



# My Faith in Tao

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Thanks to the grace of heaven and virtue of predecessors for this opportunity to share my realization and takeaways from 2018 English Silent Tao seminar in Michigan, held on May 18-20, 2018.

Seeing the growth of many new attendees and Tao relatives in the service team in the Michigan Zhong Shu Temple, I realized that cultivating Tao and approaching people through their heart is more effective. Approaching in different ways can open many opportunities for new Tao relatives to learn and to grow. We give from the heart and the one with good affinity will receive from the heart and will grow beautifully in cultivation.

Another realization through my cultivation is: only a person with pure spirit can change people's lives. And only sincere one will improve in cultivation. 2018 English Tao seminar inspired me to extend my vows. My inner light gets brighter every time I come back to temple.

I want to share this touching incidence that happened to me on my way to Tao seminar. I was worried about my speaking because I knew I would share in public for the first time. While I was in the airplane I wrote down my thoughts and stories that I was going to share. I kept on writing until the airplane landed in Detroit, Michigan. I walked to the baggage claim and waited for the baggage, but my mind was still worried about my speaking the whole time.



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感謝上天的恩賜及前人輩的恩德，讓我有這個機會分享於 2018 年 5 月 18 至 21 日，在密西根忠恕道院所舉辦英文新道親法會的心得感想。

看見密西根忠恕道院新道親及服務學長人數的增加，讓我理解——修道以及成全人，從「心」出發，是很有用的一個方法。成全人的方法有很多種，不同的方法，能讓新道親有更多學習、成長的機會。當我們以誠心助人，有緣之人自然能夠心領神會，在修道路上更成長、茁壯。

我在修道這條路上另一個領悟是：唯有擁有純淨心靈的人，才可能改變他人；也惟有懷著赤誠之心的人，能夠在修道的路上蛻變成長。這場 2018 年的英文法會，激發我立下大愿。每當回到中堂，我心中的小火炬就變得更明亮。

前往法會途中，有件感人的事可以分享：當時在飛機上，我非常擔憂，因為法會中得首次在眾人面前開口說話；所以我寫下在法會中要分享的故事內容以及心得感想，直到飛機降落到密西根州底特律機場的那一刻，手中的筆都不曾放下過——就連已經走到行李轉盤等待拿取行囊的當下，在眾目睽睽下發言的恐懼，依然佔滿了我所有的思緒。

While I was thinking and many thoughts ran through my mind, one man walked to me with a blissful face like he was so happy to see me. He said to me that he was so glad to have found me because he wanted to tell me something. These were the words he said: “Are you a writer? Are you trying to write stories or something to change people’s lives? I have a vision of you writing when I was on the airplane and I saw a gold pen on your hand which means that what you are writing can be a life changing for many people. And do you know only a pure spirit can do that? I just wanted to tell you, God sent me to tell you this. Keep on your writing and I hope you finish your story. Can I pray for you?” He held my hands and said the prayer and blessed me for whatever I was going to share.

This incidence really touched me. God (Lau Mu) has heard my heart and my wish to help others to have a strong faith in Tao. Lau Mu knows what I hold in my heart and what I need at that moment. I need courage to break through my comfort zone. It’s amazing how God shows us in different ways as He always looks out for us when we cultivate Tao.

Sincerity is a key to Tao cultivation. When our mind and thoughts are pure, we can connect to Lau Mu’s heart (God). I would like to encourage Tao cultivators who live far away from temple (including myself) to stay firm on the path and have a strong faith in Tao. Even though we are far away from the physical temple, we have our inner temple within us. We can still cultivate through our sincere heart and live by example no matter where we are.

When we share Tao with others, share from our heart and stay within our true nature. “Walk the talk”: Lead people to Tao path by being good examples. Spread Tao to the world and transform our lives. Bad karma can turn into good and the future becomes brighter. Cultivating Tao is like swimming against the ocean wave. It might not be smooth and easy, but it will be worthwhile at the end.

Tao has changed my life for the better. It changed my attitude—how I think and how I act toward life. My relationships with parents and friends become better. Before I received Tao, I was a strong ego person. I didn’t know how to reflect on my own wrongdoings. I always thought I was right and someone else was wrong. After I learn more about Tao and cultivate Tao, I become a better person. I become more passionate,

