

# Excerpts From Developing Virtue Girls' School Seniors' Talks

## 培德女校應屆畢業生心得分享（摘錄）

Compiled and Translated by Developing Virtue Girls' School

At the Buddha Hall of the City of Ten Thousand Buddhas on March 10, March 24, and March 31, 2017

培德女校整理/翻譯

2017年3月10日，3月24日，3月31日講於萬佛聖城大殿



**Suzanne Zhang:** I am very grateful for CTTB, because it allowed me to understand myself more deeply, and it also stimulated some of my potentials that would not have been stimulated if it was not here. I was always a shy, timid, and introverted person. I would never be pro-active at making new friends. Even if I was among a group of friends, I would simply follow them and not hold any opinions of my own. However, CTTB and the people I met here gave me a whole new understanding of myself.

In the beginning, I could not understand a single word during class because of the language barrier. Therefore, in order to carry out classes regularly, many classmates who knew both Chinese and English translated to me every single word that teachers taught during classes.

**張瑞涵：**非常感激聖城，因為它讓我更深入瞭解我自己，也激發我一些在其他地方所不會被激發的潛能。我一直是一個很害羞、膽怯，以及內向的人，從來不會主動去交朋友，在朋友中我也非常沒有主見，總是隨波逐流。但是，聖城和在這裡遇到的人們，讓我對自己的認知有了翻天覆地的改變。

剛開始在課堂上，我一句英文都聽不懂。為了正常上課，很多中英文都懂的同學，就把老師說的話一句一句翻譯給我聽。而且不管我說什麼，同學們都不會嘲笑我，反而給予我很大的鼓勵。慢慢地，我開始在課堂上積極發言，參與討論。在大家的幫助



In addition, no matter what I said, people did not laugh at me; instead, they would always encourage me. Slowly, I started to speak up in classes and join class discussions. With everyone's help, I overcame the language barrier within half a year.

But the changes I made did not stop there. In tenth grade, teachers and classmates suggested to me that I should run for class rep. I have never thought of becoming a leader before, and I did not think that I embodied any qualities of a leader. However, people still gave me the chance and the courage. Then, during the summer of my 11th year, I became the head counsellor for summer camp. And now, I became the president of the student body.

I have never thought the quiet me before could have grown into the me today. If it was not for CTTB, I might never have discovered this side of myself. Although there are still many improvements to be made, I am trying my best to serve others and to repay the community that has offered me so much help and support by letting the kindness and compassion be passed down.

**Klare Hu:** If there is one thing I know about this monastery, it is that everyone carries just as much responsibility to live out the ideals of Venerable Master Hua, who I believe to this day is still here with us, and has never left.

下，半年內度過了語言學習最困難的時光。

但是改變並沒有就此停步。10年級時，老師和同學們給了我當班長的建議。之前的我從來沒有想過去當領導者，我不認為我有領導才能，但大家還是給了我這個機會以及勇氣。接下來，11年級擔任夏令營主輔導員；現在，成為學生會主席。

從來沒有想過從前沉默寡言的我，可以成長為今天的我。如果沒有來到聖城，我也許永遠不會看見自己的這一面。雖然還是有很多地方做得不足，但我正在盡最大的努力為大家服務，回報這個給予我無限包容與幫助的大家庭，讓這份愛心和慈悲傳遞下去。

