



如何打造你的人生旅程？

**How to Create
*Your Life Journey?***

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你有明確的人生旅程嗎？
還是隨波逐流？

Do you have a
Well Defined Life Journey?
Or
It feels like
Just Drifting Along?

Tips on Creating A Great Life Journey

- **Everything is made from the mind alone – we create our own life experiences.**
- **Service is the foundation of Great Life Journey – the best way to find yourself is to lose yourself in the service of others.**

(Gandhi)

- **Continuously breaking self-limiting assumptions to achieve a Great Life Journey.**
- **Listening to your inner voice.**
- **Define your life vision.**

打造生命之旅須知

- 一切唯心造 - 我們創造自己的人生經歷。
- 服務是有意義的生命之旅的基礎 - 忘己的為他人服務是找到自己的最佳方式（甘地）。
- 生命之旅是一個不斷打破格局而達到自在的旅程。
- 傾聽自己內心的聲音。
- 撰寫自己人生旅程的願景。



Everything is ***made from the mind alone***

If you want to know about the Buddhas of the past, present, and future, you should look into the causes and conditions of the Ten Dharma Realms: Everything is made from the mind alone.

It all comes from your own mind.

The Ten Dharma Realms are not apart from the single thought now present in your mind and mine. If your mind ponders the Buddhalands, in the future you will go to the Buddhalands. If your mind is fixed on the hells, in the future you will end up in the hells. Everything is made from the mind alone. The result of the cause and condition is unquestionable.

一切唯心造

「若人欲了知，三世一切佛，應觀法界性，一切唯心造。」你若人想要明白這三世一切諸佛，就是過去世、現在世、未來世這一切諸佛。

「應觀法界性」：你應該看十法界這種的因緣，這種的性。「一切唯心造」：一切都是從你這個心裏造成的。

「披毛從此起」：披毛就是作畜生，從此起，從這個心開始；「作佛也由它」：你若想修行成佛，也是由這個心，所以說這十法界不離你我現前這一念的心。你心在佛國，將來就到佛國；你心存地獄，將來就墮地獄。這一切唯心造，絲毫不錯的。

一切唯心造

Everything is made from the mind alone

當我們用不同的眼光去看一件事或找答案時，
常常境隨心轉，有意想不到的結果。

*When we look at things from a
different angle, we most likely will
arrive at a different conclusion.*



Old woman or young lady?



中国思贤网



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Two Different Views

	View 1	View 2
People Around You	Competitors	Helpers
Enemy	A threat	A challenge
Boss	Annoying foreman	Respectable coach
Opponents	Source of the conflict	Source of inspiration
People with Different Opinions	Opposition	Difference
Complainer	A problem	Person who needs help
Parents	Antiques from last generation	Teachers for this generation
Employees	Machines for making money	Members of the corporate family

兩種看法的不同

	第一種	第二種
看周圍的人	是競爭者	是幫助者
看敵人	是一種威脅	是一種考驗
看上司	是討厭的工頭	是可敬的教練
看對手	是磨擦的來源	是靈感的來源
看異己份子	是一種對立	是一種差異
看抱怨者	是問題人物	是有特別需要的人
看父母	是上一代的古董	是這一代的導師
看雇員	是公司賺錢的機器	是公司的家庭成員

