



# 2025 IKT USA Youth Summer Camp Part I

Provided by I-Kuan Tao USA

By Tao Transmitting Master James Tu, Ming Gwang Branch Pu-Gwang Temple, Texas

The 2025 I-Kuan-Tao USA (IKT) Youth Summer Camp held from August 3rd through August 7th 2025 at Green Mountains in Los Gatos, CA was a truly meaningful and enriching experience. With over ninety campers, ranging in age from twelve to twenty two, attending from across the United States and Canada, team leaders and mentors, some of whom had attended the 2015 IKT Kids Summer Camp as young children, along with the presence and guidance of many Tao Transmitting Masters (TTMs) from Northern and Southern California, Michigan, Texas, and North Carolina, the IKT Youth Summer Camp provided a unique opportunity for all campers to learn, grow, and live the Tao teachings in a supportive, nurturing, and fun-filled environment.

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# 2025美國一貫道總會 青少年成長營之一

◎ 美國一貫道總會提供

※ 明光道場德州普光聖堂 杜政言點傳師

2025 年美國一貫道總會 (IKT) 青少年成長營於 8 月 3 至 7 日在加州洛斯加圖斯 (Los Gatos) 的 Green Mountains Retreat 舉行，這是一段真正有意義且充實的體驗。成長營共有 90 多位年齡介於 12 歲至 22 歲之間的學員，來自美國與加拿大各地。策劃組成員與小組組長之中，有些人小時候曾於 2015 年以學員及輔導員的身份參加過美國一貫道總會第一屆青少年成長營。再加上來自北加州與南加州、密西根州、德州，以及北卡州的多位點傳師蒞臨與指導，使這次青少年成長營成為一個難得的機會，讓所有學員能在支持、關懷與充滿樂趣的環境中學習、成長，並親身實踐道的教誨。

The program was thoughtfully designed to help raise awareness and nurture the overall health, balance, and integration of spirit, mind, and body among the campers. Through engaging classes, morning exercises, camp activities, delicious and healthy vegetarian and vegan meals, guided meditation, and grand-finale performances, all the campers, including children, team leaders, and volunteers, explored, learned, and better understood the essential virtues of Tao learning, including:

- **Filial Piety** – developing gratitude, love, and respect for parents and elders.
- **Vegetarianism** – understanding compassion through diet and mindful living.
- **Adversity Quotient (AQ)** – learning resilience and the ability to face challenges with strength and grace.
- **Moral Quotient (MQ)** – cultivating kindness, righteousness, and virtue in daily life.
- **Intelligence Quotient (IQ)** – sharpening curiosity and expanding knowledge guided by wisdom.
- **Emotions Quotient (EQ)** – recognizing, managing, and harmonizing one's feelings for healthier relationships.
- **Tao in Daily Life** – realizing that Tao cultivation is part of everyday living as each experience helps us grow in mindfulness, self-reflection, and perspective shifting.
- **From Mars to Heaven 2.0** – special joint session for all the campers to be inspired with insightful perspectives on Tao cultivation, leadership, and perseverance.

The balance of indoor and outdoor activities created a holistic experience where the campers were able to apply learnings from classes to help reinforce the Tao concepts. Outdoor games and team-building exercises allowed the campers to practice cooperation and responsibility, reinforcing the Tao teachings in real-life settings. The nature walks, morning exercises, and guided meditation sessions were particularly memorable, offering moments of peace and reflection, maintaining and enhancing their physical health and agility, and strengthening the campers' connection with both nature and their true

活動課程經過用心規劃，旨在提升學員對「身、心、靈」的全面覺察與平衡整合。透過寓教於樂的課程、晨間運動、營隊活動、美味健康的素食與純素餐點、靜坐引導，以及最終的成果發表，所有的參加人員，包含小朋友、輔導員與志工都共同學習，並加深對道之核心德目的理解，包括：

- **孝道**：明白與實踐對父母與長輩的感恩、愛與尊敬。
- **素食**：透過飲食與正念生活來體會慈悲。
- **逆境商數（AQ）**：學習韌性，及以堅毅與從容的態度面對挑戰的能力。
- **道德商數（MQ）**：在日常生活中培養仁義與美德。
- **智力商數（IQ）**：在智慧的引導下，不斷磨勵好奇心與拓展知識。
- **情緒商數（EQ）**：識別、調整與調和情緒，以建立更健康的人際關係。
- **生活中的道**：體悟修道即是生活的一部分，每一段經歷都幫助我們在覺察、自省與轉念中成長。
- **從火星到天堂 2.0**：特別安排的全體課程，啟發學員對修道、領導力與毅力的深入思考。

