

A Journey To a Beautiful Mind

Let's Talk has invited Head of Department of Social Work Prof. Petrus Ng and alumni Jimmy Shiu, Chak Yeung, Louis Yan and Prof. Johnny Poon to share with the hosts Associate Vice-President Prof. Frank Fu and Director of Alumni Affairs Ms. Melanie Lee on "A Journey to a Beautiful Mind".

美麗心靈之旅

早在二千多年前，荀子說過「君子之學也，以美其身；小人之學也，以為禽犢」，強調君子求學問在乎修養自己品德，而小人求學問，則只是為了取悅於人、表現自己。放諸今日商業經濟社會，大家對所學還可能惟恐不夠功利與實用，但修養個人德行、提升心靈質素，卻始終是許多人近乎本能的美好願望。今期「傾情·聚」以「美麗心靈之旅」為題，由協理副校長傅浩堅教授與校友事務處總監李惠儀女士主持，邀得四位校友：蕭樹勝、楊兆澤和甄澤權及吳日嵐教授作分享，同是浸大音樂系校友，現為浸大音樂系系主任潘明倫教授為座上客，為有關論題帶來多元而精彩的討論。



1 Prof. Petrus Ng (Head, Department of Social Work, HKBU)

吳日嵐教授畢業於浸大社會工作系，現為浸大社會工作系系主任。他在2005年至2011年期間曾任精神健康覆核審裁處成員，現為利民會副主席。

2 Alumnus Jimmy Shiu (Music)

蕭樹勝校友畢業於浸大音樂系；後赴英國雪菲爾特大學進修，取得作曲及聲樂雙主科碩士學位。現為香港電台第四台節目總監。

3 Alumnus Yeung Siu-chak (Physical Education and Recreational Management)

楊兆澤校友畢業於浸大體育及康樂管理（榮譽）學士課程，並完成教育文憑，成為註冊學位教師。現為全職小丑藝術工作者，關懷小丑創辦人。

4 Alumnus Louis Yan (Arts, College of International Education)

甄澤權校友曾於浸大國際學院修讀副學士課程，是浸大魔術學會榮譽會長。現為國際冠軍魔術師，屢獲殊榮。



What is a beautiful mind?

Chak says that a beautiful mind manifests itself in the balance between working for a living and contributing to society. "I feel lucky that I was born to a middle-class family and I can choose to work as a full-time clown to bring happiness to people." Jimmy thinks that a beautiful mind has nothing to do with appearance. Rather, it is about sincerity and kindness and is displayed when we "think positive, know how to encourage people, have sympathy, and are willing to shoulder responsibilities and fight for justice."

定義不同 美麗依然

從小已夢想當小丑，學成之後即付諸實行的楊兆澤(阿澤)相信，能夠在工作與生活取得平衡又能回饋社會便是「美麗心靈」的體現。他說：「許多同學投身社會工作後都抱怨捱得很辛苦，我比較幸運，來自中產家庭，負擔相對少，便希望能夠透過小丑職業令大家更開心快樂。」Jimmy則認為「美麗心靈」不在於外表，而繫乎個人的真誠與善意，「思想正面，懂得激勵別人，有同情心、有勇氣、有承擔，願意為義受逼迫，這些聖經上的道理，都是美麗心靈的因素和體現。」

Prof. Ng believes, "A beautiful and pure mind is an open mind which everyone has at the very beginning. We simply lose it in our routines when time goes by." To Louis, having a beautiful mind is "when we don't just care about ourselves and know how to appreciate others." Prof. Fu adds that when one has a beautiful mind, he will be able to see the positive side of everything. "After all, we are not living in a perfect world. But if we can think positively, we will make ourselves happy and overcome challenges. That's where a beautiful mind comes from."

吳教授認為「美麗心靈」更多是社會心理的體現，「要保持純真、純潔與真誠，首先要開放思想，這其實都是大家與生俱來的天性，但隨著年月增長，日復一日的工作生活，將許多事情都視為理所當然，以至丟掉了一顆赤子之心。」Louis則覺得：「要有美麗心靈，不能一心只想著自己的美好，更要懂得去欣賞別人。」傅教授則表示，一個人擁有美麗的心靈，都能看到人和事的美好一面。他說：「畢竟，這世界不會完美，積極想法令人變得正面，一個擁有美麗心靈的人開心開朗，就算遇到很大困難都可以克服。」

What are the touching episodes?

When asked what in life has touched their hearts, Prof. Ng shares, "I was deeply moved when I saw a thousand-year-old tree in Vancouver. Problems in our life are indeed trivial when compared to the long life of the tree. I think that as long as we live our life to the full, we can take it easy no matter what the result is." Chak shares his experience of visiting patients with terminal illness. "I was so touched when a 98-year-old patient praised me every time after I played magic. I feel that it was he who was actually helping me because he made me realise how meaningful my work is."

