想去，但是到了萬佛城之後，他們都找到了自己的快樂。

在嚴謹校風、嚴密校規的縫隙中，找尋所能得到的自由，其實就是他們最大的快樂。譬如自習時間趁老師沒發現之前，想辦法玩一下遊戲或者學唱流行歌曲，哪怕只是一分鐘一秒鐘，都帶給

A couple of days ago, my children sat up here and reported their experiences of studying at the City of Ten Thousand Buddhas (CTTB). After listening to their speeches, I felt comforted—why? Although Tiffany and Hubert already wished to go to CTTB to study while Ryan originally did not want to go, they were all able to find their own happiness there.

In other words, in the midst of following the set of strict school rules, they found their own freedom and happiness. Such as what? Such as the

他們無比的快樂。其實外面任何一所公立或私立學校，很少老師會管這些，學生根本不必費心找機會去做這些事，但也因為這個緣故，現在很多青少年沉溺在網路世界中，這是很令人沮喪的。

我很喜歡孩子和我分享在萬佛城生活的點點滴滴。很多時候他們在學校獲得自由或者快樂的過程，其他同年齡的孩子並不會感覺特別珍惜。例如他們會為了免去到校外剪頭髮的麻煩，同學之間互相實驗。有一回一位同學發心幫另一位同學理髮，事先說好是側面留兩分，頭頂留五分，可是理了半天都弄不整齊；於是換另一人接手，結果又發生一點失誤，一邊理得太短。

此時老師突然出現，喝斥他們耽誤了晚課時間，要他們趕緊收拾去做晚課。這位同學只好頂著兩邊不平的髮型到佛殿，繞佛的時候，特別引人側目，大家都覺得很好笑。晚課結束後，又有另一位同學自願幫他整理整理，結果還是差強人意；直到第二天一大早，一位同學實在看不過去，乾脆幫他理了個光頭，才讓這個「理髮事件」圓滿落幕——歷時兩天，動員四位善心人士出力。另外在活動策劃或是活動舉行當中，會遇到很多令他們出乎意料的狀況，讓大家很緊張，甚至不知所措；但是事過境遷之後，這些都成為聊天莞爾的話題。

足見所謂的「快樂」，是一種內心的滿足感，其實是非常主觀的，或者可以說是自己創造的。因此在任何的外在條件限制下，無論是困難的、嚴苛的或者忙碌的，找到內心的滿足，而這個就是快樂的源泉。

在2003年的春天，我才有機會親近上人的道場，當時老大二年級，老二五歲，老三三歲。道場裏的一位善知識告訴我：「你要常常覺得自己的孩子善根不夠，你就會很認真地栽培他們的善根。」我不知道自己有沒有很認真地栽培他們的善根，但是這句話我始終記得很清楚。直到最近，我在想我應該想辦法把它忘掉，等一下再告訴你為什麼。

我很感謝一些媽媽們，她們雖然只是我在公園或者機場相遇的陌生人，我們也能隨緣聊一聊。當時我的三個孩子都還很小，到

times when they were in study hall, they would try to use the computer to play some games or learn how to sing new pop songs while the teachers are not watching. Every minute, every second counts for incomparable happiness. Actually, outside of CTTB, there are very few teachers at public or private schools who will care about these things. Students do not even need to take the trouble of finding time to do such activities. For this reason, many teenagers nowadays lose themselves in the World Wide Web; this is a depressing reality.

I really like it when my children share the little things that happen in their lives at CTTB with me. Actually, a lot of the ways that they achieve freedom and happiness at school are not experiences children of the same ages would particularly treasure. For example, the boy's school students will try cutting each other's hair to save the trouble of being charged for a haircut outside. Once, while trying to cut a friend's hair, the objective was to give him a size 2 on the sides and a size 5 on the top. Someone volunteered to help, but after a while, it was still a mess. Thus, a second person decided to help, but he misunderstood the objective and cut the hair too short.