室內與戶外活動相輔相成，讓學員能將課堂所學應用在實際情境中，以加深對道理的理解。戶外遊戲與團隊合作訓練幫助學員們實踐合作與責任感，讓「道」的教誨在真實生活中落實。親近自然的健行、晨間運動與靜坐引導，尤其令人印象深刻，既帶來寧靜與反思，也維持身心健康與靈活，並加強學員們與自然及內在真我的連結。最後的成果發表則是所有教學與活動的總結，八個團隊的學員們以歌唱、舞蹈與戲劇創意展現才華，並分享他們對道義的體悟。觀賞到這些充滿藝術性與才華的演出，令人既感動又振奮。

inner selves. Finally, the grand-finale performances represented the culmination of all the teachings and activities for the campers and allowed the campers, formed in eight teams, to artistically showcase their talents in singing, dancing, and acting and shared with everyone their learning about the Tao teaching. It was inspirational and exciting to witness the amazingly artistic and talented performances from all the campers.

The IKT Youth Summer Camp not only provided knowledge but also created bonds of friendship among all the campers, team leaders, and volunteers. It was inspiring to witness the joyful spirit, discipline, and mutual care fostered throughout the week. Furthermore, it was very encouraging to witness the growth and development of the younger generations, who carry on the torch of Tao cultivation and propagation to all the sentient beings with affinity to the great Tao and Maitreya Buddha for generations to come.

We deeply appreciate the leadership from TTM Chou of San Francisco CA, TTM Hsu of Los Angeles CA, and all the TTMs for their guidance, the support of all Tao branches, and all the contributions from volunteers, planning committee members, and team leaders who made this camp possible. Their tireless efforts ensured that every camper received both practical guidance and spiritual nourishment, planting seeds of wisdom and virtue that will continue to flourish in their lives. Finally, we would like to thank all the parents and guardians of the campers. With their support, the campers were able to experience and immerse themselves in the wonders and beauty of Tao and the virtuous Tao teachings, which will continue to serve as the guiding lights illuminating from their innate Buddha Nature, as all campers strive for happier and more fulfilling lives.

Overall, the 2025 IKT USA Youth Summer Camp was a great success and a blessing to all who attended. We look forward to supporting and participating in future camps, knowing how profoundly they will benefit the next generation.



IKT 青少年成長營不僅傳遞知識，也建立起學員、輔導員與志工之間的情誼。能看到營隊在一週中展現出心靈喜悅、紀律與彼此關懷，令人備受鼓舞。同時，能親眼見證年輕一代的成長與蛻變，更讓人充滿希望；他們將承擔起傳承與弘揚大道的使命，及彌勒祖師教化度眾的慈心悲愿，傳遞給未來世代所有的有緣眾生。

我們衷心感謝舊金山周宏華點傳師、洛杉磯徐翠好點傳師，以及所有點傳師的領導，並感謝各道場的支持，還有所有志工、策劃組成員與小組組長們的無私奉獻，才使這次營隊得以圓滿實現。他們不辭辛勞地付出，讓每位學員都能獲得實際的指導與心靈的滋養，播下智慧與德行的種子，持續在生命中萌芽茁壯。最後，我們也要感謝所有學員的父母與監護人，因為他們的支持，學員們得以沉浸於「道」的美好與莊嚴之中，並讓「道」的德化繼續作為指引之光，從他們的佛性中綻放，幫助他們走向更快樂、更充實的人生。

總體而言，2025 美國一貫道總會青少年成長營圓滿成功，並為所有參與者帶來了祝福。我們期盼未來能繼續支持並參與此類營隊，因為它們確實深遠地造福著下一代。



### By 2025 IKT Youth Summer Camp Planning Committee

Thanks to the Grace of Heaven, the virtues of our Holy Teachers and the support of all the Tao Transmitting Masters involved, the planning committee of the 2025 IKT camp grew tremendously from this experience. We had been meeting weekly for about four months before the camp started, collaborating on how we might run the camp and finalizing all the fine details in the weeks leading up to camp. It was a joyous and wondrous experience for us all to get to contribute to building a space for campers to have fun and still experience the Tao. Though it always felt like there could be more that we could do, it was due to the hard work of all the planning committee members and the volunteers that we were able to overcome all the challenges.

