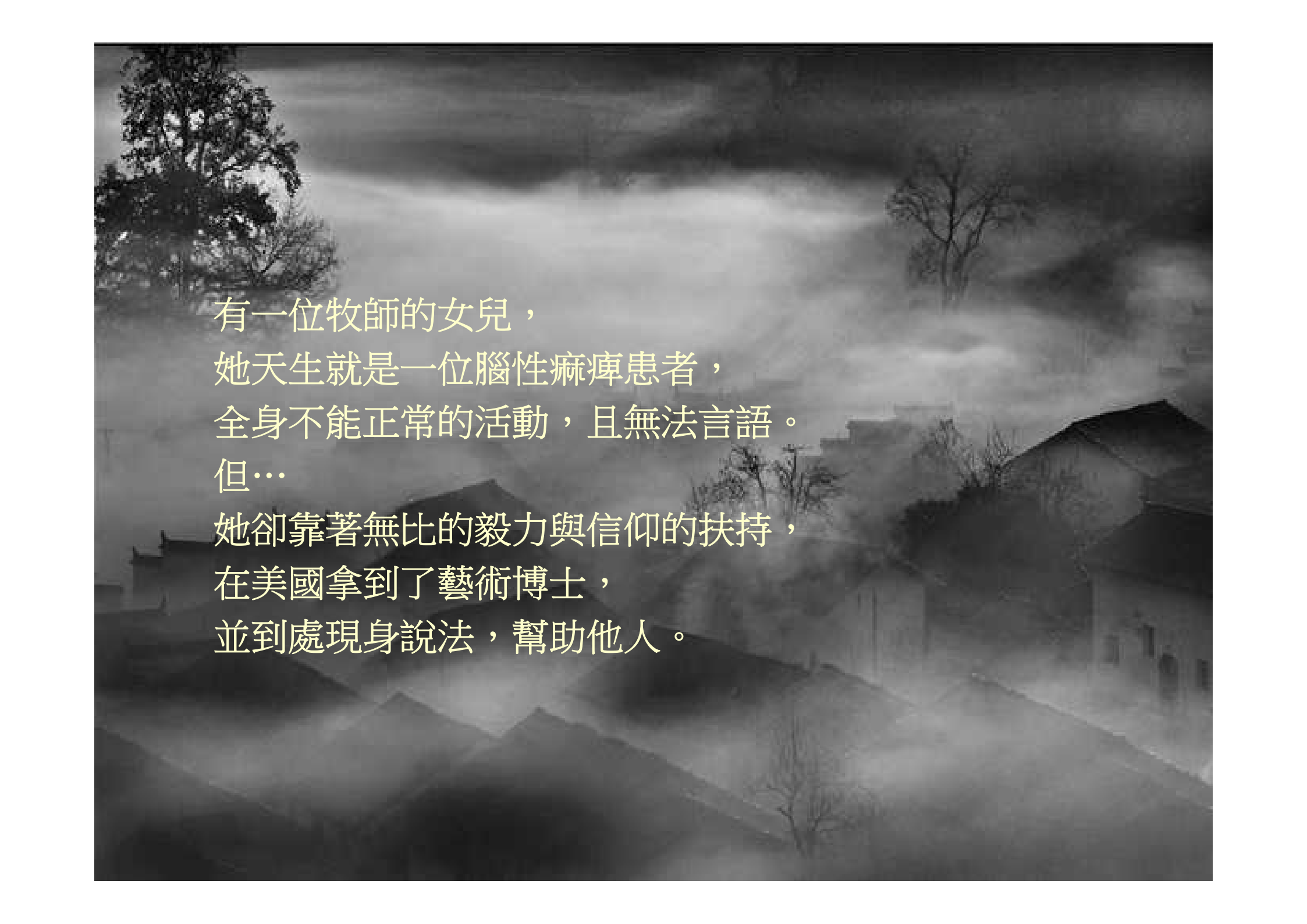


你怎麼看自己

音樂：我只在乎你 (中國輕音樂)


整理：Henry




有一位牧師的女兒，
她天生就是一位腦性痲痺患者，
全身不能正常的活動，且無法言語。
但…
她卻靠著無比的毅力與信仰的扶持，
在美國拿到了藝術博士，
並到處現身說法，幫助他人。



