

信 - 信，
心呼吸

Let Our Heart Breathe



給情緒的小禮物
A Little Gift for Your Emotions

停一停，

深呼吸——

Let our Heart Breathe

菩提本無樹，明鏡亦非台；
本來無一物，何處惹塵埃。

There is no Bodhi tree, nor stand of a mirror bright.
Since all is void, where can the dust alight?



六祖

六祖慧能大師以塵埃比喻心中的煩惱，然而我們本性自空，心內本無雜念，只是世間瑣事令負能量沾滿心靈。


而今次，我們卻惹來一粒「塵」，一粒幫你掃走心中「塵埃」的「塵」。


本地插畫師陳塵RapChan透過他筆下的主角「Dustykid阿塵」來發放正能量，引導大家在日常生活中「停一停，心呼吸」，在心煩意亂情緒波動並快要爆發的一刻，輕輕停一停，簡單感受自己的呼吸，不再胡思亂想，就能減少負面情緒，讓心情平伏。

感謝陳塵Rap及團隊的努力，願意攜手推動「停一停，心呼吸」運動。在此誠邀各位和這粒「塵」一起，學習關顧自己的心，在等車食飯娛樂碰撞行山等時刻，都和呼吸同在。

獲取「停一停 心呼吸」最新活動資訊：

To get new information from us:

 停一停 心呼吸

 Pause_Breathe



Preface

Huineng, the Sixth Patriarch of Zen Buddhism, used dust as an analogy for troubles in mind. However, as our fundamental nature is empty, our mind is free from distractions. It is the thoughts of daily chores that fill our mind with negative energy.

Now, we have invited “Dustykid” to help you sweep away the “dust” in your mind.

Rap Chan, an illustrator based in Hong Kong, has created the character of “Dustykid” to spread positive messages and guide you to “pause and breathe” in your daily life. When your mind and emotions are in such a turmoil that you are about to explode, simply take a break to feel your breath. Once you stop indulging in flights of fancy, your negative emotions can be reduced and you can calm yourself down.

We would like to thank Rap Chan and his team for their hard work in promoting the “Let Our Heart Breathe” campaign. You are sincerely invited to learn with “Dustykid” about how to look after your mind and how to breathe during bus waiting, eating, entertainment, collision and hiking.

序

第三版序

聯合國世界衛生組織報告指出，抑鬱症將會成為危害人類健康的第二號殺手。在這個警號響起的時候，大多數人仍然營營役役地生活，遇上情緒生起之時，往往束手無策。本書就像一本情緒肌肉訓練手冊，其中的插畫配以簡單文字，告訴我們行住坐臥都可以「停一停，心呼吸」，把情緒肌肉鍛鍊出來，好使我們輕鬆地面對情緒風暴，為抵抗情緒殺手做好準備。

本書至今已編印第三版，早前兩版印書量達八萬本，並透過本港學校及機構免費派發。在此除了感謝各方友好助印支持外，更要特別感謝「停一停，心呼吸」發起人之一，前任民政局副局長許曉暉女士。雖然還未看到運動的成果已經往生，但她身體力行讓世人離苦得樂的精神，將會永遠延續。

常霖法師

Foreword

Foreword for 3rd Edition

According to a report of the UN World Health Organization, depression will be the second leading cause of world disability. Being unaware of this alarm, most of us continue with our busy lives. We also find it difficult to tackle any emotional problem when arises. This booklet is meant to be a handbook for training our “emotional muscles”. The illustrations with simple text demonstrate that we can simply manage our emotions effectively by taking a pause to breathe, no matter what we are doing. Daily practices will strengthen our resistance to emotional stress and help us weather any emotional storm.

This is the third edition of the booklet. A total of 80,000 complimentary copies of the first and second editions have been distributed through various schools and institutions in Hong Kong. In addition to thanking the public for their generous support and donations, I would like to express my heartfelt gratitude and condolences to Ms. Florence Hui, the former Under Secretary for Home Affairs and a founder of the “Pause & Breathe” campaign. Although she passed away before seeing the result of the campaign, her spirit to make the world a happier place with proactive efforts will be passed on.