服務是有意義的生命之旅的基礎！

Service is the foundation of A Great Life Journey

物質方面的贈與 Offering Material Stuff

（財佈施）



在精神方面的開導

Offering Spiritual Support

（法佈施）



在恐懼與害怕方面的支持

Offering Emotional Support

（無畏施）





幾個不凡的服務的故事

A Few Inspiring Stories

On Services

亞歷山卓·艾力克斯·斯科特

Alexandra 'Alex' Scott



葉蕾蕾的故事

Lily Yeh



Dandelion School in Beijing





人生
是一個不斷打破格局
而達到自在的旅程

**A Great Life Journey is the result of
Continuously breaking
Self-limiting Assumptions.**

什麼自我格局？

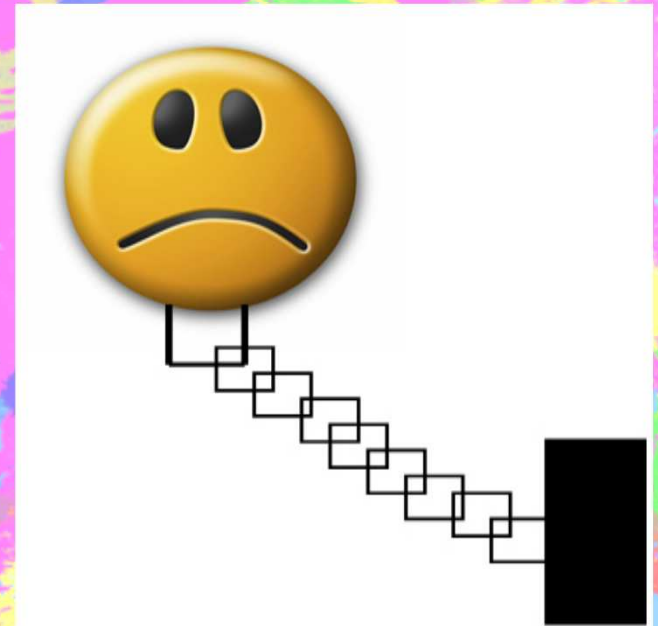
What is a self-limiting assumption?

某些信念或看法讓我們無法
依據我們的能力、才幹和意願
過我們想過的生活。

**Believe systems prohibiting
Us to live the life we desire.**

你有同感嗎？

Is this how you feel?



你有自我格局嗎？

Do you have Self-limiting Assumptions?

來做一個小試驗 Take a little test



九個點只用四條直線連起來
而畫的時候，筆不能離開紙

Connecting the 9 dots with
4 straight lines without
lifting your pen from the paper

尤努斯的故事

The Story of Muhammad Yunus

一步一腳印的

在“認識自己”的過程中

發現人生的意義

**In the Process of 'Understanding Himself,
Prof. Yunus Discovered the Meaning of
His Life Journey**

There is no boundary in Service!

