



Affinity with Xiamen

“Tzu Chi Nursing Culture – Manifesting the Glory of the Career” Shi-Jian Pan, vice mayor of Xiamen, and Pi-Yu Lin, vice president of Tzu Chi Foundation, established a connection in early March 2012. They worked together to coordinate a series of training classes for nurse executives of the Xiamen Municipal Health System.

The “2012 Xiamen and Tzu Chi Nursing Management Training” consisted of four sessions between March and June with each session lasting for three days. The instructors were nursing management staff from Hualien Tzu Chi Hospital and veteran volunteers. Two hundred and sixty nine nurse executives attended training. Besides Xiamen, there were an additional twenty nurse executives from Shun-Chang County who traveled for 12 hours on the economy class train (wooden seat). Eight executives from Fu-Ding Hospital also attended the event. At the end of the training, the students from Xiamen were deeply inspired.

To reinforce the affiliation, nurse executives from Xiamen also came to Hualien in July 2012 to participate in a two-week training courses. Here, they gained experience about the Tzu Chi humanistic culture.

Upon returning to Xiamen, they gathered to share about their trip to Tzu Chi and its effects on their professional and personal lives...

Tzu Chi Culture – An Ablution for the Soul

By Mei-Ling Zeng, Xiao-Ting Chen, Wen-Jing Zhang

On March 23, 2012, the first three-day training session for nurse executives from Xiamen Municipal Health System was held at the Tzu Chi Wu-Yuan Bay campus. Forty-two executives of various nursing departments attended the event; they included Xiamen University Affiliated First Hospital, Xiamen University Affiliated Zhong-Shan Hospital, Xiamen City Second

Hospital, Xiamen City Third Hospital, Liberation Army 174 Hospital, Xiamen City Chinese Medicine Hospital, Xiamen City Woman and Child Health Hospital, Xiamen City Xian-Yu Hospital, Xiamen City Oral Health Hospital, and Xiamen Ophthalmology Center. There were about twenty executives and directors that participated in the opening ceremony.

During the opening ceremony, vice mayor Shi-Jian Pan, spoke about his visit to Tzu Chi Hospital and Tzu Chi University. "It was an eye opening experience. I have always thought that the City of Xiamen is doing a good job in nursing care, but we actually still have plenty of room for improvement. In saying that, I mean not only in the areas of organization framework, but also in incorporating the Tzu Chi's humanistic culture." Pan had great expectation of these training courses.

As most of the nurse executives had never interacted with Tzu Chi before, Tzu Chi Foundation vice president Lin spent time to explain the background of the organization from the early years of bamboo banks to the present day international disaster relief. She made students aware of the human-centered values of Tzu Chi's

Medical Mission.

Besides the regular nursing courses, Hualien Tzu Chi Hospital nursing teams also meticulously prepared student materials including handbooks, copies of the "Aspirations in Nursing" magazine to bond with the visitors. Directors Shu-Chuan Chang and Hui-Ling Lai gave seminars titled "Continuity in Tzu Chi Nursing", and "Mission and Goals of Aspirations in Nursing magazine", while volunteer Hui-Mei Yen shared her twenty plus years of experiences as a medical volunteer. Their lively and humorous exchanges brought frequent laughter from the audience.

During recess, volunteers demonstrated the four major missions of Tzu Chi and the story of the bamboo banks. Many students were attracted by the melodies Sutra of Innumerable



The third session of Tzu Chi Advanced Nursing Management Training in Xiamen concludes on June 19, 2012. The students, instructors, and Tzu chi volunteers are posing happily for a group photo.

Meanings and Water Repentance Sutra during the break.

These training courses were especially fruitful in a spiritual way. Director of Xiamen Municipal Second Hospital Ai-Zhu Chen commented, "I have been in the nursing for many decades, and today' lessons truly purify my mind."

Director Qiu-Lan Zou of Liberation Army 174 Hospital expressed, "I feel that we have forgotten the mission of Florence Nightingales after 10 years in nursing. I have grown tired and dissatisfied. After today's class, I have learned to always be mindful and think with love, gratitude and respect, and always be grateful to appreciate life."

Tzu Chi Education Mission Director Fu-Mei Chang elaborated on the conditions that facilitated this training and welcomed

every student to visit Taiwan.

"What is Tzu Chi face lotion? The answer is your smile." Many people have expressed interest in buying, but it is free, because it comes from your smile. Director Chang's humorous remarks made the entire audience burst with laughter.

Shu-Lan Huang from the Xian Yu Hospital shared her thoughts. "The hospital I work at is a mental institution, and we frequently help people in our institution as well. However, there are still many deficiencies if one compares it with Tzu Chi. The two principles: administrate with precepts and manage with love are really eye-opening. I am moved by these two sentences. We have plenty of opportunities for improvement."