At that moment, the dorm father came into the room and scolded the students for taking up evening ceremony time. Consequently, they quickly cleaned up and rushed to the Buddha hall. However, the student's hair was still uneven, so during circumambulation, he grabbed many people's attention, forcing all those around him to burst out in laughter. After the ceremony, another dorm-mate offered to help the student tidy up his hair, but still, no improvement was shown. The morning of the next day, another student could not stand the sight of his hair, so they decided that the best haircut was to have no hair at all...that was how the "haircut situation" was solved in the course of the two days with four kind people's efforts. Furthermore, when the students are planning for the city's events or even during the events, there are always unexpected situations that catch them by surprise and sometimes even leave them wondering what to do. However, after the events, and as conditions change, those situations are what become their subjects of chatter.

Therefore, we know that happiness is a feeling of satisfaction in the heart. It is actually very subjective or, so to speak, one can even create it. Within any restrictions that may occur, regardless of whether they are under straitened, strict, or busy circumstances, there is a sort of comfort from finding one's own happiness; that comfort is the source of one's happiness.

I first became affiliated with the Venerable Master's temples during the spring in 2003. At that time, Tiffany was in second grade, Hubert was five years old, and Ryan was three. At the temple, a good-knowing advisor told me, "You often have to remind yourself that your children do not have enough good roots, that way you will diligently help them cultivate their good roots." I am not sure if I have been diligent, but I have always remembered her words very clearly. It is not until recently that I have decided that I should find a way to forget those words; however, I will let you know why later.

處跑跑撞撞，看起來很天真，可是這些媽媽都不約而同地告訴我，孩子到青少年時期，有時候會令你很費心思，甚至無計可施，不知如何處理是好。當時我想，如果她們說的是真的，那麼不能等到那個年紀才去應付，我必須及早開始計劃怎麼教育他們。也因為這樣，後來我們進了上人的道場，我彷彿遇見一座指引光明的燈塔，心中法喜不可言喻。因為在上人的宏願裏，教育就是其中的精髓，這一點深深感動了我。

那時候因為孩子還很小，所以我每天都很忙。在緊湊的生活節奏之下，如果孩子能夠進到道場，或者在家能夠閱讀上人的開示、念佛或者背咒，就是我最大的滿足與快樂，彷彿這樣才盡到一天的責任。所以兒子前幾天說他們每天在沒有太多自由時間的情況下，忙裏偷閒學唱流行歌的這種滋味，我也可以體會。他們就是這樣把〈楞嚴咒〉背起來的。

我相信，上人事先化解了一些會令我頭痛或者很傷心的事情，所以它們都沒有發生；因為沒有發生，所以我的家庭很平安，很幸福。因為很平安，所以我每天都感恩上人；因為很平安，所以我有選擇自己想做什麼的自由。想要擁有這種自由，是需要未雨綢繆，凡事預先做準備的。

隨著孩子漸漸長大，一個一個進入聖城讀書，老大甚至畢業讀大學去了，我的想法也漸漸地在修改。以前我總是怕他們善根不夠，總是盯著他們，事事為他們做決定。經過這十年的點點滴滴，我才漸漸明白，其實他們是有善根的。他們在很小的時候就遇到三寶，遇到上人的道場，遇到上人的法，他們是有善根的，倒是我的善根不如他們。

於是，我開始學習去尊重他們的思想，不再像以前什麼事都幫他們事先安排好，規定他們去哪裏、做什麼。其實他們現在都有能力自己規劃，我只需要祝福他們，或者適時地提供想法給他們參考就行了。像這次來到金岸法界，因為我們願意尊重

Actually, I am very grateful to some mothers I met at a park. Even though they were mere strangers, I had a chat with them. At that time my three kids were very young, running around in the park with those innocent looks on their faces; however, the mothers at the park told me that when children reach their teenage years, their attitudes and actions will truly rack one's brains. I thought that if what they said were true, it would be unwise to wait until then to take action; I must start planning on how to educate my children then and there. It is also because of this that later on, when we first stepped into the Venerable Master's monasteries, it was as if I had seen the light from a lighthouse. My Dharma joy was inconceivable. Education was an essential part of the Venerable Master's awesome vows, and for that I am extremely moved.

At that time, my children were all very young and I was always very busy every day. However, between my tight schedule, if I could bring my children to the temple or if they could stay at home and read the Venerable Master's lectures, recite the Buddha's name, or memorize mantras, that brings me the greatest satisfaction and happiness, as if I had completed my duties for the day. Thus, when Hubert talked about the times when he would sneakily learn new pop songs even under the circumstances of not having much free time to do so, I felt like I could relate. That is how they memorized the *Shurangama Mantra*.

