

# 美國全真通訊

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點傳師賜導

## 佛說彌勒上生經 (八)

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尊者大目犍連，與其眷屬二百五十人俱。尊者舍利弗，與其眷屬二百五人俱。

尊者大目犍連，是佛十大弟子中神通第一，又名目連，目連很精明能幹，舍利弗智慧超群，從小就意氣投合，彼此都因厭煩紅塵，希望一起出家。舍利弗是佛十大弟子智慧第一，舍利是鷺鳥，因其母雙眼很像鷺鳥的兩眼，所以大家以此鳥名稱呼她，弗是子的意思，所以稱他舍利弗。舍利弗見佛的弟子馬勝比丘出外化緣時威儀高雅，得知釋迦太子出家成佛是其師，並告以：「諸法因緣生，諸法因緣滅，我佛大沙門，當作如是說」。舍利弗聽後即領悟並告知目犍連各帶領其弟子二百五十人歸依佛陀。諸法因緣生是一切事務都是由因緣和合而生的意思。沙門是勤修佛道，息止諸煩惱的出家修道者。

以上所列比丘眾以憍陳如、迦葉、目連、舍利弗四大弟子為代表，各帶領二百五十人來到祇樹獨園聽佛說法。以下要說比丘女眾。

摩訶波闍波提比丘尼，與其眷屬千比丘女俱。

波闍譯為生，波提為主，全名就是大生主，或大愛道。她是佛陀的姨母，佛陀的母親摩耶夫人生佛七日即歸空，由大愛道養育長大。比丘尼眾中以大生主為上首。其眷屬一千比丘尼，夜睹佛光，都來佛所。以上是出家二眾，以下要說在家二眾。

須達長者，與三千優婆塞俱。

須達長者，就是須達多，他是舍衛國給孤獨長者的本名祇園精主的施主。優婆塞是在家男居士。須達長者，見佛光普照，與三千男居士也來到佛所。

毗舍佉母，與二千優婆夷俱。

毗舍佉此處譯為黑鹿，有子名鹿，從兒得名，所以又叫鹿母。優婆夷是在家女居士。毗舍佉母也帶領二千在家女居士來到佛所。

復有菩薩摩訶薩，名跋陀婆羅，與其眷屬十六

菩薩俱。

跋陀婆羅譯為賢護，菩薩不但俱備大賢德，又護念眾生，弘揚佛道，所以叫賢護，他與其同願者十六大菩薩也來到佛處。

文殊師利法王子，與其眷屬五百菩薩俱。

略係文殊菩薩，發心願在菩薩因位，紹隆佛種，荷擔如來家業，使佛法久住世間，為佛的一脈相傳正宗，所以稱法王子，即菩薩眾上首。他與五百菩薩也來佛處聽佛說法。

天、龍、夜叉、乾達婆等，一切大眾，觀佛光明，皆悉雲集。

一、天眾：三界諸天，本具光明，自然之果報，福德皆殊勝故名天。

二、龍眾：有靈異能舉念即雲集，降甘雨。誠如彌勒湊苦其經說：「四海龍王來助道，各駕祥雲去騰空。」

三、夜叉：又稱藥叉，有地行夜叉，飛行夜叉及空行夜叉之鬼神。

四、乾達婆：譯作尋香，是帝釋天的樂神。

五、阿修羅：譯為非天，雖有福報而舉止無端莊，似天非天。是六道之一，男長得醜，有美女而無酒，常與帝釋戰爭。

六、迦樓羅：譯作妙翅鳥，或金翅鳥，為飛禽中最大者，兩翅展開有三百六十里。

七、緊那羅：譯作非人，又稱歌神，是帝釋天的伎神，有人的形象，頭上有角，所以叫非人。

八、摩猴羅迦：譯作大蟒蛇等類，皆屬此類。

天龍八部等一切異類之眾，與其眷屬加上四眾弟子及眷屬，可謂人天百億，皆能見佛陀放光，前來集合，見佛闡法，蒙佛慈悲攝受。

\*\*\*下期續載

# 天緣佛堂

## 因緣的成就

溫潔芳

姻緣是人們都感興趣的話題。「姻」，婚姻的姻，而其媒介正是來自「因緣」才會成就姻緣。

弘一大師屋前有棵大樹，已枯乾了好幾年了。自從大師來了，枯樹長出了新芽，大家都認為：「有這位高僧住山中，使這棵枯死了這麼多年的大樹起死回生。」其實弘一大師給枯樹澆水給予它生命，有「緣」的俱足，產生而發出新芽，成就了「果」，「因果」透過了因緣而呈現，「因緣」產生「因果」。