Despite how busy and stressful the camp could be, watching all the campers actively participating in the lectures and activities was truly rewarding. It was incredibly touching to see that everyone had a smile on their faces. As we moved between activities, we heard many participants expressing how much they were enjoying their time at the camp. Like the campers who got to meet other Tao members from other temples, this camp allowed us to do so as well. Many of us met for the first time at camp, where we're grateful that we've had the opportunity to bring to life all the hard work we've put into for the last few months. We hope that in the future, when the next IKT Youth Summer Camp can happen, the next planning committee will be able to carry forward our spirit of determination, and gain just as much as we have from this experience.



### ※ 美國一貫道總會青少年成長營全體策劃小組

感謝 天恩師德、各位點傳師慈悲全力支持，2025 年美國一貫道總會青少年成長營策劃小組在這次活動中獲益良多。我們策劃組在營隊開始前四個月每週都開會，討論籌備成長營的各種細節，我們希望學員們在營隊期間，能夠透過各種遊戲與活動，以輕鬆快樂的方式學到一些做人處事的道理。雖然事前的工作很多，常常覺得做不完，可是因為策劃小組的學長姐們都非常地用心，無論遇到什麼困難，我們最後都能克服。

營隊期間雖然很忙，壓力也很大，可是看到每一位學員都很積極地投入參與活動和上課，滿臉笑容，我們大家都覺得非常地感動。在這五天當中，很多學員和志工們都說這次的夏令營很好玩、認識了很多新朋友，我們聽了也很感動。我們也和學員一樣來自北美各個中堂，雖然每個禮拜都在線上開會，很多志工都是來到營地才第一次真正見面。我們希望美國一貫道總會將來再舉辦青少年身心靈成長營的時候，下一屆的策劃組能延續同樣的決心與精神，從學習付出中成長，讓成長營越辦越成功！

By Fa-Yi Chong-De San Francisco Lecturers of the IKT Youth Summer Camp Planning Committee

Ten years ago, we were a small team of eight, spending countless late nights to plan the first IKT USA Youth Summer Camp in 2015. For nearly a week, 150 IKT youths came together under the towering redwoods of Northern California to play, learn, and forge lasting friendships.

A decade later, we were entrusted with guiding a new generation in planning the second IKT camp. While 2015's methods may no longer fit 2025's, but the latter committee carried the same spirits: passion, grit, humility, energy, and Tao-rooted wisdom. Though from different branches, regions, and time zones, their devotion to Tao united them.

Seeing the former campers step into the roles such as hosts, leaders, medics, and planners, we all witnessed the fact that the seed planted a decade ago has grown and flourished. Through offering them opportunities in the Tao field, future talents are nurtured. This camp marked the passing of the Tao torch to the future pillars of I-Kuan Tao in the U.S. We sincerely pray for Heaven's blessings to make Tao propagation flourish and the sacred mission endure.



### ※ 美國一貫道總會青少年成長營策劃小組之發一崇德道場舊金山 8 位講師

感謝 天恩師德、白水聖帝、不休息菩薩的慈悲庇佑，以及各位點傳師的成全，讓發一崇德道場舊金山道務中心有這個殊勝因緣，承辦 2025 年美國一貫道總會青少年成長營。十年前，我們是一支僅有八人的小團隊，在一年的時間裡，歷經無數個夜晚全力以赴的規劃，才成就了第一屆 2015 年美國一貫道青少年夏令營。將近一週的營期中，150 位一貫道青年弟子齊聚北加州紅木森林，一同遊玩、學習，並建立了深厚的情誼。十年後，我們再次被託付重任，帶領新一代熱情的青年，傾力籌備第二屆夏令營。

2015 年的經驗，不一定能完全適用於 2025 年。然而，第二代策劃小組卻承繼了首屆成功的核心精神——熱忱、毅力、謙卑、活力，以及正知正見。這群青年雖然來自不同的道場、地區與時區，但因著對道的堅定信念而凝聚，最終匯聚成一支優秀而有力的團隊。

當我們看到昔日的學員，如今擔任主持人、幕後總監、講員、分站教育關主、醫療人員，甚至成為策劃小組的成員時，我們深切體會到，那顆十年前無心栽下的善種子，如今已然茁壯、綻放。唯有給予學習與歷練的機會，才能培養人才。這次活動，讓我們見證了道棒的傳承，美國各道場的未來棟梁——要把這個棒子穩穩接下去喔！祈願諸天仙佛庇佑，美國各道場道務宏展，傳承永續！

