

生命教育的 What, Why, 和How

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What

- 生命教育即是善用生命的教育 Life education is about how to make the most out of our lives.
- 就是愛(Love)的教育、智慧(Insight)的教育、堅毅(Fortitude)的教育，和主動善用生命發現可能的教育(Engagement)。L.I.F.E. education.
- 生命不會停留等候，每天都要過去，分別是白過還是有收穫的過
 - A day truly lived is a day truly gained.
 - 率性生活的每一天，就是賺來的一天。
 - 率性 (truthful living)：依循天性的所感而行。《禮記·中庸》：「天命之謂性，率性之謂道。」
- 生命教育是認清生命是本；生命以外的一切都是末。Life is the ends; all the rest is means.

生命教育不是一味唱好的「正向心理學」，
不強調向好的方面看；並要求積極面對挑戰

Life Education is Positively Facing the Challenges
that Life presents

- 生命教育不是虛的「正向心理學」，而是強調「實踐」、如實觀的「實觀」及「主動」、「積極」的心理學。Positive Living 的 Positive 是積極的意思，不是妄想現實比事實更好的意思，所以 Positive Living 必須建基於「把握當下，出盡法寶，完成使命，實現最好的、由自己親自掌握的生命。」
- Positive living is Positively Making the Most out of the Opportunities that life offers (“constrained maximization”)

Love, Life, and Positive Living 愛護生命的初心 是一切真正成就的基礎

**The Psychology and Economics
of Happiness:**

Love, life and positive living

By Lok Sang Ho

Routledge 2014

“Constrained Maximization”: 生命就
是在種種局限下打造最好的自己

The Psychology and Economics
of Happiness

love, life and positive living

Lok Sang Ho

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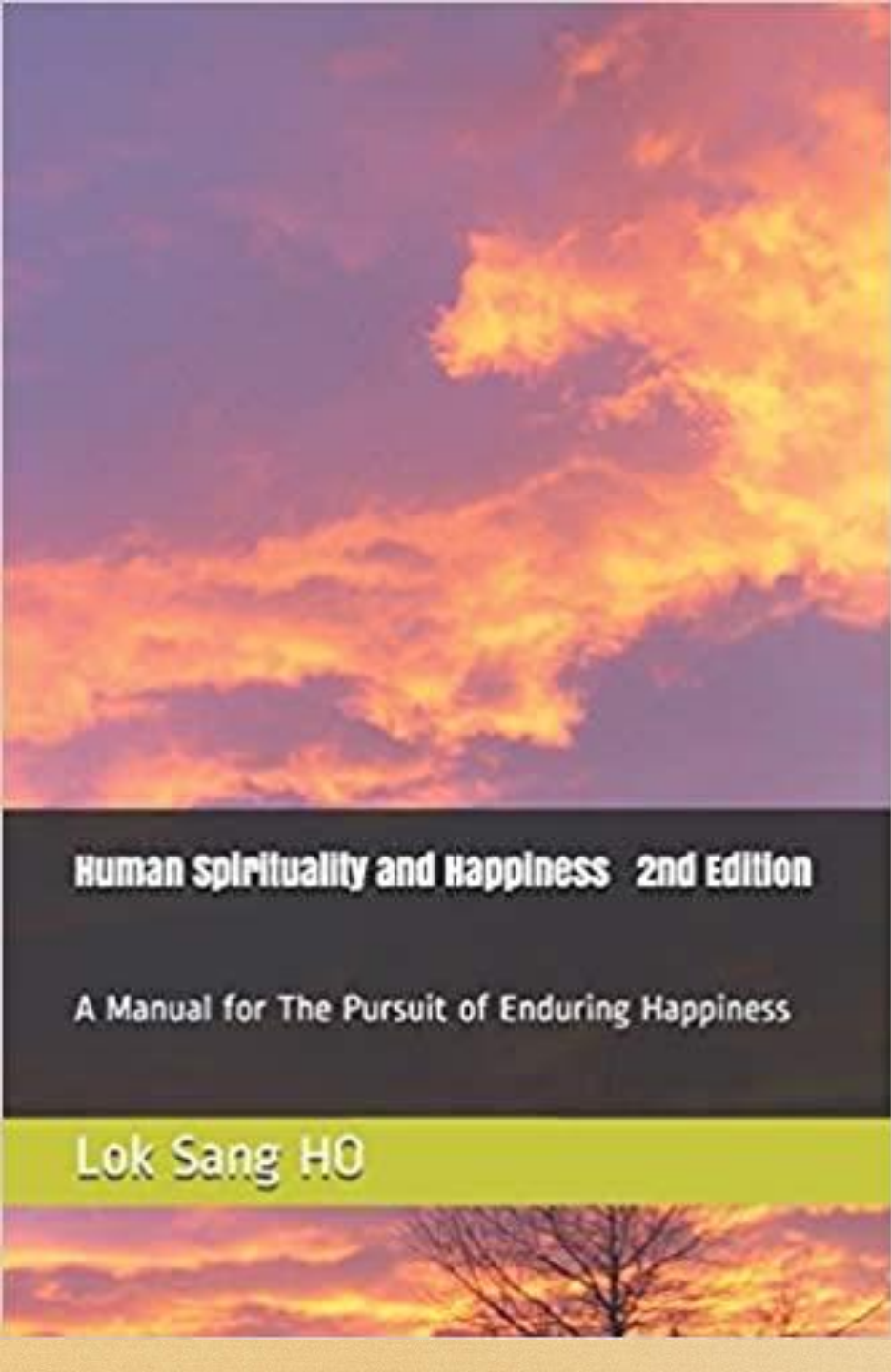
活得快樂有三要：信念；方法；堅持

