



CO-WISDOM

滙智集

The 4th edition of Co-wisdom hopes to provide opportunities for us to contemplate what real 'harmony' is. Serenity Life Balance actively participated in and promoted Harmony Day activities in March 2023. Special thanks to Nixon and Eunice Huynh, two young music lovers from Sydney for composing the music and creating a PowerPoint presentation, named 'Universal Love'. Thanks for the invitation from Stephen Chew of Zee Cheng Khor Moral Uplifting Society Inc., Victoria, Australia; Manningham Interfaith Network, Maroondah Interfaith Network and Janssen Spiritual Centre so that Serenity Life Balance team and Serenity Friendship Club could join with others in the community to celebrate the Harmony Month. I would like to take this opportunity to thank Mr. Amad Kazi from UMMA Centre for giving Serenity Life Balance the book, 'The Book of Love'. I would like to choose a quote from the book, 'Live your Love and you will Love to Live; with Love there is only Life.' Harmony is built on love, respect, and inclusion.

This is an opportunity to promote Co-Wisdom overseas. Through Co-wisdom, I can reconnect and continue contacting my Hong Kong secondary schoolmate, Adeline Chen whom I have not seen for more than 40 years. Adeline is a retired teacher. Thanks, Adeline, for submitting the manuscript so that we can realize more about the student, teacher, and parents' relationship. How to achieve harmony in the classroom? Welcome Wai Lok Law, a 15-year-old student from Hong Kong, who shared his perspectives and concerns on youth mental health. Serenity Life balance emphasizes the Life Education of children and youth, to cultivate good personality and maintain healthy balance of physical body, mind, and spirit. I hope Law's sharing can raise the awareness of youth psychological hygiene. On 11 March 2023, Serenity Life Balance invited the Victorian Council of Churches Emergencies Ministry to conduct a one-day training on Personal Support/Psychological First Aid for the Serenity Life Balance team which can strengthen the team's skills and knowledge to serve the community.

Finally, I would like to express gratitude to Rev Jue Wu of Fo Guang Shan Nan Tien Buddhist Temple, Parramatta and BLIA, Sydney to invite Serenity Life Balance to participate in the Buddha's Birthday Multicultural Festival at Darling Harbour, our honor to be part of the celebrations. On behalf of the Serenity Life Balance team, special thanks to Abbess Man Ko and reverends' hospitality to take Serenity Life Balance team to tour around Nan Tien Temple and Nan Tien Institute. We look forward to future collaboration for the benefits of the community.

第四期的「滙智集」是希望能夠引起大眾思考如何達致真正的「和諧」。三月份的「和諧月」，「善思雅趣」積極參與和支持推廣社區和諧活動。非常感謝雪梨黃諾生和黃諾瑜兩位年輕音樂人為「和諧周」創作了一首「博愛」的音樂和電子簡報。很多謝地區多元宗教網絡 Manningham Interfaith Network, Maroondah Interfaith Network, Janssen Spiritual Centre 和澳洲墨爾本德教會紫成閣 Mr. Stephen Chew 周成光先生的邀請，「善思雅趣」職員和「善思之友」組員們，能夠和社區各界人士一起慶祝「和諧周」。在此亦非常感謝 UMMA 聯合回教移民中心主席 - Mr. Amad Kazi 阿瑪嘉勝先生，送給「善思雅趣」一本很好的書「The Book of Love 愛的書」，其中一篇金句：「Live your Love and you will Love to Live; with Love there is only Life 為愛而活，你會愛上生活；有愛就有生命」，「和諧」是建立在「愛」、「尊重」和「包容」之中。

「滙智集」有因緣推廣到海外，感謝陳寶釵女士，她是我40年沒有見面的香港中學同學，籍著「滙智集」的因緣可以和陳寶釵同學保持聯絡。陳女士是一位退休老師，多謝她的投稿，我們可以更加了解師生、家長的關係，怎樣才可以達致課室和諧？歡迎香港羅瑋樂同學的投稿，分享他對精神健康的看法。羅同學只有15歲，但已經對青少年精神健康，非常關注。「善思雅趣」非常著重青少年生命教育，良好品格的培養和身、心、靈的健康，希望羅同學的分享能引起年青人對心理衛生的關注。在2023年3月11日「善思雅趣」邀請維多利亞教會緊急事工委員會(Victorian Council of Churches Emergencies Ministry) 為「善思雅趣」職員們安排一天的個人支援/心理急救訓練，提升專業技能和智識，服務社群。

最後，我非常感恩南天講堂覺五法師和雪梨佛光協會的邀請，給與善思雅趣殊勝的因緣參加佛誕多元文化節，很榮幸可以成為慶典的一分子。謹代表善思雅趣團隊，特別向滿可住持和眾法師們感謝她們熱情的款待，帶領我們遊覽南天寺和南天大學，希望日後有機會合作利澤社群。

Amy Yuen / 阮愛美
Founder of Serenity Life Balance
善思雅趣創辦人



Serenity's VOICE

Harmony

by Amy Yuen

Since 1999, Australian government has declared the commencement of the National Harmony Day on the 21st of March each year. It aims to promote Australia a singular and unifying nation within the multicultural policy. It also coincides with the United Nations International Day for Elimination of Racial Discrimination. During Harmony Week, the orange color has been chosen to signify communication, freedom of thinking and encourage mutual respect.

The word "Harmony" is closely related with individual, family, organization, community, nations, and nature. If individual physical body is not in harmony, we will get sick; family discordance can cause family violence, marital, parent-children and relationship breakdowns; family clans, organizations do not co-operate, not giving in, disintegration and segregation will happen; social unrest will arise when the community has been corrupted; war will happen when the international relationship is always in conflicts; national disaster will occur when the nature has lost the balance. The Chinese Characters of Harmony '和 諧' is very inspirational and meaningful. There is a mouth '口' within '和' and when we combine speech '言', heart '心' and day '日' together to form '諧'. To interpret the two Chinese characters '和 諧' that means we can achieve harmony when we are using our heart to speak good words and take good action every day.

The rough sea finally reached the shore one day and calmed down. The future of human beings will depend on the young generation to create and to lead to achieve peace and harmony. Blessings to the younger generation, after experiencing the rough sea, can navigate to the harmonious harbor one day, to achieve their abundant life.

End of the Sky, Corner of the Sea.

Blue waves and Choppy Sea.

Ambition and Boundlessness.

Head up to See the Tower Light and Step onto the Clear Pathway.

Poem from 'A drop of Water.'



善思之聲 和諧

阮愛美

自1999年開始，澳大利亞政府決定在每年3月21日訂立為「全國和諧日」，目的是推廣澳大利亞多元文化政策之下的單一和團結國家體系，和聯合國「消除種族歧視國際日」契合。「和諧周」選用橙色來代表溝通、自由思想和鼓勵互相尊重。

「和諧」是與個人、家庭、團體、社會、國家和大自然的契合，有著密切的關係。在個人方面，若在家庭、社會及團體，發生不協調情況，會引致個人生病，家庭不和，導致婚姻破裂，子女父母衝突，甚至趨向家庭暴力。在團體中，彼此各不相讓，引致家族團體分裂，導致社會不安，紛爭四起，若不調解，便會發生社會暴動。國際關係不協調和猜忌會引發戰爭。當大自然受到污染和侵蝕，便會導致自然災難發生。中國人造字很有啟發性和有意義，「和」中有口，「諧」中有「言」、「心」和「日」。要達到「和諧」便要每日從心，及好的言行做起。

波濤洶湧的大海終有一天到達岸邊而回復平靜。人類的未來，要依賴年青的一代去創造和帶領；祝願年青人經過波濤洶湧的大海，駛達平靜「和諧」的港灣，迎接豐盛的人生。

天之涯、海之角；
碧波蕩漾、波濤洶湧；
壯志豪情、萬里無邊；
昂首看明燈、踏上青雲路。（詩由一滴水提供）



MESSAGE FROM CHIEF EDITOR 主編的話

by Veronica Charles 維羅妮卡 查理斯

To me, living in harmony means to live with each other in a peaceful manner. To live in a community with one another with love but not in violence. Some of the ways in which we can live in harmony includes connecting with others by participating in community events. Instead of responding to disharmony in our lives with anger, we ought to try to be more compassionate and empathy.

In Australia, Harmony Week is celebrated in March every year. Harmony Week is all about celebrating cultural diversity to make up our country. Australia is one of the countries in the world embracing multiculturalism. According to the statistics, 49% of Australians were born overseas. The purposes of the Harmony Week activities are promoting respect and understanding each other.

對我來說，和諧共處意思是大家和平地共住在一起。當我們同住一社區，是要用愛不是用暴力來。我們可以和諧共處，其中是從參與社區活動，讓我們和其他人接觸。用慈悲和同情化解矛盾，而不是憤怒。每年三月，澳大利亞全國慶祝和諧周。和諧周是慶祝用多元文化政策來立國。澳大利亞是全世界其中一個多元文化的國家。數據顯示百分之四十九的澳洲人是在海外出生的。和諧周的目的是主要推廣尊重，互相認識和了解。

Facts and Figures

These were taken by the Australian Bureau of statistics 2016 Census Data.

