

生命之流，流向何方——金佛寺生命之流系列講座報導

The Flow of Life - Where Does It Go? - A Report on the Ebb and Flow of Life Lecture Series



金佛寺提供
比丘尼恒懿 英譯

By Gold Buddha Monastery
English Translation by Bhikshuni Heng Yi

在這個充滿不確定的大環境裡，人們往往做出兩種選擇：或者今朝有酒今朝醉；或者終日杞人憂天。我們常想：在這樣的時代裡，佛教到底應該扮演甚麼角色？除了講經說法外，還有什麼樣的「語言」能傳播佛陀的智慧，令人真實受用於日用平常間？

適巧今年農曆新年《金剛菩提海》的編輯來金佛寺，得知我們的想法後，立即推薦幾位演講者給我們，其中有學經歷令人亮眼的武親道教授、葉祖堯教授和夫人周瑞芬女士。於是抱著今年不行、預約明年的心態寄出邀請，出乎意料地，竟收到「太棒了」的回音。除了態度謙和，舉凡更改時間、要求投影片等等，他們Everything is okay的自在，更是把生命掌舵者的風範展現無遺。

八月七號、八號武教授開講：每個人都是自己生命之流的船長，這艘船準備出航必須

In this uncertain environment, people often make two choices: they can either enjoy life thoughtlessly, or they can experience baseless fear all day long. We often think about what kind of role Buddhism can play in this age of uncertainty. Other than lecturing on the sutras and speaking the Dharma, what kind of language can we use to allow Buddhadharma to truly flow into everyone's daily life?

The *Vajra Bodhi Sea* editor came to Gold Buddha Monastery in Chinese New Year, and after she understood our intentions, she immediately suggested Professor John Vu, Professor Raymond Yeh, his wife Priscilla Yeh, and others who have impressive experience and educational backgrounds as potential speakers for a lecture series. We invited them to come to give speeches and if they cannot make it this time, we would book them for next year. Surprisingly they received our invitation with great response! Not only were we moved by their modest and gentle demeanors, we were also inspired by their easy-going natures, saying that everything was okay, when we asked them to change the time,

有目的地、地圖和指南針，因此面對生命旅程之際，問問自己：「準備好了嗎？知道何去何從嗎？」這不僅是給自己的問題，也包括我們的孩子。現在的父母親應該傾聽孩子的聲音，引導他們從失敗中學習，如此才能培養在人生洪流中穩定前行的能力。此外，武教授也強調在競爭激烈的職場裡，上人的六大宗旨不爭、不貪、不求、不自私、不自利、不打妄語，成了他三十年來保持不敗的圭臬。

會後，很多年輕人向他諮詢職場的選項，他不厭其煩地一一答覆，每個人都得到他的名片。武教授誠懇地叮嚀他們：「有需要，請聯絡我！」他希望自己能儘快退休，追隨葉教授、葉夫人的腳步到萬佛聖城修行，幫助需要幫助的人，尤其是年輕人。

和他閒聊間，意外發現我們都是憨山大師的粉絲。明末四大高僧中，武教授除了將憨山大師的文集翻譯成越南文外，也把紫柏老人、蓮池大師介紹給越南同胞，目前正進行的是翻譯蕩益大師文集。翻譯緣起是一次參訪南華寺的奇妙之旅，當時便發願將寺裡三尊肉身菩薩六祖大師、憨山大師、丹田祖師的生平翻譯成越文，我們也答應幫忙搜尋丹田祖師的資料。

八月二十號，葉教授和葉夫人比預計的時間晚一天到，原來是半路上車子壞了，他們從拖車修車賣車買車的狀況一路走來，笑說：這是講「如何在混亂時代裡找到自己定位」的最佳素材。的確，面對險峻的挑戰、葉教授開出的處方是：靜（冷靜平靜）、敬（尊重己靈、他人和環境）、淨（清淨的思想行為）、勁（精進不放棄）。

在人生的旅程裡，葉教授提醒我們要先確立自己的基點，例如「甚麼是我們追求的目標？」、「個人的能力魅力在哪裡？」，

make Power Points slides, and so on. They were inspiring people to navigate their lives well.

During Professor Vu's talk on August 7th and 8th, he told us that we are captains of our own life. When the ship is ready for sailing, the captain needs to know the destination and bring a good map and compass. So we need to ask ourselves in our own voyage through life: "Are we ready?" "Do we know where we want to go and how to get there?" This applies not just to us but to our children, who depend on us for guidance. Nowadays, parents should listen to their children's voices and guide them to learn from their failures. Only in this way can people steadily move forward during the turbulent times of their lives. Professor Vu emphasized that the principles laid down by Venerable Master—no fighting, no greed, no seeking, no selfishness, no pursuing personal advantage, no lying—are the principles that he has



葉教授要聽眾畫出心目中的「我是誰」，藉此引導聽眾從「小我」連結到「大我」，最終至「無我」的自在。

In the workshop, Professor Raymond Yeh asked the audience to draw a picture of who they thought they were. This exercise was to allow the audience to examine themselves from a micro to macro-scale. He hoped everyone would eventually obtain selflessness and self-mastery.

followed for thirty years and that has helped him stay on the course of his life.