佛說：「事事隨緣」。隨緣不是任性，不是強求，不是隨便，隨緣是負責的行為之表現；大師是因為隨緣而成就了身邊之因緣，把當下因緣來圓滿。

因緣使我們生存在這個時代，這個國家；因緣使我們的父母兄弟姐妹成就一個家庭；因緣使我們成為天道弟子，現在我們聚在一起成為道親，亦令大家了解到自己的「因果」，所以我們應要重視身邊的因緣和合。

一、不昧因果：正是「轉禍為福循果因。衆善奉行勤耕耘，必獲吉祥應感應。諸惡莫作是藥引。」

人都必須要有因果觀：因果是自然的法則，在宇宙中誰都脫離不了「因果」，今天做的業障可能今日就會實現，例如：大吃大喝飲食不節制，業障馬上現前，嘔吐，腹瀉，不用等明天抑或等到下輩子。這是最簡單的因果。

禪宗有個出名的公案、野狐求法：百丈禪師講經說法；常注意到其中一長者，經常好認真的聽課，如是待續了好一段日子。某日，法會結束，這名長者留連不走，並表露其身份，是一頭狐狸，過去加葉佛駐世時，曾在此山中修道，一樣的講經說法，只以曾經回答修行人問「法」，僅僅一句：「大修行人不落因果」，致令其投胎變狐狸身，已經輪迴五百世，同時謙卑哀懇禪師開示，替其脫離狐狸身束縛。於是，禪師應其所求，答：「大修行人不昧因果」，長者大悟，感激拜別禪師，復要求替其以一般的修行人斂葬。果其然，禪師於後山找到了狐狸屍體，並且說：「真吾徒也」（的確是我的徒兒）。

以上這段公案傳達的是「不昧因果」，大修行人也不可能超越因果，只能不昧；「不昧因果」就是非常徹底之清楚種什麼因得什麼果。種瓜得瓜，

種豆得豆。

當年長者答：「不落」是不受輪迴，而「不昧」是不能超越。只是一字之差答錯了，做了口業，被判轉世五百年狐狸身。人往往被自己錯誤的觀念所捆綁，如果再把錯誤的觀念影響別人就更加可怕。所以「菩薩畏因，眾生畏果。」

一個人只要「不昧因果」，心念言行就會自律謹慎絕不做惡。「善、惡」只是霎時間的一念，確切要時刻把握着自己的念頭，是為至要。

「命」既然與「因果」互相照應，我們當然可以重新種「善因」，可以重新結「善緣」，即能生「善果」。

仙佛慈悲訓示：「一人信因果，做一善能除一惡，萬人即可做萬善而除萬惡，日積月累，把惡消弭盡除，社會即昇平可望。人類要明白世間上的事物都是因緣所成，只要知道因緣和合的奧妙，就能生智慧，修道人就是要修智慧，有了智慧當可明白，種「善因」纔能得「善果」。

人往往疑惑，為何種瓜沒有得瓜，行善未得善報？

師尊開示：「原因是時間未到，一面行善，一面作惡，行善時心不甘情不願，行善後連連抱怨，「因果」很難清楚界定，人的智慧不能透視環境，當下究竟是「因」還是「果」。只要抱着諸惡莫作，衆善奉行，存續正知、正見，戒慎警惕，自必會有「善果」來提高心靈的層次。」

二、懺悔：水不遇見風，自無波浪掀。鏡無塵垢遮，自會光明顯。

「因果」是「業力」透過因緣的牽引，所謂無風不起浪，事出必有因。面對「因果」不要問：「為何會發生在我身上？」不問為何？只問如何？應如何去面對，去克服。這是對自己鼓勵的方式。