- Since 1945, more than 7.5 million people have migrated to Australia
- 85 per cent of Australians agree multiculturalism has been good for Australia
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi
- More than 70 Indigenous languages are spoken in Australia

IN THIS ISSUE 今期內容

- SERENITY'S VOICE 善思之聲
- MESSAGE FROM CHIEF EDITOR 主編的話
- SERENITY GALLERY 善思畫廊
- SERENITY FRIENDSHIP CLUB 善思之友會
- PAST EVENTS/PROGRAMS 活動報告
- CONNECTION WITH NATURE 接觸大自然
- ARTICLES CONTRIBUTION 文章撰寫
- INTERACTIVE SESSION 互動環節
- BOOK RECOMMENDATION 好書推薦
- MERCHANDISE 商品

SERENITY GALLERY

善思畫廊

和味即和諧 / Harmony is delicious

關嘉亮 / KELVIN KWAN

和味即和諧。如果你問我，和諧是甚麼，我會說是不同的個體，放在一起，大家雖然不同但可共融。好像煮餸，方法可以許多，目的只有一個，就是好味。

Harmony is delicious. If you ask me, "what is it?" I would say that it is different individuals putting together. Although everyone is different, they can be in harmony. Like cooking, there may be many methods, but we only have one goal, which is making it delicious.



和諧豈只在家中
推廣力行社羣中
多元文化應尊重
和平友愛及包容 - 李少英

Harmony is not confined to the home alone.
Promote and practise harmony in the community.
Respect multi-cultures in society.
Be peaceful, friendly and tolerant. – Winnie Lee



詠古木 - 一滴水

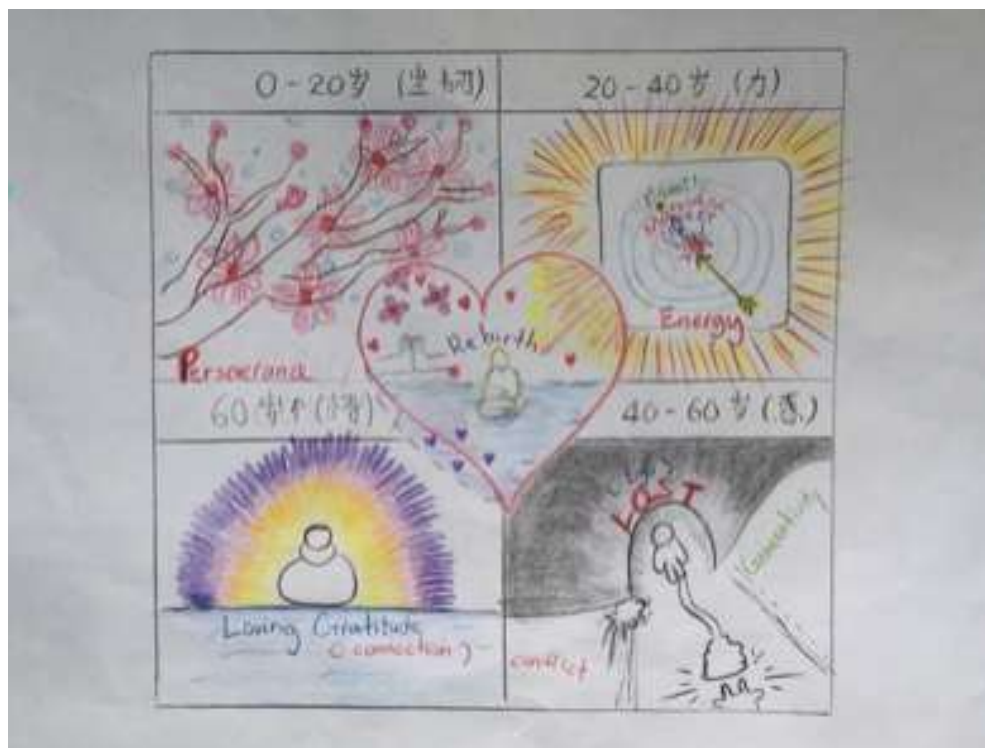
古木參天，昂天長嘯；
 自古風流人物，
 人窮而志不窮；
 內裏別有乾坤，
 任重而道遠也。



Praising the Old Tree - A drop of Water

Towering old tree, heading up to the sky and shout;
 Romantic figures like artists, scholars, and intellectuals since ancient times,
 Poor materialistically but enriching life with aspirational will;
 Mystery behind the heaven and earth,
 Foresee the long and clear pathway of vision and mission.

Life Journey Mandala 人生旅途曼陀羅 - (Ai Mooi Tan/Malaysia 陳愛梅/馬來西亞)



Serenity's Friendship Club

善思之友會

FOUR CHARACTERS 四位角色



One Eyed Person

One Eyed Person (一目人) was found in the Chinese Ancient Literature, Classic of Mountains and Rivers 山海經 which was written in between the Warring States Periods (475-221 BC) to The Han Dynasty of China (202 BC – 9AD, 25-220AD). In this ancient literature, it recorded that there was a One Eyed Nation (一目國). People living in the One-Eyed Nation only had one eye in the middle of their forehead. People with one eye could only see things in one direction and disregarding of the other directions or perspectives. Because of that, fighting and conflicts were a way of life in this country. Wars happened all the time because they could not see other's point of view. If people want to live peacefully in their life, they need to have a wider perspective, to accept others who have different opinions so that they can see the beauty of the world from the other side.



Ego Bird

Ego Bird (我所鳥), was derived from a Buddhist story, which recorded that the previous life of a greedy rich man, was as an Ego Bird. The Ego Bird lived in a tree with a lot of seeds. However, the Ego Bird did not allow anyone to take the seeds away. When someone wanted to take away the seeds, the Ego Bird yelled, 'this is mine and this is mine'. It ended with the Ego Bird feeling very tired and died eventually without eating any seeds. The Ego Bird has greedy and strong ego and does not like sharing. Finally, the Ego Bird did not receive any benefit from his greed. The opposite was true.



Peace Parrot

Peace Parrot (和平鸚鵡), is a colorful and beautiful parrot. Because it loves peace and has beautiful heart, it always lives with freedom and happiness. Beauty is within us all.



Serenity Bear

Serenity Bear (善思小熊), is kind and lovely. It always smiles. Serenity Bear believes that the key to achieve serenity is 'Love' and to embrace 'VOICE' – Value, Optimism, Integrity, Connection and Empowerment. We create Serenity through balance in our lives.

Members Morning Tea 會員早茶 29/4/2023

REPORTS 報告



SHARING 分享



MEMBERS BIRTHDAY CELEBRATIONS 慶祝會員生日



STRETCHING EXERCISES 伸展運動



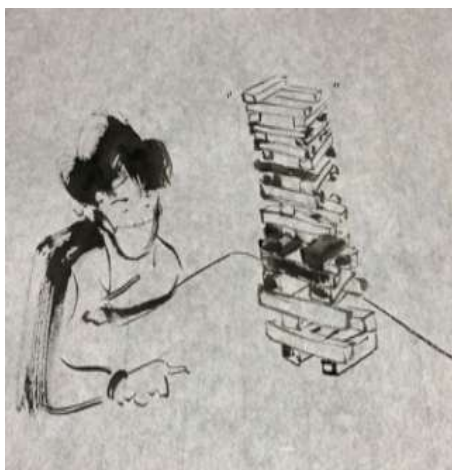
GAME 遊戲 JANGA 層層疊



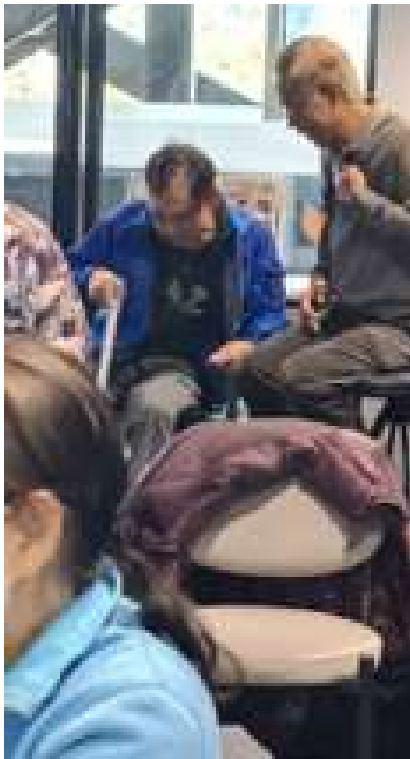
FLYING CHESS 飛行棋



KELVIN KWAN PORTRAIT DRAWING 關嘉亮老師人像畫



FRIENDSHIP 建立友誼



YUM CHA 飲茶



ACTIVITIES 2023

2023 活動

Harmony month activities 和諧周活動:

COVID 19 Artwork 新冠病毒藝術品



Interfaith Connections 多元宗教聯繫



Maroondah Interfaith Network - Harmony Day Celebration 26 March 2023
慶祝和諧日



Manningham Interfaith Network - Harmony Day Celebration 30 March 2023
慶祝和諧日



Uluru Statement from the Heart 原住民心裡的陳述

ULURU STATEMENT FROM THE HEART

We, gathered at the 2017 National Constitutional Convention, coming from all points of the southern sky, make this statement from the heart:

Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from 'time immemorial', and according to science more than 60,000 years ago.

This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander peoples who were born therefrom, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.

How could it be otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from world history in merely the last two hundred years?

With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood.

Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.

These dimensions of our crisis tell plainly the structural nature of our problem. This is *the torment of our powerlessness*.