可視作「生命教育三要」

The three key ingredients to a good life:

Conviction, Method, Perseverance

- C信念是 定下目標，要做快樂的人，要創造更多的快樂，立己立人
- I am here to live well and to make happiness for myself and for others.
- M方法在 愛 智 毅 行 Love Insight Fortitude and Engagement;
為自己積累 心理資本 I am ready to accumulate the necessary mental capital to do so
- P堅持在 不要讓任何力量干擾心理資本的積累 I am relentless in this effort.



Human Spirituality and Happiness 2nd Edition

A Manual for The Pursuit of Enduring Happiness

Lok Sang HO

V. The Essence of Spirituality from A to Z

There is an ongoing war within each human mind, a war between sensory gratification and spiritual happiness. The resolution of this inner war will bring, once and for all, final peace and happiness.

The resolution will, however, not be through the defeat of one and the victory of the other. The resolution will be through a new harmony: an acceptance that the sensory world and the spiritual world can live harmoniously together and can be one, a discovery that it is through the sensory world that we can realize the spiritual potential that is within ourselves, that we can come to know love and life.

The spiritual teachers in the past have taught everything that we need to know, so there is nothing new in this chapter that I call the Essence of Spirituality. Yet spiritual discovery must be a totally new venture for all of us, because we have to discover our spiritual happiness for ourselves through our own lives. Discovery must be a new experience and it will be a challenge for all of us.

What follows is a summary of the important lessons drawn from the teachings of ancient masters.

A. *Compassion*

When the tears of love flow,
The soul lives.⁴

⁴ From St. Matthews 5:43 to 5:45, "Ye have heard that it was said, Thou shalt love thy neighbor, and hate thine enemy: but I say unto you, love your enemies, and pray for them that persecute you; that ye may be sons of your Father who is in heaven: for he maketh his sun to rise on the evil and the good, and sendeth rain on the just and the unjust."

Essence of Spirituality
第一條就是關愛:

愛的淚水在淌時，你就知道

靈魂在活着。

智慧在於明瞭人生大志。
人生大志在於發揮生命潛能。
見證生命的能力在於克服習氣。
克服習氣在於治理心病

智慧在於掌握分寸
掌握分寸在於知止
知止在於知足
智者由知足獲得自由

智慧在於分清本末。
分清本末在於明瞭自己想要什麼。
自己固然想要達到目的；
但無助於自我提升，目的達成又怎樣？

Wisdom is to know the grand purpose.
The grand purpose is to realize Life's
potential.
That requires taming our ancient weaknesses.
To be wise is to overcome mind's sicknesses.

Wisdom is a sense of proportion.
A sense of proportion is to abandon excesses:
Giving up the urge to keep seeking more;
To be wise is to be free from this scourge.

Wisdom is being able to tell means from ends.
That requires knowing what you really want.
You certainly want to achieve your goal.
But a goal does not mean much unless it
serves your soul.

智慧在於認清緣起緣滅。
知道世間一切，無非過眼雲煙。
自己身心亦無非供我所用，
如僕人供主人差遣。

智慧在於不再憂慮。
無助於己的憂慮，何不棄如蔽履？
憂慮大半都是毫無意義。
何不只顧盡力而為，樂得自在？

智慧在於率性地生活。
盡情生活即珍惜每刻、活出價值。
痛苦憂傷的日子亦宜率性地活出真性情。
率性生活的每一天，就是賺來的一天。

Wisdom is to see the transient nature of things,
To realize everything is but the result of transient causes and conditions;
The self as we know it should only be an instrument
To serve the master, like a servant.

Wisdom is never to worry,
When worrying doesn't do you any good.
Most worrying is really nonsense.
Why not simply do your best, and live in good conscience?

