

How I Make Mom Proud of Me!

讓母親以我為榮

A Talk by Emelia Moore at the Buddha Hall of the City of Ten Thousand Buddhas on March 1, 2024

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伊蜜莉亞·摩爾講於2024年3月1日萬佛聖城佛殿

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All Buddhas, Bodhisattvas, Venerable Master, Dharma Masters, Dharma friends, Amitofo. My name is Emelia Moore. I first came to CTTB on March 8, 2017. It was my mom's birthday, two years after she passed away from cancer.

At the time, I was a fifth-grade teacher in Willits. I took the day off from work, wanting to remember my mom and drive to the coast, a place she and I always loved. Instead of driving on Highway 20 to Fort Bragg, I chose to explore a new route through Boonville that I had heard of but never been on.

As I got closer to Ukiah, I remembered hearing about a Buddhist school in Talmage and being somewhat disillusioned with the demands of my current teaching position, as well as curious about the school for my own four children, I took the Talmage exit and arrived at CTTB.

諸佛菩薩，宣公上人，諸位法師，諸位善知識，阿彌陀佛。我的名字是伊蜜莉亞·摩爾。第一次來到萬佛聖城是2017年3月8日，那天是我母親的冥誕，那時她已因癌症去世兩年了。

當時我是Willits市的一名五年級老師，我請了一天假，想緬懷我的母親，然後開車去海邊，一個她和我一直喜歡的地方。那天我沒有沿著二十號高速公路開，而是選擇探索一條穿過Boonville的新路線到Fort Bragg，這條路線我聽說過但從未去過。

接近瑜珈市時，我想起曾聽說過達摩鎮有一所佛教學校。出於對自己當時教學工作的苛求感到失望，以及對四個孩子能否就讀這所學校感到好奇，我便選擇達摩

I stopped at the girls' school first (having seen the sign) and went inside where I met Ms. Indra. I inquired about the school for my children, and, learning of the tuition fees, explained I was a credentialed teacher and if there was a need for a teacher the following school year.

Upon hearing that I had three boys and one girl, and no elementary teaching positions at Girls School, she directed me to Boys School. There I met Mr. Koo in the office, who took my name and number and I left. That same day, Mr. Gracia called me and asked me to come back for an interview several days later. I was informed there was an opening for a 5th/6th core teacher at the boys school for the 2017-2018 school year, which I accepted.

I always wanted to be a teacher from a young age. I enjoyed elementary school and was inspired to do well. I used to "play school" with my stuffed animals and even convinced my older brother once in a while to be the student while I was the teacher. When I became a mother, my stepdad reminded me of what I had wanted to be as a young girl and convinced me that teaching was one of the best jobs for a mom, since you had the same holidays and summer vacation off.

In 2006, I went back to get my Master's in teaching after my first son was born. I taught third and fourth grade in Oregon for several years before taking time off to raise my children. Later, we moved to Orcas Island in the San Juan Islands, off the coast of Washington, where I taught one of my son's preschool classes. After my mom died, and being with her during those final months, I moved to California, needing a change of scenery. Everywhere in Oregon reminded me of her.

I taught fifth grade for two years in Willits before coming to CTTB. Teaching kept me in the present moment and brought out the best in myself, which I needed while grieving. Teachers learn and grow from their students as much as students learn from teachers. At the same time, I knew I needed a change from public school and wanted my children to be at a school that aligned more with our values. They had been vegetarian since birth and the fact that we would be eating a vegetarian lunch was a highlight.

