

# Forum on the Quest for Meaning of Life

## 「追尋生命的意義」論壇

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The Online Sunday Evening Lecture Series offered by the City of Ten Thousand Buddhas held a “Forum on the Quest for Meaning of Life” from October 10, 2021 to November 28, 2021. Below are summaries from the forum.

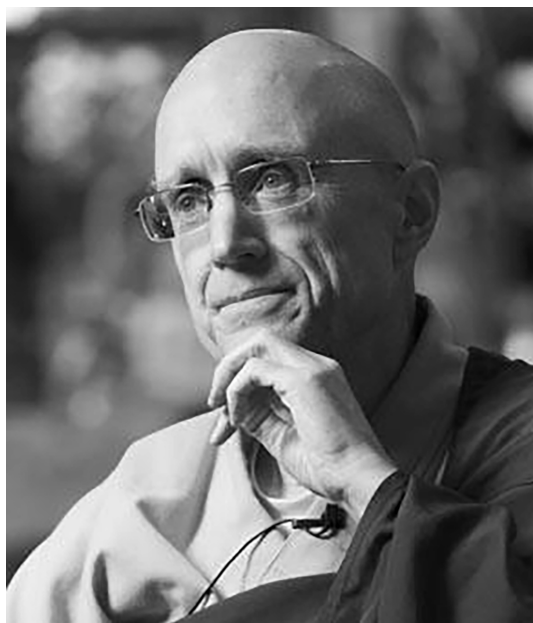
萬佛聖城週日晚間線上講座自2021年10月10日至2021年11月28日，連續舉辦多場「追尋生命的意義」論壇，以下為論壇內容摘要。

October 10, 2021

Speakers: Reverend Heng Sure, Nipun Mehta

2021年10月10日

主講人：恒實法師、尼朋·梅塔



**Reverend Heng Sure** is the chairman of the board of Dharma Realm Buddhist Association, director of Institute for World Religions, and the director of Berkeley Buddhist Monastery. As a young monk, he and another monk Heng Chau took a three-step-one-bow pilgrimage to seek world peace. The pilgrimage began in South Pasadena and ended in Ukiah, California, covering a distance of 800 miles and two years and six months from 1977-1979.

恒實法師是法界佛教總會董事會主席、世界宗教研究院院長、柏克萊佛寺住持。年輕時，在成為比丘後，他和另一位比丘恒朝法師為求世界和平而進行了三步一拜的朝聖。自1977年至1979年，從南加州帕薩迪納市拜起，到北加州瑜伽市（達摩鎮萬佛聖城）圓滿，全程長達800英里，歷時兩年零六個月。

Reverend Heng Sure recalled an important TV program, “Kungfu” which was a martial arts Western about a cowboy trained at Shaolin Monastery, who resolved conflicts with fists; he aimed to subdue the evil but not to kill.

“Choose wisely, Grasshopper!” the famous quote from that series awoke in Reverend Sure a realization that there was meaning to be found inside and he walked away from his Methodist background. He started to meditate. His search turned not to material accumulation but to meditation and enlightenment. He thought happiness must be there! At some point, he realized that is only an immaterial goal, no different from a material goal. What happens if you find it and it gets lost?

Then Reverend Sure learned about the story behind Ullambana, a Buddhist holiday. When Mahamaudgalyayana, a great disciple of the Buddha, got enlightened, the first thing he did was to look for his (deceased) mother so he could repay her kindness for having raised him. This resonated with Reverend Sure—by coming into life, he has received gifts.

During his pilgrimage, the gifts from his father came to his mind. Reverend Heng Sure’s father was a big strong guy. He wanted to imitate his father. He read his father’s books, he played his baritone ukulele. His father scolded him. On his birthday, the first among the gifts from his father was a baritone ukulele with a card:

*May the music you make with this instrument never replace the music in your heart.*

Reverend Heng Sure said, “If giving is a source of happiness, imagine how happy Guanyin Bodhisattva must be with 1000 hands and 1000 eyes... Every time we recite her name, we become one of her hands.”

**Mr. Nipun Mehta** is the founder of ServiceSpace.org. In his mid-twenties, Nipun quit his job as an engineer to become a “full-time volunteer” and over the last 15 years, his work has reached millions, with more than 500 thousand volunteers, and mushroomed into numerous



恒實法師回想起一個重要的電視節目《功夫》，這是一部關於武術的西方劇集，講述了一個受過少林寺訓練的牛仔，他以拳頭解決衝突；他的目的是降伏邪惡而不是殺戮。

「明智地選擇，蚱蜢！」該劇集的名言喚醒了恒實法師。他意識到可以從中找到意義，於是離開了他的基督教美以美教會（衛理公會）背景，而開始打坐。他追求的不是物質積累，而是打坐和開悟。他覺得快樂一定是在那裡的！在某個時候，他意識到這只是一個非物質目標，與物質目標沒有什麼不同。如果你找到它，又丟失了它，會怎麼樣呢？

然後，實法師得知佛教節日「盂蘭盆節」背後的故事。佛陀的大弟子摩訶目犍連開悟後，所做的第一件事就是尋找自己的亡母，以報答她的養育之恩。這真的引起了實法師的共鳴。實法師自己這一生中，就曾收到禮物。

在他三步一拜的朝聖過程中，父親所送的禮物浮現在他的腦海裡。實法師的父親是個大塊頭的壯漢。實法師從前總想著模仿父親，所以他讀父親的書，彈奏父親的低音尤克里里，結果挨父親的罵。然而在他生日那天，父親送給他的幾份禮物當中，第一份禮物就是一把低音尤克里里，並附卡片一張，卡片上寫著：

「願你用這件樂器彈奏的音樂，永遠取代不了你心中的音樂。」

實法師說：「如果布施是快樂的源泉，那麼不妨想像一下，千手千眼觀世音菩薩該有多快樂……而我們每次念誦她的名字，都能成為她的千手之一。」

尼朋·梅塔是公益團體「服務空間」的創辦人。20多歲時，尼朋辭去了工程師的工作，成為一名「全職志願者」。在過去的15年裡，他的工作已經接觸了數百萬人，志工人數超過50萬，並開辦了許多

projects. Nipun Mehta was even appointed by Barack Obama to his Advisory Council on Poverty and Inequality in 2015. Nipun's mission statement in life reads: "Bring smiles in the world and stillness in my heart."