Wisdom is to live fully.
To live fully is to find value in every moment of your life
Even when it brings sorrow and pain.
A day truly lived is a day truly gained.

康德的Categorical Imperative

Emmanuel Kant

- 我譯作「無以倫比的使命」：發掘和認識生命给自己的潛能，是每一個人的道德責任 To learn of and to realize the potential life has in store for me
- 不如此生活，便對不起自己、對不起生命 If you don't do this, you are not doing justice to yourself and to LIFE (“God”).

生命有什麼潛能?

What are the potentials

- 人皆不同，可各自發揮 unfathomable and different from one to one
- 不同人因能力不同「成就」自然不同，滿足感卻無高低尊卑之分
achievements will be different; but the satisfaction that one can get cannot be rated as more worthy or less worthy
- 但每人均有同樣的責任讓其盡顯，完成自己的責任，並享受生命的恩賜 It is your duty to realize your own potential.

生命頌 (調寄巴赫 Ave Maria) (詞：何樂生)

| 3 - - - | 4 - - 4 | 5 - - 2 | 3 - - 0 |

生 命 無窮. .潛能

| 6 - 6 (6) 7 1 | 2 - . 3 2 - |

靜.. 待我們去.. 發掘 -

| 5 - . (5 6 7) | 1 - . 2 1 - |

靜..待我們 去.. 認識

| 1 - 1 1 2 3 | 4#. 3 2 (6) | (7) - - 2 |

你.. 蘊藏著無..盡 的寶 藏 你

| 3 - 0 3 4 5 | 6 - (6) 0 |

.. 蘊藏著 慈 悲

| 2 - 0 2 3 4 | 5 - (5) 0 |

你.. 蘊藏著 智 慧

| 1 - 0 1 2 3 | 4 - . 0 4 5 6 | 7 . 6 5 2 | 3 - - 3 |

你.. 就是一 切.. 一切的 力 量的來 源 超

| 5 - 3 0 3 | 6 - (6) 0 6 |

越..時, 超越..空 無

| 6 - 1 0 6 | 1 - (3b) 0 1 |

限..制, 無窮..盡 無

| 1 - 2 0 2 | 2 - 0 2 1 7 | 5 . 3 1 0 |

止..境 在 變幻中 顯光 華

| 4 - 0 4 3 2 | 2 . 7 5 - |

在.. 黑暗中 放異 彩

| 6 - 0 6 7 1 | 3 - 0 1 5 3 | 2 - 6 7 6 |

你. 孕育了真 善美的人 孕育了

| 6 5 4 2 (7)(5)(4)(2) | (1) - - 0 |

天下間一切美好 事 物

Bach's Ave Maria

In Praise of Life:
The source of all blessings.

「生命之歌」

(曲、詞：何樂生)

| 1 5 - | 4 3 - | 1 5 - |
我們 快樂 高歌
| 2 3 4 | 7 - 6 | 5 0 5 |
歌唱生命 之 歌 不
| 3 - 2 | 4 - 3 | 6 - 0 |
畏 暴 雨 狂 風
| 7 6 5 | 2 - 3 | 1 - 0 |
只知苦 盡 甘 來
| 2 3 2 | 4 - 3 | 4 - 0 |
生命是 一 幅畫
| 2 3 2 | 1 - 5 | (5) - 0 |
又是永恒 之 歌
| (5)(7) 2 | 4 - 3 | 1 - 1 |
本 身 就 是 光 明 我
| 5 - 4 | 3 - 1 | 5 - 0 |
們 快 樂 高 歌
| 2 3 4 | 5 - 4# | 5 - 0 |
磨練才會 堅 強
| 5 3 2 | 4 - 3 | 4 - |
我們快 樂 高 歌
| 4 3 2 | (6) - (7) | 1 - - |
歌唱生 命 之 歌

Song of Life

We sing in happiness.

We sing the Song of Life,
Fearless of rain and storm,
Remember spring is near.

Life is a painting.

Life is eternal song.

Li--fe itself is Light.

We sing in happiness.

Through trials we gain in strength.

We sing in happiness.

We sing the Song of Life.

WHY?

- 見證自己一天比一天進步，心中漸獲平安，就不再自困於煩惱
- If you witness your progress day by day, you will find your life offer incomparable blessings. Your mind is full of peace and joy.
- 發掘生命潛能有賴克服人性弱點，確是人生最大的成功

Being able to overcome your own weaknesses offers the greatest joy imaginable.

- 發掘生命潛能、見證生命潛能是非比尋常的幸福

Incomparable Joy and Delight within your reach

HOW?

