

Commencement Speech to the Graduating Students of Developing Virtue Secondary School

培德中學畢業典禮校友致辭

By Xiaohui Lau on June 3, 2022 in the courtyard of Great Compassion House at the City of Ten Thousand Buddhas

劉曉慧 2022年6月3日講於萬佛聖城大悲院中庭



Xiao Hui Lau is a Public Health Microbiologist II who currently works at the California Department of Public Health in the Microbial Diseases Laboratory. She previously served as a senior public health microbiologist during the beginning of the SARS-CoV-2 pandemic for the Napa-Solano-Yolo-Marin counties, and has had two fellowships with the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia. Xiao Hui graduated from DVGS in 2005, obtaining five associate degrees from Mendocino College, and went on to receive her B.S. in Biological Sciences from the University of California, Davis.

劉曉慧是公共衛生微生物學家，目前在加州公共衛生廳的微生物疾病實驗室工作。在新冠大流行開始時，她曾擔任高級公共衛生微生物學家，並在喬治亞州亞特蘭大的疾病控制和預防中心（CDC）獲得了兩次獎學金。劉曉慧2005年畢業於培德女校，在曼多仙諾學院獲得五個副學士學位，並繼續在加州大學戴維斯分校獲得生物科學學士學位。

I want to thank the seniors and teachers for the invitation to be here today.

First and foremost, I would like to congratulate the graduating class of 2022 for completing their hardcore CTTB training of instilling goodness and developing the virtue, and moving onto college to sharpen and hone those skills to become valuable contributing members of society.

I'd like to share with you an excerpt from one of my favorite books to read as a child; a BTTS publication from 1978, titled "Listen to Yourself: Think Everything Over." It is a compilation of Dharma talks given by Venerable Master Hua and I have always found his seemingly random musings most insightful. There are two that meant a lot to me that I would like to share today:

"Don't look upon yourself as so small. Don't say 'I am a common person, I cannot become a Buddha.' You just lack confidence. Don't look down on yourself. It is said 'Don't find yourself despicable, don't throw yourself away.' If you can be like that, if you want to become a Buddha, you certainly can become a Buddha. If you want to become a Bodhisattva, that's not difficult either. To become a sage is even less of a problem. You just have to believe in yourself."

To the seniors and all the current students who do not think they can make a difference, I want to assure you that you, as our next generation, are the future. I hope you will believe in yourself that you can and will accomplish great things, and to not just speak of it, but to take action, and go and do it.

As Shifu said, "The Way is actual practice, it is not just something that is spoken of. If you actually go and practice, it is immeasurably better than just speaking! So it is said, 'Spoken well, spoken wonderfully, without real practice there is no actual Way.' The Way is to be practiced. Without practice, then of what use is the Way? Virtue is done, if it is not done, then what virtue is there?" Graduating from high school is a very important time of your lives! You have been empowered with the virtue you've developed here, and now it is time for you to use it to make a difference in the world.

You will leave this place with the knowledge that you can succeed and excel, and at some point, you will reflect on your experience here and what you want to take away from this

我要感謝畢業班同學和老師們邀請我今天來到這裡。

首先，我要祝賀2022年畢業生完成了他們的學業，完成了他們在萬佛聖城接受的培德育良的核心價值的訓練，並即將進入大學繼續磨練這些技能，從而成為有價值的、能為社會作出貢獻的人。

我想和你們分享我小時候最喜歡讀的一本書的摘錄；是1978年佛經翻譯委員會的出版物，題為「傾聽自己：凡事慎思」。這是宣公上人的佛法講座彙編，我一直認為師父上人看似隨意的思考往往最有見地。有兩個道理對我來說意義重大，我今天想和大家分享：

不要把自己看得那麼小。不要說「我只是個普通人，我不能成佛」。你只是缺乏信心。不要看不起自己。俗話說「勿自鄙，勿自棄」如果你想成佛，如果你想成為那樣的人，你一定可以的。如果你想成為菩薩，那也不難。成為聖人更不是問題。你只需要相信自己。

對於畢業班的同學，以及所有認為自己無法有所作為的在校生，我想向你們保證，在座的你們，作為我們的下一代，是這個世界的未來。我希望你能相信自己——你能夠而且會達到偉大的成就，不是僅僅去說，而是要採取行動，去做。

正如師父上人說的：「道是行的，不是說的。你能以真的去行，比單單說要好得多。『說得好，說得妙。不能行，不是道。』道是行的，不行何用道？德要修的，不修哪有德？」

高中畢業是你生命中非常重要的時刻，你們在這裡學習了美德，美德賦予你們力量，現在是你用美德來改變世界的時候了。

place. No one likes to hear a semi-old person talk for too long, but I wanted to share with you a few things I found helpful in case it might resonate with you as well:

- There is no one right way to be successful. Your success will be based on your individual decisions and life choices, which through your education here, will be rooted in the basic guidelines of being a good person, fulfilling your dreams and life purposes, and making the world a better place.
- Dedicate time outside of school and work to your hobbies. School and work life can be invigorating, but sometimes frustrating. Cultivate hobbies that give you an outlet to replenish and refresh your energies.
- Exercise and keep up with fitness for physical and mental health. Health is one of your most precious commodities, and should be a priority. Strength train and meditate often!
- Be proactive, not passive. Communicate effectively but also comprehend and exhibit compassion for others and yourself.
- I encourage you to study what makes you happy but that can also be lucrative as a career choice.
- Last but not least, believe in yourself and your potential, aim high but manage your expectations, and always have a two year plan.

I could not imagine going to school during these times, and I want to recognize and commend you, and the collective efforts of the teachers and staff for making your schooling and now graduation possible. Although many of your parents could not be here in person today, I am sure they are extremely proud of you for your perseverance and hard work.

On behalf of the alumni of DVS, welcome to the club, Class of 2022! I wish you all the best in the next chapter of your life, and please remember we are here for you.

Thank you very much for your attention. ❀

你離開這裡時，帶著可以讓你成功和卓越的知識，在某些時候，你會回憶你在這裡的經歷以及你想從這裡帶走什麼。沒有人會喜歡聽一個半老的人講太久的話，但我想和你分享一些我發現有用的東西，也許也能引起你的共鳴：

- 沒有單一的正確成功之道。你的成功將基於你的個人決定和人生選擇，通過你在這裡接受的教育，將植根於做一個好人的基本準則，實現你的夢想和人生目標，讓世界變得更美好。
- 把課外時間花在業餘愛好上。學校和工作生活可能令人振奮，但有時也令人沮喪。培養愛好，給你一個接口來補充和更新你的能量。
- 鍛煉身體，保持身心的健康。健康是你最寶貴的資產之一，應該是你的優先考慮。經常進行力量訓練和打坐！
- 積極主動，而不是被動。有效溝通，但也理解並表現出對他人和自己的同情心。
- 我鼓勵你研究一下到底什麼讓你覺得快樂，然後可以作為職業選擇。
- 最後但並非最不重要的一點是，相信自己和你自己的潛力，把目標設高一點，但要管理好你的期望值，並始終有一個兩年的計劃。

我無法想像在這段時間上學的困難，我想認可和讚揚你，以及老師和工作人員的所有人的努力，使得學校的教學以及現在的畢業成為了可能。雖然許多父母今天不能親自來到這裡，但我相信他們為你的毅力和努力感到非常自豪。

作為培德育良學校的校友代表，歡迎你們2022年畢業生加入我們校友會！我祝願你們在人生的下一章中一切順利，請記住我們永遠都在這裡，做你們的後盾。

謝謝大家的聆聽 ❀