



Half Way Around the World Part 2

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This spiritual and digestive feast continued throughout the day and we had been fed like kings and queens. When it was time for dinner, as if we had not had enough delicious vegetarian meals that included fruits of all kinds, various vegetables prepared in scrumptious and creative ways, along with desserts galore, Master William Kuo told us there was more. We were now going to eat at his brother's vegetarian restaurant. Talk about a buffet spread! You name it; it was there, and more.

I cannot begin to describe the warmth of Master William Kuo's entire family, including his parents, who by the way, were 86 and 82, his brother, his sister, his brother's wife, his nephews and nieces and the entire large and wonderful restaurant staff. The welcoming did not stop all day.

Day two in Taiwan was just as exciting. In fact, "respect" should be the middle name of every person in Taiwan who is a Tao cultivator. In today's world, where everything is so fast paced and designed to make you concentrate more on the outer self rather than the inner self, the Tao is there to gently remind you who you really are.

The memorial service for Senior Master Chang Pei-Cheng was breathtaking. It was a two-hour event that celebrated the life of this generous and dedicated Senior Master. I was in awe at the number of young teenagers who took part in the ceremony. There were over two hundred people participating in this ceremony, many of whom were well disciplined teenagers that were extremely focused and had a purpose in life. Later on, I found out that there had been a competition over a year ago and first, second, and third place choirs won the honor of being able to sing at this ceremony. Can you imagine young people competing because they want to be the ones who can say they sang at this service? Furthermore, there were volunteers everywhere who were also high school aged students who participated in this outpouring show of love.



飛越半個地球學習道（下）

◎ 中譯 詹蕙靜

（接上期）

這個身心靈都讓人滿足的宴會持續了一整天，我們就像國王與王后一樣地享受著。當晚餐的時刻來臨時——彷彿我們還沒吃夠各式各樣的素食餐點及水果、還有蔬菜做成的美味創意料理，另外還有豐盛的甜點等等——郭詩永點傳師告訴我們還有更多的食物等著我們。接下來我們要去他弟弟開的一家素食吃到飽餐廳用餐，要吃什麼就有什麼，甚至還更多！

郭點傳師一家人帶給我的溫暖實在是難以言喻，包括他 86 歲的父親及 82 歲的母親、他的弟弟及弟媳、他的姊姊、他的姪子及姪女，還有眾多令人讚嘆的餐廳員工們，他們的熱情好客整天都不曾停止過。

在台灣的第二天依然讓人興奮。其實，「尊重」可以說是所有台灣道親的共同點。在這個步調快速的時代，大家都重視外表多於內在，而「道」則能夠讓你慢慢地了解到什麼才是真正的自己。

張培成老前人成道五週年追思會的氣氛十分莊嚴，共歷時兩個小時，宣揚了老前人生前的種種善行與貢獻。我對於此次追思會中青少年的參與人數感到敬佩，共有超過兩百位訓練有素的年輕人參加，且全神貫注於這場盛會。後來，我發現一年前曾經有一場合唱比賽，獲得前三名榮譽的合唱團就有幸在這次的大會上唱歌。你能夠想像青少年們互相競爭，只是因為他們想說自己曾經參與這項盛會中的合唱嗎？此外，還有另一批高中生年紀的學生，也自願從各處集結於此，加入這場灌注著愛的表演。

On day three of our trip, the male and female masters had meetings all day. We, therefore, did our morning rituals, ate breakfast together and off we went on the big bus with Brian, Jimmy, and another person named Paoli joined us later. We went on a tour of Taipei City and visited Longshan Temple, which happens to be one of the oldest temples in Taipei. One could not help but have respect and love for the people when witnessing what they have lived through. Their kindness, gentle attitude, and overall love for life are something that the world can learn from. It should serve as a notice that I do not care how much your place of worship costs. It all starts from within and the dignity that was displayed day after day is something that I will take with me always from this trip.

Day four of our trip started off with tai-chi at 6:00 am in the morning with various women of all ages. It was simply stunning! We were overlooking the majestic mountains in this awe-inspiring temple. The elder women were showing us the way. I felt so honored to be in their presence. It was as if they were passing on their wisdom of the ages of their graceful elegance and their flexible limber bodies. It was unbelievable because I have done taichi before and I have done yoga at the beach and I have done other activities with groups, but never like this. I have never witnessed and experienced something so wonderful as the passing on of ancient wisdom. All this was being done without knowing the language except the language of the heart.



