

## The risen of life

I recently just hit the age of 20, had an awesome birthday party although some of my best friends aren't with me, normally I don't feel any changes at all everything just goes so natural like it was supposed to be, until I start recalling my memories through out this entire year, I realized I've changed! Yes! Somewhat I must've changed, from my memories I saw people kept on saying how much I've matured and how optimistic I've become, during that time I might seem like accepting all those compliments happily, but deep in my heart I deny all of it, because I can't believe I have forgive my self for what I've done and there is probably still hatred flowing in my body for what I've been through, until I started picturing the me in the past standing in front of my current self face to face, I looked at myself who was from the past straight into his eyes, from his eyes I see a boy with shattered heart suffering from his environment even struggle for life and lack confidence, he was despised and hated by everyone around him including him self, surrounded by an atmosphere that's dark and cold, I feel sad just by looking at him, so I turned my head to look at the me right now, the sudden difference get me shocked and speechless, he has become so much better, and by the word "better" I mean better in everything! He's smile is warm and positive you can feel his confidence by the way he looks at you, surrounded by the light of hope, then I start looking deep into his heart, I realized that there is still darkness and hatred inside of him but the only difference is it's seems to have no effect on him, which I started to accept the fact that perhaps I have finally became a better person somehow during the 4 years after I left the dark ages.

Now that I truly love myself the me in the past seems so far away, those people who knew me for a long time often asks me "how did you become who you are today?"

I usually just tell them I don't even know it myself, but if you want my honest answer, I'll say

it's partially determined by fate and mostly because of the long period where I suffer and struggle thorough life without any help but my own will power, if you don't understand what I'm saying, let me ask you, have you ever been into so much pain that you started wondering the purpose of life and where no one will be there to save you, people around you will kick you into the abyss when you're down, every night in your sleep you see yourself in agony, and when you looked at yourself from a mirror you see tears drying on your cheek, you can't cry because you've used up all your tears, but to let out your negative emotions you started to hurt yourself thinking no body cares anyway, and soon your body will be covered by scars, you might kept saying it's okay or even you don't care anymore, but deep down you knew you want to get back up, you know you deserve a better life just like everyone else, but when you reach out your hand for hope, people start kicking you and hurt you, pushing you all the way deep into the abyss, when you reach the bottom of the abyss, you look around, there's nothing but pain and misery, you soon feel all the sadness and sorrow along with hatred growing inside you, you don't understand why this is happening and why you're the one suffering, I remember myself screaming to the world with tears in my eyes saying this is not fair, I miss counted the amount of times I collapse, and at some moment I thought I gave up life, I stopped looking for hope,

and soon as I gave up life, everything changes, I installed a new program into my heart which I would like to call "self protection", I became extremely pessimistic, because I knew if there were no expectations there won't be disappointment, all the emotions will be shut down, in other words I simply chose emptiness over agony, I've had enough pain, hoping this will make me feel better, I then live my life without a soul as if I am a robot, I didn't laugh neither did I cry for an entire year, I thought I finally had a better life but it's actually just emptiness, there is something missing, this is my first and second stage of my life "Agony" and "Numb".

To well explain how my emotions change overtime and where exactly the first two stages

came from, you have to know my background first, I was born in Taiwan more specifically Chiayi city, a place where it is not yet well developed, I assume you can even called it "country side"? Like most of the family I live with my parents happily with my older brother James, but it didn't last that long, my parents got divorced when I was the age of 3 both me and my brother live with my mom, I hardly have any memories before I was 3 so I don't really remember what my dad looks like, back in the days when I'm still young and ignorant I thought all children are raised by a single parent, until one day I first experienced true sadness where I was off school waiting for my mom to pick me up along side with my brother, I saw other kids going home with their parents holding both of their hands happily, but mine is empty, Not only am I jealous of what they have, I envy them too, I begin to question my mother about what happened to my dad, I wrote a letter and asked her to send it to him, which she never did, during that time I was happy but not satisfied, I have some good friends in elementary school, I often went traveling with my mom and James, life without a dad is not the only reason why I'm sad, my mother was super strict about my academics when I was that young and forces me to read many different books, which now I just hate reading books, I still remember this one time when I cheated on my exam and got caught, she's super mad and hit me with her belt 3 times, which was my first time experiencing domestic abuse, I don't know why but I used to think that if dad was there he would have treat me better, I continue this happy simple childhood until one day when I was grade 4 walking around in a shopping mall in Taichung, I was bargaining with my mom to buy me a toy, and suddenly a man walks through us which caught James's eyes, which he recognized that's he's dad, he screams the word daddy with excitement and the man turns around, I realized I do recognize him, but he changed so much, he seems so depressed and sick, when dad looked at us he was shocked and so was mom, we had a quick family reunion, that was my first time remembering my parents chatting together, I've been dreaming of one day my dad will return before I met him, and now I'm just so happy, I thought that was the best gift I've ever

had in my life and if god exist he probably loved me, I start imagining from now on my family will live together we will have lots of fun and I'll never feel the sad on father's day and other holidays, but my fairy tale soon got interrupted by my mom after she had a chat with dad, she told me that he has lymphoma cancer and it was at the end stage, my mood turn from excitement into sadness, I can't believe the moment I finally found my dad and he's about to die, I just can't accept it! I was really worried and I had many discussion with my teachers, classmates and even my mom about what should I do, eventually in a family meeting, me and my brother told mom we decide to stay with dad in Taichung, my mother warned me that my dad has really bad temper and often gets mad which he might hurt us, but I don't have much choice! It's either leaving my dad to death and live the rest of my life knowing you gave him up, or stay with him try your best to save him but takes the risk of domestic abuse, obviously I believe most kids in my age will take the second choice, plus I was raised in a society where we were taught to be positive and believe in what you're doing, including all the books and movies for children always have a happy ending, so that even it was a hard choice I believe the fact that if fate makes us meet each other, to take good care of him is probably my task, and if I try hard enough and put in good effort it will all payoff in the end, soon me and my brother moved from Chiayi to Taichung, that was the first time we had our school shifted and it was also the first time I made a big decision in my life, however I didn't knew that what awaits me in the future nearly got me killed.

Soon as I moved into Taichung with my dad, I realized just how hard it is to adapt to a new environment, I lost all my friends from Chiayi I'm super stressed to take good care of my dad and also take care of my academics because I'm about to reach junior high school, but the worst part is that mom didn't came with us, during that time I didn't understand the reason why mom didn't follow she just says that she needs time, although I was still pretty depressed about it but I thought she will eventually come with us and at least our Filipino

maid Rose is with us, soon I started to make new friends at school, but when I visit my dad in the hospital the doctor told me that he can probably live for maximum 2 more years, me and James felt really sad about it, but we didn't want to give up, we tried even harder, we work hard on our academics to make dad feel proud, we cook we clean we walk our dog Teddy, so that my dad can simply just rest every day, I often cry during afternoon nap time at school thinking my dad might die at any moment, I was very stressed that I begin to eat lots of food especially sweets and I became chubby, my only rescue in the day is spending time with my dog, playing games with James or chatting with Rose about our issues, my dad was bald due to the medical treatment for cancer, but one day I saw a few hair start growing on his head that brings me hope, he became healthier! Dad starts to spend time playing with us, we go fishing, we play video games together, and we often went to our favorite restaurant Fridays for birthday celebration, and I finally get to make a gift on Father's day for him, I can feel that he really loves me and James, and he actually understands me better than mom did, I'm glad that all of my efforts pay off, now the only thing missing is just mom haven't join us, just as I thought things are going really well, something bad happens, my dad has picked up his old habit smoking, Me and my brother really dislike the smell of it and it makes us sick, but to make dad feel happy we tolerated the fact that he smokes a lot, but I feel like it's a bad omen which turn out to be I was right.

Soon as my dad started smoking, all the bad things happened one by one, my parents begin fighting each other for our healthiness, James and I were really stressed out that we start failing our courses, my dad became really strict on our academics, and often got mad at us about it, I was depressed and I began to hate school and studying, I feel like schools and tests are the reason why dad got angry all the time, one night I was given a huge amount of assignments, which took me a long time to get it done, I went to bed at around 3 am and slept for only 3 hours to rush for the school bus, while waiting for the school bus I was

exhausted and pissed off due to the lack of sleep, all the bad things that happened recently start showing in my mind which got me really twitchy, so I kicked my bag to let my emotions out, and unfortunately my dad saw it from our apartment, on the same day after school, I came back home still depressed, and when I opened the door, dad was standing right there looking at me with an angry face, before I say anything he asked me, why did I kick my school bag today? I felt kind of guilty but I wanted to explain that I had a terrible sleep the night before, but it was too futile to do so, he didn't want to hear any excuse, he slapped me in my left cheek with his right hand, he did it so hard that one of my tooth fell off from my mouth, I cried immediately due to the amount of pain, I panicked and ran all the way to my room with the door locked, I covered myself under my blanket, crying out loud, but this time it wasn't because of the pain on my cheek, it's from my heart, I can't believe my dad which I loved so much, just slapped me so hard, I kept crying for a while, and when I finally calm down, I walk out of my room, and dad was standing right in front of me, he apologized and told me he didn't meant to hurt me that much, he ask for my forgiveness and promised me he'll never hurt me like this again, I believed in him and chose to forgive him, however his promise didn't last long, a few months later, he caught James cheated on an exam and again lose control, he became furious smashing things from the table, and hit him with a broom until it breaks apart, Rose and I watched this tragedy happened but we were too scared to stop him, after the punishment, James collapsed and completely lost faith in my dad, he called mom and said that he can't take this anymore, and told her everything that happened, a few weeks later mom came and fight my dad yelling that James will go with her, eventually James was transferred to another school far away from us, and before I start feeling bad about this the next disaster came, Rose gone missing during her day off, we called the police but she was never found, my dad told me that she must've left to spent time with her boyfriend, but I knew she couldn't handle the stress living with my dad, watching us got beat up again and again, now that my dad have become a monster and I lost two of my family member, I looked

at my house and there's only me, my dad and our pet dog Teddy left, I couldn't stop any of these from happening, and I felt so powerless, I can't change a thing, I looked at my dreams few years ago where I believed that I will be the hero who will fix our family, but in fact I just made everything worse.

