

《旋渦人生》

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佛教善德英文中學校報

文
風

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二零一七年

「轟隆！」黑壓壓的烏雲趕走了和藹可親的太陽，滂沱大雨隨即傾瀉而下。

「支那人快回鄉吧！浪費香港空氣！」

「對呀對呀，沒文化又死要面子！」

阿明滑動手機，臉書滿頁都是香港網民對於內地旅客的辱罵，火藥味濃得足以穿過屏幕。阿明看著某些過份的言論，覺得有些網民實在是以偏概全，還理直氣壯，心有不甘。阿明手指敲著手機鍵盤，飛快地輸入他的想法，什麼邏輯不通、「巴打」你太笨，不應這樣想……通通都打出來。在按確定的前一刻，他卻停頓。自己的言論似乎太過火，語氣似乎也太過激動，會不會更進一步激怒這些網民？之後會發生什麼事？阿明看著發光的熒幕，不禁思考這一個問題。其實，這一個故事，蘊含一個很有趣且發人深思的過程，名為在世輪迴。

廣意的輪迴觀，包覽世間一切人和事物，世間萬象均按其獨特軌迹運行，無始亦無終，由業力賴以運行，就如春夏秋冬的循環往復以及福禍相倚、否極泰來的概念。那麼，其實輪迴與我們的生活息息相關，當我們發相同的念頭，繼而就引發相應的思想、語言和行為，業力為我們帶來相近的果報，我們也就持續以相近的方式生活下去，這就是剛才我們討論的重點——在世輪迴。

究竟在世輪迴如何影響我們？通常，在世輪迴往往由我們的煩惱以及無知造成。上述阿明的例子便印證在世輪迴所在。中國人跟香港市民的價值觀差異極大，導致衝突不斷，爭執四起。香港市民因為這些不愉快的事件而生起瞋恚心（三毒之一，指人不如意時的心理反應，包括從微惱到憤怒）。他們基於怨恨的情緒，被怒火蒙蔽雙眼，生起了宣洩不滿的念頭，並付諸行動。例如部分香港市民在網上論壇發表一些中傷他人的言論，聳人聽聞，刻意煽風點火；甚至稱中國人為帶有歧視意味的「支那人」，為的只是滿足一己私慾，絲毫沒有考慮於他人的影響。受到業力牽引，他們的行為引起相應的結果：其他香港市民或許會因此而同樣生起對內地人的厭煩與仇恨。而始作俑者獲到認同，覺得有同道中人，取得滿足感，更會認為自己的行為是正確的；亦有意見相左的人，也就是故事中的阿明，反對始作俑者的所作所為，與始作俑者辯駁一番。最後始作俑者以及支持他的人繼續行動，在網上發表言論掀起眾多爭議。在個人而言，他們的瞋恚並未化解，反而因自己的行為加劇，激烈的鍵盤戰更令他們身心皆疲，傷痕累累。而他們無休止的錯誤行為，更進一步挑起他人不滿。久而久之，社會變得不安寧，中港矛盾也因此加劇。整個社會因為始作俑者愚昧的行為，陷入阿修羅道，怒火憤恨不斷蔓延，唇槍舌戰紛至沓來。這就是一個在世輪迴，由一個人的煩惱，引發相應的行為。當得到果報時，又繼續相似的行為，而他人亦都有相應的行動，整個過程周而復始，影響之深遠更是難以中斷。由此可見，在世輪迴對自身和他人造成巨大而難以擺脫的連鎖影響，尤其是由一己煩惱以及無明所引起的在世輪迴。

在世輪迴也可見於我們的沉溺行為。人生在世，我們經常在追求各式各樣的人、事與物，似乎人生的意義就在於無窮無盡的追求。我們渴望獲取更多金錢，以求改善生活；我們渴望獲取名譽，以免被人淡忘；我們渴望獲取情愛，以求充實生命。人類生來就有貪念、情慾，故有渴望執取，這實屬無可厚非。不過，若然我們放縱這種貪念、情慾，則會形成沉溺行為，讓我們陷身永不滿足的人間餓鬼道。且看一例。我們原本希望賺取更多金錢以改善生活，但要是我們賺得比所需要的多，那又如何？美國普林斯頓大學一項有關快樂與收入的研究發現，每年收入為 7.5 萬美元的人最快樂，低於或高於這個基準的人都不快樂。低於這個基準的人不快樂的原因很容易理解，皆因物質需求未被滿足，那麼，為何高於這個基準的人也不快樂呢？原來，當我們賺取比所需要的還多的時候，我們就會開始迷失，不再知道賺錢的意義，唯一支持我們繼續賺錢的就只餘下我們的貪念以及競爭心態。現代社會多以金錢來衡量一個人的價值，認為金錢賺得比別人多就是成功，就是能幹。在其促使下，我們疲奔於金錢的競賽，卻因為忙於賺錢而忽略了與家人、伴侶、朋友相處的時間，這些精神上的需求未被滿足則會讓人生出空虛的感覺。我們為填補這種空虛感覺，於是又繼續賺取更多的金錢以獲取短暫的虛榮感，虛榮過後復感失落，又再努力賺錢……這痛苦輪迴是永無休止的，所以中國首富馬雲亦曾感慨：「我不想當甚麼全國首富，我寧願返回十多年前，月領人民幣九十元的日子，那時候的我最快樂。」由此可見，假如我們放縱貪念、情慾，不僅得不到快樂，反而會讓我們陷身永無窮盡的人間餓鬼道。很多時候，人類自信能掌控一切；然而，更多時候，我們其實為物所役而不自知。

