

美國全真通訊

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點傳師賜導

晉見斯里蘭卡總統

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一貫道天然師尊叮嚀慈語中曾經慈示：「一貫弟子對於人世間的苦難、救世濟民的工作仍要繼續進行。對於認識與不認識的人，皆如同我們的同胞手足，要秉承悲天憫人之心，積極救渡。一貫弟子謹守師訓，並不斷地從事社會急難及公益活動，多年來儘管沒有大眾媒體的諸多曝光率、明星光環的加持，我們仍然心懷慈悲，謹守本份，默默持續進行博施濟眾的工作，向世界上需要我們的地方前進。」

回顧二〇〇四年十二月二十六日，發生舉世震驚的南亞大海嘯，奪走逾二十二萬六千人的生命，是史上死傷最慘重的海嘯。世界各國紛紛伸出援手救難。後學本著人溺己溺之精神，發起美國一貫道道親共同響應，總共募捐美金二十四萬零三百四十八·三四元，賑災救難，以一貫道世界總會(WITH)名義將其中美金十一萬零三百四十八·三四元捐贈給聯合國人道事務所(UNOCHA)、美金八萬元捐贈給美國聯合國兒童基金會(UNICEF)，希望將道親們的愛心慈憫直接送到各國災民的身上；另捐贈美金五萬元，透過領事館直接援助斯里蘭卡國(Sri Lanka) Galle地區的小學，以重建該校校舍。

斯里蘭卡位於南亞洲、印度南方，瀕臨印度洋，氣候相當炎熱，土地面積六萬五千平方公里，比西維吉尼亞州稍大，約二千萬人口，百分之七十人民信仰佛教，百性非常虔誠善良、忠厚懇實、民風純樸，出口貨品有衣服、茶葉、調味品和寶石類產品。一貫道幾個組線在此開荒道務，規模尚可。

二〇〇七年二月四日，後學代表一貫道世界總會受到斯里蘭卡駐洛杉磯總領事館邀請，參加了位於美國洛杉磯日本城所舉辦的國慶日活動（按：斯里蘭卡於一九四八年立國，成立將近六十年），當場與該國總領事Jaliya Wickramasuriya先生相當投緣，在其力邀下兩個多星期後在總領事官邸所舉辦的「領事館雞尾酒會(Cocktail Party)」，很多國家的總領事都將與會，後學認為這是向各國推展一貫道道義與宗旨的佳機，機不可失！當下答應，並且於宴會當天下午六點五十分提早進入官邸，由於是第一位到達的賓客，受到Wickramasuriya總領事的熱情招待和解說，彼此建立良好的情誼，並當下安排將晉見斯里蘭卡總統Mahinda Rajapaksa（按：新總統於西元二〇〇五年十一月十九日就職），真是所謂早出門的羊兒有草吃！如此有機緣晉見斯國領導人，於是有了六月份的南亞可倫坡之行。

六月二十六日，抵達斯里蘭卡首都可倫坡(Colombo)，下榻Cinnamon Grand, Colombo。

六月二十七日，參加於國家獨立廣場舉辦該國非常受到敬重的南方高僧Venerable Akuratiye Amarawansa Nayaka Thera之公祭典禮，一同出席的還有多位部長、兩位國會議員等政界人士，後學再次把握機會，向政要們介紹一貫道所供奉的「彌勒祖師」是白陽期應運掌天盤辦理末後一著收圓大事，這是二千五百多年前，釋迦牟尼佛在彌勒上升經時說：「是彌勒菩薩於未來世當為眾生作大皈依處，如有皈依彌勒菩薩者，當知是人於無上道得不退轉。」末世眾生得聞彌勒菩薩假使今生不