▲ 參觀建於西元 1738 年的龍山寺。

在我們旅程的第三天，乾道與坤道點傳師整天都在開法會。而我們則在早獻香後，一起吃了早餐，隨即就與 Jimmy、Brian 及另一位新加入的道親 Paoli 搭上遊覽車。我們在台北市區內觀光，還去了聽說是台北最古老的寺廟之一——龍山寺。當走過這一切後，不只愛上了在這裡生活的人們，更產生了肅然起敬之情；他們親切和善的態度，還有對於生命的熱愛，是這個世界所需要學習的，而這必須建立在一個不在意會付出多少在自己信仰上的前提之下。這趟旅程告訴我：不必在乎你的廟宇有多堂皇，一切事情的源頭都必須來自內心，還有人們每天在我面前所展現出來的莊嚴。這些我學到的東西，將會陪伴我直到永遠。

第四天的早晨從六點開始，我們跟幾位不同年紀的女生們一起打太極拳，在這凜然的道院裡，俯瞰著壯麗高聳的山，實在是讓我驚嘆不已。一位較年長的老奶奶帶領著我們打拳，我覺得能夠在一起是一件非常榮幸的事。有如透過優雅又柔軟的肢體，傳遞著她們那個年紀才有的智慧。我曾經打過太極，也曾經在沙灘上做過瑜珈，也參與過許多團體的活動，但從來沒有一次的經驗像今天一樣讓我難以置信。我以前從未見證及感受到古老智慧傳承得如此地美好，這一切不需透過言語——而是透過心的語言……



▲ 日月潭文武廟石獅子前大家快樂合照。

After our morning exercise, we did our morning ritual with the men and women joined together. Afterwards, we had breakfast and then set out on our big bus for a tour of Taipei City. We saw so many splendid things that it cannot all be put into this article. To just highlight a few of the things, I would say that going to the Yehliu Geopark and the Gold Museum was definitely a must see. It was great to see the Queen's neck which is an ancient, naturally shaped artifact of rock formation that looks like a queen's neck and people line up just to get a picture of this extraordinary natural rock formation. It is considered one of the most famous wonders of Taiwan.

Also, visiting Jiu Fen Old Street was great because we got to eat snacks from local vendors and walk around and see how vendors cooked. We watched them share their craft from making exotic ice cream to making taro soup with vegetables or grilled mushrooms with spices that melted in our mouths.

Lastly, we ate at another vegetarian restaurant that continued the feast. Every meal was presented in such a festive way as a Lazy Susan was used to pass the spread of food to the next person. Seeing Buddhas everywhere, upon walking into a restaurant, was quite refreshing because it was as if the food was being blessed and we were going into a place of peace to break bread and share the joy of life with one another.

Getting on our big bus after dinner represented the culmination of our day nearly coming to a close. It was funny to watch all of us slowly lose steam from such a fun-filled day. The Temple obviously put a lot of effort into our experience. It was and is so moving to have been a part of this magnificent trip. It was as if learning about the Tao was a living experience every day. We were shown how to live the Tao by giving our all and doing our best. The Masters at the Temple did not have to preach this to us because we were witnesses to spiritual excellence. They were breathing it to us in their every step and through our every experience.

晨間運動之後，我們乾道與坤道都參加了早獻香；吃完早餐，便搭上遊覽車再次啟程往台北市觀光。我們看了非常多燦爛奪目的景色，可惜無法一一在這篇文章裡詳述。不過，我還是推薦幾個必去的景點——野柳地質公園及黃金博物館；看見女王頭的脖子是一個很特別的經驗，這個古老、經歷自然風霜而形成女王樣子的石頭，人們只為了要與她拍上一張照片便大排長龍。這個地方可以說是台灣非常有名的旅遊景點之一。

九份老街也是一個很值得去玩的地方，在那裡可以在傳統攤販上吃到各式各樣的小吃，到處逛逛的時候，還可以看到小吃店的老闆們是怎麼煮出那些美味的食物。我們看著他們現場製作的手藝，從異國冰淇淋、蔬菜芋頭湯到烤辣醬香菇，全都令人食指大動。

最後，我們在另一間素食餐廳繼續吃大餐。每一份食物都以十分歡樂的方式呈現，再用圓形的餐桌轉盤將食物傳給下一個人。一走進素食餐廳，到處可見的佛像令人精神一振，因為每盤食物都好像受到祝福一樣，我們也像踏進一個和諧的地方，跟身邊的人分享食物，也分享生命的喜悅。

晚餐後再搭上遊覽車，就意味著一天的驚喜快要落幕了，看著大家在歡樂一整天後，精力逐漸消耗殆盡的模樣實在是非常有趣。道院顯然在我們這次的旅程上付出許多心力，能夠參與其中讓我很感動。訪道就像是用心感受在這裡生活的每一天，我們看到該如何展現「道」，也就是無私奉獻我們所擁有的，並毫不保留地努力實現它。道院的點傳師不需要向我們宣揚此項特點，因為我們親眼見證了本性的光輝。從他們的一舉一動，我們時時刻刻都能呼吸到本性的光輝。

Day five was just as magical and awe inspiring as the rest. I woke up to tai-chi, again, but this time with just a few women joining each other to start their morning off correctly. I watched out the window this time. It showed the discipline that these women had for health, vitality, and flexible bodies and that it did not matter if there were two or ten people there. Health is wealth. It is a way of life.

Today, after a long bus drive, we headed down to Beipu Old Street to experience the Hakka culture and heritage. After stopping for a short while to see another historic temple, we took time to experience the local area. We then traveled further down the road to another delicious vegetarian restaurant. The elaborate sacred architecture and landscape of sanctuaries was everywhere along with the majestic mountains and beautiful water as a backdrop.