I watch my dream shattered into pieces in my own hand, images of all my fairy tales and ideal family from the past came into my mind, I can feel tears dripping down my chin, I feel nothing but sadness and sorrow, I screamed "this is not fair", and kept on crying until there is no more tears left in my eyes, but the next day life goes on, I went to school pretending nothing happened, all I want now is just keep myself and dad as happy as possible, but in order to reach my dad's high requirements, I spent most of my time studying, my stress begin to build up, which lead me to eating lots of food and sweets, my body was in really bad shape and I'm also addicted to video games, I was in hard depression, my only source of confidence was playing video games, because I was good at it, during this time period my mom figured out that I wasn't feeling so well, so she tried her best to communicate with my dad to not push me so hard, but dad blames the school, which lead me to kept on transferring to different schools, I was in 3 different schools during my junior high school, due to the fact of continues transferring, not only did I have any friends to talk to, I even got bullied when I was grade 10, which my pet dog Teddy play a big part in my life as my best friend, he's the only one who I can tell him everything and make me feel better, and for the reason why I was bullied, I kind of deserve it, I realized that I wasn't smart enough to handle the harsh education system that gave me 8 different courses to took care of and with my dad's high requirement that's just impossible, but if I do not do well academically, I will disappoint dad which I might get beaten up, which to me was terrifying, I have no choice but to cheat on the courses that I'm weak at, and unfortunately I got caught by my classmates, they really hated cheaters, and they thought I'm just an asshole who simply didn't want to

spend effort to study but cheat to win against others, but the truth is that I just hope dad will be proud or at least not beating me up, I do not expect my classmates to understand the truth behind it, I endure all their hatred, they begin to throw textbooks at me, talk bad things behind me that are not true, and whenever there is a group project or separating class into small teams, I will inevitably be by myself, alone, my classmates hates me during school time, and when I came home I often disappoint my dad for not doing good enough, I pretty much was suffering whenever I'm awake, I had to talk to Teddy every day to make myself feel better, he was the only reason why I'm not yet collapsed, but reality is cruel, Teddy has been taken away from me a few months later, and will never return.

On a regular weekend I just finish supper, and was carrying some left over food for my buddy Teddy, I walked him to his favorite park like always, and he will run around but not too far away from me, we spent a good amount of time in the park, usually I'll carry him while crossing streets, but it was pretty late in night so I didn't carry him, suddenly I heard a sound, sound of a dog barking, I looked across the street I saw a giant Husky barking at us, so I decide to carry Teddy in case he got to excited, but I was too late, I saw Teddy running towards the Husky on the street, and all of a sudden a car showed up from the corner of my sight droving really fast, I knew what's going to happen next but I can't stop it, I watched him got run over by the car, I yelled his name, running to him, but when I picked him up, I looked at him, hoping he would respond, but then I realized he was dead, tears begin to came out of my eyes, I carried his body and sat at the park calling my dad for help, he came immediately with a big paper box, my dad carried his body and gently put it in in the paper box, we have a funeral for Teddy, I cried out loud with my mind full of regret, I can't believe my best friend just died right in front of me, he was my only hope for me kept on staying with my dad, I buried him in his favorite park with my broken heart, I still remember, the day after I buried him, I sat in my room exhausted, I looked at the places where Teddy used to play with me, I



couldn't stop my tears kept on coming out, my mind was completely swallowed by sadness and sorrow, images of all the pain I've been through in all these years starts showing in my mind, as if I was dragged into a negative black hole, when I tried to full fill my dream, first my mom refused to join, then my dad became a monster, my brother left me, Rose gone missing, my classmates hate me and now my buddy is gone forever, I felt that my life was just a tragedy as if I was born to suffer, with that much sad emotions my mind completely collapsed, I begin to question my purpose of living, then I can't recall what exactly happened, all I remember is that I've spend the next month of my life crying every night, that my pillow was never dry in the morning, my mom bought me a new pet dog that looks exactly like Teddy, she hopes that it will help cheering me up, but to me it wasn't so effective, since I collapsed, I couldn't concentrate my mind on anything not even video games, so without a doubt I failed my final exam, but compare to Teddy's death it felt like nothing to me, however my dad cares, a lot, he got mad at me again just like every time whenever I disappoint him, but I wasn't in the mood to explain anything, he got even angrier seeing that I didn't care about my marks, he grabbed my arm and smashed me on the bed, leading my right shoulder to be dislocated, it really hurts but surprisingly I wasn't crying, I feel numb, and that's the moment when I realized I had the "self protection" system installed in my mind.

After I've been numb for a while, my mom realizes something went wrong with me, really wrong, so one day she decided to visit me, she surprised me at school, and asked me how I've been doing, ever since Teddy died I didn't have anyone to talk to, so I decide to let out my emotions and tell her everything, she asks me if I can still handle all this, but when she looked me in the eye I think she had her answer, she decided to bring me back to Chiayi away from my dad, I agreed with her since there's nothing for me to lose anymore, we take actions immediately and left Taichung city without bringing anything, and on our way back home, I looked at Taichung city from the high way, and I knew after I made this decision there is no

way back, and everything is over.

After I got home, I was still numb like a man with no soul, I can't even remember when was the last time that I'm truly happy, my mom said if I just relax time will heal me slowly, but I knew the wound might be healed but it's going to leave a scar that will remind me what I've been through, and when I look at it I can feel painful, a few weeks later my junior high school send me an email telling me it's almost graduation, I was going to attend it, but I begin to hear my classmates voice whispering around me, that they hates me, which reminded me just how much they despise me, that was my first time skipping a graduation in my life, although I'm already pretty numb, knowing you will never have another junior high school graduation still hurts me, my mom hopes that my depression can be healed before summer breaks over, so she asked my brother James to cheer me up and do something about my depression, we had a family discussion and we decided to rebuild my confidence, and our first step is to work on my body, it was really hard to start because I was fat, I wasn't even sure if I can get rid of my depression, but anyways, our plans of working out soon begin, and it was so tiring, like seriously I'm exhausted every single day, I believe that any fat guy can tell you how hard it is for them to run just 5 km, but whenever I thought I can't move another inch, I heard a voice telling me "Don't give up", I realized that I haven't completely gave myself up yet, there was still a part of me that wants to be someone better, he was just buried deep inside me all this time, and now I can finally feel him again, I was so glad that he's been there with me all this time, and I promised him I'll never gave myself up again, and I will definitely make myself better, I will become everything I wanted to be!

Time flew really fast, summer break was over, I was both physically and mentally better, but not enough to make myself proud, school begins, I was nervous but this time it's not just nervous, I'm also excited! Because this time I know it's my time to shine!

A year have past, I kept my promise and became someone better, I made some good friends that I'm still contacting today, but I also made a big decision, which is I'll be studying abroad at Canada soon! It's not that something went really wrong again, but after all what I've been through, Asian education system just doesn't fit me anymore, those memories from the past still haunt me and affect me in some level, that it's harder for me to concentrate studying, where in western countries you will be provided with more support, but just before I went to Canada, my mom asked me whether or not I'm interested to join a youth summer camp, before I leave Taiwan, at first I wasn't going to say yes, because I knew that I might make some new friends in there, which I'll have to say good bye to them very soon, but my mom explained that this wasn't just some ordinary youth organization, I might learn a few things from there, and she insist that I should give it a shot, eventually I agreed with her, but I didn't expect anything special to happen, and now I'm glad my mom insisted.

It was a camp that last for three days, with lots of fun activities designed by the staff who work with the youth, and the name of this organization is Seth, During the first day of the camp, every member was signing in to different groups, each group has around 10~12 members, with 3 staffs in charge, those staff will be taking care of us for the rest of 3 days, as the first activities begin, our team started to introduce ourselves to each other, all of our staffs were really friendly and they worked really well together as if they were one big family, I volunteered to be the team leader because I really liked them, after the first day, I felt like I've been with them for months already, and we have lots of group activities during the second day which requires very strong team work and of course lots of energy, turns out that every group have a pretty good sense of team work, we were all amazed by how well each group cooperated in the game, the activity which I like the most was on the second day during the night, where everyone will get together telling each other our true feelings or

share our problems in our life, normally I don't feel comfortable to tell people that I knew for only a few days about my tragic story, but somehow I wanted to be honest with them, so I told them all about my story, and right after I let out my secret, every member in our team seems to be effected that each of us begin to reveal their true feelings and secrets, I can feel that our bond between each team member was growing stronger and stronger, on the last day, we have our last event, each team we perform a play, it was surprisingly fun and we all enjoyed it, but soon as each team performed their play, the summer camp has come to an end, I couldn't believe we had to say goodbye so fast, and how sad I felt when I left the camp, during my way back home on a train, I looked outside the window enjoying the view thinking of how much fun I had in the past 3 days, but I also feel really empty ever since I left, but suddenly I remembered that before the camp ends, the leader of Seth youth said that if we enjoyed their summer camp and is willing to help, we can contact him for an interview, I really wanted to join them, but I also question myself if I'm good enough for it, all of their member seems so matured and positive, they are the kind of person I wanted to be, after a moment of hesitation, I make up my mind and send a message to the leader of Seth youth, I saw him read my message but have not yet respond, just when I start getting worried, my phone buzzed and I saw he's reply, and the answer is yes.

