

幸福的另一種說法 「知足」

An Alternative Expression for Happiness is
"Being Content With What You Have."

文 | 澎小弟
Article | Peng Xiao-di

每個人一生中都在尋找幸福，從出生、求學、工作、結婚到終老亦是如此。卻不知道那所謂的「幸福」，其實早已在我們身旁環繞、靜靜的呵護。因為我們總是習慣的嚮往那遠方的巖峻高樓，卻忘記身處在小庭院之中的，才是最適合無拘無束的自己！

自擔任公職以來，大部分時間總是被那工作的領帶緊緊束縛的喘不過氣來。但我總會偶爾的停下腳步，靜靜的觀察、聆聽這世界所發出的聲音。記得在某次籌備漁民座談會途中，為了感謝陪了我們工作一整天的公務車，我和同事於是決定將車開進加油站，請它95無鉛汽油無限暢飲到飽。另外又為了體恤它汗水淋漓弄的一身灰頭土臉；便又陪它洗了個泡泡澡疏展身心。然而澡才洗到一半，當大家開始抱怨今天工作是如何累之餘，眼前那被泡沫緊密呵護的擋風玻璃，卻像開幕典禮般向兩旁緩緩的拉出了序幕…。

序幕外的場景是一個拿著洗車刮刀且全身溼透的男子，厚重的眼鏡掛在他臉上顯得有些疲累。在他的衣服上雖然染著一層濃濃的油漬，卻可以感受到仍精神奕奕擦拭著每一輛來訪的車子。忽然一個眼神閃過…我想起來了，原來是國中同班同學「阿雄」。記得在求學期間，阿雄是個學業名列前茅的資優生。就我認識他以來，阿雄平常的興趣就是和同學一起比較成績的高低…每次只要有一科退步，總會看他難過一陣子。想想…在當時可能是他的父母嚴格的要求他吧！多年畢業後，同學們各分東西，各自為前途打拚

Throughout our whole life, we are constantly searching for happiness – from the moment we are born, to the times in our lives spent engaged in study, work or getting married, until we are old. We live our lives without knowing that the so-called "happiness" is already around us, caring for us quietly. We are constantly yearning for the towering skyscrapers in the far distance and forgetting about the fact that being in a small courtyard is where care-free people like us best fit in.

Ever since I became a public servant, for most of this time, I have been tied to a necktie called "work", so tightly that I could barely breathe. However, I always manage to take a rest from my work occasionally, and observe quietly and listen to the sounds made by the world around me. I remember one time, on my way to a preparatory meeting for a fishermen's seminar, in order to show my appreciation for the service car accompanying us the whole day, my coworker and I decided to go to a gas station and gave it an "all –you- can –eat for 95" gasoline. In addition, in order to show our understanding of the fact that the service car gets dirty all over, we decided to accompany it while it got its relaxing bubble bath. But when the bubble bath was only half done, just when we started to complain about how tiring that day's work was, bubbles completely covered the windshield window in front of us started to be washed sideways like an opening curtain on a stage …

Standing outside the opening curtain was a man soaking wet, with a scraper in his hand. The thick glasses he wore made him look somewhat tired. His body was covered by a thick layer of oil residue, but somehow I just knew that he continued to wipe dry each and every car with a high spirit. Suddenly, an expression in his eye flashed in front of me and I remembered who he was. He was my classmate "A-Xiong". I remembered that when we were classmates, A-Xiong was always top of the class. Ever since I met him, he was always competing with others academically. He would get extremely upset if he didn't score as well as he had done previously. Now, come to think of it, I guessed it had something to do with his parents' being very strict with him. After graduation, we went our separate ways to pursue our own careers… Now, however, seeing A-Xiong, who once excelled in behavior and academic performance, washing cars for others, despite the fact that I really wanted to say hello to him, I was more concerned about whether or not I would hurt his feelings. While I was still hesitating, he said to me, "Aren't you A-Zhe? It's me, A-Xiong. Do you remember me?"

Thanks to his greeting, I was able to break off from my internal struggle… Thus, while the car was being washed, A-Xiong and I started to catch up and talk about the old times.

