

Botanical Gardens

孤獨

音樂：- Lonely - Ernesto Cortazar

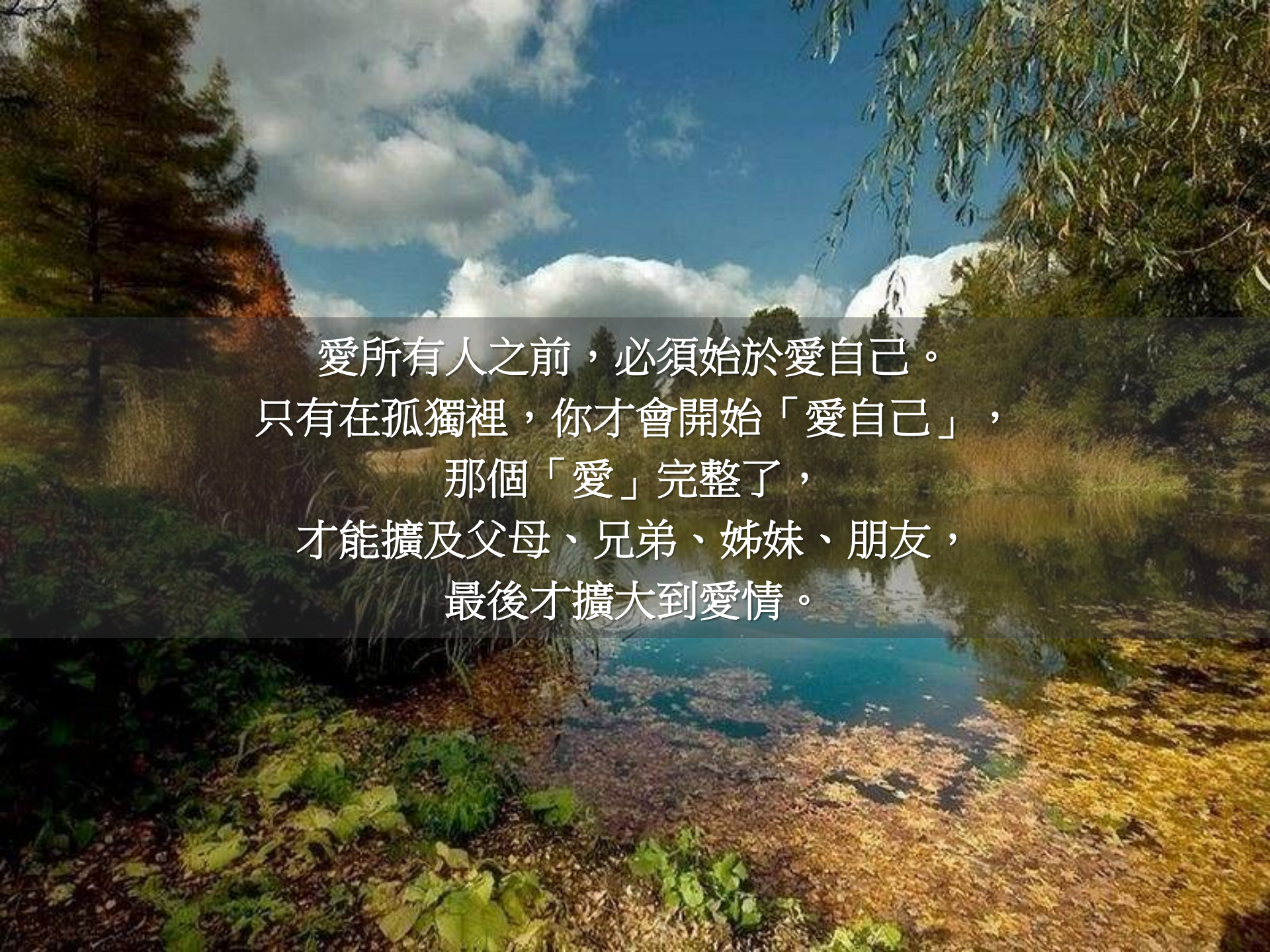
整理：Henry

A photograph of a stone archway made of large, rough-hewn stones. A paved path leads through the archway into a garden area with various plants and trees. The scene is captured in a slightly desaturated, artistic style.

