





# R Lifestyle

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# R 生活

# R Lifestyle



人们的心灵特质、生活习惯、消费方式,都会对自身和环境产生影响,结果的好坏,全在于每个人所做的选择。

消费时代,人们不断强调以自我为中心的生活方式,追求个性、自在,随心所欲。对周围漠然无视,甚至破坏环境来满足自我所需。

我们要做懂得自我管理的人。自律、自省,以约束为前提地追求自由的生活,拒绝让自己变成欲望的被动者。

人类既是环境问题的制造者,也是环境问题的受害者,更是环境问题的解决者。所以,我们一定要以实际行动,为自己和子孙后代保护好生存环境。

我们倡导R生活方式, Refuse拒绝, Reduce减少, Reuse重复, Repair修复, Recycle循环和Return回归!

我们就是要内心平和,质朴简约,与外和谐地过好每一天。R生活方式,它不仅会帮助我们提升生活的质量,更会提升生命的品质。

从今天起,我们一同体悟R生活方式吧,来培养一个良好的行为和习惯,把这种好,点点滴滴渗透到生活当中去,让生活更加美好,使人生更有意义!

One's temperament, lifestyle choices and consumption patterns influence both themselves and the surrounding environment. Our choices determine the consequences.

In the age of consumerism, we constantly place ourselves above the others, living as we please and freely, without much care or concern for others. We disregard our surroundings, and even destroy the environment to satisfy our desires.

We need to learn to manage ourselves properly, ending our selfishness and inconsiderate actions, through self-discipline and self-control, as well as being mindful of our behaviours.

Human action results in adverse climate changes. We are directly affected by these changes and we are the ones to resolve them. Therefore, we need to take action now, to ensure sustainability of the Earth, for ourselves and for our children.

J.O.E recommends the R lifestyle, living with Refuse, Reduce, Reuse, Repair, Recycle and Return in mind!

You can attain inner balance, and live each day to the fullest through the R lifestyle. This new lifestyle will surely help you to improve on your standards of living and the qualities of life.

Starting today, let us embark on the journey to explore the R lifestyle, cultivating a better routine and habit in our daily life, spreading this goodness to our friends and families and improve the meaning and purpose in all facets of our lives.

# R 生活 Refuse 拒绝

生活中我们不经意地添置了太多不需要的物件,不仅给自己带来烦恼和负担,也制造出非常多的废弃物。所以,要懂得欲望和需求之间的不同,做到按需所取,适量适度。让我们学会拒绝。拒绝使用一次性的塑料用具,如餐具、吸管和塑料袋。拒绝浪费食物和浪费资源。拒绝对环境造成破坏的行为。

At times, we clutter ourselves with too many unnecessary things that brings about more burden and worries to our lives, and at the same time, creating wastage. Therefore, we need to distinguish wants, needs and make decisions only to fulfil our needs. Learn to refuse disposables, such as single-use utensils, plastic straws and plastic bags, refuse food and resources wastage, as well as refuse take-away to reduce the damage to our environment.

# R 生活 Reduce 减少

人总是在不知不觉中积累了很多的压力和烦恼。那么,我们一定要找到一种适合自己的方式,来减少内心的压力,减少负担。据科学家实验证明,每天设定一个静坐的时间,来放空自己可使内心变得平静。或每天在空气清新的自然环境中徒步一个小时,明显可使人的心胸开阔、体质增强。或坚持每周去游泳一两次,就会让人消解压力,性情变得积极向上,变得自信。

我们周围有很多人习惯用购物的方式来缓解压力和焦虑。这是因为当内心不满足,缺乏安全感时,我们往往会变得六神无主,而导致了行为的盲目。不理性的消费给生活添置了太多不必要的东西。

只有当你内心平静,淡定自如时,才能看清什么是你需要的,才能明白什么是真正符合你心意的事物。减少多余的负担,就是在减少烦恼和束缚,更是在减少浪费,减少对大自然的破坏。

Very often, we are troubled by stress and burden without us knowing. As such, we need to find a sustainable way to live, to reduce the stress and to lighten our burden. According to scientific research, by setting aside some time to sit still peacefully, we could alleviate the feelings of anxiety and calm our mind. Alternatively, we could go for a brisk walk to improve our immunity and health. A swim once or twice a week would also reduce our stress levels and allowing us to become more confident.

In this new age of consumerism, many people find ways to reduce stress through spending or what we call the 'retail therapy'. This could be a result of us not satisfied with our current conditions and lacking sense of security. As a result, we become oblivious to our own mindless expenditures. By buying things that we do not need, these mindless expenditures in turn, mess up our lives even further.

