

外國人悟道心得

Simply Water by Todd Bukowski

The “River”- that is how many speak of the Dao. Making references to the many aspects of a river. A river that flows slowly, rapidly, twisting and turning as it flows to its destination and to state this would not be untrue.

「河」，很多人用河流形容「道」。他們提到河流的許多方面。它的緩慢流動，快速流動，轉彎彎的流到它的目的地，這樣講也沒有錯。

A river is made up of water, always seeking the lowest point to serve all things, but even the mightiest river started as a drop of water which started out as a grouping of molecules gathering together. The never ending cycle of all things, from rain drop to puddle; from puddle to stream; from stream to river; from river to ocean. And, finally, through the circle of life gets evaporated and will eventually become that lonely little rain drop once more.

河流是水，而水就是匯集在最低處，滋養萬物，即使是大的河流，也是由一滴水開始。在無止境的萬物循環中，從小雨滴到地上的一灘水，從一灘水到小溪，從小溪到河流，從河流到海洋。大自然的循環，水蒸發到天空，又再變成小雨滴。

In the teachings of the Dao, all students of the Dao understand to some degree, you would be hard pressed to find any students here that are not genuine in the study of the Dao. No one here is studying the Dao to become more popular, or to find a magical way to make their life trouble free. I will not tell you that studying the Dao has removed all the negative from my life, or has made my hair any fuller either, but all kidding aside, LISTEN.

在道的真理中，所有修道的人都會了解這一點，我們修道不是為了更受歡迎，也不是要找到一種魔法，來解決生命裡的麻煩。我也不會說，修道消除了我生命裡的問題，也不是讓我開始禿頭的頭髮長回來。請大家聽我說下去。

The Dao is all around us, people you would have never of have thought of flow in the Dao, from Mozart to Bob Marley. When you are in the flow of the Dao you can see it all around, you live in it, breathe in it, and in it your actions reflect your level of mastery. If you ask, what have I learned? Well, from the books of the great masters, ancient and contemporary, Derek included, all have enlightened me to a higher level of The Dao. Derek’s many stories in class have explained in depth the fundamentals of this great teaching.

道無所不在，很多人從來沒有想到會和道有關係，包括莫札特和搖滾靈魂歌手 Bob Marley。當你在道的境界，你到處都可以看到「道」，你的生命是「道」，你的呼吸是「道」，而且你的行動，反映出你的領悟。如果你問我學到了什麼？從古代到現代的聖人的書中，讓我了解到更高一層的道裡。在英文班裡的課程中，有從很多故事裡學到真理的基礎。

With these teachings I have woven a delicate net as I traverse the “River” of life. The fibers that make up this net are born from the teachings, lessons and stories of the Dao. From this net woven from life wisdom, I catch and experience all things in life. The negative as well as the positive. The lessons of understanding at the deepest level you can grasp. Living in the

Infinite moment of understanding and fulfillment you find JOY. The ability to know your true self. The ability to improve on things that are not perfect and the sharing with others of the you that is perfect.

當我在人生河流中，這些課程好像讓我編織了一個真理的網，這個網的材料就是道的故事。我用這個智慧的網，來補抓生命中正面和負面的所有經驗。這些是我能夠了解的最深程度。生活在當下，找尋到喜悅和滿足。能夠知道自己的本性，不夠圓滿的能夠改良，圓滿的能夠分享。

Now that sounds pretty deep. As a student of the Dao, that sounds great about using the River as a metaphor to help explain the Dao. What about the abyss, the abyss of the lone water molecule, the puddle, the stream and the ocean? Are they not part of the Dao as well, don't they require an explanation as well?

這個聽起來好像很深奧。當我們在學習道的時候，用河流來形容道，聽起來蠻有道理的。那漩渦呢？它也是水啊！難到它不是道的一部分嗎？它不是也須要解釋嗎？

The yin and yang symbol represent the Dao- each part represents and is part of the other. The same is true of water; the drop, the puddle, stream, River, and ocean- all only Simple water.

陰陽是道的一種代表，每一半都包含另外一半的成份，水也是一樣：雨滴，水灘，小溪，河流，海洋，都只是水。

You are in the Dao, all things are in the Dao, in all forms of matter and energy. Grasping the teachings and applying them in your life as you exist is the best you can do in the Dao. If you have even read one story you know not to get lost in the words, but the key is to understand the message. The simple is true, positive and negative are simple concepts, common sense is simple. Doing right by yourself and others is simple.

我們都是道的一部分，因為道包含萬物，及所有的物質和能量。我們的理想就是在生活中，掌握和運道的真理。光是讀一個道的故事，我們都可以看出來，不要執著在字眼裡，而是要了解它的含義。真理是很簡單的，正面和負面都很容易了解，普通的道理很簡單，正確的待人處世也很簡單。

Mistakes happen, but it's how we learn and make better choices in the future. I've learned to be "simple" even though I don't think of myself as such. "Smooth seas do not make a skilful sailors." In short, the Dao is only as complex, mystical and difficult to obtain as you make it. This is what I have learned, and this is what I practice. Interacting with all things in the Dao is who I have been, who I am, and who I am aspiring to be. My gratitude and thanks to Masters and everyone.

有時候我們會有錯，重點是我們如何在錯誤中，學到更好的選擇。我學到「簡化」的道理，雖然我認為自己蠻複雜的。有一句話說「平靜的海洋不能作出有技巧的水手」。總而言之，道的複雜，神秘和難得，都是自己想的。這就是我所學到的，也就是我要修的。能夠在道裡面和萬物共處，是本來的我，也是我想要達到的目標。在此感謝大家和點傳師的賜導。