Mr. Mehta shared a quote from Howard Thurman: "Go out and do what makes you come alive." For him it was "giving" that makes him alive. He tried to do what he loves — He loves to give. He was giving his time, material, and wondered: "How can I give more? Can I live simply and have the time to give?"

On the day he quit his job during the dotcom heydays, it was a bit scary. He remembered giving up his key card and sitting in his car in the parking lot listening to the radio which happened to play a song with the lyrics in the last line: "Please stand up." He said to himself: "Please stand up."

"How do we arrange ourselves in a way that allows us for the greatest circulation of virtue inside ourselves?" His answer was: "To be a giver." Nipun's three stages of life are: Do what I love, love what I do, and do what I do.

Nipun also talked about the Karma Kitchen he set up: The principle is that giving begets more giving, giving people an opportunity to give is way stronger. Your bill reads zero because someone before you had paid for you. Broaden an ordinary transaction of a "me experience" to "we experience." Nipun called it "a monastic idea."

A quote from Gandhi was shared by Nipun: "There is enough for everyone's need but not enough for everyone's greed."

**October 17, 2021**

**Speakers: Rabbi David Baron, Dr. Marilyn Schlitz**

**Rabbi David Baron** is the rabbi of the largest arts and entertainment industry synagogue in the United States, located in Beverly Hills, California. He is also the New York Times best-selling author of "Management Lessons from Moses."

Rabbi Baron explains how life is meant to be lived with others and how addiction to technology and social media is preventing us from knowing the true purpose of life because it has denied us the interpersonal relationship component of life. The purpose of life is connecting with others face to face.

Compassion should be at the core of any religion. Practicing

項目。2015年，歐巴馬總統任命他為「貧窮與不均」總統顧問委員會的委員。尼朋的人生使命宣言是：「給世界帶來微笑，給我的內心帶來寧靜。」

梅塔先生分享了霍華德·瑟曼的一句話：「走出去，去做讓你活出生命的事情。」對他來說，是「布施」讓他活出生命。他試圖做他喜歡做的事——布施。他付出了他的時間、物質，並想知道：「我怎樣才能布施更多？我可以過簡單的生活並有時間布施嗎？」

他在互聯網全盛時期辭職的那一天，心裡有點忐忑不安。他記得交出了鑰匙卡，坐在停車場的車裡聽收音機，正好播放著一首歌，最後一句歌詞是：「請站起來。」他對自己說：「請站起來。」

「我們如何安排自己，讓我們的內在美德得以最大程度流通？」他的回答是：「做一個布施者。」尼朋的人生三階段是：一，行我所愛；二，愛我所行；三，行所當行。

尼朋還談到了他創辦的「善業廚房」：其理念就是布施將帶來更多的布施，給予人們機會，讓他們能夠布施，其力量更強大。你用餐的賬單為零，因為在你之前有人為你付款。這是將「我的體驗」的一般交易擴大到「我們的體驗」，尼朋稱之為「僧團式的點子」。

尼朋分享了印度聖雄甘地的一句話：「現有的資源可以滿足每個人的需要，但無法滿足每個人的貪婪。」

**2021年10月17日**

主講人：大衛·巴倫牧師、

瑪麗琳·施莉茨博士

大衛·巴倫牧師是美國最大的藝術和娛樂業猶太教堂的牧師，位於加州比佛利山莊。他也是紐約時報暢銷書「摩西的管理經驗」的作者。

巴倫牧師解釋了人生意義與他人一起

compassion is part of the meaning of life. Compassion requires kindness, which in turn requires sensitivity and forces yourself to put away your ego. One of the examples Mr. Baron talked about was when he was at the post office sending off documents and the lady behind the counter looked like she was having a bad day. When Rabbi Baron commented about how her necklace was pretty, she brightened up almost immediately. “Small acts of kindness can transform other people’s perspectives and can also promote peace and unity,” Rabbi Baron said.

He once interviewed a man named Jonas Salk who developed a vaccine for polio. Salk tested it on himself and his family to prove that it worked. That vaccine would be worth somewhere between seven and eight billion dollars by today’s standards. But, after proving it worked, Salk gave it away for free without any expectations. Rabbi Baron noted that many people want to accomplish things in their lives; however, even if we only impart only good intentions and the feeling of love will make our lives meaningful.

Mr. Baron ended by sharing his favorite quotes. One he particularly liked was Pablo Casals: “The thing that gives life its deepest meaning is the capacity to care.” The second quote is, “Planting a tree under whose shade you do not expect to sit.” In other words, your actions are for future generations. What you are doing are selfless acts.

**Dr. Marilyn Schlitz** is an acclaimed social scientist and award-winning author. She is currently a professor in Transpersonal Psychology at Sofia University and CEO/President Emeritus at the Institute of Noetic Sciences.

Dr. Schlitz has been involved in a program looking at worldview transformation. They interviewed masters from different world traditions and discovered there were five qualities of a practice:

1. The setting of intention. Intention is the determination to act in a certain way.
2. Attention. Many of the spiritual and contemplative traditions really shift our attention from that outer world to our own inner experiences and begin to really cultivate that awareness.



生活，以及對科技和社交媒體的沉迷，如何阻止我們了解生活的真正目的，因為它剝奪了我們生活中的人際關係部分。生活的目的是與他人面對面交流。

慈悲應該是所有宗教的核心。行持慈悲是生命意義的一部分。慈悲需要善良，而善良又需要敏感度，並迫使自己放下自我。巴倫牧師談到的一個例子是，當他在郵局寄送文件時，櫃檯後面的女士看起來那天過得很糟糕。當巴倫牧師稱讚她的項鍊有多好看時，她立刻就高興起來了。「小小的善行可以改變他人的觀點，也可以促進和平與團結。」巴倫牧師如是說。

巴倫牧師曾經訪問一個名叫喬納斯·沙克的人，該人開發了一種脊髓灰質炎（小兒麻痺症）疫苗。沙克在自己和家人身上進行了測試，以證明它有效。按照今天的標準，這種疫苗的價值在70到80億美元之間。但是，在證明疫苗有效之後，沙克免費捐出疫苗而不期望任何回報。巴倫牧師表示，很多人都想在生活中完成一些事情。然而，單單傳遞善的心意和關愛的感覺，就會讓我們的生活變得有意義。

巴倫牧師最後分享了他最喜歡的名言。他特別喜歡的是音樂家帕勃羅·卡薩爾斯所說的：「關懷的能力賦予生命最深刻的意義。」第二句話是：「種一棵樹，而不期望坐在它的樹蔭下。」換句話說，你的行為是為了後代。你所做的是無私的行為。



3. Repetition. It's about developing new habits of resilience and positivity.
4. Guidance. 99% of the masters that were interviewed had a teacher—somebody they trusted who could help them along the path.
5. Surrender/acceptance. Surrender to a sense of appreciation and reverence for what is so and in that, having compassion for the world and having compassion for those people who are difficult for us to deal with.