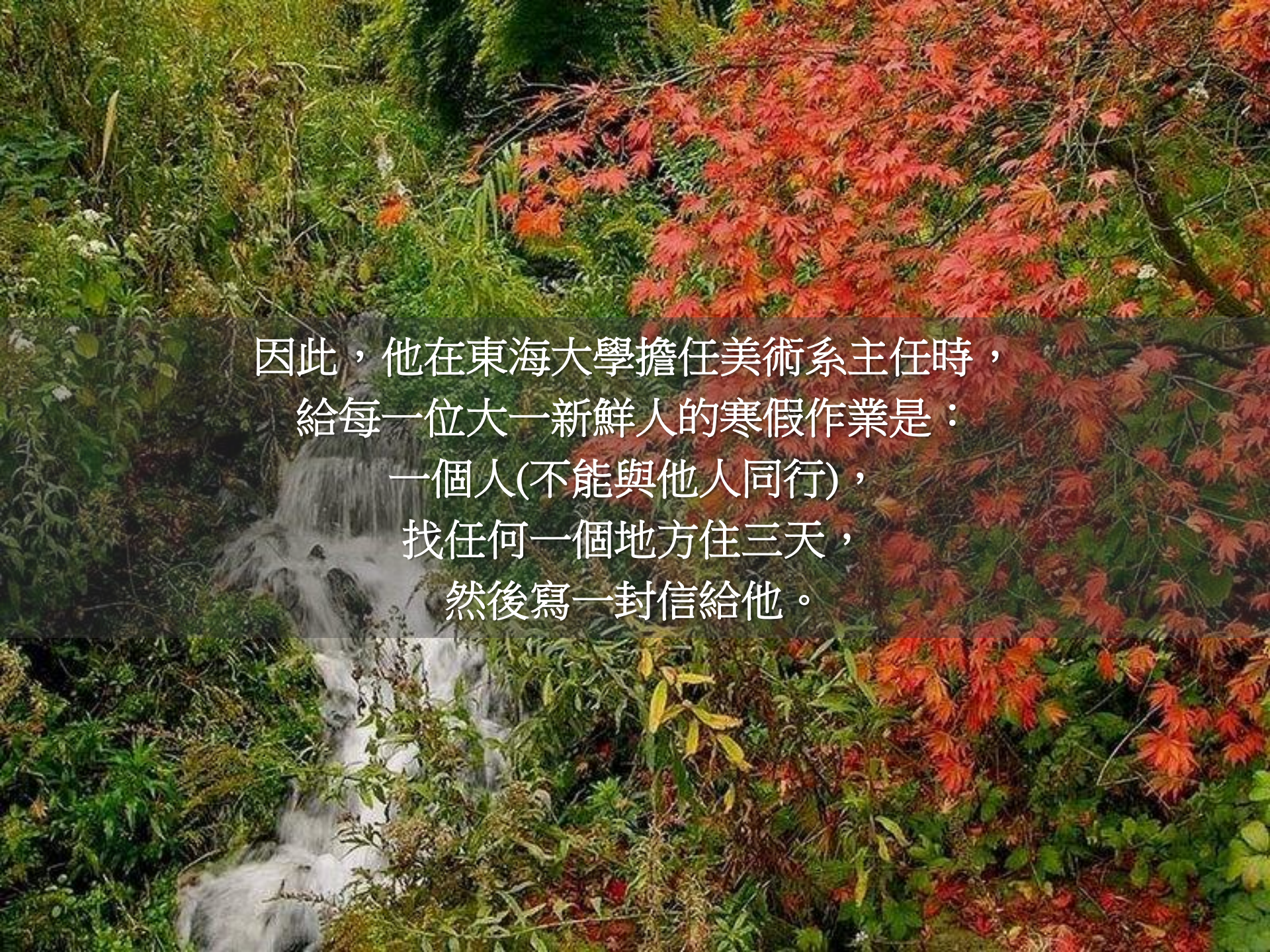
美學大師蔣勳在一篇「給大學新鮮人的信」
曾說：「想拓展人文視野，
最好的辦法是：上山下海，打開你的眼睛。」

A photograph of a paved path in a park or garden, lined with trees and foliage. The path is covered with fallen leaves and petals. A semi-transparent text box is overlaid in the center of the image.