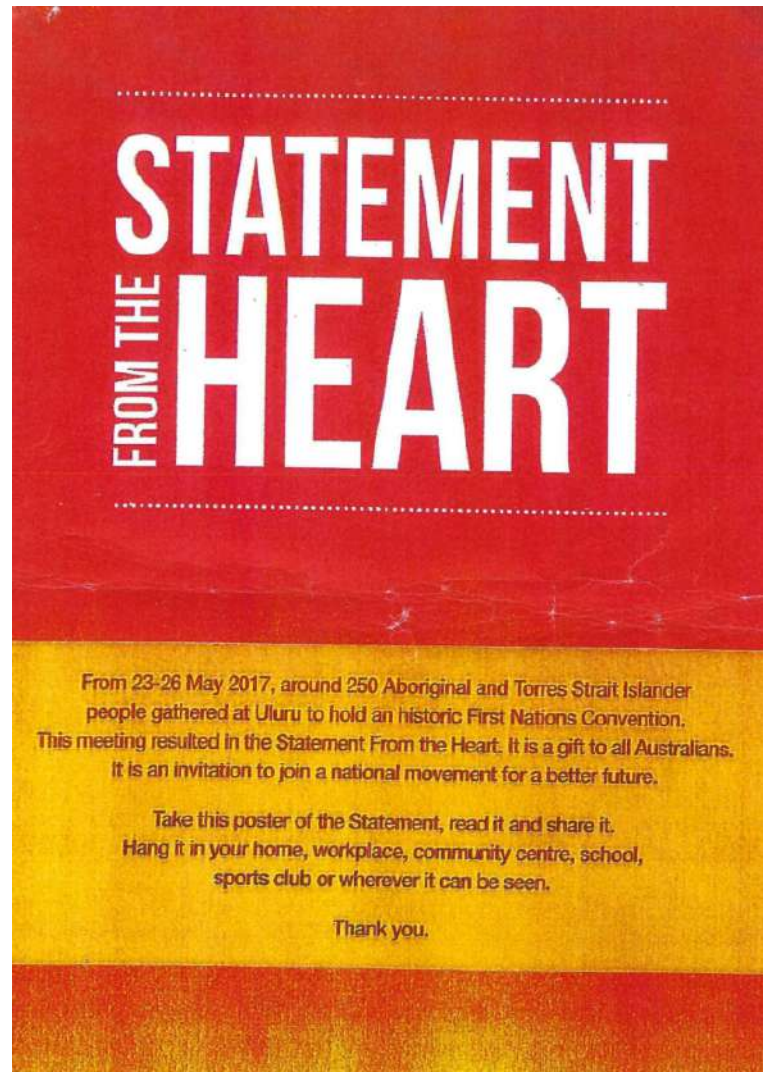
We seek constitutional reforms to empower our people and take a *rightful place* in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.

We call for the establishment of a First Nations Voice enshrined in the Constitution.

Makarrata is the culmination of our agenda: *the coming together after a struggle*. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.

We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history.

In 1967 we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future.



World Interfaith Forum 世界宗教論壇



Indian Republic Day Mela 2023 慶祝印度日



Serenity Group activities 善思雅趣小組活動:

Philosophy of Living Well 生活哲學輕鬆談



Playgroup for all ages 康樂遊戲小組



Chinese New Year Celebration 春茗



Serenity Team Activity & Erica and Henry farewell 職員活動和歡送



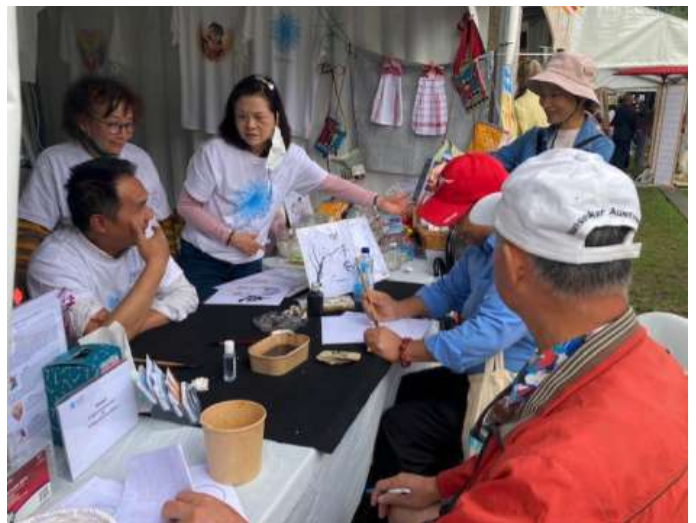


Serenity Team Planning day and training 活動策劃和訓練



Buddha's Birthday Multicultural Festival (Darling Harbour Sydney)

雪梨佛誕多元文化節：







Visit to Nan Tien Temple and Nan Tien Institute 參訪南天寺和南天大學



接觸大自然 墨魚仔

南太平洋海上和諧之旅

很榮幸年初參加了八天郵輪，這次旅程帶我們穿越南太平洋，經過瓦努阿圖這個美麗的島國。我們從布里斯班啟航，充滿期待地前往這片未知的土地。

經過四天，我們穿越了南太平洋，抵達了瓦努阿圖這個美麗的島國。這個旅程的主題是“和諧”，我們不僅體驗了當地的自然美景，還感受到了島民之間以及人與自然之間的和諧。

我們首先抵達了瓦努阿圖神秘島，這個小島位於瓦努阿圖群島的中心地帶。在這個島上，我們參觀了當地的文化村，體驗了傳統的舞蹈和音樂。我們發現當地人民非常尊重傳統文化，他們用自己的方式保護和傳承傳統，讓這個美麗的文化得以延續下去。這種和諧的文化繼承讓我們深受感動。我們也換上預先準備好的游泳衣，在藍天白雲下、清澈海水中暢泳。

第二天我們來到了瓦努阿圖的首都維拉港。在這裡，我們參觀了當地的市集，品嚐了當地的美食和特色小吃，驅車去了米倫瀑布，位於維拉港以東約15公里處的雨林中。這個瀑布高約50米，是一個美麗的自然奇觀。梅勒卡拉藍湖是一個美麗的天然湖泊，位於市中心以南約10公里處。這個湖泊擁有清澈的湖水和美麗的藍色湖面，是一個非常受歡迎的旅遊景點。在湖泊周圍還有一些小徑，供遊客漫步和觀賞湖泊美，並暢泳其中。

我們發現這裡的動植物和自然環境之間也有一種和諧的關係。當地人民尊重動植物的自然環境，讓它們在這裡自由生長。這種和諧的關係讓我們深刻體會到人與人，或者大自然之間的默契。

Quantum of the Seas是一艘豪華的郵輪，擁有許多設施和活動，讓遊客可以在船上盡情享受娛樂和放鬆。一些船上的設施和活動，以及人與人之間的互動。

郵輪擁有各種各樣的設施，包括多個餐廳、酒吧、水療中心、運動場和電影院。船上還有一個泳池區，我們在炎熱的天氣中享受戲水的樂趣。此外，還有一個極限運動場，讓遊客可以挑戰自己的極限，體驗跳躍、滑板等各種刺激的活動。

在船上我們幾乎所有人參加了各種各樣的娛樂活動，包括音樂會、觀看演出、魔術表演、烹飪課程、名畫拍賣。但電子遊戲、桌遊和賭博我們就無參與了。

Quantum of the Seas上有很多遊客來自不同的國家和地區。遊客可以通過參加各種各樣的活動，如派對、酒吧巡遊和比賽，與其他遊客互動。船

總體來說，Quantum of the Seas提供了一個多元化的郵輪旅行體驗，讓遊客可以在船上盡情享受各種各樣的娛樂和設施。在船上，人與人之間的互動也十分豐富，遊客可以與來自不同國家和地區的人們交流，了解不同文化背景下的生活方式和價值觀，同時也可以建立長久的友誼關係。

郵輪上的飲食是一個非常重要的部分，乘客可以在各種餐廳和食品選擇中享受美食和美味的食物，其中包括主餐廳、自助餐廳、特色餐廳等等。主餐廳提供高檔次的正式用餐體驗，通常需要穿著正式服裝。自助餐廳則提供多種食物選擇，包括早餐、午餐和晚餐，可以自由取用。特色餐廳通常需要額外支付費用，但提供更加精緻的菜品和用餐體驗。我們在wonderland這間主題餐廳享用晚餐，雖然價錢有點貴，但食物，服務，餐廳裝修皆是一流水準。

郵輪上的食物種類非常豐富多樣，包括各種國家和地區的菜肴、美食和小吃。早餐通常包括各種蛋糕、麵包、水果、煎蛋、香腸和培根等等。午餐和晚餐則提供更多選擇，包括各種肉類、海鮮、蔬菜、麵條、米飯等等。此外，還有各種甜點、冰淇淋和飲料供選擇。郵輪上的餐廳也會考慮到遊客的特殊飲食需求，例如素食、無麩質飲食、低脂飲食、無蝦和貝類飲食等等。如果遊客有這些特殊需求，可以在船上向餐廳工作人員提出。

無論是享受高檔次的正式用餐體驗，還是自由取用的自助餐，遊客都可以在郵輪上享受美味的食物和用餐體驗。

8天的郵輪之旅是一次非常愉快和難忘的體驗。下船前我們的願望是：有機會再來！

CONNECTION WITH NATURE

BENNY XU

SOUTH PACIFIC MARITIME HARMONY JOURNEY

I was fortunate to go on an eight-day cruise at the beginning of the year, which took us through the South Pacific and the beautiful island nation of Vanuatu. We set sail from Brisbane, full of anticipation for this unknown land.

After four days, we crossed the South Pacific and arrived at the beautiful island nation of Vanuatu. The theme of this journey was "harmony", and we not only experienced the local natural beauty but also felt the harmony between the islanders and between people and nature.