Dr. Schlitz shared her good friend Azim Khamisa's story. Azim lost his son who was preparing to go to college. His son was delivering pizzas one night and was killed by a gang member for an initiation. Azim had a conversation with the shooter's grandfather who was Christian and they began to work with their own pain and their relationship with this young boy who really was in a bad situation.

Azim ended up befriending the grandfather. They started going on a lecture tour together to talk about forgiveness. And he befriended the shooter who was then in prison for a 20-year life sentence. He just got out of the jail last year. And in that process Azim worked with him and prepared him for a job at the foundation that was set up for his son. That's a brilliant example of transformation and how we can bring these principles of our spirituality into those trenches of pain and suffering.

瑪麗琳·施莉茨博士是著名的社會科學家和獲獎作家。她目前是索非亞大學超個人心理學教授，思維科學研究所終身名譽首席執行長/總裁。

施莉茨博士參與了一個轉變世界觀的研究項目。他們訪問了全球許多宗派的大師，發現修行有五種品質：

1) 立志。志向是以某種方式行動的決心。

2) 注意。許多精神和觀照宗派確實將我們的注意力從外在世界轉向到我們自己的內心體驗，並開始真正培養這種意識。

3) 重複。就是培養適應力和積極的新習慣。

4) 指引。99%受訪的大師都有他們自己的師父——他們信得過，能夠一路帶領他們的善知識。

5) 屈服/接受。臣服於對事物的欣賞和敬畏，對世界慈悲為懷，對那些我們難以相處的人，同樣懷有慈悲。

施利茨博士分享了她的好友阿齊姆·卡米薩的經歷。阿齊姆失去了正準備上大學的兒子。一天晚上，他的兒子在送披薩時，被一名幫派成員為了入會幫規而殺害。阿齊姆與兇手的基督徒祖父交談，他們開始面對自己的痛苦，以及與這個處境非常糟糕的兇手（一個年輕男孩）之間的關係。

阿齊姆最終與兇手的祖父成為朋友。他們一起巡迴演講，談論寬恕。他也和兇手成為朋友，當時這名兇手正在監獄服刑，他被判處20年有期徒刑，去年才出獄。阿齊姆為自己遇害的兒子設立了基金會，並為兇手在基金會裡安排了一份工作。這是轉化（昇華）的絕佳例子，也是我們將人類情操的原則，用於苦難深淵裡的一個例子。

October 24, 2021

Speaker: Bhikshu Jin Yong

2021年10月24日

主講人：比丘近永法師

**Dharma Master Jin Yong** is a scientist-turned-Buddhist monk. He was born in Taiwan. His parents didn't receive much education so they expected their children to have a good education and a good job. DM Yong studied hard and managed to enter the top high school and top university in Taiwan. Later he came to the United States for a PhD in physiology from University of California, San Francisco (UCSF).

During his years at UCSF from 1976 to 1981, he didn't know Venerable Master Hsuan Hua nor was he interested in Buddhism. After doing research and working in the US for six years, he went back to Taiwan to teach in a renowned medical school and to study traditional Chinese medicine.

In the summer of 1987, he worked in research at the University of California, San Diego. One of his teachers in Taiwan was having mental troubles and asked him to visit Master Hua for help. When DM Yong first met Master Hua at Gold Wheel Monastery in Los Angeles, he had a deep feeling of coming home after roaming outside for years. He took the Three Refuges and Five Precepts with Master Hua in 1989 and became a vegetarian soon afterwards.

Later he went to DRBA's Taipei branch for Dharma sessions every weekend. He also listened to audio recordings of Master Hua's lectures, which he felt were easy for beginners to understand and at the same time contained profound meanings. In one of the recordings when Master Hua talked to one of his disciples to "quickly return to join the group," Dharma Master Jin Yong felt as if the Master was talking to him and calling him back. It impressed him a lot and stayed with him for the rest of his life.

That was the major reason that he quit his job in 1995. Another reason was because he lost interest in scientific research. He had done scientific research for decades and started to see the limitation of science. Compared to scientists, the Buddhas and Bodhisattvas know much better about life and the universe.

There is a passage in *the Analects* in which Zixia said, "Although a minor path can lead to significant results, when



近永法師是一位科學家出身的比丘，出生於台灣。他的父母沒受過多少教育，所以希望子女能夠接受良好的教育，找份好工作。永法師努力學習，考入台灣頂尖高中和頂尖大學。後來他到美國加州大學舊金山分校攻讀生理學博士學位。

1976年至1981年在加州大學舊金山分校期間，他不認識宣化上人，也對佛教不感興趣。在美國做研究和六年之後，他回到台灣在一所著名的醫學院任教，同時抽空學習中醫。

1987年，他在加州大學聖地牙哥分校進行暑期研究時，他在台灣的一位老師有精神方面的困擾，請他去拜訪宣公上人尋求幫助。永法師在洛杉磯金輪寺第一次拜見上人時，有一種在外流浪多年如歸家的感覺。1989年在上人座下受三皈五戒，不久後成為素食者。

後來他每週末都去台北法界佛教印經會參加共修。他還聽了上人開示的錄音，他覺得初學者很容易理解，同時也包含著深刻的含義。在其中一段錄音中，當上人對一位弟子交待：「趕快歸隊」時，永法師感覺師父好像在和他說話並叫他回來。這句話給他留下了深刻的印象，自此終身伴隨著他。

這是法師於1995年辭去工作的主要原因。另一個原因是他對科學研究失去了興趣。他做了幾十年的科學研究，開始看到科學的局限性。相形之下，佛菩薩對生命和宇宙的了解，比科學家要多得多。

pursuing further, however, one may get stuck. Hence, intelligent people do not walk on it.” Dharma Master Jin Yong felt it’s a very good description of science. He decided to cultivate full time instead of part time. He said, “The Buddhadharma is the great path; why don’t we give up the minor path and walk on the great path instead?”