經歷、情感 觸動心靈

「美麗心靈」說來相當抽象，究竟四位嘉賓在各自人生旅途上又有什麼令他們心靈最為觸動的具體遭遇呢？曾從事社會工作的吳教授說，他接觸過許多個案和服務對象都處於十分無助失落境地。「要處理好這些個案，重要的不是語言而是心靈的溝通；我到溫哥華的自然公園見到一株老樹，在那裏靜觀人世已有一千年。相對於這千年樹，世上許多事情其實都微不足道，只要在人生過程中盡力而為便可處之泰然。」阿澤曾為末期癌病患者進行為期一年的義務表演，他說：「那些老人家都時日無多了，還要受到病魔折磨。印象最深刻是，有一位98歲老公公，每次看完我表演都稱讚說：『very good, very good』，令我最感動的，不是自己對他們有何貢獻，而是他們的反應令我更加瞭解小丑工作的意義，其實是他們在幫助我。」

Louis shares that his most touching moment was when he once performed a magic show of flowers and snows. It was a gift sent to paradise for his beloved grandma. "My grandma took care of me when I was young. I once promised her I would take her to a place full of flowers and snow. Though belated, I did it for her at the show."

Louis 今天是國際知名的魔術師，小時候由婆婆帶大他。曾哄她說，他日賺到錢便會帶她到一處可以欣賞花開也看到下雪的地方。「婆婆笑我傻，說世上沒有又下雪又花開的地方。她在我17歲時因病離世，我未能帶她賞花雪。去年我舉行了一次個人表演，特別用魔術令開花和下雪同時出現在舞臺上，再將自己變回做一個八歲的小朋友，當作送給在天國的婆婆的一份禮物，觸動了自己也觸動了許多觀眾的心靈。」



To Jimmy, it is music that always lights up his heart. "I was thrilled when I listened to Gustav Mahler's *Symphony No. 8* in Taiwan and I was infused with romance when I was playing *Summertime in Venice* and saw my wife in the audience." Another experience that touched him but made him ashamed at the same time was when he was mistakenly given 2 pieces of sweet potato by a street hawker when he paid for only 1 piece. The next day, he found out that the hawker was mentally and physically handicapped. "Out of shame, I was on the brink of tears."

Jimmy認為音樂最能觸動人心，有趟他去臺灣觀賞交響樂，陣容鼎盛的樂團奏出馬勒名作《千人交響曲》，令他「激動顫抖，非常神馳，甚至有種觸動到死的感覺」。年青時與現時的太太初邂逅，在台上拉著小提琴的他瞥見觀眾席上的意中人，在曼托瓦尼的名曲《Summertime in Venice》美妙旋律下，澎湃的愛情預感至今仍縈繞心間。然而，他也有令自己羞愧的心靈觸動，「小學四五年級時，往校門外擺賣小販買炸蕃薯，原來兩毛錢一塊，他居然錯給我兩塊，心裡難免竊喜；兩天後，再碰上那個小販拿著一罐石油氣蹣跚而行，才發覺他是個癱瘓智障人士，當下便感到非常愧疚；沒幾天，發現連檔子都關門大吉，心裏難過得要掉淚。」

Prof. Fu thinks that the most notable beauty appears when a person pushes his limit in sports.

傅教授長期從事體運教育工作，他認為當一個運動員全然投入體育運動，而達到自己的極限時，最能展現出令人靈觸的美感。



How to keep our mind beautiful?

Louis admits that over emphasis on money will erode the purity of soul. Yet, he thinks that in reality, money is needed to make things happen. "You simply can't perform magic without props. However, money should not be the ultimate goal of doing things," says he. Chak was once an apprentice in the U.S. Disneyland. He shares that he found his real self when putting aside his own identity and wearing the costumes of cartoon characters." Jimmy remarks, "Complicated modern life does take away our pure soul and make us less happy. That's why I always do my soul-searching by doing something simple like strolling along in the neighbourhood.



不同方式 抗衡心靈污染

Louis坦言：「太過注重金錢物質固然影響心靈純潔，但沒有充分金錢物質條件，也很難實現自己的理想，變魔術都需要道具吧！不過，要是把金錢物質和做事目的攪混了，那就是另外一回事了。」阿澤上大學時曾到美國迪士尼實習他回憶說：「無論你是黑人、白人或什麼人也好，當你穿上整套卡通人物裝扮時，沒有了習以為常的身份，反而更能流露出真我。」Jimmy表示，「有報導謂香港的開心指數原來已跌至僅在伊拉克之上的水平，遠遠落後於泰國、菲律賓那些相對貧窮落後的地方。太複雜的生活的確對美麗的心靈打了折扣。因此，我在公餘一直為自己尋找心靈綠洲，譬如最近搬到沙田，有空刻意什麼也不帶便直往街上躑躅，一逛就是個多小時。」

Prof. Ng concurs with Jimmy that we should pay more attention to the surroundings or go travelling sometimes to release our soul from daily routines. He also says, "We can keep our mind beautiful through life-long learning. That's why I learn to play magic." Louis shares that he keeps his mind beautiful through interaction with his audience at magic shows. "Their responses to my shows come impulsively and naturally from their hearts. I see beauty in them."