I didn't know which I feel more, is it happiness or surprised, but I do know that I haven't feel this happy for a long time, I have officially joined Seth youth organization, and it changed the next 4 years of my life, every year I learned different lessons and build more bonds with every staff along with Seth youth, before I say what I have done here, I want to explain the main reason why I joined them, due to my tragic childhood, my purpose of living became simple, just trying to be as happy as possible, and I realized that my main source of happiness came from helping others who were suffering, I hope my existence can bring this world happiness or even make this world a better place, before I join Seth youth I watched

them saving people who were depressed including myself, I saw people's life getting better because of them, and that's that makes me wanting to join them, since I was studying in Canada, I can only come back during summer time, which I spent 4 of my precious summer putting my best effort into their camp, we have 3 different camps every summer, one for the senior high school students, one for people in universities and collage, and another one for children between grade 3 to 6, most parts in the camp were awesome but there are some specific moments, that really brings me the sense of accomplishment, and touching, that was when I saw feed backs, my team member said that my words really mean a lot to them and that they really appreciate me, or when kids from our child summer camp asks me rather I'll come back next year, and they want me back, I remember hugging countless members from our team and listening to their stories, there was always a lot of fun, with a lot of touching moments, every year when it was time for me to return Canada, I made a promise that I'll come back stronger better, and I kept my promise indeed, every time when I came back I became someone better, and as time goes on the bond between me and Seth youth has grown stronger and stronger, it's more of a home to me now, during this 4 years, I've made friends who I believe our friendship will last life long, and I started to accept and respect the very existence of myself, I no longer lack confidence, I became stronger, and the best part is, I'm no longer alone, not anymore, even if my friend is not right beside me, they were always in my mind, I couldn't believe how much I receive from Seth youth, it was like the best gift ever in my life, not only did it pulled me all the way out from my nightmares, it gave me strength to help others, and when I support those who needs me, they were given the power to lend out a helping hand as well, which the good cycle begins, where more and more people will save each other, and eventually I've made this world a better place.

Now that I have a new goal of my life, I wanted to be a Canadian, and I will be starting my immigration process this year, and without a doubt the thing I'll miss the most will definitely

be my friends from Seth youth, not being able to attend the next 3 years of the summer camp, makes me kind of depressed, but I know that I have to move on, I'm really grateful for what the youth have done for me, with my current state right now I fear no challenge, and I can overcome my nightmares, my absent of 3 years might seem to be long, but I rather seen it as an opportunity, I've never leave home for that long without coming back, I will work hard and full fill my dreams, I told my friends that, if they found life getting hard, or dreams fading away, don't forget that they have a friend far away fighting for his own dream as well, I really look forward to the day of our reunion, when I finally meet everyone again, I want to show them that I've been working hard and I became someone better, and I wish that they'll took care of themselves as well, just my imaging myself and the others running the Seth youth summer camp again gets me excited, even it's still 3 years away, I never truly realized when did I recover from my past, but I guess it doesn't really matter anymore, I have finally climb out from the abyss, and I'll will rise up higher, if I will to label different stages of my life , the first stage would be "Ignorant" when I was still a baby, then "Agony" for the second stage where I watch my dream shattered, third stage as "Numb" where I collapse and almost gave my life up, to "resurrection" where hope was shown once again in my life, and the final stage "Rise" where I completely recover from the past and start moving forward, and this will be My process of how my life has gone from deep into the abyss and all the way up now, I'd like to call this "The risen of life" ,and my key to it? Seth Youth.

Sincerely, Mickey

Huo

## 關於我 關於未來

賽斯青年團是個讓青年朋友有個溫暖地方可以讓人充電的避風港，在這裡的人們總是充滿溫度，在這裡表達是安全的，當然這句話的前提是說出話後是要負責任的，在這裡我感受到的是愛，像家人般沒有批評、瞧不起，彼此互相幫助與支持，是個充滿愛的地方，有人曾說，青年團的氛圍讓人感動讓人感覺到舒服和放鬆，我完全認同。這也是我一直想要強調的事情！

因為青年團，讓我多了很多談心的朋友，我們每一個人都很有想法，但我們可以彼此尊重，我們可以天南地北的聊，什麼都聊什麼都不奇怪，因此一直以來我都很珍惜這段緣份，2018 的營隊也認識了很多新朋友，彼此也一起創造了不同的故事。

會認識賽斯青年團是因為我的媽媽，在 2015 年時發現有青年團辦的營隊，其實一開始我完全沒興趣也感到害怕，因為個性慢熟，從小我就不擅於接觸陌生的人群，也不喜歡團康類的活動，而那年因為有朋友一起參加的緣故，就半推半就的參加了，在過程中，隊輔們對我們的熱情和照顧，深深覺得感動，也對我的人生來說開始了轉變，讓我有了一次很難得的經驗，而 2016 時參加了兒童營的隊輔，讓我更加感受到這個團體的互助互愛，而整個營隊中最喜歡的部分就是最後面的大合唱，因為這個活動可以感受到所有孩子的心，可能因為這個營隊而有了一些些的轉變，也能感受到他們喜歡我們，因此我就待下來了，喜歡這個團體，也喜歡學員因為我們有了轉變！

自從 2017 年的營隊結束後，青年團面臨了轉折期，幹部和總召相繼離開，而我接手了代理總召一職，曾經質疑過 2018 的營隊是否要辦，是否有能力辦，是否在那之前找得到新任總召，沒想到真的來了一個新總召，與青年團從未接觸過的新總召，讓留下來的人有點慌，但沒想到.....創造了另一個新氛圍。

2018 年的營隊取消了高中營的部份，而大專營調整為大專工作坊的形式，效果當然與之前差異很大，但成果並不算太差，反而激起不同的火花，而變革最大的應該就是青年團的人員內部了，我都說 2018 是大家的轉淚點，大部分的老成員都在尋覓自己的定位和能做的事情，每個人都在自我調整，因此摩擦也增多，但即使如此”我們感情依舊”，依然能夠好好的談好好的磨對方，也利用不少的時間讓大家坐下來好好討論，雖然過程中生氣難過難免，但那都是溝通的必要過程，很慶幸我們都能夠敞開心胸真正的聊內心，沒有因此破壞彼此的感情，我們大家還是能夠好好的把營隊帶完。

回顧之前我帶了三個兒童營、各一個高中大專營和一次大專工作坊。第一次參加兒童營時，多虧當時的隊輔夥伴不斷丟球給我，我才能慢慢突破自己的心防跟孩子相處，也很慶幸在出隊晚上我們能利用時間好好認識彼此，現在我們成為彼此生命裡最特別的人，每一次營隊結束後我們都會寫信給彼此，過程中我們看著彼此一路上的成長，能夠各自獨當一面，並成為青年團重要的一員，那份感動是最珍貴的，因為我們相信彼此都能夠好好的發揮自己並成就自己，但接下來的營隊他們都無法參與了，我知道我的失落是真的，但我也知道我們在彼此心中沒有改變過！如同前面所說去年對於青年團來說是個轉折點，而今年將會正式的轉變，一定會有更大的挑戰等著我們，但始終相信我們一樣可以克服困難！

在青年團擔任幹部時，每週與總召及夥伴開會討論每個月的課程還有發想未來想做的總總事情，以及最重頭戲的暑期營隊，在這裡慢慢的學習與成長，更重要的是做了很多以前不敢做的事情，很奇妙的，你是在無意間成長的，以我為例，最簡單的發現就是在學校上台報告時，不那麼緊張了！也比以前更勇敢的去追求自己所想要的，有些事當下想做就去做，做了再說，以前總是想得多，需要考慮的很周全，計畫的很詳細，但往往想完了，機會可能流失了，熱情也消磨大半了，對我來說，在青年團做了很多不一樣的突破，以前我總是給自己很多的框架，怕東怕西，怕自己做不好，但是青年團的大家總是彼此鼓勵和支持，讓我們都能夠放心地往前。

在營隊期間，我體驗到很多不同以往的自己，而自己都沒有發現的優點，也從夥伴寫給我的信中發現，可能只是一件小小的事，在他們眼中卻是他們說羨慕或是想要學習的，讓我有點訝異，原來這些不以為意的作為，其實都是自己的優點，是自己沒有發現到的，也讓我更加相信每個人都有值得別人羨慕和喜歡的地方，不要輕易否定自己和看輕自己，並且很重要的是，”我們要做一個自己喜歡的自己”這句話是從夥伴口中說出來的，我覺得很重要而且非常喜歡！！人生只有一次，何不做一个喜歡的自己呢？沒有必要討好所有人！因為人生是自己的，盡情做喜歡的事、做一個喜歡的自己，最有價值和人生的意義！

而在營隊期間也有相當多的挑戰和衝擊，人與人之間總是會有意見不同和目標不一樣的時候，但最為關鍵的是，我們能不能把這些視為最精彩的部分而且做一個良好且有效的溝通與協調，把不一樣變成更多的可能性，融合成為更好的活動企劃，是的，我們做到了！我們雖然有衝突，但是我們都很樂於溝通，因為我們都想要一個很棒的營隊，我們都希望我們可以一起攜手完成一個目標，彼此各退一步，互相包容和協調，