October 31, 2021

Speakers: Mr. Navin Amarasuriya, Dr. Fuad Gattaz



**Navin Amarasuriya** is the Chief Operating Officer of the Contentment Foundation, a social and emotional learning curriculum provider based in the US which helps over 100 schools in seven countries. Before dedicating his life to service and sharing, he worked at a chemical engineering company (to receive training to take over his family business), where he experienced his first close encounter with death. When he was in his late 20’s, he spilled cyanide on his hand, leading him to be hospitalized and almost losing his life. During this time, he suddenly had a realization: What had he wasted his life on? Was he leading a meaningful life? He deeply cherishes that experience because it was the first time, he faced his own mortality.

Born into a family who owned the business of a luxury brand, Navin represents the fifth-generation ownership of this family business. After seven years of running operations for the jewelry brand and working on group

《論語》裡有這麼一段話，子夏說：「雖小道，必有可觀者焉，致遠恐泥，是以君子不為也。」近永法師認為，這是對科學很好的描述。他決定從此全職修行，而不再是兼職修行。他說：「佛法是大道，我們為什麼不捨棄小道而走上大道呢？」

2021年10月31日

主講人：納文·阿瑪雷蘇日亞

傅阿德·蘇布林諾博士林

納文·阿瑪雷蘇日亞是知足基金會的首席營運長，這個基金會位於美國，為七個國家的一百多所學校提供社會和情緒學習課程。在獻身於服務和分享之前，他曾在一家化學工程公司上班（為了接手家族企業而接受訓練），在那裡他第一次近距離接觸了死亡。在他二十多歲時，曾經不小心將氰化物灑在手上，結果送醫住院，幾乎喪生。這段期間，他突然有所省悟：他把自己的生命浪費在什麼上了？他過著有意義的生活嗎？他非常珍惜這段經歷，因為這是他第一次面對自己的死關。

納文出生的家庭，擁有奢侈品品牌家族企業，納文是第五代接班人。在為品牌營運七年，為家族財團制定集團策略後，他終於意識到，真正的奢侈品來自培養幸福的修養和行動。

他也意識到，他的家族財團雖舉辦若干慈善活動，但仍是關於消費、追求享受、習慣享受這些虛幻不實的東西。該公司的理念是幸福和快樂可以向外找到，人們往往會習慣於更好、更愉快的外事物。在這些經歷之後，納文開始自我反省，並意識到，改善自己的（物質）條件，是無止境的獵取和不盡的追求。有了這層認識，納文開始轉向教育領域工作，希望將同樣的認識帶給學生。

知足基金會試圖幫助學生了解，培養對自己的情緒和本性的自我意識，有助於他們以不同的方式與世界建立聯繫。其機制是涉入全校，培養正念、同理心和慈悲心，以知足的心態平衡學生的生活。納文希望激勵學校為學生的生活帶來更多意義，幫助他們不僅在

strategy for the conglomerate, he finally realized that true luxury is cultivating and acting in a way that fosters well-being.

He also realized that although there were philanthropic actions in the company, it was still about consumption and the illusion of hedonic pursuit and adaptation. The company's philosophy was that well-being and happiness can be found on the outside and people tend to get used to external things that are better and more enjoyable. After these experiences, Navin started to self-reflect and realized that there is an endless chase and endless pursuit to improve our own conditions. With this in mind, Navin started to work in the field of education, hoping to bring these same realizations to students.

The Contentment Foundation tries to help students understand that cultivating self-awareness of their emotions and nature helps them relate to the world in a different way. The mechanism for this is whole school intervention, cultivating mindfulness, empathy, and compassion, and balancing students' lives with contentment. Navin hopes to inspire schools to bring more meaning into their students' lives, helping them to flourish not only in academics but also as a person.

**Dr. Fuad Sobrinho** is a professor and entrepreneur. He was the Coordinator of Brazil's National Software Project, and was one of the three directors of Brazil's world class National Agricultural Research Center. All his life, he has been using his expertise in process engineering to help poor people in villages as well as major cities in Brazil.

Dr. Sobrinho's life was completely turned around by a near-death experience that changed his world view forever. When he was introducing a new technology to the bank of Brazil, he suddenly had a heart attack and was hospitalized. It took nearly thirty-five shocks to reawaken him, but during that time, he had an out-of-body experience. He saw himself on the operating table with the doctors shocking him, but what they didn't realize was that they were actually using the wrong equipment. Dr. Sobrinho tried to talk to the doctors, but they couldn't hear him. Suddenly, he saw his daughter, who told him that everything would be fine. He finally awoke, but because the doctors had accidentally used the wrong equipment, his sugar levels were too high, and therefore he had to stay in the ICU in Brazil for one week.

After this experience, Dr. Sobrinho's life goal completely changed. He used to work hard in pursuit of success, but now his life purpose

學業上，而且在個人方面也能充分發展。



傅阿德·蘇布林諾博士是一位教授和企業家。他曾擔任巴西國家軟件工廠項目協調者，是巴西世界級國家農業研究中心的三位主任之一。他一生都以他的程序工程專業知識，幫助巴西鄉村和大城市中的窮人。

傅阿德·蘇布林諾博士的人生被一次瀕死體驗徹底改變，這種體驗永遠改變了他的世界觀。當他向巴西銀行介紹一項新技術時，突然心臟病發作住院。醫生用了將近三十五次電擊才讓他醒過來。但在那段時間裡，他的靈魂出竅了。他看到自己躺在手術檯上，醫生們正在為他電擊，但醫生沒有意識到，他們實際上用錯了設備。蘇布林諾博士試圖告訴醫生，但他們聽不到他的聲音。突然，他看到了他的女兒，她告訴他一切都會好起來的。他終於醒了，但由於醫生不小心用錯了設備，導致他的血糖水平過高，因此不得不在巴西的加護病房住了一個星期。

有過這次經歷之後，蘇布林諾博士的人生目標徹底改變了。他曾經非常努力工作，渴望成功，但現在他的人生目標是分享——分享一切，包括他的問題、他的解決方案和他的快樂。



is to share - share everything, including his problems, his solutions, and his happiness. He wants to work with people and create a mutually beneficial relationship, and he has finally learned how to free himself from his own feelings, which enables him to view the world through a different lens.

