

四種快樂 (續)

The Four Types of Happiness (continued)

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第二種快樂 (續)

這些清潔工認為，他們自己是醫療團隊的一員，為病患的救治做出了自己的貢獻。他們不僅會把基本該做的工作做好，還會積極地配合醫護人員的需求，而不是只是被動地在等待命令或指示，才會有所行動。

另一項研究發現，僅僅讓放射科醫生看一看病人的X光片，就能提醒他們工作上的崇高意義，這會顯著提高他們診斷結果的準確度。這份研究進一步證明，當我們看到

Second Type of Happiness (continued)

These janitors perceive themselves as integral members of the medical team, contributing to patient care in their capacity. Beyond merely executing their fundamental responsibilities proficiently, they proactively align with the needs of healthcare staff, rather than passively awaiting orders or directives before taking action.

Another study determined that simply letting radiologists view a patient's X-ray image can reinforce the noble significance of their work, enhancing the accuracy of their diagnostic outcomes. This study further substantiates that recognizing the lofty meaning in our work prompts us to elevate its quality actively.

From these authentic case studies, we know that uncovering our work's noble significance is of great importance. This fosters a

工作上的崇高意義時，我們就會積極提升工作品質。

從以上這些真實的小故事中，我們可以了解到，去發覺我們工作上的崇高意義是非常重要的。這不僅會讓我們感到快樂，同時也會提高我們的工作品質。

有人或許會問：「我找不到我工作的崇高意義，該怎麼辦？」

如果您很難在工作中找到崇高的意義，那您可以去創造您崇高意義的工作。

在奧克荷馬州（Oklahoma），一家名為「優雅生活中心」的養老院中，建立了一個全國聞名的孩童早期閱讀計劃，叫作「跨代幼稚園學前班」，主要為三至五歲的孩童們提供閱讀課程。而這所幼稚園學前班的所有各項設施，都是建在這家養老院裡邊。

養老院的老人，無論男性和女性，都參加了這個「跨代幼稚園學前班」的活動項目；由「優雅生活中心」將這些老人與孩子配對，成為孩子們的老年讀書夥伴；這些老人們，一邊在聆聽孩子們閱讀的同時，一邊也會讀給這些孩子們聽。

這個活動項目，已經取得了顯著的成果。而其中一點是，這裡的大多數孩子在閱讀能力考試的成績，都優於奧克荷馬州內的其他孩子們。當這些孩子在離開「優雅生活中心」的時候，其中70%的五歲孩子的閱讀水平已經達到三年級或更高的程度。但這些孩子們所學習到的，絕不是僅僅只有閱讀程度的提高。

當這些孩子們與年長的閱讀夥伴坐在一起時，他們可以和老人們就各種主題進行豐富的對話，尤其是談論有關老人們在奧克荷馬州的童年記憶。孩子會問這些長輩的小時候，那時候的手機有多大？手機是什麼樣子的？老人們會解釋說，在他們小時候的生活情形和現在孩子的生活情形，是完全不一樣的。

老人們會講述七十年、八十年甚至九十年前的故事。孩子們從這些親眼見證家鄉幾十年變化的老人身上，獲得了第一

sense of happiness and concurrently improves the caliber of our professional endeavors.

Some might ask, “What should I do if I cannot find noble significance in my work?” If identifying a lofty meaning in your current occupation proves challenging, you can endeavor to create work imbued with noble significance.

In Oklahoma, a nursing home known as the “Grace Living Center” established a nationally acclaimed early childhood reading initiative termed the “Intergenerational Kindergarten Preschool,” designed to provide reading instruction for children aged three to five. All facilities for this preschool are situated within the premises of the nursing home itself.

The elderly residents of the nursing home, whether men or women, all participated in the activities of this “Intergenerational Kindergarten Preschool.” The “Grace Living Center” pairs these seniors with the children, designating them as the children’s elderly reading companions. The elders listen to the children read while simultaneously reading to them in return.

This initiative has already yielded remarkable outcomes. Notably, the majority of children here outperform their peers across Oklahoma in reading proficiency assessments. By the time these children depart from the “Grace Living Center,” 70% of five-year-olds demonstrate reading abilities on the third-grade level or higher. However, what these children learned extends far beyond mere improvements in reading proficiency.

