



其實我們 很幸福

We Are Blessed With Great Happiness

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「我們以為失去所擁有的，就是不幸，卻不知道幸福是離我們那麼的近，非要當幸福離我們遠去時，才知我們原來是如此地幸福。」這是在一次偶然的機會中，聆聽到生命鬥士—蕭建華老師的演講，在演講的過程中，老師用自己的生命所訴說的每一句話都觸動了我內心的感動。

罹患「脫髓鞘多發性神經病變」的蕭建華老師在孤兒院長大，11歲時才由養父母領養，但三年後養父去世，國中畢業因家中負擔不起升學的費用而到處打工負擔家計，直到26歲時養母去世，展開自己的生活；以工讀的方式，先後就讀台南一中補校、嘉南藥專，再考進成大進修推廣部中文系；取得大學文憑後，準備大展身手時，卻發現罹患罕見的疾病，接著又在一場住家火災中失去親愛的學妹，但蕭建華老師並沒有因這些不幸而放棄生命，而是讓自己像蠟燭般燃燒自己去照亮別人，展開校園巡迴講座。曾遠赴花東、外島，更受邀外國分享自己的生命價值，散播熱愛生命的種子，到目前已完成664場熱愛生命系列講座，他不知道自己「生命的終點」和「明天」哪一個會先到？但面對枯萎，他能做的就是勇敢，藉由熱愛生命系列講座，用自己生命的歷

“We consider it as unhappiness when we lose what we have; however, we never know that happiness is within an arm’s length. We never know we are blessed with great happiness until it vanishes.” The fore-mentioned words came into my heart fortuitously while I had the chance to listen to the speech given by life fighter Xiao Jian Hua. During the speech, every single word from Xiao’s mouth deeply touched me.

Xiao suffers from the rare disease of Inflammatory Demyelinating Polyneuropathy. He stayed in orphanage until getting adopted at 11, however, his adopted father pass away 3 years later. Since they cannot afford pursuing advanced study, after graduating from junior high school, Xiao started to do odd jobs to shoulder the family livelihood. At the age of 26, his adopted mother passed away as well. By working part time, Xiao went to the Night School of National Tainan First Senior High School, Chia Nan College of Pharmacy, and Chinese Department of Center for In-Service and Continuing Education in National Cheng Kung University. After graduation, Xiao was about to give full play to his abilities, however, he found out suffering from a rare disease. Subsequently, he lost his dearest junior schoolmate to a household fire. Facing all these adversity, not only did Xiao give up his life, but to brighten others’ lives by burning himself like candle, he launched campus lecture tours. Not only going to eastern Taiwan and outer islands, he was even invited abroad to share his view of life value and spread the seeding of cherishing lives. So far, he has already completed 664 lectures of cherishing lives. He does not know which comes first: the end of his life or tomorrow? However, all he can do is to face the reality bravely. By doing the lectures of cherishing lives, Xiao used his own life



程，告訴大家，親情、友情、愛情、課業的難關，都是可以克服的；年輕的生命，不要鑽牛角尖來讓自己煩心，應該珍惜生命、更該去惜福。分享生命的價值是蕭建華老師感到最有意義的事，他表示：「如果其中有一個人因為我的處境與想法，而改變了負面的觀念，那就是我生命殘存價值的發光。」這也是蕭建華老師所期望的。

自我省思，在我們生活中常以為所擁有的幸福是理所當然的事，卻不知有人出生就沒有父母陪伴，想要孝順父母卻也苦無機會；也有人出生就缺少四肢、或看不到、聽不見、無法正常吃東西、無法輕鬆的呼吸、無法像正常人一般隨意的行動自如，但正常的我們卻視這些行為是理所當然的，還常抱怨自己不夠幸福，那真正的幸福是什麼？非得要失去我們所擁有的，才懂得要珍惜眼前的幸福，回頭看看我們不曾注意的角落，其實，我們一直很幸福，因為，有人比我們還不幸，我們不曾失去雙手、雙腳、不曾流浪街頭、不曾真正的飢餓過。

生命的道理，其實我們懂得很多，只是我們做得太少，就像大家都知道要孝順父母，可是我們捫心自問做了多少？出生沒有父母的人多麼渴望有父母的愛護的關懷，而我們卻不懂得孝順父母，還常讓父母為我們擔心憂慮；我們知道不能心想事成，我們知道不能一帆風順，我們知道月有陰晴圓缺，我們知道人有悲歡離合，但我們還是要求十全十美？親愛的朋友，別這樣感到不滿足，我們是否可以學習去珍惜眼前的幸福和快樂，不再漫無目的地尋找自以為是的幸福，這樣的生命會活的更精彩，更有價值。我們不知道明天是好是壞，至少我們可以掌握現在；從蕭建華老師的故事告訴我們，無論面對任何挫折、困境，選擇勇敢學習「感恩、知足、寬容、惜福」，你將會看到最美麗的風景。



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stories to tell us that any difficulty can be overcome whether it is family, friend, love or school. It is not worth bothering oneself by getting into a dead end; on the other hand, one should cherish life and blessings. It is the most meaningful thing for Xiao to share the value of lives. He said that as long as there is one person changing his negative idea because of his situation and concept that is the value of his remaining life. That is what Xiao is hoping for.

Reflection on ourselves, we take for granted every piece of happiness in our lives, not knowing the fact that some are born without parents, some have no chance at all to show filial devotion for their parents. Some are born with limbs, some cannot see or hear or eat properly or breathe smoothly or function at will like normal people; however, we normal people take all of these treasures for granted while complaining not happy enough. Then, what does the true happiness mean? People tend not to cherish the happiness right in front of us until lose what we have. If we look back carefully, we've been in fact happy enough. After all, there are people who are less fortunate than us; in fact, we never lose both hands, both legs, never wondering on the street homeless, never suffering from starvation genuinely.

We understand quite a lot of theories regarding lives, only we exercise too few. We all know that it is important to show filial obedience for our parents; however, to what extent have we got done? For those who are born without parents, they are eager for parental love and care while people with parents alive do not show filial devotion for their parents, not to mention to let parents to worry for us. We know for a fact that it is impossible for all wishes come true; we know for a fact that it is impossible to proceed smoothly without a hitch; we also know that the moon may be dim or bright, full or incomplete; that people can be sorrow or joy, close together or far apart; still, we want everything perfect in every way. My dear friends do not always be discontent with what we have. We can learn to cherish the happiness right in front of us, not to seek the self-complacent one aimlessly, so that our lives will be more brilliantly and more value. Although we do not know for sure whether it is good or bad for tomorrow, at least we can get hold of this moment. What we learn from Xiao's story is that whatever frustration or difficulty it might be, as long as we choose to learn gratitude, contentment, forgiveness and cherish blessings, we can see the most beautiful scenery.



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