如何了「業力」？如何了「因果」？如何創造「因緣」？除了自己的力量，重點是有仙佛的助力加被！我們累世的罪孽，不是一點點的功德就可以化解掉；除了功德迴向，還必須要誠心懺悔，如果心中有怨懟，會換來一身「苦」；唯有不埋怨，不抱屈，真心才會顯現，懺悔才有效果。

三、發愿：在因緣中，發愿很重要，仙佛菩薩都是有愿力以成就的。

我們老前人的愿是頂劫救世，愿無終始，「道」化天下為一家，共九洲為一國。許多因緣得

有愿力而改變，有愿力而成就！

愿力與願望不能隨意而發，應要慎重其事。一佛經中有一段記載，一對相愛的男女，發願生生世世在一起，這是很大的願望。死了以後，一個投生為一條大魚，一個變成一條小魚，大魚遇到小魚要把它吃掉，相對含情看了半天，終於把小魚吞下去；再一世，小魚變成獅子，大魚變成兔子，當獅子捉住兔子，彼此也含情看着，然後把兔子吃了；又過了一世，一隻變成老鷹，一只變成了小雞，老鷹捉住小雞，亦一樣吃下去，永遠不分離，多麼可怕的愿。發愿時沒有注意到，應該願生生世世做夫妻在一起。但亦有很多情況，仇人也會生生世世在一起啊！愿是有很大的力量，能使願望一直演變下去，好的願望會造成很大的成果。

面對我們的因緣，最好的方式是不要逃避，盡力把該做的做，該還的還清，才不會累積到下輩子承受更大的「苦報」。「因果」、「業力」是不滅的，人生如是「因」、如是「緣」、如是「果」、如是「報」，有因必有果，有為必有報。大家不必尋根究底，天道的殊勝給予我們希望，打破宿命論，藉着「懺悔」、「發愿」，使壞的「因緣」改變為「善」，而發愿必須是自己做得到的，心願一發要堅定持之以恆。

四、感恩惜緣：人出生後即蒙天地，父母之恩成長，蒙親朋師長之恩而茁壯，再蒙社會環境而成就。父母成就子女，老師成就了學生，醫生護士成就了病人；每個人的成就都來自眾人的付出。

進入道場更蒙天恩庇護，仙佛教法，前賢的引

導而知「修」、知「行」，成就佛性的提昇；一切皆要感恩，感謝上天賜機緣，讓後學瞭解自己的「因果」。

六祖慧能講：「煩惱即菩提」。禪宗說：「大疑大悟、小疑小悟」，換言之，大煩惱，大開悟，沒有煩惱，就不開悟。

修道能令我們開智慧、破無明，了解「因果」，使我們更加言行謹慎，知感恩，知懺悔，知反省，精進明理。人生都會有幾次重生機會：(1)遇到好的老師。(2)有良朋益友，即可重新開始。逆境是生命成長最好的「助緣」，增長智慧的契機。學習以感恩，觀照做目標，對生命觀照的開關，肯定修道會帶來生命的改造。珍惜身邊的「因緣」，一個惜緣的人通常都有覺悟的心。老前人奉師母之命，在茫茫人海中遍灑甘霖，秉着偉大的精神、愿力、傳承、播種神聖大道，是我們最好的良師！感恩慈悲！

我們投身在白陽期，正逢普渡，成為白陽修士，是累世結下善「因緣」，結緣來修道，來成就我們的「因緣」。如今已明「道」，當應用「因緣和合」之機緣，同心同德精進修道。珍惜前賢們的帶領，不要等不好的經驗來到才大徹大悟，我們可以從別人的經驗中分享，在透過自己的思考，把握當下運用自己的資源，能量，散播出光和熱來溫暖更多的人。

仙佛慈訓：

「生可盡，而濟世弘道之愿心不可盡。

死有期，而慈悲喜捨之大愛無窮期。」

## 台灣訪道團心得分享

賴科瑾

在旅遊的每一日裡，大家都充滿了快樂的心，隨著行程接近了尾聲，旅遊者往往總是帶著依依不捨的心情結束了這趟旅程。所有這美好和快樂的時光只能靠著照片裡的畫面來回憶，皮箱裡總是滿載而歸自己的戰利品。這次台灣的訪道之旅也不例外，在依依不捨中畫下了句點。後學這次滿載而歸的是對「道」的熱情，就像六月的太陽一樣炙熱，以及修道人的快樂。

