



Unfolding Your Umbrella 展開你的傘

A Talk Given by Dr. Raymond Yeh

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In a conference I attended in early October, I heard August Turak, a very successful executive, speak about the leadership lessons he learned from the Trappist monks. Late into the night one Christmas Eve, he was dragging his feet back to his room, having attended eight Church services, packed eggs, and performed many other chores all day. At that moment, he heard the resurgent rain banging on the roof, reminding him that he had forgotten to bring an umbrella.

Shivering at the thought that he would be totally wet as he opened the door, he was startled to see a dim figure standing under an umbrella. It was Brother John, wearing only his monastic robe around his thin slouched 60-year-old body, ignoring the cold. “Brother John! What are you doing?” August asked. “I’m here to walk the people who forgot their umbrellas back to their rooms,” Brother John replied softly. Flicking on his flashlight, August and Brother John wordlessly walked in the rain, sharing that single umbrella, back to his room.

This encounter with Brother John led August to understand that Brother John’s act of “unfolding his umbrella” for everyone is an expression of total selflessness which also helps other people to experience and perhaps attain such selflessness. August revealed that this knowing was the main cornerstone of a moral foundation that led him to business successes later in his career. Mr. Turak’s story was not a surprise to me, as all Bodhisattvas are constantly and selflessly unfolding an umbrella to walk along different beings from all walks of life.

在十月初的會議上，我聽到一位非常成功的高管——奧古斯特·圖拉克——講述他從天主教的特拉普派修道士身上學到的一課。在一個平安夜的深夜，當他結束了八個教堂禮拜，還有包裝聖誕彩蛋，以及做了許多其他雜事，正要拖著疲憊的雙腳準備回家時，他聽到陣陣大雨掃過屋頂的聲音，可是自己卻沒帶傘。

想起可能會被大雨淋到濕透，他忍不住打顫。打開門時，他驚訝地看到門外一個模糊的身影正站在雨傘下，是約翰兄弟！他六十歲，半駝，瘦長，只裹著一件修士袍，無視寒冷。「約翰兄弟！您在這兒做什麼！」奧古斯特問。「我在這裡等那些忘了傘的人，然後送他們回房。」約翰輕聲答道。奧古斯特於是打開手電筒，和約翰同打一把傘，無言地在雨中走回住處。

與約翰弟兄的這次相遇使圖拉克明白，約翰弟兄為別人展開傘是一種無私的行為，同時也幫助對方感受、甚至最終趨向這種無私的境界。圖拉克透露，這個領悟是他日後在事業上不斷成功的道德基石。圖拉克的故事對我來說並不訝異，因為所有的菩薩都不停地展開傘，陪伴著不同的眾生。

我的同修50年來，一直打開她的傘，陪伴著我們整個家庭以及許多其他人。事實上，她和一些法師，還有居士，正為福居樓的老法師們提供一個24小時全天候的「陪伴空間」。因此，在10月9日凌晨一點，她



My co-cultivator has been “unfolding her umbrella” for our entire family for over 50 years, as well as for many other people. Indeed, she and some Dharma Masters and others are unfolding a collective umbrella for the 24/7 care, now offered with compassion at the Tower of Belssings (TOB). As such, at 1:00 am in the morning of November 9, she received a phone call from the caretaker on the night shift there. The caretaker said that she could not continue her night shift as her daughter’s house was on fire.

That evening, we happened to be staying at our younger daughter Stephanie’s house at Redwood Valley. Given the very late hour, my co-cultivator decided to take over the shift herself, even though we had purposely driven to Redwood Valley late the previous evening so that we could have breakfast with Stephanie the next morning. Since it was so late, I offered to drive her back to CTTB so she could conserve her energy for the night shift that would last until the morning shift.

Imagine my shock when I opened the door and heard the wind blowing in great gales and saw giant flames roaring on the ridge nearest the house. With each gust of wind, the fire was pushed down the ridge faster and faster toward the house. I woke up Stephanie and Alan and we all rushed out of the house. At that time, the fire had burned about 300 acres. By the time we checked again when we were safely back at CTTB, the fire had already burned more than 2,000 acres. We looked at each other, and we were so grateful for the “unwelcomed phone call” that woke us up in the wee hours.

