

World Morality Revival Project



复兴世界道德计划



世界道德复兴由我们开始

The World Morality Starts With Us



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★ What's a V-Star?

Welcome, all V-Stars, welcome to our colorful and interesting journey to goodness. Here you shall learn all the good things to better develop yourselves, so that you will be one of the future leaders to make our world a better and brighter place. So come along, let us have a lot of fun along the way.

"V-Star" is the abbreviation of "Virtuous Star", which means that you shall be bright stars in the sky to lead all those who are still in the darkness to a better and brighter world.



★ V-Star 是什么?

“道德之星”们，大家好！欢迎你们的加入！走上这条多姿多彩的行善之道，你们将会学到很多完善自我的方法，学习并应用这些技巧，未来你们将会成为令世界变得更美好、更明亮的领军人物。来吧！让我们这就开始这个充满快乐的历程吧。

"V-Star" 是 "Virtuous Star" 的缩写，意思是“道德之星”，象征着所有该活动的参与者将犹如夜空中明亮的星星一般，引导并照亮黑暗中的人们。



★ So what should you do ?

Are you ready to be examples of goodness and spread that goodness around? If so, then you will be the source of your own nation's true and long lasting happiness.

You shall start by doing various activities of goodness, and every activity shall be a pleasant experience of discovery for you. You will find all sorts of miracles along the way. And here we are, on the road to exciting adventures and good deeds.

★ 你们将要做些什么呢？

你们已经准备好成为善行榜样，并向四方传播善行了吗？如果是的话，你们将会成为让自己的国家真正幸福、快乐的活水源头。

“道德之星”活动中，你们将会做各种善行，而每一个善行体验都将为你们带来新发现。这条行善之路上充满了奇迹。就让我们一起踏上这次善行探险之旅吧！



★ What virtues ?

The basic virtue you shall be developing are Respect, Discipline and Patience.

The World Morality Revival project started in Thailand when the Ministry of Education met with the International Buddhist Society for a discussion. The main purpose for the meeting was due to the Ministry of Education's major concern of though Thai student are being more academically successful while the education system seemed to be lacking of moral training for the future members of society. The International Buddhist Society turned to the universal wisdom of Buddhism and came up with a simple and practical solution to instill goodness within the hearts of our future generations and launched a pilot project at one of the schools, and soon teachers and parents saw great changes in their students' behavior both at school and home.

Starting with only one school and its 300 students in 2008, V-star Project has developed into more than 5,000 schools and 200,000 students. With the wisdom of Buddhism, and its universally accepted moral value, a golden new era of Thai education system thus began.



The outcome is now known as the V-Star Project, and the project's remarkable rate of growth is due to its compatibility and practicality. The V-Star Project is an activity-based learning module that does not interfere with the school's curriculum as the project is based on activities outside of class.

The Project has seen success in Thailand and has proven to be equally applicable and adaptable internationally. In 2010, V-Star launched in Mongolia with just 5 schools and 250 students. After 5 short years, annual participation has reached over 400 schools and 20,000 students.

★ 培训哪些道德？

你们将要训练三项基本道德：尊敬、自律与忍耐

“复兴世界道德之V-Star小朋友”活动起源于被誉为“微笑之国”的泰国。因为发现如今的青少年虽然学识不断地增长，但是品德教育有所缺失，所以泰国教育部和国际佛学社共同协商探讨将青少年培养成为才德兼备的社会栋梁的方法。国际佛学社提出，可以用佛教智慧中的一些法则来培养青少年的基本道德，并指导他们将其正确地运用于日常生活中。教育部决定先在某一所学校进行试验。结果，试验非常成功，在很短的时间内，所有的老师和家长都纷纷反映，不管是在学校里，还是在家里，青少年们的行为举止等各方面都有了极大的改善。



“道德之星”活动始办于2008年，参与者只有同一所学校的300名学生。迄今为止，该活动已经连续举办七年，每年都有5,000多所学校200,000多名学生参加。“道德之星”活动以国际性道德价值观为基础，不分种族、宗教，为泰国创造了教育新黄金时代。

“道德之星”活动之所以能如此迅速地发展壮大，完全是因为活动的包容性和可行性。整个活动的设计虽然以学习为主，却不与学校的进度发生冲突，令参与活动的学生们没有额外的学习压力。

“道德之星”活动不仅在泰国国内办得成功，在国外办得也很成功。2010年，蒙古“复兴世界道德之星V-Star小朋友”活动正式启动，当时只有5所学校250位学生参与。如今该活动已在蒙古连续举办了5年，每年都有400多所学校20,000多名学生参与。

★ How was all this achieved ?

