



勵智格言：

If you hear a voice within you say 'you cannot paint,' then by all means *paint*, and that voice will be silenced.

Van Gogh

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編輯人語：

好消息，勵智坊個人成長中心的電子通訊「勵智天地」出版了！多謝各位會員及勵智之友的支持，創刊號終於可以順利地與各位見面。勵智坊自成立以來剛好兩歲，從嬰兒哺育期進入了牙牙學語和開步行走期。「勵智天地」的誕生正好為勵智坊標記一個新的里程碑。這份電子通訊以後會每季按時寄到會員的電子郵箱中。我們希望日後有更多會員和勵智之友投稿，分享克服逆境的勵智方法，快樂人生之道和處世智慧。來稿可電郵至本中心。如讀者有任何詢問亦可來電。成為會員的手續很簡單，各位讀者只須進入中心的網頁下載會員表，填妥後連同會員年費\$25寄回本中心便可。會員優惠包括：按時收到電子季刊；九折優惠課程；及九折優惠於 www.GiftsNeeds.com 購買禮品。

逆境與個人成長

方瑞芬

「勵智天地」創刊了，我們鼓勵大家多分享一些勵志，雋永和有人情味的故事。作為勵智坊創辦人的我，怎能不開先河，作個榜樣呢？

什麼是「逆境」？逆境如何與個人成長扯上關係？逆境是主觀的感受和評估；只要一個人認為某情況發生在他身上，使他陷入痛苦、艱難中，這就算是那人的逆境。當然，客觀來看，逆境

From Editor's Desk:

Good news, "Positive Circle," our quarterly E-Mag, is finally making its debut. We would like to thank our members and friends for their continue support. Positive Quotient Inc. is a personal development centre, which has been serving our local community for two years; the birth of the "Positive Circle" marks the milestone of our own development from a baby to a toddler. This E-Mag will be sent electronically to our members quarterly. We hope more members will take interest in "Positive Circle" to share your personal growth in overcoming adversity and barriers in life as well as to share wisdom of creating more fun aspects in life. You can email or call us. It is very simple to become a member and to enjoy membership privileges. You can download the form from our website, fill it out and send it back with your annual membership fee (\$25). Members' privileges include: The receipt of "Positive Circle"; 10 % discount of PQI's seminars and workshops; 10% discount of www.GiftsNeeds.com gift items (health products excluded). The more is yet to come.

Adversity and Personal Growth Josephine Fong

"Positive Circle" is finally in print. While we encourage readers to use this space to share personal inspiration, and meaningful stories and humanity, as the founder of Positive Quotient Inc., how can I not set an example here?

What is adversity? What is it to do with personal growth? Adversity is subjective and self-defined. When a person thinks and feels that s/he is experiencing something difficult to endure in life, it could be considered his/her adversity.

有長有短、有輕有重，其影响也有大有小、有得有失。重點在於那人用什麼態度去應付，能否智慧地將痛苦經歷轉化為創作力或動力來提升個人的啓發及成長。

俗語說：「不如意事十常八九」。很多宗教也認為苦難乃人生的元素之一，無人能倖免。不過，從心理學的角度來看，逆境並非全然可怕；只要我們不把自己封鎖在混亂及苦惱的經歷中任其煎熬，我們便能從逆境中開脫，邁向更大的覺醒。除非一個人能正面看待逆境，克服恐懼，否則他沒法有勇氣去轉危為機，將逆境化作成長的動力和工具。以下是正反兩面的例子。