You can clearly identify the things that you need, and the things that you truly love, when you have a peaceful mind. Reducing the unnecessary burden, cutting down on unwanted waste help to improve our mental condition and ultimately prevent our environment from further degradation.



现代化生活中充斥着许多一次性用品:一次性餐具、一次性塑料袋等等,它们虽然给人们带来了短暂的便利,却严重的污染了环境。而且,物品用过后被丢弃,也是资源的浪费,并产生很多开销。

细心观察,开动脑筋,你便会发现生活中,有很多物件我们可以重复利用,赋予它们第二次生命,物尽其用。我们建议大家出行时,带上可以反复使用的毛巾、水杯、饭盒、餐具和环保袋,这样既安全卫生、又能避免使用一次性用品,还能从很多细节处省钱。

时间都去哪了?大家都很熟悉这句话。人一生的时间是有限的,而在有限的时间内,比如一个月或是一年内,我们所能创造的价值是恒定的。大家有没有仔细想过,在不知不觉中,我们辛勤工作得来的酬劳都去哪了呢?重复利用物品,不仅有利于环境保护,又可以节省开支,何乐而不为呢?

Our contemporary modern life is loaded with copious disposable items: from tableware to plastic bags. They bring temporary convenience to people but leave long term environmental impact. Moreover, these items are discarded after use, which is a waste of resources and generates a lot of unnecessary expenses.

You will discover through mindful observation that there are many objects we can reuse in our daily life. We can give these items a second life and make the best use of it. Our recommendation is to carry with you the following reusable items daily, a towel or a handkerchief, a water bottle, a lunch box, a set of cutlery and an environmentally-friendly tote bag. While ensuring better hygiene and food safety, we are also reducing the usage of disposable items and make better use of money and resources.

Many would ask, 'where has the time gone to?'

Our life is short and the value we can generate within a constrained time is proportionate to the amount of effort we are putting in. You may wonder where did the rewards of our hard work go unwittingly. Think about it, could it be related to our spending pattern?

Reusing items is not only beneficial for the purpose of environment protection, it is also cost-saving. So why should we wait?



# R 生活 Reuse 重复利用

赋予第二次的生命  
Giving a second life



## R 生活 Repair 修复

生命,在不息的循环中,有消耗的疲劳就有自然的修复。特别是在生活中,主观的修复是人们不可缺少的重要部分。小到一根头发,大到自然环境,以及我们人生中的点点滴滴,都离不开修复。

东西用久了,就会有磨损,请不要急着丢掉,我们需要耐心和智慧,一定有能力使一个旧的物品重获新生。我们不仅节省了开销,又可以节省资源。

修复文物古迹,是要让后人铭记历史,从中体悟历史的沧桑和时间的记忆。修复文化传统,是为了让民族精神,世世代代传承下去。修复关系,是为了让全世界和平共生,让人们亲情、爱情和友情变得更加美好。修复人生,是为了照亮心路,在逆境和坎坷中催人觉醒,教人奋进。修复环境,是为了让我们拥有美丽,和谐,幸福的家园。

In the endless cycle of life, it is natural to feel fatigue and the need for replenishment. Repairing items is an indispensable part in our lives. From as tiny as a strand of hair to the enormity of the natural environment, every bit and piece of our lives is inseparable from restoration.

Things are bound to wear out upon prolonged usage. Please don't rush to throw them away. With patience and wisdom, we could use our ability to rejuvenate, saving money and resources.

Restoring cultural relics and historical sites will allow future generations to remember and understand the vicissitudes of history. The restoration of cultural traditions allows national spirit to be passed down from generation to generation.

A restored relationship gives rise to a peaceful and harmonious world, which in turn improves people's friendship, affection and love towards each other. The purpose of restoration also awakens our mind and prepares us to be determined and persistent in times of hardship. The reparation of the environment bestows upon us a beautiful, harmonious and happy home.

## R 生活 Recycle 循环

Everything in nature is constantly undergoing evolution. Rain falls to form streams and rivers and eventually merge into the oceans. Seawater evaporates to form the clouds, then condenses to return to the ground through rainfall. Similarly for humans, the birth of a baby, under the care of his parents, grow up to take over the role to provide care to his elderly parents. This is the circle of life and the cycle of love.

The natural resources on earth are limited. If we do not develop and utilise them efficiently, they will be exhausted in the very near future. Therefore, we must recycle and reuse to relieve the pressing problem of depletion of resources to benefit humanity.

