



美國華聯商會

Peninsula Chinese Business Association

50 Victoria Avenue Suite 208, Millbrae, CA 94030

September 1, 2021

Dear Members and Friends,

I had a debate with my psychologist friend about the relationship between love and happiness. We determined that love is responsible for happiness. Most people would agree that when love is genuine, happiness will follow. Is that true? Let's find out from the following case.

An old story from Don Miguel Ruiz, "The Man Who Didn't Believe in Love." (Note: This is a shortened version.)

There was an ordinary, middle-aged man. What made him special was his way of thinking. He thought love doesn't exist. He'd failed several times before in finding true love.

This man was a respected scholar; brilliant, and his logic was strong. He commented that love is like a drug. It makes you very high, creating a vital need. You can become highly addicted to love. But what happens when you don't receive your daily doses of love? You will live in constant fear of what you will do if your partner leaves you. The addict becomes jealous and demanding because of the fear of not having the next dosage. The man explained to everyone that what humans call 'love' is nothing but a fearful relationship based on control. That is why love doesn't exist.

One day he was walking in a park. He saw a middle-aged lady sitting on the bench crying. He sat beside her and asked if he could help her. He wondered why she was crying. He was surprised to hear her say "love doesn't exist." He handed her his handkerchief and offered to listen.

After a deep breath, she started talking. "I married when I was young, with all the love, all these illusions, full of hopes that I would share the rest of my life with this smart man. But a few years later, everything changed. I gave up my career and became a devoted wife who took care of the children and the house. He spent all his time and attention developing his career. His success and imagination outside of the house were more important than his family. We lost respect for each other, hurt each other, and at a certain point, we discovered we no longer loved each other. But the children needed a father, so I had to stay to support the family. Now, the children are grown, and no longer have any excuse to stay with him. I had asked for a divorce."

The two were so alike. Ever since that day, they became best friends. It was an excellent relationship where they respected each other and shared joys and sorrows. There was no envy or jealousy, no control, and no possessiveness. They enjoyed being together, and their relationship kept growing.

One day when he was out of town, he felt different and unusual. He missed her, and his mind kept rewinding to their happy conversations and her smiling face.

The man thought, "Hmm, maybe what I feel for her is love."

He could hardly wait to go back home and tell her. As soon as he told her, she said, "I know what is on your mind. I have the same feeling, but I didn't want to share because I know you don't believe in love. Perhaps love does exist, but it isn't what we thought it was."

Soon they started to live together, and their love made their hearts sing. One fall evening, while the retired man enjoyed the sunset in the backyard, a beautiful flower suddenly floated down from the tree and gently landed on his hand. He was intensely happy and he could hardly wait to put the flower in her hands to prove his love to her. When he placed the flower in her hands, she felt a moment of doubt because this love was overwhelming. At that moment, the blossom fell from her hands and landed on the floor in separate pieces.

What went wrong? The man thought he could give the woman his happiness. The flower represented his happiness, and he put his happiness in her hands. Unfortunately, happiness never comes from outside of us. She dropped the flower because she could not be responsible for his happiness.

When we get married, one thing we must do is exchange rings. We place the ring on each others' fingers, and we expect a commitment to make each other happy. We can never make anyone responsible for our happiness. It doesn't matter how much you love someone. Only they can make themselves truly happy.

Best regards,

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致：美國華聯商會會員及朋友們，

我和一位當心理學家的朋友，就愛與幸福的關係，進行了一場辯論，結果，我們都認為，幸福源自愛。大部份人都同意，只要愛是真誠，我們便會得到幸福。這說法真實嗎？就讓我們從以下一則故事多加了解吧。

這則故事來自“不相信愛情的男人”(The Man Who Didn't Believe in Love) 簡短版。
作者，唐.米格爾.魯伊斯 (Don Miguel Ruiz)