往生理天，於未來世（龍華會）在菩提樹下演法，汝即可聞其道而超生了死（彌勒下生經）。

六月二十八日，由前駐法、駐美大使Dr. Ananda Guruge陪同正式拜訪位於Temple Trees總統府的斯里蘭卡現任Rajapaksa總統，敬述一貫道在世界七個國家已成立總會，道傳八十個國家，擁有一千多萬名道親，在世界五大洲不斷開闢道場傳播福音，是個具有前瞻性真理大道，祈望以後有機會到斯國建立一貫道場，基於斯國是一個信仰佛教的國度，人民性情忠厚、虔誠信佛，相信能接受一貫道的善傳。為人謙和的Rajapaksa總統表示：能夠認識一貫道弟子以入世的精神，做出世的事業，雖身在塵但不被外塵所垢，雖和光混俗，卻能出污泥而不染；以人道圓滿來達成天道之聖業，把修道融入家庭中，父慈子孝、兄友弟恭，恪遵儒家倫理綱常的殊勝，覺得很踏實而能親近眾生。雙方都很高興暢談了四十分鐘，也探討一些宗教理念和交換禮物，後學面呈拙著《I-Kuan Tao (英文版)》二本，總統回贈紀念銀盤。

六月二十九日，在斯國外交部的安排下，在佛教議會，專程為一貫道舉辦一場記者會，由後學以「一貫道的教義與世界和平」為題，發表五十分鐘的演說，詳細介紹一貫道的內涵，己立立人、己達達人、自渡渡人、自覺覺他，內聖外王的修持方式，及與世界和平的關聯，對全人類身心靈的貢獻，是緊密相繫的。這場記者會的內容並由Lakbima News（新聞報）採訪報導，足見斯國對一貫道的高度重視與禮遇。

六月三十日，前往Kandy City拜訪全國佛教最高領袖並與佛教領袖代表進行交談，增加曝光機會，這是一趟非常有意義的聚會。當晚並參加全國月亮節（六月三十日及七月一日為期兩天），全國的廟宇都會點燈、祝禱，既熱鬧又平和。月亮節是斯國的重要節慶之一，為紀念佛教南傳到該國而設。

在西元前三世紀，孔雀王朝的第三代阿育王(Asoka)皈依佛教，佛教勢力大為擴張，並且派遣使節四出宣揚佛教，東到金地（緬甸東部），南到獅子國（斯里蘭卡），由其子Mahinda，其女Sanghamitta帶著菩提樹去傳播，於是佛教在斯國逐漸宏展，形成所謂南傳佛教。後學在首都近郊參拜一座大廟，當地尚有一棵具二千三百多年歷史的高齡菩提樹，以為佐證，在斯國觸目可見人民平日虔誠膜拜，廟宇林立，他們都說：「菩薩保佑，平安即是福。」多麼地素位而行！正因為過著知足平淡而有信仰的寧靜生活，所以他們並不需要法律的約束，乃因他們佛緣深厚、善念堅強的緣故。

七月一日，結束了斯里蘭卡之旅，對這個信仰虔誠的國度，一些地方似曾相識，希望有機會再度前來這祥和的佛地，參與開荒渡眾的聖業，否則將有「入寶山而空手回」的遺憾，更辜負了Rajapaksa總統的盛情美意。

註：本文摘自陳正夫點傳師著作《承先啟後》

聯合開班特稿**陳恩弘 Christopher Chen**

大家好，我叫陳恩弘，今天我要講的心得是《道德經》第十三章寵辱章。老子說：「寵辱若驚，貴大患若身。何謂寵辱若驚？」

寵就是寵愛，受到別人的喜愛、讚美、鼓勵；辱就是受到別人的辱罵、責備、看不起。得到別人的寵愛，我們會得意忘形，會驕傲；受辱的時候，我們會生氣、內心會煩躁、會怨天尤人。

我們每天不管做甚麼事，結果不是受寵，就是受辱。學生念書考試，考得很好，我們感覺受寵；考得不好，我們感覺受辱。打球比賽，打得好，我們受寵；打不好，我們受辱。做事成功了，我們受寵；失敗了，我們受辱。我們每天的心，都在那裡上上下下，有時候高興，有時候難過，很不快樂。我們如果可以做到，不管受寵還是受辱，都可以不動心，那我們就不會不快樂了。

我們應該在受寵的時候，要感謝，感謝上天讓我們，這麼順利；受辱的時候，也要感謝，感謝上天讓我們學習、改進，使我們變得更好。

為甚麼我們受寵會驕傲，受辱會生氣煩躁呢？因為我們有我相，太重視我要得到好的，我不要得到壞的，這叫做得失心太重，很容易煩惱擔心。如果能放下這個自我，做事只要努力盡力，誠心誠意的做，其結果就讓它順其自然吧，這樣就不會寵辱若驚了。

這就是我讀《道德經》第十三章的心得，謝謝大家。

Hello everyone. My name is Christopher Chen and today, I would like to share my thoughts. In Tao Te Ching, Chapter 13 Favor and Disgrace Chapter: "Favor and disgrace make one fearful. The greatest misfortune is the self. What does "favor and disgrace make one fearful" mean?"