- 建構心理資本特別是有利成功人生的**愛智毅行**
Build LIFE mental capital 心理資本 through positive habit formation
- 消弭負心理資本 (dissipate negative mental capital)
- 心理資本，不論正負，均是「習慣成自然」。因此生命教育重點在培養好的心理習慣、消弭壞的心理習慣。
- Learning and Reflective Skills 我稱學習和反思為生命最重要的技能；人若能謙卑，樂於反思學習，幾近道矣。（“Blessed are the poor in spirit”）
- Make a Better Person than you are today.

人若能每天誠懇反思求進幾近道矣

If only one looks for improving oneself through truthful reflections each day....

- 曾子「一日三省吾身」
- 「君子以見善則遷，有過則改。」《周易·象傳》
- 中國文化重視實踐，因此歷代聖賢喜歡一再重複大家都耳熟能詳的道理，只是換個方式表達然而。類似的金句有「人誰無過，過而能改，善莫大焉。」《左傳·宣公二年》以及「見賢思齊焉，見不賢而內自省也。」《論語·里仁》

Sages from ancient times teach us to learn from those who are spiritually stronger than us and to learn from our own lives through active reflecting & self correction

要知道愛智毅行的本質

Know the Truth about LOVE & L.I.F.E.

- 關愛就是愛護生命 Love is not love if it is not the earnest care for the LIFE of those that we claim we love. L = the sole purpose of living
- 生命像一棵樹，要給它養份、陽光、足夠和適量的水；要清除障礙它生長的薇甘菊。(要有方法；方法就是智慧) I = method
- 要持之以恆(持之以恆就是堅毅) F = persistence and relentless effort
- 要活出愛(活出愛就是行動) E = living out LOVE

Measuring Mental Capital 心理資本: LIFE

LOVE 關愛

- 你會關心父母的健康和是否快樂

You care for your parents' health & wellbeing

- 你會選擇健康的生活方式

You would choose a healthy life style

- 你樂於為爸媽/監護人做些事情

You are happy to do things for your parents

- 你樂於幫助有需要的人

You are happy to help needy people

INSIGHT 智慧

- 接受別人批評並不難受

It is not hard for me to take others' criticisms

- 做事不一定要優勝於別人，但要做最好的自己

There is no need to excel over others, but I need to be the best of myself

- 你在工作玩耍休息之間取得平衡

You know the balance between work and play

- 你經常會反思，從錯誤中學習

You often reflect and learn from mistakes

FORTITUDE 堅毅

- 你有勇氣面對困難

You have the guts to face difficulties

- 當你決定要做一件事時，你不會輕易放棄

You will not easily give up.

ENGAGEMENT 行動

- 你會全心全意努力做好要做的事情

You would do your best to complete your identified tasks

- 你主動尋找興趣發揮所長

You would actively discover & develop your interests

心理資本使學童更快樂

2021 data

Adj. R-square = 0.319 d.f. = 2551 (2021)	Dep. Var: HAPPINESS 快樂指數
LOVE 關愛	0.975*** (0.081)
INSIGHT 智慧	0.592*** (0.079)
FORTITUDE 堅毅	0.165*** (0.071)
ENGAGEMENT 行動	0.368*** (0.075)
CONSTANT	-1.211*** (0.24)

***significant at 1% level (standard error in brackets)

心理資本使學童更快樂 (2022 data)

Adj. R-square = 0.268 d.f. = 3185		Dep. Var: HAPPINESS 快樂指數
LOVE 關愛	0.714*** (0.065)	
INSIGHT 智慧	0.453*** (0.056)	
FORTITUDE 堅毅	0.472*** (0.064)	
ENGAGEMENT 行動	0.189*** (0.062)	
CONSTANT	-2.229*** (0.212)	

***significant at 1% level (standard error in brackets)

Life Education Index:
A Behavior-Based Index

生命教育指數：
一個建基於行為的指數

Key Life Education Questions and Compilation of the Life Education Index

學童評估的生命教育指數的計算

生命教育指數 = 活動評分最高兩項之平均數 LE Index = average of the two highest scores)

生命教育深廣度 = 愛智毅行教育 4 或 5 所佔比率 Depth and Breadth of LE = % of students who rates 4 or 5 for each activity)

- 學校有透過以下活動，啟發同學易地而處、關愛他人、愛護生命 (Treasure life & care for others)
- 學校有透過以下活動，啟發同學了解和把握輕重緩急的道理 (Sense of proportion)
- 學校有透過以下活動，鼓勵奮發自強不怕困難 (Perseverance)
- 學校有透過以下活動，鼓勵同學尋找興趣發揮所長尋找生命的目標 (Purposive living)

1=很不同意 5 =很同意

(Do you agree your school promotes L.I.F.E.with the following activities)

課堂授課或討論	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
探訪或其他活動	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
歌唱	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
其他藝術或創作	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
角色扮演或話劇	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐

Table 1: Student Happiness in Primary Schools(P4 to P6)
Positive Effect of Life Education Reduced by Academic & Activity Pressures 2022
測試生命教育對學童快樂指數的正面影響
發現學業和壓力會侵蝕該正面影響 (小學數據)

df=1917; Adjusted R_square = 0.078; F-statistic= 54.721 (March 2 2023 results)

Dep. Var: Individual Happiness	Coefficients	Std. Error	t	Sig.
(Constant)	2.546	1.326*	1.92	0.055
LIFE_EDUCATION_SCHOOL 所屬學校生命教育指數	1.621	0.326***	4.979	<.001
Academic_Pressure_INDIVIDUAL* LIFE_EDUCATION_SCHOOL	-0.06	0.013***	-4.602	<.001
Activity_Pressure_INDIVIDUAL*LIFE_E DUCATION_SCHOOL	-0.116	0.013***	-8.82	<.001

Table 2. Secondary School(S1 to S3) Positive Effect of Life Education Reduced by Academic & Activity Pressures 2022 測試生命教育對學童快樂指數的正面影響 發現學業和活動壓力都會侵蝕該正面影響 (中學數據) df=1452; Adjusted R_square = 0.113; F-statistic= 62.893 (Results dated March 2 2023)				
Dep. Var: Individual Happiness 個別學童快樂指數	Coefficients	Std. Error	t	Sig.
(Constant)	5.515**	1.466	3.763	<.001
LIFE_EDUCATION_SCHOOL 所屬學校生命教育指數	0.979**	0.411	2.383	0.017
Academic_Pressure_INDIVIDUAL*LIFE_EDUCATION_SCHOOL 個別學童學業壓力* 所屬學校生命教育指數	-0.049***	0.011	-4.237	<.001
Activity_Pressure_INDIVIDUAL*LIFE_EDUCATION_SCHOOL 個別學童活動壓力* 所屬學校生命教育指數	-0.194***	0.017	-11.272	<.001

Table 2a. Secondary School (Form 1 to Form 3) Academic Pressures Significantly Reduces the Positive Effects of Life Education Positive Effect of Life Education Reduced by Academic & Activity Pressures 2022 發現學業壓力侵蝕該生命教育的正面影響 (中學數據)				
df=1455 ; Adjusted R_square = 0.098; F-statistic= 79.927				
Dep. Var: Individual Happiness 個別學童快樂指數	Coefficient	Std. Error	t	Sig.
(Constant)	5.097***	1.471	3.465	<.001
LIFE_Education_SCHOOL 所屬學校生命教育指數	1.014**	0.413	2.454	0.014
Academic_Pressure_INDIVIDUAL*LIFE_EDUCATION_ SCHOOL 個別學童學業壓力* 所屬學校生命教育指數	-0.209***	0.017	-12.634	<.001
Table 2b : Academic Pressure Individual Level 個別學童學業壓力指數				
	Mean	N	Std. Deviation	
Primary	3.07	1953	1.102	
Secondary	3.33	1150	0.933	
Total	3.17	3103	1.05	

Table 3. Primary School 2022: TESTING LIFE EDUCATION'S MODERATING EFFECT ON INDIVIDUAL HAPPINESS

測試生命教育對紓緩學業壓力的功效 (小學P4-P6)

d.f.=1948

df=1922; Adjusted R_square = 0.067; F-statistic= 69.916

Dep. Var: Individual Happiness	Coefficient	Std. Error	t	Sig.
(Constant)	8.816	0.162	54.281	0.000
Academic_Pressure_INDIVIDUAL 學生個人感受的學業壓力	-1.988***	0.405	-4.908	0.000
Academic_Pressure_INDIVIDUAL *LIFE_EDUCATION_SCHOOL 學生個人感受的學業壓力 * 學校生命教育指數	0.352***	0.099	3.548	0.000

Table 4: Life Education in Schools (中學 Form 1 to Form 3) May Ameliorate the Negative Effect of Academic Pressures on Student Happiness (secondary school data 2022):

測試生命教育對紓緩學業壓力的功效 (中學 Form 1 to Form 3)

df=1455; Adjusted R_square = 0.098; F-statistic= 79.646

Dep. Var: Individual Happiness	Coefficients	Std. Error	t	Sig.
(Constant)	8.738	0.209	41.877	<.001
Academic_Pressure_INDIVIDUAL 學生個人感受的學業壓力	-1.002**	0.427	-2.348	0.019
Academic_Pressure_INDIVIDUAL* LIFE_EDUCATION_SCHOOL 學生個人感受的學業壓力 * 學校生命教育指數	0.07	0.117	0.595	0.552

Life education contributes to student happiness in ways extending beyond alleviating the effects of academic pressures

