

面对改变-装修过程

Winnie Mo

所有的事物每天都在面临改变，无论是人还是物都只有一定的存在期限。在生命的每个阶段，我们都会与不同的人或物相处。与某人或某物相处久了，就会产生感情，要放弃这段感情确实不容易。正所谓‘相见时难，别也难’，与某人或某物相聚都有一定的缘分，缘分到了就相见，缘分尽了就别离。虽然我们都明白这个道理，要接受该来的也要放下该走的。然而，在生活中运用这个道理却十分艰难。更不用说与亲人告别，就连与曾经用过的物品告别也难舍难分。我们想要装修已经住了二十多年的房间，这意味着很多旧家具和心爱物品都即将消失。但当时机成熟时，无论有多么困难，我们都会忍痛割爱，将计划付诸行动。

‘心想事成’是中国人常用的祝福语，可心里的事想多了，有一天真的会实现。自从我们的工人离开后，装修的愿望就开始在我脑海里萌芽了。在没有工人的日子里，我虽然为家务琐事花了很多时间，可想到清理房间，为自己创造一个宁静的空间，就感到无比兴奋。我对于装修的渴望变得更加迫切。当你怀有强烈的愿望时，自然会帮助你创造条件，也许你自己并不知晓。

命运的安排远远超过个人的努力。过去几年的疫情带来了许多后遗症，现在才慢慢浮现出来。我的丈夫 David 的公司无法再继续经营下去，他也不得不面临失业的现实，陷入深深的困惑和沮丧中。他曾经以为公司在疫情间都挨过来了，现在应该是雨过天晴的日子了。但万万没料到‘失业’的厄运降临到自己的头上。我只能安慰他：这可能会带来新机会，也有时间去发展你的爱好。于是，他花了很多时间去打草地滚球，并且也获得很多奖项，这给了他很大的安慰。失业的日子并不那么难过，他开始接受现实了。

不幸的事往往会结伴而行，正如古人所说的‘祸不单行’。在 David 失业的第二个星期，我又收到租客提前终止租约通知。虽然这使我感到叹息，但还是客气地对租客说：“好吧，按照你的意愿”，尽管租约还没有到期。丈夫失业，租客退租，这意味着我们家的收入突然少了一大半。这突如其来的经济困境对任何人来说都需要时间来接受。

‘塞翁失马，焉知祸福’的故事教会了我如何处理生活中的得失。面对突如其来的经济压力，只用了几个小时就坦然接受了现实。还兴奋地告诉 David：“你有事情做了”。他惊奇地问我什么事，还以为我帮他找到工作。我说：“你可以整理房间，我们可以搬到 10D 去

住，装修我们的 10A”。这也是我们当初购买 10D 的计划之一。这个工作好像是很适合他现在的处境，虽然没有收入，但比工作还要重要，因为收拾整理房间这事只能自己做。他也觉得很有道理，于是开始了漫长的整理工作。每天都将一袋袋的书，一箱箱的回收物品往救世军商店送。每次送走一箱东西，我都会默念：“去找更需要你的主人吧”。那段时间，我们家的许多物品都陈列在救世军商店的货架上。有时我故意去那里看看，发现我的那本书不在书架上了，可能也找到了新主人。这让我感到有些安慰，不在担心每天发生的事情，因为‘塞翁失马’的故事告诉我：好事可能会带来坏结果，坏事也可能会带来好结果。

对成人来说，‘断舍离’可能有些用处，可是对中学生却太难了。我的女儿 Sophie 今年正处在高三的紧张学习阶段。她连墙上的一张图片都不愿意扔掉，更不用说她的旧书，旧衣服以及小时候的玩具了。有些东西我觉得对她完全没有用处，所以偷偷放进了回收箱，但当她知道后却勃然大怒。

大人们通常凭借理性做出决定，但往往忽视孩子们的感受。在我们忙于整理房间的过程中，Sophie 却变得越来越反常。她的学习压力不断增加，再加上家庭计划的改变，导致她头发出现了异常脱落现象。一开始我以为这是正常的压力反应，没有太在意。然而，情况变得越来越糟糕，她每次随手摸一下头发，就掉下数十根，发际线也变得越来越明显。她回家后经常哭闹，这迫使我不得不想办法解决她的心里和生理问题。于是我带她去看医生，医生的检查结果和我的想法一致，她并没有生什么病，只是压力所致。我们把注意力从整理房间转移到了她的身上，详细了解了她的学习压力，并想办法如何帮助她缓解。然而，她仍然整天情绪低落，经常发脾气，态度很差。

有一天她的情绪突然十分激动，我耐心地问她是什么压力使她变成这样。她大声吼道：“我的压力不是来自学习，而是来自你们，我不想你们动我的房间，要装修，等我离开后，随便你们怎么做……”。我没有打断她，只是静静地倾听她内心的感受。原来我们只根据自己的条件做决定，完全没有考虑到她的感受。我没有意识到这个决定对她造成了如此巨大的伤害。于是，我决定让一步，对她说：“如果是装修给你带来压力，那我就决定不再装修你的房间和客厅。你可以继续按照你每天的计划学习”。她的情绪开始稳定了，脸上也露出了微笑。以后关于家庭的每项计划我们都跟她商量后再做决定。