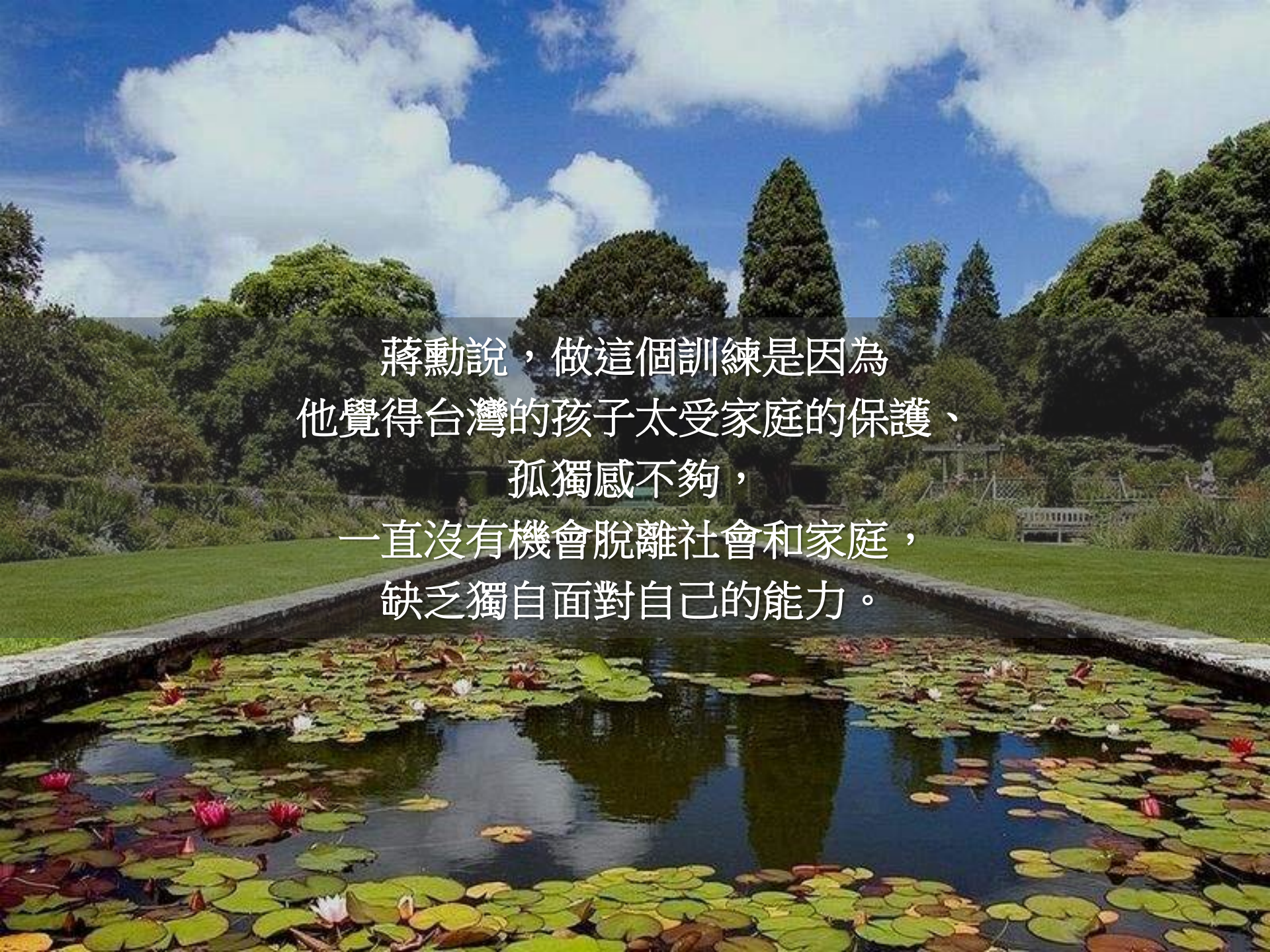
很多人認為大學最重要的一課是：「戀愛」，
但他覺得最重要的一課應是：「孤獨」。

A scenic landscape featuring a river flowing through a valley. The river is surrounded by lush greenery and trees, some of which are in autumn colors. In the background, there are mountains under a blue sky with white clouds. The text is overlaid on the image, centered and white.

愛所有人之前，必須始於愛自己。
只有在孤獨裡，你才會開始「愛自己」，
那個「愛」完整了，
才能擴及父母、兄弟、姊妹、朋友，
最後才擴大到愛情。

A photograph of a waterfall surrounded by dense vegetation. The waterfall is the central focus, with water cascading over rocks. The surrounding foliage includes various green plants and trees, with a prominent section of bright red autumn leaves on the right side. The text is overlaid on the image in a white, serif font.

因此，他在東海大學擔任美術系主任時，
給每一位大一新鮮人的寒假作業是：
一個人(不能與他人同行)，
找任何一個地方住三天，
然後寫一封信給他。

A photograph of a garden with a pond. The pond is filled with lily pads and pink lotus flowers. The background features a well-manicured lawn, various trees including a tall cypress, and a blue sky with fluffy white clouds. The text is overlaid in the center of the image.

蔣勳說，做這個訓練是因為
他覺得台灣的孩子太受家庭的保護、
孤獨感不夠，
一直沒有機會脫離社會和家庭，
缺乏獨自面對自己的能力。

A vertical garden with various colorful flowers and green plants growing on a stone wall. The plants include white, yellow, pink, and purple flowers, as well as green foliage and moss. The stone wall is made of irregular, light-colored stones.

