



## Unforgettable English Tao Seminar in San Francisco

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I will never forget the two-day English Tao Seminar at the Zhong Shu Temple I attended in San Francisco on October 27 and 28, 2012.

The seminar began with Wu Dian Chuan Shi's (DCS) welcoming speech and Lee Dian Chuan Shi's talk on the meaning of this seminar. One of the local Tao Chin (relatives) did the instant translation (from Mandarin to English) at the site. Yes, the purpose of this Tao seminar is to improve the quality of our life, strengthen our Tao heart, so we can return to the original nature (source). By communicating with ourselves more, we are more peaceful and thankful; we are on the right Tao path.

There were a total of thirteen topics, including Meaning of the Seminar, Buddha Precept, The Ultimate Meaning of Life, The Significance and Preciousness of Tao, Three Treasures and Tao vs. Religion, The Meaning of Trails and How to Overcome Them, Cause and Effect, How to Cultivate, The Ten Great Vows, Filial Piety, The Significance of Being Vegetarian, The Grace of God and Virtues of Our Patriarchs, and The Faith, Vow and Performing. The speakers are our favorite Chu DCS from Vancouver, the humble Chen DCS, our beloved Lee DCS, and many San Francisco Tao relatives such as Fashionable Jin, the young and restless couple: James and Celia, handsome Andrew and our Michigan-made Chen Tan Chu. As you can imagine, we had such a great cast, and of course these two days were full of Tao joy and wisdom.

I will not forget what I have learned in the seminar: The difference between Buddha and Human being is that Buddha always thinks of others. If a genie granted us three wishes, what would they be? What's the definition of a perfect life? The facts are, life is transient and unpredictable, life is a mixture of joy and pain, and life is short. "Life is only 10% of what happens to us and 90% of how we react to it" and "Life is not how many breaths you take; it's about how many breathtaking moment you embrace." So the ultimate meaning of life



# 難忘的舊金山英文法會

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2012年10月27日和28日兩天，後學參加了在舊金山忠恕道院舉辦的英文法會，那是一次非常難忘的經驗。

法會一開始由我們敬愛的吳仲雄點傳師致歡迎詞，有一位舊金山道親現場將中文歡迎詞翻譯成英文。吳點傳師慈愛的笑容為我們展開學習的序幕。接著是親切的李寬仁點傳師恭喜我們機緣成熟，並告訴我們法會的意義。法會的目的是在提升我們生活的品質——「達本還源」。如果我們常常跟「真正的自我」溝通，我們會生活得更自在，更心存感恩，而生活在道中。

這兩天的法會，共有十三個主題，包括「法會因由」、「佛規」、「人生的真諦」、「道的殊勝與尊貴」、「三寶心法及道與教的不同」、「見證道及如何克服考驗」、「因果」、「如何修道」、「十條大愿和末後一著」、「孝道」、「清口的尊貴」、「天恩師德」以及「立愿和了愿」。講師們包括溫哥華來的褚楚麟點傳師、舊金山的陳義豐點傳師與李點傳師，以及舊金山的道親——英文頂呱呱的Jin、年輕活潑的James和他彬彬有禮的太太Celia、高挑帥哥Andrew，還有密西根道親引以為榮的掌舵手——陳德修壇主。各位可以想見在這麼堅強的陣容下，當然我們這些學員是滿載而歸囉！

後學永遠不會忘記在法會上所學到的種種，諸如：

- 佛和凡人的不同在哪裡——佛的心總是為著別人而不是自己。
- 想一想，如果每一個人可以許三個願望，你的願望是什麼？
- 什麼是完美的人生？當我們了解人生易變、人生無常、人生有苦有樂、人生短暫，我們會知道人生的真正意義是了解「真我」和「假我」的不同，進而能幫助他人。



is to know who you are by understanding the True Self vs. False Self, and to help others. The preciousness of Tao is that practicing Tao can transform the pain to joy, and our mind is so powerful. If we are not attached to our physical body, then we can transform it, so we can step outside the cycle of birth and death. “Tao vs. Religion” is about “realization vs. belief”, about “going within vs. going outside”, about “Buddha’s heart vs. Buddha’s words” (wisdom vs. knowledge). The story of the faucets is to remind us to exam ourselves, “Are we always connected to the source (source of our life)?” We are bound by our Karma until we are enlightened. Enlightenment is a long journey, and if we really care about ourselves, we should act now. As sentient beings, we are living our lives by choosing to be more awake or addicted, more forgiving or judgmental. The one who has more wisdom chooses awakening and forgiveness. Time management is about setting priorities; like filling a bucket to the fullest with rocks, gravels, sand and water. If we wait until sand and water fully occupy the entire bucket (People often say I don’t have time), we will never have another chance to put in rocks (meaning the most important thing in our life).