Favor is love, to feel the love and praise of others. Disgrace is to be yelled at or scolded. To receive the favor of others, we are happy and we will brag. To be disgraced, we will be angry.

No matter what we are doing, if we do not receive favor in the end, then it is disgrace. When a student takes a test, if they receive a good grade, they receive favor. If they receive a bad grade, they receive disgrace. When competing in sports, if you play well, you receive favor. If you play poorly, you receive disgrace. When you succeed, you receive favor. When you fail, you receive disgrace. Our feelings are always going up and down, sometimes happy, sometimes sad. If we are able to not be affected by favor or disgrace, to not change our feelings, then we will always be happy.

When we receive favor, we should be thankful for the success. When we receive disgrace, we should also be thankful for the opportunity to learn and change for the better.

Why do we brag when we receive favor and become mad when we receive disgrace? Because we have an ego and are too focused on receiving the best, we never want anything bad. This is called selfishness and will easily become mad or sad. If we can let go of this ego, we do things to the best of our ability, do things carefully, then let the results naturally occur, and we will not be affected by favor or disgrace from others.

This is what I learned from Tao Te Ching Chapter 13.

Thank you very much.

陳心詒 Cindy Chen

大家好，我叫陳心詒，今天我要講的心得是《道德經》第八章若水章。老子說：「上善若水，水善利萬物而不爭，處眾人之所惡，故幾於道。」

老子拿水來做比喻，希望我們都能學習水。因為水有很多好處，它最接近仙佛，也最接近道，如果我們可以學習水的好處，那我們就可以成為仙佛。

水的第一個好處，水一直往下流，不會爭著往上爬，這代表水不跟別人爭，總是在最低下的地方，代表它不會驕傲。我們也應該跟水一樣，不要爭，也不要驕傲，只要多做好事。很多人，就是因為想要當王，又到處跟大家講他做的好事，這就是爭，就是驕傲，這是不對的。

水的第二個好處，水會幫人做很多事。例如：我們要喝水，大樹、蔬菜、和小草，需要有水才能長大等等。我們要學水，幫世界上的人做很多事，而且要快快樂樂的去做。

水還會做我們不想做的事，像洗衣服、洗髒東西、沖馬桶水等等。如果沒有水，我們怎麼做這些事呢？所以我們要學習水，我們要幫助別人，做別人不想做的事。

水就像仙佛一樣，做好的事，都不會計較。如果我們可以學習水德，那麼我們就可以成為仙佛，從今天開始，我們應該學水！

這就是我讀《道德經》第八章的心得，謝謝大家。

Hello everybody, my name is Cindy Chen. Today, I would like to talk about my thoughts. In the book, Tao Te Ching, Lao Tzu said, “The highest goodness resembles water. Water greatly benefits myriad things without contention. It stays in places that people dislike. Therefore it is similar to the Tao.”

Lao Tzu used water as a resemblance of goodness, and he wanted us to learn from water. Because water has many benefits, it is the closest to Buddha and Tao. If we learn from the benefits of water, then we can become Buddha.

The first benefit of water is that it shows what people should do. Instead of trying to go uphill, water always flows downhill. It also never asks for rewards for what it has done, and it never brags about its deeds. This shows how people should not fight or brag. Because a lot of people want to be leader, they would do anything to receive the position. People also like to talk about what they have done. These two examples are fighting and bragging, and we should not do either of these things.

The second benefit of water is that water helps people do a lot of things, like giving people drinking water and giving plants water to grow. We should learn from water and help people do a lot of things happily.

Water will also do things we do not want to do, like washing dirty clothes and flushing the toilet. If we do not have water, how would we do these things? So we should act like water, and help people and do things others do not want to do.

Water is like Buddha, doing good things and never complaining. By learning from water, we can become Buddha. Starting from today, we must learn from water!

This is what I learned from Tao Te Ching, thank you very much.