**胡嘉芸：**如果說從這個道場學會的一件事，那就是每個人都有同等的義務去學習上人的宗旨。我相信到今天，他仍然和我們在這裡，從來沒有離開過。

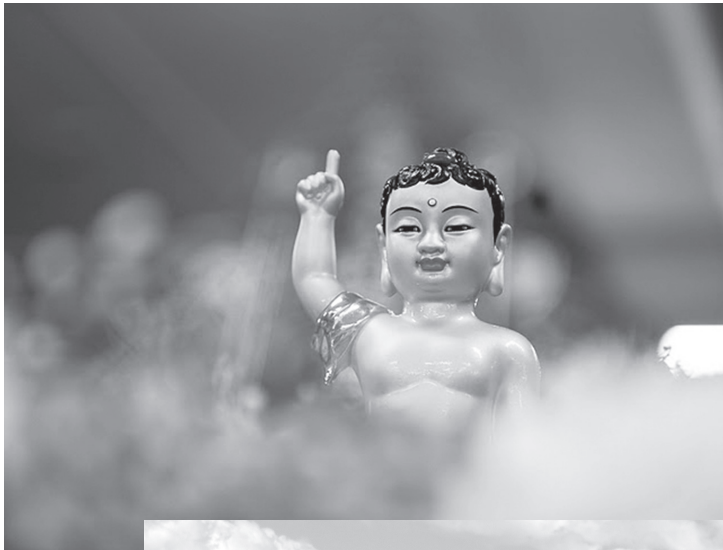
在聖城我學到許多，其中之一便是要對自己有信心，並且要堅持這份信心。在這個大家庭中，我們需要做的就是相信彼此，寬恕對方的過失。我也學到很多關於自我的成長。每逢新年，我總是能聽到上人對我們的期盼，要改過自新，勤學佛法。當然，改進自己不應該只是新年才做的事，更應該是每天的練習。與其被動的等待，活在當下並找出存在的意義，是一個更好的選擇。

上人一直強調要飲水思源，今日所學的一切都要感謝佛菩薩、宣公上人、我的老師、同學，以及每一位志工。

**葉嘉雯：**在這裡上課，讓我有許多自我反省的機會。能在宣公上人的道場裡上學，是一件很幸福的事。有一天，當我接待從另一個學校來參觀的學生時，其中一位問起為什麼聖城的路名都那麼特別？我說這都是宣公上人為聖城取的。

那天放學後，我注意了自己第一次落腳的地方，也就是宿舍外面的那條路。我驚訝地發現，它就叫「布施路」。我覺得上人不僅要我學習多布施，也想讓我捨掉執著的心，不要太煩惱。每次擡頭看著聖城的天空時，我都覺得很平靜，有一種心胸寬廣的感覺。





CTTB has taught me a lot of things, among them the perseverance and importance of faith in our lives. As a community, we have to have trust in one another and the willingness to forgive another when someone has done us wrong. I also learned a lot about self-improvement. Every year during New Year's, I would hear Venerable Master's recorded talks about getting rid of our old habits and being diligent on our paths to learn the Buddhadharmā. However, this faith in renewing ourselves that comes around once a year shouldn't just be a New Year occasion, but a daily mindset to reinvent ourselves for the better. I realized that I should not wait around passively, but instead, try to engage in the present moment to find out what my values are regardless of other people's passing remarks.

Venerable Master taught me that we shouldn't forgo our roots in pursuit of the branches. I am extremely grateful for all that I have learned here from Buddhas and Bodhisattvas, Venerable Master Hua, students, teachers, and volunteers.

**Karmen Yap:** While studying here, I had a lot of time to reflect upon my conduct. It often feels as if I was carrying a magnifying glass in my hands to identify clearly all of the problems I need to change over time. I am very

感謝在聖城的每一個人，謝謝你們讓我明白做人的本分，也給我機會改變自己的毛病。也很感謝父母為我付出的一切，沒有他們，我就不會在這裡上學。即將進入大學的我，會把我在培德女中所學到的銘記在心。我也會記得宣公上人曾經說過的一句話，就是「Everything is okay（一切都是最好的安排）！」

**汪玲嘉：**我非常的感激聖城，因為它讓我成為更好的自己。來到聖城之前的我，和現在的我，其實很不一樣！

從來膽小的我作出一個大膽的決定，就是獨自一人來聖城參加夏令營。對於從未踏出過國門，並且還不能流利使用英文的小孩來說，那可是一項巨大的考驗。夏令營剛開始，因為語言的問題，我聽不懂老師所講的內容；加上氣候差異，營隊進行到一半，我開始生病，那時只想結束夏令營趕快回家。

然而一年後，我又回到了聖城，這次是來這裡讀書。直到現在，我仍然不敢相信學校同意我以十一年級的身份





blessed to attend schools founded by Venerable Master Hua. One time, I was giving a tour for a group of students who came here for class trip from another school. Then, one of the students asked me why the roads are named the way they are. I responded to him saying that our founder, Venerable Master Hua, named the streets.