在張老前人五週年的追思會裡，節目的安排是精簡的，不失隆重和莊嚴。這一切是代表張老前人在世時，對自己簡單的樸素生活，以及自己對修辦「道」的積極和嚴格的要求，都能夠在這一次的追思會中看到的。

這趟訪道之旅，感性之處很多，不是三言兩語就可以訴說得完，後學首先感謝陳正夫點傳師能讓後學在最後一刻，趕上這趟訪道之旅，和感謝幕後旅遊策劃的徐翠好點傳師以及游士慶學長。

最後飲水一定要思源，這趟的訪道之旅，每到之處，我們都能夠得到最好的禮遇，這要感恩楊碧珍老點傳師和陳正夫點傳師，當初在台灣對「道」所留下的基礎和貢獻，才能讓後學們在這次的訪道之旅，所到之處能得到貴賓級的禮遇和滿載而歸的我們。

# 天上掉下來的禮物——與美國洛杉磯全真道院之台灣行

陳慧芬

每當有一份誠心的奉獻在道場，就會有奇蹟出現。人人天天都在演出自己的劇本，但下一幕是如何演出？卻沒有人能夠拿得準，也許這就是所謂的天人合一：人在做事，天在安排，後學那份與美國道親們一同台灣行的喜悅至今感動不已。

十幾年前，後學曾到美國洛杉磯全真道院一次，因工作展覽的關係順道拜訪。印象之中，陳正夫點傳師很節儉也很有操守，當天吃的晚餐不是山珍海味，而是一盤醬瓜及小菜，因為冰箱裡面的食物是明天開班要煮的，所以沒有去動它，陳點傳師的言行啟發了後學日後學習節儉的美德。

在偶然的機緣下，後學得知美國洛杉磯全真道院的道親們在6月12日會回來台灣，參加追思張培成老前人的紀念會，並將有10天的行程參訪及學習台灣各大道場，另外有位美國道親 Yola 會在行程結束之後，繼續留在台灣學習，為的就是要了解道的殊勝及台灣的生活文化，這個想法跟後學年輕時的夢想實在是太接近了。乍聽之下，這是一個難得的機會可以學習，因為不知道須要累計多久的時間，才能有這一份殊勝的因緣，從那麼遙遠的美國來到台灣。常常喜歡幫助外國人的後學，懷著想去的心情，但不確定自己的身體狀況能不能參加？因為後學在年初的時候發生車禍，腳受傷，雖然在復原當中，卻擔心自己不知道能不能完成這一趟行程？考慮很久，最後在徐翠好點傳師的邀約下，徵得家人的同意及王雲瑛點傳師的允許，懷著一則以喜一則以憂並滿懷感恩的心情參加，終於美夢成真，成行了。

這次的團員當中有5位美國人及有些越南道親們是第一次來到台灣。最有趣的是，在行程當中，當主講者講中文的時候，須要另外將內容翻成英文給完全不懂中文的道親們聽，有人講英文時，須要翻成中文給道親們聽，這樣才能皆大歡喜，讓每一個人都能聽得清楚。仔細想想，語言是一種工具，上天造物時，怎麼不把全世界的語言變成一種語言就好？一出生就會講話，那就不会有學習語言的困擾了。由於國家跟國家之間的文化差異，所以要翻譯就會有瓶頸在，無形當中才體會到，世界上最好的語言就是一肢體語言。如何保持如彌勒祖師的笑口常開？如何學習觀音菩薩的千手千眼，守護眾生並廣結人緣？這才是最佳的肢體語言。

後學以學習的心情能跟大家走完這趟行程真是奇蹟。原本走不快的腳，確實慢慢的好起來，每天走的步伐，天天都有進步，後學再次受到上天的恩寵，或許這樣才能加快後學跟隨點傳師去菲律賓開荒辦道的決心，也更能感受天恩師德的浩瀚偉大。我們一小小點的付出，上天給我們的是無盡的愛。天恩師德報不完，只能時時刻刻提醒自己，道不可須臾離也，可離非道地侍奉