Although Dr. Sobrinho feels that the experience of sharing is hard to explicitly explain, he believes that sharing is about empathizing and harmonizing with other people, and includes many kinds, such as spiritual sharing or physical sharing. Most importantly, people of all ages, young and old, can relate to sharing. In his own words, "Sharing can't be explained, but it can be felt."

**November 7, 2021**

**Speakers: Dr. Pei Hsia, Dr. Murat Tanik**



**Dr. Pei Hsia** was a professor of computer science who rose to become the chair of his department at University of Alabama-Huntsville in his early 30's. However, at the height of his career, he received a calling and enrolled into a seminary. Two years later he began serving as a Christian minister to people in Hong Kong, helping thousands of people, especially those returning from their studies in overseas universities.

He did not believe in Jesus Christ before, nor did he believe in prayer, thinking that prayer was just speaking to the air. When he became the director of the computer science department at the university he worked, one day, after completing many administrative tasks, he had only

他想與人合作，建立互惠互利的關係，他終於學會了如何擺脫自己的感受，這使他能夠以不同的視角看待世界。

雖然蘇布林諾博士覺得分享的體驗很難明確解釋，但他認為分享是和他人同步以及和諧，可以有很多種，比如精神上的分享，也可以是物質上的分享。最重要的是，它讓所有年齡的人，無論老少，都能產生共鳴。用他自己的話說：「分享無法解釋，但可以感受。」

**2021年11月7日**

**主講人：夏沛博士、穆拉特·塔尼克博士**

夏沛博士曾是一名計算機科學教授，三十多歲時升任阿拉巴馬大學亨斯特維爾分校系主任。然而，在他職業生涯的巔峰時期，他受到召喚並進入神學院就讀。兩年後，他以基督教牧師的身份，前往香港佈道，幫助了成千上萬的港人，尤其是那些從海外大學學習歸來的人。

他以前不相信耶穌基督，也不相信祈禱，認為祈禱只是對空氣講話。當他擔任大學計算機學系主任時，有一天他在完成繁瑣的行政工作後，只剩四小時準備晚間教課，卻發現他雖看得懂教科書上的字，但無法理解其中的意義。重讀一遍，依然如此。

雖然他一直不相信祈禱，但他一定得完成備課。所以就跪下來，很虔誠的對空氣說：「如果有上帝，請幫助我。」那是他當時唯一一次真正的祈禱。然後他的心突然就非常安靜，不再慌張焦慮，順利完成了備課。

1979年12月，他不小心把每日記事本留在飛機上。他發現時，趕快向上帝祈禱。然後聽到一個聲音告訴他：「你稍後會找到的。」這個聲音讓他很快的安靜下來了，不再緊張焦慮。兩天後，他又聽到聲音要他辭職，全職服侍上帝。接著不到一個星期，他奇蹟式的在航空公司尋物處找到記事本（記事本上沒有他的名字或聯絡訊息）。他和妻子猶豫了一段時間，最後決定放棄大學的工作，去上神學院。接著回到香港教會服務12年，2013年退休。回顧此生，他覺得在耶穌基督中找到生命的意義，為此非常感恩上帝。

four hours left to prepare for an early evening class, and found that he understood the words in the textbook, but couldn't comprehend the meaning. Read it again, still the same result.

In order to complete the lesson preparation, he knelt down and said to the air very sincerely, "If there is a God, please help me." That was his only real prayer at the time. Then his heart suddenly became very quiet, without any more panic or anxiety, and he successfully completed the lesson preparation.

In December 1979, he accidentally left his day-timer (planner) on the plane. When he found out, he quickly prayed to God. Then he heard a voice: "You will find it later." This voice made him quiet down quickly, no longer tense and anxious. Two days later, he heard a voice calling for him to quit his job and serve God full-time. Within a week, he retrieved his day-timer (which didn't have his name or contact information) in the nick of time at the Lost and Found office of the airlines. He and his wife hesitated for a while before finally deciding for him to give up his college job to go to a seminary. He then returned to Hong Kong to serve in a church for 12 years and retired in 2013. Looking back on his life, he found meaning of life in Jesus Christ and was very grateful to God.

**Dr. Murat Tanik** is the Wallace R. Bunn Endowed Chair for Telecommunications and Co-director of the Integrated System Center at the University of Alabama-Birmingham. He was also the past chairman of the Department of Electrical and Computer Engineering department. He has dedicated more than 30 years to the endeavor of integrating information theory, system thinking, computational science, and more, into an integrated theory with tremendous implications. He was also the co-founder of the Society of Design and Process Science (SDPS).

Dr. Tanik said he didn't care about how he used his time at high school. One day his mother said, "Your life is like water in your hands seeping through every second. If you are not careful with your time, I don't think you're going to be a happy person."

Dr. Tanik learned a second lesson from his mother in his college years about accepting things coming his way. He used to be resisting events in his life. He always wanted to change things in different directions. He was struggling with all the forces towards him, even getting into physical fights because he wanted certain things to be in a certain way while other people wanted them to be in a different way.

His mother advised him that he should accept everything coming his way and use that as opposed to fighting to make everything to go his way. She told him when he was a sophomore in college that if life



穆拉特·塔尼克博士是阿拉巴馬大學伯明翰分校的華萊士·布恩電信講座教授，以及綜合系統中心的聯合主任。他也是電氣與計算機工程系的前任系主任。30多年來，他致力於將信息論、系統思維、計算科學等整合成一個具有巨大影響的綜合理論。他還是設計與過程科學協會(SDPS)的聯合創始人。

塔尼克博士說，他高中時，並不關心自己如何利用時間。有一天，他的母親說：「你的生命就像你手中的水，每一秒都在滲出。如果你不注意自己的時間，我認為你不會成為一個快樂的人。」

塔尼克博士在大學時代從他的母親那裡，學到了第二個教訓，那就是接受即將發生的事情。他曾經抵制生活中的事情，他總是想從不同的方向改變事情。他和所有針對他的力量鬥爭，甚至採取肢體對抗，因為他希望某些事情照他的意思做，而其他人希望照別人的意思做。

他的母親勸他，應該接受一切來到他面前的事情並利用它，而不是拼命爭取讓每件事都按照他的意思去做。他上大學二年級時，他的母親對他說：「如果生活給你一扇

shows you a door, use it. Instead, you hit your head all over the walls in trying to go through the wall. You just cannot do it. You have to accept the realities of life—go with the flow of life, in other words. He never forgot these two lessons his mother gave him and started applying them.