著…。如今，在我眼前曾經是品學兼優的「阿雄」，現在則幫人洗車。當下真的很想和他打個招呼，但是卻又害怕傷了他的自尊心。而就在我內心猶豫不決時，沒想到竟是他先開口說道：你不是「阿哲」嗎？我是「阿雄」呀！還記得我嗎？

這一個招呼，打破了內心掙扎的靜默。於是趁洗車的空檔之際，我和阿雄便在一旁閒聊、回憶起當初學生生活的種種。

原來，畢業後本來要繼續升學的阿雄，選擇了就業扛起一家的經濟重擔。他說：一開始真的很苦，每天要洗一百輛以上的汽車。尤其是寒流來襲的那一陣子，雙手常常凍得沒有知覺，甚至都無法緊握，回家後常常要泡好一陣子的熱水才能讓雙手變軟，那時侯常常望著自己的雙手，不斷的流著眼淚。後來很幸運的在公司遇到了一位女孩，也就是公司的會計。每天到了午餐時分總是一起吃午飯，並且鼓勵彼此。頓時我發覺，「讚美」是鼓勵策進的動力。當然最後也順理成章的成為彼此的另一半。和阿雄敘舊後，很快地，他便又立刻沉浸於清洗車輛的雪白泡沫之中…。

傍晚，在下班回家的路上，我一直思索這所謂幸福的定義！看看阿雄現在有了老婆、小孩和工作，同時與雙親共同住在三合院老家，開著十多年超級省油的老喜美轎車。我領悟了「知足」就是「擁有」的道理，而大家一直追求的「幸福」，不就是這樣獲得的嗎？對於阿雄給我的體悟，我提筆寫下，也希望提醒還在追逐「幸福」的人，真正擁有它：

回家路上的孤獨 只有路燈眨眼看的清楚
眼前瀏海不停飛舞 像在選擇遮住那個傷心的眼淚先流出
滿天星點哭訴 一串串連結起來也比不上月亮散發的幸福
一生汲汲營營那風的腳步 怎麼追最後也只能稱臣服輸
多吃一口苦 學習品嚐自己擁有的幸福
多一分知足 習慣感性對待所有人付出
因為人生的這一課 也才不過短短數十寒暑…短短數十寒暑…
幸福就是知足

(本文作者任職於海洋巡防總局第八【澎湖】海巡隊)

It turned out that after graduation, A-Xiong who planned to further his study, chose to shoulder the responsibilities of bring home the bacon instead. He said, " At first, it was really hard for me. I used to wash more than 100 cars every day. It was even harder when a cold front passed . My hands would become so cold that I couldn't feel a thing at all. Sometimes, I couldn't even close my hands tightly. After I got home, I had to soak them in warm water for a while before they were soft again. During that period of time, I often stared at my hands and cried. Later, luckily, I met a girl at the place I worked – she was the treasurer there. Everyday, at lunch break, we would eat together and pepped each other up. Suddenly, I realized "encouragement" was the motivation for people to improve themselves. Of course, they later became each other's significant other. After talking to A-Xiong about our old times, he swiftly went back to his work and was immersed once again in white bubbles….

In the evening of that day, on the way home, I kept pondering over the definition of so-called "happiness". A-Xiong now had a wife, kids and a job. His wife and kids lived with his parents in their old three-section compound house and he still drove that old, super economical Honda Civic he had been driving for dozens of years. I realized that "to be content with what you have" was "to possess happiness". Isn't that how we find the "happiness" we had been searching for? I decided to write about the inspiration A-Xiong gave me and hopefully it can serve a purpose to remind those who were still searching for "happiness" to possess it for real:

The loneliness I felt on the way home could only be seen clearly by the blinking street lights.

The bangs in front of my eyes kept flying as if trying to cover the sad tears by beating them to it. All the stars in the sky were crying; so many of them together still couldn't compare to the happiness which shone from the moon.

Those who had spent their lives following the footsteps of the wind had to bow to fate in the end....

With one more taste of bitterness, you learned to taste the happiness you possessed

With one more taste of contentment, you learned to get used to give to others in a more sentimental way.

Life, after all, only lasted for a couple of dozens years....only a couple of dozens years...

Happiness was to be content with what you had...

(The author is currently with the "Peng-Hu" Offshore Flotilla 8, Maritime Patrol Directorate General)