Ven. Chang Lin

浮

Coming up



潛進深海太久...

After diving deep underwater for a long time...



鯨魚也需要浮上水面呼吸一口氣。

a whale has to come up to breathe.



所以，被生活大小事浸沒的心...

Similarly, a mind immersed with daily tasks...



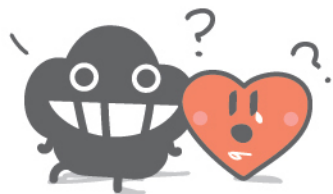
同樣地也需要浮上水面呼吸一下。

has to come up to breathe.

呼吸

Breathing

喂，你知道呼吸的真正意義是什麼嗎？
Hey, do you know what breathing really means??



然後，為身體吸入新鮮能量...
followed by breathing in fresh energy to the body...



Unhappiness
不快樂
Unwillingness
不甘
Stress
壓力

呼吸，其實是
呼出體內污氣...
Breathing actually involves
breathing out waste air
from the body...



是打掃內心的過程！
It is a process of
sweeping the mind!



身心
A 靜 止
Stillness



疲累時，身體會傳來力竭的信息，
我們會因而停下工作。

When we are tired, the body will give us a signal of exhaustion.
In response, we will take a break from work.



你的身體雖靜止了，若你沒有平靜你的心...

While your body is still, if you do not calm your mind...



但身為都市人，即使身體停下來，
內心仍是會繼續運轉吧？

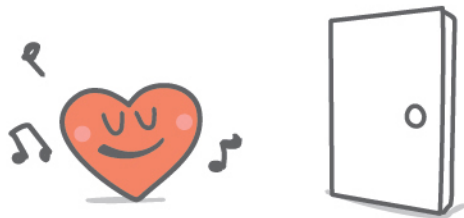
But as an urbanite, your mind will probably keep on working
even after you give your body a break.



你的心依然不能好好休息。

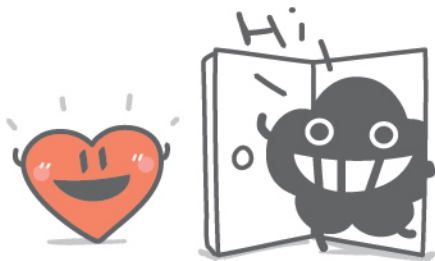
your mind cannot take a good rest.

心
Mind



其實內心的門常為你開…

In fact, the door to your mind is always open for you...



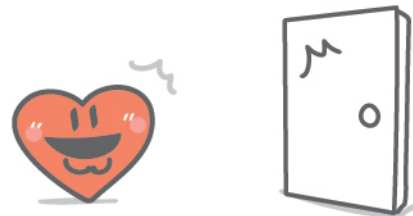
意即，你是可以隨時探訪內心的！

i.e. you can visit your mind anytime you like!



所以無論你處身什麼環境，只要給自己幾秒鐘停下來…

So wherever you are, you just need a few seconds of break...



你便可以走進心房，和內心輕鬆地詳談一番！

to enter your mind and have a relaxing talk with it!

迷霧

Fog



我們常被無數的迷霧遮掩前路...

As the roads ahead are often veiled in blankets of fog...



使我們看不清身處的位置，和難以識別想到的方向。
nor can we identify the direction in which we go.



當你願意停一停、心呼吸，
持續讓內心呼...吸...呼...吸...呼...吸...吸...

When you are willing to pause and breathe,
let your heart keep breathing.



那些迷霧，會被吹散！
All the fog will be blown away!

呼吸的方法

How to breathe



心亂得七上八落時...

When you are
at sixes and sevens...



停-停...
停止胡思亂想。

pause...
and stop indulging in flights of fancy.



閉眼
(可不閉:p)

Close your eyes
(You may keep
them open :p)



呼...

Breathe out...



吸...
用心感受
空氣的流動...

