

漫步体验生活的美好

(Winnie Mo)

大都市的快节奏常常让人匆匆忙忙，几乎没有时间去欣赏生活的美好。尤其是对于老师们来说更是如此。如今，老师的工作不仅仅是简单地教学生学习课本，还包括准备教材、管理学生情绪、引导学生正确的学习态度，还要应对学校各种活动、撰写学生报告，满足家长的各种需求等等。从开学前一周就开始准备，学生回校后，就忙得不亦乐乎，脑子里就塞满了学校的各种琐事，简直让人喘不过气来。幸好社会给予了老师和学生寒暑假的机会，让他们放慢脚步，去感受生活中的美好。

我刚读完《慢下来，才能看见》这本书。作者 Haemin Sunim 分享了他对生活的见解，强调只有当我们放慢生活的脚步，才能真正感受到宁静与美。当我们静下心来，专注手上的事情，仔细观察身边的景色，我们会发现美无处不在。世界只有当你安静时，你才觉得它在休息。其实它并不因你而改变，只是按照自然的轨迹运行。你如何看待这个世界，取决于你的思维方式。如果你整天忙碌不停，心烦意乱，那你看到的世界也将是混乱不堪。相反，如果你能保持平静和专注，认真去对待每件事情，你会发现眼中的世界变得美丽而可爱。

假期的意义是给人们一个重新调节生活节奏的机会，让他们从繁忙的工作中解脱出来。以往的假期，我常常在未放假就花很多时间计划旅行事务，假期一到就忙碌不堪。尽管能看到与平时不同的景色，但总是匆匆忙忙，绞尽脑汁忙于寻找适合的餐馆、住宿和交通工具，根本没有心思去慢慢欣赏身边的美景。假期结束后，除了留下大量手机里塞满的照片外，身心都感到疲惫不堪。而这个假期却于往常不同，尽管我坐在家，每天除了与书中的作者对话，与自己的内心对话，还专注地欣赏眼前美丽的海景。每天都看到大船静静地停泊在避风港，船上的旗帜随风飘扬，而小船却在波涛汹涌的海面上忙碌穿梭。这也给了我启示，要成为一只大船，不必那么忙碌，只需在时机成熟时主动出击，就会收获满满。不要做那些为了糊口而整天不停地四处奔波的小舟。

欣赏生活的美是我假期中最重要活动。美不仅存在于艺术作品、山水风景和乡土人情，而是无处不在。庄子在《齐物论》中说过：“天地有大美而不言”，意味着天地之间充满

美，不需要言语来赞美，只需要培养眼力去欣赏。罗丹也有类似的见解：“这世界并不缺乏美，而是缺乏发现美的眼睛。”然而，人们往往习惯于认为自己没有的东西才美，却忽视身边的美。举个例子，我在没有亲临欧洲之前，总是认为那里的一切都是美的，包括建筑、艺术品和生活社区，都是我渴望去欣赏的。因此，我花了好几个假期辛辛苦苦，远赴欧洲欣赏美景。然而，当我问一个朋友对欧洲之景的看法时，她回答说：“除了到处都是教堂外，没有什么特别的。”原来她在那里生活了多年，对身边的美景已经视为常态。既然美无处不在，我们就不需要忙忙碌碌地追求遥不可及的美，而是要学会在身边发现美。正如佛家所说：“人在哪里，心就在哪里。”只有静下心来，慢慢做事，欣赏画作，凝视眼前的景色，才能感受到美的存在。无论是在喧嚣的闹市还是宁静的乡村，无论是繁忙的工作还是悠闲的日子，我们都能体会到美的存在。

Strolling to Experience the Beauty of Life

Winnie Mo

The fast pace of big cities often makes people feel in a hurry, with little time to appreciate the beauty of life. This is especially true for teachers in the city. Nowadays, the work of teachers goes beyond simply teaching students from textbooks. It includes preparing teaching materials, managing student emotions, learning attitude, and dealing with various school activities, writing reports, and meeting the demands of parents, and so on. The preparations often start a week before the school starts and once the students return, it becomes a whirlwind of busyness, with the mind filled with school matters. It becomes suffocating for teachers. Fortunately, society provides teachers and students with the opportunity of summer and winter vacations, allowing them to slow down and appreciate the beauty of life.

I just read the book "The things you can see only when you slow down" by Haemin Sunim. The author shares his insights on life, emphasizing that only when we slow down our pace can we truly experience tranquillity and beauty. When we calm our minds and focus on each task at hand, carefully observing everything around us, we will discover that beauty is everywhere. The world

rests only when your mind is at peace; it follows its natural course and does not change because of you. How you perceive the world depends on your thoughts. If you are constantly busy and feeling restless, the world you see will be chaotic. On the contrary, if you maintain calmness and focus, taking task at your hands seriously, you will find that the world becomes beautiful and lovely in your eyes.

The purpose of vacations is to give people an opportunity to readjust their pace of life and free themselves from the busyness of work. In the past, I would spend a lot of time planning travel arrangements even before the vacation started, and then I would be overwhelmed with busyness once the vacation began. Although I could see different scenery than usual, it would always pass by in a hurry. I would be busy searching for suitable restaurants, accommodations, and transportation, racking my brain, and not having the mindset to slowly appreciate the beauty around me. After the vacation ended, aside from huge number of photos stuffed in my phone, both my body and mind would feel exhausted. However, this vacation is different from the past. Even though I am sitting at home, every day I engage in with the books and have conversations with my own inner self. I also focus on appreciating the beautiful sea view in front of me. Each day, I can see the large ships anchored peacefully in the harbor, their flags fluttering in the wind, while the small boats busy themselves navigating the vast sea. This has given me inspiration. To become a large ship, there is no need to be so busy. Just wait for the right moment to take action and reap the rewards. Don't be like those small boats that busily navigate around all day just to make a living.

Appreciating the beauty of life is the most important activity during my vacation. Beauty exists not only in works of art, natural landscapes, and local customs but is present everywhere. Zhuangzi once said that "The nature possess great beauty without speaking," meaning that the world is filled with beauty that doesn't require words of praise, but rather the cultivation of our perception to appreciate it. Rodin also shared a similar insight: "The world is not lacking in beauty; it is lacking in eyes to discover it." However, people often have the habit of thinking that what they don't have is beautiful, while overlooking the beauty around them. For example, before I personally visited Europe, I always believed that everything there was beautiful, including the architecture, artwork, and local communities—all things I longed to appreciate. Therefore, I spent several vacations working hard and travelled far to Europe to admire the scenic beauty. However, when I asked a friend about her perspective on the sights of Europe, she replied, "Apart from churches

everywhere, there's nothing particularly special." It turns out she had been living there for many years and had come to see the beauty around her as ordinary. Since beauty is everywhere, we don't need to tirelessly pursue an elusive beauty, but instead, we need to learn to discover beauty in our surroundings. Just as the Buddhist saying goes, "Wherever you are, there your heart should be." Only by quieting our minds, taking things slowly, appreciating artworks, and gazing at the scenery in front of us can we truly feel the presence of beauty. Whether in bustling city streets or tranquil countryside, whether in busy work or leisurely days, we can experience the existence of beauty.