Dr. Tanik noted that there are fundamentally two philosophical scientific worldviews. One assumes our surrounding behind everything, there are material things and these material things interact. These laws are Galileos, Newtons, and Einsteins—material thoughts.

Another aspect is not about the particles but energy or waves which is Maxwell and other quantum mechanical people. Particles and waves are special cases of what is going on in communication. If we make communication enough mathematically, as a result, we can match Newtonian as well as Maxwellian theories. So Dr. Tanik is pursuing to understand meaning of life from the scientific point of view. He is hoping he is very close to this with his colleagues to solve this problem—the material things and the wave things are a system of communication.

**November 14, 2021**

**Speakers: Bhikshuni Heng Yin, Dr. Claire Brown**

Dharma Master Heng Yin is a senior nun at the City of Ten Thousand Buddhas (CTTB). To her, the meaning of life is to experience and act compassionately from a strong sense of connection or even oneness with all beings and the whole of “reality.”

Her parents’ loving care gave her a secure ground to grow up. They taught her many great virtues, and gave her freedom to pursue a meaningful life of her own. As a nature lover, she was haunted by the sufferings caused by the environmental destruction, inequality, poverty, war and violence.

As a graduate student in computer science, she researched on replicating human intelligence in a computer, but wondered, “Should we not try to recover our true mind instead?” While visiting University of Texas, Venerable Master Hua introduced CTTB, and the schools, Buddhist text translation efforts and the sangha there. Upon hearing it, she attended a meditation session at CTTB, then determined to give up her PhD fellowship and join the community.

門，那就用它。可是你的做法卻是努力要穿過牆壁，結果一頭去撞牆，處處碰壁。你就是辦不到（穿牆）。你必須接受生活的現實——換句話說，順其自然。」

他從未忘記母親給他的這兩次庭訓，並開始運用在生活中。

塔尼克博士說，在科學上，有兩種哲學世界觀。其一假設在我們周圍一切的背後，存在著物質，這些物質相互作用。這些定律就是伽利略、牛頓和愛因斯坦的思想——物質思想。

但還有另一種世界觀，強調的不是粒子，而是麥克斯韋和其他量子力學科學家提出的能量或波。粒子和波，可以看作是一種特殊的交流方式。如果我們在數學上進行足夠的交流，其結果將符合牛頓和麥克斯韋理論。所以這就是塔尼克博士所追求的，從科學的角度去理解生命的意義。他希望他和他的同事們非常接近這個問題的答案——將物質和波解釋為一個交流的系統。

**2021年11月14日**

**主講人：比丘尼恒音法師、  
克蕾兒·布朗博士**

恒音法師是萬佛聖城資深比丘尼。對她而言，生命的意義在於體驗到自己與一切眾生乃至全體「真實」之間息息相關，甚至是同體的，因而慈悲對待一切眾生。

兒時父母的關愛，為她提供了安全的成長環境。父母教導她許多優良的品德，也讓她有空間和自由，去追尋屬於自己的有意義的生命。從小熱愛大自然的她，對因環境破壞、貧富不均、貧窮、戰爭和暴力所帶來的痛苦難以釋懷。

在德州大學計算機系做研究生時，她研究人工智能，但自問：「我們是否更應該致力於找回自己的真心呢？」宣公上人訪問該校時，介紹了萬佛聖城，及城內設立的大中小學、翻譯佛經的努力和僧團。聽到後她深受啟發。到聖城參加了一次禪七法會後，她決定放棄博士獎學金，搬到聖城。幾週後，

Several weeks later, she decided to become a monastic. Her parents supported her decision.

Being wise and compassionate, Master Hua was able to deeply understand human nature and guild his disciples to turn afflictions to purity. Master Hua, other mentors and peers served as a mirror reflecting her obscuration and gave her the encouragement to change. She said, “That’s why a monastery is called a smelting furnace. We smelt away the dross of our habitual views and afflictions, until only the pure gold of the essential nature remains.”

Lately, she discovered that a deep psychological understanding combined with Dharma teaching is a useful tool to diagnose problems in spiritual practices and enable progress.

She shared that when a Buddhist takes refuge with the Buddha, Dharma and Sangha, there is an inner sense of contentment, joy and gratitude, and these helps extinguish the fires of human craving, anger and confusion. “If everyone has a chance to experience this contentment, the global crises fueled by greedy over-consumption and angry aggression would surely subside.”

Even though isolated during the Pandemic, DM Yin feels very connected with the world since the CTTB community dedicates its practices daily to all living beings wishing that they may wake up and free themselves from suffering. She said, “What’s most pressing is the urgent need to change the way we live to save the planet. We can ask ourselves: ... Are we prioritizing our energy to do what’s truly important?... We have to reach to the depths of our minds so we can make the choices more wisely and responsibly.”

**Dr. Claire Brown** is a renowned professor in economics at the University of California, Berkeley. To her, the meaning of life is centered around our interdependence with each other, especially with nature.

As an economist, her goal has always been to reduce the inequality, but she found that it continued to grow in the world. She believes that our well-being depends upon everyone else’s well-being and on how well nature is doing. She warned people of her age about the urgency of the climate crisis. She suggested that individually, one can reduce flying, eat less meat or even switch to a vegetarian diet to reduce emission.

