



# 「活著」

## 讓生命更有意義

"Being Alive" **Makes Life Even More Meaningful.**

◇ 文 | 逸晨  
◇ Article | Yi-Chen

**生**命中，總會遇見許多值得歡喜的事，也總會聽見一些令人難過的消息，對某些人而言，也許影響一生重大，又或許，對一些人來說，真的微不足道。在才剛結束的2008年裡，我的收穫好多，因為某些事，某些人，甚至某些體驗。

### 大城小事

轉個彎，繞進巷弄，天色似乎暗了，一家家黃的白的燈火接續亮起。現實中，這才是

In life, we get to experience a lot of things that make us joyful, or to experience things that make us sad. For some people, these things might change their lives forever. Or, maybe, for some people, these things are just of trifling importance. 2008 just ended but I've gained fruitfully because of some people and even some experiences.

### Stories in Big Cities

Turn around, and go into an alley. The color of the sky seems to get darker. Yellow, white and green lights are turned on in every house. In reality, this is the core of citizens' everyday life. Another kind of life also gets started: sounds of sauteing vegetables in a frying pan, noise of children

市井小民的生命核心，另一項生活進行式的開始：大鍋炒菜的滋滋聲，小孩童言童語的嬉鬧聲，還有迴盪的電視新聞報導聲。耳朵隱約聽見了不好的、令人惋惜的事件：「歌唱比賽節目『超級星光大道』的比賽歌手—黎○○，疑似感情觸礁，自殺身亡，……」。正當每一對父母想盡辦法飽暖下一代的時候，卻有人選擇「放棄活著」。是啊！我們都會碰到生命結束的那一刻，但不該是這樣的方式。生命中所見、所遇的每一樣事物都有其存在意義，「自殺」是一種背離，它背離了生命的方向，破壞了生命意義的軌跡，真的可悲！

我常想，生命若真的可貴，為何還會有人想結束生命？如果生活的不順遂，選擇結束生命，大、小事就能化解了嗎？當人瀕臨死亡邊緣，卻又有一股強烈的求生意志，往昔所遭受的惱人生活難題已經不算什麼，當下，只求「活下來」？這些問號讓我心中打了千千結。或許，生活的擠壓不會隨著生命消逝而不見，它只是轉移了，成為別人的問題。不要以為結束生命，就能寬解內心的那股悶，不想活的念頭，只會讓留下來的人，眼淚不止地劃過雙頰，灼傷了臉。

## 懂得，意義便生現

我們都一樣，每天必須面臨壓力的追趕，為錢也好，為情也好。每天，得為是非、選擇題作判斷，上天的試煉在你我當中，漸漸發酵。有時候你會感到呼吸不順暢，然後發現笑容的線條很虛假，接著對旁人愛理不理的，最後，埋怨時不我予，甚至認定自己無能為力，心中有一種「被老天爺打敗」的挫折感。我想，我們該反擊這樣的情緒！曾經因為得不到「想要的」而不開心，我們可以練習刪去「非必要」的慾求，漸漸地，煩惱就變少；因為天

talking and playing around and voice of news anchorperson coming from the TV. Vaguely, I hear something bad and regrettable: "the contestant of the singing contest show "Super Star" Li-XX is suspected of committing suicide because of relationship problems....." Alas, just when parents are doing their best to bring home the bacon, some people, on the other, choose to "give up living". Yes, we are all going to die eventually...but it shouldn't end like this. Every thing we see and experience has its own meaning. "Suicide" is a kind of deviation. It deviates from the course of life and destroys the meaning of life. How pathetic!

I've always pondered: if life is as precious as we say it is, why some people still choose to end their own lives? If one chooses to end his / her life because of he / she is at low ebb, can he / she really make the problems go away with his / her death? When people are dying, a strong sense of survival will usually arise within them. All the problems they encounter seem nothing at that moment because all they want is to live? All these questions puzzle me deeply. Maybe, difficulties in life don't just go away with the death. Instead, they only get transferred and become somebody else's problems. Never think your depression would go away by ending your own life. The thought of ending your life will only bring tears to people who love you and burn them deeply.