正面看待逆境能轉危為機！

明暉出生於一個勞工五口之家，身為長子，中學未畢業已開始工作。父親在他二十歲那年因工殉職，留下一家人的經濟担子在他身上。經過十載努力，明暉的弟妹都已大學畢業，自己也成家立室。明暉的學歷不高，但絕對不是障礙。他盡責勤奮的工作態度，使他有機會進升為貨倉部的小管理員，工資也不錯，還買了一個小單位與妻子及岳母同住。可是在31歲生日前，明暉卻被診斷患上胃癌，除了要做切除手術外，還須化療。一般人或許覺得上天對他不公平，先是家貧、失學、喪父、有經濟重担，然後再患上惡疾；但明暉卻沒有讓這些逆境控制他的人生，消磨他的鬥志。在患病中他已計劃若能把疾病治好，一定要重新掌握時間做一些自己想做的事情。從前沒有好好讀書的機會，現在他想改寫人生。因此在治療過後，他與公司協議轉為半職工作，同時一邊修讀十二班的課程，然後以超齡學生的身份進入大學。妻子眼見丈夫如此上進，十分支持他。八年後，明暉大學畢業了。他讀的是商業管理，畢業後不再是貨倉的小管理員，而是大企業的管理主任。就是因為他從不怨天尤人，亦無懼疾病的威脅，憑着個人勇氣轉危為機。明暉使逆境化為他個人成長的動力和工具，不但逃過病魔，還在事業上更進一步。

浩華是個相反例子。他是小康之家中的孺子，從小已萬千寵愛在一身。大學畢業後，父母替他安排在親友公司中工作。然後他便與認識多年的女朋友結婚。兩夫妻一邊工作，一邊生兒育女壯大家庭，物質生活也十分豐富。一天，公司突然宣佈重組辭去一批職員，浩華亦在其中。他的反應十分強烈，在公司中大吵大罵起來。回家後，妻子對他多番安慰、開解；但她怎麼說也無濟於事，浩華還是感到舊公司欠他一個情。此後，浩華每天只躲在家中喋喋不休的數算自己的本領和舊公

However, adversity can be objective as well, depending on its length and degree of severity. Its effects may vary according to how the person deals with it. If adversity is dealt with wisdom, personal hardship could turn into new insight or motives for personal growth.

Life is said to be full of obstacles. Many faith groups believe that hardships are part of life that no one can avoid. Speaking from a psychological perspective, adversity or impediment in life is not necessarily a bad thing; if we know how to free ourselves from confusion and frustration, we will be able to gain new insights and surpass obstacles in our own way. What we need is to face our difficulties head on, overcome our fears, so that we can turn crises into opportunities for personal development. Let me provide two contrary cases for illustration.

Adam was born to a grassroots family where he is the oldest among four other siblings. He quitted school after grade eleven and his father died in work injury, leaving Adam the financial burden of the entire family. A decade later, Adam's younger sisters and brothers were all graduated from university; he then got married, bought a small apartment and supported his mother-in-law. Despite his limited education, Adam's hard work was recognized with a raise to be a warehouse supervisor. A few days before he turned 31, Adam was diagnosed with stomach cancer and was advised to go through surgery and chemotherapy. People might think that Adam had an unjust, miserable life because of his experiences with poverty, limited schooling, loss of his father, financial obligation, and ill health; however, Adam did not let these things control his life. In sickness, he contemplated to reshape his life goals, going for something he missed out in the past. He negotiated with his boss that once he completed his medical treatment, he would only work part-time so that he could enroll himself in finishing his secondary education to prepare for university. Studying as a mature student for years and with the support of his wife who admired his ambition, Adam finally graduated from the university prior to his 40th birthday. With his degree in Business Management, he is no longer a warehouse supervisor after graduation but a junior manager in a major corporation. Because of his perseverance, he overcame the threat of cancer and made personal crisis or adversity a tool and the motive for personal gain. Not only had he escaped death, but he also soared in his career.

Ben's case was totally the opposite. He was the youngest child in a well-off family and had all the love from his parents since birth. Once graduated from



司的無情，不去找工作。日子久了，妻子與子女都怕了他，對這個不思進取、惡形惡相的丈夫和父親感到厭惡，有意無意地迴避他。敏感的浩華更鬍鬚，認定是妻子輕視他而唆擺子女與他疏遠，每天妻子回家後浩華便與她吵過不休。在一次激烈吵架中，他打了妻子一記耳光，並把她推倒。受了暴力的對待，浩華的妻子再不能忍受他這個經不起考驗、不願承擔責任和不能自我反省的男人；為免日後再受屈辱和影响子女的成長，她決定與他離婚。正因為浩華沒勇氣面對失業的現實，只怨天尤人，縱使家庭沒有經濟或疾病的威脅，他也不能憑着妻子的鼓勵，個人的毅力來扭轉逆境；結果，他被「暫時失去工作」這樣一件小事拖跨了，不但失去上進成長的動力，還自毀家庭，人格蒙上污點，遺憾一生。