These two days were packed with a lot of learning and sharing of Tao. I was so touched by all the San Francisco staff, who made us feel so much at home. I saw the glory of Tao on every one of them. At the dining tables, they served us nutritious meals with carefully prepared vegetarian food. By each stairway, they bowed to us and helped with any questions. Even the towel angels took turns standing in the classroom to give wet towels to wake us up if we were nodding our heads (falling asleep) during the sessions! Where can we get any better service than at the Tao seminar? I felt I was staying in a five star hotel!

The San Francisco Zhong Shu Temple is located on 9th Ave in the heart of downtown San Francisco. During my stay at the temple, I heard many sirens from both police cars and paramedics, and some yelling and screaming from homeless people outside. Inside the temple were our peaceful and joyful discussions and realizations about Tao, and the five Dian Chun Shi’s merciful, caring words. I am so thankful that I had this opportunity to cultivate myself in Tao and to live a meaningful life. As it says on the front page of the handouts of this seminar, “Creating world peace, one heart at a time,” I truly believe that if everyone receives Tao and cultivates Tao in daily life, this world will be much more peaceful.



- 道的尊貴在於我們從修道中能轉化痛苦為喜樂，轉念是一大能量。如果我們了解到身體髮膚都是有形且短暫的，我們不去強求和佔有，就不會再落入生死輪迴中。
- 「道」與「教」的不同，在於「道」是悟出來的，不是教出來的；「道」是向內求，不是向外求的；「道」是用佛的心，而不是用凡人的心。
- 「水龍頭的故事」是提醒我們要常反省自己：我們的心，有沒有接上生命的源頭（先天老中的心）？
- 有一天我們成道了，就不會再陷入輪迴之中。成道是一段很長的路，我們現在就要付諸行動，將來才会有成果。
- 凡人都是在醒悟和痴迷之中、原諒和執著中徬徨，有智慧的人選擇醒悟和原諒。
- 我們常常用沒有時間當藉口，其實時間的把握在於自己如何安排與做決定，就像時間管理的「水桶故事」提醒我們，一個水桶除了可以裝滿石頭、砂粒外，還可以加上無數的細砂和水，可是如果最重要的石頭沒有先放進去（生命中最重要的事不先做），人的生命自然常被瑣碎的事（細砂和水）給填滿了。

這兩天的法會除了學到許多道的意義和悟道的分享，更可貴的是從舊金山的服務學長身上感受到道的喜悅和可貴。他們精心準備素食餐點，充滿法喜地為我們端上菜餚，後學看到他們身上發出了道的光輝！在上、下樓梯時，有道親負責站在樓梯口向我們微笑、作揖，並回答任何問題，真是無微不至地照顧著我們。還有，毛巾天使們輪流在課堂上站崗，一看到有學員頻頻點頭打瞌睡時，就趕緊把濕毛巾遞過來，讓學員清醒以不中斷學習，真是難忘呀！這裡是後學所見過服務最好的「五星級旅館」！

舊金山忠恕道院是一棟位於舊金山市中心的三層樓建築。當我們在裡面上課時，聽到不少救護車和警車呼嘯而過，也有無家可歸的人在外面吵鬧的聲音，但是我們在這道院內、在五位點傳師的慈悲陪伴下，討論著道的真義，分享著道的可貴，這是多麼有意義呀！後學很慶幸也很感謝 天恩師德，感謝周遭許多點傳師與道親們的慈悲，有這麼好的機會和福份來修道，過著更有意義的人生。誠如法會手冊上第一頁寫的：「創造世界和平，感動人心一個個來歸。」相信如果我們每個人都求道，並且每天在日常生活中不斷地修道，這個世界一定會更和諧、更平安！