我認為一個再好再完美的營隊都比不上一個充滿溫度充滿連結的團體，我們總是在聊天，因為我們想要更瞭解彼此的想法，更有共識去帶一個營隊甚至是青年團，我們相信我們創造的氛圍會影響學員，因此我們不斷不斷的交換彼此的想法、重視彼此的感受，先談感受再來談事情，這是青年團的宗旨！我真的很喜歡這個團體！雖然這個團體，人來來去去，可能有些人會離開去追求自己，可能有些人時候到了必須畢業，心裡會不捨，但是更覺得開心和驕傲，大家都非常勇敢，勇於追求自己所想要的生活和做一個喜歡的自己！只要...能夠好好的說再見，或許心裡會舒坦很多，說再見不是不見了，只是分開旅行，各自朝著自己的目標努力，期待未來更好的彼此，就是對於彼此最好的祝福！

原本 2018 年底時有個計劃是兒童的課程，每個月一次的早上培訓下午協助兒童課程，對我來說這就是我想做的，很可惜最後未能如期舉辦，希望未來還有機會能夠辦理這樣的計劃，希望自己能夠陪伴著孩子成長，因為這樣的課程不只對於我們有幫助，對於小孩也是，從小就該建立正確的健康心理和表達能力，目前坊間這樣的課程沒有普及，覺得蠻可惜的。

與青年團的朋友越熟識，越覺得對於活在當下有新一層的體悟，對於這詞有很多感受，以前總是想得遠，反而犧牲很多感受當下的感覺，真正做到後，心情是輕鬆的，因為只要去享受當下的感覺，去體驗當下的感受，不顧慮太多，反而比較不會留下遺憾。

大學畢業後，我一直沒有投入職場，10 月份第一次出國、11 月底開車環島.....都是以玩樂為主，不知不覺中錢也花得所剩無幾，但是這些事對我來說意義卻很重大，我從沒想過我能那麼臨時就決定要環島，也沒想過一起環島的朋友是這樣的組合，真心覺得那成為我的人生裡很特別的回憶，一直以來我認為 “ 玩即是生活，生活即是玩 ” ，我一直不敢投入職場，一直不曉得人們為什麼要為了錢拼死拼活一點都不快樂，勉強做了一份還算可以的工作，勉強接受和將就，我不懂為什麼要把自己搞得那麼累，後來我才懂了，錢不過是換取你想要的東西的媒介，如果我要玩可以，但也要有本錢，錢是個讓我換取玩樂的工具，但問題又來了，我似乎找不到我想要的工作，我希望這份工作是能有那麼點快樂的成份在的，身邊的家人和朋友總說沒有一個人上班是快樂的，沒有一份不辛苦的工作...對我明白，我卻也不想妥協，也認為自己抗壓性怎麼如此差，別人為什麼都可以就我不能，想調適自己轉個念，卻如此困難...最近...就覺得遇到

了滿滿的瓶頸，不曉得該怎麼解，只能讓自己試著放輕鬆告訴自己慢慢來，至少我努力過跨出舒適圈了，接下來就要好好的思考自己的人生究竟想要怎麼過了。

比起別人，發現自己一直很害怕上班這件事，一直在思考著，為什麼我害怕，後來發現自己一直很擔心“犯錯”一直很害怕自己“做不好”，像是面試這件事，也是我一直很不敢去面對的，道理很多都懂，但心裡就是一直無法跨出去，前陣子因為時常出去玩樂，朋友生日、約電影、約唱歌，才迫使自己跨出去投履歷，也順利的進入幼兒園工作，原本想說做到6月，剛好能在7.8月份帶營隊，但沒想到自己卻找不到快樂，跟自己想像中的工作內容不一樣，跟在實習的時候，主教帶班的方式也很不同，在這間幼兒園裡有很多清潔工作要忙、有很多小細節要顧...等等，發現自己不喜歡倉促的過完一天，雖然上班時間過得很快，但不喜歡自己一整天都很忙，但不知道在忙什麼的感覺，不喜歡“瞎忙”的感覺，也不喜歡自己成為一個“囉嗦的媽媽”，因為傳統教育的關係，很多時候你必須限制小孩很多事情，必須“管控”小孩、必須訂下很多規矩，讓小孩從小就建立所謂的“良好習慣”，跟自己的理念很不相同，也因為有很多其餘的事要忙，沒有時間能與小孩多做接觸，每天都必須“喊小孩”、“催小孩”要求他們動作快，否則你的清潔工作就會做不完，我會認為小孩應該要訓練的是他們的自主性和獨立性，不曉得自己是不適合這份工作還是自己抗壓性的問題，也就開始質疑自己的抗壓性，發現自己只願意做自己想做的喜歡的事情，不願意像這個社會點頭，不願意忍耐做自己不喜歡的事情，可以這麼說，我把生活想得太理想了，有時候或多或少還是要學著低頭，當作在學習吧！

在談離職時，其實很謝謝園長有挽留我，因為她讓我感受到被重視的感覺，不論是不是因為缺人的關係，能感受到的是園長的真誠，她是真心喜歡我，而且也稱讚著我做事很認真，讓我降低了原本有的內疚感，讓自己有再向前的動力，原本覺得突然的離職對園所很不好意思，害怕麻煩到他們，也怕影響到人員的調度，但後來與朋友討論後，才下定決心依循自己的內心，離職了。

離職後，開始被家人催促著找工作，被問著要找什麼樣的工作，也被唸只知道玩樂卻沒有本錢，壓力隨之而來，知道他們是不希望我渾渾噩噩的過日子，希望我能有目標有事做，但是...我想要對自己說，對於未來，還沒有找到目標沒關係，如果我能依循著自己的腳步，慢慢來，在路上細細品味每個當下，每個當下都是一份全新的感受，任何改變也從“當下”就可以開始，當個生活品味家，用心去體驗每一個經驗。抱著“好玩”的心，去享受每一個過程，當個孩子去玩生活。

關於這份迷茫，看著身邊的人一個一個找到目標，有穩定的工作，能靠自己賺的錢出去玩、買東西，雖然不想屈就，卻也羨慕著他們。有時候總是會被家人唸著，我這麼常去基金會幫忙，我到底得到了什麼，總不能為了青年團而一直不去找工作吧，我如果想要玩樂就必須要有錢，不能讓家人養我一輩子，因此我也開始陷入困惑，在青年團幫忙待著待著也從 2016 到了現在，我很確信我有所成長，但也發現這些成長開始停滯了，我只是喜歡這種能夠幫助人的快樂，我質疑過自己的定位，因為我無法像大多數人一樣擁有社交能力，快速融入群體，帶領一群 “ 陌生人 ” ，偏偏營隊很需要這樣的能力，我也想過我是不是該離開了，以前我總是能夠幫助身邊的朋友解決他們的問題，我擅於傾聽，也擅於分析問題，但隨著年紀增長，這項能力並沒有隨之成長，發現我無法幫助更多的人了，有些失望，而關於定位，我也在找尋自己的特色，如果我能將自己的特色放大，或許我能用我自己的方式去帶領營隊或是與人相處，在最近的一次工作坊中，有個部份是 “ 從對方眼中看見你的特質 ” 的小活動，當中發現我的特質大多數都是小孩的特質，一開始其實回憶到有次經驗是跟我當時認為生命中最要好的朋友決裂的原因，正是因為他們認為我太像小孩了很幼稚，當時我非常生氣，也很不認同這樣的自己，但仔細想想，我只是被戳到了，因為一直以來我就希望自己像個孩子無憂無慮，能夠開心的做自己，能夠像顆氣球，自由自在，而且人們都喜歡帶來開心的氣球，包括我也是，而我一直以來盼望自己能做到的卻是別人不喜歡我的原因，我是相當打擊的，更何況那些朋友是歷經無數次轉換環境後，好不容易交最久也最好的朋友...但是！後來釋懷了，因為我知道那是我要的，我知道我這樣的特質一樣會有喜歡我的人存在，並不會因為我改變了，我就比較快樂，而這次的小活動當中，我最興奮的是有人說我喜歡玩，沒錯，我喜歡玩而且我認為人生就是要玩，還有，一個我非常開心的是，有人說我的笑容很可愛，可以帶給人快樂，這！！就是我一直以來想要給別人的感覺！我喜歡笑，我很愛笑，我希望這份真誠可以感染人，我希望跟我在一起的人可以感到溫暖和快樂，我希望身邊的人都能把生活過得幸福快樂，這件事可以很簡單，卻也可以很困難，只是...我希望我能夠用我的方式感染我所認識的所有人！

這陣子時常跟青年團的朋友聚會，在最近這次的聊天當中發現，有些人有了新目標，擺脫了舊有的責任，打算去嘗試新的體驗-出國打工度假，其實在認識青年團之前，我從來沒想過出國遊學這件事，但不曉得是這個團體的特性還是說算是認識了比較多的人，見了世面，才發現原來那麼多人都有出國遊學、打工...的經驗或是想法，突然一