沒有人能逃避逆境。人越是有千般期望，萬般要求，失望和痛苦便越大。明暉竭盡自己的本份努力做事，既不祈求別人的呵護同情，也不期望人生際遇如何順心；他只知道自己要什麼，便盡力而為。最後，默默的耕耘為他帶來驕傲的收穫：一紙文憑、一份好工作、一個美滿家庭。那邊廂，浩華認為自己理應事事順境，被公司重視；當生活出現挑戰時，他便徹底崩潰。忿忿不平、吵吵嚷嚷的反應為他帶來可悲的結局：一紙離婚書、一個破碎家庭、一份案底和一個人格污點。

為甚麼明暉和浩華兩個人的結局有天淵之別？關鍵是他們在思想與處事態度上有別。思想與態度不是天生的，而是後天學習的。有些人從家庭教育、學校教導、社交影响中學習到如何正面地應付危機，有些人則需要額外的輔導才知道如何轉危為機。最可惜的就是像浩華一樣的人，讓小問題不斷擴大；最後，把事情弄得不可收拾。逆境不一定可怕，它們可以是幫助我們學習成長的教材。很多人的患難經歷比別人多出幾倍，但最終得到的卻比以前更好或更多。勵智坊個人成長中心的成立就是希望能協助大眾轉危為機，化逆境為個人成長的動力。使每個人都可以從個人經歷中得到啟發和成長。

university, his parents found him a job to work in a relative's company. He got married and they both worked while raised their two kids. They lived a very comfortable life. Suddenly one day, his company decided to re-structure and lay off a group of staff; Ben was one of the people in that group and he reacted very strongly, making a scene in the company. Returning home, Ben's wife tried to comfort him but no matter what she said, he just felt that he was ill-treated by the company. Ever since that, instead of resting and looking for another job, Ben often stayed at home, bragging about his contribution to the company and accusing endlessly about the inhumanity of the company. After a while, his wife and kids found him unbearable; they resent him for being an unmotivated and villainous husband and father, thus avoided to be with him. Being hypersensitive, Ben scolded his wife for disrespect and keeping the children away from him, hence he often argued with her whenever she came home from work. One time in an intense argument, Ben slapped his wife and pushed her down. Being treated with force, his wife could not endure Ben's irresponsible behaviour and ill characters any more. To prevent future violence and bad influence on the kids, she decided to file for divorce. Because of Ben's inability to face reality and handle adversity positively, even though there was no threat of financial difficulty or illness, he failed to take advantage of his wife's support and encouragement, or to use his inner strength to turn crises into opportunities. Consequently, he gave in to the "temporary loss of a job" and let it change his life to the down side. Not only had he missed the opportunity to develop himself further, but he also ruined his own family and contaminated his personal reputation.

Patterns of thoughts and attitudes towards others are not instinctive; they are learned.

No one can avoid adversity in life. When we set our expectation too high, our disappointment will become intolerable. Adam puts all his efforts into doing what he thinks is necessary with little expectation from others or his environment; he only does what he can to the best.

At the end, his uphill struggle has brought him some pride: an academic credential, a good job and a happy family. On Ben's side, he believes that everything must go his way and his company must value him. At the end, a small setback in life costs him. Resentment and anger have brought him humility: a divorce paper, a broken family, a criminal record, and stigma in his character.

The difference between Adam and Ben is in their thoughts and attitudes. Patterns of thoughts and attitudes towards others are not instinctive; they are learned. Some people learn from their families, school and social circles to face crises positively; others may need extra helps to handle problems better. The most unfortunate will be those like Ben who turn small problems into major hazards in life. Adversity can be tools that train us to be more mature and skillful. Many people experience more traumatic events in life compared to others but they seem to become a better and greater person afterwards. Positive Quotient Inc. is a personal development centre set out to help people turn their crises or adversity into learning materials and motives for personal growth. You and I can always gain new insights from our experiences.