I had been raised in a liberal Christian family, going to church on Sundays. My mom was a Sunday school teacher,

鎮的高速公路出口，來到了萬佛聖城。

看到了標誌，我先停在女校門口，進門遇見了Indra女士（當時的小學秘書）。我為孩子詢問了學校的情況還有學費，並且說明我有教師證書，想知道下個學年是否需要教師。

聽到我有三男一女，加上女校小學部當時沒有空缺，於是她介紹我去男校問問。在男校辦公室我遇到了古老師，留下姓名和電話之後我就離開了。當天葛西亞打電話給我，約我過幾天來面試。他們告訴我男校新學年（2017-2018）五、六年級需要一位班導師，於是我接受了這個職缺。

從小我就想成為一名老師。我很喜歡小學，並且立志要當一名優秀的小學老師。我曾經和我的毛絨玩偶一起玩上學的遊戲，甚至說服我哥哥扮演我學生。當我成為母親時，繼父提醒我小時候自己想成為的樣子，並且說服我教書是身為人母最合適的工作之一，因為每逢法定假日和暑假，你都能跟孩子們一起放假。

2006年第一個兒子出生後，我回學校攻讀教學碩士。我在俄勒岡州教了幾年三年級和四年級，然後請假帶孩子。後來搬到華盛頓州沿岸聖胡安群島的逆戟鯨島，在那裡我教了其中一個兒子的學前班。母親去世後我搬到了加州，因為我需要換個環境。在俄勒岡州陪她走完人生的最後幾個月，那裡的一切都會讓我想起她。

來聖城之前，我在 Willits 教了兩年五年級。教書讓我活在當下並且活出自我，這正是悲傷療癒最需要的。老師從學生那裡獲得學習和成長，如同學生從老師身上所學的一樣。與此同時，我知道我需要從公立學校轉變，也希望我的孩子能在一個更符合我們價值觀的學校就讀。他們從出生就開始吃素，因此學校的素食午餐是絕對吸引我們的地方。

我一個自由派基督教家庭長大，每個禮拜天都會去教堂。我的母親是主日學老師，繼父是俄勒岡州的牧師。我接觸過（印度教）黑天信仰和一些佛教，但直到來了



and my stepfather a minister in Oregon. I was exposed to Krishna and some Buddhism, but it wasn't until I came to CTTB that I saw and felt what was real. People were walking the talk.

The genuine good roots of this place are what drew me to teach at the Boys' School. I knew the foundation was here and that was what was missing in the public school environment. The peacefulness of the campus alone made it feel like I was coming home to a place I knew all along. It felt familiar.

I moved to Ukiah that summer with the help of Mr. Gracia and Mr. Chen. I led the summer camp for the elementary boys and started teaching the following school year as the 5th/6th core teacher. It was actually a relief to me that the boys were not perfect Buddhists, but regular kids with emotions and energy.

I found beauty in the imperfections at the school, including the woodstove that heated my classroom, which Mr. Kellerman diligently lit every morning before school. The older students doing a lot of the planning for school events were new to me. The dedication of the other teachers was inspiring and there was a

聖城，我才見到並感受到什麼是真實的修行人一躬行實踐。

這個地方真實淳厚的善根，是吸引我來男校教書的原因。我知道做人的基礎就在這裡，而這正是公立學校所欠缺的。僅僅校園的寧靜，就讓我感覺彷彿回到了家，一個相識許久的地方，熟悉親切。

那年夏天在葛西亞先生和陳老師的幫助下，我搬到了瑜珈市。我帶領小學男生的夏令營，並在接下來的學年擔任五、六年級的導師。這些男學生稱不上完美的佛教徒，卻是一群情緒澎湃、精力十足的男孩子，這倒讓我鬆了一口氣。

我從學校不完備的事物中發現美好，包括教室裡供暖的柴火爐，每天早晨上課前柯果民先生都會賣力地把爐火點燃；高年級學生負責很多學校活動的策劃，這對我來說很新鮮；其他老師的奉獻精神令人鼓舞。在佛寺生活的第一年，我學到了很多東西。

某種程度上，可以說是一種文化衝擊。在這之前，我從來沒有接觸過這麼多亞洲人，而且還是佛教徒。我學習佛教的梵唄、禮佛、靜默用餐以及道場規矩，第一次進這座大殿，我感到自己的渺小。

我開始期待午餐時在齋堂聽開示。作為一名教師，很難找到獨處靜修的時間，但我



lot I learned about being in a Buddhist monastery setting that first year.