驚，”我到底在幹嘛”，突然覺得自己的生活很平凡，也可以說是格局很小，我一直活在我自己的舒適圈，雖然我比別人擁有很多轉換環境的經驗，但我卻是一直停留在某種慣性裡，很難說明清楚那樣的形容詞，但可以理解的是，我是個極度沒安全感的人，我即便經歷過那麼多次的環境變異，我還是停留在那個“害怕的小時候”，以前我總是認為搬家轉學都是父母害的，為什麼他們要讓我這麼痛苦，學業他們也總是要求我要去補習也請過家教，讓我學英文但因為一直搬家我的英文也就學的斷斷續續，讓我學數學也不見起色，不喜歡無法解釋的數學，我不喜歡讀書、補習，我無法面對補習班裡異樣的眼光和自卑的自己，也因為這樣時常被父母“教訓”，雖然後來有過好好溝通，不再讓我去補習了，但這些依舊歷歷在目，我容易原諒，卻也感嘆自己小時候為什麼不認真一點學英文或是要求父母讓我學除了英文以外的才藝像是樂器，現在這些成為我的遺憾，而我又缺乏勇氣去突破自己...我的個性也給了自己無數的框架和受限，和”我應該要怎樣”，非黑即白，是一直到最近才被拉著去做了我從來沒想過的種種事，算是一種”不要先想到害怕”先做再說的概念吧，而現在面對自己的人生，想回頭省思自己”我可以做些什麼”，有人教會了我勇敢，也有人教會了我信心，以前說一年後相聚要看到彼此的成長，現在我們說三年後再聚，我也意識到三年的時間說長對很長，但說短其實一下子就過去了，但重點是能做的事情是可以很多的，我想近期內這個會成為我的目標，我希望在這三年內，我真的能做些什麼！

以前我會怨嘆我的家庭，總覺得我的父母可以讓我衣食無缺，但沒辦法給我精神上的滿足和溫暖的愛，但經過一次次營隊裡認識的每個人，一直不斷的聽著他人的人生故事，發現其實我是幸福的，也許是因為我們都在學習，父母在學習如何當一個好爸媽，而我也在學習如何當個好女兒，每一個人都在學習和面對來到這個世間的所有角色，相信彼此只要願意溝通和協調，沒有解決不了的問題，而我如果想要別人愛我，我就先給自己愛，也努力的試著向別人表達愛，也許對方也不懂得愛，然而每天只要回顧當天所發生的每一件事，其實都不難發現這個世間充滿愛，感謝所有一切人事物，感謝自己的陪伴，而未來依舊陪伴自己經歷每一個時刻！

佳作-沈威至

## 用心醫病 讀後心得

翻開用心醫病，映入眼簾的是，每天的生活，都是靈魂的精心創造……………

< 精心創造 > 這句話一直在我眼前閃動。似乎訴說著人生，我的人生是別人創造還是我自己創造的。

許添盛醫師直言人是有感覺的生靈，而我們的疾病，更是與基因，心靈，生活，環境息息相關，但醫藥技術並不能解決所有的病痛，唯有從心出發，傾聽，身心靈達成平衡，才能化解病痛，開啟新人生。

此時，我讓自己放鬆的自然坐下，閉上眼睛，眼前竟是一幕幕的翻著小時候玩樂時的快樂，吃飯時的開心情景，停不下來，心理亦快樂無比，輕鬆無比，這是甚麼力量，是思考，是念力，還是回味這些種種是否帶給我正向的力量，正面的能量，我不解。

許醫生提到的，當我們體會到快樂滿足時，便是在受恩寵的狀態，進入一個明覺境界，而此時有個很特殊的效應，那就在細胞的層面上，會發動過去快樂的經驗記憶，這是大大的有益健康，所以在身心靈的研究上，希望能從”心靈”的力量來增益健康。

當一直往下看著”用心醫病”許醫師提出我們可以瞭解到生病的時候，我們會經由恐懼將病痛投射到未來，因此身心沮喪，削弱自癒免疫系統，也如此讓病痛持續下去，有何方法來化解改進生病的狀態呢？

可由心來主導思想，亦即心念，想著過去美好經歷，傾聽大自然的美好聲音，進入忘我的藝術創作成融入藝術欣賞之中，進而改變信念，相信自己而增加信念。

而我們有時候耳根子軟，容易聽信或是看到而先入為主的意識，產生我們對身體病痛保健方法方式有所偏頗，所以我們要有正確正向的想法進而改善身體病痛，這當中，相信信任自己是很重要的一件事情，在我們的生活環境裡面，常常出現著扭曲現象，著重於物質物慾上，顯少加重在心靈修養層次上。

但實際上，只要稍加注意，身體本身就是心靈的物質化呈現，而身體運作更加宇宙運作一般，有其基本法則：愛，信任，合作性的冒險。所以我們要了解自己身體本身就是靈性的物質呈現，只要用智慧去了解理解身體所呈現的靈性訊息。

我們絕對要相信自己的身體，因為這是邁向健康的第一步。珍惜愛護而傾聽身體所帶來的任何訊息，才能保有最好的身命品質。而當我們產生負面信念能量，心裡就必須站起來，告訴自己相信自的智慧絕對可以維護身體的健康，身體的運順暢，就能相當的恢復以往。

堅強的意志，更是一種對身體正面信念的善待，轉換信念，信任身體，採正向列表的生活態度，都是維護身體健康的方法。與身體對話必也與身心靈三方接觸，碰撞，而這三方也環環相扣，斷不能簡化去分別解釋理解，必須提高高度，由上而下的去深入了解。

勇敢的面對身心靈問題，我們就是這身體能量的主宰。許醫師提到這問題是我們所思所想，為何肥胖者會肥胖，你的身體內在早已經發出訊息，要大量進食為了得到控制權，因為食物是他唯一能掌控的東西。

但我們得知過量進食是為了獲得生命掌控權，身為主宰的我們，此刻改變心態，重新取得對生命的掌控權，你的體重將能控制，而逐漸下降，取得主宰控權，將能掌控身體的，戒菸也不是如此嗎？

只要控制住心態，掌控主導權，你的身體將會配合你，達到戒菸成效的。接下來談到情緒控管裡中醫個最具殺傷力的狀態：恐懼，不管是無來由的恐懼，或是真實面對情況的恐懼，都會對身體產生不良影響，若長期恐懼，高血壓，身體代謝混亂，內分泌失調，器官失控，身體此刻最容易受到疾病侵擾。

如何化解恐懼，我們心裡無法信任人的善意，不相信萬物存在是受到祝福的，於是我們努力防備，心中築起高牆，因沒安全感而躲在角落，不敢站出來面對陽光，面對現實，致產生焦慮不安，因此想掌控一切但又毫無信心，而全力武裝著自己無法放鬆面對生活，此刻需重建對存在的信任與安全感，告訴自己，一定要相信自己，一定可以贏得存在的價值，贏得安全感的。打敗恐懼。

我相信一件事情，只要我們相信自己的身體，信任身體是健康的是可以活的老又健康的，因為你的相信信任傳遞了正能量給你的身體知道，你就能達成目標願望的。我不懷疑，我知道我們的身體是內我神性具體化的呈現，一定有方法有自我療癒的功能，而身體病痛的來源有很多是來自思想，情感，痛苦，悲觀的負面情緒延伸而來，追根究底，關鍵於心理，心靈，生活模式來改善，更重要的是必須了解到身體的 ” 不隨意系統 ” 是我們所能掌控的，就是 ” 意識心 ” 來掌控主導，因為思想是可傳遞可影響細胞的正負走向的。

而新時代的健康觀念產生出一種很有威力的健康冥想法：首先把自己想像融入宇宙裡，而所有的行星及星星，都是充滿著不可思議的能量意識，如同我們的身體細胞，等著我們去指揮，然後用心去感覺去覺悟出廣大多重次元結構正由內而外散開來，散發出不可置信的光明意識和超強能量，然後將這些能量導引至身體病痛部位，信任恩寵順氣行走全身，告訴自己，沒有人是生為病夫的。這可達成健康效果的健康冥想法真的很棒，多想跟所有人來分享。

我們必須很真誠地來面對自己，了解自己，遇到任何事情皆要正面來處理，像生活中的壓力要正視，要正視生活細節中每件小壓力的累積，常見很多人以為頭低低的就閃過去了，殊不知此行為，只是加深細胞記憶，加深了身體軟弱模式，漸漸埋下日後爆發疾病的引信。

這是多麼的不智。養成一個習慣，今日事今日畢，解決不了隨即放下。這樣你的細胞記憶就不會留下恐懼，心慌，難過的不如意想法，轉而正像樂觀積極向上而健康的身體了。

身心靈本來就是一個平衡狀態為最佳，人無壓力就無動力，但超過負荷時，身體就會出現問題，有一點我們必須知道的，壓力是我們自己給自己的，所以要學會釋放壓力轉念的，才不會累積情緒到自己無法承受。

另外我們也是要學習傾聽身體與我們的對話，你知道嗎？當你聽到身體話語時，你真的要高興，因為這代表著，你的心已經能串起傾聽內在那神性，代表著溝通橋梁已經搭建好了，只要我們細心傾聽，相信信任身體告訴我們的，須照做，就能朝向健康快樂的方向走。

身體的病痛，往往都會在很早之前，即已釋放出訊息，讓我們知道他抗議了，而我們總會故意忽略或是真的無視他的抗議，這樣就錯失了修正的機會。所以要健康的身體，就不可以忽略與身體的對話。

許醫生又提到新時代的核心思想，你的信念創造你的實相，只要你相信甚麼，就會吸引來如此的人、事、物進而創出，由信念建構而成的世界，不過我們常常讓自己受困於自己的信念，讓信念主導了我們，反而忘了我們才是信念的掌控者，這很重要，必須深刻的瞭解到，自己才是信念與意念世界中的【主導者】。