長椅

余滿華

本來，我家客廳空無一物。

在不算很久以前的歲月，我人在香港，給一家法國的服裝公司擔任職業安全顧問——就是專去指指點點，要工廠老闆們做這做那的活兒。職場如戰場，我馳騁千里，



印度、泰國、越南、韓國、及中國(含香港和澳門)，五國為家。有一天，我厭倦了四海雲遊，也看盡了十里洋場的奢侈，一擲千金而面不改色，以及營造這一切榮華富貴背後的工人，他們的營營役役，含辛

茹苦。正是「朱門酒肉臭，路有凍死骨。」千多年來，科技躍進了很多，然而，生活的某些層面並沒有太多進步，人心的某角落依然不為陽光所透射。

返回多倫多的我，停頓下來，像一塊大石落到湖面上，湖水承載不起大石的重量，浮力給撕裂了，大石遂往下沉，直沉到湖底的最深最深處，無聲無息地躺著動也不動，那怕湖面波濤翻騰，白浪飛揚。就在這般靜止狀態中，我任得客廳空無一物，除了一張舊床可以讓我晚上不必席地而眠，一張舊的小桌子和椅子讓我吃飯時不必站著或蹲著以外，我家名符其實徒有四壁。我從燈紅酒綠的繁華中退下，讓自己徹底返璞歸真。

直至一日，三二好友來訪，我自沉寂中驚醒。有朋自遠方來(其實只在近鄰，不過我閉關自守，謝絕訪客久矣)不亦樂乎——但，且慢，似乎不該讓朋友席地而坐罷？這不合符待客之道。歐美居家客廳最常備的傢俱是沙發，是否也該添置了？

據說，沙發是偉大的法國將軍拿破侖發明的。拿破侖出名脾氣暴烈，喜怒無常。他常常重重地一屁股坐到椅子上，令許許多多椅子壯烈成仁，跟拿破侖在沙場上英勇地殺死的敵人一樣多。於是，拿破侖命令傢俱設計師造一張椅子讓他無論是從前面跌坐下去，從左方一頭栽倒進去，或右方一骨碌躺下去，均不會粉身碎骨，或罪該萬死地將他摔得四腳朝天。於是，沙發誕生焉。在西班牙再也無能為力縱橫海上之後，而英國還沒有自詡為永遠不落的太陽之前，法國曾趾高氣揚過，法語，還有沙發(這個詞兒嘛，你得用標準巴黎法語發音才算高貴，正確無誤)也因此成為歐洲貴族的身份象徵。當貴族們沒落了，就像紅彤彤的太陽注定會向西方下沉，法語不再是歐洲上流社會的語言，但沙發則進入了平常百姓家。

可是，我最不喜歡的傢俱就是沙發，坐在上面，兩條腿半空吊，人蹙成一團，很不舒服。現代人體工程學證明了沙發不利於健康坐姿——你沒辦法坐如鐘，沒辦法挺直腰桿子做人，長年累月下來，恐怕會變成駱駝。而且，沙發重如泰山，搬家時，我雖然自認身強力壯，面對着它還是覺得自己在作蚱蜢撼大樹，因而心生愧疚地認為自己害抬沙發的人不淺。雖然他們一再說：「不重！不重！」邊說邊將沙發舉上放下幾次，面不紅，氣不喘，還像舉重冠軍一樣神氣。

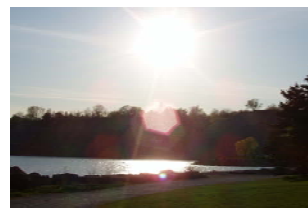
在朋友光臨寒舍的前夕，我購買了一張瑞士設計的couch——長椅，我這樣稱它，以別於沙發。長椅長二米，輕便而軟硬適中，是我鍾愛的深藍色，簡樸無華，我心甚是喜歡。朋友來了又回家了，長椅卻長留我家。一日，倚着長椅閒讀萬卷書，讀著讀著，不覺暈了，倒頭便睡；朦朧間一份思念忽然湧上心頭，常常就這樣坐在長椅上讀書吧，暈了便抱書而眠。想想但覺書香滿室，好夢無數，恰似那溫馨的兒歌「夢裡花落知多少」！現在，我覺得自己有一點點像拿破侖了。