Buddhist philosophy lists three important elements that influence a child's upbringing : parents, teachers, and society. V-Star Project aims to guide these three elements at how to educate their youth with proper moral values as well as coordinating the three.

★ 如何实施？

佛陀的教诲中指出，孩子的成长需要三大要素：父母、老师和社会。“道德之星”活动针对这三组人士设计，与其分享三组人应该如何相互合作，以及如何引导并帮助年青一代树立正确的道德价值观。



★ How did habits form ?

Our five senses--sight, hearing, smell, taste and touch are in constant contact with external stimuli. The more contact there is, the more familiar we become with it. We use those in our life until they eventually develop into habits. Good and bad habits are simply repetitive actions that we are accustomed to performing. According to a known theory, if someone repeats an action for 21 days, it will become a habit. This is an offshoot of Dr. Maxwell Maltz's research that when people alter their appearance or lifestyle, it generally takes them 21 days to get accustomed to their new environment.

So if the repetitive actions are virtuous, then they lead to good habits, and vice versa. The root actions that V-Star focuses on are Thought, Speech and Bodily Action. V-Star focuses on five universal virtues that can be identified within any culture, country or faith.



★ 习惯如何养成？

我们的五种感官，不停地接触外面的环境，因为刺激而不断地产生视觉、听觉、嗅觉、味觉和触觉。接触得多了，就形成了各种感官习惯。习惯无论好坏都是我们不断重复同一件事情而形成的。有研究表明，某个行为一旦被重复21天，这个行为就会变成习惯。此项研究源自麦克斯维尔博士的“21天焕然一新”理论，当人们决定更换新的外形或生活方式时，需要21天的时间才能适应新的改变。

因此，如果被重复的行为是良好而有道德的，重复过后它就会变成好的习惯，反之亦然。“道德之星”活动无文化、国界及信仰分别，通过五项国际善行，训练参与者的想法、说法和做法上的善行习惯。

Training for WHAT ?

“道德之星”活动的目标

The Five V-Super Powers :

五个道德超能力 :



Cleanliness :

The cleanliness of body, appearance, bed, room, house, storage space, classroom etc., but most importantly, mind!

清洁 :

保持身体、外表、床铺、房间、储物间、教室等的外在清洁；最重要的是保持心灵的内在清洁！



Organization :

To properly arrange all items neatly whether at home or school. Personal items, school supplies, textbooks, and homework etc.. Adhering to all school, household and social rules.

整齐 :

将放在家里和学校里的私人用品、学习用品、书本、功课等物件整理整齐；学习遵守学校、家庭及社会的所有规定，例如，按场合要求排队等。



Politeness :

Courteous and proper manner as well as un-abrasive way while interacting with people or using equipment.

礼貌 :

礼貌、友善地与人相处；以正确的态度和方式使用一切用具。



Punctuality :

To perform all daily time-related activities punctually at prearranged time, whether going to or arriving at school, finishing homework ect..

守时 :