生命教育對中學生的幫助不僅在於處理學業壓力而是在於更好處理其他情緒問題。

**Table 5: Testing the Effects of Both
Academic and Activity Pressures
On (Primary) Individual School Life Education index**
小學生在校生命教育對快樂指數效果顯著,但學業壓力負面影響明顯
(人本分析 2022)

Adj. R-square = 0.155, d.f. = 1932	Dep. Var: HAPPINESS 快樂指數
LIFE Education Index	0.923*** (0.059)
Academic Pressure	-0.402***(0.051)
Activity Pressure	-0.155***(0.051)
Constant	5.365*** (0.317)

*(***significant at 1% level ,
standard errors in brackets)*

Table 6: Testing the Effects of Both Academic and Activity Pressures on Individual School Life Education index (Secondary Schools)
中學生生命教育效果亦顯著，學業壓力的負面影響更大 2022 data (人本分析)

Adj. R-square = 0.201, d.f. = 1467	Dep. Var: HAPPINESS 快樂指數
LIFE Education Index	0.792*** (0.060)
Academic Pressure	-0.572***(0.059)
Activity Pressure	-0.127***(0.038)
Constant	5.606*** (0.323)

*(***significant at 1% level ,
standard errors in brackets)*



Table 7: Insight Education Appears to Dominate Effects of other dimensions of LIFE education for primary school students

智慧教育及行動教育對小學生(P4-P6)快樂最見效，其他教育（關愛及堅毅）有潛移默化的長期影響 2022

Adj. R-square = 0.132, d.f. = 1883	HAPPINESS 快樂指數
LOVE_Education 關愛教育	0.148*** (0.059)
INSIGHT_Education 智慧教育	0.445*** (0.081)
FORTITUDE_Education 堅毅教育	0.090* (0.062)
ENGAGEMENT_Education 行動教育	0.272*** (0.079)
AGE 年齡	-0.191** (0.050)
CONSTANT	5.283*** (0.612)

***significant at 1% level, **significant at 5% level,
(standard error in brackets)

**Table 8: Love Education Appears to Dominate
Other Dimensions for Secondary School Students**
**關愛教育及行動教育對中學生(S1-S5)快樂最見效，其他教育
 (智慧及堅毅) 有潛移默化的長期影響 2022**

Adj. R-square = 0.137, d.f. = 1451	HAPPINESS 快樂指數
LOVE_Education 關愛教育	0.389*** (0.558)
INSIGHT_Education 智慧教育	0.170*** (0.057)
FORTITUDE_Education 堅毅教育	0.107** (0.057)
ENGAGEMENT_Education 行動教育	0.275*** (0.067)
AGE 年齡	-0.043*** (0.034)
CONSTANT	3.407*** (0.558)

***significant at 1% level, **significant at 5% level,
 (standard error in brackets)



生命教育是生活和活動

Life education Lies in Living and in Activities

- 生活是示範，是實踐 Living is showing off the beauty of life through L.I.F.E.
- 活動是啟發，是探索 Activities is exploration and for enlightening.
- 生活比活動更重要 Living is more important, because it is everyday life.
- 重點在養成有益生命(「利生」是終極價值)的心理習慣，即心理資本
Everyday life is what makes habits and mental capital. **Enhancing the Value of Life is the Ultimate Value that we need to promote.**

生活是示範，是實踐

Living is Showing Off L.I.F.E.愛智毅行

- 如果老師和家長自己在生命教育上不長進，不能身教，甚至做出錯誤示範，後果堪虞。If parents & teachers cannot show off LIFE to their children and students, the results can be tragic.

課堂授課或討論

- 過來人講自己的故事最有感染力
- 平鋪直敘最少感染力， 但有必要。
- 講別人的故事加討論， 現在有視頻， 可以增加趣味

積極生活貼士 十條

(Ten Tips for Positive Living)

- 經常惦記生命可貴，萬勿糟蹋 (Conviction; 信念; this is the Penultimate Value Education)
Always remind yourself Life is Your Most Valuable Asset & must not be Spoiled.
- 只專注於自己可控的，萬勿分心 (Method; 方法; Method to enhance Value is Wisdom as it should be understood)
Only focus on what you can control; Don't bother with what you can't
- 積極投入生活創造價值，自己價值自己創，並非跟人較高下，(Method; 方法)
Only I can create value for myself; it is not to compare with others nor up to others to decide
- 懂得「放下」的智慧，萬勿自尋煩惱；(Method; 方法)
Learn the wisdom of “Let it Be”: let bygones be bygones, never add new misery to old misery
- 懂得「視野要濶要遠」；懂得「看全局知分寸」(Method; 方法)
Acquire the wisdom of big picture: take the long view, see the big picture and have a sense of proportion

- 遇到不講理的人萬勿糾纏, 人家的問題由人家面對, 管不了 (Method; 方法)

When you meet unreasonable people, remember “It’s their problem, not mine”

- 定時做運動飲食有度; 好好照顧自己和家人身體 (Method; 方法)

Take good care of your body with suitable exercises; and mind what you drink and eat and never excessively.