We first arrived at the mysterious island of Vanuatu, located in the central part of the Vanuatu archipelago. On this island, we visited the local cultural village and experienced traditional dances and music. We found that the local people have a great respect for their traditional culture and protect and pass it down in their own way, allowing this beautiful culture to continue. This harmonious cultural inheritance moved us deeply. We also changed into the swimwear we had prepared in advance and swam in the clear sea under the blue sky and white clouds.

The next day, we arrived at the capital port of Vanuatu, Port Vila. Here, we visited the local market, tasted the local cuisine and special snacks, and drove to the Millenium Cave waterfall, located about 15 kilometers east of Port Vila in the rainforest. This waterfall is about 50 meters high and is a beautiful natural wonder. Mele Cascades is a beautiful natural lake located about 10 kilometers south of the city center. This lake has clear water and a beautiful blue surface and is a very popular tourist destination. There are also some trails around the lake for visitors to stroll and enjoy the beauty of the lake, and to swim in it.

We found that there is also a harmonious relationship between the local fauna and flora and the natural environment here. The local people respect the natural environment of the animals and plants and allow them to grow freely here. This harmonious relationship made us deeply appreciate the tacit understanding between people and between humans and nature.

Quantum of the Seas is a luxury cruise ship with many facilities and activities that allow passengers to enjoy entertainment and relaxation onboard, as well as interactions between people.

The cruise ship has a variety of facilities, including multiple restaurants, bars, a spa center, sports fields, and a cinema. There is also a pool area on board where we enjoyed the fun of swimming in the hot weather. In addition, there is an extreme sports area where passengers can challenge themselves and experience various exciting activities such as jumping and skateboarding.

On board the ship, almost all of us participated in various entertainment activities, including concerts, shows, magic performances, cooking classes, and art auctions. However, we did not participate in electronic games, board games, and gambling.

Quantum of the Seas has many tourists from different countries and regions. Tourists can interact with other tourists by participating in various activities such as parties, bar crawls, and competitions. Overall, Quantum of the Seas provides a diverse cruise travel experience, allowing tourists to enjoy various entertainment and facilities on board. There is also a rich interaction between people on board, and tourists can communicate with people from different countries and regions, understand lifestyles and values under different cultural backgrounds, and also establish long-lasting friendship.

Food and drink on a cruise ship are a very important part, and passengers can enjoy delicious food and delicacies in various restaurants and food choices, including main restaurants, buffets, specialty restaurants, and more. The main restaurant provides a high-end formal dining experience, usually requiring formal attire. The buffet offers a variety of food choices, including breakfast, lunch, and dinner, which can be freely accessed. Specialty restaurants usually require additional payment but offer more exquisite dishes and dining experiences. We enjoyed dinner at Wonderland, although it was a bit expensive, the food, service, and restaurant decoration were all first-class.

The variety of food on a cruise ship is very rich and diverse, including dishes, delicacies, and snacks from various countries and regions. Breakfast usually includes various cakes, breads, fruits, fried eggs, sausages, and bacon, etc. Lunch and dinner offer more choices, including various meats, seafood, vegetables, noodles, rice, etc. In addition, there are various desserts, ice cream, and drinks to choose from. Cruise ship restaurants also consider special dietary needs of tourists, such as vegetarian, gluten-free, low-fat, shellfish-free, and more. If tourists have these special needs, they can request them from the restaurant staff on board.

Whether enjoying a high-end formal dining experience or a free buffet, tourists can enjoy delicious food and dining experiences on the cruise ship.

The 8-day cruise trip was a very enjoyable and unforgettable experience. Our wish before disembarking was: to have the opportunity to come again!

如果你想拿取多些旅遊資訊和心得，請直接和墨魚仔聯絡。Please you want to collect more travelling information or share with the writer, please contact Benny Xu directly.

電郵信箱/E-mail : benxteacup@yahoo.com.au

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Articles Contribution

文章撰寫



Harmony

by *Mary O'Shannessy*

When I hear the word harmony, I think of music. A simple tune can be enriched by the addition of other notes which enhance the original sound. A mixed choir or an orchestra can touch the heart with beauty and completeness. For good harmony, there needs to be attentive listening, letting go and sympathetic attentiveness.

In our relationships with others, the same qualities are needed to create and sustain a harmonious connection. Our relationships with family members, friends and the wider community are very important to our wellbeing.

Just as additional notes can enrich a melody, so too our acceptance and welcoming of those who are different can enrich our lives. Differences of creed, race, gender, socio-economic variations can either enrich or divide a community.

I remember spending a year with a small group of people the majority of whom could sing a part solely against the main theme. Such an achievement required constant listening and adapting to the rest of the choir. I think that this concentration on our music helped us to be a most congenial group of people. I don't remember a single bitter argument or harsh judgement made amongst these twelve musical souls!

Maybe we can use music as an antidote to grumbling and pessimism!

PHILOSOPHY OF LIVING WELL

MARCH 2023

by Sharon Johnson



**Sharon Johnson's drawing from Philosophy of
living well March 2023**

The first session for 2023 began with an introduction and welcome from Amy.

We discussed the month of Harmony and asked the group to think about what Harmony means for them.

We asked for ideas that Warren wrote on the board in English and Chinese.

We then broke into the 2 groups, English and Chinese speaking.

Ling facilitated the Chinese group and I the English group.

Many people shared very deep, sensitive and emotional personal issues with the group and the time soon past to morning tea time.

We then remained in the large joined group where we decided to draw what harmony means to ourselves. After the creative juices had begun to flow following the discussion.

Firstly members shared and discussed their drawings with those on their tables, then the facilitators asked each person to share the meaning of their drawing with the room. This stirred up many emotions and a few more tears for loved ones flowed as well as a lot of love, support and compassion towards each other.

We agreed it was a great discussion and session even if we didn't really enjoy using the dining room as a joint work room. We hope the next session in May will be as supported and rewarding a day and we hope to see you all there.

HARMONY

by Sharon Johnson

Mal and I regularly go driving together in his 1969 Alfa Romeo Coupe. We are both members of the Alfa Romeo car club and have been for years now. Each Easter we go to the club's National getaway together. The destinations are shared by most states of Australia. As Victorians we have travelled to and from QLD, NSW, SA, Tas and Victoria.

Alfesta is often nicknamed Alfeasta. The gastronomic feasting begins on the Thursday evening meet and greet and continues until the farewell breakfast on the following Monday as we debrief and bid our farewells over our bulging bellies and waistbands.

Throughout Alfesta our patience with each other is repeatedly tested. To be honest it generally begins within the first 10km from home, as Mal, eager to be on the road and excited for the long drive ahead, often annoyingly to me sits that bit too close to any slower vehicle in front of us, or just has to pass everyone else in front of us until he is in the lead with clear road ahead.

Trivial little things like this get under my skin and often start to annoy me and begin to threaten the harmony we started with, that I hope and try to maintain during the seemingly endless hours.

Is it just me or do other non-driving passengers wrestle with this issue?

How does one maintain the peace and harmony?

Over the years I have devised and tried to improve my strategies for dealing with the issue of maintaining harmony.

I always bring a bag of what I lovingly term "my entertainment".

This bag of necessities has grown over the years and includes several of my, (and a couple of his), favorite CD's. This is a good idea except for the fact that a 1969 year old car makes a lot of noise. Not only is there engine noise, there is also road noise, plus the sound of the air and wind coming in through the windows(no AC), making it almost impossible to hear any form of radio, music or even a phone call. All these noises then sets off my own head noise in the form of tinnitus and screaming in my head, (something I just have to tolerate). This I understand just worsens as we age and is accumulative, so I don't want to add more intense head noise with ear buds, although I may try them this year.

In the name of maintaining harmony I will often put one of Mal's choice of CD on in preference to my own. I think this is to just keep the peace as I really don't like hearing him whine and complain about my sort of music such as soft rock. I don't mind a bit of John Denver or Burt Bacharach but listening to a couple of hours of Macca is that little bit too much. Even for me, in the name of peace and harmony.

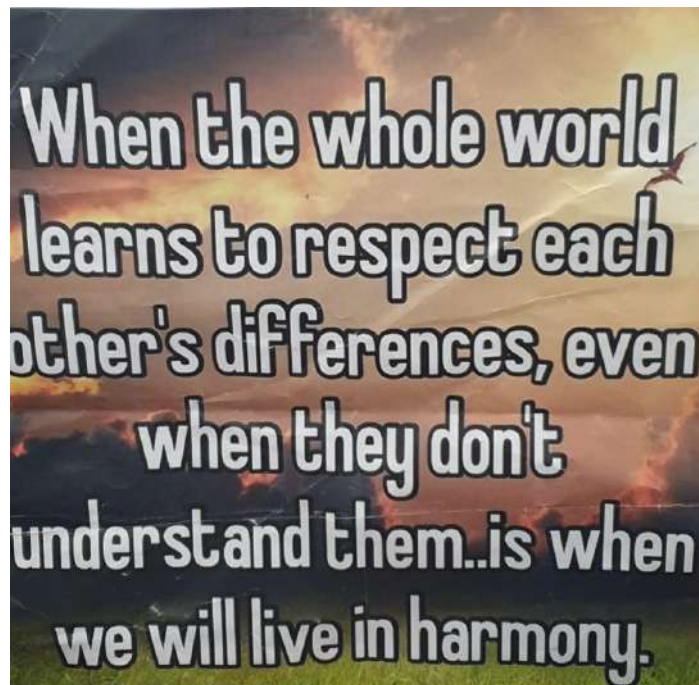
After a few hours as I gaze at the wonderful changing scenery out of my window my mind drifts to thoughts of coffee and a wee.