Xiamen University Affiliated Zhong Shan Hospital Nursing Director Qiu-Ying



Han confessed dozing off in class the day before. She commented, “I have become more and more disillusioned after 16 years of service in nursing. In the student handbook, Master Cheng Yen said good doctors are patients’ living Buddha, while good nurses are the Bodhisattvas within patients’ hearts. These words really clarified my confusion.

Xiamen University Affiliated First Hospital, Nursing Director Yin-Ling Yang said, “There has never been a course that moves me so greatly. Smiles come from the heart of teachers and volunteers; they make me feel calm and peaceful. I was tearful listening to them. They gave us sunshine and they irrigated our souls. “Love in our hearts and love in our actions” are guidelines that we gradually learn and put to action.

The head nurse of the Infectious Diseases Department from Liberation Army 174th Hospital, Bi-Hong Guo commented, “I can be bad-tempered and very impatient. My mom is similarly impatient. I ran into some problem with my mom at home after I

left class yesterday. My mom started raising her voice. In the past, I would fight back and trying to be on top. However, having attended this course, I learned to control my temper.”

Supervisor Xiao-Luo Zhang came from the Nursing Department of Xiamen Zhong Shan Hospital, and she shared the following thoughts: “Upon entering the Tzu Chi campus on March 23rd, I felt that I finally found a piece of pure land within the heart of the city. Throughout this three-day program, classes like Tzu Chi management philosophy, humanistic culture, and scientific research, are all very helpful to me.”

The three-day program included clinical care, nursing administration, disaster relief, free clinics, community activities, and volunteerism. It was packed with contents that are culturally rejuvenating to all attendees. They would take what they learned back to their respective institutions, where they will lead others in creating harmony within the patient wards.

Building a Bridge with Love

Jin-Hui Zhang, Chief Executive Officer,
Xiamen City Nursing Association

With the support of Xiamen Municipal Government, the Vice Mayor, the current Xiamen CPPCC Vice Chairman, Shi-Jian Pan and the Xiamen Deputy Secretary of Health Bureau, Jie Jiang, the Nursing Association of Xiamen, Tzu Chi Foundation

of Taiwan, and the Tzu Chi General Hospital were able to successfully deliver the “2012 Xiamen-Tzu Chi Advanced Nursing Care Management Training Seminar.”

Executives from hospitals all over Xiamen attended the training. After detailed

discussions, close cooperation, careful planning, and scrupulous arrangements, instructors and students had “heart-to-heart” interactions and exchanges. Nursing staff from both sides of the Taiwan Strait helped to build a bridge to connect their hearts with love.

The three-day training finished in a blink of the eye, but the memories will remain forever. Not only did we enjoy the great vegetarian cuisines prepared by the volunteers, but we also tasted the “Veggie Chicken Soup for the Soul” served by all the instructors. We were at peace, relaxed, rejuvenated, and respectful. Although the training ended, we would never forget the heartfelt gratitude from teachers and their sincere and brilliant smiling faces.

Also, the carefully planned and well-organized curriculum and the composed yet engaged silhouettes of the volunteers will always remain in our hearts. From the love amongst the living to the respect for the dead, from altruism to nursing with awareness, “May all beings be alleviated from suffering and pursue happiness unselfishly.” This would be a state beyond comparison! How should nurses proceed in China? Perhaps Tzu Chi has shown a way.

The outcome of this training exceeds our expectation. Suddenly, I see no what-ifs in life. I regret my life before and my late encounter with Tzu Chi. I am fortunate that I have finally come to bond with Tzu Chi. Through this connection, we are now one family. Thanks to mutual interests in nursing,

we become brothers and sisters standing in unity. I am touched, moved by the great love of Tzu Chi volunteers. I am remorseful of my past – my impatience, anger, complaint, and impulsiveness. I vow to repent; I will work hard and strive to emanate love, spread love and let love soar! I am inspired and ready to act – just do it!

My sincere gratitude to Tzu Chi volunteers!

While visiting Hualien, Jin-Hui Zhang (left), Chairman of Xiaman Nurse Association, presents an artwork as souvenir from Xiamen to Superintendent of Hualien Tzu Chi Hospital, Ruey-Ho Kao (right).



The Essence of Dharma at the Spiritual Home

Wei-Yun Peng

At the invitation of Vice-Executive Director of Tzu Chi Foundation Pi-Yu Lin, and Medical Mission CEO Chin-Lon Lin, twenty nurse executives and local volunteers from nine hospitals of the Nursing Association of Xiamen, led by their General Director Jin-Hui Zhang, came to Hualien Tzu Chi hospital for a two-week visit and training. They wanted to learn the team care model in the Clinical Medical Unit, and experience Tzu Chi medical mission's unique management style of love and humanistic culture.