接到一通來自福居樓的夜班電話，值班人員說她不能繼續工作，因為她女兒的房子著火了。

那天晚上，我們恰好住在小女兒在紅木谷的住處。由於當時時間很晚，我的同修決定自己去接這個班，雖然那天晚上我們是特意趕到紅木谷，為了第二天早上可以和小女兒一起吃早餐。既然那麼晚了，我提議我開車送她回聖城，這樣她可以節省一些體力來接夜班。

當打開大門時，我大吃一驚！我看到房子附近的山脊上，巨大的火焰在強風的肆虐下，迅速向我們的住處蔓延。我立刻叫醒女兒和女婿，趕緊跳上車，衝出房子。那時大火燃燒了大約300英畝，當我們安全返回聖城再打開新聞時，大火已經燒了2,000多英畝。我們互相看了一眼，非常感激在凌晨接到那通「不受歡迎的電話」。

我們去看小女兒的原因是，她在過去三年患了一種最嚴重的神經痛，只有10%的這種神經痛患者還能繼續工作及照顧家庭。其餘的有許多自殺或長期住院，因為他們無法處理身體上的疼痛，以及這種疼痛帶來的精神上的痛苦。即使那些10%的人，仍然要依靠強烈的藥物來抑制他們持續的巨痛。因此，





The reason we were at Stephanie's place was that she has suffered the worst kind of nerve pain for the past three years. Only about 10% of the people with this kind of nerve pain are able to function in daily life, working and taking care of family needs. Of the remaining people with this condition, many commit suicide or are hospitalized because they cannot deal with the physical pain or the resulting mental/emotional pain. Even those 10% of people who do carry on with their daily lives are in constant pain, using strong medicine to suppress their pain. As such, Stephanie constantly carries a high level of pain (a pain score of 8 out of 10).

At the beginning, we did not understand her situation and were quite puzzled at her frequent outburst of anger that seemed to have no cause. Over time, we have gradually come to realize that the pain she carries changes the chemistry in her brain so that it cannot produce the necessary neurotransmitters that create feelings of wellness and happiness. Indeed, doctors often require that people with chronic pain also see counselors and therapists on a regular basis to deal with the secondary psychological and mental/emotional effects of living with constant pain.

Because modern medicine could not offer Stephanie options for a full recovery, we decided simply to unfold our umbrellas for her whenever she needs us. We learned to always bring our entire presence to her. We learned to walk along with her without judgment, sharing her journey to an unknown destination. Yet we are completely willing to end up wherever she needs to be. We learned to let go of control, and offer unconditional support. This joint journey certainly has not been easy as she usually moves forward one step and then

女兒經常處在一種高度的疼痛之中（痛感評分是8/10）。

一開始，我們並不了解她的情況，對她頻頻發生那種莫名的暴怒感到困惑。但我們逐漸認識到，她所承受的疼痛改變了她腦中的化學成分，無法分泌那些營造健康和幸福感的必要神經遞質。事實上，醫生也經常會要求慢性疼痛的患者，定期看心理輔導員和治療師，來處理持續疼痛對心理和精神的影響。

由於現代醫學無法讓女兒完全康復，我們決定打開傘陪伴她，一起走這條路。我們學會了當我們在一起時，我們全然地身心相伴，用我們的

傘為她擋住外面的風和雨。我們學會了不加判斷地陪伴她一起走，雖然目的地未知；然而，我們完全願意在任何她選擇的地方停下腳步。我們學會了放下控制，提供無條件的支持。這個陪伴旅程當然不是一帆風順，常常是走一步、退兩步。現在儘管她每天都需要消耗超過90%的能量，來對付幾乎不停止的痛，但她似乎能時常回到以前充滿活力的自我，能騎馬及提起100磅的乾草捆。在她的這段轉型旅途中，我們驚喜地看到她越過一個又一個山峰。

