



美國華聯商會

Peninsula Chinese Business Association

50 Victoria Avenue Suite 208, Millbrae, CA 94030

August 1, 2021

Dear Members and Friends,

In the July newsletter, I urged you to nourish your soul. Some friends asked me - how?

A healthy soul depends on what we feed it.

First, manage your mental diet. The internal conversations we have with ourselves matter more than we ever realize. They may help or harm our cognitive performance. Do they nourish and fuel our motivation, mood, and morale? Or do they lead us to live our lives without ever getting up and through constant worrying?

We carry an inner weight that is the fear of experiencing pain, anguish, and sorrow. We fear that we are not good enough or that we will fail. We fear that people will turn on us, take advantage of us, or stop loving us. We experience insecurity, anxiety, and self-consciousness. Every day we bear a burden that we don't need to carry. We are always trying to stop suffering, control our environment to avoid suffering, or we worry about suffering in the future. This situation is so prevalent that we don't see it, but it's hurting our soul.

To prevent our soul from suffering, we must address the root of the problem. The problem comes from the psyche that constantly tells us we are not feeling whole and complete. We don't always have to listen to it. In fact, we must ensure it is not misleading us.

Our body communicates through the language of 'pain'. Our psyche too communicates through this language in many forms like fear, self-consciousness, jealousy, insecurity, and anxiety. The psyche says,

"I want everyone to like me."

"I don't want anyone to speak badly of me."

"I don't want anyone to hurt me."

"I want everything to go according to plan."

And much more.

Our psyche then pushes the mind to figure out how to make each one of these things a reality. Our mind constantly tries to give us advice, which is why it is so active. As a result, we constantly have neurotic thoughts.

Pay attention to the voice that comes from the mind. Develop resilience by overriding internal conversations and empower constructive language. Relax, release, and stop putting energy into your psyche. You will find that the noise from the psyche will slowly clear.

The below mental diet will fuel our minds with healthy thoughts and improve our emotional wellbeing.

- Recognize that we are not perfect, and failing is part of life. Still, we are great people.
- Focus on positive values
- Recognize that we may make mistakes, but the mistakes don't make us
- Be your best friend and love yourself
- Focus on continuous improvement

Please don't become bloated on negativity. Instead, energize and nourish your soul with food that fuels the mind. Gear yourself up with gratitude and have a kinder conversation with yourselves.

We can find freedom for the soul and lead a great life by managing our mental diet. Maintain a healthy mindset, practice forgiveness, and love yourself.

Stay healthy,

Johnny DaRosa

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致：美國華聯商會會員及朋友們，

我在7月份的通訊中，鼓勵大家需要滋養自己的心靈，有朋友問：如何辦到？

想擁有一個健康心靈，取決於我們能否供給它一種優質的心靈食糧。

健康飲食對身體非常重要，同樣，正確的精神食糧，對心靈健康也息息相關。首先，大家需要管理好你的精神食糧，我們與自己內心的真實對話，比自己的意識來得更重要。它尤如一個銅錢有兩面，可以幫助，但亦可以損害我們的認知能力，它是否可以滋養及激發我們的動力、情緒和士氣？或是會令我們的情緒變得更低沉？迫使自己都活在憂慮之中？

我們內心都背負著重擔；我們害怕經歷痛苦和悲傷，害怕自己不夠優秀及面對失敗，更害怕被背叛、被利用，不再被愛。這都使我們感到缺乏安全感、焦慮及自我形象低落。每天，我們都忍受這原本不必要的煎熬，我們想盡力在生活中擺脫所有困擾，不受痛苦。更嘗試控制周遭的事情，以可倖免於難。同時亦會擔心將來可能發生的不幸及傷痛...這種種的無形壓力，已把我們的心靈壓得透不過氣。

要防止心靈受傷害，我們必需對症下藥，針對問題的根源。問題是來自我們的心理，它不斷說：「你不够優秀，也不够完美。」我們不需要總是對它言聽計從，而是要理性分析它的說法，它有誤導我嗎？

我們的身體，是通過痛感和自己作交流。而我們的心靈，則通過種種不同的情緒作交流，例如，恐懼、自我意識、妒忌、不安全感及焦慮。我們的心理說：

「我希望每個人都喜歡我。」

「我不想任何人說我的壞話。」

「我不想任何人傷害我。」

「我希望一切都依計劃進行。」

還希望更多.....當中一些想法顯出自我要求過高，也帶點不切實際。

然後，我們的心理會推動大腦去思考，如何將每件心想的事情成為事實。這使大腦非常活躍，為此不斷思考並作出建議。最終，我們的思緒變得更混亂。

多聆聽大腦的理性分析，不要完全信服內心的想法，多為自己作出有建設性的建議，這都能讓我們培養出堅韌的性格。大家也要學會放鬆、放下，不要偏執一些內心的想法。漸漸，你會發現，混亂的思緒會得以平伏。

以下都是優質的精神食糧，可以提升健康的思想，及改善情緒狀況：

- 明白我們都是不完美，失敗也是生活的一部份。但是，我們還是很棒的人。
- 專注正面價值觀。
- 我們會犯錯，但錯誤不會令我們犯錯。
- 成為自己的好朋友，更要愛自己。
- 專注於持續自我改進。

請不要讓負面情緒日益膨脹，相反，要讓精神食糧來滋養你的心靈，從而激發你的大腦變得更有活力。對自己多說慈愛的話，讓自己帶著感恩的心振作起來。

通過供給自己優質的精神食糧，可獲得心靈的自由，亦請保持正面積極的健康心態，學習寬恕，愛自己，讓我們都過上幸福的生活。

祝健康，

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二零二一年八月一日

中文翻譯：Doris Wong

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