

Path to Moral Excellence Personal Growth : Being Broad-Minded

Understand the objective constraints; learn to face failure and frustration



Story : "Ding Fengbo" by Su Shi

1. Learn from a Story

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Story adapted from (Yuan Dynasty) Biography of Su Shi, *The History of Song Dynasty* (by Toktoghan)¹

¹ Information: The History of Song Dynasty

The History of Song Dynasty, one of the "25 dynastic histories", was compiled by Toktoghan and others during the final years of the Yuan Dynasty. It is about the three hundred and twenty years of history of the Song Dynasty, including achievements of the emperors, social policies and natural phenomenon, records of big events in the past, description on people with different social status; and the relationships between Liao, Xia, Jin and Yuan. It is the book with the richest contents amongst the 25 dynastic histories. The voluminous work and its detailed descriptions gave the book a high academic value.

2. Let Us Discuss

- 你猜蘇軾經歷入獄、被貶官的挫折後，心情是怎樣的？他是怎樣面對的呢？
- 蘇軾雖然仕途失意，但他以寫文章抒發不快，你認為這樣做有效嗎？為甚麼？這給你甚麼啟示了嗎？
- 遇到失敗或不如意的事，有人會自怨自艾，有人會處之泰然，你認為這兩種態度會給自己或事情各帶來甚麼樣的影響呢？
- 「山重水複疑無路，柳暗花明又一村」這句話甚麼意思？你在失意時有沒有「希望再現」的喜悅呢？試跟同學分享一下。

3. Quotations from the Classics

(宋) 蘇軾《浣溪沙》
(Song Dynasty) *Huan Xi Sha* (by Su Shi)

誰道人生無再少？門前流水尚能西。休將白髮唱黃雞。

(Who says we would never experience the strength and robustness of our teenage years again? The river in front of the door keeps running to the west. Therefore we have no excuse to be pessimistic as we get old.)

(漢) 劉安《淮南子·汜論訓》
(Han Dynasty) Chapter "Fan Lun Xun",
Writings of Prince Huainan (by Liu An)

失之不憂，得之不喜。

(Never worry too much about the things that we have lost, nor be overjoyed for the things that we have gained.)

(宋) 陸游《遊山西村》
(Song Dynasty) *You Shan Xi Cun* (by Lu You)

山重水複疑無路，柳暗花明又一村。

(Life is as complicated as a path that passes a series of mountain ranges and meandering rivers. Keep walking along it, and you will finally come across new beautiful scenery that is full of willow trees and flowers.)