我慢慢地了解到，女兒走的路，是一條根據六大宗旨修行的路。因為要忍受幾乎不能停止的生理和心理的痛，慢慢地，也許出於無奈，她必須放下過去的做事方法及想法，她也因此漸漸融入「無我」的狀態。因為她了解別人的痛苦，慈悲心自然升起；她變得更有智慧，因為她體會到人生只是一場戲。她不再像以前總是衝得很快，而能等待機緣成熟。慢慢地，她的心量變大了，幾乎願意為任何有需要的人打開她的傘。

對我來說，打開傘陪伴他人可以比作一個修行的開始。當我陪伴另一個人時，我學著慢慢放下自我，放下自己的見解、自己的執著，同時也學著將全部的注意力，放在所陪伴的人身上。這個過程往往充滿矛盾，譬如我對這個人的期望和現實之間的差異。正是這些矛盾讓我意識到，我正被自己習慣的想法、觀點和看事情的方式所束縛。

當我陪伴小女兒和其他人的時候，我明白了要從多方面來認識一個人，其中也包括從不同角度來反思我自己的人生。比如說，我逐漸學會了不要停留在過去，不需要不斷地批評自己；回首往事，我也可以理解為什麼有

falls back two steps. Today, despite her constant pain, which consumes more than 90% of her energy, she often could go back to her previous vibrant self, riding horses and lifting 100-pound hay bales. We have watched her with awe climbing one hill after another with vigor in her transformational journey.

I've come to realize that Stephanie's journey is one of practicing the six principles laid out by the Venerable Master as a way to eliminate her ego. I watched her to gradually let go much of her past patterns and evolved into a nobody. Watching Stephanie, I come to appreciate her ongoing agonies are reminders to her that only a nobody could bear the seemingly endless physical pains and the consequential psychological agonies. Compassion for others arises because she understands the pains and agonies of others, and that wisdom is the result of gradual realizations that life is merely a drama, as almost all of her old friends dropped off while waiting for new friends to emerge in the next bend. She has learned to refrain from rushing into action as she always did before, but is able to take the time to wait for the right conditions to emerge. As such, she has grown in spaciousness, willing to unfold her umbrella for almost anyone in need.

To me, unfolding an umbrella for another person can be compared to the beginning of a cultivation path. When I unfold my umbrella for another person, I learn to slowly let go of my own ego, my views, and my attachments to things. At the same time, I learn to gradually direct my full attention to the person for whom I am unfolding the umbrella. The process is often filled with struggles between the projection of my thoughts on how this person should behave, and the reality of the situation. These struggles often lead me to the realization of how much I have been bound by my habitual thoughts, opinions, and ways of seeing the world.

The opportunity for me to unfold an umbrella for Stephanie and others has also provided me the opportunity to reflect on my life from different perspectives. For example, I have gradually learned not to dwell in the past, and not to incessantly criticize myself. Looking back, I can also understand why some people took certain actions or said certain words that hurt me. Consequently, I am able to forgive myself and others, gradually letting go of many unnecessary emotional entanglements of my past.

The concept of unfolding an umbrella could also be applied to an ideal or a cause that could eventually affect a large group of people. Individuals who have unfolded an umbrella in this way include President Lincoln, Mr. Gandhi, President Nelson Mandela, Mother Teresa, etc. For example, the ripples of Rev. Martin Luther King's talk, *I Have a Dream*, created a big enough resonance that only 40 years later the United States elected their first African American President.