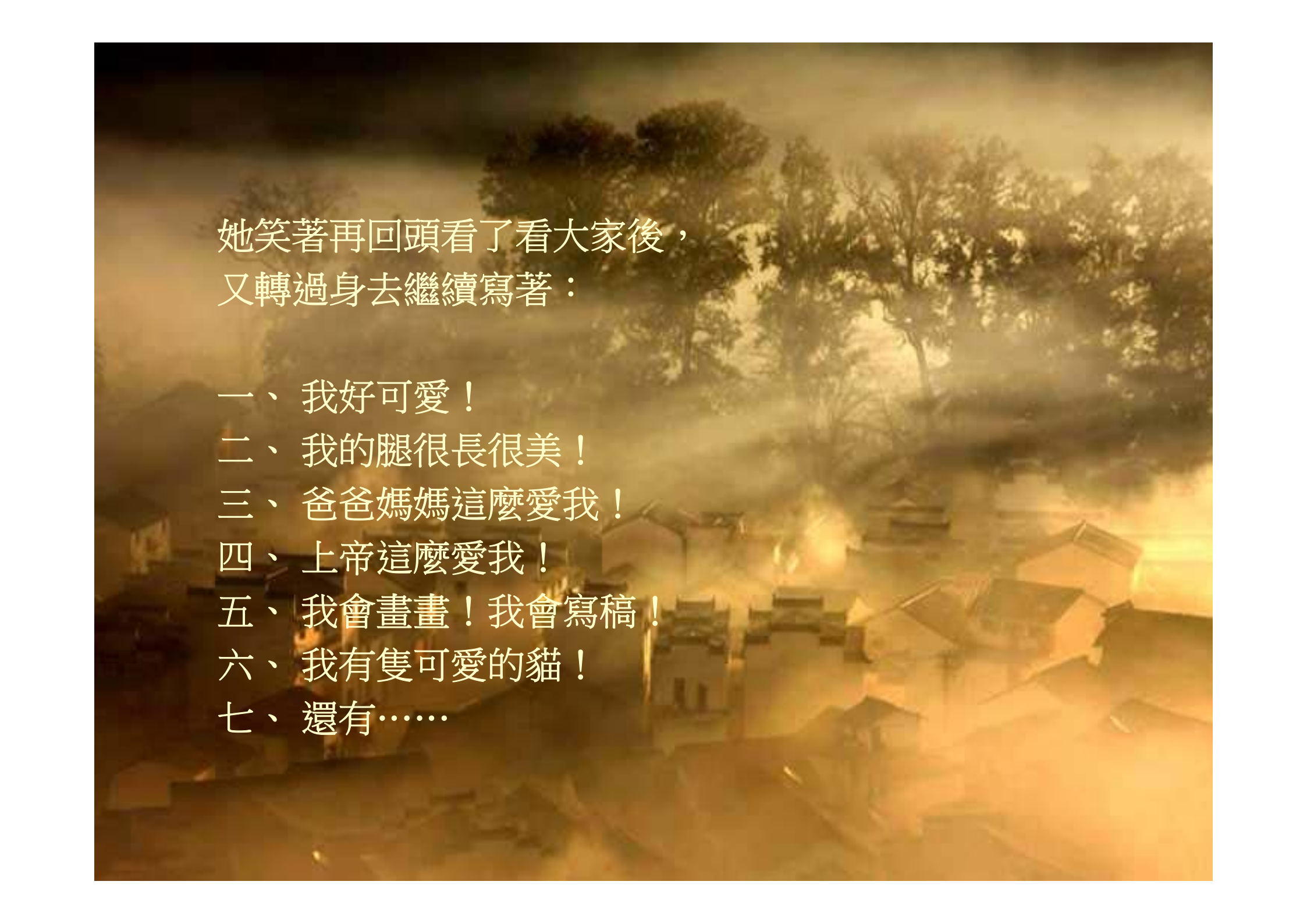
有一次，
她應邀到一個場合演“寫”（不能講話的她必需以筆代口），
會後發問時，
一個學生當眾小聲的問：
「妳從小就長成這個樣子，請問你怎麼看你自己？
妳都沒有怨恨嗎？」

A misty, golden-hour landscape of a village with traditional houses and trees with autumn foliage. The scene is bathed in a warm, golden light, creating a soft, ethereal atmosphere. The houses are clustered together, with their dark roofs contrasting against the lighter mist. The trees in the background are silhouetted against the sky, with some showing vibrant autumn colors. The overall mood is quiet and contemplative.

這個無心但尖端的問題
讓在場人士無不捏一把冷汗，
深怕會深深刺傷了她的心。


A misty, golden-hour landscape with traditional Chinese buildings and trees. The scene is bathed in a warm, golden light, likely from a low sun, creating a hazy and atmospheric effect. The buildings have dark roofs and are partially obscured by the mist. Large trees with dense foliage are visible in the background, their silhouettes softened by the light. The overall mood is serene and contemplative.

只見她回過頭，
用粉筆在黑板上吃力地寫下了
「我怎麼看自己？」
這幾個大字。


The background of the slide is a soft, golden-hour photograph of a village. The scene is filled with a warm, hazy light, likely from a low sun, which creates a misty atmosphere. In the foreground and middle ground, there are several traditional buildings with dark, tiled roofs. The buildings are partially obscured by the haze. In the background, there are several large, leafy trees. The overall color palette is dominated by warm tones of gold, brown, and grey, giving the scene a nostalgic and peaceful feel.