On that day after school, I paid attention to the name of the street where I first arrived, which is right between the dorm and the school. I was shocked when it said the “Giving Way.” I felt like Venerable Master Hua wanted me to not only practice giving, but also to tell me to “give away” or let go of my afflictions. Whenever I look up at the sky above CTTB, I feel at peace and it broadens my heart.

I would like to say thank you to everyone in CTTB for teaching me how to be a human, and thank you for giving me chances to change my bad habits. I am very grateful for my parent’s effort and their contributions to my life. Without them, I would not have been able to come here. As I am entering college soon, I will bring what I have learned from the Developing Virtue Girls’ School with me, and will not forget what Venerable Master Hua once said: “Everything is okay!”

**Helen Wang:** I am very grateful for CTTB, because it allowed myself to find a better Helen. Before I came to CTTB, I was quite different from who I am right now.

I made a very daring decision to come to CTTB and attend the summer camp alone. It was a big challenge for me, being a child who had never stepped out of her own country and at the same time who didn’t speak English so well. In the beginning of the summer camp, I could not understand what the teachers were saying during class because of the language barrier. And because of the different climate here, I got sick in the middle of the summer camp. At that

入學。第一個學期過得很煎熬，幸運的是，同學從來沒有嘲笑過我，老師也給予我很多幫助。

這幾個月，十二年級學生陸續收到不同大學的錄取書。我感到十分慶幸，因為我知道如果沒有來到聖城讀書，我不會獲得這樣的結果。感謝聖城以及培德女中，因為這裡讓我成為更好的我，也希望今後盡自己所能回報聖城，回報學校。

**黃果儀：**我在這裡讀書的故事，不是典型壞孩子變成好孩子的變形記；更多的是，以心態和思想為中心的改變。12歲的時候，父母把我送到這裡歷練。雖然偶爾會鬧著回家，但是他們耐心地教我調整心態，無論發生什麼事情，都是有原因的。不同階段遇見不同的人，都有一個共同的理由：是來給我們上課。無論他們的觀念、行為、外表或是背景，都能讓我們有所體悟，塑造成為今日的自己。

我發現我可以選擇如何表達自己，卻無法掌控別人以什麼眼光看待我。至今我仍然處在一個思想變革中。前幾年，我反覆聽到上人「一切都沒有問題」的



time, I just wanted to finish the summer camp and go back home.

However, I arrived here to attend the school a year after the summer camp. Until now, I still can't believe that the school accepted me as a junior student. My first semester was really a struggle. Luckily my classmates never laughed at me, and they were always kind to me. At the same time, teachers always gave me support.

These several months, all the seniors, including me, received many offers from different colleges, and I feel really happy because I know that if I had never attended the Developing Virtue Girls' School I would never have had this result. I would like to say thanks to CTTB and DVGS, because this place has made me become a better person. I hope I can have a chance to pay back CTTB and the school in the future.

**Ellie Ng:** My story here is not the typical inspirational transformation story of a bad kid turning over a new leaf. Rather, my attitude towards life and my thought processes is central to my growth. At the tender age of twelve, my parents decided to send me here to study and train. And I would occasionally break down and insist on going back home. However, they patiently taught me how to tend to my emotions. They would tell me that everything occurs for a reason. We meet different people in different stages of our lives for the same reason. They are there to teach us a lesson. Despite their values, their mannerisms, their appearances, or their backgrounds, there is always something there for us to learn. What we learn from the people we encounter in life will form the person that we are.

I have come to a realization that I have the power to choose how I present myself to others, but I do not have the power over how other people will view me. Even now, I am still in the process of a major mental revolution. In the past years, I have heard Venerable Master's quote: "Everything is okay" repeatedly. Yet my advances stopped at theory and never seemed to move on to actual practice. In my final year, there has been many incidents that tested my patience, endurance, and level-headedness.