假如一個人面對大海或高山、
找個民宿住下來，
會有一個沈思的機會。
要學生寫信，
其實是培養他們以筆記與自己對話的能力，
養成一個和自己對話的習慣。
「一個人跟自己獨處，會拉出內在無限空間的」

A photograph of a traditional Japanese garden pond. In the foreground, a wooden walkway made of dark, weathered planks leads towards the water. To the left of the path, there are several rectangular wooden planters filled with tall green reeds, floating on the water. The pond's surface is calm, reflecting the surrounding lush green trees and foliage. In the background, more garden elements like a small stone bridge and manicured bushes are visible. The overall atmosphere is peaceful and contemplative.

如果沒有辦法孤獨的面對自己，
就沒有獨自承擔事情的能力。



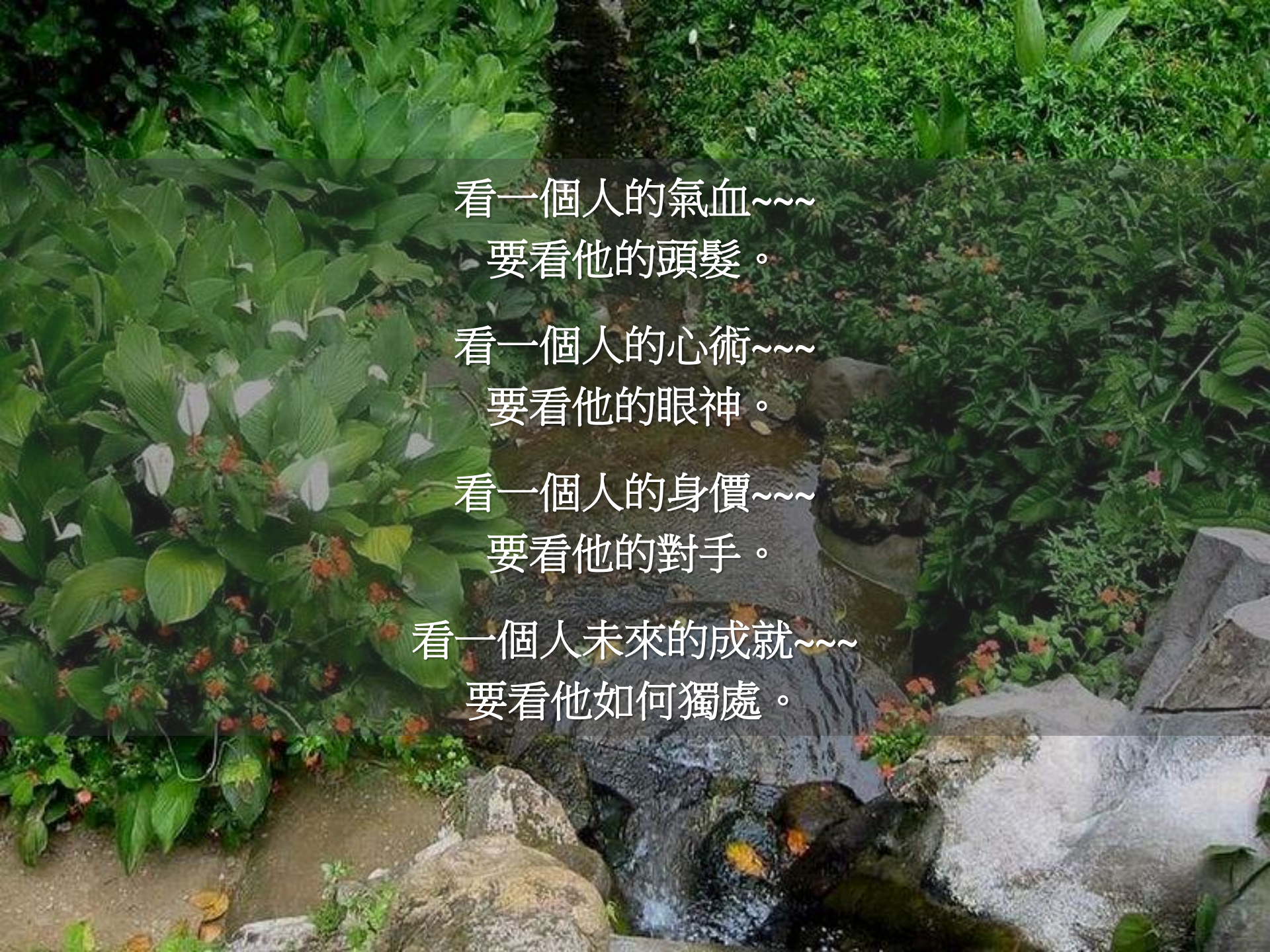
看一個國家的國民教育~~~
要看他的公共廁所。

看一個男人的品味~~~
要看他的襪子。

看一個女人是否養尊處優~~~
要看她的雙手。

A lush garden scene featuring a small waterfall cascading down a rocky path, surrounded by dense tropical foliage. In the foreground, a large green plant with broad leaves sits in a dark pot on a wet, reflective surface. The background is filled with various trees and plants, creating a vibrant and serene atmosphere.