當我腦中的思緒依然紛雜地此起彼落時，一位男士一臉幸福的樣子走向了我，好似見到我是件非常開心的事情。他說他非常高興能夠找到我，因為有些話想對我說，以下就是他說的話：「你是位作家嗎？」、「你是在寫故事或能夠改變他人的文章嗎？我在飛機上看到了一幅景象，你手中拿著一支金色的筆正在書寫，這也就代表你所寫下的文章能夠改變很多人的人生。你知道惟有純潔的靈魂能夠做到這件事嗎？我只是想讓你知道，是上帝要我來告訴你這件事的。請持續寫作，希望你能夠完成你的故事。我能夠為你禱告嗎？」接著他握住我的手並念著祈禱詞，祝福我接下來要分享的事情能夠圓滿完成。

這件事讓我感受良多，上天（老中）聽到了我心聲以及想要讓他人對道更有信心的願望，老中知道當時我心中所想與所需要的。我需要勇氣走出我的舒適圈。這一切很不可思議，上天以不同的方式讓我們知道：只要我們持續精進修道，祂一定會照顧著我們。

誠心是修道之鑰，當我們的心靈及思想保持純潔，就可以與老中（上天）的心連結。我想鼓勵那些住家離中堂比較遠的道親們（包括我自己），要持續又堅定地走在這條路上，並且對道要有強烈的信心。就算我們離實體的中堂很遠，但我們自身還有一個內在的中堂。不管身在何處，我們依然能夠誠心修道，也都能夠隨著前賢們的步伐向前走。

當我們與他人分享「道」的時候，要發自內心地分享，並且不離自性。「坐而言，不如起而行」，讓自己成為典範，帶領他人走上修道之路。讓道宏展到全世界，並改變我們的人生；讓業力轉變成助力、讓未來更光明。修道就像在海浪沖擊下奮力向前游一般，在過程中可能百般艱辛，但當你抵達終點，一切辛苦都是值得的。

「道」讓我的生活往好的方向發展，改變了我的態度——對生活的想法和行為，進而改善了我與家人、朋友之間的感情。求道之前的我，極度自我中心，不曾反省自己的過錯，永遠怪罪他人。但在求道、修道之後，我成為一個更好的人，擁有更多的熱情與耐心，能為他人著想、給予尊重，甚至能夠原諒那些想要陷害我的人。

more patient, mindful, respectful, and more forgiving even with someone who tried to destroy my life.

Tao is the most precious gift that I have ever had in my life. Tao has changed my life to the right direction. I finally learned what the meaning of life was and what the true joy was, through Tao cultivation. Tao gives me strengths when I need. Tao helps me to overcome a big trial in my life and always keeps me from calamities. If I didn't have Tao I wouldn't be the person I am now today.

I probably became a crazy person when someone accused me and put me in jail and tried to send me back to my home country and took my 4 years old daughter away from me. How would anyone from another country and don't speak English well handle that situation? I admit it was very difficult for me to handle. My heart was torn into pieces when my daughter was taken away from my arms and I didn't know whether I would be able to see her again.

At that time, Tao was the only thing I had that held me up and helped me to stay strong. I have overcome that trial and I am so grateful that I have Tao in my life and be able to continue this precious journey.

Thanks to Tien En Shr De for everything that I have today.

Thank you, Dian Chuan Shi and Tan Chu, for your good examples and your hard work of taking care Tao community so our true self can go back to our true home—the Home of Truth, Peace and Love.

Wish everyone stays firm in Tao path and help each other to transform this world to a better place. Learn and grow and preserve a wonderful dharma for our next generation.

Hope the best for everyone.

「道」是我這一生中所得最珍貴的禮物，使我脫胎換骨。因為修道，讓我找到人生的意義，也了解到真正的幸福是什麼。「道」在我有需要的時候，給予我力量，幫助我克服人生的困境，也讓我免於磨難。如果沒有得道，現在的我將不復存在。

當某個人指控我，將我關入監牢，想將我遣返家鄉，帶走我四歲的女兒時，我原本可能會發瘋；一個人遠在異鄉，英語程度也不夠好，該如何處理這樣的困境？我承認對我來說，要解決這件事情非常困難；當女兒被強制帶離我身邊的時候，我的心碎了，我不知道是否還能夠再見到她。

在那個時候，「道」是我唯一的精神寄託，讓我沒有倒下，讓我保持堅強。我最終克服了這個困難，非常感恩在這一生中可以得道，並且可以繼續這趟寶貴的修道旅程。

感謝 天恩師德，讓我擁有現在的一切。

感謝點傳師和壇主慈悲，您們是我們最好的典範；您們對於道場無微不至的愛護與照顧，讓我們的自性能夠安然地回到我們真正的家——真理、和平與愛的家園。

希望大家能夠對「道」保持堅定不移的信心，互相幫助，讓這個世界變得更好。持續學習、成長，讓下一代生活在一個美好的世界。

祝福大家。

附註：中譯者詹蕙靜學長為台北英文三寶研習班的成員。