On our road trips to Winton we usually stop for a break at Swanpool. It's handy that they have now added an outside covered table beside the toilet block. I unwind myself out of the car, have a stretch for a bit, breathe in lungs full of fresh air and empty my mind as well as my bladder, then recharge my batteries with coffee and generally a piece of cake or a biscuit, (more supplies from my entertainment bag), before settling back into our seats for another few hours of the second leg of our journey.

Rummaging in my entertainment bag I first take out a bag of lollies then pull out a notebook and pen. To take my mind elsewhere I think up a few stories to write about as Mal passes two cars in a row before the road is once again clear ahead.

He can even do this at the same time as he tells me I don't need to eat so many sweets but accepts the one I offer him to keep him quiet and in harmony with me for a little while longer at least.

THE END



Quote from
Dot Haynes OAM

Home • What kind of children can be shaped

by Red Mansions Purple Chai



(No.1)

Since graduating from the college , with enthusiasm, I determined to be a good teacher! However, in less than a month, a major blow came!

A primary 6 pupil owed homework almost every day! Because he owed too much homework, his rest time was almost taken up by teachers of different subjects, so I had to ask him to do it after school! One day, while he was doing his homework, he tried to sneak away when I returned to the staff room to pick up something. Unfortunately, he was found by me so he rushed down the stairs immediately and ran towards the school gate. I tried to stop him ,but failed! Such an athletic monkey ,of course I couldn't catch up!To be able to escape from my "clutch", of course he was very happy! So, he grimaced at me from the distance and even made a victory gesture to demonstrate to me! At that time, I was so angry that my seven orifices were filled with smoke, I thought that he was really adominable! Ok !That's fine! Just let your mom to teach you a good lesson! "So, I called her mother and told her the whole story. Unexpectedly, her mother said , "Teacher, he doesn't like to do homework, let it be ! You often ask him to stay after school , then he can't take the school bus and have to take bus or taxi to go home by myself. Do you know that you are wasting my money? So, don't punish my son for doing homework after school! "After hearing that ,I felt as if I was poured over by a basin of frozen water! A moment of silence! Afterwards, I said , "Mrs. X, I wasted your money! I really sorry for that! Since you ask me not to let your son stay behind then I will never do that again, but please urge him to do his homework at home in the future! If he still owes it, then I will ask him to do it as much as possible during recess! Sorry for disturbing you!Goodbye!"

I couldn't believe that I would meet such kind of parent! Finally ,I also understood why he owed so much homework every day. It's because he had such a "good" mother supporting him behind ! At first,I thought that he was so detestable but after hanging up the phone,I felt sorry for him !

You may wonder why I agree her request so easily without any arguing ,because even if I turn against her, it does not help! Maybe if I respect her and accept her request ,we can still keep a good relationship, so that maybe she will help me . The aim of calling her is only to let her know that her son often missed homework, and hoped that she can urge the child to complete the homework at home .But,I still want to let her know that it is the student's responsibility to do homework, and it is the teacher's responsibility to catch up with homework that is not due. Parents are also responsible for urging children to do their homework !

Brief introduction of the author

"Dream of Red Mansions" is a Chinese classic literary masterpiece that still ranks at the top of the list. My name was taken from one of the heroines! Since I like purple, the combination of the three became my pen name "Red Mansions Purple Chai"!

An ordinary primary school teacher who has been teaching for nearly 30 years, was fortunately to be invited by Amy Yuen to share some articles on this platform . I hope that I can use some cases that I have encountered in my teaching career to let parents know what children think, or let parents get some insights from each article.

家·能塑造出怎樣的孩子

紅樓紫釵

（第一篇）

師範畢業後，懷著滿腔熱忱，立志要做個好老師，教好每一位學生。可是，不到一個月，便招來一次重大的打擊！

一位六年級的男生，幾乎天天都欠交功課！由於他欠的功課實在太多，所以他的「小息」，都差不多被不同科目的老師佔用了，我只好在放學後留他補做！一天，他在補做功課期間，趁我到教員室取東西時，便想偷偷溜走，可惜被我發現了，他頓時飛奔落樓，向校門方向狂奔。我尾隨喝止他，但他並沒有停下來！這隻身手矯健的猴子，我當然是追不上，何況我當時並非穿著平底鞋呢！能夠逃離我的「魔掌」，在他來說，當然高興！所以，他在遠處對著我扮鬼臉，更做出勝利的手勢向我示威！那時，我被氣得七竅生煙，心想：真的豈有此理！好！你走吧！回到家裏你就知味道！就等你媽媽好好教訓你吧！於是，我便致電給她的媽媽，告知她事情的始末，怎料她的媽媽竟對我這麼說：「老師，他不喜歡做功課，你就由他吧！你經常罰他留堂，他便不能乘校車返家，要自行乘巴士或的士回家，你知不知道你是在浪費我的金錢呢？所以，你以後就不要再罰我的兒子在放學後補做功課好了！」聽了那番話，我犹如被一盆冰凍的水倒頭淋！片刻無言！其後，我說：「X太，真的很對不起！浪費了你的金錢！既然你這麼說，那我以後再也不會著他留堂補做功課，但請你日後也好好督促他在家做功課；如果他仍是欠交，那我只好著他在小息時盡量補做，真不好意思，打擾了你！」從沒想過，剛出道便遇上這樣的家長！我終於明白為何這男生近乎天天都欠交各科的功課，原來是因為背後有這樣一位「好」媽媽替他撐腰！本來覺得那學生很可惡，但掛線後，頓時覺得他很可憐，也為他感到可悲！

作者簡介：

《紅樓夢》為一本至今仍排列榜首的中國經典文學名著，我的名字，正好取自其中一位女主角！由於我喜歡紫色，三者合而為一，便成了我的筆名「紅樓紫釵」！

一位平凡的小學老師，執教鞭近30年，有幸得到阮愛美同學的邀請，來到這平台作出分享，我希望能藉一些在教學生涯上遇到的人和事，讓家長們了解孩子們心中的所思所想，又或從中能有一些領悟！





Depression

by Law Wai Lok

We all understand the importance of maintaining good physical health, however, mental health is often neglected due to the fear of people viewing and treating us differently. Both are required to be in balance - like yin and yang, in order to achieve the equilibrium of a healthy body.

Our journey begins in the mind, a complex amalgamation of neurons intertwined with each other, with 100 billion neurones firing per second. This is the brain, arguably one of the most vital organs in our body. Without it, we would not be able to move, speak or even think. Imagine how difficult life would be for us if it was ill, affecting both our behaviour and actions. This is a “mental illness”, a mental health condition that affects you even though your physical body is unharmed, and one of the most common forms of mental illness is depression.

Depression is mostly associated with “sadness”, feeling “down” or “miserable”. However, it differs from ordinary sadness as people (who are depressed) tend to have difficulty recovering - leaving it prolonged and unresolved. Now, you may be thinking, how will this affect me? Well, depression is ubiquitous worldwide, with over 280 million people diagnosed with it. Each year, approximately 1 in 20 people will have depressive symptoms. Despite that, few will seek treatment, leaving it widely undetected. Your friends may display some depressive symptoms without even knowing it. Depression affects a person’s day-to-day activities, and in severe cases, it may even lead to suicide attempts. Below is a list of symptoms according to the DSM 5:

(If a person is clinically diagnosed as depressed, they must have 5 or more symptoms below (with at least one from the first two), and experience it nearly every day for at least 2 weeks.)

Feeling unusually sad

Loss of interest

Lack of energy and tiredness

Feeling guilty when they are not really at fault

Suicidal thoughts or attempts

Difficulty concentrating

Easily agitated or dull

Having sleeping difficulties (insomnia or oversleeping)

An extreme change in weight (a 5% gain or loss in a month)

A student who is affected by an episode of depression may suddenly withdraw from school activities and friends, lack engagement and be irritated easily, and forget to do tasks such as homework or chores. They may also find it challenging to be productive in the morning but work more effectively in the afternoon. Furthermore, they may complain about feeling “tired”, even having adequate sleep. All of these are possible observations which could be seen in a depressed individual.

Next page

This leads us to the question, can the chance of “getting” depression increase due to certain factors? And how do we help people with depression? Firstly, yes, there are multiple risk factors associated with depression which increase its likelihood of being present in an individual. Some of them include: Having a family depression history, genetics (females are twice as likely to experience major depression compared to men, possibly due to hormonal changes and chronic stress), poor childhood experiences such as parental divorce, Post Traumatic Stress Disorder (PTSD, or in layman’s terms, “trauma”) and even long-term physical illnesses. A combination of biological, social and psychological factors can contribute to depression, and most of them (especially biological factors) are unavoidable.

Nevertheless, we can definitely assist those who may be depressed and need our help. According to Youth Mental Health First Aid, we can adopt an “ALGEE” approach. By Approaching the young person, we assess their situation and assist them. Taking the initiative definitely helps! Most people do not state their symptoms and experiences as they are afraid we may judge them or find them “weird”. We then Listen and communicate with them in a genuine and sincere attitude, and empathise with them. Afterwards, we Give support and information, respecting them and encouraging them to recover gradually. We also Encourage them to seek help from professionals, such as counsellors and social workers, and Encourage them to seek help from family, friends and themselves. After all, they know themselves the best and are more likely to be honest and genuine with themselves.