蔡欣吾 *Celeste Webb*

大家好，我叫蔡欣吾，今天我要講的心得是《道德經》第三章安民章。老子說：「不尚賢，使民不爭。」老子教我們，人不應該爭權奪利，「不爭」才是人應該做的事。

從前，有一個年老的國王，他給城裡的每一個孩子發了一粒花籽，他說：「你們當中，誰種的花最美麗，我就讓誰當國王。」

有個孩子把種子種在花盆裡，天天澆水，可是，花盆裡什麼也沒有長出來。到了送花的日子，別的孩子都送去了美麗的鮮花。可是，這個孩子送去的只是一只空花盆。國王問他：「你種的花呢？」孩子流著眼淚說：「我種的花籽，什麼都長不出來。」國王笑著說：「你是個誠實的孩子，就讓你當新國王吧。」

原來，國王發的花籽，都是煮熟的。

從這個故事，我學到了，誠實和不爭，才是最重要的。謝謝大家。

Hello everybody, my name is Celeste Webb. Today, I would like to talk about my thoughts. In the book, Tao Te Ching, Lao Tzu said,

“If the sage refuses to be proud

Then people won’t compete for his attention.”

In other words, “By not adoring the worthy, people will not fall into dispute (argument).”

This means that if a leader (kingdom, company, etc.) asks for someone with ability, then everyone will compete for his/her attention.

Here is a story relating to the topic of competing for attention.

Once, long ago, there was a king who had no sons and so he needed to choose an heir to his kingdom. So one day he gave a seed to every child in the kingdom and said, “Whoever’s flower is the most beautiful will earn the throne.” Every child received one seed and went home.

One boy took his seed home and planted it in a flower pot. Then he watered it and took care of it. But the flower never grew. On the day when all the children had to show the king their flowers, the boy saw every child with beautiful flowers. Once he got to the King, he sobbed and said, “I am so sorry. The flower never grew and I don’t know why.” But then the King said, “Why, you are the new king! You were honest.”

The boy then became king. What no one except the King knew was that he had boiled the seeds making it impossible to grow.

I learned that being honest is better than cheating to make you look better than others. Honesty has great power, like how honesty got the boy to become king. Also the King purposely boiled the seed, so he sought to see who would be honest and who would replace the seed and use a replacement, or the children who tried to stand out from others, trying to get the King’s attention.

Thank you very much!

蔡雪真 *Crystal Webb*

大家好，我叫蔡雪真，今天我要講的心得是《道德經》第九章。老子說：「金玉滿堂，莫之能守，富貴而驕，自遺其咎。」老子告訴我們，金錢並不是最重要的，不要因為金錢而失去更重要的東西。因為金錢不是萬能的，有些東西是金錢買不到的。今天我學到，人生最重要的課題，是快樂和愛。謝謝。

Hello everybody, my name is Crystal Webb. Today, I would like to talk about my thoughts. In the book, Tao Te Ching, Lao Tzu said, "Gold and jade fill up the room
No one is able to protect them
Wealth and position bring arrogance
And leave disasters upon oneself"

If you stretch a bow beyond its limits, it will break. If you have plenty of money, it will be stolen. If you rise to high positions, you will fall. But, if you retire once your purpose is achieved, everything will be okay, because that's the way of nature. Wealth and honor lead to arrogance, which brings it evil on itself. When you're rich, show off, overconfident and you make the people around you feel unimportant, bad things will come back to you, like karma. So, if you need help, but no one likes you, no one helps. In the end you will feel guilty.

Money is only useful to obtain things that have no value. Confucius was once asked the question, "what would you do with a thief that broke into your house and stole all your valuable possessions?" he replied with, "I would thank him for showing me that you can't take things are important to me, only what I thought were important." There are monks in China who take a vow of poverty. They have a cup and people drop money into it. With that money to buy food and once the food is gone all they have is their cup. They may not own the clothes they're wearing, and are happier than people who do have money. Overall this is kind of a lesson that shows happiness and love are more important than money.

Thank you very much!