看到這裏，似乎在世輪迴都有不良的影響。那麼有沒有好的在世輪迴呢？綽號「明哥」、「深水埗明哥」的飯店老闆陳灼明先生一直竭盡全力，每個星期都為貧窮的長者提供免費飯盒，即使 8 月颱風高掛，仍無法澆熄他一顆助人的熱心，為飢寒交加的長者送上熱乎乎的飯菜。明哥的行為，其實是基於他善良的心。他觀察到社會上不少長者都面臨無以為繼的困局，同樣身為社會一份子卻深陷名為艱難窘迫的泥沼中，難以逃脫，不禁生起憐憫惻隱之情。內心感受以及長者的境況驅使明哥主動幫助有需要的長者，例如派盒飯、飯券等等，為長者送上關懷。因緣果報，他的行為也帶來善果。明哥無私的貢獻，使快樂充實心田，也讓自己更加深入瞭解香港社會的另一面，因而更有動力幫助其他人。而且，眾多長者獲得生理上的飽足，更重要的是，他們感受到社會仍有人關愛弱勢社羣，會打從心裏感到開懷快樂。明哥的行動更推動整個社會，主動 弱勢一羣送上關懷。現時，許多機構受到明哥的精神影響，紛紛響應明哥的行動：麵包店免費派發麵包、燒味店提供便宜盒飯，更有「女版明哥」不計得失，同樣供應免費盒飯。即使平日生活繁重的升斗市民，都受明哥行善感動，挺身而出成為派飯義工，分工合作，為基層送上溫暖的飯菜以及無盡的關懷。主動關心弱勢的風氣漸漸形成，整個社會不再是人情冷淡，而是日益溫馨，令人置身天道之中。不僅

如此，整個社會都在經歷一個好的輪迴——越來越多人行善為樂，推己及人，感染他人。

明白了在世輪迴與我們的生活息息相關以後，那麼於我們而言又有甚麼意義？首先，能夠停止惡事的延續。儘管擺脫下三道的在世輪迴十分困難，但這也並非全無希望。人處於三才之中，謂人之精神上通於天而下達於地。人之意志精神存在著舉足輕重的作用，往往能決定一件事的成敗得失。佛陀言「眾生皆可成佛」也是同等意思。而要擺脫在世輪迴其實也離不開四個步驟，亦即是四聖諦的活用。首先，我們要覺知自己正陷身痛苦輪迴當中，例如發現自己正陷身於互相謾罵的阿修羅道當中。之後，我們就要探尋陷身輪迴之因，到底是源於三毒中哪種煩惱。接著，我們便要知道惡事的延續其實是可以擺脫的。我們要相信個人意志足以擺脫日積月累的惡習。我們同時也要明白，要成功擺脫惡習是絕對不易的。我們往往會發現，剛戒掉的惡習沒多久又故態復萌。舉例來說，電玩愛好者立志戒除沉迷電玩的惡習，但我們往往會發現他們在立志後一星期又再度大喊「殺呀！」、「我終於過關了！」我們在戒除惡習的過程中是會不斷地重蹈覆轍的，這是正常不過的事情，但那也不是放縱自己的藉口。惡習傷害自己，傷害他人，我們不得不予以正視。然而，當我們不幸地重蹈覆轍之時，其時我們對於擺脫這惡習的困難程度又多了一分了解，我們下次便會發更大的決心去擺脫。長此下去，只要我們的意志足夠堅強的時候，終有一天會擺脫惡習。最後，也就是擺脫輪迴的方法，這就並非三言兩語得以說得清楚。不同的在世輪迴的擺脫方式是各有不同，但萬變不離其中，那就是與自己的心靈對話。我們之所以會陷身在世輪迴往往是源於我們對自己的不了解。我們以為自己渴望很多外物，其實快樂建基於精神上的滿足。英國一個進行了七十五年有關快樂的社會實驗發現，很多年輕人都以名利為心中所求，時光飛逝，七十五年後的結果卻顯示人與人之間的關係才是人們快樂的主因，而這也是人生一大意義。當我們明白到生命的意義以後，再將之與促使我們陷身下三道在世輪迴的想法、行為相比，自然而然會對這些想法、行為生起厭倦之情，而這也是擺脫下三道在世輪迴的第一步，也是最重要的一步。

此外，在世輪迴的意義在於延續好人好事，成就美德。所謂星星之火，足以燎原。我們每一個行動，均能對自己乃至其他人帶來極大的影響。可能因為一個微不足道的行動，導致其他人都陷入或好或壞的輪迴。因此，我們首先要保持一個積極的心態，由自己開始一個好的輪迴，繼而推動他人進入同樣的輪迴，整個社會才會變得美好。那麼，我們應如何做才能進入好輪迴？要保持怎樣的態度處事？第一，我們要推己及人，也就是所謂「己所不欲，勿施於人」。別把自己不希望發生的事情加諸在他人身上，避免衝突，維持彼此之間的情誼。我們在日常生活中，一言一行都要多加注意，謹慎思考，否則，「一子錯滿盤皆落索」。當我們心有不甘的時候，是不是代表我們能夠漠視他人感受，隨心所欲的發泄？當我們感到快樂滿足，獲得成功的時候，是否有必要鋒芒畢露，招人妒忌？無論任何時候，我們必須三思而後行，避免展開壞輪迴。第二，我們多行善，按照道德規範，成人之美，由己出發，繼而推動他人行善。行善做好事，大家都耳熟能詳，但未必瞭解行善的意義，甚至只為行善而行善。因此，我們更要明白，行善乃由仁義行，由心出發，誠心誠意對待每一個需要幫助的人。行善不必拘泥形式，也無分大小。我們可以從日常中做起，例如幫助同學解答疑難，或者成為義工等等，這都十分容易實踐。行善有益，更能感染別人，大家一同行善，帶動好的輪迴。