Recycling transforms processed waste materials into new supplies and products. Plastic, glass, paper, battery, and aluminium products are good recyclable materials. Responsible recycling of material not only conserves our natural resources, but also minimises the damages done to the environment. Moreover, this will help us save a significant amount of money.

Did you know? The energy saved from recycling an aluminium can, compared to making a new one from scratch, is enough to power a 100 watt bulb for 20 hours, or a computer for 3 hours.

People are the foundation of our society and love interconnects every being in this world. Although each of us is an independent entity but collectively, we form the community. Not only must we uphold self-worthiness, we must also spread the legacy of love, care and warmth to everyone in the society.

自然万物,时时刻刻都处在循环演变中,不断地进化发展。雨水飘落在河川,河水奔流向海洋,海水升华上云端,又化成雨水还给了土壤,就这样往复循环。人也如此,从一个呱呱坠地的婴孩,在父母悉心地照顾下,长大成人,然后再赡养年迈的双亲,这是生命的循环,也是爱的循环。

地球的资源是有限的,如果我们不加以合理开发和利用,不久的将来,便会使之消失殆尽。所以,我们要通过资源的重新组合,循环再利用,缓解资源危机,为人类造福。

循环再生,就是把废旧物品收集整理好后,再经过加工处理,成为再生资源。生活中,像塑料、玻璃、纸张、电池、铝制品这些物品,都是很好的再生资源。合理地利用好它们,不仅可以节省自然资源,减少对环境的破坏,更能为我们节省很多开支。你知道吗?回收一个铝罐节省下来的资源,可提供相当于一个100瓦的灯泡工作20小时,一台电脑工作3小时的能量。

我们生活在一个以人为本,以爱相互连接的世界里。每个人都是独立的,但不可或缺的重要部分。我们不仅要实现自我的价值,同时也要发光发热,把爱心、关怀、温暖和感动在这个社会中不断循环和传递下去。



# R 生活

## Return 回归

宇宙中的万事万物, 各有其位。  
鸟儿的归巢、落叶的归根,  
赤子的归心, 一切在悄然声息地回归到原点。

而每一个生命也只有物归其位, 才会有条不紊, 进入正轨, 良序地、平衡地发展。

人生路长, 几易迷途。人在生活中感到迷茫, 是因为忘记了初心。只有回归到最真实、最简单、最少杂念的自己, 做到身心统一, 知道自己努力的目标和方向, 才能消减烦恼, 使自己拥有源源不断前进的内在力量和主观能动性。

在这个快节奏的现代社会中, 守住本道, 主宰人生, 我们才不会被时代消费掉。用心做好力所能及的事情, 做到专业精深。始终心存善念, 追求良善美好, 让自己成为发光发热之源, 用善爱和温暖感染身边的每个朋友, 照亮整个社会!



Life is long journey and it's easy to get lost. People get confused when they forget their purpose in life.

Only by returning to the simplest, most authentic and most tranquil self, then can we achieve unity of our physical body and mental mind, identify our directions and goals, minimise our anxiety and have the strength and motivation from inside out.

We must hold our ground, take control of our own lives in order not to be ousted in this modern, fast-paced society.

Do your best in what you can and be proficient. Always bear kind thoughts, pursue goodness and allow yourself to be the inspiration of your peers with genuine love and warmth to improve our society!



Everything in the universe has its place.

Birds returning to their nests, leaves falling to the ground, travellers returning home.  
Everything returns peacefully to its origin.

It is only when we have found our true place in the society, then, would live our life in an orderly, balanced manner.

# R 生活 Respect 尊重

人类文明社会中,礼仪、礼节无处不在。尊重就是以最高的重视程度和最高的用心态度去接人待物。

Manners and etiquettes are an essential part of human civilisation. Being respectful is to treat people with dignity and good intentions.

我们必须要有仪式感,要懂得祭神如神在,我们坚信心诚则灵。尊重就是人与人之间彼此的真诚相待。给予对方理解和包容,用这样的程度和态度,对待他人,也将收到相应的回馈,礼尚往来。这就是我们常说的,尊重他人就是尊重自己。

生命是短暂有限的,只有尊重生命才会重视生命。人与人之间的交往,就是要互相关爱,互相给予,互相帮助,互相支持,互相担待,互相包容。以一种和平、平等的心态,尊重他人的人格,尊重他人的劳动成果。

朋友间相互尊重、讲究,友谊才能永续。夫妻间相互尊重,相濡以沫,家庭才能和睦幸福。民族之间、宗教之间、国与国之间相互尊重,才能有人类的和平。尊重彼此,尊重万物,我们追求的不仅是人与人之间的和谐,更是追求人与大自然的共存共生!