她笑著再回頭看了看大家後，
又轉過身去繼續寫著：

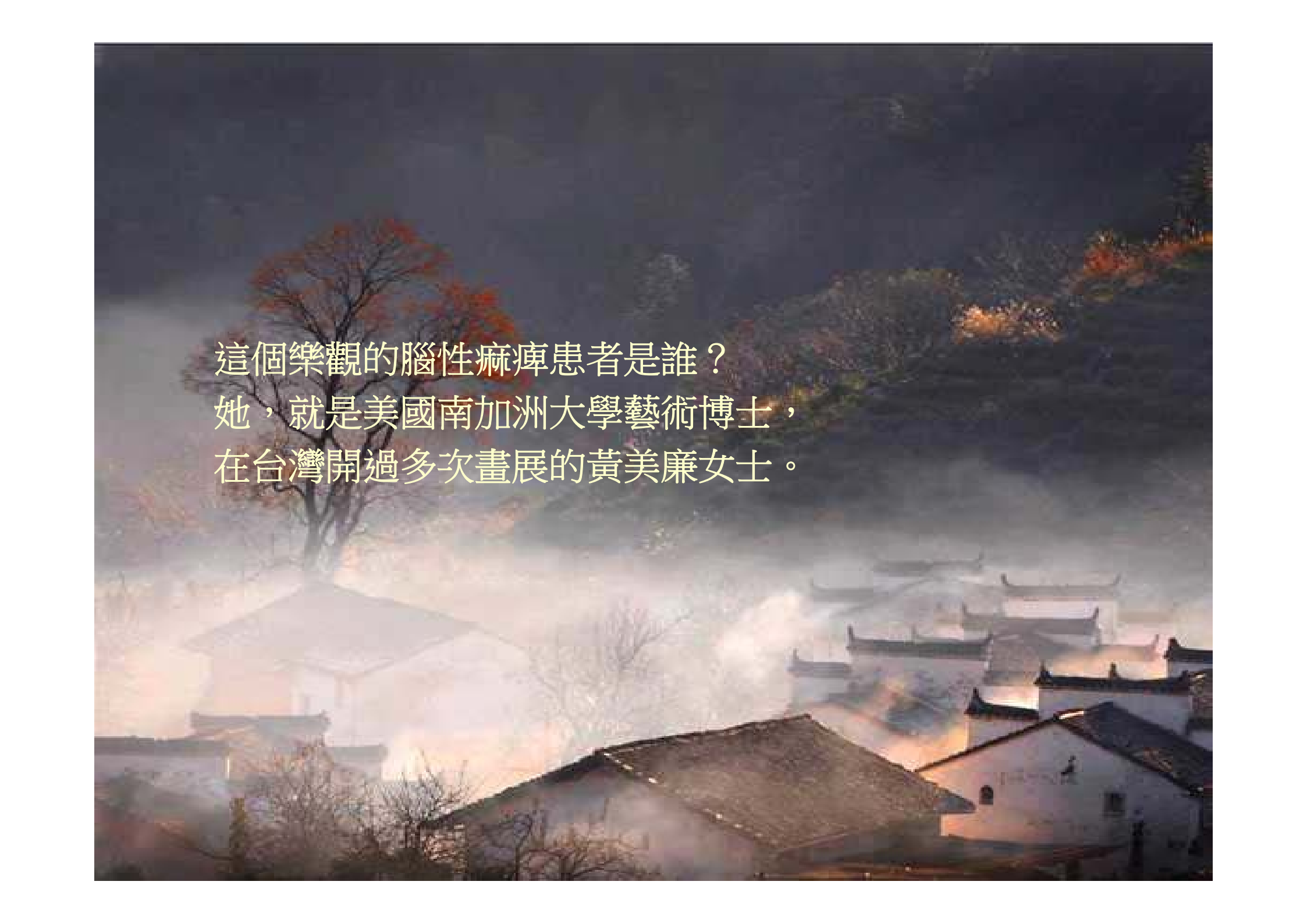
- 一、我好可愛！
- 二、我的腿很長很美！
- 三、爸爸媽媽這麼愛我！
- 四、上帝這麼愛我！
- 五、我會畫畫！我會寫稿！
- 六、我有隻可愛的貓！
- 七、還有……

A misty, golden-hour landscape of a village with traditional buildings and trees. The scene is bathed in a warm, hazy light, with mist or smoke rising from the buildings. The trees are dense and have some autumnal colors. The overall mood is serene and quiet.