吳教授指出面對現實生活的壓力，大家總是忙不過來，總是身不由己，久而久之便不難迷失了自我。「譬如每天由九龍塘走回浸大，都是匆匆忙忙的，路邊發生什麼，根本無暇顧及。所以能夠忙裏偷閒，不妨多往外地旅遊，投入、參與並融合到一個新的環境中，將自己的心情抽離開來，反省一下自我，釋放自己的美麗心靈便很好了。他相信持續學習都是保持「美麗心靈」的有效辦法。譬如有空我會也去學一下魔術，皆因魔術注重分散人們的注意力，然後再上下其手變出花樣。」而魔術師Louis保持「美麗心靈」的方式就是，在每一次魔術表演中都與觀眾保持真摯的交流，他說：「我最能感覺自己心靈美麗時，就是每一次表演完畢後在台上向觀眾告別時，看見他們開心，反應熱烈，我覺得他們的反應是雙方誠摯交流的結果。」



Does reality erode the beauty of mind?

Many have commented that higher education nowadays is too functional and does not care about the development of a beautiful mind. Prof. Ng admits that such comment seems to be true as majority of people think of education only in terms of exams and career prospects.

Jimmy remarks, "There is a so-called CPA theory in Music which suggests that a piece of perfect music involves Composer (C), Performer (P) and Audience (A)." Yet, it is different from the jargon term of Accounting in the sense that majority of those who learn Music love Music but accountants rarely truly like accounting which is more a professional training than a meaningful art.

Prof. Johnny Poon concurs as he fully understands students' difficulty in choosing between reality and pursuit of art. He remarks, "I would dissuade someone from studying music if he cares only about buying flats and getting married. A music career in Hong Kong is not easy after all."

"May be all of us should know something about music but not all of us should make this our career. Many great musicians did not major in Music in University. Yoyo Ma once asked the famous violinist Issac Stern if he should pick Music as major. Issac told Ma that he should not restrict himself to one single talent. Ma ended up studying Humanities in Harvard."

理想、現實 二擇其一？

許多人詬病指今天高等教育太過注重知識與技能傳授，很少注重陶冶性情，遑論追求「美麗心靈」。吳教授認為，這也是社會現象的反映，現在家長或社會上都充斥強調知識實用性，考試容易通過與否，又或未來就業優勢的想法，令教育太過注重成效，甚至要即時生效。

Jimmy補充說：「音樂藝術有所謂CPA理論，C是Composer，P是Performer，A是Audience，必須三者兼顧才有完美的音樂。」他笑說，CPA雖然也是註冊會計師的簡稱，但學音樂的人大多喜愛音樂，反而會計師卻很少真的喜愛會計，皆因後者更多是一種專業訓練多於與人生意義相接的藝術創造。

晚宴座上客浸大學音樂系系主任Johnny最明白學生面對現實生活與藝術追求的矛盾，「香港音樂就業市場人才供應日增，需求卻停滯不前，從事音樂工作還要買樓、結婚，實在好不容易，所以如果同學們一心追求名成利就，我便不鼓勵大家讀音樂。」

「或許所有人都應該懂音樂，卻毋須全部都以此為生，要知道許多偉大音樂家都是在苦難中成長的，當中卻沒多少在大學主修音樂，馬友友當年向著名美國小提琴家Issac Stern請教他是否應該主修音樂時，Issac Stern便勸他不要將自己局限於某一才能，而要設法充實個人修養，結果馬友友在哈佛大學唸的是人類學。」



Concluding the journey

May be what Prof. Fu says is best to conclude what a beautiful mind is. "When people have a beautiful mind, they are confident and know what they want. They will not label people and will appreciate others. They will also make self-improvement continuously. Life is not perfect but as long as we pay efforts and try our best in the process, we will be embarking on a journey of a beautiful mind." The guests unanimously agree that giving people care, love and happiness will take us to the destination of a journey to a beautiful mind.

自信、關懷 塑造美麗心靈

各嘉賓在晚宴中交出最真摯的心靈，暢談他們對美麗心靈的看法。正如傅教授所說：「擁有美麗心靈的人會很有自信，知道自己所為何事，他們從來不會標籤自己，也不會標籤別人，他們懂得欣賞別人，亦不斷追求改善自己。人的一生肯定不能事事完美，美麗的心靈是一段旅程，終其一生但求盡力而為已很不錯了。」幾位對美麗心靈的定義各有不同，但他們都同意，美麗的心靈總不能太以自我為中心，多關顧、體恤和愛護身邊的人和事，以良心善行去幫助別人，帶給別人快樂才是通往美麗心靈之旅的大道。