看到這裏，相信大家對於在世輪迴有所領悟，然而故事尚未結束。阿明心念一動，發覺自己原來也不過如同那一群指責內地旅客的網民一樣，受瞋恨心影響以致險些陷入互相謾罵的風氣當中。難道自己就比他們更為「正義」？難道自己就是一個站在道德高地指責眾生的聖人？那些發表過激言論的網民也不過正在伸張他們心中的「正義」罷了，人我本如一，那麼憑著一己之力豈非無法阻止社會中繼續蔓延的仇視心理？阿明不禁陷入一片苦惱。

「轟隆！」

他忽爾靈機一觸，既然人我如一，只要證明他們也如自己一樣，生而有反省的能力，以包容之心和平討論，大家終有一天能互相理解，停止無理辱罵的行為。

滂沱大雨也有水塘得以收容，那麼自己又何曾不能化身成一個能包容異見的河塘，盛載著來勢洶洶的雨水，再一步步接納他們，同化他們，將一切紛爭、負能量都化作一片平靜的碧波？

於是，阿明刪掉「邏輯不通」、「『巴打』你太笨」、「不應這樣想」的文字，重新鍵入：「人生也不過是一個不休靜的漩渦，我們又何必為這漩渦帶來不必要的波濤呢？」

資料來源：

《一切眾生本來是佛》<http://www.amtb.tw/pdf/28-29jy.pdf>
時光網：《美國人年薪 7.5 萬美元最幸福》<http://www.timetw.com/16349.html>
水深之處福音網：《馬雲：有錢，我不快樂》<http://www.luke54.org/view/1060/5753.html>
TED Ideas worth spreading: 《What makes a good life? Lessons from the longest study on happiness》
https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness
佛門網 <https://www.buddhistdoor.org/tc>
香港 01:《深水埗明哥新店今開張，派龍躉飯，長者不論貧富都有份》<https://www.hk01.com/%E6%B8%AF%E8%81%9E/29427/%E6%B7%B1%E6%B0%B4%E5%9F%97%E6%98%8E%E5%93%A5%E6%96%B0%E5%BA%97%E4%BB%8A%E9%96%8B%E5%BC%B5-%E6%B4%BE%E9%BE%8D%E8%BA%89%E9%A3%AF-%E9%95%B7%E8%80%85%E4%B8%8D%E8%AB%96%E8%B2%A7%E5%AF%8C%E9%83%BD%E6%9C%89%E4%BB%BD>

這一份『苦差』

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由左至右：林倬苓，林惠沂，張錦穎（總首席領袖生），容德雋（總首席領袖生），何誌軒，江東橋

經過一年的時間，首席領袖生對這個崗位有更加深的認識。它沒有表面看起來的簡單，等這六位同學親手去安排一切時，才發覺原來當中有很多挑戰。

領袖生的意義

六位領袖生不約而同都認為他們最主要的職責是通過執行校規，幫助老師維持校園秩序，最終目的是帶領同學一起建立良好的校風，並藉此協助學校建立一個能讓同學和諧健康地學習的環境。

擔當領袖生的原因

林同學和容同學都說開始做領袖生時覺得是一種光榮，而且可取得優點，有助升學。後來發現從這團隊中學到的比課堂都要多，所得的知識和技巧都十分寶貴。

江同學認為領袖生是一份很有意義的工作。既可學習臨危不亂、自律等；亦能為同學維持良好的校園環境。因此他申請成為領袖生。

而何同學和張同學都想挑戰自己，和回饋學校。

作為領袖生的得著以及犧牲

領袖生們都覺得奉獻最多的是自己的私人時間，包括與家人、朋友相處和娛樂的時間和個人的學習、休息時間，因為首席領袖生每天都需要在 7:25 分前回到學校當值，而且有時需要籌辦活動，例如每年一度的班際跳大繩比賽。他們都要撥出一些時間去商討比賽的程序和相關事宜。但與此同時，他們也學會時間管理。

另外他們在當值時，常常遇到一些特別個案，即使證據確鑿，同學亦用奇怪且不合理的藉口去逃避被記名的情況。但他們亦因此學會了隨機應變的能力。

此外，今年第一次擔任首席領袖生的林同學說一個領袖生團隊有六十多人，她藉此學會了管理團隊的技巧，以及人際溝通技巧。

三大最常犯的校規

一、服飾儀容問題

女同學忘記帶校章、男同學沒有戴黑皮帶的情況時有出現。同學應在每日出門前仔細地自己的服飾，並定時檢查自己的頭髮是否過長。

領袖生認為個人儀容會反映自身的處事態度，所以同學應時常保持儀容整潔。

二、於校內範圍使用手機

現時校內違規使用手機的情況十分普遍，其原因不外是「貪玩」和「貪方便」。

不少同學於上課或小息、午膳期間，於抽屜內偷偷使用電話作娛樂用途。這些同學儘管獲得了一時之樂，但卻嚴重影響學業，使學業表現下滑，終而得不償失。

同時，同學亦因為覺得在樓層間或在樓下學生會門外使用公用電話不方便，於是就在課室，甚至洗手間內使用手機去叫外賣或者通知家長留校事宜等。可他們在得一時之便時，卻忘記這是違規的。

有見及此，訓導處加強了懲罰一手機被沒收的時數上調了不少，以達阻嚇作用。領袖生亦希望同學能明白訓導處的用意是為了讓同學專注於課堂學習中。

三、抄襲功課

領袖生在早上當值時，經常發現同學有抄襲功課的行為。其實同學有題目不懂得去做，可向老師請教。而抄襲功課是無益於同學，對自己的學習更是百害而無一利，所以同學不應抄襲功課。

