

## 不寻常的假期 (Winnie Mo)

暑假通常都是老师和同学们最兴奋的日子。然而，我今年却很淡定地坐在我们香港的‘度假屋’里，这其实就在我平常居住的对面。虽然我们一家在这个‘度假屋’上花费了不少心力和金钱，但却从未正式住过一晚，直到这个月，我们需要装修已经住了二十多年的单位。尽管没有环球旅游那么刺激，但我相信我们会在这里度过一个愉快而有趣的假期。

能够预知未来的吉凶是我所渴望的。虽然我不是个迷信者，但是在假期的第一天，也想了解未来的日子如何。自从学了易经以后，每当遇到无法预测的事，我都会为自己卜一卦，看看我未来的运势如何。这次卜得‘中孚卦’，变爻是初九，爻辞告诉我要保持现状，做事要有诚信，专心做好本职的事，不要有过高的期望，这样就能平安吉祥。尽管这一卦属于普通卦，但它也使我不再担心当前的不利因素，只要留守现状，保持安宁的心态，就能顺心如意。这也是我期望的。得知卦象的含以后，我的内心就更加踏实了，于是开始静心安排这一个月的活动。

能使我真正感到快乐和心安的活动是在一个安静的环境里看书，学习，思考和画画。为了让我的假期给我带来平静和愉悦，我努力寻找一个宁静的环境，专注于我想做的事。于是，我制定了如下计划：坚持每天早起，上午先听两本新书介绍，然后再到图书馆认真写下我的心得体会；下午吃完午饭，休息一会儿，然后开始画画或做一些其他杂事，之后做运动，比如游泳，打羽毛球，做太极或者散步。晚上准备晚餐，与家人聊天或看书。我相信按照这样的计划，我的假期会给我带来身心灵的健康。无论环境如何改变，我都可以通过调整心态和改变习惯来实现我的理想。

### Unusual holiday

The summer holiday is always an exciting time for both students and teachers. However, this year, I am calmly preparing to stay in Hong Kong at our holiday apartment, which happens to be right next to our regular living apartment. Despite having owned this apartment for over ten years and investing significant effort and money into it, we have never actually spent a night here before. During this summer holiday, we have decided to stay in our holiday apartment for the entire duration as we need to renovate our regular living apartment. While it may not be as thrilling as traveling the world, I am confident that we can still have a fun and enjoyable time staying here, just like we do during other holidays.

The ability to predict the fortune is my desire. Although I am not a superstitious person, on the first day of the vacation, I also want to know what the future holds. Since I learned the Book of I-Ching, every time I encounter something unpredictable, I would consult the I-Ching to see how my luck will unfold. This time, I cast the 'Zhong Fu' hexagram, and the changing line is the first position revealed that be content with the

current situation, act with honesty, focus on doing my duties well, and avoid having overly high expectations. By doing so, I will find peace and good fortune. Although this hexagram is a common one, it assures me that I don't need to worry about any challenging factors at present. As long as I stay humble and true to myself, I can be at peace, and everything will go smoothly. This is also my expectation. Knowing the meaning of the hexagram has put my mind at peace, and I can now begin planning the activities for this unusual holiday with a calm and settled mind.

The things that truly bring me joy and peace are reading, studying, reflecting, and drawing or painting in a quiet environment. To ensure that my vacation brings me tranquillity and pleasure, I have tried to find a serene setting where I can fully immerse myself in every task. Here is the plan I have come up with:

- 📅 To start each day, I will commit to waking up early. In the morning, I will listen to the summary of two new books in Youtube videos and then head to the library to diligently write down my thoughts and insights.
- 📅 In the afternoon, after finishing lunch and taking a short nap, I will engage in drawing or painting and then participate in physical activities such as swimming, playing badminton, practicing Tai Chi, or taking a walk.
- 📅 In the evening, I will prepare dinner and spend quality time chatting with my family or reading.

By following this plan, I firmly believe that my vacation will contribute to my overall well-being, encompassing the body, mind, and soul. Regardless of any changes in the environment, I can achieve my ideals by adjusting my mindset and habits.