Breathe in...
Feel the air flowing...

呼吸的方法

How to breathe



呼...

Breathe out...



吸...

感受空氣
帶走內心的愁緒...

Breathe in...
Feel the air clearing your mind
of the melancholy...



呼...

Breathe out...



吸...

感受空氣
注入內心的甜美...

Breathe in...
Feel the air
injecting sweetness into your mind...



直至感覺，煥然一新!

Breathe
until you feel refreshed!

與內心共存 ♡

Co-exist with your mind

寧靜的時候，
內心的聲音特別響亮。

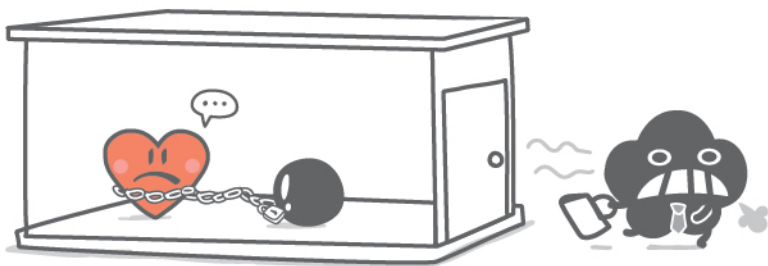


Your inner voice
is loud and clear amidst tranquility.



不需要短暫的刺激填充空虛的心，
要為內心築起長久的快樂。

You don't need to fill your empty heart with short-term stimulus,
but you should develop long-lasting happiness in your mind.



你為了幾百尺的家而束縛著
本能自由自在的心。

For a flat of several hundred square feet,
you bind your mind, the once free and easy mind.



誰都在催促你跑快點...
但你有問內心想去哪嗎?

Everyone is urging you to run faster...
but have you asked your mind where it wants to go?



你努力在做養生的事，此刻卻亂了心神，
反不能養生。

While you have been trying hard to stay healthy,
your mind is thrown into chaos
at the moment, running counter to your goal of staying healthy.



最能照料自己内心的人，是你！

The only person
who can take the best care of your mind
is yourself!

生活上的心呼吸

Breathe in daily life



Bus waiting



等車，是一個既緊張又靜態的過程。
Bus waiting is a tense and static process.



靜下來，用心呼吸…
Calm down and breathe...



身體不動，但內心卻慌亂地思索下一班車到來的時間…
While you are standing still,
your mind is flustered with thoughts of when the next bus will arrive...



慌亂的心不能加快車到站的時間，
不如好好享受這難得的空間。
A flustered mind cannot shorten the bus arrival time,
so why don't you enjoy this hard-to-come-by break?

手機食先

Let your phone
eat first



忙碌的你，每次吃飯都狼吞虎嚥嗎？
Are you so busy that you gobble up all your meals?



其實食得再快，又能省卻多少時間呢？
何不趁這段時間，好好與內心相處一下？
How much time can you save by eating faster?
Why don't you make use of this meal break to get along with your mind?



你可以「手機食先」，記錄好時光；
You can "let your phone eat first" to record your good times;



亦可以慢慢咀嚼食物的質感，與內心一同享受滋味！
but you can also chew slowly, notice the texture of the food,
and enjoy the wonderful taste with your mind!

碰撞
Collision



與人碰撞，一定要發怒嗎？
If you are bumped into, must you get angry?



心呼吸會呼走憤怒，會呼走魔鬼…
Your anger and the devil's thoughts will be breathed out...



激動時，不如來一個心呼吸…
When agitated, breathe deeply...



然後你會知道，
任何衝突都可以平和地解決！
Then you will realise that any conflict can be resolved peacefully!

如 404
F *
Entertainment

Entertainment



刺激的影視娛樂真的能令你長久快樂嗎？

Do exciting movies and television programmes
really bring you long-term happiness?



有否嘗過娛樂過後的失落感？

心呼吸一下吧。

Have you ever felt a sense of loss after entertainment?
Let your heart breathe.