長久以來的誤解

很多同學以為領袖生捉人是為了「交數」，林同學和容同學澄清絕不是這樣，他們只希望同學能改過，明白做了犯規的事是要承受相當的後果。而領袖生亦不是不近人情，不會以責罰同學、找同學麻煩為樂的。

另外，不少同學可能誤會了首席領袖生是十分嚴格苛刻，但原來他們只會於當值時用嚴謹的態度提醒同學遵守校規，加上他們也是學生，所以明白同學的苦處，他們只是希望同學遵守校規。

大多同學對領袖生存有偏見是因為他們覺得領袖生團隊只為老師做事，對老師唯命是從。其實，領袖生團隊也為同學服務，保護同學免受他人無理的侵犯，並制止不恰當的事件發生。

簡單的『入職』要求與勸勉

要做領袖生並不難，其中的條件是懂得自律。另外同學的操行成績為 B+ 或以上即可。何同學和張同學都認為成為領袖生要為犧牲私人時間作好心理準備，但是他們都覺得這是值得的，因為當中有很多得著。

其實同學們都不用害怕做領袖生會被排擠，因為領袖生的責任只是維持學校秩序，並不是與同學作對，因此不用害怕及顧忌。成為領袖生後，有很多事情都是邊做邊學的，加上身為同學們的榜樣，更要保持樂觀積極的態度，保持自信，面對同學也不要膽怯。

六位首席領袖生都直言希望有興趣成為領袖生的同學在下學年一定要加入領袖生團隊的大家庭。

開卷有益

4A 陳凱旋 4D 關家恩

書名：《盜夢偵探》

作者：筒井康隆

出版社：獨步文化

這是一本以現實角度穿插夢境的科幻小說。它敘述精神治療師千葉敦子與科學家時田浩作研發出「PT 機器」，藉此進入病患夢境進行精神治療。後來，這個裝置被不明人士偷走。千葉敦子唯恐犯人會利用裝置犯案，於是展開調查。整個實驗室開始出現不明夢境干擾現實行為的情況，秩序大亂。故事在抽絲剝繭下，出現了無法控制的可怕真相。



書名：《中國古代文化常識》

作者：王力

出版社：世界圖書出版公司

這是一本介紹古代文化常識的簡明讀本，涉及到古代文化的十四個方面，如：天文、姓氏、樂律等，描繪了古代文化生活的基本面貌。書中配有大量圖片，不僅豐富了書本的內容，而且增強閱讀的趣味性，為讀者了解古代文化生活，學者研究古代文化提供了不可或缺的參考。



書名：《擁有七個名字的女孩》

作者：李曉瑞

出版社：愛米粒出版有限公司

1997年，即將18歲的李曉瑞決定偷渡去中國見識一下，但作夢也沒想到從此沒了回頭路，她在一夜之間變成了背叛祖國的脫北者。這本回憶錄詳細記載了李曉瑞在北韓的生活記憶、在中國的十年流亡、終於到了南韓卻回頭解救親人的險路，以及最後在南韓重啟的新人生，同時也揭露了北韓極權的黑幕。



書名：《牠》

作者：史蒂芬·金

出版社：皇冠叢書

威廉的弟弟喬治在下水道前被神秘人所殺，展開德利鎮一連串小孩失蹤的案件，威廉與六位朋友誓要找到兇手。七人不約而同的遇上奇異的現象，有人見到在木乃伊，有人見到科學怪人，而他們都深

信「牠」就是所有兇殺案的幕後兇手。威廉最終打敗了牠，不過沒有真正殺死牠，而眾人則漸漸遺忘德利鎮。27年後，牠再次來到德利鎮，留守德利的米高於是召集眾人回到德利鎮，實踐當年的誓言，他們最終憑友誼的力量，徹底殺死牠。



《恩澤是一條永不枯竭的河》

何雪怡 5A (14)

我與母親站在車站上等車，天還未亮，薄霧暝暝的使我有點壓抑，我睡眠惺忪，打了個呵欠，心中開始有點大不孝的埋怨，埋怨睡在山頭上的婆婆壞了我一天的清明假期。

回到鄉下的木屋，媽媽駕輕就熟地用熱水做餅，那是外婆以前最愛做的玉米餅，媽最愛一邊搓面粉，一邊將外婆的事向我娓娓道來，年年如是。「三輕一重，餅才會更有嚼勁，以前我一搓錯，母親便會捏我一下，害我被笑『花面貓』。媽這個時候，總是一整天裏最歡容的。更多時候，她會有點哽塞，然後隨便掀起衣服抹弄一下臉，又接著搓面團了。這個模樣，總讓我想起很久沒想起的外婆，她們總是有點相似。

媽媽做好了餅，帶上一些掃墓用品，便帶我一同上山了。上山的路有點難走，我一手提著沉重的水果，一手攙扶著母親，沿著小溪直往上走，攀山涉水，最終到達外婆一家的祖墓。母親細心地整理祭品，我在一旁清理雜草，看著母親時而眉頭緊鎖，又埋頭整理的模樣，彷彿看見婆婆在故居掃屋的樣子，她們都一樣不愛雜亂，卻又放不下心讓別人去弄。母親和外婆的相似，總是讓人嘆嘆血緣的奧妙。

母親總愛叮囑我說：「我去世後，就把骨灰撒到河上去吧。」我諾諾兩聲敷衍過去，卻不曾想過緣由，如今我看到流過墳頭的小河，我知道母親是隨外婆而去了。這條小河，詮釋出一代代豐富的親情、生命的傳承。

每一個母親的愛，在於病榻前的端湯送藥、晨曦前在廚房忙前忙後而已嗎？這些事情大概沒有一個母親能為你做一輩子，唯有一件偉大的恩情，在於你身上流淌的血液，在血脈中流動著、脈搏中跳動著，母親做過最偉大的事就是賜給我們生命，這是唯一你留給我思念的烙印，母親，感謝你。我想每年母親在墳前仔細拭抹時，心中喃喃自語著這些話吧。