上帝，榮耀上帝。

盡自己棉薄之力，幫忙照顧濟公老師的徒弟是一份榮耀，雖然後學的小腳走不快，不過能跟大家在一起的同樂時光，是從來沒有想過的。想不到後學還可以再見到陳點傳師，想不到後學有機緣跟美國道親們有5天相聚相惜的時間，想不到後學可以認識徐點傳師。美國道親之中可愛的Bibi是一位在夏威夷州擔任小學的英文老師、也是位作家，她對道的熱衷有疑必問。可愛的Yola是一位環境工程博士生，對道的體證有興趣使她在10天的行程後，還要繼續留在台灣，研究道理。可愛的Nate是求道不久的新道親，但對道的了解也很深刻。可愛的Jeff，後學跟他好有緣，常常走到不同的景點，多次都會遇到他，才發現他對道的學習態度是很認真的喔。Mark是位針灸中醫師並教授氣功及太極拳的老師，學習道德經也有一段時日了。他們來自不同的州別，卻有相同的一份心，就是對道的嚮往。他們各自都從網路上找到「道」，進而求道、修道，研究道德經。他們目前可以參與的就是網路研讀道德經，比起台灣的前賢來講，可以聽道理的機會少之又少，可以佈施了愿的機會也少之又少。台灣的道親啊，真應該好好珍惜我們能修道的環境——寶島台灣。

團員中的青少年生力軍，包括陳正夫點傳師的陳家子孫，陳柏璋、陳宣霖、陳品蓉，還有最年輕的10歲小天使鄭淳優及就讀北加州柏克萊大學的杜昱昕也一起同行。年輕就是有活力，在這幾位修道家庭的第三、四代身上發揮的淋漓盡致。他們幫忙即席翻譯，在車上歌曲創作，同時也帶動道歌歡唱。年輕就是希望，道的傳承再接再厲，時至今日，道脈的永續就在年輕人的身上，世界各國修道家庭第三、四代的勇於承擔，才得以讓「道」傳的更久、更遠、更廣。

感謝幕後的策劃人員徐翠好點傳師及游士慶學長，這麼辛苦地完成這次歷史的軌跡，讓每一站的行程都很順利圓滿。徐點傳師拖著小小的身子，身體不適地依然往前走，使命的承擔讓她勇往直前，毅力不搖地帶我們完成10天的行程。孟子曰：天將降大任於斯人也，必先苦其心志，勞其筋骨……還有重要的使命靜待完成，希望徐點傳師能好好保重身體，以大局為重。也感謝士慶學長的付出，行程當中讓我們的三餐住宿都有美好的回憶。

一步一腳印，跨出的一大步，圓滿一小步；或是跨出一小步，圓滿一大步，這都已經成為歷史的足跡，我們期待更美好的下一步，為天道的薪傳來付出、耕耘，也期盼這次參與台灣訪道團的所有人員都能智慧湧現，法喜無邊，後學領恩學習。

## Learning About the Tao Half Way Around the World

*by Bibi Angola*

The anticipation is over. Walking through the glass doors of Tom Bradley Terminal at LAX International Airport was eye opening, heart thumping, and spiritually awakening. Our group of Tao cultivators were ready to go to Taiwan to better understand the depth of the Tao Te Ching by some of the Senior Masters.

We had gotten the emails, the memos, and the phone calls. Finally, our bags were packed and we were ready to go. Just what was this trip all about? After going through baggage check, passport check, and obtaining our boarding passes, we were finally ready to begin our journey to the other side of the world. Many of our family members and friends could not understand why we would take a thirteen hour trip, half way around the world, live with a collective in a Temple, just to learn more about a different culture, a gentle philosophy, and, in short--another way, which some refer to as The Path.

After listening to Derek Lin, in person and online, along with Bill Bunting on the 'Go To Meeting' Forums each Sunday, questions began being asked. I remember one particular online guest lecturer named Carmen. Carmen talked about her trip to Taiwan many years ago. She also talked about experiencing the hospitality, the food, the culture, the dedication of Tao cultivators, and about the great time she had.

That did it! One of the people in our Sunday study group with is Yola Wong K. Yola is this vibrant, energetic, young, graduate student who was born in Los Angeles but grew up in Belize. Her father's father was Chinese and her mother is from Belize. She was studying for her doctorate in Environmental Engineering focusing on water quality, but I believe, perhaps, that this trip has lead her to explore different options. Perhaps Yola's inquisitive mind was a catalyst for Master Joseph, Master Cheri, Master William and others, to begin to put their magical wheels together to make this extraordinary trip happen through fundraisers and a whole lot of diligent work on both ends.