日常生活中一切与时间有关的事情都要守时。例如，准时上学、准时上课、准时完成作业等。

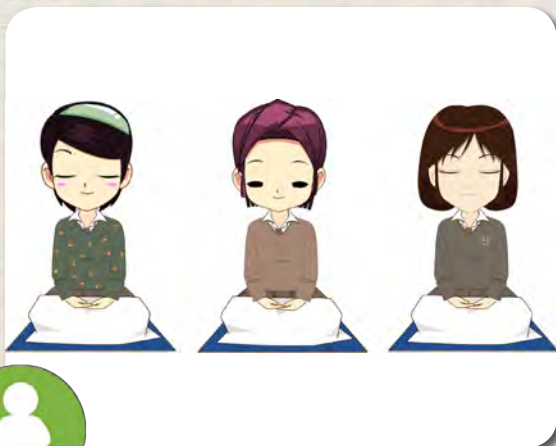
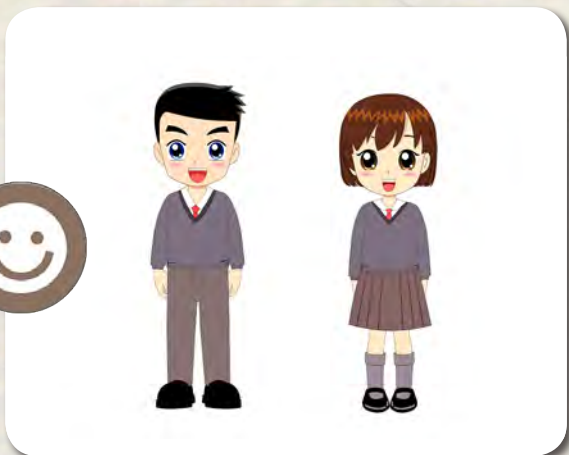


Meditation :

Being able to manage emotions to increase awareness, promote relaxation, build internal energy, and develop compassion, patience, kindness, forgiveness and generosity through meditation.

静坐 :

通过练习静坐，适当地处理情绪、增进觉知、松弛内心、增强内在正能量，并培养慈悲心、耐心、宽容心和慷慨心。



★ The places to develop good habits:

There are places where we frequently stay throughout our days: bedroom, bathroom, dressing room, dining room and classroom or workroom.

There are definitely goodness in all of us, but sometimes people are just lack of the means to properly develop it. With the help of V-star project along with the assistance of parents, teachers and social guidance, good habits can and will be easily developed.

How does V-star project help in developing good habits? There are 10 daily activities designed by V-star project as seeds of good habits. Regularly performing these activities shall undoubtedly ensure the growth of good habits.

Past experience of V-star project had proven that through the above practice, stronger bond between parents and children as well as greater interaction between teachers and students were built. The teachers claimed that tremendous improvements of students' school grades, manners, and relations were obvious throughout the project and thereafter.

The students participated claimed that they felt more confident, cheerful and happy, also much more disciplined and respectful towards others.



★ 培养好习惯的场所:

我们把一整天的时间都花在了哪里呢？与我们每日生活息息相关的场所有卧室、浴室、更衣室、饭厅、课室或办公室。

每个人的内心都有善良的一面，只是大多数人都不懂得正确地开发并用以改善自己的行为。“道德之星”活动携手家长、教师及社会各界人士，以正确的方式引导参与该活动的青少年们，轻松地改善并培养出他们的好习惯。

“道德之星”活动如何帮助养成好习惯呢？“道德之星”活动设计了需每日必做的10项功课，以在青少年心中播撒好习惯的种子。正确而持之以恒地做下去，种子必定会茁壮成长为好习惯。

“道德之星”活动的过往经验证实：练习10项日常功课后，孩子和父母的关系变好了，孩子在学校与教师的互动也增多了。教师们都说，参加了“道德之星”活动的学生们，无论是成绩、待人处事态度还是同学关系，都有了极大的改善。