## Understanding makes the meaning of life emerge.

We are all the same, everyday, facing all kinds of pressure from either making money or relationships. Every day, we have to make judgment on questions of true or false or multiple choices. God's tests for us ferment among us. Sometime, you even find difficulty breathing. The next thing you notice is the phony smile on your face, and then you start to turn a cold shoulder to others. Finally, you will start to complain that time is not on your side and consider yourself incompetent, feeling a strong sense of frustration beaten by God. I think we should fight against such emotions! Did you ever feel unhappy because you couldn't get what you "want"? We can learn to get rid of the "un-necessary" desires, and gradually, you will find yourself having less and less things to worry about. People with strong and straightforward personalities are prone to have people problems. If we could try to let down the stubbornness, and change our mindset, we would find work being done smoothly and things being worked out well. The gains of meaning in life usually come from breakthrough of difficult questions / situations. This kind of procedure is extremely important. We have to understand - how to value our lives and learn to put the thread of our thoughts in order. Every time, you clean a bit of your thoughts, the



生性格有稜有角而與人時有摩擦，我們嘗試放下固執，轉個念，將發現工作進行順遂，事情圓融了。生命意義的獲得，往往都來自難題的突破，那歷程是重要的。我們必須懂得－正視生命，並且學習爬梳問題的脈絡，每次理清一點思緒，心的空間，就會像風雨過後的溪水一樣，變得更清澈一些，於是，「放棄」或者「厭惡」生命的念頭－開始瓦解。

國內作家余德慧在他的出版作品「生命史學」一書中說道：「往日時光透過回憶，獲得此刻的新意義……因此，生命的意義並不一定是在事情發生的經驗，而是後來發生的事情開啟了當年的意義。」許多人一定也和我一樣，在聽見這樣的定論後，猛地驚醒！曾經，我向友人哭訴自己失敗的戀情，我總是忿忿不悅，但後來想想，「分手」只是一種情境，它不只是讓我體會了痛苦，更是要我學會「相互包容」與「放下我執」，這就是我透澈過往事件所得到的啟示。常常，我們感慨生命薄弱之餘，不免驚嘆它刻劃的深度，每一橫，代表著一個故事的開始，而每一豎，則紀錄了時間的變化，橫豎交會時，又是一個意義產生的記號。當然，要想「懂得」生命中每一次喜、怒、哀、樂蘊含的意義，每一個當下我們就必須「好好活著」，提早結束生命無非是一種浪費，生命，是多麼奇妙的旅程，跟隨著它的潮流，順其自然的向前行吧！



space of your heart,  
like a creek after a storm, will be-  
come clearer. Thus, the thoughts of "giving up on life" or "hating  
your life" will start to crumble.

Local writer Yu, wrote in his work "The Philosophy of Life" that : "Through memories, time in the past has gained meaning at this moment.... thus, meaning of life isn't necessarily about the experience of the thing you gained from the incident, but about the incident happen later that gives meaning to such incident." Many people are like me, suddenly woke up after hearing such a conclusion. Once, I cried to my friend about my failed relationship. I always felt bitter about what happened to me. But later, when I think about it, "break-up" is just a situation that not only makes me understand the true meaning of pain, but also teaches me "to be forgiving to others" and "to let down our stubbornness". This, is what I learnt by thinking clearly about past incidents. We usually feel sorry about the fragility of life, yet, we are also amazed by its depth. Every horizontal etch on it means the starting of a story. And each vertical etch means the change of time. When horizontal etch meets the vertical one, it marks the meaning of life. Of course, if you want to "understand" the meaning of each and every delightfulness, anger, sadness and happiness you experience, you should live every moment of your life to the fullest. To end your life before your fatal time is clearly a waste. Life is a journey full of wonder. Let's just follow it and let it go on its natural course!