



## Buddism Attitude of Life

Is the Buddhist way of life about not fighting, not insisting, waiting for fate and feeling cheerful?

According to The Encyclopedia of Virtual Communities in Hong Kong (香港網絡大典), the term "Buddhist Lifestyle" (佛系) first appeared in a popular Japanese magazine to describe men who live life with ease. Until 2017, the term was widely used by mainland netizens to describe a lifestyle attitude that sticks to the status quo and disregards the world's demands. It gradually developed into a social and cultural phenomenon, deriving the terms "Buddhist males," (佛系男) "Buddhist females," (佛系女) and "Buddhist youth" (佛系青年).

This way of life seems to require no effort or responsibility – "It doesn't matter, it's all up to fate." It appears to be an attitude characterized by negativity and avoidance. In today's fast-paced generation, every second must be fought for and everyone must be compared to. Therefore, incorporating this attitude into our daily lives actually allows us to live in the present and practice "mindful living."

The philosophy of Mindfulness comes from the Dharma, and is a way of living that focuses on the current moment without judgmental thinking. In other words, it is about "living in the present." Regardless of religion, it is a helpful type of training and wisdom.

Living in Hong Kong where stress is everywhere, mindfulness not only promotes mental health, but also has significant benefits in psychotherapy to treat problems like depression and anxiety. The Chinese University of Hong Kong Medical School conducted a study between 2014 and 2015 on this topic. Among depressed patients, those who adopted mindfulness practices paired with happiness activities had significantly alleviated symptoms. The rate of those cases evolving into major depressive disorders was also half of the patients who were solely monitored by doctors and counsellors.

Common mindfulness practices can include:

1. Mindful breathing: Focus your mind on breathing and be aware of your slow, orderly breathing rhythm.
2. Body scanning: First use mindfulness to breathe calmly and then focus on all parts of the body without criticism.
3. Mindful walking: When walking, focus your mind on your five senses and pay attention to your pacing.

In fact, mindfulness and a "Buddhist lifestyle" can be practiced at any time. When you live life without demands and follow your heart, regardless of whether fate is approaching, your heart can naturally be at peace.

## LEAP 是指：

**L** eading Personal Effectiveness  
發展人才  
**E** nhancing Family Cohesiveness  
凝聚家庭

**A** chieving Team Success  
卓越團隊  
**P** romoting Corporate Wellness  
促進企業健康

## Emotional Management

Mr. Lo decided to meet with a counsellor because he was worried that his high blood pressure would continue to worsen. At their first session, Mr. Lo spent the first 35 minutes of the interview telling the counsellor about his fears and worries about his physical condition. He was catastrophically thinking that his situation would cause him to have a stroke in the future, which would affect his activity ability, self-care ability, and even his family's economic situation after he passes away from his illness...

When the counsellor tried to further understand Mr. Lo's blood pressure situation, Mr. Lo suddenly raised his voice and became very emotional. He stated that in addition to the above, another reason why his blood pressure was surging was because of a colleague with whom he had worked for 30 years. This colleague often made his heartbeat and blood pressure rise unexpectedly. Mr. Lo indignantly criticized his colleague's behavior, such as being irresponsible, gossiping, and starting rumors.

Seeing that Mr. Lo's emotions were heightening, the counsellor invited him to do a simple 10 minute calming exercise on the spot. Mr. Lo was to quietly observe his own breathing without criticism and purely accept his current state - "If your breathing is slow, then accept that it is slow; If your breathing is fast, then accept that it is fast." Within 5 minutes of this exercise, Mr. Lo gradually calmed down.

Mr. Lo shared his wonderful experience with the counsellor. It seems that he had never been able to let himself out of a violent emotional state this quickly before. Later on, Mr. Lo regularly arranged time to quiet down. Although the colleague who surged his blood pressure did not make any changes, he became less of a nuisance in Mr. Lo's eyes. His worries about the future also seemed less daunting. The process of quieting down allowed Mr. Lo to gradually learn how to live in the present, to "let go of the past and not to worry about the future." Due to changes in his emotional condition, Mr. Lo's hypertension also greatly improved.



### Life will always give you the answer

An adventurer encountered an old woman who was worried about crossing a river.

The exhausted adventurer helped the old woman cross the river using all of his strength.

However, the old woman did not express any sign of appreciation after successfully crossing the river. Her heartlessness completely broke the adventurer's heart...

The adventurer regretted his decision. He felt that it was not worth exhausting his strength to help the old woman, because he did not even get the words "thank you" in response.

A few hours later, as the adventurer was too tired to move, a young man caught up with him.

The young man said, "Thank you for helping my grandmother. She asked me to bring you some things and said that you would need them."

The young man took out some canned food and even gave him his horse.

It has been said, "Don't feel rushed to find all the answers in life, and don't rush life to give you all the answers. Sometimes, you have to wait patiently for the good things to catch up."