忽然，教室內一片鴉雀無聲，
沒有人敢講話。
她又回過頭來靜靜地看著大家，
再回過頭去，
在黑板上寫下了她結論：
「我只看我所有的，不看我所沒有的。」



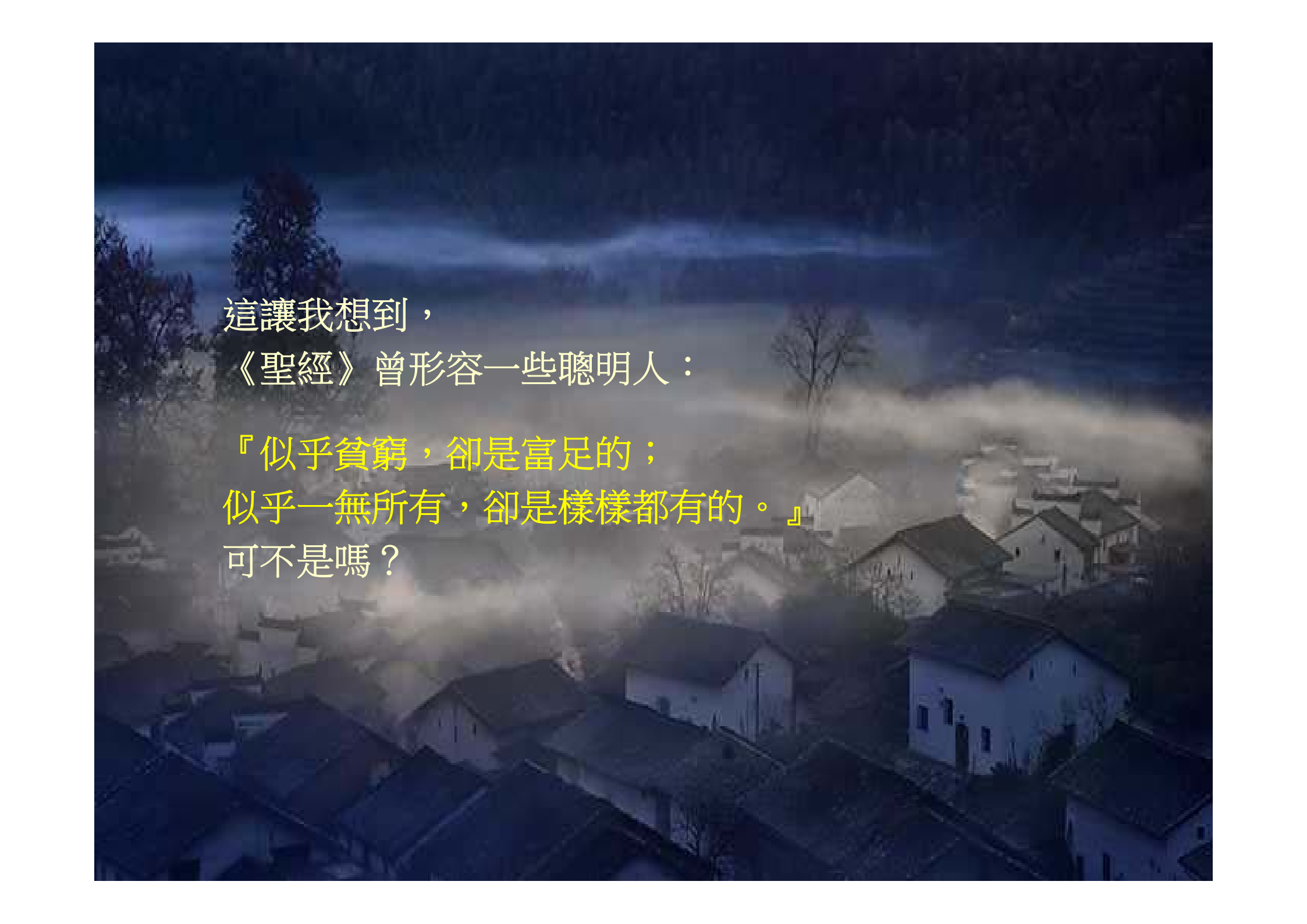
眾人安靜了幾秒後，
一下子，
全場響起了如雷的掌聲與無數感動的淚水。
那天，許多人因著她的樂觀與見證而得到激勵。



這個樂觀的腦性麻痺患者是誰？
她，就是美國南加州大學藝術博士，
在台灣開過多次畫展的黃美廉女士。

A scenic view of a traditional Chinese village built on a hillside, partially obscured by mist. The buildings have dark tiled roofs and white walls. In the foreground, there are trees with autumn-colored leaves. The overall atmosphere is serene and peaceful.

「我只看我所有的，不看我所沒有的。」
我喜歡這樣的人生觀，很健康也很愜意！


A misty, blue-toned landscape with a village and mountains. The scene is captured in a monochromatic blue palette, creating a serene and atmospheric mood. In the foreground, the dark, tiled roofs of a village are visible, partially obscured by a thick layer of mist or fog. The middle ground shows more buildings and a few bare trees, all shrouded in the same mist. In the background, the silhouettes of mountains rise against a dark, cloudy sky. The overall composition is layered, with the village in the foreground, the mist in the middle ground, and the mountains in the background.