要实现任何目标，都需要各种条件的配合。一个月前，我朋友介绍了一个装修公司的老板正哥，他给出了报价，并准备在五月中旬开始施工。这个星期六，我约了正哥上门洽谈

装修的细节。然而，当我告诉他我们改变了计划时，他感到有些失望。因为装修是个复杂的工程，一个人不能完成，他已经约好了其他工人，并已开始做准备工作。然而，他也表示理解我的处境，尤其是对中学生的情绪，因为他也有一个十几岁的儿子。因此，我们决定在五月中旬只装修两个房间，包括主人房和客房。Sophie 的房间和客厅将等到她上大学后再安排时间进行装修。当正哥得知我对原计划有所更改时，他也提出由于家庭原因无法按时施工，要两个星期以后。这让我感到非常担心，担心他会拖延或者取消我们的合约。无论如何，我已经花费了很多时间和精力来准备这次装修。我只能默默祈祷，希望他能在两个星期后开始工程。我深深地感慨：成功一件事真不容易啊，需要所有的条件都具备。

人们常说：‘谋事在人，成事在天’。我们只能制定计划，但是否能达成目标则取决于天意。如果时机未到，上天会制造麻烦以阻碍你；而时机成熟时，它会为你创造机会。在装修前两晚，我们决定搬到 10D 住，但 Sophie 却要独自留在她的房间。恰巧，楼上的 11A 单位也进行装修，而他们的装修可是一个庞大的工程，需要拆除房间的墙壁，并重新组合所有的厨房和厕所。楼上整天传来刺耳的拆墙和敲砖声，简直像地球要爆炸一样，无法忍受。这也给了 Sophie 一个警示：如果你坚持住在你的房间，就要忍受这个噪音。因此，她不得不搬到 10D 和我们一起住。同时，她的论文也即将交稿，压力也减轻了。后来，她就勉强同意我们的计划，全屋进行装修。

面对生活的变化，就像走在崎岖不平的道路上一样，需要小心翼翼地前行，以免被脚下的绊脚石绊倒。这次装修从开始的构思、决策，到施工直至完工，都经历了许多曲折。尽管这些困难给了我很大压力，不断改变计划，但我也在解决问题中成长。这些变化也打破了正哥过去的装修例程，却给了他一个新的尝试机会。这个改变也给我们带来了便利，减少了搬运大型家具的痛苦，只需将它们转移到不同的房间。最后，一切都正如我预测的卦象所示：‘大吉，无咎’。

Facing Changes- The Process of Renovation

(The following is inspired by actual events but is a story of fiction.)

Winnie Mo

All things face changes every day, and both people and objects have a limited lifespan. In each stage of life, we interact with different individuals or things. When we spend a long time with someone or something, we develop emotions, and it becomes difficult to let go of those feelings. As the Chinese saying goes: "Meeting is difficult, parting is also difficult." The coming together with someone or something is a matter of fate, when the fate is fulfilled, we meet, and when the fate is exhausted, we part ways. Although we understand this truth, applying it in life can be extremely challenging. Not to mention saying goodbye to loved ones, even bidding farewell to items we once used is difficult to do. We want to renovate the room we have lived in for over twenty years, which means letting go of many old furniture and beloved items that will soon disappear. However, when the time is right, no matter how difficult it may be, we will endure the pain of letting go and put our plans into action.

The phrase "心想事成" is a common blessing used by Chinese people, meaning that if you have something in your heart, one day it will come true. Since our helper left, my desire for renovation started to sprout. In the days without helper, although I spent a lot of time on doing housework, the thought of creating a peaceful space for myself made me immensely excited. My longing for renovation became even more urgent. When you have a strong desire, it naturally helps create opportunities for you, perhaps even without your own knowledge.

Fate's arrangement far surpasses individual efforts. The past few years of the pandemic have brought forth many lingering effects that are slowly emerging. My husband David's company could no longer sustain itself, and he had to face the harsh reality of unemployment, sinking into deep confusion and frustration. He had thought that the company had weathered the pandemic and that brighter days were ahead. But he never expected the misfortune of "unemployment" to befall him. All I could do was comfort him, saying that this might bring new opportunities and time to develop his hobbies. So, he spent a lot of time playing lawn bowling and even received some awards, which brought him great solace. The days of unemployment weren't as sorrowful as he expected, and he began to accept the reality.

Misfortunes often come in pairs, as the ancients said, "Troubles never come alone." In the second week of David's unemployment, I received a notice from a tenant terminating the lease early. Although it made me sigh, I politely told the tenant, "Alright, as you wish," even though the lease had not yet expired. With my husband unemployed and the tenant moving out, it meant that our household income suddenly decreased by a significant amount. This unexpected financial hardship requires time for anyone to accept.