鄭淳濤 *Sophia Cheng*

大家好，我的名字是鄭淳濤。今天我想和各位分享《道德經》第七章無私章：「天長地久，天地所以能長且久者，以其不自生，故能長生。」無私章是修道很重要的一章，君子和小人就是從這裡分出來的。私就是自私，顧名思義，無私章教我們不要自私。我們不可以顧己不顧人，我們要效法天地。天地萬物都是無私的，但是現在世界上的人卻是自私的。我們都只看到自己：自己的感受，自己的利益；很少會去考慮到別人。在日常生活中，做事時要看看自己，但同時也要看看別人。我們可以把別人當做自己的鏡子，當我們看到別人有自私的行為，應當警惕自己；當我們看到別人有無私的行為，就應該效法他們。走向無私的第一步就是學會分享。以我的經驗，這並不是太容易的。我跟妹妹差了五歲，所以在她出生前，我一直享有獨生女的生活。我認為什麼東西都是我的，沒有人能跟我搶。但是等妹妹出生後，我才意識到她是來教我該如何分享。所有的東西都要跟她一起分享：玩具，食物，電視，連父母也要。雖然我小時候沒有很喜歡妹妹，但是我很感謝她，因為她讓我成為一個樂意分享的人。

天地無私，上天賜予我們陽光，光會照在所有人身上；並不會只照在好人身上，而忽略壞人。天地只為他人生，而且毫無條件的犧牲奉獻。在宇宙裡，沒有任何東西比天地更長久。在數億年前，天就是這個天，地就是這個地。由此可見他們不曾變過，一直以來都這麼無私。他們不為自己而為別人生存，所以長久。人與天地最親，也最近，天地給人的恩澤最深。我們看天地怎麼做，我們就怎麼做。天地為萬物而生，只要萬物生生不息，天地就不減。

這就是我讀《道德經》無私章的心得。謝謝大家！

Good morning, everyone. My name is Sophia Cheng. I want to share my thoughts after studying Tao Te Ching.

Chapter 7, selfless, is an important lesson in Tao. This is where we differentiate a noble man from a bad person. The sky and the earth are selfless. They should be our role models. Nowadays, we only care about ourselves. Most of the time, we place our feelings and benefits before others'. We usually neglect how others feel. In our daily life, we could use the people around us as our mirrors: when we notice any selfish acts, we need to warn ourselves and avoid making the same mistake. On the other hand, if the people around us are selfless, then we should follow their lead. The first step toward selfless is sharing. Judging from my experience, it's not too easy. I am five years older than my sister - Ashley. So before she came to this world, I owned everything. I took for granted that everything was mine; and no one could change that. After Ashley was born, I realized that she came here to teach me how to share. Things that once belonged to me became hers, too: toys, food, TV, and I even had to share my parents with her. Even though I disliked her at that time, I appreciate her now because she made me become a person who is willing to share.

The sky and the earth are selfless. The sun is a gift from the sky, the sunlight hits everything on earth. It shines on everyone; the sunshine wouldn't just provide its warmth for good people, and avoid the bad people. Billion years ago, before we had even existed, the sky was the same sky, and the earth was the same as it is now. They had not changed at all, because they live for others, not for themselves. We, humans, benefit from the earth the most. So we should do what the sky and the earth have been doing for so long. They live for everything in the universe, as long as everything remains, they live.

This is what I've learned from Tao Te Ching. Thank you!

張邦彥

我在洛杉磯的佛堂是在1992年5月28日設立的。我們有個傳說，就是當你設立佛堂後，那些冤親債主就不能來跟你討債，在你佛堂設立前就要來要回去。所以我設立佛堂前曾經發生過一些奇怪的事。

設佛堂三天前，我的腳痛得不能走路，上樓梯要用爬的。設佛堂前一天，想要開車去看醫生，開到半路車子發不動，停在馬路中間，動彈不得。因為當時還在上班，開佛堂吃素比較不方便，想要跟老中懇求是否可以退休再吃素。我太太在我旁邊說：「設佛堂那可以不吃素？」我不得已就說：「佛堂設立當天，我就吃素。」講完，車子馬上就可以發動。