Depression is a serious condition that can have a profound impact on one’s life. However, through appropriate intervention methods and resources available, we can quickly diagnose and aid those in need. If someone you know is experiencing symptoms of depression, remember to approach them and direct them to professionals to learn more about the available options for treatment and support. Then, and only then, can we achieve harmony in both our bodies and our minds.

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Author’s note and inspiration: Hi! I am a fifteen-year-old medical enthusiast from Hong Kong. I was inspired to write an article on depression due to a course I am currently studying as an extracurricular activity, YMHA (Youth Mental Health First Aid) - an Australian course which was adapted to Hong Kong. I believe that I’ve been struggling with mild mental issues (stress and anxiety) for quite a while now and experienced some of the ups and downs of being a teenager. The course helped me conduct self-diagnosis and realise the potential problems behind poor mental health and what we can do to fix them. It really broadened my horizons as my mental health improved greatly, and I am eternally grateful for the insightful knowledge into various mental health issues such as depression, bipolar disorder, self-harm and more. I hope this article has provided insight for readers on depression so they can begin their journey to understanding themselves and strive to maintain both their mental and physical health.



文章撰稿

抑鬱症

羅瑋樂

我們都明白保持身體健康的重要性，然而，由於擔憂人們以不同的眼光看待和對待我們，精神健康常常被忽視。其實兩者都需要保持平衡——猶如陰陽一樣，才能達到健康身體。

我們的腦袋有無數的神經元交錯相通，每秒有 1000 億個神經元在發放信號，是我們身體中不可缺少的器官之一。沒有它，我們就會無法移動、說話甚至思考。如果腦袋生病了，我們的生活便會很艱難，言行舉止亦會受到騷擾，這就是一種“精神疾病”——一種即使你的身體沒有受到傷害也會影響你精神健康狀況的疾病，而最常見的精神疾病形式之一就是抑鬱症。

抑郁症会让大家立刻能联想起“悲伤”、“沮丧”或者“痛苦”。然而，它与普通的悲伤不同，因为患有抑郁症的人的症状通常比较严重，而且维持的时间也比较长。但是你会问，抑郁症关我什么事呢？抑郁症是非常常见的，世界上有超过 2.8 亿人被诊断出患有抑郁症。每年，大约每 20 人中就有 1 人会出现抑郁症症状。尽管如此，很少有人会寻求治疗，从而使它像穿了隱形斗篷一样一直未被发现。也许你的朋友们也表现出一些抑郁症状。抑郁症会影响一个人的日常活动，在严重的情况下，甚至可能会导致他们企图自尽。以下是根据 DSM 5 列出的症状：

（如果一個人被臨床診斷為抑鬱症，他們必須有以下 5 種或更多症狀（前兩種中至少有一種），並且幾乎每天都經歷這種症狀至少 2 週。）

感到異常悲傷

失去興趣

缺乏活力和疲倦

當他們沒有真正的過錯時感到內疚

自殺念頭或企圖

難以集中注意力

容易激動或遲鈍

有睡眠困難（失眠）

體重的極端變化（一個月增加或減少 5%）

受抑鬱症發作影響的學生可能會突然退出學校活動和朋友圈，缺乏參與活動，容易被激怒和忘記做作業或家務等任務。他們可能會發現上午的工作效率很低，不願開始工作，但到了下午，他們的工作效率會提高。此外，他們可能會抱怨感覺“筋疲力盡”，即使他們睡眠充足。這些都是可以在抑鬱症患者身上看到的症狀。

這就引出了一個問題，得了抑鬱症的機率會不會因為某些因素而增加？而且我們如何幫助抑鬱症患者？首先，與抑鬱症相關的風險因素數不勝數。其中一些包括：家庭背景（有親人患過抑鬱症）、性別（女性患重度抑鬱症的可能性比男性高一倍，可能是由於荷爾蒙變化和長期的壓力）、父母離婚等不良童年經歷、創傷後應激障礙 (PTSD) 和長期的身體疾病。生物、社會和心理因素的結合會導致抑鬱，其中大多數（尤其是生物因素）是不可避免的。

儘管如此，我們絕對可以幫助那些可能抑鬱並需要我們幫助的人。根據YMHFA，我們可以採用“ALGEE”方法。通過接觸這些有抑鬱病症的人，我們可評估他們的情況並幫助他們。主動接近他們肯定有幫助的！大多數人不會說出他們的症狀和經歷，因為他們害怕我們會批判他們或者覺得他們很“奇怪”。我們需要聆聽他們的經歷並以真摯的態度與他們溝通，理解他們的內心世界。之後，我們向他們提供支持和信息，尊重並鼓勵他們逐漸康復。我們也應該鼓勵他們尋求專業人士的幫助，例如輔導員和社會工作者，以及鼓勵他們向家人、朋友和自己尋求幫助。畢竟，他們最了解的是自己，一定會對自己更加誠實。

抑鬱症是一種嚴重的疾病，會對一個人的生活產生深遠的影響。但是，通過適當的處理和運用不同資源，我們可以快速診斷並幫助有需要的人。如果你認識的人正在經歷抑鬱症或者呈現出抑鬱症症狀，請記得接近他們並引導他們去找專業人士，以了解更多有關治療和支持的選擇。這樣，我們才能實現身心和諧。

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作者的簡介和靈感：大家好！我是來自香港的十五歲醫學愛好者。我目前正在學習一門課程——YMHFA（青少年心理健康急救，這是一門源於澳州課程）。我深受YMFHA的啟發，揮筆成章地寫了一篇關於抑鬱症的文章。“同是天涯淪落人”，我也曾經經歷過輕微的精神問題（壓力和焦慮），從中掙扎過一段時間，並且經歷了青少年時期的一些起伏。該課程幫助我進行自我診斷和讓我意識到背後的問題，讓我們能夠採取措施來解決這些精神問題。這門課程真的開闊了我的視野，因此我的心理健康狀況得到了極大改善。我非常感激老師的細心教導，讓我對各種心理健康問題（如抑鬱症、雙相情感障礙、自殘等）的深刻了解。我希望這篇文章能為讀者提供有關抑鬱症的見解，以便他們可以開始了解自己，注重自己的內心健康，並且展開他們保持身心健康的旅程。

The Precious Moment of Now

by Ven Hui-chyuan

Bodhi Chan Meditation Centre, Brisbane

Where are you now? Are you in the past? Or are you in the future? Or are you in this present moment? Of course I am talking about your mind? If your mind is clinging to the past or future, you may not be able to pay full attention to listening to what I am saying now. If your mind is here at this moment and listening to what I am saying, you may practice listening meditation, which means you listen to the words, and let the voice and words naturally come to your mind, without any judgement or discrimination. You can observe the different qualities of mind between staying in the now, or in the past or future. Indeed it is very easy for our mind to attach to the past and future. So today let's investigate to see if we can have a different quality of life when the mind stays more in the present.

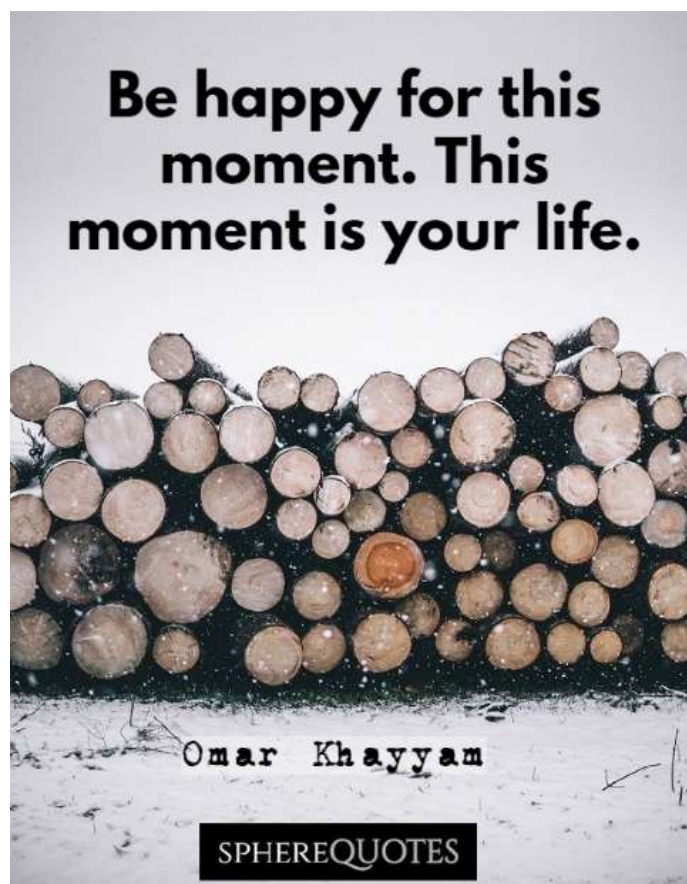
First, I would like to talk about why the mind likes to stay with the past and the future. Have you ever noticed that when the current situation or environment is boring to you, your mind easily switches to the past or future to find something more interesting? The glorious times of the past, the interesting things of the past and all the good memories of the past, are like delicious food that carries our attention away from the present moment. You may ask what's wrong with remembering the past? There is nothing wrong with it in itself. However, it just takes away our present moment, and the more we stay in the past, the more we will want to stay there. Therefore, we may live in the past or in the future, more than we live in the present moment. And it may seem all right if you are lucky enough to live with good memories, but how about if there are lots of bad memories, and our habit of attaching to the past has become too strong to let go. You are hooked, then you are addicted, then gradually you can become even obsessive to the point that you are actively blocking out the reality of the present moment. That's why so many people in our society are living a miserable life because they live in the past.