The teachings of Pope Francis and Thich Nhat Hanh on ceasing wasteful overconsumption and caring for the Earth greatly inspired her. She suggested Buddhists that the outer wealth also includes our planet and natural resources, and urge everyone to engage in

她下定決心出家專心修道；父母也支持她的決定。

上人的智慧與慈悲，使他能夠深入了解人性，從而幫助弟子們轉煩惱為清淨。音法師以上人、其他老師及道友們作為修行道路上的明鏡，時時照出自心中的束縛，並從他們那裡得到改進的勇氣。她說：「這就是為什麼寺院也稱為大冶洪爐。我們在其中燒掉習見和煩惱的渣滓，直到只剩下本性的純金。」

近來音法師發現深入理解人的心理，與佛法教學一起使用時，可以有效診斷修行中的問題從而帶來進步。她分享說：「佛教徒受三皈依時，所體驗到的內在滿足、愉悅與感恩，能幫助熄滅內心的貪、瞋、癡。」她相信，「如果人人都能有機會體驗到這種滿足，因貪婪的過度消費、及憤怒的敵對，而導致的全球危機，必能消退。」

即使在聖城因疫情對外關閉期間，音法師仍感覺與世界息息相關，因為萬佛城每天都將修行功德迴向給一切眾生，祝願他們早日覺醒、離苦得樂。她指出：「現在最迫切的，就是我們需要改變生活方式來挽救地球。我們可以自問：我們有沒有把精力優先放在真正重要的事情上？我們得深入自心，才能做出更有智慧、更負責任的抉擇。」

克蕾兒·布朗博士是加州大學伯克利分校著名經濟學教授。對她而言，生命的意義在於我們彼此之間的相互依賴，尤其是與大自然的相互依賴。

作為經濟學家，她的一大目標，一直是降低貧富不均，卻發現貧富不均在上不斷增長。她相信，我們的幸福取決於所有其他人的幸福，也取決於大自然的狀態。她警告同齡人，全球氣候危機的緊迫性。建議從個人

lowering emission, and caring for the Earth and each other.

“The quest of the meaning of life takes courage: courage to change our economy, courage to join together to demand justice and human dignity for all, and courage to live with joy as we care for each other and for Mother Earth,” she concluded.

**November 21, 2021**

**Speakers: Ms. Hong Zheng, Dr. Lily Yeh**

**Ms. Hong Zheng**, an educator graduated from Harvard University, is the founder and principal of Dandelion Elementary and Junior High School in Beijing, China. Founded sixteen years ago to serve children of migrant workers outside Beijing, the school now enjoys a great reputation and provides high quality education to over 1,000 children of all backgrounds.

When Zheng Hong met Lily Yeh in 2005, she noted that Lily Yeh has helped disadvantaged

communities around the world with her artistic work for 18 years. Zheng Hong felt that she should also serve disadvantaged groups. At that time, there were many peasant workers from 25 provinces in Beijing, and their children often did not have the opportunity to receive a good education. Zheng Hong wanted to set up a school to help these disadvantaged children. But providing education needs funds. Lily Yeh's brother Randy Yeh said to Zheng Hong, “Within ten days, no matter how much money you raise, I will donate the same amount.” As a result, Zheng Hong raised 200,000 RMB, and Randy Yeh also donated 200,000 RMB. 400,000 yuan became the founding capital of the school.

In the more than ten years since the school was established, 90% of the school's students have passed the Beijing Senior High School or Vocational High School Entrance Exam to continue their studies; two alumni returned to the school to teach after graduating from the university. In the process of running the school, Zheng Hong has seen the inconsistency of human relations, and also witnessed the bright side of human nature. For example, when a local official visited the families of students at the school, she heard that the parents asked their daughter to drop out of school so that her younger brother could go to school, and the daughter cried bitterly. The local official was iron-faced and did not say a word at the time, but unexpectedly the official called the next day to pay the full tuition for the girl student so that she could continue to school. Good deeds like this match a quote on the homepage of Dandelion School's official website: “Life won't be wasted in providing education for disadvantaged children.”

角度，我們可以減少搭乘飛機旅行、少吃肉乃至成為素食者，以降低溫室氣體的排放。

羅馬教皇方濟各和著名越南裔一行禪師，關於我們應停止浪費性的過度消費，及關愛地球的教導，深深打動和啟發了她。她建議佛教徒應將地球和自然資源亦視為外財的一部份，並呼籲我們每個人努力減少排放溫室氣體、關懷地球和互相關懷。

作為結語，布朗教授說：「追尋生命的意義需要有勇氣——有勇氣改變我們的經濟；有勇氣團結起來，為所有人要求正義和人類尊嚴；有勇氣在彼此關懷並關懷地球母親中，快樂地生活。」

**2021年11月21日**

**主講人：鄭紅女士、葉蕾蕾博士**

鄭紅女士是哈佛大學畢業的教育家，北京蒲公英中小學創辦人兼校長。2005年創辦該校的初衷，是為幫助從外地來到北京的農民工子女得以受教育；如今它為各種背景的孩子們提供優質的教育，現有一千多名學生。

鄭紅2005年認識葉蕾蕾時，看到葉蕾蕾18年來，以藝術工作幫助全球各地的弱勢社區，鄭紅覺得自己也應該為弱勢族群服務。當時想到北京有許多來自全國各省的農民工，他們的子女往往沒有機會接受良好教育。鄭紅就想辦一所學校，幫助這些弱勢孩子。但是興學需要資金，葉蕾蕾的弟弟葉祖禹對鄭紅說：「十天之內，妳無論募到多少錢，我都捐出同額資金。」結果鄭紅募到20萬人民幣，葉祖禹也捐出20萬人民幣，這40萬人民幣就成了創校資金。

辦校十餘年來，該校學生90%都能通過北京高中或高職入學考試，繼續升學；還有兩位校友在大學畢業後返



**Dr. Lily Yeh** is an artist, with eight honorary doctoral degrees, who gave up her job as a professor to search for the ideal of a “dustless world” admired by the North Song Dynasty artists. She found it in the poorest places in the world and started to help people there to get up to find purpose in life. For example, she built the Memorial of Genocide in Rwanda, where five thousand people walked for miles from the nearby villages on its opening day to pay respect to their lost family members. The US PBS once broadcasted a documentary “An Angel in the Village” telling the story of Lily Yeh, with her art work, transforming poor, dilapidated communities into vibrant and hopeful communities.

Lily Yeh’s first project began in 1986 when she was asked to transform an abandoned lot in the inner city of North Philadelphia. She designed a sculpture and a mural. Then she invited community people to come in to color and work on the mosaic work. The abandoned land was transformed into a colorful land of enchantment for the local community, and then further into a sanctified space of the spirit of people’s soul.