- 照顧自己的心理健康, 不時給潛意識休息 (Method; 方法)

Give your subconscious mind a break from time to time: do mindfulness training

- 早上起床時心存恭敬地迎接新的一天

Greet each day when you get up with respect and joy.

- 晚上上床時心存感恩地送走溜走了的一天鼓勵自己明天要做得更好 (Perseverance; 堅持行動; 堅毅 Fortitude & Engagement)

Say good-bye to each day when you go to bed with gratitude & say: I shall do better tomorrow.

愛是永恆（秘魯利馬 2002 5 19 晨早五時半）

愛就是對生命的執著。
每天醒來，
迎著我就是那愛的呼喚；
每天我進入夢鄉，
送走的就是那愛的顛簸。
一生一世的愛，
多生多世的愛，
就是要教生命開花，
叫人生走向永恆。



Love is eternal (2002, Lima 5:30 am)

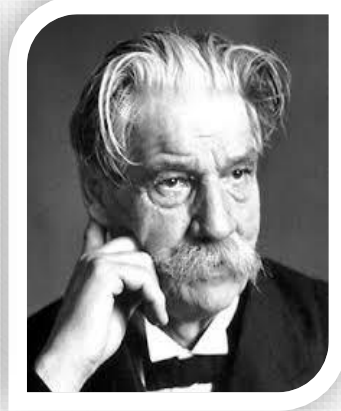
Love is a passion:
A passion for life.
Every day, when I wake up,
Greeting me is the call of Love.
Every day, when I go to bed,
Leaving behind me is the weariness
of Love.

Let this be:
A lifetime devoted to Love.
Many lifetimes devoted to Love:
So that life will flourish and bloom,
So that life and love will last
Through eternity.

名人事蹟



- Adrian Anatawan • 田家炳博士 • 史懷哲
殷兆基



- Salman Khan of Khan Academy • 陳蒨校長



探訪或其他活動

- 護老院
- 醫院
- 傷殘院舍
- 監獄
- 戒毒所
- 幼兒園
- 農莊
- 動物庇護所

散文/詩歌

- 紙船——寄母親 冰心
- 少年筆耕 亞米契斯
- 習慣說 劉蓉
- 大學 禮記
- 禿的梧桐 蘇雪林
- 海龜 何樂生



Sea Turtles (August 16, 2002) 海龜

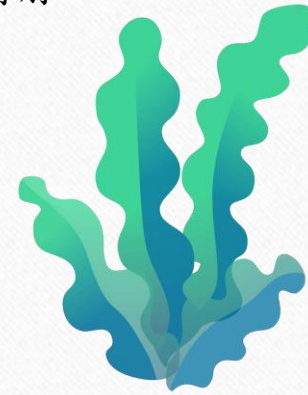
數以千計的小睛眼朝天仰望。
天上佈滿繁星、是一個恬靜的夜晚。
沒有一點風，
皎潔的明月照在地上。

微弱的波濤聲從遠處傳來。
這是小海龜此生第一次聽到的聲音。
是從大海洋送來的聲音
似近在咫尺的家等候的呼喚。

小海龜鼓起勇氣，
開始它們不可知不可料的生命之旅。
大力把泥土推向後面，身軀則投向前方。
跌跌撞撞全心全意只管衝前。

扒呀扒，衝呀衝。
忘掉了疲勞。
只記著家的呼喚。
它們奮力前進。

就讓浪拍打沙灘吧，
就讓鳥從空中飛來獵食吧。
再沒有時間多想，
當然也不去理會生存有多艱難。



4. Zhen zhong

(May 11, 2002, revised July 28, 2002)

If there are two words
I have to tell anyone,
They would be zhen zhong.
Zhen is to treasure Life like the rarest treasure.
Zhong is to take Life like the most important thing ever known.

Treasure Life,
For Life works wonders
Beyond the wildest imagination:
Art, music, drama, and the web!
The door will open up, to whoever knocks!

Take Life like the most important thing ever known,
For that is really what we only have.
Can we rely on anything
Other than Life itself
To achieve our dreams?

So zhen zhong my friend,
Bon voyage my friend.
Let the tears run,
The tears of loss, the tears of love,
No more in vain.



Courtesy S K Chan

7. Sea Turtles

(August 16, 2002)

Thousands of little eyes look up
To the starry sky in the quiet of the night.
The air is calm,
And the moon is bright.

There comes a faint lapping sound,
The first sound that these tiny turtles ever hear:
A sound from the ocean vast,
The call of an awaiting home that seems so near.

