

最近我心里常常有一丝丝淡淡的忧愁，但却从未将忧愁与季节联系在一起。当我看到有人在视频上解释说，‘愁’这个字的结构就是“秋”字在‘心’上，这意味着秋天特别容易引起忧愁的感觉。我这才恍然大悟，原来不仅仅是我在秋天里，无缘无故地感到忧愁，早在祖先创造汉字时，就已经证明了秋天容易使人忧愁，所以在“秋”字下面加了一个‘心’，形成了“愁”字。这表示秋天到了，万物从茂盛转向枯萎时，人们就会感到失落、忧愁，从而产生情绪低落现象。

喜怒哀乐是人生常态，即使进行修炼，要达到庄子所描述的 心如死灰，身如槁木 的感觉也是非常困难的。想象一下，如果我们的心的不会被任何事情触动，无法被情感打动，那人生又有什么意义呢？我虽然学佛已经好几年了，也只是减少了发怒的频率，虽不轻易动情，但很难做到时时保持乐观态度。难免会因为某些事情而感到惆怅和悲叹。时间悄悄从忧愁中溜走，而我却倍感失落。

与人相处难，独处更加难。在这个秋高气爽的日子里，我渴望去欣赏天地的壮丽美景，但却难以独自走出家门。我很想找到知音，结伴同行。尽管有伴侣，但由于他对自己兴趣爱好的执着追求，无法抽身与我同行。我本可以更加自由，选择做自己喜欢的事情，但不知为何总觉得缺乏激情。在秋天独处时，我总会感到闷闷不乐。

成全他人，也是成全自己。当我的同事为了实现她的理想，需要大家的支持时，我并没有全力以赴去帮助和支持，反而附和那些持负面思维的人，显得漠不关心。我只是希望尽量减少麻烦，不想让那些追求名利的思想膨胀而影响整个团队。然而，当我看到那些同事虽然有不满情绪，却因为成果不错而感到喜悦时，我反而感到内心的歉意和怅惘，觉得自己没有尽力去帮助他们。我意识到，我的行为可能没有真正为团队带来积极的影响。对于过去的不尽力，我虽然通过反思并想努力改变，但还是难免‘愁’字涌上心头。

秋景虽美，落叶却会带来愁。心理学家强调：情感的存在是一种身心的自然现象，它使我们能够体味生活的喜悦和悲伤。佛学家重视：人生需要修炼，努力减少负面情绪的影响，培养内心的平静和善良。综合两家的建议，我的忧愁也是一种自然的反应，它可以帮助我更好地理解自己和他人；只要通过修炼，才能促使我寻求内心的平衡和成长。所以，不要对自己过于苛求，接受自己情感的存在，并学会以一种平和的心态去面对它们。重要的是保持内心的平静和善良，以及对自己的宽容来应对情感的起伏，度过这段秋愁，逐渐达到内心的平衡和成长。

Lately, I've been feeling a subtle melancholy in my heart, but I never associated it with the season. However, I recently learned that the character "愁" (chóu) is composed of "秋" (qiū) Autumn top of "心" (xīn), indicating that autumn is particularly prone to evoking feelings of melancholy. This realization made me understand that it's not just me; our ancestors already recognized the connection between autumn and melancholy when they created the character. Adding a "心" beneath "秋" formed "愁," symbolizing that during autumn, as everything transitions from flourishing to withering, people may feel a sense of loss and melancholy, leading to a state of emotional low spirits.

Emotions like joy, anger, sorrow, and happiness are normal in life. Even in spiritual practice, achieving the state of detachment described by Zhuangzi as "a heart like dead ashes, a body like withered wood" is extremely difficult. If our hearts were untouched by emotions, what would give meaning to our lives? Despite studying Buddhism for years, I've only been able to reduce the frequency of anger. While I strive not to be easily swayed by emotions, maintaining optimism is always challenging. Feeling melancholic and lamenting certain things is inevitable. Time quietly slips away from these moments, leaving a sense of loss.

Getting along with others is difficult and being alone is even more challenging. On this beautiful autumn day, I desire to admire nature's splendour, but venturing out alone proves difficult. I yearn for a like-minded companion to accompany me. Although I have a partner, their unwavering pursuit of personal interests hinders their involvement. I could have had more freedom to pursue my own interests, yet I consistently feel a lack of enthusiasm. When I find myself alone during autumn, I often experience a sense of gloom and unhappiness.

Helping others is also helping oneself. When my colleague needed support from everyone to achieve her dreams, I didn't wholeheartedly help and support her. Instead, I acquiesced to those with negative thinking, appearing indifferent. I simply wanted to minimize trouble and prevent the team from being influenced by those who pursue fame. However, when I see those colleagues feeling joy despite their dissatisfaction due to good results, I feel a sense of inner remorse and melancholy, realizing that I didn't do my best to help them. I realize that my actions may not have had a truly positive impact on the team. Despite reflecting on and striving to change my past action, the character "愁" (chóu) still emerges in my mind.

Autumn scenery is beautiful but falling leaves can bring melancholy. Psychologists affirm emotions as natural, allowing us to experience life's joys and sorrows. Buddhism teaches cultivation to reduce negative influences, fostering inner peace and kindness. Acknowledging both, I find subtle melancholy a natural response, aiding self-understanding. Through practice, I seek inner balance and growth. So, be gentle, accept emotions, face them calmly. Nurture inner peace, kindness, and self-acceptance to overcome autumn's melancholy, embracing growth and equilibrium.