這讓我想到，

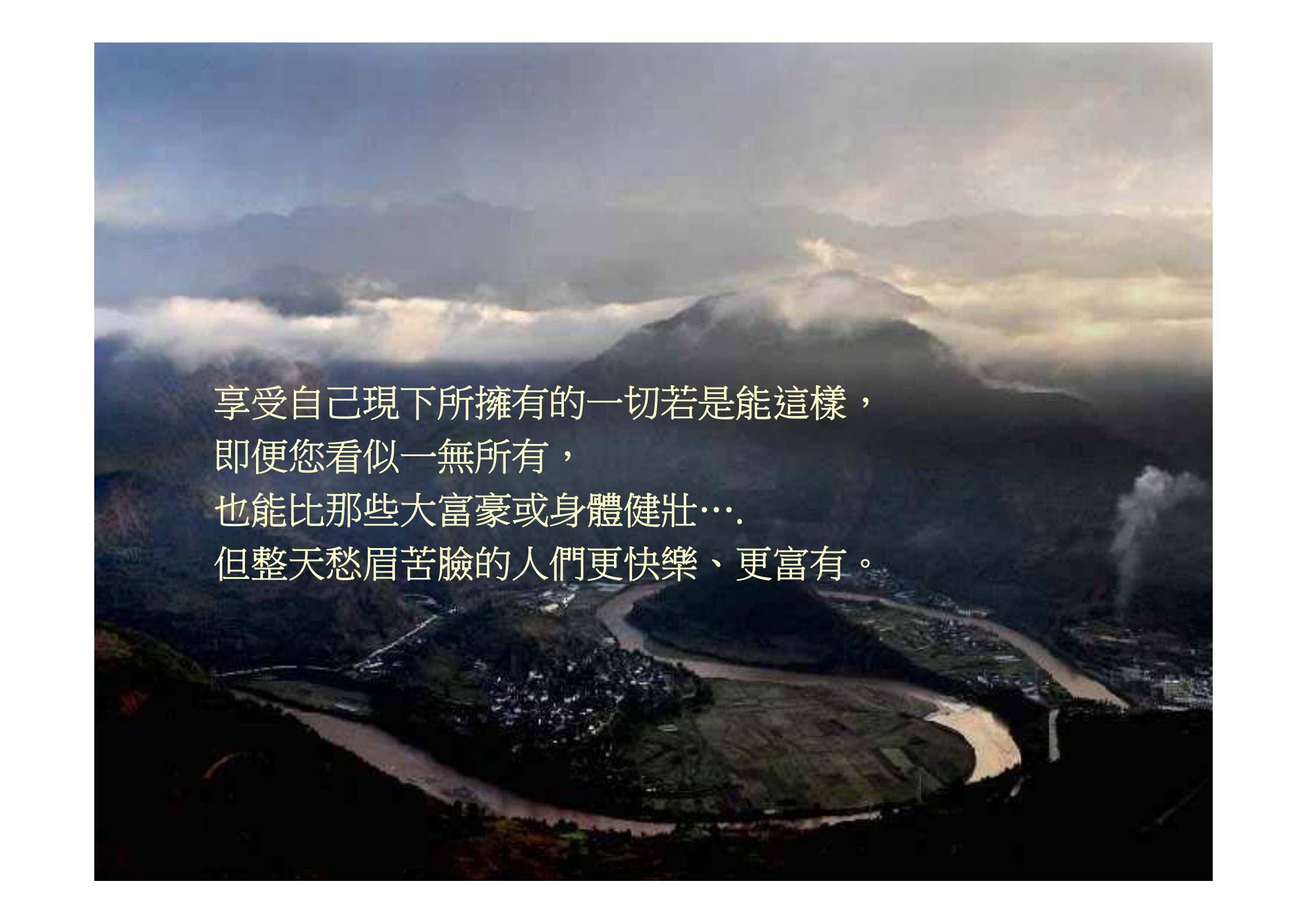
《聖經》曾形容一些聰明人：

『似乎貧窮，卻是富足的；
似乎一無所有，卻是樣樣都有的。』

可不是嗎？

A photograph of a sunset over a beach. The sun is low on the horizon, casting a warm glow across the sky, which is filled with soft, colorful clouds. The foreground shows a sandy beach with several pieces of weathered driftwood scattered across it. In the distance, a line of palm trees is visible against the horizon. The overall mood is peaceful and contemplative.

幸福，不在於您擁有多少事物，
乃在於您用怎樣的態度去看待。

An aerial photograph of a river valley. The river is a prominent feature, winding through the landscape. The valley is filled with green fields and some buildings. In the background, there are mountains partially covered in mist or low clouds. The sky is overcast with soft, diffused light.

享受自己現下所擁有的一切若是能這樣，
即便您看似一無所有，
也能比那些大富豪或身體健壯…
但整天愁眉苦臉的人們更快樂、更富有。

A scenic landscape at dusk or dawn. In the background, a range of dark mountains is silhouetted against a pale, hazy sky. Below the mountains, a town or village is visible, with some lights glowing. The middle ground is dominated by a large, misty or foggy area that obscures some details. In the foreground, there is a dark, textured field, possibly a vineyard or a similar agricultural field, with rows of plants or structures visible. The overall mood is serene and contemplative.