才不至於產生兩個信念中的衝突，找出問題根本，尋求解決和解之道，徹底解決病痛根



源。

而人的【內我】也就是所有創造力的源頭，唯有相信信任自己內在的智慧及力量，內我即會透過任何管道來告知你，提醒你，例如：作夢，或是靈光一現，進一步協助你來渡過關卡，用心醫病告訴我們即是，人的念想意識絕對掌握在自己手中，唯有我們自己來幫助自己，喚起身體裡免疫系統重新運作，喚起身體細胞快活記憶，讓自己處在一個美好的身體環境，那就會是多棒的生活體驗。

每次聽人說：無病一身輕，總是體會不深，而這次用心醫病，經過與身體對話後，了解到，身體的每處地方都有其需求，試著靜下心來，用心聆聽身體的話，他會教你如何做，來達到身體的健康，另外與大家分享一件事，許醫師提到意識控制權在我們自己手中，我用 O 環測試可以驗證出，用心控制意識發出善念可增強自身正能量，發出惡念負能量即強大。參考日本大村惠昭博士在一九八一年發表的徒手測試法。

現在正學習著如何打開心中圍籬，不自我設限，找尋自我修習，如何在此刻尋得真解，走對方向，訓練自己懂得信任，信任這課題很不容易，我就試著相信自己身體所散發的訊息，進而判斷身體病痛之所在。

舉例說：忽然間我的嗅覺不見了，這使得我心慌，擔心身體出了什麼情況，會不會很糟糕，是不是有腫瘤，是不是。。。唉叻就是全部都亂了調。只好去醫院檢查，一則喜一則憂，喜的是沒有不好的情況，憂的是查不出原因，醫生無法判斷原因，也就是不知如何開藥，無從下手治療，醫生留下一句，科學無法解；我，無言。

一段時間後，我與它和平共處，互相包容，釋懷了，因為再壞也就如此了，因緣際會，在跟朋友聊天中，聊到諾麗果的養生神奇，此時腦海中浮一個聲音，就是它，相信我，試喝看看。我傾聽著，有何疑問，我問：你需要；它回答：是，我知道了我信任相信

你，你需要如此的能量；也告訴自己，相信，有甚麼損失？我的念想告訴我自己，我的身體需要如此保養修護，不會更壞的，所以我試了，天呀！不到一個月的時間，精神變得更好，上廁所更順暢，太驚訝中的是我聞到諾麗果汁的味道，不是清香的。哎呀，我竟然說出：不是那麼清新的味道。

我選擇相信身體的說話，信任身體會說出它的痛源。只要你用心，靜心，耐心，就可有全新的自己。

就如賽斯提過，掌控情緒管道，就能影響賀爾蒙的分泌，從這裡深入的話，我們的日常，如果可以好好的多加練習，注意情緒管理，這樣就能達到身體正常健康運作，你有注意到自己悶悶不樂 8 小時了嗎？你有多久沒有開懷大笑了？你有多久沒有傾聽你內在小孩與你的說話呢？

你的身體告訴了你，你都不理它，頭脹脹的，眼睛澀澀的，脖子僵硬，肩膀痠痛，腰也痠痛，種種身體所發出的訊號，再再地告訴你，停下腳步，讓心靜下來，好好的了解你的身體，你的內在小孩說些甚麼，它因為你的忽視而用此方法讓你知道，該保養了。

首先從你的思想來正視，所有的開始，皆從念起，身心靈是一體的，念起動身體機制，動作，而至靈性，這就是一個循環了，例如今早去加油站加油，就很順利的加完油離開，找零也沒數就到了下個行程，途中進入超商買東西，才發現剛剛加油時，工讀生多找了四百元給我，當下即刻回去加油站還錢給那位工讀生，而當我見到那位工讀生感激又充滿笑容的臉，頓時心情好快樂，你會發現自己腳步輕盈，原來看見笑容是如此的美妙，而今天的三明治也特別好吃。

這就是善的循環，因你發出善念，做了善的舉動，而對方回了善意的笑容，讓你的味覺有了更美好的情況，讓身體做了最棒的吸收。就是善循環的展現。

當許醫師提出新時代身心靈整體健康觀的概念時，我如此的體會，人是自主可自我掌握的生靈，而你的身體健康與否，亦此時此刻與你的情緒相關聯，為什麼會如此；當身體裡的細胞正常運作下，忽然你悲傷了，感覺自己可憐又可悲，為什麼你就是不如人，你的身體器官細胞會回應你，因為你不如意悲觀，所以你的臉上笑容不見了，你的細胞萎縮了，你累了，你病了，所以情緒直接影響身體健康都是肯定的，好多好多的案例，無不是如此。

我的阿嬤，因輸尿管腫瘤第三期，導致影響腎臟萎縮，醫生建議手術切除，術後阿嬤樂觀的認為自己 78 歲，不做後續的化療，每天高興得快樂的活著，可以讓自己的身體朝向好的方向，我想阿嬤成功的控制了情緒，控制了身體細胞，過了她想要過的生活。

我也一直自想跟朋友們分享，你真的要把身體照顧好，唯有健康的身體，才有創造力一切的可能，而心裡的層次，就是訓練自己沉著，冷靜，思考一切正向能量，排除負能量，唯有如此才能向上了解靈的根源，這些合起來，正是我們所追求的新時代身心靈整體健康觀。

曾經心有疑問，真的可以不生病嗎？許醫師提到的用心醫病，真的是如此嗎？慢慢的我體會出用心的意念，凡事只要我們相信，信任，心，絕對會對你指引一條路的。

我們清空自己的一切想法，導引宇宙之間的能量，它會為我們創造出一條全新的道路，如同開文提到，每天的生活，都是靈魂的精心創造。希望與大家分享，堅信信念，生活，健康掌握在我們自己的手中。

面對自己的心，你有過安靜的坐下來，閉上眼睛，讓眼睛觀看自己的內心嗎？你有問心，你如何說，你對他的照顧；如果沒有那真的要好好的來做一次心之旅，與大家分享我的

心之旅。

我會這麼做，首先洗個舒服的澡，在一個安靜的地方，讓自己放鬆地坐下來，閉上眼睛，告訴腦袋不要再想了，放下、放下，放鬆頭部，眼睛、鼻子、耳朵、嘴巴放鬆，兩隻手放鬆，上半身放鬆，下半身放鬆，全身放鬆，與心對話，我的心你好不好，沒有好好的照顧你，對不起，讓你委屈了，你無時無刻的為我努力工作著。

我不應該再額外的增加你的負擔，比如傷心、難過、怨恨、咒罵，再再的讓你增加負擔，雖然你不曾反抗罷工，依然努力工作，我知道你對我好，捨不得讓我難過，讓我痛，默默的承受下這一切，對不起，往後我會更加愛你的。

我的心，我會努力讓自己快樂起來，充滿愉悅的感覺，讓你工作時，能更輕鬆愉快，讓我們一起共創快樂人生。

許醫師提過，我們要讓心動起來，好好的了解內在自己，相信自己，信任自己，啟動防疫系統，讓身體動起來，抵抗生病的形成，所以許醫師一直提倡用心醫病，這真的做得到的，我相信，一定可以的。

你是否也常常由心底浮起一絲絲的不安全感，這不安全感常是無來由的，不知從何而來，就是不安，怕，但不知道真正怕什麼，我們常常如此，就是不知道如何改善，怎麼辦，無力改變，真的無助。

許醫師提出一點，在他處理身心靈醫療基礎上，如果內在心靈對生命缺乏信任感，恐懼，這樣會很容易讓身體處於失控狀態，更容易讓淋巴系統混亂的。

所以信任自己存在的價值，信任凡是有其自然最好的安排，這樣子的相信信任自己，更

要學會放下，才能讓自己不再害怕，不再惶惶不安，安定了自己的心，不慌張了，身體也才能不再混亂不安而趨向健康。

另外我喜歡許醫師提出的用信心來化解壓力，信心信念是一種奇妙，無法具體描述，但其力量無窮，無色無味更是抓不住，怪了，有信念信心的人，看起來生龍活虎，充滿能量勇往直前，就是看起來有力。

相反的，一旦失去信心信念，就如氣球一般漏氣，毫無生氣，看上去就是氣不見了。

此刻若你遇上壓力而沒有好好紓解至累積下去，當有天你受不了的時刻，就反應在身體上，顯而易見是如脊椎病變，退化，彎曲，皆由情緒上轉化而來，所以為了健康，如何掌控住情緒，至關重要，要保持笑容，開創”心局”，透過自我誠意，訓練，只要你有信心，智慧就會陪伴著你，進而展現出正面強大的力量。

這時你的心就會浮現出，有這麼為難，面對它，一定能解決的。信念可以戰勝一切的，相信內在的自己智慧，然後調整自己放鬆自己，一定就能接收到，來自內心深處的自己所散發出訊號，進而突破層層難關的。身體就能越來越健康。

整體而言，許醫師在用心醫病裡面強調，生病不是病，而是心反應到身，造就出病態，身體生病了，我們應該並重的要治療心，唯有並進，才是解決生病之道。

從這裡讓我了解到，在我們生活中，本來就應該快樂的過生活，是我們被現實壓榨，欺騙，而讓我們身體出現病狀，讓我們身體免疫系統停擺，自癒能力變差，這所有種種皆來自沒有信心，信念。不相信我，不信任自我。所以身體生病。

