



Gratitude & Contentment Brings Blessing & Bliss

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When I was a student in nursing school, I took social education courses, participated at many public welfare activities, went on the street to solicit donations and receipts, and went to nursing home to care for the elders. But I was just a follower, there was not too much emotion attached. When I was young, I watched “Da-Ai drama” with my mother, but I felt like it was just other people’s stories and not much feeling. The only impression regarding Tzu Chi was “whenever there was a disaster, there would be a group of people who would come out and care for those people who needed help.”

In high school, I studied Early Childhood Care and Education and learned to be very patience with small children. But when my father was hospitalized, I saw how professional those nurses who took care my father. I felt attracted to the nursing career and chose nursing in college. When I needed an internship, I and my classmates chose Taichung Tzu Chi Hospital. The first time when I entered the hospital, I saw the kind smile of Tzu Chi volunteers and their enthusiastic support that made me felt so warm. That was my first encounter with Tzu Chi.



The first time I was asked to attend “Volunteers Morning Assembly”, I thought of the negatives - getting up early and be sleepy and wouldn’t be able to comprehend. After many years went by, I now feel this volunteers’ morning meeting is a good opportunity to purify my innermost being, and to reflect my own deeds. I have learned to appreciate life, and I hope to help more people as long as I am able to do so.



I participated regularly at the Li-San Free Clinics. Normally, it takes less than half-day to go to nearby free clinic, but requires 2 days and 1 night to go to Li-San Free Clinic. I followed the traditional Chinese doctors to Li-san Free Clinic. Since Li-San is in the mountainous area so it's very inconvenient for the elders to get medical help. They were all longing for this monthly free clinic. The traditional Chinese doctors would help heal their bodies. Local residents loved to see us coming; the affection they showed toward us was incredible. We had so much fresh fruits and they really appreciated that we could go see them and took care of their health. I myself felt, "I am blessed to give than to receive."

My first time participating at the year-end blessing ceremony, I was very touched by the solemn performance. Also that was my first encounter with Dharma Master Cheng Yen walking in front of me. The annual year-end ceremony is a review of volunteers' footprints. I was really touched and felt the power of altruistic great love.

Since then, I commit myself to attend the year-end ceremony. In order to express my sincere respect for Master Chen Yen, I turned words into action by participating in sign language performances.

Before I knew Tzu Chi, I felt whatever I do, I should have something in return. I sometimes complained, "Why it is always me?" I always fussed about who did more and who did less. After I am immersed in the Tzu Chi culture, I changed the way I interacted with people. I feel harmony is the most precious thing and have learned to be appreciative to others. I am more compassionate when I care for patients. I often heard from the family members of the patients saying, "Thank you for your hard work!" I would then reply, "Thank you and with gratitude!" Some of the family members stay with the patient 24 hours and they couldn't sleep well, they are the one who really worked hard. Having compassion and appreciation, it helps me get along with patients.

Edified by Tzu Chi's humanistic culture, the tasks become more harmonious; and I could think from the patient's perspective and understand their anxiety and torment with illness. After I became the nurse head, I want to inspire colleagues with the same humanistic culture. I still have a long way to go to practice great love, however, a little bit love a day will make a big love later. It's like the Jing Si Aphorism: "Understanding and contentedness is the biggest wealth, gratitude and tolerance is the biggest blessing." Keeping the heart with gratitude and contentedness, life becomes happier