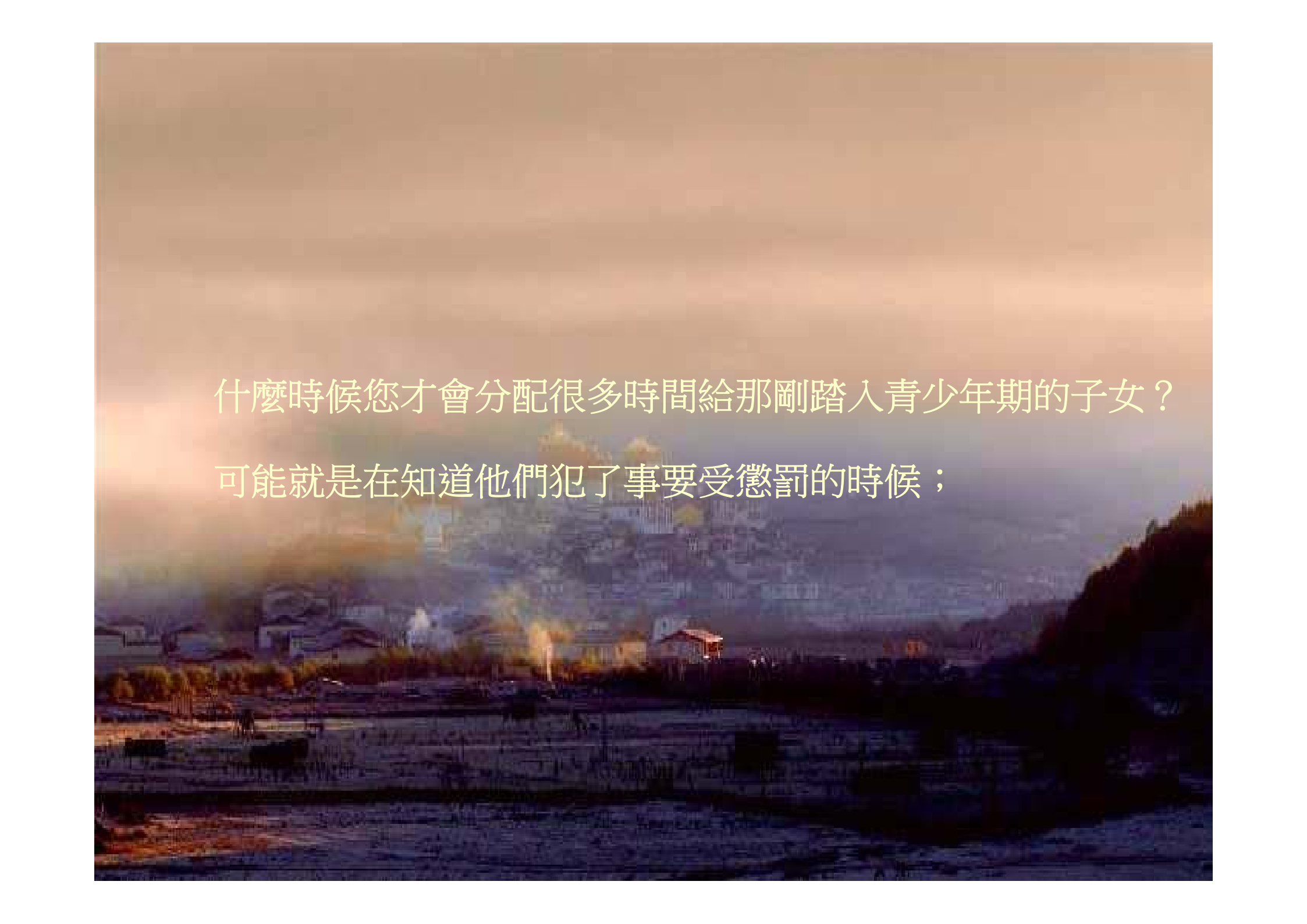
逆境是一種祝福

什麼時候您才會關心自己的健康？

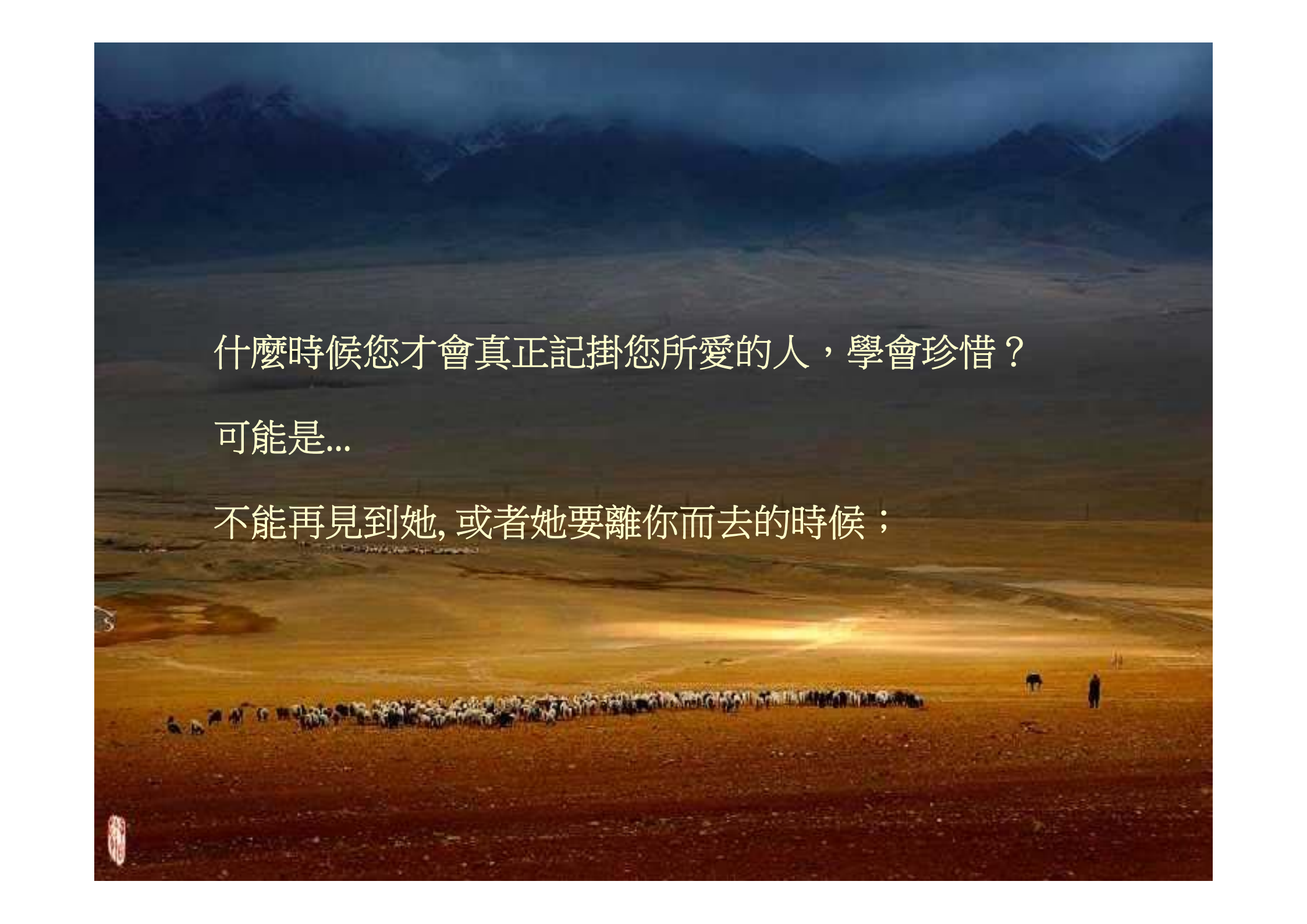
可能就是當醫生對您說您的身體機能已經壞透了的時候；



什麼時候您才會認真考慮顧客的需要？
可能是您的生意一落千丈的時候；

A scenic view of a town built on a hillside at sunset or sunrise. The sky is a mix of orange, yellow, and blue. The town is illuminated by warm light, and a river flows in the foreground. The overall mood is peaceful and contemplative.