With laziness being one of my greatest weaknesses, it only seems fitting that moving from theoretical knowledge to practical usage is my final hurdle. There was a period of time in the past months that I felt myself give up. I thought to myself that after the many years here, it is finally time to take a break; little did I know that it was the little demon within me tempting me to let go. It took a lot of perseverance and determination on my part to draw me out of the stupor I was in, and it only seems right to end the journey here on a high note.

At this time, I want to express my gratitude to my parents who supported me unconditionally, and gave me the strength to persevere through all sorts of challenges. I also want to thank my teachers for patiently teaching me. I would not be who I am without the precious pearls of wisdom and knowledge from my teachers. I am also very grateful to the few friends who always let me have my way, who care for me, and have stuck with me through thick and thin.

**Xinze Zhang:** Four years ago, when I came to CTTB with elementary level English, everything here was a test. When I was at home, I received praises from people, which lifted my ego to the sky. When I met so many outstanding people at DVGS, I finally understood the meaning of a Chinese saying "No matter how good you think you are, there is always someone out there that is better."

In the beginning when I barely knew any English, I started to observe others. When I see some good qualities, I will try to learn from them. When I see other's weaknesses, I will reflect myself to see if I have the same problem and correct it. The life of being an

開示，卻始終停滯於理論，無法付諸實行。光是今年最後一年，就發生許多事情，在在考驗我的耐性、毅力和冷靜。

我的致命傷就是懶，因此如何從理論跨向實際，成為我的最後一關。就在前幾個月，我覺得自己幾乎就要放棄了，心想那麼多年了，沒必要這麼努力了；卻沒有發現，這念頭是被心魔所控制，要我放棄一切。為了讓這段旅程有精采的尾聲，我卯足了勁從頹廢中清醒。

此刻想感謝無條件支持我、給我力量度過重重難關的父母，以及耐心教導我的老師，沒有你們寶貴的智慧 and 豐富的人生經驗，我無法成為現在的自己。也十分感謝不斷讓著我、關心我，無論如何都陪著我的好朋友。

**張心澤：**四年前，憑著小學程度的英文來到聖城，一切一切都是磨練。之前在國內時，被周圍人捧到了天上，現在看到周圍那麼多優秀的人，開始理解「人外有人，天外有天」的真正涵義。

剛來還不太會講英文，我便開始觀察別人。當看到別人長處時，我試著默默學習；看到短處，會反省自己有沒有相同問題，然後去改進。當旁觀者的這幾年，不僅學會了取長補短，也懂得收斂張牙舞爪的鉗子。馬上面臨畢業，我真心感激在聖城的這四年，讓我不再像一隻橫行霸道的螃蟹，調柔許多。

「一切是最好的安排」，是我很喜歡的一句話。現在所經歷的，都是這一生需要經歷的；人生沒有偶然，都是必然。這句話教會我用平常心，面對生活的起落。未來的我，將會感激現在所經歷的一切。

observer has not only taught me to learn from others, but it also taught me to pull back my pincers. I am leaving this place in a few months; I deeply appreciate what this place has taught me. The aggressive little crab is now a soft-hearted crab.

Everything has been arranged for the best. I personally really like this sentence. Because of this sentence, I don't lose hope or courage when I am down and it stops me from being puffed up. Everything I have been through is what I need to experience. Life is not a series of incidents but a series of necessary events. This has taught me to live with a natural mind, and use it to face the ups and downs in my life. My future self will surely be grateful for what I have experienced.

**Jaddie Tan:** It is unfortunate to say, one of the deciding factors for my coming here was because I thought the world was going to end in 2012. I thought if the world was truly going to end, I might as well live in the temple when the end comes. It is obvious that the world did not end in 2012, yet due to this little misunderstanding, I made the right choice for coming here.

When coming to a place like this, there are many things for us to learn. However one thing I believe I got out of this place would be the skill of wiping tables. It is the basic motion of dragging a damp cloth across the surface of the table, but I believe that there is more to it. Beyond the cleansing of surface tops, wiping tables involves both precision and speed. Making sure that the food bits don't fall off the side of the table, and efficiently gathering it within the folds of the cloth.