In a way it was a culture shock, never having been around so many Asians before, in addition to Buddhists. Learning the chants, when to bow, eating in silence, and expectations. Entering into this Buddha Hall for the first time was humbling.

I started to look forward to listening to the Dharma talks in the dining hall during lunch. As a teacher, it can be hard to find time alone to quietly cultivate, but I took advantage of the opportunities I had. This inspired me to read the collection of Dharma talks that emphasized the importance of the *Shurangama Sutra* which was the first sutra I read. I checked it out from the old DRBU library and would sometimes read there on my breaks. Many parts were difficult for me to understand and I had to reread the volumes, but Master Hua's commentary made it easier for me to reflect on. This inspired me to read more sutras with his commentary.

Some highlights from my experience teaching at the Boys School in grades second to sixth grades have been: taking the 5th/6th grade to the food bank once a week with DM Jin Kai as part of their Virtue Studies class, summer camp, meditating with students, playing games with students, reading Chapter books, playing four-square at recess, taking students for nature walks, working in the garden, the Moon Festival, making mooncakes, Honoring Elders Day and Cherishing Youth Day, Lunar New Year celebrations, sweeping and raking around the school, and even a snowball "fight" last year.

I remember my first year here. The boys liked to play dodgeball at recess in the street in front of DRBU, where they tried to hit each other with the ball. They would get pretty loud and playfully aggressive about it which seemed the opposite of the setting we were in. That was stressful to supervise too! Needless to say, I put an end to dodgeball! I think they were testing me as a new teacher.

I want to emphasize that the Boys' School is not a scary, wild place to be. I think sometimes boys get an unfair representation as being out of control. It's actually a very beautiful, wholesome, accepting place to be. You have to look for beauty in the mundane and keep a positive attitude. The school becomes what we make of it. You have to work hard and remember your initial reasons for being here. If we focus on imperfections or what is lacking, maybe our focus is off to start with.

Students have fun, be themselves, serious when needed, and rising to lead when asked. Watching my students perform the dragon dance or clean the classroom, I am impressed by their teamwork and

把握任何的機會。午齋的開示，激發我去閱讀強調《楞嚴經》重要的開示。我去舊的法大圖書館借《楞嚴經》，這是我人生的第一部佛經，有時利用休息時間在那裏讀。許多內容對我來說很難懂，不得不重複讀，但是上人的淺釋幫助我容易理解和思考。這讓我想去讀更多上人講過的佛經淺釋。

在男校二到六年級教書的一些精彩時刻包括：每週一次跟著近開師帶五、六年級生去食物銀行服務，作為他們品德教育課程的一部分；還有夏令營、跟學生一起的打坐課、一起玩遊戲、閱讀章節書籍、休息時間玩四方遊戲、帶學生去大自然散步、參與園藝工作、中秋節製作月餅，敬老節和懷少節、農曆新年慶祝活動、在學校附近掃地和耙落葉，去年甚至還打雪仗。

記得在這裡的第一年，男孩們喜歡在課間休息時間，跑到法大前面那條路上玩躲避球。他們努力用球擊中對方，打起球來大呼小叫，咄咄逼人。這氣氛跟周圍環境太違和，我在一旁監督的壓力也不小！不用多說，我停止了躲避球這項課間活動，我認為他們是在考驗我這個新任老師。

我想強調男校不是一個可怕、狂野的地方，我認為有時候男孩們被不公平地描繪成失控的形象。實際上，這是一個非常美好、健康、包容的地方。你必須在平凡中尋找美好，保持積極的態度。學校會成為我們塑造的樣子，所以你必須努力工作，記得來這裏的初衷。如果我們專注於缺陷或缺失之處，可能這樣的焦點從一開始就錯了。

學生們玩得開心、做自己，需要時認真，被要求時挺身而出領導。看著我的學生表演舞龍或打掃教室，

effort. Boys are curious, forgiving, spontaneous, and playful. They don't take things too seriously. Some students in sixth grade this year I've known since Kindergarten. It feels like a family. Like you've stepped back in time with many parts untouched. There are many dedicated teachers who are old and new that go above and beyond a typical teacher's role.