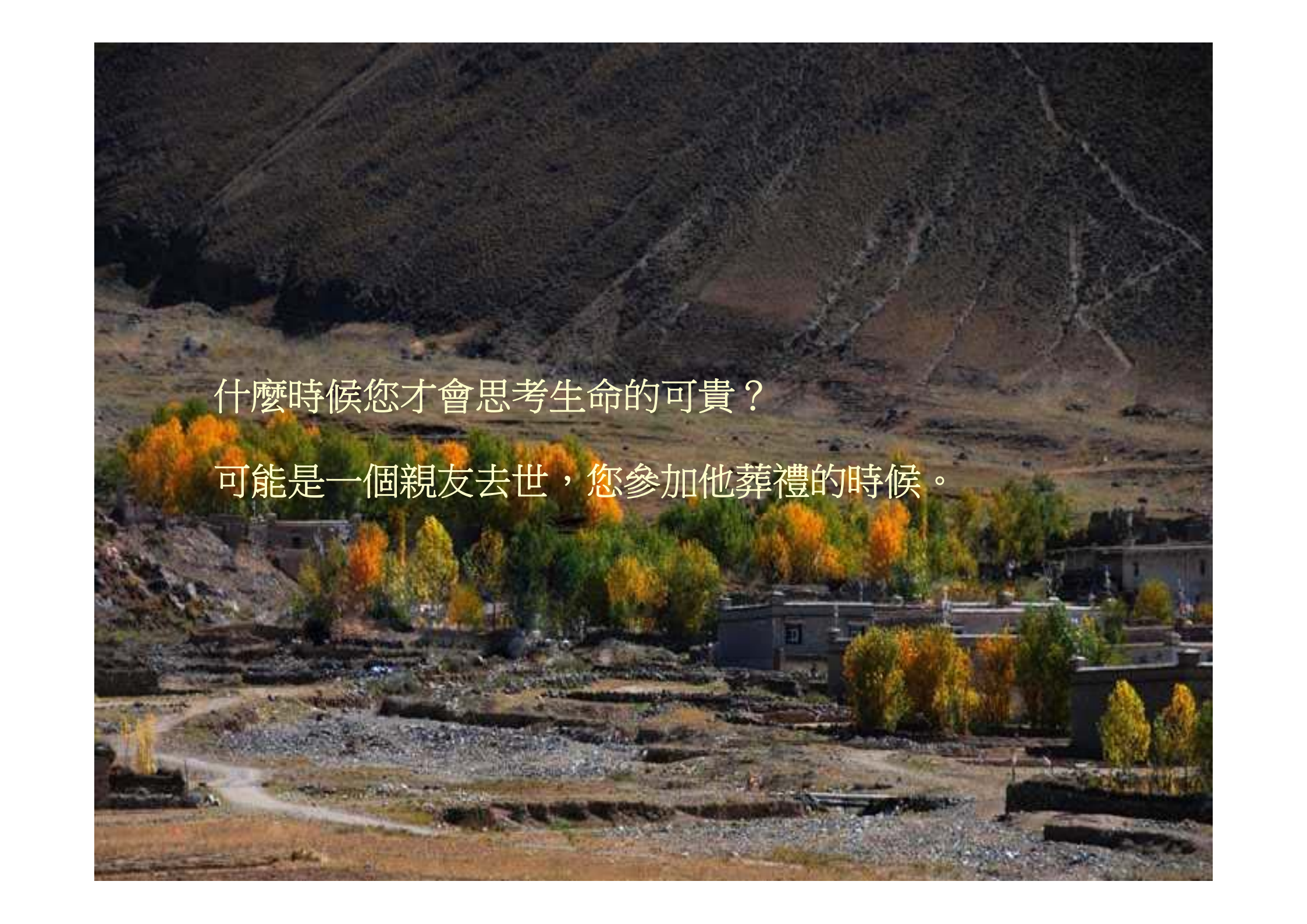
什麼時候您才會分配很多時間給那剛踏入青少年期的子女？
可能就是在知道他們犯了事要受懲罰的時候；

A wide-angle photograph of a vast, open landscape, likely a tundra or high-altitude plain. The foreground is a reddish-brown, textured ground. In the middle ground, a large herd of sheep is gathered in a line, facing away from the viewer. To the right, a few people and a horse are visible. The background features a range of dark, rugged mountains under a dramatic, cloudy sky. The lighting is warm, suggesting the sun is low on the horizon, creating a golden glow across the scene.

什麼時候您才會真正記掛您所愛的人，學會珍惜？


可能是...