"We are finally here and our hearts are filled with overwhelming gratefulness!"

The visiting Xiamen Nursing Team was greeted with warm embraces by the joyous staff of Hualien Tzu Chi Hospital.

During the two-week exchange, Superintendent of Hualien Tzu Chi Hospital, Ruey-Ho Kao, Director of the Nursing Department, Shu-Chuan Chang, and Director of Education Mission, Fu-Mei Chang accompanied the guests throughout their visit. The Nursing Department diligently designed a content rich curriculum. Director



The veteran nurse executives from Xiamen are visiting all units of the Hualien Tzu Chi Hospital. The photo shows their visit to the Clinical Skills Center to get better appreciation of teaching in Nursing Care.



In the morning of July 19, 2012, the Xiamen nurse executives, accompanied by Vice-Executive Director of Tzu Chi, Pi-Yu Lin and Director of Hualien Tzu Chi Hospital Nursing Department Shu-Chuan Chang, meet with Master Cheng Yen.

of Department of Religious Affairs of Tzu Chi Foundation Ching-Kuei Hsieh shared insights on the “International Disaster Relief and The New Life of Environmental Protection”. Film director of Humanistic culture mission, Chu-Chen Hsiao shared experiences on “Great Love around the Globe”. Chief Executive Officer Chin-Lon Lin spoke about “Tzu Chi Medical Culture”. Commissioner Hui-Mei Yen from Tzu Chi Hospital Social Services gave a speech on “How to Make Good Software within Software”. Connecting the dots of all aspects and dimensions, our guests from Xiamen were motivated. They witnessed sincerity and love through interactions between doctors and patients.

They visited the emergency rooms, surgical intensive care units, the Lotus

Heart Wards, Ching-An Dormitory and the educational department. They witnessed how Tzu Chi nursing colleagues mindfully care for their patients. Despite their packed schedules, these students from Xiamen remained energetic and attentive, and they take notes tirelessly. With their cameras always on standby, they took pictures to record their experience. Their dedication to learning is truly inspiring.

Action is better than studying in the classroom. Xiamen nurse executives followed veteran volunteer Hui-Mei Yen to community visit where they experienced the interaction between volunteers and nursing staff.

On the morning of July 11, the group arrived at Tongmen Village in Hualien’s Xiulin Township to visit three families: Mrs.

Guan, the mother of an organ donor, Chin-Ming Mao who was paralyzed from an accident, and Hsiu-Chin Lin whose illness restricted her movement. As this group of Xiamen angels in white visited the patients' homes, they could not help but offer those unfortunate ones their best wishes.

"Life is like the waves of the sea, sometimes up and sometimes down. Doctors and nurses are no different. In general, three tenths of the time they deal with the physical pains and the other seven tenths are all about hard work. Success only comes from devoted hard work!"

At Mao's home, Yen taught these Xiamen Nurse executives to sing a revised version of the Taiwanese hit song: "Success only comes from the devotion of hard work". Being familiar with the Fujian dialect, they clapped their hands and sang together. During the hearty chorus, Mao gave these Xiamen nurses autographs signed with his mouth as gesture of gratitude.

Although the visits were short, but the journey left deep impressions on everyone's mind.

On the morning of the 19th, accompanied by Vice President Lin and Nursing Department Director Chang, the group returned to the spiritual home – the Jing Si Abode. They were about to meet with Master Cheng Yen and share the details of their sentiments of this journey.

Following the guide Master Te Huai, the visiting nurse executives were able to observe Master Cheng Yen's founding

philosophy. They stopped by one candle making facility to experience firsthand the vow and resoluteness of the monastic disciples – "A day without work is a day without food."

"True friendship is hard to come by, so we must persevere no matter how challenging it is."

Master Cheng Yen encouraged the Xiamen nurse executives to continue the will to alleviate suffering and serve the suffering with joyfulness. The cycle of birth, illness, aging, and death are inevitable in life, so the medical care team plays an important role. No matter how challenging the tasks may be, we must persist and dedicate every day to giving love. At the end of the meeting, Master Cheng Yen presented these special guests with a book entitled *'The day I spent in the ICU'*, chopsticks and pens made with leftover wood recycled from the construction of Abode's main hall. These gifts filled the visitors with joy.

Deputy Director of Xiamen City Hospital Nursing Care Department, Bi-Yu Wu commented that for the past few days, her eyes were constantly wet with tears. She felt continuous waves of emotional melancholy surrounded by love. She wished to take the Tzu Chi spirit back to her job, and assist those who need help.

The two-week visit ended in a blink of the eye. The visiting group bid farewell reluctantly. They completed their journey to Tzu Chi's spiritual home and returned with abundance of inspirations and love.