從何處看一個人~~~品味

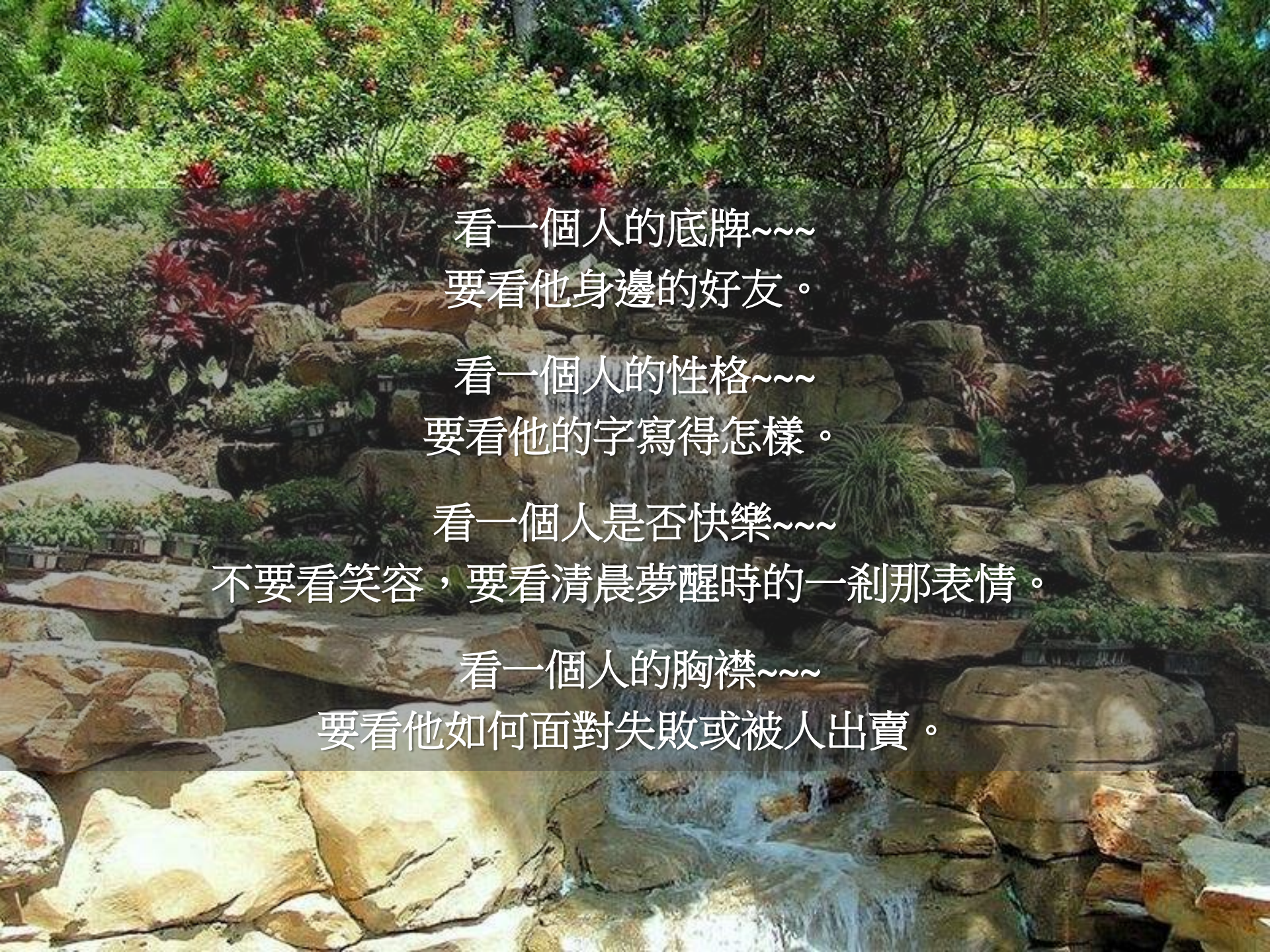


看一個人的氣血~~~
要看他的頭髮。

看一個人的心術~~~
要看他的眼神。

看一個人的身價~~~
要看他的對手。

看一個人未來的成就~~~
要看他如何獨處。



看一個人的底牌~~~
要看他身邊的好友。

看一個人的性格~~~
要看他的字寫得怎樣。

看一個人是否快樂~~~
不要看笑容，要看清晨夢醒時的一剎那表情。

看一個人的胸襟~~~
要看他如何面對失敗或被人出賣。

A photograph of a stone archway in a garden. The arch is made of reddish-brown bricks and is partially covered with green ivy on the left side. Through the arch, a gravel path leads into a garden with green lawns, various plants, and a large tree in the background. The scene is well-lit, suggesting daytime.