感激篇

謝蘇麗

慢慢地，我仰起頭來。雖然視線被散亂的頭髮隱約遮掩了，但猛烈的陽光已穿過長長的髮絲，逼使兩顆眼珠躲藏於眼瞼後面。這光和熱從我的頭頂傳送至手臂和身軀，散發着綿綿暖意，讓我如泡在溫泉裡般冒汗，又像沉溺在戀人擁抱般緊貼。剎那間，奇特的感應貫通了全身，這股光和熱，恰如妳一直對我的鼓勵和關懷。

回想在我意志最消沉之時，盡管有光和熱，我只是活在灰暗中，心情憂鬱得混



雜了怨憤和絕望，專家和藥物對我一籌莫展。可是妳對我的扶持，至終不離不棄。妳在談話間和電郵裏，不斷地提醒我要確認自己擁有的潛能，催促我要抖擻精神，誘導我要策勵心靈。可是身心疲憊的我，對妳感激過後，再度深深鑽入失望和失落的黑洞中，繼續遺失自我的堅持，抓不穩前路的方向。妳不但沒有氣餒，還再接再厲地替我重建心靈，發我內在深省，一次又一次的把我從無底深淵往上拉，使我一步一步地接近自信，一分一分地確認本能。

也許，我仍會短暫往下墜。但我信任妳那牢印在我心底裡的光和熱會繼續閃耀，不斷供給我積極向前的動力，燃亮我站立起來的決心。我盼望有一天，不但讓妳再看到我燦爛的笑容，更讓妳傾聽我歡喜的體驗：我如何把妳留在我心內那光和熱傳送開去，化成鼓勵和關懷，繼續去溫暖有需要的人。

All blessing, no suffering

Her dad loved her very much since she came into this world but he passed away when she was seven. She felt miserably sad. Poverty followed her family.

Years later, her mom got married again. She felt frustrated and alone because mom's love and attention had been stolen from her. A sense of "secondary" overwhelmed her.

Poverty and misogyny sent her to working in a factory at the age of twelve. She felt deprived of her education opportunity.

When mom disapproved her plan of part-time study, she learned what social injustice is.

Finally, with persistence, after working 10 hours a day and studying 3 hours a night for seven years, she managed to finish her secondary school education. Although she was almost killed by her duodenum ulcers, bleeding severely, resulting from stress, she felt very proud of her achievement and was inspired to take her education further.

Over the five years of her studies in Canada, she got her Grade 13 Diploma, a Certificate in Social Work and her Bachelor Degree in Psychology.

She felt rewarding despite the fact that her ulcers bled twice over the course and she had to be hospitalized. She just felt grateful that she was able to entertain patients with her singing during her stay in the hospital and developed a passion to work with people.

In Hong Kong, she worked with youth as a school social worker. Later on she was hospitalized again for her internal bleeding. She continued to work with teenagers and parents. Then, she married to her loving husband whom she met in Canada. She felt the grace of God in all things she served. She worked with abused women during the day and led a group of talented Christians to reflect the image of God. This group was well received in churches, community centres and prisons. Her life was personally gratifying.

Returning to Canada, she and her husband decided to go back to study. She studied full time while taking up a few part-time jobs to support herself. She often found the complexity of her studies challenging yet she continued to experience ill health, financial constraints and family crises. With persistence, years after years, she finished her doctoral degree and earned the highest academic title. She graduated with a sense of fulfillment and mission, committing herself to work with a greater purpose – helping others to live life to its full potential with contentment. Looking back and looking forward, all she focused on was not personal hurdles or suffering; everything occurred in her life was considered a blessing.

Life is always full of challenges, big or small; they are there to toughen characters, polish skills and build up successes. Having gone all the way, she recognized that she is indeed blessed with the right, positive attitude.

Who is she? She is Dr. Josephine Fong—my mentor, my "Canadian idol" as well as the founder of Positive Quotient Inc., a personal development centre for all.

Helen



沒有堅持，沒有人能
得嚙成功的果實。

Positive Quotient Inc.
80 Acadia Ave., Unit 311,
Markham, ON., L3R9V1

Contact Us:
905-480-0400
PositiveQ@rogers.com
www.PositiveQuotientInc.com