After the talk, many young people asked him about the direction of their careers. He answered them in great detail and everyone got his business card. He sincerely encouraged them to contact him anytime. He wants to retire soon so he can follow in the footsteps of Prof. and Mrs. Yeh in moving to the City of Ten Thousand Buddhas to deepen his spiritual practice and help those in need, especially young people.

While we were chatting with him we found out that we are all big fans of Great Master Han Shan. Besides translating the whole collection of Great Master Han Shan into Vietnamese, he also introduced Great Master Zi



陪伴許多病人走完生命之旅，也激發許多人開創生命之旅的葉夫人認為，人生就是一個不斷打破格局而達到自在的旅程，而服務是讓這趟旅程旅有意義的基礎。

Priscilla Yeh, a companion to many patients as they completed their life's journey, inspired people to create their life path. She hopes people will think of life as a great journey and not limit themselves. More importantly, she wants people to realize that service to others is what makes life's journey great.

再來琢磨願景，然後思維價值觀，最後立下策略，同時相信自己的第一念。此話一出，馬上有人回應：「可是我們被教導三思而後行啊！」他回應，現代人多被妄想佔據支配，的確需要三思；而如何做到「靜」，正是修行的價值所在。

一生從未吃藥、看醫生的葉夫人，光這一點就足以讓聽眾向她取經。她提醒大家，圓滿的一生首先得把周遭的人際關係圓滿；而唯有理性地面對自己，處理好情緒，才能做出好的決定，也才能瀟灑、沒有遺憾地向每一段緣份說再見。對青年男女的建言，她說除非是具備人格成熟健全的「1」，否則不要輕言結婚，因為自己的0.8吸引對方0.7，結果是越乘越少。

兩人除了講演，其他時間完全布施給需要諮詢的人。他們不止一次感激上人引導他們到萬佛聖城修行，我們這會兒又發現，他們真正是追尋上人的腳步：哪裡需要，他們就出現在哪裡。

這次系列演講，聽眾反應極佳。許多人表示更懂得將佛法運用在日常生活中，並期待有更多機會向三位講者學習。如果說菩薩有手有嘴巴，活生生地出現在我們眼前，他們三人肯定在列。❀

Bo and Great Master Lian Chi to the Vietnamese community. He is currently working on a collection of works by one of four Great Masters of Late Ming Dynasty, Master Ou Yi. He shared with us his wonderful journey when he visited Nan Hua Monastery and vowed to translate the biographies of the three living bodies of Shariras Bodhisattvas, the Sixth Patriarch, Great Master Han Shan and Great Master Dan Tian into Vietnamese. We also would like to help out by finding more information about Master Dan Tian.

Professor Yeh and Mrs. Yeh arrived on August 20th, which was one day later than they had originally planned, because their car broke down on the way. After they had gone through the hectic business of towing, fixing, selling and buying another car, they laughed it off: "This is the best material for the topic of 'How to make sense in a turbulent world.'" In his talk, Professor Yeh told us that when we face a difficult situation, there are four antidotes to counter it: Tranquility (be calm and quiet), Respect (respect self, others and environment), Clarity (pure thought and behavior), Zest (work hard and persevere).

Professor Yeh wants us first to establish our foundation, such as "what is my goal?" and "what is my ability and strengths?", consider our vision, our beliefs, and our values, and only then to develop a stratagem to deal with the challenge. Once we are ready, he urged us to trust our intuition. Some people asked right away, "We were always taught to act after thinking three times." He said that people in the modern age tend to be occupied by false thoughts, so indeed, such people may need to think three times. The core value of spiritual practice is to reach the state of tranquility.

Mrs. Yeh has never seen a doctor or taken any medicine in her life. This is a good evidence that we should learn from her. She said that we need to build a harmonious relationship with people around us in order to perfect our lives. Also, if we want to make good decisions we need to face ourselves with reason and take care of our emotions. Then we will have no regrets. She suggested to young people that unless you have a perfect personality (grade 1), you should not think of marriage. Because if you are only 0.8 and the other party is 0.7, the result is much less than perfect.

Besides their lectures, Professor Yeh and Mrs. Yeh completely gave their time to those who needed consultation. They mentioned a few times that they are really grateful for Venerable Master to have guided them to the City of Ten Thousand Buddhas. They have truly followed in Venerable Master's footsteps.

Everyone listened with great delight to this lecture series. Many people expressed that now they understand more about how to apply Buddhism into the daily life and enthusiastically anticipate the next lecture talks. If there are living Bodhisattvas in this world, Professor John Vu, Professor Yeh and Mrs. Yeh are certainly included. ❀