清澈的水流，沒有絲毫的污濁，媽媽笑著看魚兒暢游，就像看著那剛出生的孩兒，那單純可愛的孩兒對著你嘻嘻咯咯的笑了，那笑聲如魚兒活潑的滑過你的心田、抖起了微微水波，再輕輕的，掙脫你的懷裏，游到下游去、游到大海裏了。

陽光映到水面上，金黃色的光影隨水波蕩漾，漾成一顆灼灼感恩的心。光影在盡情訴說那些無語的親情。恩情是什麼？是你滔滔如黃河般流不盡的付出和如陽光般和煦溫暖的關懷，還有你賜給我的生命，若有一天我行色依舊的走在人生路上，卻發現步履蹣跚的你不在我的身旁了，驀地，我發現這些愛都不是理所當然的，母親，你給我那麼的多，多得我還不了，我還有資格對你說一聲感謝嗎？

誰言寸草心，報得三春暉？外婆過世那麼多年了，母親每年在寒風中佇立墓地前，還是因為一顆感恩之心吧！今天我們在為清明的假期而歡呼時，何時會喚醒起這一顆感恩的心？報本反始、飲水思源，這些施恩和報恩的點點滴滴，全都凝進河水中，經過多少條村莊、流淌進數百、數千代子孫的心田，依舊永不枯竭地流動，一代又一代的傳承，一顆顆感恩之心，隨著前人的腳步，然後流入汪洋大海……

這無限江水，不囿於時空，更跨越了生命，天上人間，婆婆、母親和我，坐在同一個山頭看夕陽漸漸褪去光芒，感恩讓人少一份抱怨，多一份珍惜，將祖宗和子孫緊緊的聯繫著。遠處看到亮起的光芒，不知是天上的星星，還是人間的燈火？

《感謝叛逆盛裝蒞臨我的青春》

張錦穎 5A (33)

青春是一塊巧克力，極易溶，輕輕含在嘴裏，舌尖的溫度很快把它溶化，瞬間不見了，卻齒頰留香，後人回味無窮；青春更是一块黑巧克力，小時候不懂品嚐，只覺得苦澀，如今回味，卻懂得那種獨特的甘甜。

我叛逆的青春在我第一次瞞著媽媽，偷偷的買來第一塊巧克力開始。那年十一歲，我手中緊緊攥著從茶几上取來的十塊錢，在士多店的櫥窗前徘徊，眼睛始終沒有離開過圓桶裏五彩繽紛的巧克力，然而，腦海也同時響起媽媽的聲音：「你再吃那麼多巧克力，到時牙齒掉光了別哭著找我！」半小時後，老闆娘說她要打烊了，我也迫不及待的向她遞了皺巴巴的十塊錢，換來了十個閃閃發亮的金幣巧克力。

我躲在家旁的後巷，提心吊膽、狼吞虎咽的吃光了十個金幣朱古力，吃下第一口刺激帶來的快感，像巧克力般上癮。原來甜蜜是這個味道。

十四歲，我好像開始喜歡那有 70% 的黑巧克力了。先是刺激味蕾的享受，慢慢又嚐到濃濃的香甜。

手機叮鈴鈴的響个不停，好友一個又一個的找我，我隨他們逛過商場，逛過遊樂園，逛過操場。從早上耍到黃昏，樂不思蜀，夜幕降臨，手機又斷斷續續的響起。我也忘了是真的聽不到，還是故意不聽，總之那晚，我流連到十點才回家。一路上，晚風把路兩旁的橡樹樹葉拍得嘩嘩作響，我冷極了。地上只有長長的影子，一直沿伸到家。

「快喝湯吧，我把飯熱一熱。」媽媽背對着我說，又把手胡亂的在臉上擦拭，你說蒸氣熏出了眼淚。我說，這碗湯比巧克力更滋味。

十六歲，是最後一次叛逆。我不假思索的在中三選科表上選下中國文學科，媽媽說這不如生化理有出息，朋友說這是難以捉摸的一科。但他們抵擋不住我對蕭紅的傾慕，對離騷的喜愛。這一次叛逆沒有偷吃隨來的快感，沒有寒冷後的暖意，因為我還在探索，探索這次文學的叛逆之旅。

叛逆披著金幣巧克力的糖衣，蓋過我整個青春。青蘋果的季節在生命中一晃而過，感謝叛逆為這回憶留影。有人說叛逆是迷路，我認同，但我不會開啟導航系統，我想欣賞迷路時意外發現的風景，我想自己找到路啊。

The Pros and Cons of E-sports

By Alex Chan Hok Lam and Jeffrey Fan Wang Long (4A)

With the progress of technology, people spend more time in the virtual world. Some of them play online games for entertainment, while some decide to nurture profession. A multitude of companies took the chance and held competitions for battles between online gamers. With the huge popularity of games, the scale of e-sports is burgeoning ferociously.

Have you ever heard LOL (League of Legends), DOTA2, CSGO (Counter-Strike :Global Offensive)? These games emphasize the reaction of players and the professional understanding of the game. Different from playing games for leisure in a relaxed ambiance, esports requires a tense and accurate calculation for the game.



Gaming is said to be a naive production for naive teens. However, the birth of e-sports brings an astonishing change of the impression of gaming in that e-sports involves money flows in each game. People treat gaming seriously as there will be a profit or loss in each match. Therefore, it brings a more mature image to gaming when it comes to the money flows.



