

華嚴精舍佛青會「如何打造一個幸福的人生」講座圓滿落幕

Avatamsaka Vihara DRBY –
Successful Accomplishment of the Workshop
on 'How to Create a Great Journey-of-Life'



鄔瑩文 / 陳姍姍 英譯 | Written by Ying Wu / English Translation by Xan Schmickel



DHARMA REALM NEWS | 法界音

在每天繁忙的工作和學習之餘，您是否曾經靜下心來認真審視自己，看自己是不是一個「幸福」的人？您心目中認為一個「幸福」的人生是什麼樣子的？如何才能讓自己成為一個「幸福」的人？或是生活得更「幸福」？

2014年10月24日至26日，由美國法界佛教總會位於美國東部馬里蘭州的分支道場華嚴精舍主辦，法界佛教青年會「如何打造一個幸福的人生」講座在維吉尼亞州境內風景如畫的冬青度假村成功舉行。此次為期三天的講座，榮幸地邀請到長期居住並服務於加州萬佛聖城的葉祖堯博士和周瑞芬居士夫婦主講，圍繞著「幸福」主題的演講和討論精彩展開。

此次講座，吸引近20位來自不同國家、地區、擁有多樣文化背景的年輕學員，一同認真學習，聆聽精舍當家恒哲法師和兩位主講者的開示，並且積極踴躍地分享各自寶貴的經驗和心得，受益匪淺。在嚴肅專注的講座之餘，與會學員還享用了由華嚴精舍居士們義務烹飪的美味齋餚，並且登高望遠山清水秀的藍山山脈。欣賞美景的同時，建立起彼此深厚的友誼，為每一位學員留下美好的回憶。

Driven by a constant hectic and chaotic lifestyle, be it work or study, have you ever taken the time to question whether the life you are leading is in fact a happy one? How do you describe a happy life? How to live one or how to plan your current happy life to be even happier?

Organized by the Avatamsaka Vihara monastery, the single division of the Dharma Realm Buddhist Association of the entire East coast, the three day workshop on 'How to Create a Great Journey-of-Life' officially opened at the majestic Blue Ridge mountains resort of Wintergreen on October 24th, 2014. On this day and in company of the long-time residents and prominent speakers of the CTTB; Dr. Raymond Yeh and Mrs. Priscilla Yeh, together with lead Dharma Master Je, the leaders lifted the curtain to debut the discussion of the workshop centered on the grand theme of happiness for the next three days.

To reaffirm the greatness of the workshop, the event attracted some 20 participants coming from various countries representing a diversity of cultures and backgrounds. The attention of each participant to the workshop was undivided and all was very engaged, focused, and when appropriate, shared relevant knowledge and exchanged personal experiences. Greatly indebted by the heartfelt conversations, the participants also owed to the kindness of many volunteers who, caring tremendously about the wellbeing of the group, had prepared in advance delicious and banquet-style meals enough to last for three days... and more. Naturally, with the cozy and picturesque environment, the setting

葉祖堯博士和周瑞芬居士認為，一切唯心造，幸福的基礎是服務。幸福是要向內尋找，並且是必須不斷打破格局而達到自在的旅程。總而言之，幸福是一種「自在」的心態，一種不被外境所轉的心態，即「一念放下，萬般自在」。

但是，如何實現這種最高的精神境界？必須怎麼做才能不受到外境的影響？如何保持和平的關係與和諧？我們可曾檢視自我，以認知自己的優勢和劣勢？我們真能慈愛地接受自己和他人嗎？是誰主宰我們的幸福？

準確地說，這些關鍵的對話，正是三天研討會所涵蓋的深度及詳細的討論。每天課程豐富，主講者和學員之間的交流極富啟發。透過實作練習，每個人都有機會參與有意義的分析，加深對主題的理解。最後值得一提的是，不拘形式、席地而坐的討論方式，帮助大家輕鬆愜意地交流互動，又能保持溝通的專注，是營造這次活動愉快氛圍的一個關鍵。

綜上所述，葉祖堯博士和周瑞芬居士最後總結：要想達到「幸福」需要七個步驟，即少亂多靜、少舊多新、少跑多走、少高多低、少我多你、少怨多謝、少說多做。

恒哲法師很高興大家都能敞開心胸，分享各自的生活經歷和觀點，也加深對彼此的了解。透過這次講座，她也學習到現代年輕人看待人



生的獨特視角、處理問題的睿智，以及主動追求人生理想的強大動力。她衷心地希望，這項課程可以幫助大家實現自己的理想，都可以創造出自己的幸福人生。

法界佛教青年會未來將不定期為大華府地區青年舉辦不同的活動，歡迎有興趣的人士積極支持和參與。詳細情況請查詢華嚴精舍網站：www.avatamsakavihara.org。

lent genuine occasion for the group to strengthen their friendship and at the same time, left them with a sweet and unforgettable memory of the event.

In their speech, Dr. Yeh and Priscilla believed all that we experience begins with thought. All things are mind made. So, to dedicate oneself to serving others is fundamental to attaining happiness. It can only be pursued and sought, not externally, but within oneself. Moreover, it is a journey in which we continuously work on mindset shifts in order to attain ease. In short, happiness is a state of mind attained when we can remain unruffled by external influences. 'Part with thought and inner peace reached' so it is said.

But how do we achieve this highest state of mind? What must we do to remain undistracted by external influences? How do we maintain peaceful relationship and achieve harmony? Have we investigated into ourselves sufficiently to identify our own strengths and weaknesses? Are we really kind enough to accept ourselves and others? Who holds the key to our happiness?

Precisely, each of these crucial conversations was what we exactly discussed in depth and in great detail in the workshop. The program for each day was packed and the exchanges between the speakers and the participants were enlightening. With the hands-on exercises, everyone was given opportunity to conduct meaningful analysis and solidify the understanding of the topics. Last but not the least, the informal arrangement of sitting in a circle was key to a relaxed atmosphere, it eased everyone's interaction with each other while keeping the attention focused on the conversation.

In summary, Dr. Yeh and Priscilla concluded that there are seven steps to happiness.

(1) Be less agitated, and more quiet; (2) Archive less, innovate more; (3) Run less, walk more; (4) Be less prideful, and more humble; (5) Be less self-centered, and more considerate of others; (6) Complain less, and be more grateful; (7) Talk less, and do more.

In this three day workshop, DM Je commended everyone for being so sharing on their viewpoints and personal experiences. This gathering had enabled she to be even more familiar with the younger generation, to understand their dynamics, their pattern of thinking, relating, acting, as well as their drive, goals, and vision of life. Lastly, DM Je deeply appreciated everyone for being very open and honest in expressing themselves and she is confident that with the lessons learned from the workshop, each and every present participant is fully prepared and ready to begin a new chapter of their life; crafting and creating a great life, indeed.

Ava DRBY will regularly host different events and activities in the greater Washington area. We appreciate your on-going support and participation. For more information, please visit our website at www.avatamsakavihara.org.