My experiences over here is similar in that sense. Learning to pick up speed, not being the last one to meals. From the experience of wiping tables, I learned a lot about being both patient and mindful, being attentive to the surface which I am cleaning, as well as learning to pace myself according to others rather than living in a world of my own. It also enables me to expand my horizon. Just like gathering food into one area, we should try to reach out to different people, because together we can accomplish a lot, and work towards a common goal.

Similar to charity foundations, every penny counts—all the lessons I've learned has impacted my life. I am soon going to continue onto the next leg of my journey. I am very grateful to have come here for high school, not to mention, I would have never imagined myself attending school in this place.

**Vanessa Sun:** Although I have been here for many years, I believe that I have gained the most during last year. Perhaps it is because as our time here gradually runs out, the tests come running towards us; we are running a marathon and on our final lap many obstacles start to arise, persuading us to give up.

Within the four years we meet many of the eight sufferings: the suffering of being separated from loved ones, the suffering of associating with those we dislike, and the suffering of being unable to obtain what one desires. By experiencing these sufferings we learn to have more patience,

**陳念淨:** 不好意思的說，促使我來到這裡讀書的原因之一，是因為我覺得世界會在2012年終止。我想如果世界真的會毀滅，我最好選擇住在道場。很顯然的，世界末日並沒有在2012年發生。然而因為這個小小的錯誤理念，我作了正確的決定。

來到這樣一個地方，需要學習的東西很多。然而有一項技能，相信離開後依然會跟著我，那就是擦桌子。即使簡單地拿一塊濕布擦桌子，其中蘊含更多。除了擦拭桌子表面，還包括精準度和速度。確認食物顆粒沒有掉到桌邊，之後有效率地用抹布把它們包好。

這個場景，其實和我在這裡的經歷很相似：學會加快速度，不成為最後一個吃完東西的人。因為擦桌子，我學會耐心與專注，注意擦拭的桌面，同時跟隨團隊的步調，不是活在自己的世界裡。這擴展了我的眼界，就像把食物碎屑集中到一處，我們應該盡力去接觸不同的人，因為當眾人在一起時，才可以完成更多，並且朝向同一個目標努力。

就像慈善募款的每一枚硬幣都有用，在這裡學到的每一件事，都將影響我的人生。馬上就要進入人生的下一個旅程，很感恩能來到這裡上高中；更別說，從來都沒想過能來到這個地方上學。

**孫詠慈:** 在聖城這麼多年，最後一年是收穫最多的一年。也許是在這裡當學生的時間剩得越少，考驗也就越來越多，就像跑馬拉松一樣，緊要關頭就出現阻礙要我們放棄。

四年裡，我遇到佛教裡講的「八苦」：愛別離苦、怨憎會苦、求不得苦。但正因為經歷這些困難，我變得更有耐心，同時學會體諒別人。可是我必須承認，學到的這些道理，在日常生活中總會變得模糊；儘管強調換位思考，事實卻是身處憤怒當中，依舊是不滿與責備。

老師們一直用她們的時間與耐心幫助我們學習，同時盡可能地去瞭解每位學生。但是我並不總是感恩她們的付出，因為在我的認知裡，老師就該像超人一樣，永遠不會有脾氣，不然就不是好老師。我忘記她們也是人，她們也在不斷地學習，就像我們一樣。

當我認識到這一點，並把它當作缺點時，我已經快要畢業了。過於自我，阻擋我反省自

understanding, and empathy for one another. However, I must admit that despite all the wonderful things I have gained here, they are often blurred in my daily life. Although we often say that we should “walk in other people’s shoes,” the truth is that when we are in the heat of the moment, out comes criticism and slander.

The teachers use their time and patience to benefit the students’ learning and try to understand what each student is going through; I have not always appreciated their efforts because there is this notion I had that teachers are like super-humans. They didn’t have tempers and when they did then they are not good teachers. I forgot that teachers are still humans; they are still learning, just like us.