E-sport has also given birth to another form of entertainment, that is, watching gamers play. Every single move is amazing and eye-catching. Nevertheless, the situation of each game is ever-changing; no one knows what will happen. It increases the joy of watching matches. People do not need to play games to gain excitement, but

through being spectators.

E-sports can boost the economy as well because people spend money spectating at matches or buy products produced by gaming companies. Some businesses sponsor e-sports in order to advertise their products to teenagers. This phenomenon goes a long way towards not only boosting the economy, but also promoting e-sports.

The popularity of e-sports, however, poses potential threats to players.

As the threshold for becoming professional e-sports players is very high, teenagers may need to play online games ceaselessly to become proficient. It is little wonder that they can be addicted easily. Teenagers who lack time management skills and self-discipline may fall victim to e-sports.

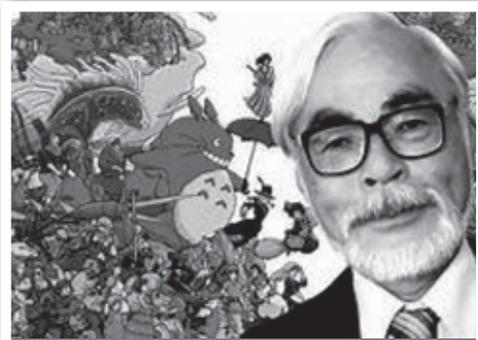
The training for e-sports is extremely rigorous. Participants have to train 8-12 hours every day based on the contract they have signed. It is an exhausting job. Besides, the prolonged use of the mouse and sitting will cause different kinds of illnesses such as carpal tunnel syndrome (□□□), hunchback and obesity.

E-sports have opened up a whole range of business opportunities. But like many other things, these things come at a huge cost. How wisely can you play e-sports? Or is it e-sports that play you?



Zenzenzense

Haruka Siu Ching Heung (4B)



“Ki mi no zenzenzense kara boku wa...” (□□□□□□□□□□.....)

Perhaps you may already know it from its catchy tune and deep lyrics, but this lyric is from the song “Zenzenzense” □□□□□□ by RADWIMPS from the movie “Your Name”, the anime that started a global phenomenon.

Since its first release, “Your Name” has become a definition of Japanese youth culture, creating hard-core fans all around the world. It has also been hailed as “one of the best animes of all time”, alongside Hayao Miyazaki (□□□)’s “Spirited Away” and “My Neighbor Totoro”. These animes not only promote Japanese youth culture and anime, but also the traditional, native Japanese culture — Shinto (□□).

Shinto is an indigenous religion of Japan consisting chiefly in the cultic devotion to deities of natural forces and veneration of the Emperor as a descendant of the sun goddess. It is also known as a poly-theist religion, immanently in nature (panentheistic and pantheistic theologies). There are gods in everything, from the god of river, the god of wood and even the goddess of toilet.

The idea of a border is also a fascinating concept in Shinto, the boundary between the kingdom of Gods and Earth, between the realm of the living and that of the dead. In “Your Name”, the Torii□□□□ outside the Miyamizu Shrine is a borderline, so when Mitsuha wishes to be a handsome Tokyo boy in her next life at the Torii, her wish is granted. The river between the Miyamizu shrine and the crater also serves as the borderline, to return to the mortal world you have to leave a part of yourself, and Mitsuha leaves a part of herself in the sake she prepared, and Taki must cross that river in order to find Mitsuha. In “My Neighbor Totoro”, May, the young protagonist, goes through a narrow tunnel made from branches to meet Totoro. Spirited Away, on the other hand, there are two borderlines in the same place. First, it is the long dark tunnel, and then there is the gentle running stream with the stepping stones serving as a bridge. The river turns into a sea during the night for the gods to travel to the bathhouse and also pre-venting Chihiro, a mortal to travel back to the living world as Chihiro and her family made a big mistake coming to the world of Gods and has to offer something to the gods in order to go back where they belong.



Hayao Miyazaki’s animation is renowned for its emphasis on nature. Nature is paramount in Japanese culture, especially in Shinto. The Japanese believe that everything in nature has its own god. In “My Neighbor Totoro”, Totoro is a spirit of the large camphor tree near Satsuki and May, the main protago-nist’s house. Those black cute susuwatari living in the house are the house spirits. However, gods are scary and terrify people. They provide enough elements for people to grow food, but they also bring upon disasters. Their physical forms are always pictured as fearsome, but why are Totoro and susuwatari portrayed as cute and friendly? Well, because they are spirits, or ghosts. They are evidence when Satsuki writes a letter to her mother, referring Totoro as a ghost. In Shinto, ghosts are referred as gods who lost their powers over the course of time, they are degraded due to the humans having more and more power over the nature. That’s why both Totoro and susuwatari are cute and friendly. This unique direction is also used in Spirited Away as well. All gods who are relaxing in the bathhouse are bizarre yet lovely in a way, this indicates that the gods are gradually losing their power while the humans increasingly grasp the power of domination, destroying the nature. Miyazaki’s films remind people of the importance of the nature, and for the Japanese, Shinto is the best way to express his thoughts to them.

“Your Name”, on the other hand, uses ancient traditions of Shinto to represent the founding substratum of a community, what the present is based on and which binds people together, and also what enables them to face even the darkest times.

Japan is no stranger to natural disasters. Just recall the recent earthquake in 2011, or the great Kanto earthquake in 1923. And how can anyone forget the atomic disaster that put an end to the Second World War? In all these occasions Japan has always found the way to start anew, placing one interest over the others: what can we do to prevent this from happening again? The fictional Tiamat comet in Your Name approaches the Earth in its 1200th cycle (year), which is the same as the earth-quake and tsunami that struck Sendai, Japan in 2011, as it was the 1200th year since it last struck Sendai (□□). How the film expressed the impossible desire of the Japanese, and how they yearned to save more victims from the destructive disaster. No wonder that



in this film the two protagonists try to prevent what would have been a real tragedy.