平常如何訓練自己聽音樂治療自己，這是可以的，當你聽到樂音是能讓你心情平復安靜

穩定的，這音樂就充滿了能量，或是你安靜的坐下來，用心來聽身體說話，它會告訴你，該運動了，每個部位零件都需要重新熱身再出發。

只要你用心，用心聆聽，身體絕對會跟你對話的，最不喜歡你生病的，就是內在的你，因為這次的學習，是必須有強壯的身體來支撐的，生活上的點點滴滴，皆是此生活必修的功課，在此與此各位分享，唯有快樂的生活，快樂的學習，才是此生之目的。重新與身體上的細胞記憶搭上線，不再走上以前的不高興，不快樂，放鬆自己，快樂自己，讓身心靈得以再次的提升，過好此刻人生。

## 我讀漫遊前世今生

一開始看到譯序的時候，我簡單地把這本書解釋成，家庭教師裡面經常出現的「平行時空」的故事，不過每個時空中，還加上了生命的議題。巧妙的是，這每個議題其實來自同一個靈魂，超靈七號。在這邊，打破了我第一個觀念。在我認知的平行時空裡，經驗與個性應該是要差不多的，這個故事中的五個主角，(包含七號)，卻有著迥然不同的生命歷程。

約瑟夫的前段經歷引起了我的共鳴。有一次學校期末作業是小說一篇。我是一個沒辦法坐著就有靈感跑出來的人，在沒靈感的時候我可以發呆坐上一整天，依舊打不出篇文章。如果要有源源不絕的靈感，我需要經過刺激，例如逛街購物、看著百貨公司的櫥窗，那些東西可以激發我的想像力。約瑟夫從夢中取得作畫靈感，一開始他遺忘了，被現實逼迫得不知道該如何是好，很好笑的是，我期末交不出作業前，跟約瑟夫一樣的焦慮。只是他更嚴重，即使七號已經為了他作弊。那時候我真的打不出來，做不出作業，只好睡覺阿。我做了一個神奇的夢，有一個漂亮姐姐，跟我說一個故事，故事剛好在我醒來前結束，醒來的時候我知道，這就是我的靈感。可是我在畫小說架構圖時，只畫的出開頭，我想不起來夢中的結尾。我不知道漂亮的姐姐是誰。可能我也有我的超靈七號?而我非常的依賴他，甚至希望他再來我夢中跟我說一次故事。當然沒有。我在繳交前的最後一天，把我能畫出來的地方寫了下來。剩下的怎麼辦呢?沒有結局的故事老師是不會接受的。那時候已經很晚了，整個宿舍只剩下我敲打鍵盤的聲音，很巧的是我進入一個很放鬆的狀態，打不出來只好明天去求老師再給我一點時間啊!抱持著這樣放鬆的心情，加上一小杯紅酒，配著一點冥想音樂，真棒，我突然文思泉湧，從來沒有那麼自然而然地打出文章。我的作業仍在期限之內寄給老師。這對我來說是一個很奇妙的經驗，我的靈感來自夢中，於深夜沒壓力的時候，我完成了一件事情。從小的教育告訴我酒精不好、傷身。而這次我不得不歸功於那一小杯紅酒，酒精衝擊下，如同約瑟夫看的陽光，光影之間的彌留，他得到了作畫的靈感。雖然只是約瑟夫人生的一個小轉折卻讓我獲得

了一個共鳴。我想我也要感謝我的靈魂老師，我過度的依賴他，但是他應該沒有作弊，我還是靠自己想起來忘記的片段，還是要相信自己，既然夢是我的，沒有人可以奪走。我在夢裡面交織著我的作業。重要的是，我如何進入那個狀態。稍微記錄一下，也是借助賽思冥想音樂，讓自己進入一個最穩定的情況裡面。在這之前，必須要先面對隔天要交的壓力。有時候，緊張、焦慮真的沒幫助。我開始喜歡做夢，把夢記錄下來，每天會有不一樣的靈感。有時候夢到過去的事情，醒來後還會有不同的看法，甚至在紀錄的過程中，我會發現，我夢裡因為情況有點落差，結果不太一樣了。到底那是夢，還是我以為的現實人生，才是夢呢？是周莊夢著蝴蝶，還是周莊才是蝴蝶的夢。意識到此時，我想我必須跳脫我既有的人生框架，眼見不一定為真。我在夢中看到漂亮姊姊跟我說故事，即使看到了，在這個社會也不被視為真，但是我知道他是真的，而我也把他寫出來。

再來，我看到布魯托，他所處的未來(對於當下，2018 年的我的未來)，讓我想到了最近檔期的電影，《移動城市》，類似的世界觀，都暗示著的地球的未來住不下去。書中解釋布魯托是回到地球，如果換成電影觀點大概就是從城市掉到化外國度，而窗戶他們，就像是電影裡面的東方，東方非常重視生命，不願意傷害無辜，這種是電影的基本設定。不同的是，窗戶、故事，在我看來比較像是現實中的「通靈者」，他們跟瑪阿後來去的世界很像，大家都以一種信念，學習著。對布魯托來說是未知、充滿懷疑的領域。如同通靈對大眾來說，有些人就是不相信、甚至排斥。再接觸賽斯文化後，我發現須許多人也像布魯托一樣，初期對賽斯心法是排斥、攻擊的。他們的後來如何我是不知道，但我印象中情年團的輔導老師說過，我們都是倖存者。這句話沒有任何褒貶的意思，我們就是願意真實的面對自己的內心、去接納，而不是恐懼、逃避，初期的布魯托的內心被挖開，他感到恐懼、防衛。如同人們恐懼通靈、排斥面對自己一樣。但是他又見識到窗戶的能力，人們只相信眼前看到的真實，布魯托只有在窗戶真的形容出他母親的樣子，他才進入狀況，進入一個未知領域。但是當下他沒空想這些，他要趕快決定自己的處境。在與窗戶的相處之後，他也開始做夢了。這邊我發現一個有趣的地方，也是我一開始看不懂的，原來瑪阿跟布魯托，因為類似的方式進到了一個神奇的地方(金字塔)。在布魯托身上我看到普遍地球人的特質，但是他還是個孩子，比較能接受改變的年紀，也或者



說那是他的內在小孩。在大學同學中，很多的同學就已經不太願意改變，無論是價值觀或是信仰大家都堅持著自己的立場，為了捍衛自己，攻擊未知，無論出於什麼的情緒，大部分的人衷於社會的框架，拋棄自己的內在。這真的好嗎？被情緒綁架，被業障束縛，認為一定要拜祖先，不拜就是忘記根本。聽到這些，我真的很驚訝，我們都是大學生耶，我怎麼感覺我在跟我爺爺奶奶說話啊，回到祭祖的源頭，那是當時的人們用來安慰內心的，現代人怎麼反而是擔心自己老了死了，沒飯吃，所以要求後代子孫要拜拜，來養「死後的自己」呢？然後，對於不懂、新的思想，就說，這很奇怪耶！在中文系聽到這個，我更驚訝了。我以為念思想的同學們，是很願意去接觸、了解新的哲學。來也並非如此。這也是我對於中文系的框架。然後當遇到挫折，不知道該怎麼辦的時候，才求助於拜拜、占卜、抽籤，我想這不是根本解決的辦法。無論在何時，都別忘了自己的童心。這是我小時候在某部電影裡面看到的一句話。上了賽斯青年團課程後，更理解這叫做，內在小孩。好在布魯托相信自己，當他跟窗戶說出那段文字符號在他意識裡面出現過後，我感受到的是信任。首先信任自己的覺察，不被框架住，不要懷疑自己。

我想瑪阿經歷了背叛。但是他並沒有很懂他對於朗帕的感情。投射到現在，比較像是適婚男女被要求該結婚了，因此經歷相親、有目的的交往，步入婚姻。為了傳宗接代與陪伴，跟符合社會規範，共結連理。駝獸很疑惑地問他，與朗帕有沒有互相吸引的感覺，瑪阿在這邊他倒是很明白地感受到沒有而此時的他排斥駝獸的。各取所需的交往關係，他認為彼此不能沒有對方，但是瑪阿先被拋棄了。即使被拋棄，他還是幫助朗帕，這是善良嗎？我想是因為他認清這個事實，瑪阿意識到我們那麼需要他，或者，我們本來就沒感情，那時間到了，便可以散了。但是背叛跟過往的生存環境，他還是防備著駝獸的。駝獸進入他生命，教導他，也解釋了名稱的含意。在語言學裡，每個既定符號都是歷代歷時以來的社會框架，在中國思想裡面，言盡義、言不盡義，是我們一直以來在爭執的。既定的符號經過時間的推移，需要改變，那在時間不存在後，不同的情況空間也該不一樣，我們直觀的表達對於我所見的事物，下一個名稱，而大家都明白我的意思。這是駝獸的世界做到的，很吸引人的地方。我覺得瑪阿在的地方，像是魔法的國度。透過心念引導一切。讓人很嚮往的地方，但是我的內在能充實的到達嗎？我想這或許是

我該學習的，我們都辦法到達，只是我們在過程中經歷衝擊、挫折、學習，每件體驗都讓我們的心念引導著我進入另一個未知。如同瑪阿聽到那個聲音，按下那個開關，進入不同的世界。第一步都是不懷疑自己。從他們身上看到的信任，是我自己也是很多人無法做到的。每當說完一句話，做完一件事，就要懷疑自己這樣做對嗎？是頗累的。從學會信任自己，我接著對我做的每個決定負責，既然負責任，就不要在懷疑，已經做下的事情。