第二天八點鐘開佛堂，當中燈點上的那一剎那，突然洛杉磯發生大地震，中燈都掉在地上。楊老點傳師很鎮靜說：「沒關係，中燈撿起來，從新開始。」那一天就很順利的開完佛堂。

從那天開始到現在，後學不論在事業上、家庭上，一切都很順利。1993年我工作的台北總公司突然倒閉，我失業了。但是我很快在馬來西亞找到一份工作，在那公司當總經理。房子是公司的，車子也是公司的，生活費用如三餐、家裡的佣人也都是公司出的，所以在那八年我差不多都不要用到自己的錢，除了打高爾夫球外，所以賺的薪水都寄回美國給小孩讀大學。做了八年想退休回美國，一個在回納西的美國客戶聽到我要退休，就找我去做他們公司的顧問，但在家上班。我在這公司工作五年到2007年才退休。在這五年中我們幫他們打開東南西(Southeast Asia)市場，並在中國廣東市設立一個工廠，到六十七歲才退休。自從設立佛堂後一切都很順利，後學非常感謝老中的恩典。以上是後學設立佛堂的一點心得，謝謝各位。

Translated by Randy Kuo

I established a shrine in my house in May 28th 1992. We have a saying that after you establish a shrine in your house, your past life creditors will not come and collect what you owed them in your past life. So before I opened my shrine, something strange happened to me.

Three days before I opened the shrine, my legs were in severe pain and I couldn't walk. Every time I walked upstairs, I had to crawl. I wanted to drive to the doctor's office to get it checked out. In the middle of my drive to the office my car engine stopped running and I was stuck in the middle of the road. Because I was working, it was inconvenient for me to be a vegetarian. I begged Lao Mu if I could become vegetarian after retirement. My wife said to me, if you open a house shrine you must be vegetarian. I reluctantly said when I open the shrine that day, is the day I will become a vegetarian. After I said that, the car started up again.

Next day around 8am, when we opened our shrine and lit the Mu light all of a sudden an earthquake hit Los Angeles. The Mu Light fell to the floor. At that time Senior Master Yang said something very calm, "Don't worry, pick up the Mu Light and start over again." After that, the rest of the day went by smoothly and I opened up my new shrine.

From that day until now, I've had a very peaceful and smooth life through all aspects including my family and business matters. My company suddenly got closed in 1993. I lost my job but found a new job in Malaysia soon. I became a manager. My company provided me a car, all of my meals, a house, as well as housekeeper. For about eight years, I didn't even have to pay for my living expenses, except golfing. Most of my salary I sent back to US for my children's tuitions. After eight years, one of my clients in Tennessee asked me to be their company's consultant. They also let me worked at home for five years. During those five years, I helped this company open the Southeast Asian market. Later that year in China, Guangdong, I established a factory for the company and retired when I was 67 years old. I am very thankful to Lao Mu.

譚暉光

感謝天恩師德 祖師宏慈，以及點傳師的成全，給予後學在這一次聯合開班中做修道歷程的心得分享報告。

後學在修道過程一路走來，確實有些顛顛簸簸，以及多方面的考驗；包括後學的家庭、世俗上的人、事、物和道場上的修行與學習。

然而修道修行是無止境的，後學感恩楊老點傳師和陳點傳師設立了全真道院，讓後學在多年前結緣於此，並且讓後學認識了寶貴的大道，讓後學與道親們結善緣，讓後學學習了做人處事之道以及修道的成長。

後學才疏學淺，上天 老中鴻恩，降大道於世，並且有著如此的修道環境，後學只有感恩！感恩！再感恩！學習再學習。

相信在前賢大德們，我們都多次的聽過講師和點傳師們講解「六渡萬行」法，後學的修道和學習過程也都以此為準則，今天在此就以「六渡萬行」的旨意和道親們做出個人本身的體會報告：

(一) 布施：每當後學到佛堂參班之時，見到道親們在做環境打掃，天廚的忙碌，講師和點傳師充實的講解和賜導，道親發心的拿出對佛堂的心意……等等，充分表出修道人三施的實踐。

(二) 持戒：前賢大德們遵循佛規禮節打幫助道，執行點傳師指示，奉行辦事，施行善法，除去身、口、意的三業。

(三) 忍辱：人與人之間的相處和對於一件事的看法總有不同，家人都會互相發生，更何況在人群團體中，因此在修道過程中讓後學也深有體會，然而道場確實是讓後學修煉的好地方，讓後學了解對治瞋恚而坦然面對事理。

