



My Spiritual Growth This Year Part III

By Jennifer

Thanks to the grace of heaven and the virtues of predecessors. And thank you for giving me this opportunity to share my reflections with you today. I am Jennifer from Toronto temple. I begin by saying that the spiritual classes outline the framework for all of us participants to easily remember the virtues and principles to follow and use. So personally, the sessions provided me with the tools that are important to help me better myself as a person in every aspect of my life.

So first in my family, as a wife and mother, I believe charity begins at home. That means that I have to first apply foundations of Zhong and Shu to give my best to my family, immediate family, my relatives, my bloodline and extended to my Tao family. And whatever I can do to make things easier for others, I try my best to make that happen. Helping out with chores, providing good meals and keeping a peaceful conflict-free household are some of the ways I do to make every day a happy day. I believe that is very important when everyone in your family is happy; it just lightens up the mood.

At work, I am a Montessori teacher of children ages two and a half to six. Today, that powerful sharing and insights brought by Fatima, I would like to add into my



這一年的心靈成長之三

感謝 天恩師德，感謝前人輩大德。感謝今天讓後學有這個機會分享學習心得。後學是來自明華道院多倫多講堂的 Jennifer。首先，後學想說：心靈成長班課程讓我們這些班員有一個清晰的架構，能夠更容易記住應該遵行與實踐的德行和原則。這些課程提供了許多寶貴的工具，幫助後學在生活中的各個方面都能夠更加提升自己。

首先在家庭方面，身為一個妻子和母親，後學相信仁慈是從家庭做起。這意味著後學要先運用忠恕之道，盡後學所能地服務家人、親屬、親戚、宗親，以及延伸至道場的大家庭，在能力範圍內協助其他人。後學讓每一天都很快樂的方法，就是協助家務、提供美味的餐食，並且維持家庭和睦、沒有爭執。後學相信：家裡每一個人都開心是非常重要的，因為這樣會讓心情變得愉快。

在工作方面，後學是蒙特梭利的老師，學生是 2 歲半至 6 歲的兒童。今天，Fatima 的分享和覺察工夫，讓後學很感動，我想加在我所準備的分享當中。Fatima

prepared speech. So actually, it really moved me that Fatima had pointed out the importance of what we do in our lives, and that we have to focus on nurturing the roots of the tree.

And for me, I believe my job provides me that opportunity, because children ages two and a half to six are still trying to set up the foundation, and the roots are still growing. They're not adults with thick roots that are already grounded. And my job, I believe, gives me a chance to do the work of Tao, not in the setting of a temple, but with the children. So, I always make sure that I provide those children with love, understanding and compassion. And I also must watch my actions, because those children copy me everything—what I say, how I walk, my facial expression, everything. To do that, I always remind them to find kindness in their heart. And they are actually quite receptive. They take your word for it. And even if they still struggle with self-regulation, if you tell them that, they will try their best. Gradually, they become kind. I feel my job so rewarding because I really don't have to do much to correct anything. And they are still learning. The roots are still young, and my job is so sensitive. I want to nurture those roots. I also tell them: if you have nothing nice to say, you better just zip your lips. Because that teaches children to be mindful of other people's feelings and also learn to be kind. Personally, I don't entertain politics at work, because I have so many audiences watching me.

At the end of the day, I reflect on what I have done and what I have failed to do. I just try my best to practice the Tao of Zhong Shu, so I can improve myself and better myself and get rid of my shortcomings so that every day will be a better day than yesterday. I always keep in mind that if something is not good enough for me, it should not be good enough for others. If I want to give somebody something, it must be the best. If I want to help, I should be 100 percent sincere and genuine. If I want to be your friend, you can trust that I am genuinely your friend. If I have said anything incorrect, I ask the forgiveness of God and Dian Chuan Shi's correction. Thank you.

指出：我們在生活中所做的事很重要；我們須專注於培育樹苗。

對後學來說，自己的工作就有這樣的機會，因為2歲半到6歲的孩子仍在努力建立他們的根基，他們這些樹苗仍在成長茁壯中。他們並不是已經扎根深厚的成年人。後學相信自己的工作提供了行道的機會，互動、實踐，不是在中堂的環境中，而是與孩子一起。因此，後學一直展現愛、理解和同理心，並且還需要注意自己的言行舉止，因為小孩子會模仿我們的一切：說的話、走路的方式、臉部表情，這一切一切。我總是提醒孩子們：必須在內心深處尋找善良。實際上，孩子們很容易接受，他們相信你所說的話。即使他們有時仍會調皮，如果你提醒了他們，小孩子也會盡力做好，也就會變得善良。後學覺得自己的工作很有價值，也不需要費力去糾正任何事，因為小朋友仍在學習。這些幼苗還小，所以後學的工作須特別細膩，以好好培育這些幼苗。後學還告訴孩子們：要說話就只說好話。因為這可以教導孩子在乎別人的感受，並善待他人。我個人也不在工作中談論政治，因為有太多的人會關注我的言行。

後學會在每天的最後，反思自己做過什麼、沒能做到什麼。後學只想盡己所能實踐忠恕之道，改掉自己的缺點，精進自己，讓自己更好，讓每一天都比昨天更好。後學總是謹記在心：如果某件事對自己來說不夠好，這件事對其他人來說應該也不夠好。如果後學想送別人一件東西，那它一定是最好的。如果我想幫忙，就必須盡百分之百的真誠。如果我想成為你的朋友，你可以確信我是真誠的朋友。如果後學的分享有不圓滿的地方，懇祈上天慈悲見諒和點傳師慈悲指正。