The story of "The Old Man and His Horse" has taught me how to deal with the ups and downs of life. Faced with the sudden financial pressure, I accepted the reality calmly within a few hours. I excitedly told David, "You have something to do now." He was surprised and asked what it was, thinking that I had found a job for him. I said, "You can organize the rooms. We can move to 10D and renovate our 10A." It was part of our original plan when we purchased 10D. This job seems to be very suitable for his current situation, even though there is no income, it is more important than a job. The task of tidying and organizing the rooms can only be done by ourselves. He also found it reasonable and began the long process of decluttering. Every day, he would bring bags of books and boxes of recyclables to the Salvation Army store. Each time we sent away a box of items, I would silently say, "Go find a new owner who needs you more." During that time, many of our belongings were displayed on the shelves of the Salvation Army store. Sometimes, I deliberately went to the "Salvation Army" to see and found that my books were no longer on the shelf, probably having found a new owner. This brought me some comfort, no longer worrying about the everyday occurrences, because the story of 'The Man and His Horse' explained that good things can bring bad results, and bad things can bring good results.

Adults often make decisions based on rationality but often overlook children's feelings. As we were busy tidying up the room, Sophie became increasingly abnormal. Her academic stress was mounting, compounded by changes in our family plans, which led her hair strangely loss. At first, I thought it was a normal stress response and didn't pay much attention. However, the situation worsened. Every time she casually touched her hair, dozens of strands would fall out, and her receding hairline became more noticeable. She would often unhappy and crying, this situation forcing me to find ways to address her emotional and physiological issues. So, David took her to see a doctor, and the doctor's examination results aligned with my thoughts – she didn't have any physically problems and it was purely stress-related. We shifted our focus from tidying the room to addressing her needs, delving into her academic stress and finding ways to help her cope. However,

she remained moody throughout the days, frequently throwing tantrums and displaying a poor attitude.

One day, her emotions became even worse, and I patiently asked her what school tasks causing her to react this way. She shouted: "My stress doesn't come from studying, it comes from you! I don't want you to touch my room or do any renovations. After I leave, you can do whatever you want..." I didn't interrupt her; instead, I simply listened attentively to her feelings. It turned out that we had made decisions based solely on our own conditions, completely disregarding her feelings. I hadn't realized that this decision had caused her such immense hurt. So, I decided to take a step back and told her: "If the renovations are causing you stress, then we will not to renovate your room and the living room. You can continue with your daily study routine as planned." Her emotions began to stabilize, and a smile appeared on her face. From then on, we made sure to discuss and involve her in every family plan before making any decisions.

To achieve any goal, various conditions need to come together. A month ago, my friend introduced me to the owner of a renovation company, Mr. Zheng. He provided a quote and was ready to start the construction in mid-May. This Saturday, I had scheduled a meeting with Mr. Zheng to discuss the renovation details. However, when I informed him about our change of plans, he seemed a bit disappointed. Renovations are a complex project that cannot be done by one person alone. He had already made arrangements with other workers and had started preparations. However, he also understood my situation, especially considering the emotions of a teenager as he also had a teenager son. Therefore, we decided to proceed with the renovation of only two rooms in mid-May, including the master bedroom and guest room. Sophie 's room and the living room will be renovated after she goes to college. When Mr. Zheng knew about my alteration to the original plan, he mentioned that he couldn't start the construction on time due to family reasons and requested a delay of two weeks. This made me deeply worried, fearing that he might procrastinate or cancel our contract. Nonetheless, I had already invested a lot of time and energy in preparing for this renovation. Silently, I prayed and hoped that he would start the project in two weeks. It made me realize how challenging it can be to achieve success, requiring all the necessary conditions to align.

Chinese people often say, "Man proposes, Heaven disposes." We can only make plans, but whether we can achieve our goals depends on fate. If the timing is not right, the nature will create obstacles to hinder you; but when the timing is ripe, it will create opportunities for you. Two nights

before the renovation, we decided to move to apartment 10D, but Sophie insisted on staying alone in her room. Coincidentally, the apartment upstairs, 11A, was also undergoing renovation, and their renovation was a massive project involving demolishing walls and reconfiguring all the kitchens and bathrooms. Every day, we would hear the piercing sound of walls being demolished and bricks being knocked, as if the earth was about to explode—it was unbearable. This also served as a warning to Sophie: Can you endure this noise if you insist on staying in your room? Therefore, she had no choice but to move to 10D and live with us. At the same time, her school assignments were also nearing its deadline, and her stress was reduced. Eventually, she reluctantly agreed to our plan of renovating the entire apartment.

In the face of life's changes, it's important to tread carefully, just like walking on a rugged path, to avoid stumbling on the obstacles along the way. This renovation journey, from the initial conception and decision-making to the construction and completion, has encountered many twists and turns. Despite the immense pressure and the constant need to adapt our plans, I have also grown through problem-solving. These changes have disrupted the usual renovation routine for Mr. Zheng, but they have also provided him with a new opportunity to try something different. This transformation has brought us convenience, reducing the pain of moving large furniture by simply transferring them to different rooms. Ultimately, everything has unfolded just as predicted by my divination: "Great fortune, no blame."