Upon getting to our seats aboard EVA Airlines, the realization that'll this was going to be the longest trip of my life, finally hit me. I was immediately put at ease with the anticipation of this trip when I saw the soft new disposable slippers in each seat pocket for all passengers. Something about the simplicity of the implied gesture of 'relax--take your shoes off and put on these slippers' seemed to put me at ease.

The plane was huge and at full capacity. Shortly after take off, I knew then that my life was about to change forever. We had been warned that the flight was a very long flight and it was. I was able to read, sleep, write, talk, exercise, and get in a few meals, which, by the way, were not bad for an airline! Before I knew it, the flight attendant was telling us to turn off all electronic equipment, put our snack trays up, straighten our seats, put on our seat belts and prepare for landing. I followed all instructions and exchanged my mentally and physically, comfortable airplane slippers, and put on my black tie up shoes. The compression socks, that a friend suggested for a long trip, worked like a charm.

After going through the usual--showing our passports at customs, getting our luggage, and exchanging currency, we were on 'the other side'. Whalaa! We were immediately greeted by Master Cheri and others. It was wonderful to see familiar faces. It was a beautiful experience. Our volunteer tour guide's name was Brian. He left nothing out and took care of the tiniest details for us! He even took the time to make creative name tags for us, in both English and Taiwanese, and made sure we immediately had water to stay hydrated in the hot weather.

The red carpet that was about to be rolled out for our group was nothing short of miraculous. The kindness and display of genuine welcoming was overwhelming and was shown at Temple after Temple. The Tao Cultivators and the Masters were lined up at each Temple and were clapping and singing as our big bus pulled up. Upon getting out, we were greeted and bowed to as songs of joy were exclaimed. I do not speak Taiwanese but the translations of the smiles on their beautiful faces said it all.

At Chung Jen Temples, Senior Master Chen Te-Yung came out and spoke to us from the podium, despite his having caught a cold. This 96 year old senior Master had compassion and strength in his voice. He told us that he had to meet us and that he was very happy to welcome United States' fellowship to attend the memorial celebration of the five year passing of Senior Master Chang Pei-Cheng.

This spiritual and digestive feast continued throughout the day and we had been fed like kings and queens. When it was time for dinner, as if we had not had enough delicious vegetarian meals that included fruits of all kinds, various vegetables prepared in scrumptious and creative ways, along with desserts galore, Master William Kuo told us there was more. We were now going to eat at his brother's vegetarian restaurant. Talk about a buffet spread! You name it; it was there, and more.

I cannot begin to describe the warmth of Master William Kuo's entire family, including his parents, who by the way, were 86 and 82, his brother, his sister, his brother's wife, his nephews and nieces and the entire large and wonderful restaurant staff. The welcoming did not stop all day.

Day two in Taiwan was just as exciting. In fact, "respect" should be the middle name of every person in Taiwan who is a Tao cultivator. In today's world, where everything is so fast paced and designed to make you concentrate more on the outer self rather than the inner self, the Tao is there to gently remind you who you really are.

The memorial service for Senior Master Chang Pei-Cheng was breathtaking. It was a two-hour event that celebrated the life of this generous and dedicated Senior Master. I was in awe at the number of young teenagers who took part in the ceremony. There were over two hundred people participating in this ceremony, many of who were well disciplined teenagers that were extremely focused and had a purpose in life. Later on, I found out that there had been a competition over a year ago and first, second, and third place choirs won the honor of being able to sing at this ceremony. Can

you imagine young people competing because they want to be the ones who can say they sang at this service? Furthermore, there were volunteers everywhere who were also high school aged students who participated in this outpouring show of love.

On day three of our trip, the male and female masters had meetings all day. We, therefore, did our morning rituals, ate breakfast together and off we went on the big bus with Brian, Jimmy, and another person named Paoli joined us later. We went on a tour of Taipei City and visited Longshan Temple, which happens to be one of the oldest temples in Taipei. One could not help but have respect and love for the people when witnessing what they have lived through. Their kindness, gentle attitude, and overall love for life is something that the world can learn from. It should serve as a notice that I do not care how much your place of worship costs. It all starts from within and the dignity that was displayed day after day is something that I will take with me always from this trip.