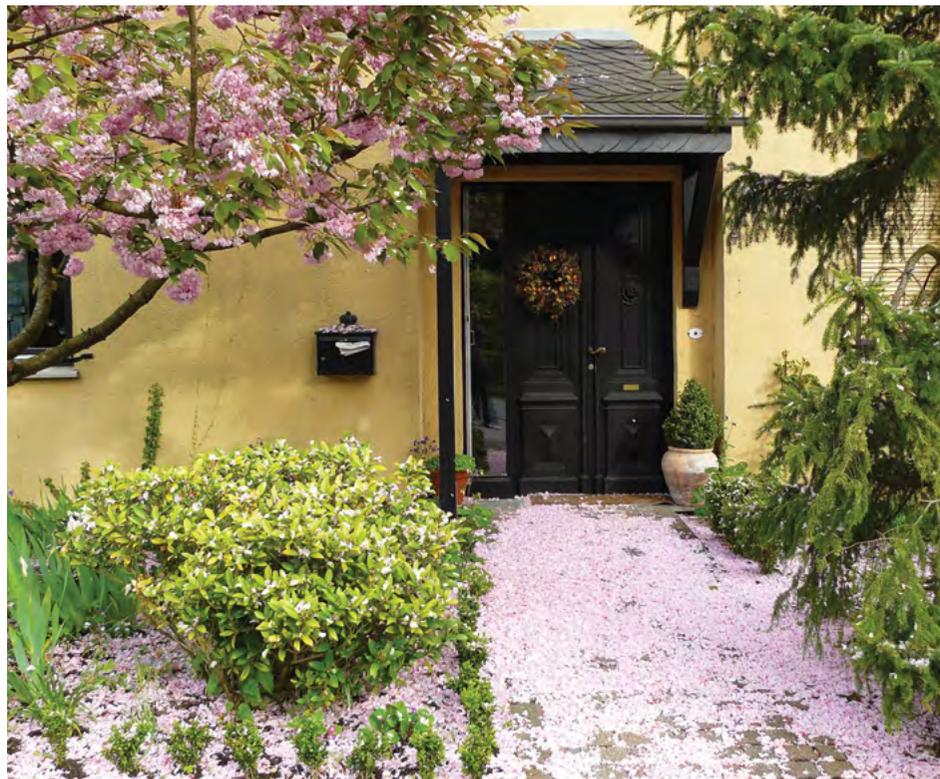
We must have a sense of ritual, confidence, sincerity, and respect towards all beings. The most earnest treatment towards others is through respect. Being understanding, tolerant, and giving others the same level of manners as to oneself earns the mutual respect in return. This is the common saying, 'respecting others means respecting yourself'.

Life is short, we need to cherish our life with respect. The interaction between people is mutual, we must learn to love, to give, to help, to support, to treat, and to compromise with one another, and to respect one's character and hard work.

Friendship is sustained through mutual respect and there can only be a harmonious family when both husband and wife respect each other. Peace of mankind can only be achieved through respecting individual culture, religion and nationality. Learn to respect everyone and everything, pursue harmony between people, and attain coexistence with the nature!



# R 生活 Remind 提醒



生活中, 我们处处都能感受到身边各种温馨的提醒和提示。

In life, we get all kinds of gentle reminders and indicators around us.

闹钟的铃声唤醒我们, 开始新一天的美好生活。

Awakened by the alarm, a brand new day begins.

天气预报提醒我们气候的变化, 做好出行前的充足准备。

The weather forecast reminds us of the change in weather conditions and prepares us for our road trips ahead.

交通行驶的途中, 明确的指示牌引领我们安全行驶。

The description on medicine reminds us the dosage for a speedy recovery.

药物的说明, 提醒如何正确地服用, 快速恢复身体健康。

Laundry care label reminds us of the correct method to wash our clothes.

洗涤的标签, 提醒正确的衣物洗涤方法。

各种环境主题活动, 提醒人们关注环境问题, 爱护家园。

Various environmental campaigns remind people to pay attention to and love the surroundings and our living space.

小小的善意提醒, 会改变一个人的际遇, 让我们彼此之间都能多一份善意的提醒, 使社会有序运转、关系更加和谐!

A small act of kindness, serves as a reminder, may change a person's life.

We should constantly give each other gentle reminders to bring better harmony and order to our society!