(四) 精進：佛堂道場以道為親，道親們參與全真大班和地方班的學習都出於自發性，共同修己渡人，並且心念在於濟世，讓後學精進成長也了解到大道的寶貴。

(五) 禪定：後學個性心直口快，禪定能度散亂，讓後學訓練自己，遇事鎮定，不慌不忙，處變不驚，從容應付。

(六) 智慧：可以度愚痴，增進對佛法的瞭解，增長智慧。若是智慧不足則不能明辨善惡、是非、曲直、邪正之事理。故明智以破諸惑，而破惑證真謂之慧。佛曰：「方便曰智，般若曰慧。」

以上是後學的修道歷程心得報告，如有講的不適宜之處，懇求仙佛赦罪，點傳師和各位道親成全指正。

Translated by Cindy Chen

Thanks to the great mercy of Heaven, Buddha Maitreya, and the Masters, for giving me a chance to make this speech in this joint meeting.

Along the path of Tao that I've been following, I've faced many difficulties and tests, including my family, my relationship with other people and my cultivation and learning experience in the temple.

The path of cultivating has no limits. I am thankful for Senior Master Yang and Master Chen for creating this temple and letting me come here to learn about Tao and understand the importance of Tao. This allowed me to know the other people in this temple, and learn to cultivate myself to be a better person.

Also, learning has no limits either. Before, I didn't know anything about the Tao, and now, thanks to Lao Mu for giving us the Tao, I can learn a lot more.

You and I have heard the speeches about "Six Great Ways to Cultivate Ourselves" many times, and today, I'm going to use this topic to make my own speech.

1.)The first great way is Helping: Every time I come to the temple to attend classes, I would see other members cleaning, others cooking, and others like lecturers and masters giving speeches about ways to cultivate us. These people are helping us by doing these tasks.

2.)The second great way is Obedience: We should obey the "The Etiquette and Disciplines of Tao" and obey our master's orders and carry them out as he instructs. We should also try to get rid of our sins created by our body, mouth, and mind.

3.)The third great way is Tolerance: People have different opinions, and even family members have different views on things. When you encounter a situation where you and your partner have different perspectives, this is when you should be tolerant and not get angry.

4.)The fourth great way is Improvement: Our temple is like a family. When the people attend classes, they should willingly go, with no one to force them. Attending classes helps me improve a lot and understand the Tao more.

5.)The fifth great way is Calmness: I used to react without thinking, and when I encountered a difficult situation, I would panic. Right now, I can be calm in multiple situations and know how to solve problems.

6.)The sixth great way is Wisdom: The purpose of attending classes at the temple is to increase our wisdom. If we don't have enough wisdom, then we will not be able to tell what is right and what is wrong. So, if we have wisdom, then, we will not be confused in many situations.

Thanks to Lao Mu for giving me life, to God and Mother Earth for raising me, to senior masters for teaching me, and to everybody for loving me.

This is my speech. If I said anything wrong, I beg for the forgiveness of Lao Mu, Buddha, the Masters, and all of you. Thank you very much.

李良玉

感謝天恩師德，讓後學有此機會在此分享：為何喜歡到佛堂參班？以及上課的心得。後學要感謝每週為我們講課的點傳師及講師。後學也藉此機會整理了一下，為何喜歡到佛堂上課？

後學這一年來週日得空，可以到佛堂參班，翻開筆記本有四書、大學、中庸、論語、道德經、彌勒法門、彌勒上生經、彌勒真經、六祖壇經、道場禮儀、健康講座、腦內革命、學長們的心得分享……等等，也記了滿滿的一本。

台上十分鐘，台下十年功，我們知道每位講師要講一堂課，都要博覽經典，準備一兩個月的時間，規納重點，大綱準備講稿。我們平常工作、生活忙碌，沒有很多時間看經典，到佛堂上課就可以獲得講師們為我們準備好的重點，這不就是福慧雙修嗎？就像學生為什麼要上學，上學是獲得知識及增長智慧的最佳捷徑。

學佛修道，上求佛道，下渡眾生，就是在找現實生活中離苦得樂的法門，將來能往生兜率天。大家都希望離苦得樂，才會要學佛修道。每個人的貪、嗔、癡、慢、疑不一，造成每個人的業力不一，要找的修行法門亦不一。法門無高下，但唯一相同的就是要時時觀照自己的起心動念。現代的生活總是在一片忙碌中渡過，唯有藉著每週日到佛堂來聽聞佛法，提醒自己要時時關照自己的起心動念，要洗心滌慮，充實心靈，收回放失的心。