When these children sit alongside their elderly reading companions, they engage in enriching dialogues on a wide variety of topics, particularly concerning the elderly’s childhood memories in Oklahoma. For instance, the children will ask questions such as how large mobile phones were back then or what they looked like, and the seniors will explain how the circumstances of their childhood are very different from the lives of children today.

The elderly recount tales from seventy, eighty, or even ninety years ago. Through these individuals, who have personally witnessed decades of transformation in their homeland, the children gain firsthand and comprehensive insights into the historical development of their community. Parents express great satisfaction with the benefits derived

手、最完整的家鄉發展歷史。家長們對於這樣的課外活動的收獲也非常滿意。所以大家都爭相報名那所幼稚園，以致這個幼稚園不得不採取抽籤的方式，才能選出哪些孩子能入學使用那四十張課桌椅。

而在「優雅生活中心」的老人，也發生了一些特別的變化。這些參加「跨代幼稚園學前班」活動的老人們，不管是男眾或女眾，所使用的藥物都明顯大幅下降，有的人甚至可以停止用藥或減少藥量。為什麼會有這樣的效果呢？

這些老人們因為參與了「跨代幼稚園學前班」，創造了屬於自己的崇高而有意義的工作。他們不再讓時間白白溜走，而是有理由在清早起床時，再次感受到新一天帶來的興奮，因為他們感受到了創造力的能量，甚至達到了延年益壽的效果。

孩子們也學到了其他的東西。在「跨代幼稚園學前班」中，老師有時會告訴孩子們，他們某個年長的閱讀夥伴不能來了，因為這個人已經去世了。因此，孩子在很小的時候就明白生命有它的節奏和週期，哪怕是跟他們非常親近的人，也存在於這些節奏和週期之中。這可以幫助孩子理解世界的本質是無常的，而要珍惜現在所擁有的。

然而，我們不管是年老還是年少，不管是有錢還是沒有錢，我們都可以創造具有崇高意義的工作，那就是去做能夠利益眾生的事情。需要再次強調的是，哪怕是很小的事情也是可以的。

例如，當影印機紙匣內的紙張快用完時，您就可以幫紙匣填充紙張，這可以減少下一個人使用的麻煩；或者幫忙清洗公共廁所的時候，甚至可以為眾生默念佛菩薩的名號等等。這些善行好事都是很有意義的工作，都會讓我們有更多的成就感上的快樂。

from such extracurricular activities. Consequently, there is fierce competition to enroll in this preschool, necessitating a lottery system to determine which children secure a place at one of the forty available desks.

Meanwhile, notable transformations have emerged among the residents of the “Grace Living Center.” The elderly participants in the “Intergenerational Kindergarten Preschool,” irrespective of gender, have experienced a notable reduction in medication use, with some even decreasing their dosages or discontinuing medication. What accounts for this effect?

By engaging in the “Intergenerational Kindergarten Preschool,” these seniors have created work for themselves that is imbued with noble significance. They no longer allow time to slip away idly; instead, they find purpose in rising each morning, once again feeling a sense of excitement for the day ahead. This stems from the energy of creativity they experience, which even contributes to prolonging their vitality and lifespan.

The children, too, learned additional lessons. Within the “Intergenerational Kindergarten Preschool,” teachers occasionally inform the children that one of their elderly reading partners will no longer attend, as that individual has passed away. Thus, at a tender age, children come to comprehend that life possesses its rhythms and cycles, and even those closest to them are subject to these patterns. This understanding aids the children in grasping the impermanent nature of the world and fosters an appreciation for what they currently have.

Nevertheless, whether old or young, wealthy or poor, we all possess the capacity to create work endowed with noble significance—that is, by undertaking actions that benefit sentient beings. It is to be emphasized that even the smallest deeds count.

For instance, when the printer almost runs out of paper, you could refill it and spare the next user inconvenience. Or, while helping out to clean the public restroom, you could be mindful of the names of Buddhas and Bodhisattvas for the sake of sentient beings. These good deeds and acts of kindness are all remarkably meaningful work, all of which contribute to an enhanced sense of happiness derived from achievement.