参加了“道德之星”活动的学生们自己也说，他们感到更自信、更开朗、更快乐，而且更自律、更懂得尊重他人。

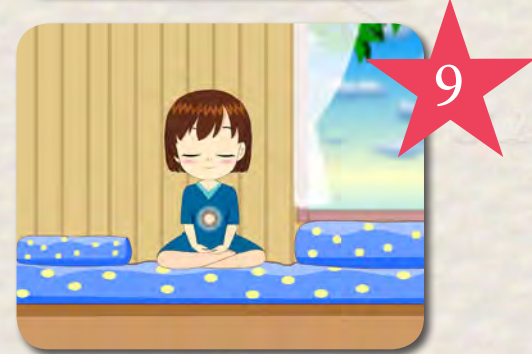


★ 10 Daily Routines

1. Get up early and make bed immediately.
2. Dress politely and appropriately for school.
3. Once a week, pick out the items that you really do not need in the future and donate it for a charitable cause.
4. Before going to bed, pay respect to your parents or guardian. Thank them and ask for their blessing.
5. Find good qualities in those around you such as teachers, friends, and family members, then write them down for future reference.
6. Help out with chores around the house and at school.
7. Read useful and knowledgeable books that benefit your self-development. Finish your school homework and assignments punctually.
8. Chant sutras and pray before sleeping.
9. Meditate, both after waking up and before going to bed.
10. Practice the Five Acts of Self-Discipline :
 - a. No intentional harming or killing of any living creature.
 - b. No taking or damaging of anything that was not willingly given to you.
 - c. Honor your own and others' relationship, uphold the ideal and integrity of matrimony.
 - d. No false speech, i.e. lying, gossiping, or harsh words.
 - e. No taking of intoxicants, i.e. alcohol, drugs, cigarettes, etc..

★ 10 项日常功课

1. 早起、起床后立即整理床铺；
2. 穿着整齐、得体后才上学；
3. 每个星期，把自己不再需要的物品捐给慈善机构；
4. 入睡前，向父母或监护人跪拜，表示感恩并请求祝福；
5. 找寻诸如老师、朋友和家人等身边人的优点，记录下来以便学习；
6. 无论在家里还是学校里，协助做杂务；
7. 阅读有益、有知识见解、并利于完善自我的书籍。按时完成学校布置的作业与功课；
8. 临睡前，诵经并祈祷；
9. 在每天醒来后和入睡前静坐；
10. 遵循5项行为自律的法则：
 - a. 不故意杀害或伤害他人或动物。
 - b. 不偷取或破坏任何不属于自己的物品。
 - c. 遵守婚姻的完整性和理想性，不进行不正当的两性行为。
 - d. 不妄语。例如：不说谎、不说不属实或伤人的话。
 - e. 不使用具有麻醉效果的物品。例如：酒类、麻醉品、香烟等。





★ V-Star Day

Every year since 2008, the V-Star Project has organized Unity Day, Assembly of Virtuous Youth, at Dhammakaya Temple. Numerous enjoyable activities are organized to promote exchanges of knowledge and interaction among V-Star students from around the country and the world. There are also a Dhamma Contest to assess the level of morals of our youth, a world-class exhibition of the Life of the Lord Buddha, a 3-D movie related to heaven and hell, as well as a scholarship award ceremony.

V-star project helps ignite the light of morality within our children. Over a million youth had participated in this event. The project is determined to instill virtues and confidence in our children so that they mature into wholesome members of the society that the world needs.

When we are bright, our radiance will brighten the world!

当我们亮，世界也跟着一起亮！



★“道德之星”日

“道德之星”活动自2008年始，定期举办团结聚会日。当天，道德青少年们聚集于法身寺，参与多项趣味活动，以鼓励全泰国乃至全世界的“道德之星”学生们彼此交流知识。该日还将举办佛法竞赛，以评估青少年们的道德水平；推出高水准的佛陀生平展览；放映与“天界与地狱”相关的3D电影；以及举行奖学金颁奖仪式。

“道德之星”活动点燃了孩子们心中的道德火种。超过一百万位青少年参加了这项活动。该活动旨在把道德和自信的种子播撒在孩子们的心中，让他们最终成长为世界所需、有道德观念和责任感的社会栋梁。

Introduction of Meditation

静坐简介

How to start ?

如何开始？

• Sit on a chair or on the floor with your legs crossed - or whichever position you feel most comfortable in - as long as you are not lying down which brings drowsiness!

• Gently close your eyes. Relax and fully release your body of any tightness or stress. As you do that, feel as if you are sitting in your favorite place, maybe in the midst of nature, surrounded by freshness and cleanliness.

• Slowly begin to bring your awareness to the middle space of your body, or wherever feels the most comfortable, as gently as a feather. All you have to do next is just stay there and keep on being relaxed. As if there is not a single care in the world,

• If your mind is not yet still, you can think of a star, sun, moon, or anything that is easy to think of. Gently imagine it comfortably floating within the middle space of your body. You may also silently chant a phrase, such as "Clear and Bright", with the sound softly coming from the center of your body.