How about living in the future? Why do people want to live in the future all the time? Do people stay there because the future provides hope? Staying in the future is also a way of escaping the present moment. Another question we may ask is whether escaping now, and whether thinking of the future is going to help us? It will not, because it is going to bring more illusions and take away our precious "now" moment. People may think and expect that tomorrow will be better, that tomorrow will bring more hope, and that tomorrow everything will be changed. But tomorrow does not really exist, it only exists in our mind. When tomorrow comes, it always comes with now. So why give up now and delude ourselves to embrace the future? Don't you think that every precious moment is our life? If we are losing every precious moment, we are losing our life.

I know most people attach to the past and future because the now is scary. There are too many problems of the now to deal with. Our relationships are shaky. Our finances are unstable. Our physical condition is decaying. Family problems seem never ending. Social security is not safe. Terrorism is threatening. Global warming is a fact of life, and it seems the problems of the now are everywhere, and are never going to stop.

Next page

Unfortunately, there is nowhere to hide. So we think it's better to hide in the past or future, right? But does hiding in the past and future really provide a good refuge for us. The answer is very obvious. So let's imagine if we stay with now, then what will happen? A good thing comes and we stay with it. A bad thing comes and we stay with that too. We stay with now and experience whatever nature brings to us. Nature brings us the daytime and we experience it. Nature brings us the night-time and we experience it too. Nature brings us a sunny day and we experience it. Nature brings us a rainy day and we experience it too. Nature brings us a birth and we enjoy it. Then nature brings us sickness and we experience it. Nature brings us aging and we face it. Then nature brings us dying and we welcome it. This is what life brings to us, and they are all unique experiences for us to fulfil our lives. If we live with this attitude what do we need to be afraid of, what do we need to escape, and why do we need to ask for more? Life itself has already too much for us to enjoy, to explore and to experience. All of a sudden, the now becomes so alive, so interesting, and so creative. You cannot give up "now." Let's enjoy being with the present moment. Keep practicing.



當下的品質_回到「當下」

布里斯本菩提禪院慧全法師

佛問沙門：「人命在幾間？」對曰：「數日間。」佛言：「子未知道。」復問一沙門：「人命在幾間？」對曰：「飯食間。」佛言：「子未知道。」復問一沙門：「人命在幾間？」對曰：「呼吸間。」佛言：「善哉，子知道矣！」
—《佛說四十二章經》

如果您的心是專注在當下傾聽法義，那您就是處在佛所說的諦聽，諦聽之中，此時法的音聲將會自然的流入您的內心，不起任何的分別、比較、妄想，心中沒有雜念與壓力，即是諦聽。

心在那裡呢？在過去？在未來？還是在當下？

為什麼我們的心喜歡停留在過去與未來呢？因為當現前的環境是無聊或沮喪時，我們的心就容易轉向過去或未來，從而去尋找有趣的事情，例如回想過去一些美好有趣的事，此時，自然而然的就會把「當下」給遺忘了。

當我們一直停留在「過去」，成為慣性之後，我們的心就愈加的往「過去」靠攏，形成活在過去與未來的時間，比活在現在還多，這便會使我們丟失了寶貴的當下。

人的心總是喜好駐足在「胡思亂想」之中，習氣養成，難再改變。如果幸運，過去的回憶都是美好的；如果不幸，過去的回憶都是負面、傷痛的記憶，那沉溺在過去，只會加深痛的裂痕，這也是為什麼有那麼多人生活在痛苦的深淵中，走不出來。

幻想「未來」又是如何呢？未來能夠帶給我們希望和夢想嗎？還是逃離現在，活在未來可以對我們有所幫助。其實我們都知道那是不可能的，因為這樣做只是會帶來更多的幻想，而失去寶貴的當下。

人們常常期待或許明天將會更好，因為明天會帶來更多的希望和期待，但是明天並沒有真正的存在，而是存在我們的腦海之中，一旦來臨時，它總是以現在的面貌來呈現，因此，為什麼我們要放掉「現在」而迷失在漂渺的「未來」呢？

我們的生命是由每個寶貴的當下所組成，當失去當下，就是等同在浪費我們的生命一般。大多數人喜好沉浸於過去或未來，是因為「現在」讓他們感到恐懼。現在有太多的煩惱要處理，有家庭的、有感情的、有經濟的、有健康的問題，日復一日，年復一年，再加上對社會的不安定感，如恐怖主義，全球暖化，氣候異常，天災人禍等，生活中充斥著總總惱人的問題，讓我們無處可躲，所以心就逃向了「過去」和「未來」。

如果我們選擇回到當下，不論境界的好壞、善惡，我們面對它，不論法界因緣如何呈現，或是呈現什麼，我們如實的面對它。

法界因緣呈現白天與黑夜，我們就如實的經驗它；法界因緣呈現晴天與雨天，我們就如實的來欣賞它；法界因緣呈現出生老病死，我們就如實的來面對它；法界因緣呈現出憂悲苦惱、喜怒哀樂，我們也是如實的來迎接它。

抱持著隨緣歡喜的心，迎接生命展現的各種樣貌，這些經驗，都是法界賜予我們的，是來豐富我們的生命，讓我們的生命充滿驚奇。假如我們有了這樣的體會，並且如實用這樣的態度來生活，那我們還有什麼害怕恐懼的呢？我們有什麼需要逃避的呢？我們有什麼需要貪求的呢？因為生命本身已經豐富至極，足以讓我們窮其一生去探究與享受了。

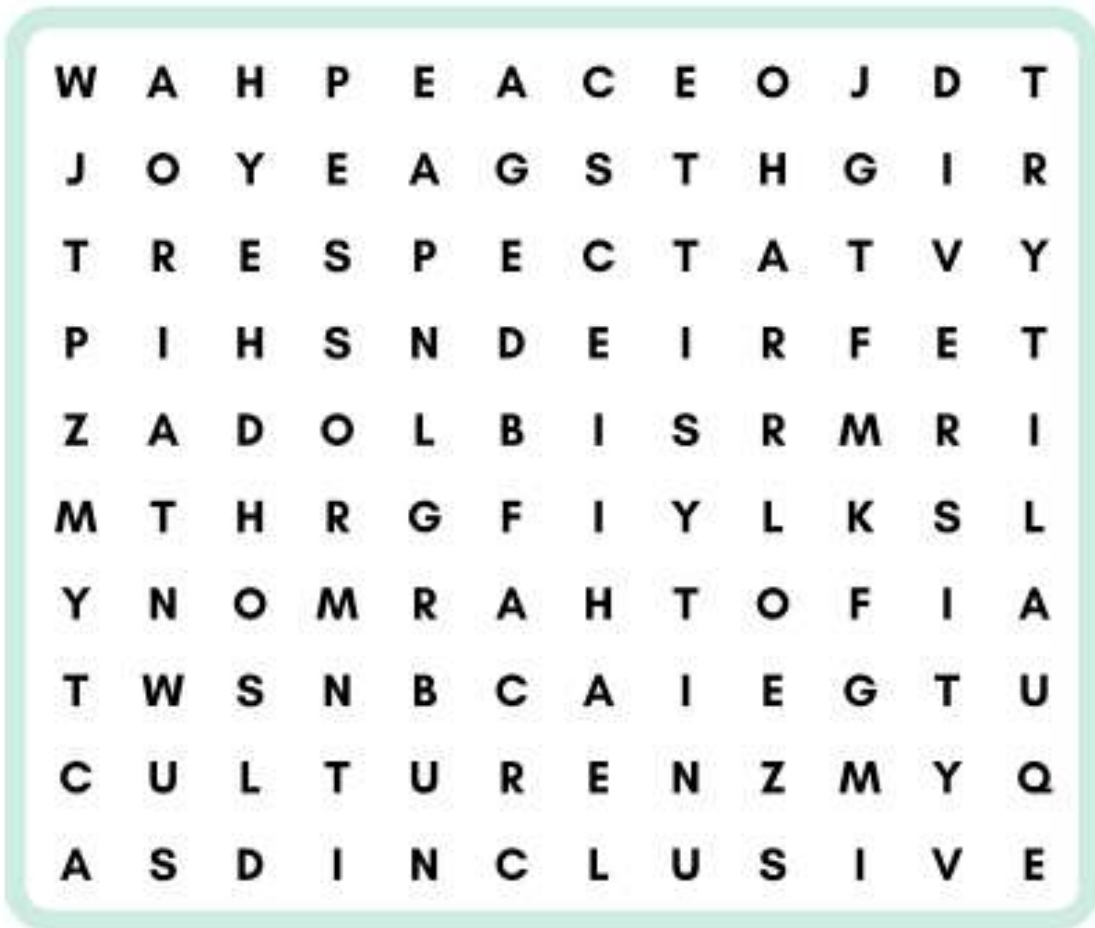
如果您是如此來面對生命，生命的當下將會變得生氣蓬勃，趣味盎然，多彩多姿，令人無法忘卻。同參們，且讓我們一起在禪修中，體會「當下」帶來的至真至善至美吧。