She named it the Meditation Park. She even held an arts festival for the local people. Later she established an organization “the village of arts and humanities.” Lily Yeh said, “I realized that because I got in touch with my pilot light and wanted to light other people’s dormant pilot light to awaken the goodness and the creativity within all of us so that we all shine together across the horizon and this is how we can drive away the darkness, the possessiveness and the selfishness that pervade our land today.”

Lily Yeh has been working in many communities around

校任教。辦校過程中，鄭紅見識了不少人情冷暖，也看到人性的光明面。例如有位地方官員到該校學生家庭訪問時，聽到家長要求女兒退學，讓弟弟能上學，女兒難過痛哭。地方官員當時板著臉未發一言，不料第二天這位官員竟打電話，要為女學生付全額學費，讓她可以繼續上學。這樣的善行，正如同蒲公英學校官網首頁的話：「為弱勢孩子提供教育，人生絕不白費。」

葉蕾蕾博士是一位藝術家，擁有八個榮譽博士學位。她放棄了大學教授的工作，去尋找北宋藝術家們「無塵世界」的理想。她在世界上最貧窮的地方找到了它，並幫助那裡的人們站起來，找到生命的目標。例如，她在盧安達建造種族滅絕紀念館；開幕當天有五千多人，從附近的村莊步行數英里，來悼念他們失去的家人。美國公共電視台曾播出紀錄片「村裡的天使」，介紹葉蕾蕾透過藝術，將貧窮破敗的社區，改造成充滿活力與希望的社區。

葉蕾蕾的第一個項目始於1986年，當時她應邀改造位於北費城市中心的一處廢棄地段。她設計了一座雕塑和一幅壁畫。然後邀請當地社區的人一起來彩繪，並幫忙鑲嵌磁磚，貼出馬賽克圖案。廢棄的地段，化作了五彩繽紛的社區樂土，進而成了當地居民靈魂的淨化空間。

她將此地命名為「靜坐公園」。她甚至為當地人舉辦了一個藝術節。後來她成立了一個組織「頤樂園」。葉蕾蕾說：「我意識到，因為我接觸到了我的母火，我想點燃別人尚未燃起的母火，以喚醒我們所有人的善良和創造力，讓我們一起在地平線上閃耀，如此一來，我們就可以驅走今天瀰漫在我們國土中的黑暗、佔有慾和自私。」

葉蕾蕾為全球許多社區進行了藝術改造工作，幫助弱勢民衆，也包括當初為北京農民工子女所成立的蒲公英學校。

the world for disadvantaged people including the Dandelion School in Beijing for migrant children.

November 28, 2021

Speakers: Dr. Raymond Yeh

**Dr. Raymond Yeh** is a longtime volunteer at the City of Ten Thousand Buddhas with his wife Priscilla since 2003. Previously, he taught computer science at five universities for 20 years. He was chairman of computer science departments at two universities and helped both departments to achieve top 10 national ranking. He is founding editor-in-chief of IEEE Transactions on Software Engineering and is on the editorial board of various journals. After he left academia, he co-founded two companies and two professional organizations to promote transdisciplinary education and research.

He believes it's not easy to be a "meaning-maker" because people are bound by themselves and their self-limiting assumptions, in which everyone is tied by something, whether it's their job, family, etc. In his younger years during university, he had many life-changing experiences which taught him that meaning can be found even in the direst conditions.

Some of the notable "meaning-makers" he met in his life include Teacher Yi, his junior high algebra teacher, and two professors he met during his academic career. Teacher Yi encouraged him to keep on working even when he failed his algebra class, and managed to stimulate his inner capacity to become a good student. Prof. Heinz von Foerster, one of the most caring people Dr. Yeh has ever met, taught him to care for all kinds of life and be courteous to everyone no matter who they are. Prof. David Muller, a physicist and mathematician, helped him with his thesis without pressuring him, never telling him what to do and only giving advice. From all these "meaning-makers," he learned his unique teaching philosophy to try to bring out the potential of each student.

Dr. Yeh believes in the theory of synchronicity, in which the universe is unfolding and we are co-participants. He hopes that people will follow the path to become a "meaning-maker," which starts with inner transcendence. Inner transcendence allows you to act outward and break self-limiting assumptions, melding it into the universe to serve the people around us and the world. As Victor Frankl, survivor of Nazi concentration camps, put it: "The meaning of life is to give life meaning." ❀

2021年11月28日

主講人：葉祖堯博士

葉祖堯博士和他的同修周瑞芬長期在萬佛城義務服務。此前，他在五所大學教授計

算機科學，曾任兩所大學計算機科學系的系主任，並幫助這兩個系進入全美前10名的排名。他是電氣與電子工程師協會(IEEE)軟件工程期刊的創始主編，並且是多種期刊的編委。他離開學校後成立了兩家公司及兩個跨領域學會，推展跨領域教育與研究。

他認為要成為意義創造者並不容易，因為人們被自己和自我限制的假設所束縛，每個人都被某些東西束縛，無論是他們的工作、家庭等。他年輕就讀大學時，有很多改變生活的經歷告訴他，即使在最惡劣的條件下，也能找到意義。

他一生中遇到的一些著名的意義創造者，包括他的初中代數老師易老師，以及他在學術生涯中遇到的兩位教授。易老師鼓勵他即使在代數課不及格的情況下，還是要繼續努力，並激發他的內在能力，讓他成為好學生。海因茨·馮·福斯特教授是葉博士見過的最有愛心的人之一，他教會他關懷眾生，對每個人都以禮相待，無論他們是誰。物理學家和數學家大衛·穆勒教授在他寫論文時提供幫助，沒有給他施加壓力，從不告訴他該做什麼，只提供建議。從所有這些意義製造者身上，他學到了獨特的教學理念，就是激發每個學生的潛力。

葉博士相信同步性理論，宇宙正在展開，我們是共同參與者。他希望人們沿著這條道路成為意義創造者，從內在超越開始。內在超越讓你向外行動，打破自我限制的假設，將其融入宇宙，為我們周圍的人和世界服務。正如納粹集中營的倖存者維克多·弗蘭克爾所說：「生命的意義在於賦予生命意義。」 ❀