我們都知道人身難得，佛法難聞，相信能有機緣來到佛堂上課的人，都是佛緣深厚，有福報的人，也希望大家在學習上能共同精進與扶持。

在此感謝所有的點傳師、講師，也感恩有道院，讓我們能有緣的聚在一起學習。

Translated by Crystal Webb

Thanks to the great mercy of Heaven and Buddha Maitreya for letting me have this opportunity to share why I like to come to temple and attend classes. I would like to thank every master and lecturer who has given speeches. I will take this opportunity to organize my thoughts about why I like to attend temple every week.

These last two years, I have come to temple whenever I have time. I have written many notes on many topics in my notebook, including Confucius' teachings, Lao Tzu's teachings, Buddha Maitreya's teachings, etc.

We all know that every lecturer needs months of preparation in order to read many Tao teachings and make an outline for their lecture. Our lives are very busy, so we do not have time to read about the teachings of Tao, but when we come to the temple, we can learn from the lecturers. It is similar to why students go to school, in order for them to gain knowledge.

Cultivating ourselves is a way to find happiness and escape from sufferings. We must cultivate ourselves because we have greed, anger, and stubbornness. Our lives are very busy, so we only have time on Sundays to come and remind ourselves to cultivate ourselves.

We all know that becoming a person is a rare opportunity and it is very difficult to hear about the Tao. I believe that everyone who comes to temple to learn about the Tao has a very close relationship with Buddha and is very lucky. I hope that everyone will cultivate themselves and help others.

I would like to thank all the masters, lecturers, as well as the temple where I can cultivate myself and learn about the Tao.

Thank you very much.

全真道院週日班班程表

開班時間：每週日10:30AM- 12:30PM

日期	班長	道寄韻律	道化人生	專題講座	點傳師賜導
12/07/2014	陳秀珍	吳韓衛	求道的意義：陳秀真	道德經：辜添脩	辜添脩
12/14/2014	李良玉	郭詩永	道的奧妙與正道：溫詠鳳	健康講座：曾戎威	陳正夫
12/21/2014	陸煒	吳韓衛	道德經：郭文澄	一貫道義：陳正夫	辜添脩
12/28/2014	聖誕節長假期停班				

全真道院經典研究英文班 (Tao Study Group 10:30AM~12:30PM)	負責人(Moderator)
	林信价(Derek Lin)

全真道院道德培育班班程表	內容	負責人
	中文讀經、禮節、道歌、道化人生	吳振龍、游士慶 Allen Chen、Eric Chen

全真道院兒童讀經班班程表	內容	負責人
	道德經、中文教學	陳淑敏、杜梅瑞

全真道院幼兒班班程表	內容	負責人
	唐詩、基礎勾勾、節奏、勞作	高子評

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日期	12/07~ 12/13	12/14 ~ 12/20	12/21 ~ 12/27	12/28 ~ 01/03
輪值點傳師	陳正夫	辜添脩	郭詩永	徐翠好

全真道院午獻香/辦道負責人員

日期	12/07/2014	12/14/2014	12/21/2014
坤	高子評、羅巧鳴	蔡秋鶴、Yola Wong K	呂柏欣、孫賢
乾	林達雄、盧清明	黃湧竣、嚴永達	陳柏璋、陳宣霖

天緣佛堂	12/06/2014 (十月十五)	末法考驗	講師：譚肇光 講師	班長/道寄韻律：施月芳
	12/22/2014 (十一月初一)	九盞心燈	講師：溫潔芳 講師	班長/道寄韻律：梁美蘭

2014年 全伶佛堂地方班班程表

日期	星期	班長/道寄韻律	題目/講師	點傳師賜導
12/20/2014	六	盧清明	健康養生：宋麗娜	徐翠好

全真道院天廚清潔輪值表

日期	12/07/2014	12/14/2014	12/21/2014
負責點傳師	辜添脩	郭詩永	徐翠好
天廚組長	吳韓衛 張書興	林貞伶 陳秀珍	武詩竹 史振英

櫃檯輪值表

日期	負責人
12/07/2014	楊阿晟
12/14/2014	鄭末子
12/21/2014	楊阿晟



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