Interactive Section 互動環節



Harmony Word Search



HARMONY

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WORLD

INCLUSIVE

DIVERSITY

RESPECT

FRIENDSHIP

RIGHTS

PEACE

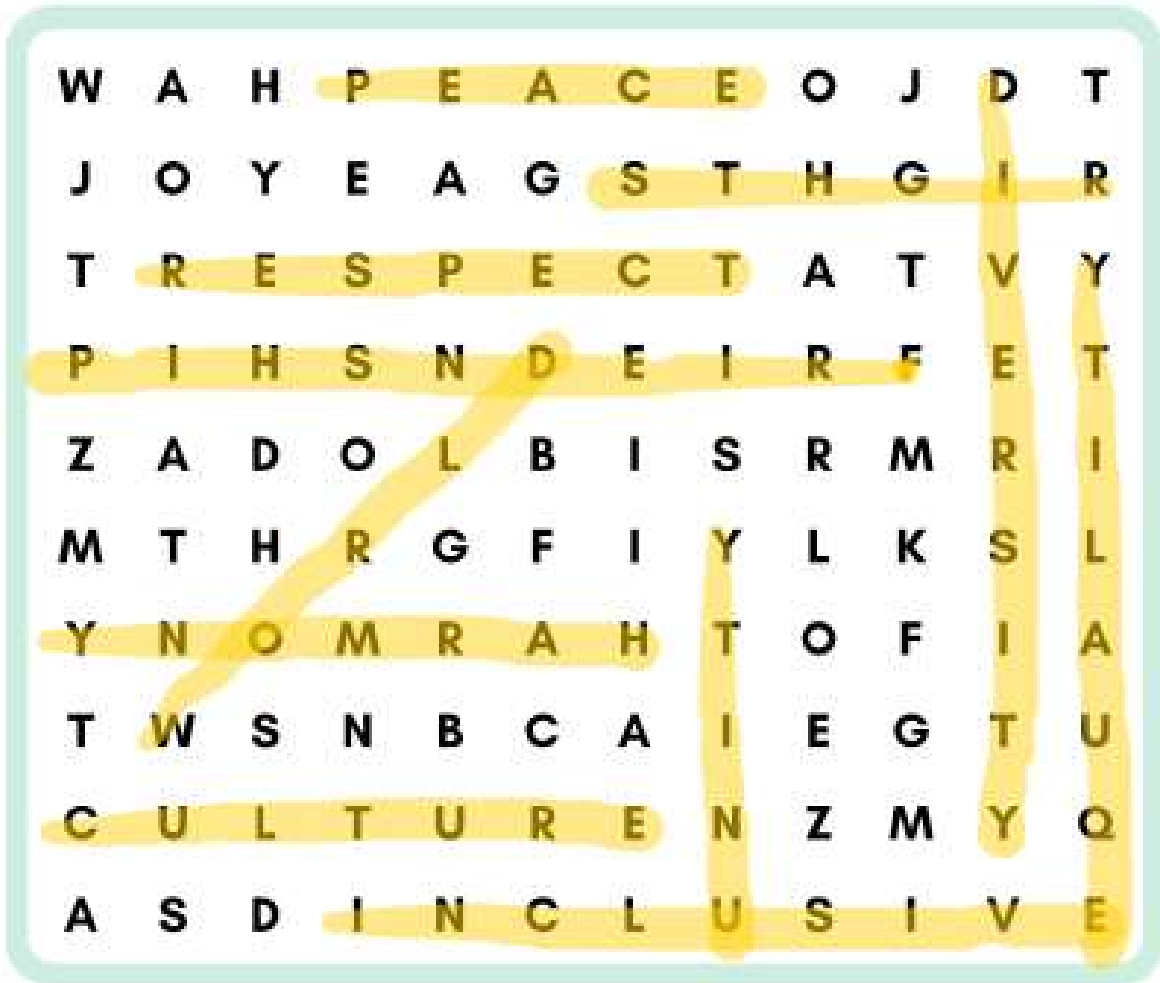
UNITY

CULTURE



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KEYS



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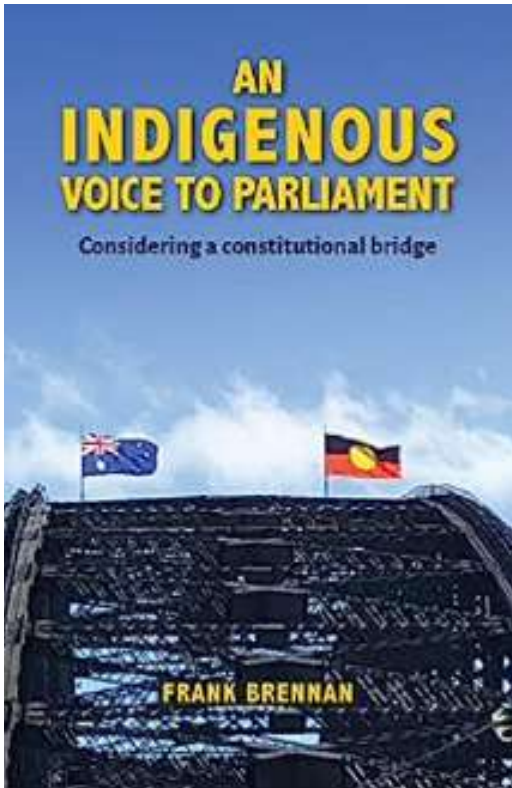
RIGHTS

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Book Recommendation 好書推薦



An Indigenous Voice to Parliament: Considering a Constitutional Bridge By Frank Brennan

Frank Brennan has been an advocate for Indigenous rights for 40 years. In *An Indigenous Voice to Parliament*, he explores the difficult path travelled by Aboriginal and Torres Strait Islander leaders and their supporters to get to this question.

In the past, advocates argued for changes to Commonwealth Parliament's powers to legislate for Indigenous Australians and to the capacity of the High Court to strike down racially discriminatory laws. They also sought changes to the Constitution that would acknowledge Indigenous history, reality, and aspirations.

All those proposals are now replaced with the Voice. But is it to be a Voice to Parliament or a Voice to Parliament and to Government? Would the focus be only on special laws applying to First Australians, or on any other relevant matters?

An Indigenous Voice to Parliament fairly outlines both the 'Yes' case and the 'No' case, so that voters can make up their own minds before casting their vote in the referendum.

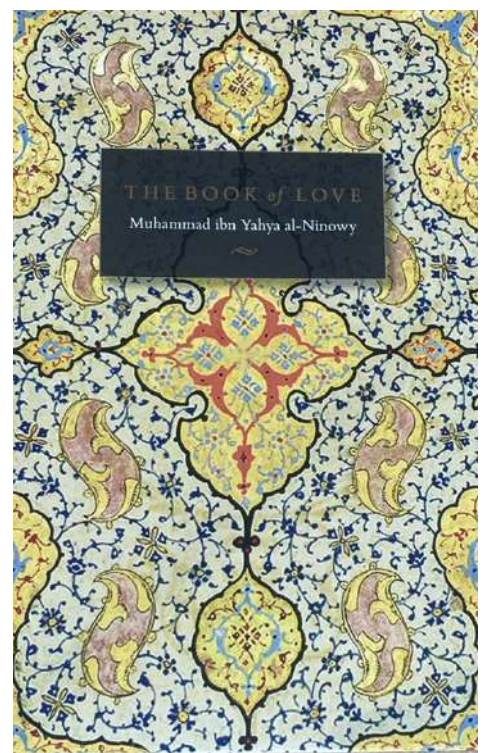
Book of Love By Shaykh Dr. Muhammad Ibn Yahya Al-Ninowy

Love is like a journey everyone should consciously and actively take. The journey is more amazing than our greatest aspirations and more miraculous than our most beautiful dreams. The journey leads the wayfarer to personal liberation, whose highlights are love, forgiveness, unconditional compassion, mercy, reconciliation, hope, happiness, positive contribution and optimism, with no place at all of the repression, original sin, judgement, punishment, guilt, pain, enmity, or even death.

This is not just possible, this is real and beautiful. The journey on the path of love is the elixir of an everlasting life of love. There is no shortage of love, just our willingness to embrace it with our whole heart and channel it to others.

The *Book of Love* is a window into the journey of the wide throughout our human history, such as: Adam, Abel, Noah, Abraham, Joseph, Moses, Jesus, and Muhammad. It is Islam, as I know it. Though *The Book of Love* is a book of personal reflections, each line of its aphorisms is an opener to a more intimate inner conversations. Welcome to the world of Love.

-Shaykh Dr. Muhammad ibn Yahya al-Ninowy



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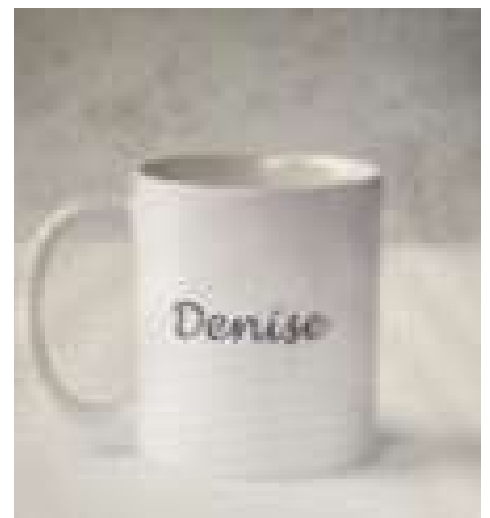
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BACK – PEACE PARROT



BACK – EGO BIRD



FRONT



大地萬物，和諧共存，譜出一幅美麗的圖畫。

Everything on the Earth, Live in Harmony, Compose a Beautiful Picture

-李少英 Winnie Lee





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善思雅趣

歡迎投稿

If you would like to contribute an article for the next
5th edition (Theme: Connection)

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