One of my favorite parts of teaching each year is the Cultural Heritage Month celebrations. We have a Hispanic Heritage Month Celebration in the fall, Black History Month Celebration in February, and Asian & Pacific Islander Heritage Month Celebration in May. Students perform social justice plays, sing songs, dance, read poetry, and display artwork inspired by different cultures. Most recently (last Friday), the third to sixth grade boys performed a play about Dr. King's 1963 March on Washington.

This is my real purpose and heart for teaching, for students to learn about and appreciate people from all different backgrounds. To show kindness and compassion in their lives wherever they go. To not judge other people based on what they look like or where they come from or how much money they have. To see the Buddha nature in everyone.

My bachelor's degree is in Peace Studies and through that I was able to travel to Chiapas, Mexico to learn more about the indigenous struggle there. I studied abroad in Ghana, West Africa learning about the African diaspora, and the slave trade, and ended up living there for over a year and traveling back to Ghana several times.

What stood out to me was how familiar people are in different parts of the world and how people who have so little in terms of material possession, have the biggest hearts. This time in my life really opened my eyes and made me want to advocate for the oppressed. In addition, I spent some time in my twenties homeless with young children and that experience opened my eyes to people from all walks of life. As a teacher, I want my students to realize that we are more alike than different and not to be quick to judge.

I am grateful for being able to teach at IGDVS. It has changed the course of my life as well as my children. I want to make my mom proud and feel like working at the Boys School is making a positive difference. I remember when my mom passed away, a friend told me something beautiful would come out of it. I didn't understand exactly what she meant at the time because the world felt very empty all of a sudden.

The person who believed in me the most was gone. I felt guilty that I didn't spend a lot of time with her in my twenties, busy with

他們的團隊合作和努力令我印象深刻。男孩們好奇、寬容、活潑、好玩，他們不會把事情看得太嚴重。今年六年級的一些學生我從幼稚園就認識了，感覺就像一個家庭。就像你回到了過去，很多地方都保持原狀。學校有很多非常盡職盡責的老師，無論在職很久，還是新來的，都超越了普通教師的責任心。

每年我最喜歡的教學活動之一，是文化傳統月慶典。在秋季有西班牙裔傳統慶典，二月份有黑人歷史紀念月，五月份有亞太傳統月慶祝活動。學生表演社會正義劇、唱歌、跳舞、朗誦詩歌，展示不同文化啟發的藝術創作。最近（上週五），三到六年級的男孩們表演一齣關於金恩博士1963年華盛頓大遊行的劇。

這是我真正教學的目的和心願，就是讓學生了解和欣賞來自各種不同背景的人，走到任何地方，都能表現他們的善良和慈悲。不要根據外表、來自哪裡或者擁有多少財富來評判對方，而是看到每個人的佛性。

我的學士學位是和平研究，藉由這個專業，我有機會到墨西哥的恰帕斯州，深入了解當地原住民的鬥爭。我也曾在西非加納留學，學習非洲的移民社區和奴隸交易，最後在那裡生活了一年多，之後又去迦納旅行幾次。

令我印象最深的是，世界各地的人彼此間如此熟悉，以及那些在物質上擁有如此之少的人，卻有著最寬闊的心靈。這段經歷真正打開我的眼界，讓我想要為受壓迫的人發聲。此外，在我二十多歲的時候，曾經帶著年幼的孩子度過一段流浪的生活，這段期間見識了各行各業的人。如今作為一名教師，我希望

kids and wanting to be independent like I had it all together. Just at the point in my life where I was ready to settle down and have more of a relationship with my mom, it was too late. I realized how fragile life is and nothing can be taken for granted.