It was not about reading or studying the Tao Te Ching. It was living it. The learning that we were taking complimented Derek Lin's brilliant lectures and made them come together even more. Derek is such a profound lecturer and writer. Sunday after Sunday, whether in person or online, Derek so eloquently translates the ancient Chinese wisdom of the sages into words that we can understand. It made this trip a natural progression for anyone who wanted to know more about the Tao and how the Masters cultivate it.



▲ 筆者戴著北埔買的斗笠遊覽日月潭。

在台灣第五天依然像其它幾天一樣，令人讚嘆及不可置信。我為了打太極而再度早起，但是這次只有幾位坤道學長一起精準地開展她們的早課。這次我看向窗外，發現這些坤道前賢為了自己的健康、活力，還有柔軟的身體所持的嚴謹態度；不管一起打太極的人有多少，兩個人或是十個人，她們都不受影響。身體健康是一種財富，亦是一種生活方式。

在一陣的舟車勞頓後，今天我們到達了北埔老街參觀客家文化及傳統。在途中我們稍作停頓，參訪一間有歷史的廟宇，我們把握時機感受當地風情。繼續往下走，我們又到了另一間美味的素食餐廳，有壯麗的高山與清澈的河水作為背景，神聖又雕龍畫鳳的建築與天堂般的景色，看起來更是令人心曠神怡。

這不是僅僅閱讀與鑽研《道德經》的感受，是親身活出道的樣子。這次我們所正在經歷的學習，令我們更讚嘆林信价學長精彩的課程，同時也幫助我們將那些課程拼湊成完整的圖片。林講師實在是一位有深度的作家與演講者，一個又一個的星期日，不管是當面或是在網路上，他深具說服力地將古老中國聖人的智慧翻譯成我們能夠了解的文字。對任何想要更了解道，以及了解前人與點傳師是怎麼修道的人來說，這段旅行成了一次自然的進程。



▲參訪各地道場是令人難忘的回憶。

I had to leave to attend my grandson's high school graduation the next day in Tustin, California. Before leaving, however, we visited a Buddhist Museum and got a chance to listen to an extraordinary lecture. This was one of the most fascinating and informative lectures that I had ever heard or seen on ancient Buddhas and their meaning. What a way to end my day! During lunch, I began to reflect and become a little sad because I knew that my driver would be there shortly. I was going to be driven to the high speed train station that would drop me off near the airplane bus shuttle.

Master Cheri asked if I wanted to say a few words to the group. I was so overwhelmed at what I had experienced those past few days that I was at a loss for words and told her that I could not speak. I was overwhelmed with emotion at how good I felt, what I had seen, and the beautiful people that I had met in such a short period of time. It was as if time had collapsed right before my very eyes and there was no time—only now.

I did not go on to see the nature parks, the other incredible temples, the waterfalls, or boat ride that was scheduled for the last day of the trip, but I'll tell you this. If you would like to learn to live a life of greater understanding, peace, health, love, purpose, compassion, laughter, and harmony, and so much more—learn more about the Tao. This trip was just beautiful. It was such an eye opener in so many ways. It took me to a much deeper understanding of the Tao. I cannot possibly explain it all in an article. It's like the very meaning of the Tao being experienced full circle. "Conduct the teaching of no words..." Live the Tao.

Many thanks to all who made this trip possible. You have changed our lives forever.

我必須提早離開去加州的塔斯廷參加我孫子的高中畢業典禮。然而在離開之前，我們參觀了一間佛教博物館，並且有機會聆聽一場非常傑出的演講。這一場演講是我曾經聽過有關古代佛教及教義的演講之中，最有內容且讓人聽了心醉神迷的。用這樣的方式結束這一天實在是太棒了！吃午餐的時候，我回想這幾天的種種，開始覺得有點悲傷，因為我知道要開車載我離開的人就快來了。我即將被載往高鐵站，再換乘往機場的接駁公車。

徐翠好點傳師詢問我是否想要對這幾天相處在一起的大家講幾句話，但是想起這幾天的點點滴滴，我的情緒實在是太過澎湃，導致我的腦袋暫時一片空白，讓我暫時失去了言語的能力，所以就婉拒了她的邀請。這短短的幾天內，不管是所見所聞，還有接觸到的所有人、事、物，讓我感受到的一切都太美好了，我完全被這情緒淹沒了。在這個時候，時間就好像在我眼前消失了，沒有任何的時序，只有現在。

我沒有繼續參與最後一天的行程，不管是去自然公園、讓人嘆為觀止的廟宇、瀑布或是划船；但我想說，如果你想要學習如何活得更智慧、有健康、有愛、有目標、有愛心、有歡笑、有和諧，還有更多更多……，就來學習「道」吧！這趟完美的旅程，讓我在許多方面大開眼界，也讓我更深入地了解「道」，我沒有辦法將所有收穫濃縮到這篇文章裡，解釋給大家聽，這就像是道的真正意義：回到原點。「只能意會，無法言傳」——道就在生命中。

感謝所有讓這趟旅行成真的人，您永遠地改變了我們的人生。

（全文完）