Only last year, I have come to fully recognize this weakness in me. My ego constantly stops me from reflecting on my mistakes and push any issues or problems in my character onto others as their flaws. It is only now do I realize that courage is something that is truly difficult to obtain; it may not be difficult to have courage to face your enemies, but to have courage to face yourself is something that I am still struggling with.

Although it is difficult, I’m glad that I was able to come to an understanding with myself while I am here. Despite the difficult times here without many of the comforts of a home, the lessons I have gained definitely outweigh those comforts. I am really happy that I was able to receive education here and I sincerely hope that in the future I can come back for frequent visits.

**Alexis Yap:** There is one restroom in the world I will never forget; that is the one I had to clean in the dorm during my boarding years in the City of Ten Thousand Buddhas. Studying in a Buddhist boarding school meant generous hours of community service and a countless list of chores. I was especially lucky when it came to toilets. The realization of graduation and the low possibility of ever cleaning this place again leaves an aching disappointment in my heart.

While other high school students were experiencing butterflies at the sight of their crushes, I was experiencing the undulant horror at the thought of having to possibly clean toilets for the rest of my high school life. Growing up, I never had to lay a finger on the dirty dishes, much less a dirty toilet. Unaccustomed to such a work, I silently screamed at the universe for bestowing such a curse upon me. Bending down to clean the insides of a toilet bowl left me scarred for life; I always finish my job looking like I have fought through a war.

Over time, the toilet stalls became less of an enemy, but rather a friend who had wisdom to offer. I began to find acceptance and even interest in cleaning the restroom. The flush of a cleansed toilet bowl brought me a sense of satisfaction and appreciation for the janitors out there who do this on a daily basis. Little did I know, this curse became my greatest blessing.

This job has opened the narrow space in my heart to encompass more compassion in my everyday life. I started to feel for those who were suffering and it fueled me to make positive impacts in my community and abroad. For once in my life, it was no longer about me. My words became softer, my smile became more genuine, and my soul became livelier. Cleaning a restroom might seem insignificant, but this space has allowed me to feel and do things I never imagined I would do. It has taught me what it really means to be human, and that has made all the difference in my life. ❀

己的錯誤，然後將責任歸咎到他人身上。我現在才明白勇氣是多麼難以獲得，也許我們可以輕易地在對手面前表現得很勇敢，可是面對自己時，總是需要更多的勇氣，而我仍繼續努力中。

雖然很難達成，我仍然慶幸能夠在高中的時候認識自己。聖城的生活顯然沒有家裡那麼安逸，但是在這裡所學到的東西，價值遠遠超過那些舒適。非常高興可以在這裡接受教育，希望畢業以後可以經常回到聖城來。

**葉頌璋：**有一個廁所是我永遠不會忘記的，就是在聖城那麼多年必須清理的宿舍廁所。在一個佛教學校上學，意味著有很多社區服務的機會；而我特別幸運，被分到清理廁所。很快的我就要畢業了，代表我不再有很多機會清理這個地方，也讓我有點難過。

當外面的高中生忙著談戀愛，我則提心吊膽高中生活可能脫離不了清理廁所。從小就不需要碰骯髒的碗，更不用說廁所了。不習慣這個工作的我，心裡對著整個宇宙吶喊：「為什麼在我身上下這種詛咒？」每當蹲著刷完那些馬桶，我總是像剛打完一場仗。

然而時間慢慢過去，廁所不再是我的敵人，反而變成智慧的來源。我開始接受這份工作，也從中找到了樂趣。看著那些被沖乾淨的馬桶，我開始感謝那些每天清理廁所的清潔工人。殊不知，這個詛咒竟成為我最大的福報。

這份工作打開我的心量，把慈悲帶進了我的生活。我開始體會到那些受苦的人們，也激發自己要為人類帶來正面的能量。我不再只想到自己，我的言語變得柔軟，笑容更真誠，我也更開心了。清理廁所可能是件小事，卻讓我看見不同的自己。它教導我做人的道理，也讓我的人生有所改變。❀