Shinto might be new to you, and you might be having a hard time understanding the symbolism hidden in these animes. Yet “Your Name” and “Spirited Away” are not just teenage romantic comedies as they seem; they represent authentic Japanese culture. As a person with Japanese parentage, I can often relate to these cultural meanings and find the movie far more enjoyable. It is not hard for you too, even if you don’t have a good knowledge of Japanese culture, you can still understand the movies in your own way. The goal of these films is to give hope and to invite us to never forget our roots and the spiritual union that they can create.



Maybe the next time when you hear Zenzense, you may find more profound meaning hidden in the striking lyrics.

Starting To End

Keith Chan (4B)

A breeze blew a clover onto my eyes as I lay down. Where did the sorrow come from?...

A four-leaf clover is so rare that you're blessed if you find it. And so are we... the four talented ones in a group whereas other outsiders see us as mental disordered patients. Creativity, analytical, persistence, and observant. All of these we had in abundance, and together we formed a strong clover with branches connected.....

It was a growing leaf, at its blossom stage, every single clover flourished under the sunlight. ...

We shined at that time. Every competition we joined, we never returned without bringing a golden trophy back... and we'd be ecstatic about the news and dance all day long, just to let everyone knows. And the times we laughed, outsiders didn't understand, it was the secret between us. Every single day we talked nuts but did things just perfectly fine. No one could stop us from being intolerably noisy, but, it was just the most enjoyable, perfect and enchanting sound to us, the feeling of being home....

I picked up the clover and stared at it for a while. A cold breathe gently touched me and I quietly tore a leaf off the clover. I didn't notice how my hand had pulled the leaf away, slowly and silently....

We didn't notice how jealousy had gotten us drunken totally. Our eyes burned with spreading little flames. He was so blessed with so much luck. It was just so unfair and he was so mean to try offering help to us. He was just not the same with us... he shouldn't have been here to tell the cold, ruthless truth to us in our golden young ages. 'Go! You shame! Go for your daddy's hug!' These were the words we regretted saying more than those left unsaid....

The clover left on my palm has only three leaves. Am I lucky to have a clover with one leaf missing? Never mind... I burst into laughter and tore the clover apart without hesitation. When the clover cried for every tear, I smiled the more, piece by piece....

Before we realized, the outsiders were already desperate to pull us away. People always love to throw rocks at things that shine. They yelled to the world saying that we spoke insanely and posed dangers to them. So they agreed to trap us separately, and killed us in our heart - speak to yourself and the wall where the somewhere out of nowhere may hear. The warmth was ours. How can they just take it away? How pathetic we were?...

Every start spells an end but every end anticipates a start. What if I hadn't found this four-leaf clover? Would I see their end?...

Where does the sorrow of breeze come from? Where does the coldness in life come from?



Film Review: Along with the Gods – the Two Worlds

Anthea Cheung Chan (4B)

Hey! Focus! I am looking at you! Right at you! Do you get everything wrong? Do you feel guilty about it? Or you want to keep the secret forever? Oh, don't look away. I am trying to tell you useful life principles because I am sure that you don't want to be in deep trouble after you did, for example: to be struggling in stifling fire pool, being chased by an enormous stick (if you aren't fast enough you'll be flattened) or have your tongue cut.

Action fantasy movie "Along with the Gods" stars Cha Tae-hyun as Kim Ja-hong, Ha Jung-woo as Gang-rim, Ju Ji-hoon as Haewonmak and Kim Hyang-gi as Lee Deok-choon. It encapsulates the Buddhist dogma of karma, judgment and rebirth in an enchanting way.

First let us focus on Lee Joon-hyuk as First Lieutenant Park Moo-shin who killed Kim Soo-hong (brother of Ja-hong) indirectly. For his own reputation, he convinced Won Dong-yeon (Soo-hong's best soldier friend) to keep this secret together and told lies and gave rise to Soo-hong's fury because he thought that his best friend betrayed him and turned into a vengeful spirit who made the time in hell start accelerating. Surely Park would end up in having no tongue.

Let us come back to the firefighter Ja-hong, who was eligible for reincarnation within 49 days in hell, as long as he was acquitted in seven trials on seven different levels: murder, indolence, deceit, injustice, betrayal, violent, and filial impiety hell. In

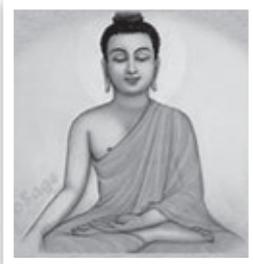


the beginning, he couldn't pass the violent and impiety hell because he once tried to murder his mom for her inconvenient and killed the whole family for the reason that they all couldn't survive in the real world. But pleasantly, Soo-hong apologized to his mom for their filial impiety in the dream and their mom forgave them. So Ja-hong could be reborn.

The main spirit is to be "sincere". If you do anything awry, don't be afraid to tell the truth. Lying is always the worse thing to do. Pluck up your courage, and be remorseful --- to gain others' forgiveness is the only way you can forgive yourself and the only way to clear your guilt.

Is Buddha Jesus

Anthea Cheung Chan (4B)



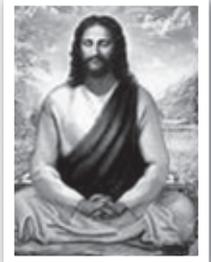
Jesus was Jewish. Buddha was Indian. Is there any possible connection between them? The life story of Jesus, between the ages of 13 and 29 has no Biblical record in Palestine. This is known as "the Lost Years".