Day four of our trip started off with tai-chi at 6:00 am in the morning with various women of all ages. It was simply stunning! We were overlooking the majestic mountains in this awe-inspiring temple. The elder women were showing us the way. I felt so honored to be in their presence. It was as if they were passing on their wisdom of the ages of their graceful elegance and their flexible limber bodies. It was unbelievable because I have done tai-chi before and I have done yoga at the beach and I have done other activities with groups, but never like this. I have never witnessed and experienced something so wonderful as the passing on of ancient wisdom. All this was being done without knowing the language except the language of the heart.

After our morning exercise, we did our morning ritual with the men and women joined together. Afterwards, we had breakfast and then set out on our big bus for a tour of Taipei City. We saw so many splendid things that it cannot all be put into this article. To just highlight a few of the things, I would say that going to the Yehliu Geopark and the Gold Museum was definitely a must see. It was great to see the Queen's neck which is an ancient, naturally shaped artifact of rock formation that looks like a queen's neck and people line up just to get a picture of this extraordinary natural rock formation. It is considered one the most famous wonders of Taiwan.

Also, visiting Jiu Fen Old Street was great because we got to eat snacks from local vendors and walk around and see how vendors cooked. We watched them share their craft from making exotic ice cream to making taro soup with vegetables or grilled mushrooms with spices that melted in our mouths.

Lastly, we ate at another vegetarian restaurant that continued the feast. Every meal was presented in such a festive way as a Lazy Susan was used to pass the spread of food to the next person. Seeing Buddhas everywhere, upon walking into a restaurant, was quite refreshing because it was as if the food was being blessed and we were going into a place of peace to break bread and share the joy of life with one another.

Getting on our big bus after dinner represented the culmination of our day nearly coming to a close. It was funny to watch all of us slowly lose steam from such a fun-filled day. The Temple obviously put a lot of effort into our experience. It was and is so moving to have been a part of this magnificent trip. It was as if learning about the Tao was a living experience everyday. We were shown how to live the Tao by giving our all and doing our best. The Masters at the

Temple did not have to preach this to us because we were witnesses to spiritual excellence. They were breathing it to us in their every step and through our every experience.

Day five was just as magical and awe inspiring as the rest. I woke up to tai-chi, again, but this time with just a few women joining each other to start their morning off correctly. I watched out the window this time. It showed the discipline that these women had for health, vitality, and flexible bodies and that it did not matter if there were two or ten people there. Health is wealth. It is a way of life.

Today, after a long bus drive, we headed down to Beibu Old Street to experience the Hakka culture and heritage. After stopping for a short while to see another historic temple, we took time to experience the local area. We then traveled further down the road to another delicious vegetarian restaurant. The elaborate sacred architecture and landscape of sanctuaries was everywhere along with the majestic mountains and beautiful water as a backdrop.

It was not about reading or studying the Tao Te Ching. It was living it. The learning that we were taking complimented Derek Lin's brilliant lectures and made them come together even more. Derek is such a profound lecturer and writer. Sunday after Sunday, whether in person or online, Derek so eloquently translates the ancient Chinese wisdom of the sages into words that we can understand. It made this trip a natural progression for anyone who wanted to know more about the Tao and how the Masters cultivate it.

I had to leave to attend my grandson's high school graduation the next day in Tustin, California. Before leaving, however, we visited a Buddhist Museum and got a chance to listen to an extraordinary lecture. This was one of the most fascinating and informative lectures that I had ever heard or seen on ancient Buddhas and their meaning. What a way to end my day! During lunch, I began to reflect and become a little sad because I knew that my driver would be there shortly. I was going to be driven to the high speed train station that would drop me off near the airplane bus shuttle.

Master Cheri asked if I wanted to say a few words to the group. I was so overwhelmed at what I had experienced those past few days that I was at a loss for words and told her that I could not speak. I was overwhelmed with emotion at how good I felt, what I had seen, and the beautiful people that I had met in such a short period of time. It was as if time had collapsed right before my very eyes and there was no time—only now.