• Gently imagine the object or silently chant the mantra, feel your mind in the center point where it is most tranquil and peaceful. Liberate your mind, give yourself a smile. And keep your mind calm and content, eventually your mind will stand still and bask in happiness continuously.

• 以盘腿的方式，坐在椅子或地板上（或以你感觉最舒服的坐姿坐下来），不要躺着，因为那样容易睡着！

• 轻轻地闭上双眼，放松身体的每一个部位，释放所有压力与紧绷。想象自己坐在最喜欢的地方，或者坐在大自然中，四周的环境清新、干净。

• 慢慢地、轻如羽毛般地引导着你的心到达身体的中心点，或者到达你身体里让你觉得最舒服的那一点，然后就轻轻地停留在那里，继续放松。不需要做什么，就只是放轻松。

• 如果你的心还是无法静定下来，你可以观想一颗星星、一轮太阳或月亮，或者任何一个你喜欢的东西，让它轻轻地、慢慢地进入你的身体，到达你身体的中心点。你也可以重复默诵某个词语，诸如“清净明亮”等，尝试着感觉默诵的声音就好像从身体的中心点发出来一般。

• 继续观想物品或者默念咒语，感觉自己的心继续停留在身体的中心点上，感受中心点带来的安静与祥和。放下一切，给自己一个微笑就，心会慢慢地静定下来，直到满足地、幸福地、持续地静止不动。



Benefits of Meditation 静坐的益处



Spiritual

- Meditation is the base of attaining enlightenment
- Gains wisdom
- Helps discover our purpose of life
- Helps to learn forgiveness

精神层面

- 静坐是证悟的基础
- 增长智慧
- 有助于我们发现人生的真正意义
- 有助于我们学会原谅他人

Physiological

- Meditation can help control our thoughts
- Increases creativity
- Improves learning and memory
- Helps in quitting smoking, alcohol addiction, even substance abuse habits.

生理层面

- 静坐能帮助我们控制念头
- 激发创意
- 促进学习、增强记忆
- 有助于我们戒除烟瘾、酒瘾及对易上瘾类药物的依赖性

Psychological

- Meditation can relax our nervous system
- Elevates energy
- Enhances strength and vigor
- Delays aging process

心理层面

- 静坐能放松我们的神经系统
- 提升能量
- 增强力量与活力
- 延缓衰老



"Can not stop thoughts wandering"

Open your eyes, restart or gently imagine an image in the center of your body, do not struggle, comfortably and gently calm down the thoughts.

"无法停止走神"

睁开眼睛重新开始；或者观想一个物品，把它轻轻地放在肚子里。舒舒服服、轻轻松松地做，不用着急，让心慢慢地静定下来。

How Do I Fix These?



"WHERE in my belly?"

Wherever we feel the most comfortable above the level of the navel in our body, pick a spot and say, "Ok! That's the one." Just do it, the rest will sort itself out!

"Oh! I'm feeling so sore!"

Pain is caused by incorrect posture, therefore, adjusting posture will help, or standing up ,stretching the body, then returning back to meditation till the discomfort is gone.

"哦！好痛！"

姿势不正确会引发身体疼痛，因此调整姿势就能解除疼痛。亦或起身走动、抻拉身体，不舒服的感觉消失后继续静坐。



如何 解决这些 问题？



"So Sleepy!"

You might not drink enough water or have over eaten. It could also be that you are over relaxed?

“昏沉欲睡”

回想一下，是否喝水不够或进食过量？
又或许是放松过度？

“中心点在我肚子里的哪儿呢？”

在我们体内，肚脐上方，选择感觉最舒服的某一点。不用担心，就认定这一点。其他的一切会自然而然地发生。



"Feeling tight and tense"

Take extra time to ensure complete relaxation of the body. Do not just try to relax, make sure that you are truly relaxed.

“身体很紧绷！”

静坐时，在身体放松阶段多花些时间，要做到真正彻底地放松，而不是浅尝辄止。



“The bliss of enlightenment is a kind of joy that comes from stillness of the mind which exceeds all happiness.”

Luang Por Dhammajayo
6th August, 2000

“证悟的极乐，是一种源自静定之心的喜悦，超越世间所有的幸福与快乐。”

法胜师父法语
2000年8月6日

24 Corporate Organizations