Journey of Prof. Yunus

Triggering
event

1974 famine

Walk the
village

Poor people
Could be
trustworthy

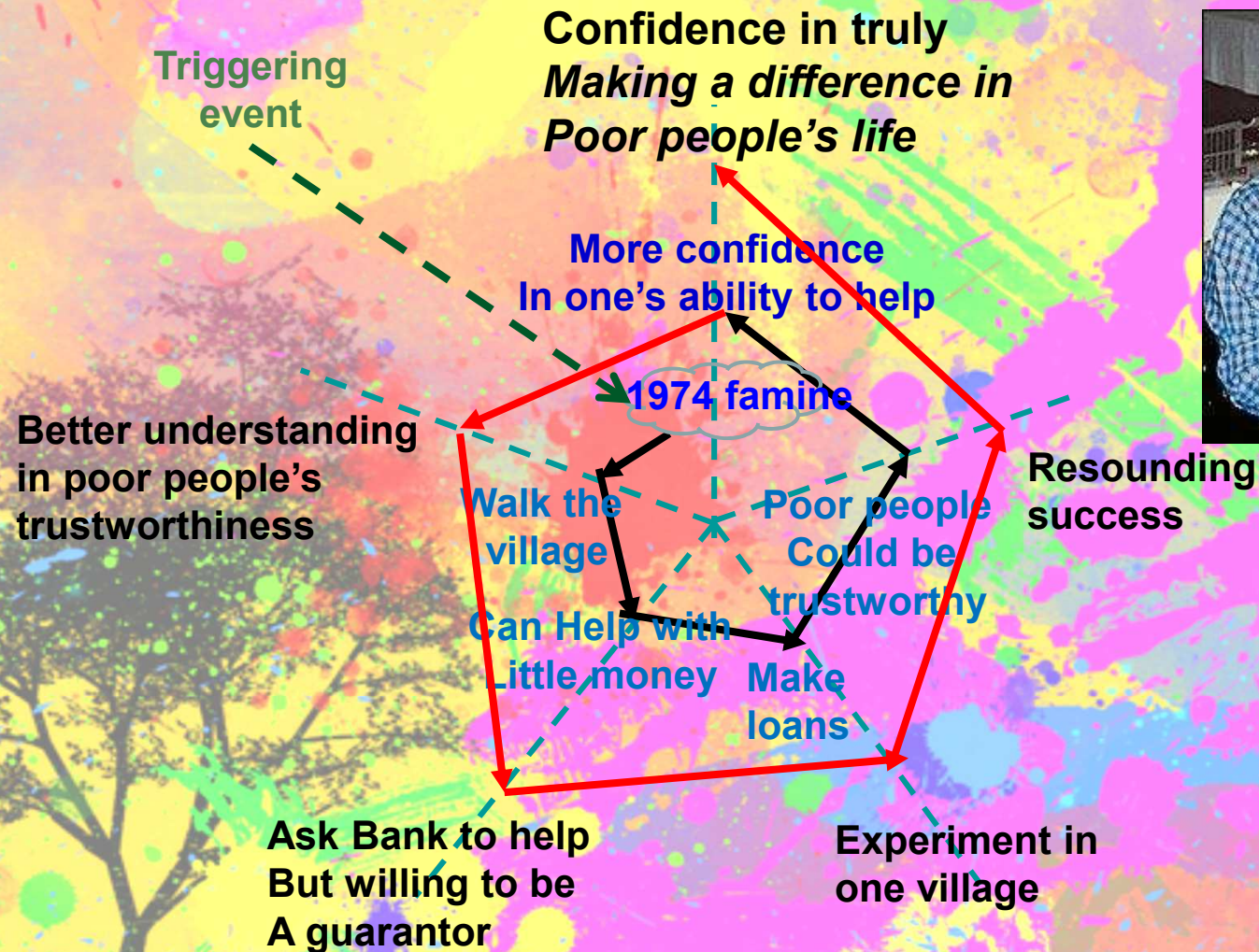
Can Help with
Little money

Make
loans



There is no boundary in Service!

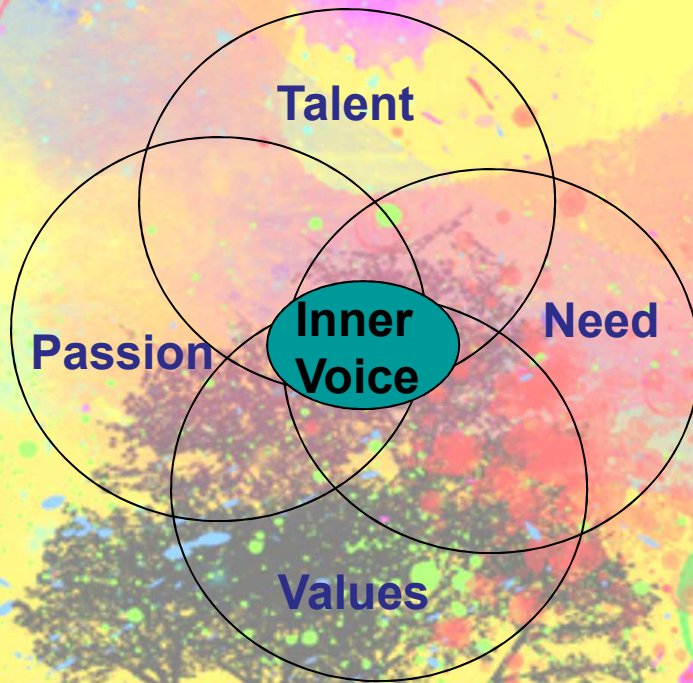
Journey of Prof. Yunus



Journey of Prof. Yunus



Listening to Your Inner Voice

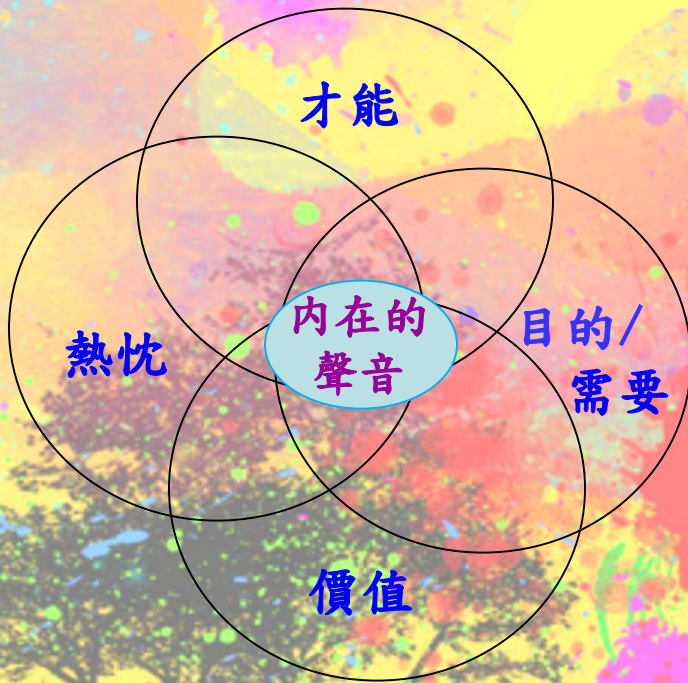


-- diagram adopted from
Stephen Covey's
8th Habit book --

1. What need do I sense?
2. Do I possess the *talent that can meet the need*?
3. Will I enjoy doing the work required to meet the need?
4. Is it a meaningful thing for me to do?