Now I understand what my friend meant by beauty in the face of tragedy. I became stronger, feeling like I had nothing to lose, and realized I needed to make the most of my life. I needed to show myself more loving kindness. I know my mom played a part in showing me the way to CTTB.

I'm deeply inspired by Master Hua's vision for the school and want to do the best I can out of respect for him. Without Master Hua establishing a Buddhist monastery with an elementary school in Talmage, I don't believe I would have found Buddhism in this lifetime. I had planned to take refuge and the five precepts on March 8, 2020 (again my mom's birthday). However, due to the start of the pandemic, it was canceled. Three years later, in December 2022, I took refuge and the five precepts here at CTTB. I hope to take the Bodhisattva precepts this summer.

My kids tease me, what are the odds that this school IGDVS is here in Talmage (to them the middle of nowhere) but the perfect school to me? It was the first time in my adult life that I discovered a place on my own without anyone else's opinions and took a chance in the direction I wanted to go. I had colleagues at my previous school try to convince me to stay for the money, that I would advance on the salary ladder. I didn't care about the money even though a more practical person would think I was crazy, especially with children to provide for. I took a chance. I knew this place was special. My intuition told me it would be OK and that I was doing the right thing by coming here.

If you have faith, that goes a long way. You just have to believe and not have doubts. I wouldn't want to teach anywhere else. Teaching is a form of cultivation. To be able to teach in a place where you can also cultivate is rare to find. Amitofo. ❀

我的學生理解更多人我之間的相似，而不是不同，不要輕易地斷定他人。

我很感恩能在育良小學、培德中學任教，這改變了我人生軌跡，也改變了我的孩子。我希望能讓母親引以為榮，而在男校教書能發揮積極的影響。記得母親去世時，一個朋友告訴我會美好的事情發生。當時我不太明白她的意思，因為突然間感覺整個世界很空虛。

最相信我的人走了，我感到內疚。因為在二十多歲的時候我沒有花很多時間陪她，我忙於照顧孩子，想要獨立，讓自己看起來像是擁有了一切。而在我準備安定下來，並與母親有更多連結的這個人生時刻，卻為時已晚。我意識到生命是多麼脆弱，沒有什麼是理所當然的。

現在我明白朋友所說，悲劇中的美好是什麼意思。我變得更堅強，感覺已經沒有什麼可失去的了，並意識到我需要好好利用人生，更加關愛自己。我知道在指引我來到萬佛聖城的這條路上，母親發揮了一定作用。

我深受宣公上人對學校願景的啟發，為了表達對他的敬重，我將盡力而為。如果沒有上人在達摩鎮建立一座附設中小學的佛教道場，我這輩子都不會遇到佛教。我原本計劃在2020年3月8日（又是母親的生日）接受皈依和五戒。由於疫情的爆發，全部被取消了。三年後的2022年12月，我終於在聖城皈依和受五戒，希望今年夏天我能受菩薩戒。

我的孩子取笑我，說這所學校在達摩鎮（對他們來說是偏僻之地），我竟然覺得是完美的學校？這是我成年後第一次自己發現一個地方，不受任何其他意見的影響，並且冒險朝著想去的方向前進。之前的學校同事試圖說服我留下，說在那裏我能獲得加薪的機會。我並不在意錢，即使稍微實際一點的人都會認為我瘋了，尤其我還有孩子要養。我卻願意冒險，因為我知道這個地方很特別。我的直覺告訴我，一切都會好起來，來到這裡是正確的選擇。

如果你有信念，你將可以走得很遠。你只需相信，不要懷疑。我不想在其他地方教書。教書是一種修行，能在一個可以修行的地方教書，那是可遇不可求的。阿彌陀佛！❀