I believe that indeed there may have been many things that would give me headaches or break my heart, but the Venerable Master prevented those things from happening. Because those things never happened, our household has been very peaceful and joyful. Because our household has been so peaceful, I am deeply thankful towards the Venerable Master. Also because of this, I have a chance to think about what I want to do during my leisure times. Therefore, in order to have the freedom of choosing what we want to do, we have to plan for the future and prepare in advance.

As they gradually grew older and they each began going to CTTB for school, and even with Tiffany graduating, my views have also gradually changed. I used to worry that my children did not have enough good roots, so I would constantly keep an eye on them and always make decisions for them. In the span of these ten years, I have come to realize that they do have good roots, as they each have encountered the Triple Jewels, the Venerable Master's temples, and the Venerable Master's Dharma at a young age. Thus, they do have good roots, and it is I who does not have as many good roots as them.

As a result, I started learning to respect their thoughts and views, and I no longer help them plan their schedules, require their attendances at certain events, or ask them to do things. Actually, they can arrange their own schedules, and all I need to do is bless them or sometimes give them another perspective as reference. Just like this time, we came to Gold Coast Dharma Realm because we wanted to respect Tiffany's decision and we agreed with her considerations. Therefore, Hubert, Ryan, and I might as well come with her. Coming here was truly a wonderful experience; we got to join the Dharma assemblies, we got to do some vacationing. The cultivation and the fun were

女兒的決定，也很贊同她的考慮，所以老二、老三、還有我就跟著一起來。來到這裏以後，遇到的一切人事物都讓我們很開心；我們參加了法會，也去旅行，這安排讓我們身心都很平衡，也很法喜。

所以我很同意Hubert說他們得到自由是多麼地快樂，因為我也很喜歡這種自由的感覺。但是這需要預先準備的，而且有時候行為上得到的限制越多，內心反而可以創造更多無限寬闊的自由。祝福各位法喜充滿，心想事成。阿彌陀佛！

both balanced and that has brought me immense Dharma joy.

Thus, I must say that I agree with what Hubert said about freedom, that being free is happiness, because I know that feeling very well. However, that is something you must prepare for. Also, I think that the more restrictions or rules that you have on yourself, the more happiness you can gain from every little thing. I hope everyone's wishes will come true, and experience great dharma joy, Amitabha!

父母呼，應勿緩，父母命，行勿懶。
 父母教，須敬聽，父母責，須順承。
 冬則溫，夏則清，晨則省，昏則定。
 出必告，反必面，居有常，業無變。
 事雖小，勿擅為，苟擅為，子道虧。
 親所好，力為具，親所惡，謹為去。
 身有傷，貽親憂，德有傷，貽親羞。
 親愛我，孝何難，親憎我，孝方賢。

——《弟子規》



*When father and mother are calling, answer them right away.
 When they give you directions, obey them without hesitation.
 When your parents need to instruct you, respectfully do as you're told.
 Whenever your parents must scold you, acknowledge your errors and faults.
 On cold winter days, we should try to keep our parents warm.
 And on hot summer days, we should try to make our parents feel cool.
 In the morning, we should greet our parents.
 At night, we should arrange the blankets and bedding for our parents.
 When we go out, we should tell our parents.
 After coming home, we should see our parents again.
 We should reside at a fixed place and not constantly change jobs.
 No matter how small the affair, do not act just as you please.
 If you act just as you please, then you have not performed as a dutiful child should.
 Although a thing may be small, do not save it for yourself.
 If you hoard things for yourself, your parents' hearts will be grieved.
 Whatever your parents like, you should earnestly try to provide for them.
 Whatever your parents dislike, you should carefully try to remove for them.
 If you carelessly injure your body, you bring worry and fret to your parents.
 If you heedlessly damage your virtue, you bring shame and disgrace to your parents.
 If parents are loving and kind, of course it's not hard to be filial.
 If parents are hateful and cruel, then it's truly to be filial.*

—“Standards for Students”



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