It is with such courage that they begin
Their uncertain life journeys:
Pushing the earth back, hurling themselves ahead,
They capered and staggered in earnest.

Paddle, paddle, and paddle;
Exhaustion is a forgotten word.
Knowing only the call of home,
They work their way forward.

Come the waves battering the beach.
Come the hunting birds from above.
There is no time to think.
Never mind that life can be rough.

If there are two words
I have to tell anyone,
They would be zhen zhong.
Zhen is to treasure Life like the rarest treasure.
Zhong is to take Life like the most important thing ever known.

要是我只得兩個字
可告訴別人，
這兩個字必就是珍重。
珍就是視生命如世間奇珍異寶，
重就是視生命如重中之重。

Treasure Life,
For Life works wonders
Beyond the wildest imagination:
Art, music, drama, and the web!
The door will open up, to whoever knocks!

珍惜生命，
因為生命奇妙能創奇蹟。
完全超乎一切想像：
藝術、音樂、戲劇、互聯網！
只要叩門，門即為你打開。

Take Life like the most important thing ever known,
For that is really what we only have.
Can we rely on anything
Other than Life itself
To achieve our dreams?

視生命如重中之重，
因為生命已是我們擁有的一切。
除了生命，
我們實在別無倚靠。
沒有生命，一切夢想只能是空想。

So zhen zhong my friend,
Bon voyage my friend.
Let the tears run,
The tears of loss, the tears of love,
No more in vain.

是故珍重朋友。
一路順風朋友！
眼淚就讓它流，
不管是愛之淚還是失之淚。
就是勿要讓它白流！

永遠 Always and Ever So

(二零零二年五月十九日晨早五時於秘魯利馬)

永遠都要那麼從容不迫，
Always and ever so relaxed and composed
永遠都不要跟自己過不去。
Always and ever so not to torment yourself
永遠都要朝著那光明，
Always and ever so facing the bright side
永遠都不要墮入那泥淖。
Always and ever so not to fall into a pool of mud
永遠都要抱著信心，
Always and ever so confident
永遠都不要失去希望，
Always and ever so not to lose hope
永遠都要尋找真正的自己。
Always and ever so to discover your real self.



歌唱

歌唱有催眠暗示與潛意識溝通的功能

- 父母恩(學感恩)
- You Raise Me Up(學感恩)
- 問我 (學承擔責任)
- Let It Be (學會放下& CUT LOSS)
- 顺流逆流 (學會不顧冷眼克己求進)

不相信未作牺牲就实现可以拥有
只相信始靠双手找到我要求
每一串汗水
换每一个成就
从来得失我睇透
不经意地在这圈中转到这年头
只感到在这圈中经过顺逆流
每颗冷酷眼光
到每声友善笑声
默然一一尝透
几多艰苦当天我默默接受
几多辛酸也未放手
故意挑剔今天我不在乎
只跟心中意愿去走
不相信未作牺牲就实现可以拥有
只相信始靠双手找到我要求
每一串汗水
换每一个成就
从来得失我睇透
心里从不会强求

問蒼天

Air
(For the G-String)

J. S. BACH

詞：何樂生



是 一個失去理性 的 世界。哀 億萬人 無奈受苦難， 哀人類 迷失忘本



性。問蒼天 人 類 哪天才能 守得 雲 開 見 月 明。 問 人類怎麼能 衝



破 樊 籬 重新認識 生 命 本源 本來 就 無需分別你 和 我。



自 由自 在 心中充滿喜悅人間便是樂土。我多期盼多渴望多期待 大 地長享太 平 無 需



再 聽炮火隆隆 再 見餓 殍 遍 地，妻離子 散 。生 命 重見光 明。

努力幹

(詞：何樂生)

努 努 努力幹

Row Row Row your boat

堅定地 堅定地 堅定地 堅定地

Merrily Merrily Merrily Merrily

自闖 光明路

Gently down the stream

永遠不放棄

Life is but a dream

English lyrics:

**Do Do Do you Best, Make your dream come true
Persevere, Persevere, Persevere, Persevere
Make your dream come true!**

其他藝術或創作

- 禪繞畫
- 書法
- 插花
- 攝影
- 散文等



舒壓禪繞畫
Zentangle Art Amanda Fui
www.facebook.com/apztg

角色扮演或話劇

- 角色扮演、角色對掉很有啟發性
- 如請同學代入家長角色面對「難教」子女

數息調心術 (mindfulness training) (how to give your subconscious mind a break)

- 完全放鬆去數呼吸 (totally relaxed, watch your breath)
- 自己倒數54321 (count from 5 backwards to 1)
- 發現意念浮現即返回5 (when you are aware of any random thought, immediately go back to 5, which is your sanctuary, and count again afresh)