心告訴你：

「過度的娛樂會令你失去和內心交談的時間…
亦會拆散你和內心的關係呢！」



Your heart says:

"Too much entertainment will deprive you of the time to talk with your mind...
and will even break you and your mind up!"

行山

Hiking



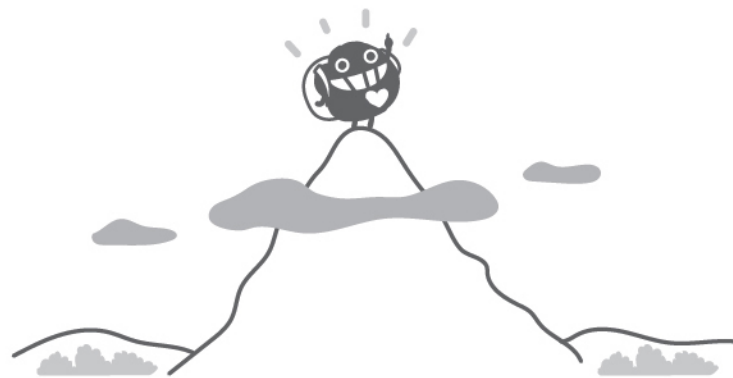
還記得行山時的內心狀態嗎？

Can you recall the state of mind when hiking?



行山，身體雖在劇烈運動，
但內心卻平靜如水，享受當下。

Although hiking is a strenuous exercise for your body,
you can enjoy the present moment with your calm mind.



那時間的你，能真正的感受到內心。

回到山下的生活，忙碌時，也請你記起這個狀態。

這樣的話，你便可以脫離時間和環境的束縛，
隨時都可以停一停，讓內心來一個心呼吸了！

Then, you can really appreciate your mind.

After returning to your life downhill,
please recall this state of mind when you are busy.

In this way, you can slip the leash of time
and environment anytime to take a break and let your heart breathe!

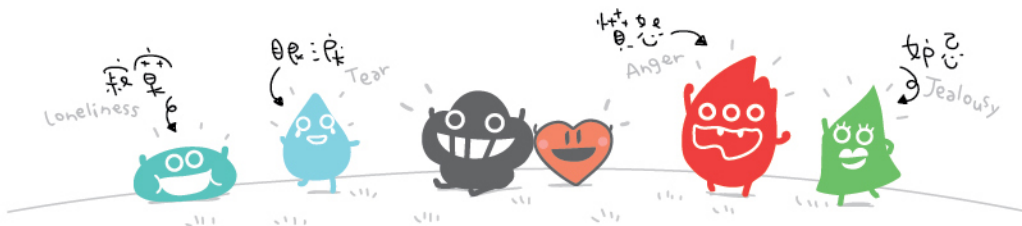
共存

Co-existence



當心平靜的時候
他看到的世界是廣闊的...

When your mind is calm, it can see a vast world...



那裡能容納不同的人、不同的事...

It can accommodate different people and different things...

所以一切不安的情緒也能
輕易與他們共存。

So all unsettled emotions can co-exist with them easily.



而世界的美好也能盡入眼簾！

You can then have a panoramic view of the beautiful world!

共存
Co-existence

所以，和心共存吧！
So co-exist with your mind!



和心一起同步呼吸。
Breathe with your heart.



即使每天只得一瞬間，
但也足夠令你的心境開闊得如宇宙！

Even if you just have a moment a day,
it is sufficient to make your mind as expansive as the universe!



Dustykid 是一班塵。

每人身處的地方都有塵，每粒塵都來自五湖四海，各有不同經歷，它們都堆積在某個地方，每天陪伴你體會生命上的歡笑哀愁。當你的心正下雨的時候，不妨跟塵訴說一下你的心事，你可能會透過他簡單的說話發掘到一些人生小道理。

Dustykid is a cloud of dust.

Dusty friends are surrounding us and can be found everywhere. They get piled up in some corners, staying with you through the ups and downs. Having met different people and heard many stories, each dusty friend has unique experience. Please talk to Dustykid when you feel down. You may find his simple quotes and stories inspirational and encouraging.