Carrying on the Dharma Joy of Tzu Chi

By Xiao-Ting Chen

At 9:30 pm on July 30, the Great Love Television Channel broadcasted an episode “Mission to Guard Love as a Medical Professional”, highlighting the visit of nurse executives from Xiamen. Sixteen of these nurse executives were invited to watch the program at the Tzu Chi Wu Yuan Bay campus (China) and share their experiences from this journey of the soul.

Vice Director of the Nursing Department at Xiamen City’s Zhong Shang Hospital, Fong Lin stated, “I hope to return with my family next year. From the moment I was picked up at the airport, I

could sense the thoroughness of Tzu Chi volunteers, from beginning to end. During a home visit, there was one individual who could not walk and wished for a wheelchair. Tzu Chi volunteers took care of the request right away. Furthermore, their quality of service and their international disaster relief are leading people toward kindness. I had the opportunity to meet with Master Cheng Yen, and the Master told us, “In medical profession, we cannot provide service without quality, so no matter how challenging conditions may be, we must focus and make progress. In the past,



we looked up to Master Cheng Yen in reverence, but now we have become aware of the many, many substantial achievement. Everyone was humble while visiting the disadvantaged households. The volunteers on the photos we saw were all sincerely humble. To them, the focus of these visits was conveying gratitude rather than offering help. With the teachers' careful planning, we met with Ms. Lin and Mr. Chen (both vice presidents of the foundation), and Dr. Lin (CEO of the Tzu Chi medical mission). Although they were very busy, they still made time to come see us, which we found to be inspiring. The contents of the Nursing Care training were very extensive,

and they accompanied us the entire time, which is a noteworthy gesture that we should emulate.

"This has been a cleansing of the soul, where the bad is removed and replaced with love. No matter where we went, we were inspired. I almost wept when I saw the volunteers picked me up at the airport. Tzu Chi has taken root in my heart, for I want this spirit of love to blend in with my work." These are the sentiments of Qing-Pei Hong, director of the Nursing Care Department at the Xiamen Eye Care Center.

Lin-Fong Gou, the present contact person of the Xiamen Nursing Association said, "Originally, I did not want to go to



Whether training in Xiamen or interacting at the Hualien Tzu Chi Hospital, the Xiamen nurse executives have gained fruitful results in their educational quest. In the photo, they are visiting Tzu Chi clients with medical volunteers.

Taiwan because of the hot weather. Zhao-Zhon kept on encouraging me, so I went. I am grateful to Tzu Chi for providing this platform. After staying with so many excellent nursing professionals, I realize that they work hard and have gone through many touching situations. Nurses believe that it is their job to care for patients and they do so without hesitation. From the third person's perspective, I am deeply moved. Master Cheng Yen has great wisdom and teaches us benevolence. The superintendents really watches over the hospitals like their own homes, and they are always innovative in bringing convenience to patients. Everything they do is an example for others. No wonder people these days are studying the philosophies of Master Cheng Yen. I even told a friend to skip taking trip everywhere else except a trip to Hualien, and a visit to Tzu Chi in Hualien".

Vice Director of Xiamen Second Hospital Nursing Department Yi-Wen Chen commented: "I have been influenced by Tzu Chi culture the first time I attended training. This time it is a brand new experience. The trip to Hualien exposes us to Tzu Chi's Great Love, which far exceeded our expectations. We gain a deeper understanding of Tzu Chi culture, which turns out to be a point of reference for our nursing practice. On the day I returned to Xiamen, I spent more than an hour sharing with colleagues at a morning meeting. I also conveyed the same with newly hired nurses. These sessions turned out to promote Tzu Chi spirit of Great Love

in a peaceful and beneficial way."

Finally, the nurse supervisor of Xiamen Zhong Shen Hospital, Qiu-Ying Han offered the following.

"When I got back to the office, it felt like a sort of homecoming. Since my return from Taiwan, I had gone through some changes. In the past, my attitude towards my husband and kids was quite negative, but this week I have not been negative at all. My husband said that I mentioned Tzu Chi at least a hundred times. Tzu Chi has taken root in my heart, I also wrote eighteen pages of entries in my diary for the past twelve days and I inserted these pages into the training material for the new hires. Many colleagues came by to read what I wrote. Recently, I went to Beijing to attend a nursing seminar. The nursing director in Beijing expressed interest in organizing a team to visit Tzu Chi Hospital. She asked me what makes Tzu Chi so special. I answered that it would be most regrettable to be in the nursing and not know about Tzu Chi. Tzu Chi in Hualien is a home for one's soul, and this is my most endearing comment."

I hope that these nursing care executives, who have had many years of experience in clinical work, will never forget their initial motivation in choosing this sacred profession. I hope that they will use that same sentiment to lift others and push forward. May Tzu Chi culture germinate and prosper in these nurses' minds so they can fully exercise their positive potentials.