看一個人的膽識~~~
要看他面對死亡時的態度。

看兩個人的關係~~~
要看發生意外時，另一方的緊張程度。



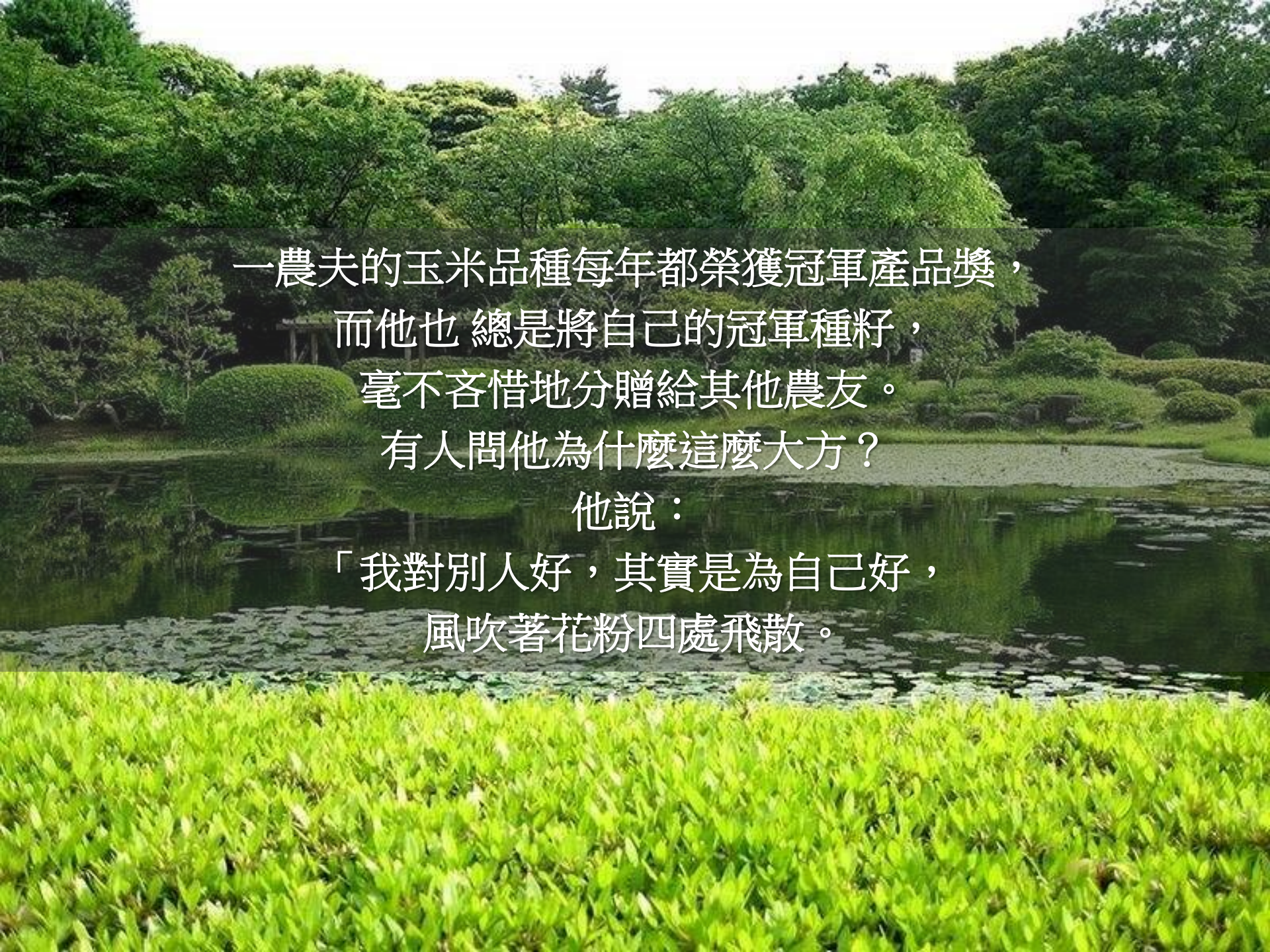
世上只有快樂好

A lush green garden scene with a small waterfall cascading over rocks in the background. The foreground is filled with various plants, including large, fan-shaped palm-like leaves and dense green foliage. The overall atmosphere is serene and natural.