Dustykid®

f Dustykid | Dustykid World

📍 Dustykid_HK | Dustykidworld

📱 微信公众号



🐦 微博



如果「溫暖人間」是一個人，他會是：

一位家人。

自19年前誕生以來，一直以佛法和正能量滋養我們，不離不棄，無論何時何地，都讓我們安心。

一位老師。

在成長道路上，不斷向我們灌輸善知識，給予啟發和鼓勵。

一位年輕人。

擁有一顆年輕的心，與時並進，追求創新。

雜誌出版以外，舉辦多元化身心靈活動，推動真正的「佛系」精神，仲可能是一頭撫慰心靈的小貓小狗……

你心目中的「溫暖人間」，又是怎樣的？

溫暖人間

If “Buddhist Compassion” were a human, he would be...

a family member.

Since he was born 19 years ago, he has nourished us with Dharma and positive energy.

He has never stopped comforting us no matter where and when.

a teacher.

He has instilled knowledge of the good in us, inspiring and encouraging us along our path.

a young person.

Remaining young at heart, he is committed to keep abreast of the times with innovations.

Besides publishing the magazine, he also organises various body and mind events to promote the proper Buddhist-style mentality.

He might even be a heart-soothing pet...

What do you have in mind for “Buddhist Compassion”?

編輯：常霖法師

漫畫：陳塵@Dustykid

美術設計：Dustykid Limited

品牌顧問：CoDesign / CoLAB

英文翻譯：莊婷婷

出版：溫暖人間慈善基金有限公司

地址：香港九龍荔枝角青山道489-491號
香港工業中心C座904室

電話：2834 1000

印刷：美雅印刷製本有限公司

地址：香港九龍觀塘榮業街6號
海濱工業大廈4樓A座

出版日期：2019年5月

鳴謝：王舒俞、林智聰

香港第三版

Editor: Ven. Chang Lin

Illustration: Rap Chan@Dustykid

Book Design: Dustykid Limited

Branding Consultant: CoDesign / CoLAB

English Translation: Ophelia Chong

Publisher: Buddhist Charity Work Shop Limited

Address: Room 904, Block C, Hong Kong Industrial Centre, 489-491 Castle Peak Road, Lai Chi Kok, Kowloon, Hong Kong

Tel: 2834 1000

Printer: Elegance Printing & Book Binding Co Ltd

Address: Block A, 4/F, Hoi Bun Industrial Building, 6 Wing Yip Street, Kwun Tong, Kowloon, Hong Kong

Publishing Date: May 2019

Acknowledgement: SuYu Wang, Irene Lam

3rd Edition in Hong Kong

有意助印《停一停 心呼吸》，請開支票予「佛教溫暖人間慈善基金有限公司」，郵寄九龍荔枝角青山道489-491號香港工業中心C座9樓904室。信封面請註明《停一停 心呼吸》。

支票背面請註明《停一停 心呼吸》、捐款人姓名、電話和郵寄地址，捐款滿一百元或以上，將獲發可扣稅之捐款收據。感恩！

To make a donation towards the publication of this booklet, please send a cheque payable to "Buddhist Charity Work Shop Limited" to the following address: Room 904, Block C, Hong Kong Industrial Centre, 489-491 Castle Peak Road, Lai Chi Kok, Kowloon, Hong Kong. Please mark on the envelope "Let Our Heart Breathe".

At the back of the cheque, please write "Let Our Heart Breathe" as well as the donor's name, phone number and address. Official receipt will be issued for donation over HK\$100 for tax deduction purpose. Thank you.

版權所有，翻印必究 All rights reserved. 非賣品 Not for sale.

© Dustykid & Buddhist Charity Work Shop Limited 2019

© Dustykid Limited 2019



給內心一個呼吸時光!

Give your heart some time to breathe!



停一停心呼吸
LET OUR HEART BREATHE

免費贈閱
Complimentary Copy