



# 道，我生命裡的那束光 一個重度抑鬱症患者的自述

◎笑（熱愛生命）

編按：這兩篇文章是作者分別以中文和英文書寫，表達相同的心得感想。文章句句充滿真誠與感恩，特別刊出與諸位讀者前賢共饗！

多年以來，在所有人的眼中，我是一個非常明亮的人，一直努力學習、認真工作，並且保持善良和積極。但是，在別人看不到的那一面，我卻有著一個非常痛苦的秘密，一個我以為我永遠不會和任何人分享的秘密。

我是一名護士，而同時又是一個與重度抑鬱症鬥爭多年的病人。回顧以往的種種症狀表現，自己的抑鬱狀態或許從高中時期就已出現，然而我卻用了超過 20 年的時間才能承認並接

受這個事實。每每回想起那些連續數日無法下床的時刻，那些出現幻覺、失去色彩認知的時刻，以及把自己鎖在房間內不願見人的時刻，我看到的是一個迷失方向的孩子，在一片黑暗裡拼命地掙扎，卻怎麼都看不到一絲光亮。

西元 2021 年 3 月，當自己為執行自殺計劃而開始寫下遺書的那一瞬間，我終於承認自己生病了，需要尋求幫助和治療了。

提供治療的醫生們都很讚歎我超強的意志力與自制力，因為即便是已經走到了危險的邊緣，我仍維持非常好的學習和工作狀態。那也是為什麼沒有人，包括我的家人、朋友和同事，都沒有意識到我發生了什麼狀況。我經常微笑面對所有人，卻在轉身的瞬間留下眼淚。我隱藏自己內心的痛苦，因為害怕。我害怕別人的評判與偏見，或是他們眼中流露的擔心。感激上蒼憐憫，即便在我已經完全迷失自己、不知何去何從的時候，在內心深處，我仍堅信有一個答案在等待著我。所以我開始努力嘗試每一個意見來讓自己好起來。

人們說「吃甜食會讓人快樂」，所以我吃了許多巧克力和冰淇淋。「看

喜劇表演或者搞笑電影能讓你大笑」，所以我也看了許多視頻和影片。「出門和朋友聊天能使你從悲傷中轉移注意力」，所以我也約朋友一起出去爬山。這些過程有幫助嗎？是的，在那些瞬間，確實有幫助。然而當我停止了那些動作後，我心裡的灰暗和疼痛卻變得更加嚴重。

然後我開始尋求更長久的治療辦法。跟人文社會相比較，大自然能夠帶給我更多的平靜。所以我經常開車去海邊、去山上，望向更遠的空間而意識到自己是多麼渺小。這些有幫助嗎？是的，好像有更大的不同。可是我不能永遠待在海邊或山上。當我回到這個社會中，我感覺重墜深淵。





後來我開始強迫自己專注在自己的學業上。在那個時段，我已經在修護理學研究所學習的課程。我想，既然我的工作和我病人常帶給我一種成就感，或許當我能夠擁有更多的醫療知識與技能可幫助更多人時，我的人生就能撥開雲霧，重見光明。可惜從畢業後的第一天開始，整整一個月，我幾乎每日以淚洗面。我從未感覺那般地絕望、無助，以及內心空虛，因為我知道學業是我的最後一根稻草，而我卻失敗了。

我嘗試了各種不同的辦法讓自己感受快樂：從身體需求到情感愉悅，再到學術成就等等。但是在失敗了一次又一次之後，我意識到我必須找到一種能在我內心牢牢地支撐我的力量——一個可以讓我在每天早晨跳下床的動力；一種不論我身處什麼樣的外界環境，亦或是我被什麼樣的能量包圍著，也不論我是否有那些快樂刺激的方法，它都始終存在的永恆力量。

西元 2022 年 9 月 3 號，感恩上天慈悲，我有幸被有緣人引領到舊金山美國忠恕道院立愿求道。在那一瞬間，我仍有質疑，質疑這是否就是自己追尋的答案。但至少從那一刻起，我感覺把支離破碎的自己又重新拼湊在一起，向著同一個方向開始前行。我終於在這麼多年後，開始用一個不同的角度去看待這個熟悉的世界。