認識自己

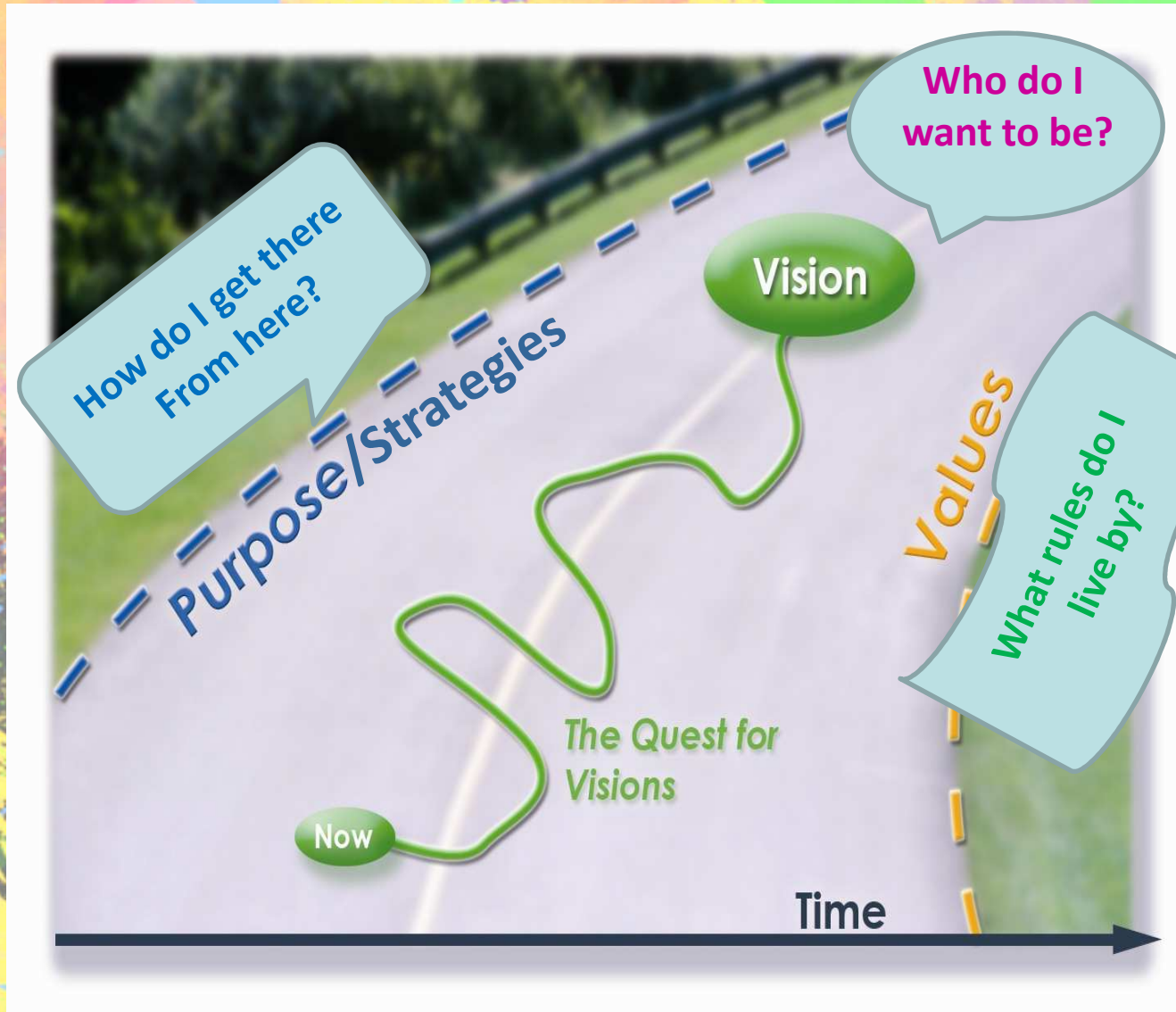
如何聽內在的聲音？



- 我感覺到甚麼樣的
需要？
- 我有這種才能可以
滿足這種需要嗎？
- 我會喜歡做能滿足
這種需要的工作嗎？
- 這是件有價值的、
我應該去做的事嗎？

取自史提芬·寇維 (Stephen Covey)
的書“第八個習慣” (The Eighth Habit)

Three Important Questions For Defining Your Life Journey



規劃生命之旅 必須回答的三個重要的問題



孔夫子很早就闡明了 一個人自在/幸福的旅程

Confucius' Illustration of Life Journey