A more personal example is the creation of the Society for Design and Process Science (SDPS) more than 20 years ago. Several colleagues and I were convinced that novel innovation needed to come from the convergence of disparate disciplines. However, the concept of transdisciplinarity was so new and few people paid attention to this notion then. There was no place in the academic environment to foster it. So, we unfold our umbrellas to create a safe space, at the boundaries of diverse disciplines, for the possible convergence

些人會傷害我。因此，我原諒了自己，也原諒了別人，逐漸放下了不必要的情感糾葛。

展開你的傘，最初可能是一份理想或是一個動機，而最終影響了一大群人。例如林肯總統、甘地先生、曼德拉總統和德蕾莎修女，都是這樣展開他們的傘。例如馬丁路德·金恩牧師，當年「我有一個夢想」的演講所激起漣漪，在40年後引起一個巨大的共鳴，美國選出了他們的第一位非裔美國人總統。

展開你的傘，另一個我個人的例子是，二十多年前我和幾位教授都認為，新穎的發明必須來自不同領域的整合。然而這個觀念在當時學術界並不被認同，因此我們展開傘，創建了「設計和流程科學學會（SDPS）」，在不同領域的邊緣做實驗，耐心地陪伴著可能發生的融合。這把傘下的空間慢慢擴大了，如今跨領域合作已成為全球每個國家的優先選項，並快速地深入各教育領域。

想一想，我們可能都曾經為別人打開



of some of them. The small space we created expanded gradually. Today, the concept of trans-disciplinary collaboration is a national and global priority and is rapidly beginning to influence the education on all levels.

We may recall that all of us have had experiences of holding up an umbrella for others to walk them through the rain such as when we simply pay attention to someone by listening to their life stories, or just hold someone in our gaze with compassion and a smile. But such an act is really simply a reflection of our own “spaciousness.”

I would like to take this opportunity to share with you the experience of Jasmine Chen, a senior girl school student’s life changing experience. Here is a quote from her essay for college admission: “A most memorable personal experience was the occasion where our school accepted several refugees who lost everything in the fire in the midst of the largest forest fire in California. We were assembling and distributing care packages, consisting of winter gear: scarves, beanie, sweater, and pants, to refugees. In the corner of my eye, I noticed a woman sitting in the corner, absolutely defeated by the fire.

I walked up to her and handed her a package. The moment she received it, tears formed in her eyes. When she gathered herself, she asked: ‘May I give you a hug?’ She hugged me very tightly and I’ve never felt so much sincerity and warmth in a hug before. While she was hugging me, I suddenly realized—I am no longer the struggling sheltered girl, I am in the process of transforming into a care package for the world.” Indeed, by being spacious, our umbrellas are always open to provide a gift of our presence to all who are around.

I am indeed full of gratitude as a member of the CTTB community where wise knowing advisers abound. It actually took me awhile to realize that those who irritated me are precisely the ones who poked me at my various attachments. These people helped me to walk the path bounded by the six principles and polished me into a nobody! They are the stones that helped me to sharpen and deepen my bodhi resolve. Amitufo! ❀

傘，陪伴對方走過風雨，例如專注地傾聽對方陳述往事，或是給對方一個關懷的眼神和善意的微笑。能否為別人打開傘，來自於我們心的寬度。

這裡和大家分享女校高三學生陳怡甄的故事，她在寄給大學的申請書中引述了這段經驗：「最令我難忘的個人經歷是，有一次學校接受了幾位在加州森林大火中失去一切的難民。我們準備了一些關懷包，裡頭有圍巾、帽子、毛衣和褲子這些禦寒裝備。分發關懷包的時候，眼角餘光中我看到一位女士坐在角落，似乎完全被這場大火擊倒。

我走向她，遞給她一個包裹。接下包裹的那一瞬間，她眼中充滿淚水。一會兒後，她問我：『我可以給你一個擁抱嗎？』於是她緊緊地抱著我，我從來沒有感受過如此真誠和溫暖的擁抱。當她抱著我的時候，我突然意識到——我不再是掙扎著要人呵護的小女孩，我已經慢慢成為世界的一個『關懷包』」。真的，一顆寬大的心，就是身邊所有人的一份禮物。

能住在聖城，我心中充滿感激，因為這裡的人都是我的善知識。住久了我才了解到，令我生氣的，都是幫助我去除執著的善知識。他們是我的磨刀石，在六大宗旨的修行路上加深了我的菩提心。阿彌陀佛！❀