有一天，站在道院的窗前望向正下雨的天空，我的心被深深地觸動了。我從來沒有意識到，原來下雨也可以是如此美麗的场景。在過去的生命中，下雨的時候，我會哭泣；當夜幕降臨，我也感到難過。沒有什麼原因，僅僅是內心深處的空缺無法填補。但是自

從求道以來，不管是晴空萬里、狂風四起，還是大雨傾盆，大自然看起來都是那麼美好。當我身在道院，每一個人和每一件事都令我感到安全、溫暖和被愛。更重要的是，這種感覺會一直伴隨著我，即便是我離開道院後回到自己的生活空間，它也不會消失。開車回家的路上，我經常眼含淚水，但是這完全和以前的難過哭泣不一樣。這淚水是無盡的感動，因為我終於找到了自己一直在尋找的那個答案。

修道幫助我肯定生命的真諦，也指引我放下錯誤的執念。修道同時引領我認識到自己陷於抑鬱的根本原因。在過去的生活中，每每看到體現人類和諧的場景，比如人與人之間的互敬互愛，我會感受到喜悅和溫暖。而當我聽到爭吵和互相傷害的噪音，或是知道任何人在痛苦掙扎中，我感覺無限的難過和恐懼。原來，我不開心，是因為自己生活在一個我不喜歡的世界裡。這個世界裡並非所有的生命都是健康快樂的。而我又非常無助，因為我看不到任何希望讓這個世界變得更美好。

在修道的路上，我認識到「道」並不是一種魔力，能幫我把那些不美好的事物即刻清除。我們仍舊要面對

著各種業力因果循環——疾病、疫情、罪惡，還有持續的戰爭。我們仍感受人與人之間的隔閡與仇恨存在於世界的各個角落。但是我不再害怕和絕望，因為「道」帶給我希望，因為知道有更多的修道人秉持堅定的信心在修復著這個世界。我堅信，只要多一個人找到「真我」，我們就離我們在尋找的大同世界更進一步。

感謝 天恩師德、老中慈悲，指引我走出痛苦與黑暗。感恩所有前人的智慧與努力，才得以提供我們修道的機會。在與疾病對抗的生命歷程中，「道」幫助我認清了自己的內心以及外界的障礙，「道」點醒了我去分辨「真我」和「假我」，「道」也引領我找到在這個俗世生活的希望以及永恆的快樂。抱著這種堅定不移的信念，我將繼續前進，竭盡所能，以任何可能的方式治癒自己、治癒世界。

註：作者於2022年9月3日於舊金山美國忠恕道院求道。求道後，抱持其初發心，持續茹素，並於2023年2月4日參加疫情中的一日實體中文新道親法會，當日感動地立下清口愿（隔日2023年2月5日農曆正月十五日正式於佛前立愿），並期許自己重聖輕凡。



# Tao, the Beam of Light in My Life

## A patient's journey to fight against depression

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During my life, everyone looks at me as a bright person who works hard, studies hard, and stays kind. However, from the angle where people cannot see, I have a painful secret that I thought I would never share with anyone. I work as a nurse, but at the same time, I am a patient who has been suffering from severe depression for many years. By thinking about those signs, I probably have already started depression since high school, but it took me so long to admit and accept the fact. Recall those moments when I couldn't get up from bed for several days, the moments when I had hallucinations and lost sense of colors, the moments when I locked myself inside not talking to anyone; I see all full of struggles and darkness. During those years, I was completely lost and not seeing any light around me. By March of the year 2021, when I started writing a will prior to my suicidal plan, I finally realized that I needed help and finally started therapy.

The doctors were surprised by my strong willpower and self-control, as even though I had already reached the danger line, I still performed well in school and at work, which is why nobody, including my family, friends, and coworkers, no one knew what was

going on. I often had episodes of smiling at people but turning around with tears falling out immediately. I have been hiding all my pain from everyone I know because I held much fear. I was fearful of either people's judgment or the worries in their eyes. It is a blessing that even though I was completely lost and not knowing where to go, deep inside my heart, I knew that there would be an answer waiting for me. I started taking any piece of advice to get myself cured.