故事講述一位本是平凡的中年男子，但他之後卻被認為與眾不同，全因為他有一種獨特的思維；他不相信愛情的存在。他在尋找真愛前，也經歷過多段失敗的愛情。

這位男士亦是一位受人尊敬的學者，邏輯性強，才華橫溢。他評論愛情就如毒品；它會令人感到亢奮，充滿愉悅而令人愛情上癮，不能自拔。但當成癮者得不到持續的“愛情毒品”，毒癮發作時卻是相當可怕，他們會變得妒忌，佔有慾強，亦深怕會失去伴侶的關愛，或被分離，終日感到惶恐不安。所以他解釋，大家所認為的愛情，其實只是一種基於控制的可怕關係。所以，世上根本沒有愛情。

一天，這位男士途經公園，看見一位中年女士坐在長凳上哭泣，他便上前坐在她身邊，看看可否幫忙，他亦好奇為何她感到悲傷。女士邊哭泣邊說：「世上根本沒有愛情！」男士聽後感到有點驚訝，他今天竟然遇上知音人。他遞手帕給她拭淚，並表示願意傾聽。

中年女士深深吸一口氣，便細訴她的境況：「我很年青便選擇結婚，當時我帶著愛及滿心希望，深信我和這位優秀的丈夫，可以幸福快樂的共度餘生。可惜婚後數年，所有憧憬都幻滅。我為了照顧孩子及家庭，最終放棄工作，成為全職主婦，丈夫則全力為事業拼搏。不知從那時開始，我感到丈夫只顧事業而忽略了家庭，在長期失卻支援下，我感到心力交瘁，丈夫卻認為他為事業拼搏，也落得被我埋怨，亦心生不快。漸漸，我們不再彼此專重，甚至互相傷害，以致裂痕日深，在某一刻，我倆都發現不再愛對方。我考慮過結束婚姻，但我想到了年幼的子女需要父親，及一個完整的家，我唯有選擇留下。但現在孩子都長大成人，已無牽絆，所以我決定與他離婚。」

兩個都不相信愛情的人，終於成為好朋友。他們互相尊重，享受足夠自由，亦分享喜怒哀樂。他們之間沒有妒忌、猜疑、及控制。倆人相處得如魚得水，友情亦不斷升溫。

一天，這位男士離城外遊，他突然有種特別的感覺，常憶起她的一言一笑，及大家相處愉快的情景.....他開始掛念這位紅顏知己。

男人在想：也許我現在對她的感覺就是愛。回程之後，他便急不及待的向她訴說他的感受。女人聽後，徐徐說：「我明白你的感受，我對你也有同樣的感覺，但我不敢與你分享，因為我知道你不相信愛情。可能世上確實有愛情的存在，但並不是我們想像中的那樣。」

隨後他們便同居，過著非常愜意的生活。一天，已退休的男人坐在後院，欣賞日落的景色，這時，一朵美麗的花瓣從樹上飄下，落在男人的手中。男人非常高興，感到這片花瓣就代表著他對女人的愛，他很想趕快送給她，以證明自己對她的愛。當男人將這片愛的花瓣放在女人的掌心時，女人頓時感到猶豫.....他的愛很沉重，就在女人疑惑的瞬間，花瓣便從她的掌心掉下，跌成碎片。

究竟錯在那？男人想將自己的幸福交托給女人，那朵花瓣承著男人的願望，看似美麗卻很沉重，令早已看透世情的女人無力承受及負責，最終，愛的花瓣跌成碎片。幸福，原來並不能從外來獲得，而是源自自己的內心。

我們在結婚儀式上，最感動又必需進行的一環，是與你的伴侶交換戒指。兩人為對方套上婚戒，大家都期待為彼此帶來幸福的生活。但現實是，無論你有多愛對方，為對方如何付出，他都沒有責任回報給你所期待的幸福。原來，可以給予自己幸福快樂的人，就只有自己。

祝福大家，

美國華聯商會 會長，

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二零二一年九月一日

中文翻譯：Doris Wong

(嘉嘉工作室創辦人)