Do you think it's strange and mysterious? There are Christians, Catholics and Buddhists nowadays. Do all these religions come from one single god?

Jesus is believed to have been born during the first century into a poor family in Israel and was named Issa, which means son of God. As BSTC students should know or will learn that following the death of a Holy Man or great Buddhist, a wise man would have to consult the stars and then take off on a long journey with the hope of finding a baby who they believed to be the reincarnation of the Lama. Once that child reached a certain age, he could be taken from his parents and then educated in the faith of Buddhism. And there is the belief that Jesus went to India with the wise men when he was 13 and brought up as a Buddhist.

Maybe God wanted to help human beings in different ways so he sent Jesus and the Buddha to save us from sins. Each human has their own thoughts. They can choose to believe whatever religion which suits them. Some rules and philosophies (no killing, stealing, coveting or drinking liquor) in all major religions are similar too!

What do you think? Did Jesus reincarnate to become the Buddha in order to spread the religion in a way that made it easier for people to accept? Are Buddha and Jesus brothers? Is Buddha Jesus?



The real "warrior" in the animal kingdom

Matthew Leung Man Fung (4A)



When it comes to the bravest animal on the land, what will you think of? Lion? Leopard? Or maybe bear? No, no, no. All of them are very strong, but none of them are the bravest animal. So what is the bravest animal? Its name is honey badger. It is a little dude native to Africa, Southwest Asia, and the Indian subcontinent. As I have said, it's little in size. Adults are measured 23 to 28 cm (9.1 to 11.0 in) in shoulder height and 55-77 cm (22-30 in) in body length, with the tail adding another 12-30 cm (4.7-11.8 in) and females are smaller than males. It may look cute, but it will bite any of its neighbors when it is unhappy. For example, it attacks lion, which is known as the king of animals, with no reasons. Sometimes it wants to rob the lion of its food. But most of the time it really just turns mad suddenly. So, if you meet a cute honey badger, you had better run away

immediately.

How does a honey badger fight?

So, let's talk about how the honey badger can fight cruel hunters which are larger than it by almost 10 times. In case you don't know, big cats like lion and leopard kill their prey by impaling their throat with their sharp teeth. This killing skill sounds awesome and efficient. However, it does not work on a honey badger at all. A honey badger has extremely thick skin, especially that on its neck. In that case, the big cats can't pierce its skin or hurt its throat. In addition, this little warrior's skin is not linked with its muscles. So, in case it's bitten on the back, it can easily get away and continue attacking. Thanks to these properties, it takes a group of lions a few hours to kill a strong honey badger and it's almost impossible for any animals to kill a honey badger in one attempt.

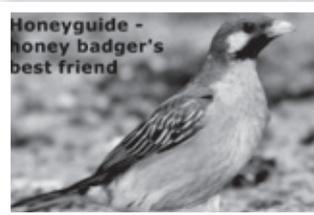


What does it eat?

The honey badger is actually a very successful hunter and it hunts at least 60 kinds of animals. It can kill a baby Nile crocodile easily. But, when it comes to its favorite, it must be honey. When it finds a honeycomb, it immediately breaks it using its sharp claws and enjoys the honey, ignoring the furious bees' attack as its great courage and thick skin enable it to do so. Besides honey, it also loves snakes very much. Yea, I am talking about dangerous snakes with deadly poison. The

honey badger is the nightmare of snakes, including black mamba which is called the god of death in Africa. It is an efficient snake killer because it's resistant to snakes' poison. After taking the poison, the honey badger just falls asleep for an hour. Soon, it wakes up and enjoys its plentiful and delicious meal.

You may wonder if the honey badger has any friends. The answer is yes. It does have a friend – its name is greater honeyguide and it shares a same hobby with the honey badger which can be easily recognised by looking at their name, honey. After a greater honeyguide discovers a honeycomb, it finds honey badger and leads it to the honeycomb. Then, the honey badger will break the honeycomb and they will enjoy the honey together. They are in a kind of partner relationship as the honey badger needs the great honeyguide to find a honeycomb and the great honeyguide needs the honey badger to break the honeycomb.



The University of Cambridge – A place of wonders and reflections

*Alvin Wong Tsz Wai**



During my six years at BSTC, I didn't have the remotest idea that I would one day be studying at the University of Cambridge. Not until the beginning of this academic year.

Thanks to SHHO College of CUHK, I have been given an opportunity to be an exchange student at the University of Cambridge for a year. I am studying history and philosophy of science here at Cambridge. (Never heard of it? Neither did I.) Cambridge is indeed a wonderful place. Everything is covered in white snow during winter, as in bedtime stories. Every time I look at the beautiful and natural scenery by the River Cam during Spring and Summer, I think of Xu Zhimo's famous poem ("□□□□"). The dining halls are decorated like the one in Hogwarts.

It is indeed a place of scenic wonders, not to mention its academic excellence.

Behind every wonder, however, there is something dark to ponder. Cambridge, despite its reputation as a college town, has recently been crowned as "the city with the largest wealth gap in Britain". While the colleges here are more wealthy than the Queen of England, homeless people are everywhere to be seen. Imagine, on a snowy night, walking nonchalantly past a homeless person squirming inside his sleeping bag with no food, are two students in tailor-made suits and Italian leather shoes, with two bottles of French wine in their hands, on their way to one of the wealthiest colleges in the world for their formal dinner. Does this scene shock you? This scene, which is in fact a daily occurrence, has never failed to shock me. This is a Cambridge that very few have noticed, not to mention trying to do anything to make a difference.

Two final messages from Cambridge: firstly, nothing is impossible as an alumnus of BSTC can also study at Cambridge; secondly, if this world is absurd to you, make a difference.



**Alvin Wong Tsz Wai is a 2015 BSTC graduate.*