They say, "Eating sweets can make you happy", so I ate a lot of chocolate and ice cream. "Watching comedian shows or funny movies can make you laugh", so I watched them. "Going out and talking to friends can distract you from your sadness", so I did that too. Did these things help? Yes, for those moments, it seems like working. But when I stopped those activities, the darkness and the pain in my heart turned even stronger.

Then I started looking for something bigger. Compared to human society, nature always makes me feel more peaceful, so I often drive to the oceans and mountains, looking at a farther space and recognizing how small I am. Did that help? Yes, a little bit more. But I cannot stay by the oceans and mountains forever. When I returned to this social life, I felt down again.

Then, I forced myself to focus on my academic progress. By then, I was halfway through my master's degree in nursing. I thought, since my work and my patients always brought me the feeling of achievement, maybe when I can hold more knowledge and skills to help more people in medicine, it will clear my darkness and bring brightness to my life. However, from the first day after the graduation, I cried every day for a whole month. I never felt that hopeless, helpless, and empty inside because I failed to my last straw.



I tried many different things that I could do, including physical needs, emotional pleasure, academic achievement, and so on. But after failing again and again, I realized that I must find something to hold me inside—something can motivate me to jump off the bed every morning; something will always be there, no matter what kind of external environment I am in, no matter what kind of energy I am around, and no matter if I have all those positive things all the time stimulating me to feel happy. There must be a permanent solution that I need to find to cure myself.

On September 3rd of 2022, I was so blessed to be brought over to the San Francisco Zhong Shu Temple USA and made my vow to receive and cultivate Tao. By that day, I still had many doubts if this would be my answer, but I felt that I was finally picking up the little pieces of myself, gluing them together, and moving in the same direction. I finally started seeing the world from a different perspective.

One day, I was standing by the window at the Temple watching the rain outside, my heart was so touched. I never realized that raining could be this beautiful. In the past of my life, when it rains, I cry. When it gets dark, I cry. There was no reason. Just the emptiness in my heart hurts the most. But since cultivating Tao, no matter when it is sunny, windy, or rainy, they all look beautiful to me. When I am in the Temple, everyone and everything makes me feel secure, warm, and loved. More importantly, that feeling stays with me even after I leave the Temple and return to my own space. Driving back to my home, I often have tears in my eyes. But it is not the same as previous crying—it is because I think I finally found my answer for that permanent solution.

Cultivating Tao helps me to confirm what life is truly about and guides me to drop my wrong obsessions. Tao also leads me to recognize the reason why I have been so depressed. In the past, whenever I saw scenes representing harmony in human beings, including respecting each other and loving each other, I sensed happiness and warmth. Whenever I heard noises of yelling or hurting each other, or knew people suffering, I felt

sad and scared. I was not happy because I lived in a world that I didn't like. It was not a world where I wanted all creatures to be healthy and happy. I was also helpless because I didn't see any hope in making the world better for me to enjoy.

As I continued cultivating Tao, I recognized that Tao is not a magic power to eliminate the problems for me right away. We still have all kinds of negative collective karma—diseases, pandemic, crime, and ongoing wars. We still have all those barriers and hatred between people from different corners of the world. But I am not scared anymore because Tao brings me hope, by knowing that there are more and more people holding faith and reaching out to heal the world. When there is one more person finding true self, we will get one more step closer to the world we are looking for.

I am very grateful to the Grace of Heaven that has guided me through my darkness. I am very thankful for the wisdom and efforts of all the Predecessors who provided the opportunities for us to receive Tao. Along with the hard battle in my life journey, Tao helps me to recognize my inner and external struggles; Tao awakes me to differentiate between true self and false self; Tao also guides me to find hope and permanent happiness for this temporary life. Holding this unshakable faith, I will continue moving forward to heal myself and heal the world in any possible way.

*Editor' Note:*

*LL (Love Life) received Tao on 2022/9/3 at San Francisco Zhong Shu Temple, USA. She holds the sincerity from day one and remains the vegetarian diet afterwards. On 2023/2/4, she attended the 1-day in-person Chinese Tao Seminar during pandemic and was inspired to take purification vow (the following day she took the formal vow in front of the altar), as well as to set her life with a vow of Highly Regards Tao.*