你所給予的 ..都會回到你身上？
凡你對別人所做的，就是對自己做，
這是歷來最偉大的教誨，不管你對別人做了什麼。
那個真正接收的並不是別人，而是你自己；
同理，當你給予他人，當你為別人付出，
那個真正獲利的也不是別人，而是你自己。



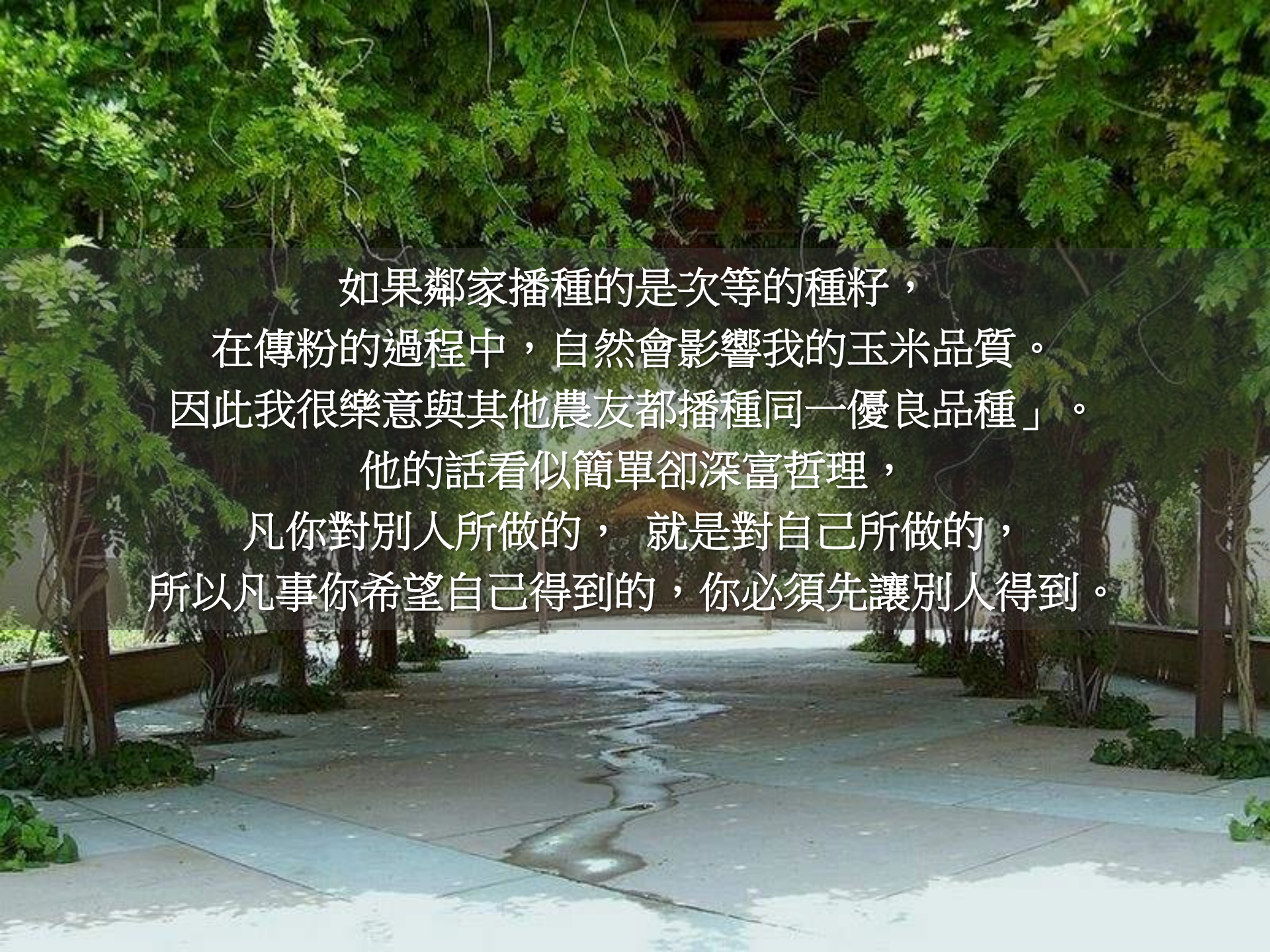
當你帶給別人歡樂，你就會得到歡樂；
帶給別人祝福，你就會得到別人的祝福；
如果你經常讚美別人，
不久你也會聽到有人在讚美 你。~~
「你給別人的，其實是給自己的」



