

New Western Cuisine



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产品设计

FRAMES DESIGN



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Dining Outdoors Let Nature Nurture

The Concept of "Self"

Let Go and Be Free

“自我”
自由前行



From the time we know to refer to ourselves as “I” and “me”, we come to believe that “I” and “me” fully describe who we are. And then we just stop being curious if this is so, and we get on with being “I” and “me”. But at some point, some of us start to wonder if our forever-long-ago assumption is true or if just maybe, who we are, has nothing to do with “I” and “me”. And do I know my “mind”? Is it “Real”?

And therein lies the greatest discovery one can make: While “I” and “me” are fine as convenient terms to refer to oneself in speech and word with what some would consider the “conventional mind” or that which we use as a thinking tool to contemplate the nature of conventional reality, these descriptions of “self” are meaningless in the sense that most everyone accepts: For we are each of us ever-changing entities and no permanent state exists. The very second one refers to oneself as “I”, in less than a heart beat, the meaning no longer applies and as ever changing, one is immediately somebody new.

When one accepts these truths, it no longer makes sense to refer to oneself as “I” or “me”; and so once one lets go of these meaningless terms, one experiences a freedom one knows he has been seeking since birth: For one knows he is at last directly connected to the Energy of the Universe, without the meaningless filter of “self” one has forever borne, as though one has had no choice. And in so discovering the true nature of our conventional mind, we are at once awakened to the presence of the “real mind” or “real wisdom”, which recognizes that before the attainment of knowing or wisdom, all thinking is merely the movement of the mind, following the arising and passing of all phenomena. Our real mind is our Soul, the seat of everything that has come before and everything that will follow. Once connected to our real mind or Soul, we know to completely trust in our intuitive self, yet another synonym for our Soul. And forever more, no matter the question, the answer is immediately available.

But with this awakening comes the responsibility to live for the benefit of all others. One knows that the Energy of the Universe will only flow through one and connect one with all that is beautiful if one is purely a means of serving others, and in particular, those less fortunate. Without the burden of the selfish wants and needs of “I” and “me”, one is freed to serve all others always without hesitation. And with one’s new commitment to all others, it is the gift of Grace that hints that a realm like none other awaits those who have given all there is to give in service to others. It is a magnificent place beyond all imagination that is never for sale, but always prepared to receive the next realized, selfless soul.

So, in a sense, as Shakespeare would remind us, our lives are but a play, to be refined with each successive performance across the millennia, until each of our endless cycles of birth and death

(Often referred to as “Samsara”) are complete. When one graduates, he is often considered “cooked” or “realized”. Along the way we are constantly being helped to find our higher path, to dedicate the balance of our time in the present dimension to opening one’s heart to all others and in so doing, inspiring those who have yet so to do, to know the beauty of a higher path.

One of the primary voices that speaks with us when we dream, warning of impending danger as well as forthcoming joy is our Soul. Our Soul primarily speaks with us in symbols or “archetypes”; but sometimes, the Soul uses people who have been in our lives, who are in our lives and who will be in our lives to preview what tomorrow shall bring. For some our dreams are of no interest and they either choose not to recall them or even admit that they have dreamed. For some our dreams are curious, but not necessarily to teach or warn us; so little effort is expended to recall more than the most enduring impressions.

But for some our dreams are more than entertainment or curious sleep videos to be believed or denied; for them our dreams are everything. These are realized beings, human and otherwise Sentient, who recognize the importance of what our dreams tell us. They have learned to eliminate the barrier that separates their “sleeping” from their “waking” consciousness; and some have even learned to eliminate the threshold separating their “conscious” and “unconscious”. Imagine what it must be like to merge all spheres of influence, awakening Complete Insight and The Wisdom of the Universe. These Souls no longer need “Google” nor a “ticket to ride” for yet the next chapter of Samsara, for they have unearthed the Rosetta Stone that insures Eternity and they have found Perfect Peace, which is beyond both happiness and suffering. It is they who now pray for the rest of us, and rightly so.

I always say “Prayers are gratefully accepted”. **I hope that you realize your dreams for the benefit of All Sentient Beings and that your dreams serve all others with fullness of heart, especially those less fortunate.** Let us pray from the Christian “Beatitudes” (from the Latin “blessings”) and Sermon on the Mount, “Blessed are the meek, for they shall inherit the earth”; with “meek” having meant “becoming tamed” and suggesting that we develop the inner strength to manage one’s automatic reactions and aversions in order to reach one’s spiritual nirvana. Let it be among your most sincere of intentions, forever more and beyond.

Red Fred over and out.

从我们开始称呼自己为“我”时，我们渐渐相信这个词就是用来描述我们的，由此我们的好奇心便终止了，我们习惯于成为“我”。但是同时，我们中的有些人开始思考，这个词是否真的能完全代表我们，或者我们是谁跟“我”完全无关。

因此我们可以去找寻这样一个事实：当“我”只是在说话时指代某人的用语时，在某种程度上大家都接受这个词没有任何实意。对于我们来说，每个人都是不断变化的实体，没有永恒存在的状态。在某一秒，某人可能称自己为“我”，或许在一个心跳之后，我便不再是我。

当人们一旦接受了这个真相，称呼某人为“我”便变得没有任何意义，便能感觉到一种从来到这个世上一直在追寻的自由感。最后，终于与宇宙的能量直接联系，中间没有任何无意义的过滤和阻碍，虽然这些阻隔我们与生俱来，无法选择。

但是伴随着这种觉醒而来的是永久的责任感，为他人而活。如果某人真的是完全为服务他人而生，特别是以造福那些不幸的人们为己任，那么在直觉上就会知道宇宙的能量只会流经他，并将其与所有美好的事物相连。没有了自私的贪欲，没有了“我”的需求，一个人在帮助其它所有人的时候一定是没有丝毫的犹豫。这样一种完全为他的新使命是“天赋的恩宠”，它预示着在那方天地里，没有人在期待着别人的完全付出，大家都在为他人服务。

因此，在某种意义上，就像莎士比亚说过的，人生如戏。千年时光浸润着舞台上愈加完美的表演，我们经历生死轮回，直到完结。我们毕业时，常常被人称为“熟了”或者“有意识了”。随后在别人的帮助下，我们不断往高处走，不断努力放开心胸，包容一切。

做梦的时候，冥冥中似乎有个声音提醒我们即将到来的危险和好运，这就是我们的灵魂。灵魂最初以象征的方式或者“原型”来与我们对话。但是有时，灵魂也会以人的方式与我们对话，那些曾经或者正在我们生活中的人，那些会对未来发生的事情有所预知的人。对于有些人来说，我们的梦没有任何趣味，他们便选择不去想起它们，或者干脆承认也梦到过而已。

对于有些人来说，这些梦就是一切。他们就是那些“有意识的”事物、人类等等，他们能意识到梦的重要性。他们学会了排除那些将“睡眠”与“清醒”分开的障碍，有些人甚至能够剔除“意识”和“潜意识”的障碍。想象一下，再综合了所有领域的影响、唤醒了所有的洞察力和宇宙的智慧之后世界将会怎样。他们已经找到了“罗塞达石”，这能确保永生。是他们，在为我们所有的人祈祷。我常常说“要心怀感激地接受祈祷。” **我希望你能意识到你的梦能有利于所有能感知的物体，你的梦完全为他人服务，特别是那些不幸的人们。**“贫穷的人应该继承土地。”就让这些成为你最真诚的期望，一直，永远都是。