



# Mellow is the Mood When the Wine is Right

## 心灵之醇 邂逅属于你的葡萄酒



Photo by Geoff Lung



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常驻在曼谷和纽约的田博华是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参议过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

"Mellow" is a state of mind, not a country, a republic or a geopolitical location. Many seek it, but fail to arrive at the desired destination or if they do, but for a brief encounter, for they know not the way and are blinded to the path they so covet by their attachments and egocentric ways: For they falsely believe they are in command of their emotional states, despite their wrong-mindedness, self-centeredness and greed. Sadly, they deceive themselves, unable to sense their self-imposed isolation and lack of connectedness with others.

That is not to say that mellow cannot be achieved by most anyone when the wine is right, for this is universally so; the difference being that just as the satisfaction of a new "thing" provides but fleeting consolation for those centering their existence on acquiring possessions, restless, tortured-souls of said affliction experience right wine-induced mellowness in very much the same way as others, but for few precious moments at best; whereas those who are at peace with the Universe and who center on serving others rather than themselves are Gracefully transported to that state of mind that is mellow for as long as the right wine knows to continue thrilling the Six Senses.

It is so, and has always been so, from the very first right wine for those who experienced mellow, having enjoyed it. Let us not forget the poet-songwriter, Donovan, who in 1966 sang "They call me Mellow Yellow", no doubt continuing to subconsciously inspire the world of baby boomers who regularly enjoy magical, mellow moments with their favorite bottle of the now global, twenty-plus million case wine brand from Australia, "Yellow Tail". Leave it to the Aussies to remind us that Mellow is Yellow.

Of course, no one wine blend or varietal has exclusivity on mellowness; just as no one wine is right for every palate. Beauty is truly in the eye of the beholder. The right wine is the right wine for you; not someone else, no matter how enthusiastically he or she might otherwise contend. And so just how does one go about discovering his right wines that induce a personal state of mellow? Simply by tasting in moderation as many wines as one can afford over time. Your palate knows what is your mellow: Listen to it and along the way as often as the gods shall decree, yea shall find your mellow moments, be they yellow or any of the other glorious colors of the rainbow.

But live your life with an open heart, serving others, rather than yourself and discover that your mellow moments may very well become a lifetime of mellow: For eternal happiness, serenity and peace, the tri-fold components that together are eternal "mellow" are not for sale and do not come in a bottle or tetra pak; yet they await all who learn the way. The journey may begin with the right wine, but if one is to experience mellow forever more, one need

but look within, for mellow is he who serves humanity, especially those less fortunate with compassion for all, without need of praise, simply as the ultimate act of love.

I am **Red Fred**, over & out.

酒的芳醇是一个心境，而不是那所谓的某个国家或者政治地理决定的产区。很多人在寻找这份美妙的醇厚，可惜很多人并未能达到预期的结果。有的因为这样的接触太过短暂，有的因为并不知道方法而盲目地觊觎于那些本不重要的方面，有的因为错误地笃信他们可以掌控自己的情绪状态，尽管在事实上他们抱着片面的态度、以自我为中心甚至是贪婪。很遗憾，他们欺骗了自己，进而感觉不到自己把自己孤立起来。

当你邂逅了那支属于你的葡萄酒，并不是绝大多数人都找不到那种芳醇的感觉，大抵如此。而区别就像是对新事物的那种好奇，而不是转瞬即逝的慰藉。除了他们生命中很珍贵的时刻，那些热衷于获取财富、不知满足、灵魂拷问者般的人们总是发现，对于葡萄酒糟糕味道的经历是何其的相似。反之，那些心态平和、如何将善待他人作为座右铭的人优雅地将这种心态迁移到葡萄酒的品尝当中，也只有他们知道如何让自己的六种感官保持清醒。

从一开始那些体验过那甘醇的人都会沉醉其中，诚然总是如此。著名的唱作诗人多诺万，在1966年享誉全球的那首《他们叫我柠檬树》，无疑在潜意识中鼓舞了“婴儿潮”一代去享受神奇的醇味时刻。而当时他们喜爱的酒瓶形状，现在正是在全球范围大受欢迎，2000余万箱的澳大利亚葡萄酒品牌，Yellow Tail葡萄酒。就让澳大利亚人去提醒我们，这种独特的香醇是黄颜色的吧。

当然，无论是混合葡萄酒还是单一葡萄品种的葡萄酒都不能在味觉上独占鳌头，就像没有任何一瓶葡萄酒适合每一片味蕾，情人眼里出西施。所谓好酒，就是适合你的酒，尽管别人狂热地盛赞某款他们喜欢的酒，那也只是他们的喜好。那么我们又该怎么发现那属于我们自己的醇味呢？要做的只是随着时间的流逝去尝试尽可能多的葡萄酒，当然，你要买得起它们。你的味蕾会告诉你你究竟想要什么，然后按照这个风格尝试下去，亦如诸神的裁决，你就会找到属于自己的醇味时刻，它们可能像Yellow Tail那样是黄色的，也可能是彩虹中某种神圣的色彩。

打开心扉，善待别人甚于自己，你所发现的美妙时刻会很容易变成你美妙的人生。永恒的醇，是由幸福、宁静、和平这三个要素构成的，而这些深层的美丽没法出售或者装到瓶子和利乐包装里，它们只是等待人们找到那条心灵之路。旅途的开始可能因由一瓶好酒，除此之外你还需要不停地去感受、审视。因为心灵之醇属于那些为他人努力的人，他们抱着慈爱的怜悯之心，勿求盛赞，而只是爱的最终形式。

我是**田博华**，一直在这里。