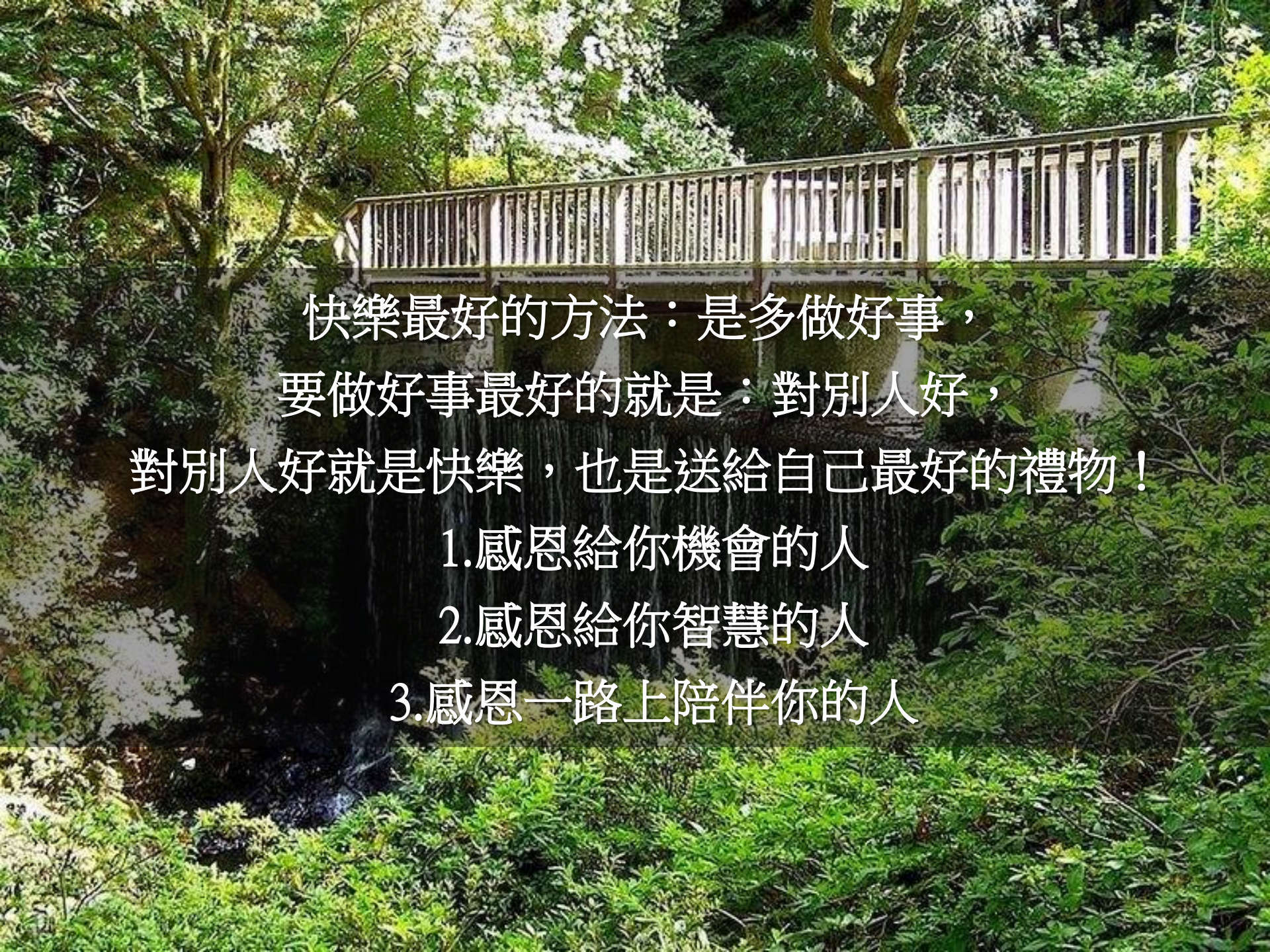
一農夫的玉米品種每年都榮獲冠軍產品獎，
而他也 總是將自己的冠軍種籽，
毫不吝惜地分贈給其他農友。
有人問他為什麼這麼大方？

他說：

「我對別人好，其實是為自己好，
風吹著花粉四處飛散。」



如果鄰家播種的是次等的種籽，
在傳粉的過程中，自然會影響我的玉米品質。
因此我很樂意與其他農友都播種同一優良品種」。
他的話看似簡單卻深富哲理，
凡你對別人所做的，就是對自己所做的，
所以凡事你希望自己得到的，你必須先讓別人得到。



快樂最好的方法：是多做好事，
要做好事最好的就是：對別人好，
對別人好就是快樂，也是送給自己最好的禮物！

- 1.感恩給你機會的人
- 2.感恩給你智慧的人
- 3.感恩一路上陪伴你的人

A photograph of a traditional stone pavilion with a thatched roof, situated in a lush green forest. The pavilion has several stone pillars and a wooden bench inside. A paved path leads towards it. The text is overlaid on a semi-transparent dark rectangle in the center of the image.

~~~有了一點年紀、少了一些脾氣  
~~~於是~~漸漸明瞭  
~~~有些事是可以懂一輩子的  
~~~有些事要用一輩子去懂的



緣起不滅，細水長流

A lush garden scene featuring a stone bridge over a pond, surrounded by dense greenery and flowers. The bridge is a simple stone arch, and the pond is calm, reflecting the surrounding foliage. In the foreground, there are large green leaves and white flowers on the left, and yellow flowers on the right. The background is filled with various trees and shrubs, creating a dense and vibrant landscape.

謝謝收看