莉蒂亞算是我很後面才搞懂的角色。甚至在我看到七號成功聚集大家的時候，還沒搞懂莉蒂亞處於什麼角色。他非常的固執，而且是越老越固執，就連眼前能看到的，也不太相信。在我眼裡的莉蒂亞就是一個已經沒有內心小孩，不願意改變，也無法改變的老人。他堅持自己一生所知所聞。並且被外在給限制住。肉體即是我，直到沒了肉體，還無法面對自己的死亡。終於一切在承認，自己擁有靈魂後，才得到改變。我也在這邊才開始看懂。前面的莉蒂亞顯示出無知，跟我們普遍人一樣，被框架以後，守著自己的圈子說，「我沒被限制住。」死後才開始學習靈魂的功課。看著莉蒂亞在書中的個性，與人的互動，我感受到疲憊感，這個投射來自於在生活中，與長輩的對話。當我想做些什麼，或者想表達一些思考，卻被視為叛逆，或者被潑桶冷水，一切都是徒勞，大家都這樣你為什麼要跟他們不一樣？固執的莉蒂亞就像生活中的長輩、或父母。並不是大家都這樣，這不是代名詞。在我的觀點裡面，被社會觀歷練、磨過的大人們，需妥協、放棄滿腔的熱血，所有的反抗都將無意義，然後每個人就變成莉蒂亞。守好自己的圈子，堅持住自己就很不容易了，何必改變。這樣看來，固執也是一種防衛。他不用像瑪阿、布魯托那樣，接受新的，先將舊的自己打擊，碎成一地再重新建設。但是她變得無法更新，也是很遺憾。

終於來到夢幻法庭，雖然較夢幻，但他是真切地存在著。時間到底是不是存在的。從《靈魂永生》裡面，我看到時間與空間不是以我們所知道的形態存在著。賽斯說，傳達過去、未來、現在都是同步進行著。在漫遊前世今生的後面，賽普勒斯教導七號一件很重要的事情，那便是此。書中不同角色存在不同的時空，但是學會離開肉身時，他們又能看到彼此，甚至進入彼此的身體(某次瑪阿進入布魯托)，又或者，長相一樣的窗戶

和駝獸。套用動漫的理論，我想這就是平行時空。萬物同時的活動著。窗戶就是駝獸。所以他說，名子只是一個稱呼，任何人只要叫我，我都會回復，即使他還沒與窗戶共享所見所聞，但是當布魯托叫他窗戶時，他能夠給予回覆。當每個時空的七號的每個分身，被聚集後，世界的祕密被劃開一角，他們各自尋找的真理得到了一個連貫。最先覺醒的是瑪阿與布魯托。這時候的約瑟夫還需要被七號抓著過去。漫遊前世今生在夢幻法庭淺談了時間的概念。而他一再的強調，符號與名稱的約束是不存在的。從名子我們看到框架，駝獸每認識一個新的朋友便要解是一次，這些只是我們約定成俗的概念。如同時間，只是我們經過歷代以來的劃分，為了讓社會有規則的進行，我們的祖先劃分的非常仔細。這邊強調著，在過去的未來發生著，而每個存在都是七號自己的實相、創造。意思是，只要七號願意，他能夠讓每個分身，都共享資訊嗎?初步來看，瑪阿跟布魯托做到了。他們在廢墟之中找到關聯。有時候作夢，會有非常真實的感覺，那種身歷其境，如同我布是在作夢，而是真正在的體驗著。接觸賽斯後，我想我們每個人都有平行時空，都有一個七號。只是我們有沒有發現。我想分享我的一個夢境，我曾經夢到自己在爬山，山上很多霧，我無法看到眼前的路，夢裡的我非常清楚爬山該注意些什麼事情，甚至可以叫出身邊每個登山設備的名子。但是在我這個實相裡面，我並沒有接觸過這些。頂多爬爬健康步道。最有進展的是我大一一的時候，加入登山社，因為幻想登山、爬百岳是件很偉大的人生成就。可是我到現在還是沒達成。而我卻夢到我揹著重裝備登山。重量確實壓在身上，那些枯枝劃過我的皮膚，在夢中我依然疼痛。我的夥伴很緊張的叫著我，甚至想拉住我，但是我還是摔下去了。夢境只到這邊我便醒來。瞬間，我上網找登山用品，每個設備對我來說，熟悉又陌生。這是一次很神奇的經驗，儘管結果不是很好，那個真的去爬山的我可能遇到山難了。(誰叫你起霧還要去爬山)但是我在夢中體驗了登山，而那個愛玩的個性真的像我，但是在我所知道的這個實像裡面，我被教育，不要浪費社會資源、愛惜自己生命，天氣情況不好就不要爬山。我甚至被爸爸約束，登山很危險，你體力不好，不要去，這些是我加入社團的一天，打電話給我爸時，他說的話。換個角度思考，連我的夢都在暗示我登山很危險。說到這裡，我又好想去登山呀，以賽普勒斯的話來說，每個發生都是我的創造，其實我想死在山難中嗎?那真是壯烈。真像小時候

的我。不過現在的我不想那麼壯烈了。還有一次的夢境是，我夢到我在鐵軌旁邊哭得很傷心，應該說「我看著我哭」這非常難表達，雖然那個人長得不像我，但是我知道她是我。鐵軌旁邊的場景很混亂，醒來後，差了幾天，我在新聞上看到普悠瑪事件。看到的開始我只覺得眼熟，但是我這段時間沒搭火車阿，我無法解釋這件事情，我沒事的待在家看電視，看來我夢到我在鐵軌旁邊看到的景象，跟新聞拍的有點類似。看完漫遊前世今生，大概就能用平行時空來解釋這件事情了。這不是預知夢，但是我與我的某個分身共享平台了。

莉蒂亞快死的時候，漸漸地脫離肉身的束縛。他可以離開身體，不過瑪阿早就學會這件事情。我曾經有個經驗，我們一群人要出去玩，借睡朋友家，我們到的時候已經有點晚了，所以沒去跟長輩打招呼，打算隔天早上再去。一大早，我可能還沒很清醒。跟著幾個朋友一起去找奶奶，奶奶在院子曬太陽，我突然很眼熟這個場景，我感到疑惑，一句話不經大腦直覺地說了出來：「你啊罵剛剛是不是走錯房間，開到我們房間門阿？」在這邊我不考慮禮貌問題。但是我的朋友一臉神經病的表情看著我。

「我啊罵沒辦法自己走路到我們房間那裡。」仔細一看我才發現，阿罵必須靠助行器才能走到院子哩，而我們借住的房間的走廊路太小，是過不去的。但是我確實看過他阿罵了。而且在今天早上。一個不需要靠助行器的老奶奶，打開我們房間門，我一聽到門聲就被嚇醒，跟他對到眼。他看到我們一群睡的歪七八倒的人，然後說了句：「拍謝捏，窟錯金阿。」而這個老奶奶我很確定，就是我朋友的阿罵。然後我在我夢裡醒來，看到來敲門的阿罵，因為過於身歷其境，我在夢中能感受到驚嚇，而我跟現實搞混，又還沒完全醒來，說了我朋友聽不懂的話。最後為了化解這個尷尬，只好解釋前一晚喝太多酒我在作夢。分享這件事情是我想說，我認為學習靈魂離開身體是存在的，這夥敘事我們每個人的本能，但是在生命中，被肉身框架住。直到老了，生命快結束了我們才又想起這個我們本來會的事情。在這件事情裡我看到，其實我不願意去跟朋友解釋我的夢，我害怕什麼。擔心被視為異類，甚至朋友可能會說，我在烏鴉嘴。(有些人認為，只有快死亡，靈魂才能夠出體。)不過，三個月後，我朋友的阿罵確實去世了，這比較遺憾。在這個過程中，我並不懷疑自己的夢，我相信我夢中所見真切存在，但是我不願意去解

釋，我不需要拿朋友的認同，來肯定這件事情，同時我也在預防她對我的傷害。接觸賽斯，我想我會遇到跟我類似，願意去探索夢的人。每個夢都值得紀錄，在生命中無法面對的事情，都能呈現在夢中。

看超靈七號的過程中，我對自己的夢更加要求，每天醒來時，先回想一下夢境，有時間的話，最好可以寫下來。(我目前還沒做到)至少確定自己記住夢，再來滑手機，讓這個實相的資訊進入我腦海。有時候我以為我已經記住夢了，結果我一打開 INSTAGRAM，滑個一下子，又全部忘記了。愛滑手機也讓我錯過好幾次從夢中學習的機會。我在國中的時候有跟朋友吵架，被同學霸凌過的經驗，這是我一直不敢面對的，每當回想起我就會下意識的逃避，想讓自己忘記，直到我不會再想起。某天，我居然在睡覺的時候，夢到當初發生的每一件事情。如同人生跑馬燈。沒有落下任何一個細微的片段。醒來的我當然是震驚，但是我又發現，我在夢中，似乎學會了什麼事情，又看到了不一樣的結果。當我在述說這件事情時，我不會再逃避它。

超靈七號系列一在結尾留下一顆震撼彈，莉蒂亞轉生成約瑟夫的女兒。對我來說，這非常有趣。我對莉蒂亞並不了解，一直到書的最後，才慢慢感受到他的固執，即使死了，他好像還是很固執，只是願意相信眼前看到的。而且他不願意承認自己想轉世，但是他真的轉世了阿。我們都看到了那個現在發生的未來。關於他與約瑟夫，我想我要繼續讀超齡七號第二部了。