



一個令人難忘的生活體驗

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編按：筆者從小在修道家庭長大，目前 14 歲，就讀美國亞凱迪亞高中一年級（寫文稿時是 13 歲，當時還是國中生）；本篇文章是筆者去年度參與美國一貫道總會所舉辦的青少年身心靈成長營後有感，分別以中英文撰寫心得。

最近，我和洛杉磯全真道院的人，到北加州去參加一個六天五夜的營隊。我們在那裡學到了很多道理，像要孝順父母、要尊敬長輩、認識道場、環保愛地球等等。

第一天，我們學到了做人的態度，講師用四個杯子來代表人學習的態度。第一個杯子沒有下面，底部是空的，這是比喻一個人在學習上不用心，什麼都不會記得。第二個杯子很髒，裡面都是土，所以誰也不想使用，這是形容你學到的東西本來是好的，但是你卻用在不好的地方。第三個杯子是倒著用的，水就倒不進去，這是形容一個人很驕傲，在課程當中都不好好學。最後一個杯子是正常的杯子，裡面可以裝水；我們要像最後這個杯

子一樣，在六天的夏令營當中好好學習，不管是否自願來的，既然來了，就應該有正確的學習態度。

營隊的每一天都有一個主題，第二天的主題是志工使命與認識道場。當天除了有講師講專題以外，還有很多活動，我覺得所有的活動都很好玩，讓我很興奮；我們也從這些遊戲中學到要怎麼幫助別人。那一天有五個活動，每做完一個活動的時候，負責人員就會解釋活動的意義是什麼。那天晚上我們有一個體驗活動叫「尋找光明」。這個活動就是要我們出去尋找工作人員預先藏起來的梅花燈，但是外面有很多魔鬼要抓我們，所以我們在找燈的時候要很小心。透過這個活動告訴我們，道很寶貴，我們尋找的

梅花燈就代表道，那些魔鬼就是世界上的壞人，如果我們找到道，魔鬼也就沒辦法害我們了。

「環保愛地球」是第三天的主題，那一天有一個山中步行。吃完早餐，我們就排隊開始走，大家都很興奮，我和我的朋友迫不及待地跑到我們隊的前面，因為我們都很想出去散步。森林裡有很多野生花草和各種動物，我覺得走在山中很舒服又很愉快，因為我在家的時候，都沒有出去走一走，所以那天有這麼美好的經驗，我當然很喜歡。這樣的經驗也就是要告訴我們，應該要常常去野外走一走，吸收野外的好空氣，不要整天一直在電腦或電視機前面。

第四天的主題是「孝道」，一整天的課程當中，講師教我們要孝順父母親。從小爸爸、媽媽引導我們走向



▲四個杯子的啟示：應有的學習態度。



▲「尋找光明」體驗活動令人印象深刻。

正確的路，當我們碰到困難的時候，我們就會請父母親來幫忙，他們每天都很辛苦，所以我們應該尊敬他們、感謝他們。我們常常都會感覺父母親很煩，其實他們只是擔心我們受傷，或者擔心我們會生病，他們是為我們好的，所以我們應該要感謝他們，因為總有一天父母親會沒辦法照顧我們，那時候，我們就要靠自己，獨力地過生活。父母親老的時候，我們也應該要照顧他們，不要讓他們擔心，不要讓他們受傷，不要讓他們生病，我們也要好好修道，這樣才算孝順。

時間過得真快，六天一下子就過去了，我們把行李收好後，他們放了一個回顧影片給我們看，大家都覺得很感傷。最後要走的時候，我們都依依不捨地上車，很不想離開這麼好玩的地方。我在那裡交了一些新朋友，但是我們最後還是要說聲再見，因為要回家了。我覺得這次的夏令營很好玩又很成功，下一次如果還有這種活動，我一定要去。

An Unforgettable Experience

Over the course of six days, we went to a summer camp up at Redwood Glen. I learned a lot during these six days, such as how to cultivate ourselves, how to treat others, and how we can cooperate so that everything can be dealt with equally. Not only was the camping a chance to learn, it was also a chance to get away from our computers and phones. But most importantly, I also enjoyed all the activities that we did at the camp.

Everything we did there had a lesson to it. A lot of the messages I've got were very meaningful, and if all of us learned from the things that they delivered to us, the world would definitely become a much better place. Even the activities had their own lesson. They weren't designed to allow us to have fun, but instead, they all carried the theme of the day and helped us understand the world around us better.

There were also lectures there. We had a few lectures every day that followed the theme of the day. Every lecture had a specific topic, and the lecturers had so much to tell us. As I listened to their speeches, I could tell that they must have spent days preparing their speech and presentation so that the one hundred and sixty of us could understand the meanings of Tao. We learned different topics varying from filial piety to even the four types of Quotients. Each day they gave us more and more information that I would believe one day – should we choose to apply what we've learned to our life – we could lead ourselves to a path of success.

There were also different events happening throughout the day. Each day we had a “Challenge of the Night”. Each one, like all the other activities, had a deep meaning



▲透過體驗活動了解愛地球的重要性。



▲各道場點傳師們與舊金山發一崇德道務中心策劃小組留影。

behind it. For example, the first night was called “Finding the Light”. We had to venture out in the dark with our flashlights trying to find the light. But there were also demons out there, and we need to find the light in order to be safe from the demons. This really represents our path to finding Tao (the light) and these demons are also like things out in the real world trying to stop us from achieving our goal.

We also had a few other things that happened each day in the camp. Some were heartfelt speeches that taught us to respect our parents and cherish everything we had in life. We never know when we’ll lose something or someone precious, so we should hold them close to our heart and only let go when they’re finally gone.

All the campers came from different areas and branches too. In my group, I had people from Michigan coming over to be part of our team. I had no idea who they were when the camp first started, but over the days, they became my best friends. Out of the three people I talked to the most in my team, I only knew one of them from the temple. I am sure that having people from different places join in one group is a great way to meet new friends.

Overall, I thought that this camping experience was amazing and I definitely learned a lot from the camp. Right before I left, I was saddened to know that such a wonderful experience was ending. To this day, I still wish that we were there, having fun while learning the ways of Tao. I hope that next year, or the year after, we can have the camping again.