不能再見到她, 或者她要離你而去的時候；




什麼時候您才會思考生命的可貴？

可能是一個親友去世，您參加他葬禮的時候。




您可能常常向上帝悲嘆的埋怨：
「為什麼要給我這種打擊？」
也許，您應該用另一個角度來看，
在逆景中，
冷酷無情的不幸確實是帶來了無可彌補的損失，
但悲劇的背後卻潛藏了偉大的治療力量，帶引出改變。



逆境是什麼？

嘗試改善你的想法時，逆境都可以是一種祝福：




1. 每一件事背後均隱藏著了正面的意義，
當我們有這個信念，
許多行為都變得善良了，
而不會認為一個犯錯的行為就代表身處絕境。



2. 不要只計算已失去的東西，數數還剩下的東西；

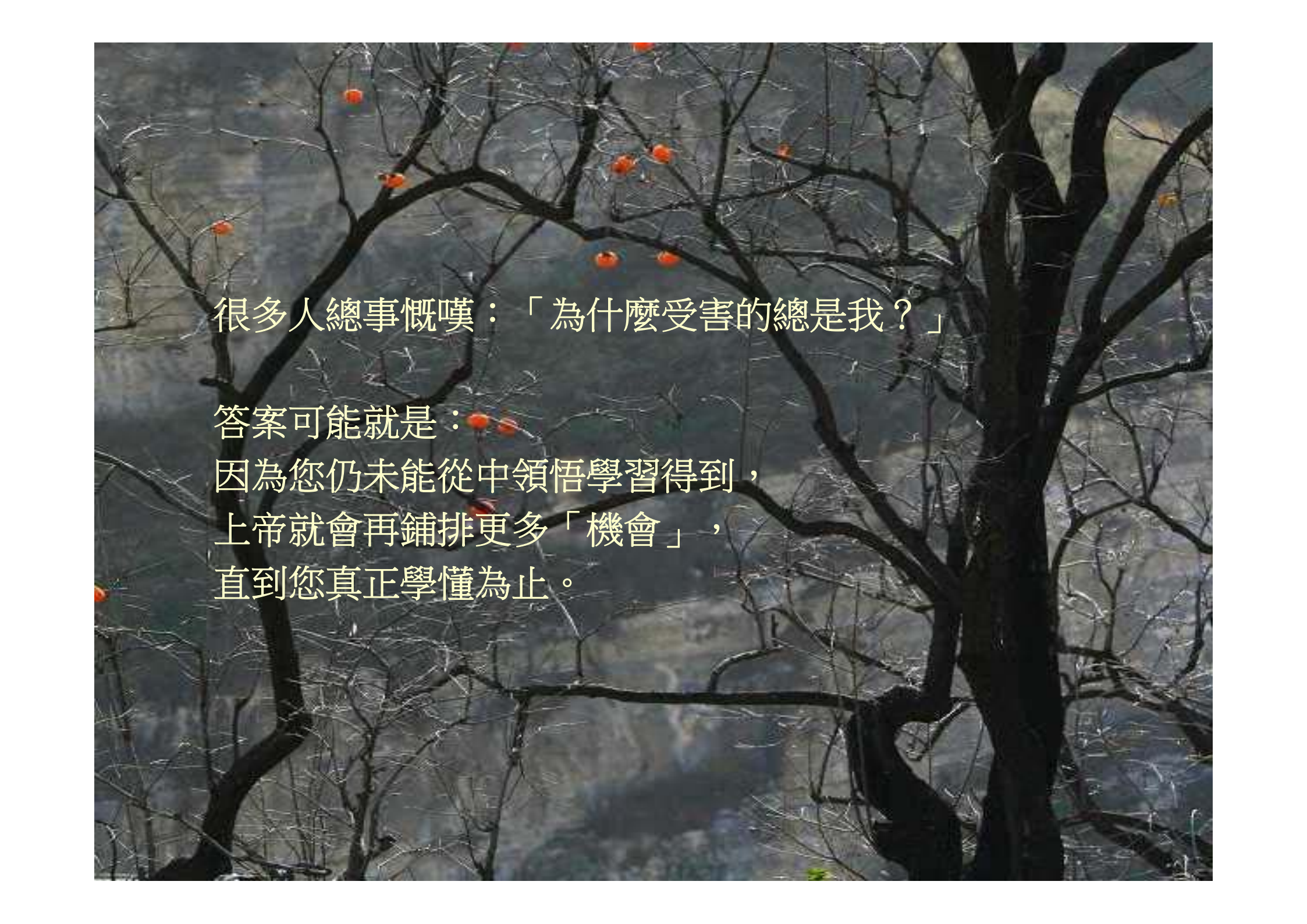
如果不幸身上的一半金錢掉到深海中，
別企圖跳下水中把它全數尋回，
這會弄跨您的性命。
數數您還剩下的另一半，
想想如何更好保護剩下的，
認真檢視當中學會了什麼，
再深思如何運用這些已有的來做得更好。

A winter landscape with snow-covered hills, a small wooden house, and a church-like building under a sunset sky. The scene is serene and quiet, with the sun setting behind the mountains, casting a warm glow over the snow. The sky is a mix of orange, pink, and blue. The snow is deep and covers the ground, hills, and rooftops. The buildings are dark and stand out against the white snow. The overall mood is peaceful and contemplative.

3. 每一次經歷都是學習的機會

西洋諺語說：

「不幸的事情總會不斷重演，直至有所領悟為止
(A lesson is repeated until learned)」。



很多人總事慨嘆：「為什麼受害的總是我？」

答案可能就是：
因為您仍未能從中領悟學習得到，
上帝就會再鋪排更多「機會」，
直到您真正學懂為止。

A photograph of a person carrying a basket on their shoulder, walking through a forest at sunset. The scene is silhouetted against a bright, hazy sky with rays of light filtering through the trees. The person is in the lower right, and the trees are in the foreground and background.

完