I did not go on to see the nature parks, the other incredible temples, the waterfalls, or boat ride that was scheduled for the last day of the trip, but I'll tell you this. If you would like to learn to live a life of greater understanding, peace, health, love, purpose, compassion, laughter, and harmony, and so much more—learn more about the Tao. This trip was just beautiful. It was such an eye opener in so many ways. It took me to a much deeper understanding of the Tao. I cannot possibly explain it all in an article. It's like the very meaning of the Tao being experienced full circle. "Conduct the teaching of no words..." Live the Tao.

Many thanks to all who made this trip possible. You have changed our lives forever.

*For more discussions on the Tao, please visit [www.TrueTao.org/](http://www.TrueTao.org/)*

## 全真道院週日班班程表

開班時間：每週日10:30AM- 12:30PM

日期	班長	道寄韻律	道化人生	專題講座	點傳師賜導
08/02/2015	余月華	林心正	健康講座：曾戎威	六祖壇經：林心正	郭詩永
08/09/2015	譚覃光	溫潔芳	明心見性：林達雄	大學：郭詩永	陳正夫
08/16/2015	溫潔芳	杜梅瑞	天道義理：黃東山	論語：吳鑽娟	郭詩永
08/23/2015	陳靜嫻	杜梅瑞	認識伏羲氏：李英賢	大學：郭詩永	陳正夫
08/30/2015	孫賢	吳韓衛	一貫真傳的殊勝：溫詠鳳	一貫道義：陳正夫	郭詩永

<b>全真道院經典研究英文班 (Tao Study Group 10:30AM~12:30PM)</b>	負責人 (Moderator) 林信价 (Derek Lin)
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<b>全真道院道德培育班班程表</b>	<b>內容</b>	<b>負責人</b>
	中文讀經、禮節、道歌、道化人生	吳振龍、游士慶 Allen Chen、Eric Chen

<b>全真道院兒童讀經班班程表</b>	<b>內容</b>	<b>負責人</b>
	道德經、中文教學	陳淑敏、杜梅瑞

<b>全真道院幼兒班班程表</b>	<b>內容</b>	<b>負責人</b>
	唐詩、基礎勾勾、節奏、勞作	高子評

## 全真道院辦道輪值表

日期	08/02 ~ 08/08	08/09 ~ 08/15	08/16 ~ 08/22	08/23 ~ 08/29	08/30 ~ 09/05
輪值點傳師	徐翠好	陳正夫	徐翠好	郭詩永	陳正夫

## 全真道院午獻香/辦道負責人員

日期	08/02/2015	08/09/2015	08/16/2015	08/23/2015	08/30/2015
坤	林貞伶、陳秀珍	高子評、羅巧鳴	宋麗娜、余月華	溫詠鳳、武詩竹	吳鑽娟、杜梅瑞
乾	陳卓逸、吳振龍	羅日成、陳宣霖	盧清明、易榮熙	吳振龍、史振英	溫佳源、郭禮嘉
辦道前準備工作	組長：陳靜嫻		組員：余月華、林勤娟、李良玉、溫詠鳳		

<b>天緣佛堂</b>	08/14/2015 (七月初一)	生命永恆	講師：譚覃光 講師	班長/道寄韻律：史振英
	08/28/2015 (七月十五)	白陽正法	講師：郭詩永 點傳師	班長/道寄韻律：林月慧

## 全伶佛堂地方班班程表

日期	星期	班長/道寄韻律	題目/講師	點傳師賜導
08/22/2015	六	呂柏欣	道德經心得：陳淑敏	郭詩永

## 全真道院天廚清潔輪值表

日期	08/02/2015	08/09/2015	08/16/2015	08/23/2015	08/30/2015
負責點傳師	徐翠好	徐翠好	郭詩永	徐翠好	徐翠好
天廚組長	劉盛妹 陳彥宏	武詩竹 史振英	林貞伶 陳秀珍	劉盛妹 陳彥宏	武詩竹 史振英

## 櫃檯輪值表

日期	負責人
08/02/2015	鄭末子
08/09/2015	楊阿晟
08/16/2015	鄭末子
08/23/2015	楊阿晟
08/30/2015	鄭末子



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