



My Spiritual Growth This Year Part I

By Goodrich

For my spiritual growth this year, it is mainly in developing and strengthening the virtues of giving/generosity, patience/tolerance and wisdom - 3 of the virtues of the 6 perfections. These virtues have shaped my spiritual growth not just in temple practice, but in my relationships with my family and community. Today, I'll share how I've worked to cultivate and enhance these qualities over the course of the year.

Generosity in my family life has evolved this year. For example, when my child faced difficulties with a school project, I worked on giving them more than just help—I focused on providing emotional support to show them that I truly valued their efforts. I've also become more consistent in offering encouragement rather than just material assistance.



這一年的心靈成長之一

在今年的心靈成長層面中，後學致力於培養和加強三個美德：布施／慷慨、忍辱／寬容，以及智慧——這也是六波羅蜜中的三個美德。這些美德不僅是在道場的實踐中形塑後學在心靈上的成長，也深刻地影響了後學與家人及社群之間的關係。今天，後學將分享在過去一年中，如何在各方面培養和提升這些德行。

在家庭生活中，「布施／慷慨」這個美德更加提升了。例如：當後學的孩子在學校的學習項目中遇到困難時，後學不僅僅提供幫助，而是更專注於提供情感上的支持，讓他們感受到後學更珍視他們的努力。後學不再只提供物質上的幫助，而是給予更多精神上的鼓勵。

With my wife, I've learned to share responsibilities more effectively. When she's been overwhelmed with work, I've made a conscious effort to step in and support her, ensuring that we work together as a team and maintain a healthy balance in our family life.

In the community, I've worked on being more involved, not just by offering material contributions, but by giving my time and energy. Whether assisting with a senior neighbor in setting up their printer or helping my neighbor clear snow from their driveway, I've learned that generosity goes beyond the act itself—it's about being present and engaged with those around me.

At the temple, I've made a concerted effort to contribute more meaningfully. I've given not just material support, but also my time to help with temple rituals, events and initiatives, which has deepened my connection to the temple community.

Patience has been a quality I've focused on strengthening, especially with my children. This year, I've worked on being more understanding when they struggle with focus or concentration. For instance, when my child had difficulty staying on task with their homework, instead of rushing them, I learned to allow them short breaks and gave them space to return to the task when they were ready. This helped them develop better focus over time while teaching them the value of perseverance without feeling pressured.

With my wife, I've also aimed to enhance my patience. In moments of disagreement, I've practiced pausing before responding. By taking the time to listen and truly understand her perspective, our communication has become much clearer, and our bond has strengthened.

與妻子相處時，後學學著更有效率地分擔責任。當她因為工作而感到壓力時，後學會協助並支持她，就如團隊般一起共同努力，保持家庭生活的健康平衡。

在社區裡，後學努力地更加投入，不只提供物質資源，也付出時間與精力。無論是幫忙年長鄰居架設印表機，或是協助鄰人清除車道上的積雪，後學領會到「慷慨」之意超乎表象，它就是：「親力親為地投入週遭」。

在中堂裡，後學盡心盡力地做有意義的幫辦、投入。不僅提供物質支援，還投入道場的禮節、活動和各項事宜，這使我與道場的聯繫更加深厚。

忍辱（耐心）是後學在今年中努力加強的特質，尤其是在與孩子相處時。今年，後學學會了：在孩子難以專注學習或集中精力時，能夠更加地理解和包容。例如，當我的孩子難以專心地完成作業時，我不再急著催促他們，而是學會讓他們休息片刻，並給予他們空間，調適好再讓他們繼續完成作業。這樣的方式，幫助他們逐漸提高專注力，同時教會他們能在不覺得有壓力的情況下堅持不懈。

在與妻子的關係中，後學也努力增強耐心。在意見不一致時，後學會練習先停頓一下再回應。經由專注聆聽並真正理解她的觀點，我們的溝通變得更加清晰，我們的關係也因此更加堅固。

In the community, I've also worked on cultivating patience, particularly in situations where opinions differ. Instead of acting quickly or making assumptions, I've learned to listen attentively and wait for everyone's input, which has led to more thoughtful and harmonious decisions.

Wisdom in my family life has been about knowing when to step back and allowing my children to find their own way. For example, when our child, between the ages of 5 to 8 became frustrated while learning new things like reading, I learned to guide them without stepping in to fix the issue immediately. Instead, I encouraged them to take breaks, celebrated their efforts, and reminded them that mistakes were part of the learning process. This approach helped them grow more confident and resilient.

In the community, I've used wisdom to approach conflicts with a calmer, more reflective mindset. This year, when disagreements arose, I encouraged open dialogue and worked towards solutions that considered everyone's views. This approach has fostered a cooperative and supportive environment.

At the temple, wisdom has deepened my reflection and service. By applying the teachings I've received from this class, I've learned how to better guide and support others in their spiritual journey, helping create a space for growth not just for myself but for the entire temple community.

In summary, this year has been about developing and strengthening "Generosity", "Patience", and "Wisdom" in all aspects of my life—family, community, and temple. While I've made progress, I understand that these virtues are ongoing practices, and I continue to learn and grow in each area. Spiritual growth is a continuous journey, and by enhancing these perfections, I've deepened my connections with others and strengthened my spiritual path. I look forward to continuing this process in the year ahead.

在社群中，後學也努力培養耐心，特別是在意見不同的情況下，學會了不急於行動或先入為主地假設，取而代之的是耐心聆聽，並等待每個人的意見，這使得我們的決策更加縝密周全，也促進了更和諧的氛圍。

智慧，在家庭生活中的表現是：知道何時該退一步，讓孩子們找到自己的方法。例如，當我們的孩子（5 到 8 歲）在學習閱讀等新事物時遇到挫折，我學著不急於干涉，而是引導他們適當地休息，且讚賞他們在這過程中的努力，並提醒他們：錯誤也是學習過程中的一部分。這樣的方式幫助他們變得更加自信，也培養出堅韌的素質。

在社群中，後學學習運用智慧，帶著冷靜和反省的心態處理衝突。今年，當爭議發生時，後學鼓勵開放的對話，並努力尋求兼顧每個人觀點的解決方案，這種方式促進了合作與支持的氛圍。

在道場中，智慧使後學更深切地自省及服務他人。運用在心靈成長課程中所學的，後學學會如何善加引導和支持他人的心靈成長，協助創造一個不僅對自己，也對整個道場都有益的成長空間。

總結來說，今年後學在家庭、社群和道場中培養並加強布施、忍辱和智慧三項美德。即使已有一些進展，後學也明白這些美德需持續地修行，後學仍在每個領域中不停地學習和成長。心靈成長是一個不斷前行的旅程，透過修持以提升這些本質，後學加深了與他人的連結，也強化了後學自己的心靈修行之路。後學期待在有生之年仍能延續這個學習的過程。