大千世界, 芸芸众生。万物皆有责任。责任是社会关系中, 人人之间信任的基础。在社会的舞台上, 每种角色都承担着一种责任。责任感, 则是衡量一个人精神素质、为人品质的重要标准。人人都应该具有责任感和责任心。否则, 一个人就不可能以最高程度去做事, 更不会用心地对待他人、他物, 不可能做出最好的结果。这就是愧对他人和自己, 虚妄一生。

作为子女, 我们必须感恩、关爱和孝顺父母, 尽所有的能力, 一定要让父母在人生中, 生活上衣食无忧, 精神上得到快乐和慰藉。

身为父母, 我们要担负起抚养和教育子女的责任。给予孩子宽容、理解、支持、鼓励。帮助他们从小养成良好的生活习惯, 做好他们的榜样, 教会他们做人的道理, 在走向社会后, 继续承担起他们必须要承担的责任。

作为夫妻, 我们应该理解信任、相互尊重、相互支持, 共同承担起养家和教育后代的责任。

职场中, 我们要对工作、对上级、对团队、对下级负责。要有事业心, 信守承诺, 善良宽容。要勇于承担责任, 敢作敢为, 有担当。行事有勇有谋、有礼有节, 品德高尚。

作为公民, 我们要承担相应的社会责任, 维护社会功德和道德操守。热心慈善和公益, 多行善事。作为国民, 要维护国家的名誉和尊严, 在自己的领域, 尽职尽责, 创造价值, 就是为国家作出贡献。

作为世界公民, 我们更是要爱惜唯一的地球, 保护和爱护环境, 为后代留下美好、安全的家园, 就是我们这一代人义不容辞的责任!

In the face of this vast world, every being has a role to play. Everyone has his own responsibility, which forms the foundation of trust between people within the society. Responsibility is an important criterion to measure one's personal quality. Everyone should have a sense of responsibility otherwise it is impossible for a person to treat other people and matters with the highest degree of modesty. We should try our best in doing everything in life.

Children must be grateful, caring and filial to their parents who strive to provide a comfortable and jovial childhood for them.

As parents, we have to take responsibility in raising and educating our children, through patience, understanding, support, and encouragement. Helping them to cultivate good habits at an early age, be their role model, instil moral principles and the sense of responsibility for the roles they will be playing when they step into the society.

Husband and wife should build mutual trust, respect, support and share the responsibility in raising a family and educating the future generations.

In the workplace, we have to stay motivated, keep our promises at work and be kind and tolerant to our superiors, teammates, and subordinates. Be assertive in taking responsibility and execute our job with courage, good mannerism and morality.

As citizens of a nation, we should shoulder the social responsibilities in life and work towards maintaining social merits and ethics. Be enthusiastic and spontaneous in doing charitable and voluntary work. No one should avoid safeguarding his own country's reputation and dignity, play a part and create value in his own field to contribute to his nation.

As a citizen of the world, we must cherish the one and only earth, protect and care for the environment, the home for our children. This is an inevitable responsibility of our generation!



# R 生活 Responsibility 责任



# R 生活 Right 正确

正确的教育是为了掌握知识,学有所用, 树立正确的人生观、价值观和世界观。 成就自己,造福社会。

正确的医疗体制,是以患者的实际情况、 心理因素为中心,找到最合适的治疗方案。

正确的运动方式,是为了促进身体健康、 改善机体功能、延缓衰老。使人一直保持青春活力。

正确的饮食习惯,是合理搭配营养,不偏食,不挑食。 千万不要为了满足口腹之欲,暴饮暴食。

正确的利用科技,是为了更好的人类福祉和发展, 而不是被利益驱使,服务于冲突和矛盾。

正确的利用森林资源,合理开发,是为了人们永续的美 好生活。不能追求短期的利益,不计后果地滥砍乱伐。

正确的倡导保护环境理念,是要觉悟人的认知, 改变不环保的行为,培养良好的生活习惯。

事物都有两面性,做出正确的选择才是关键。欲成事者 必须懂得正确行事,知行合一、主次分明、轻重缓急。正 确的思想意识,懂得把握天时地利人和,才能创造人与人 与自然、人与社会的和谐。

Education, provided rightfully, allows us to master the knowledge and apply it in our lives. It is vital to establish the right vision, values and view of the world, making ourselves useful and contributing to the society.

The correct medical procedure is to find the most suitable treatment based on the physical and psychological conditions of the patients.

The correct way of exercise promotes good health, improves bodily function and delays aging.

The correct eating habit is having a balanced nutritional diet. Not overeating to satisfy craving.

The correct application of technology is beneficial to all mankind and not being exploited by individual interests, or to inflict disagreement.

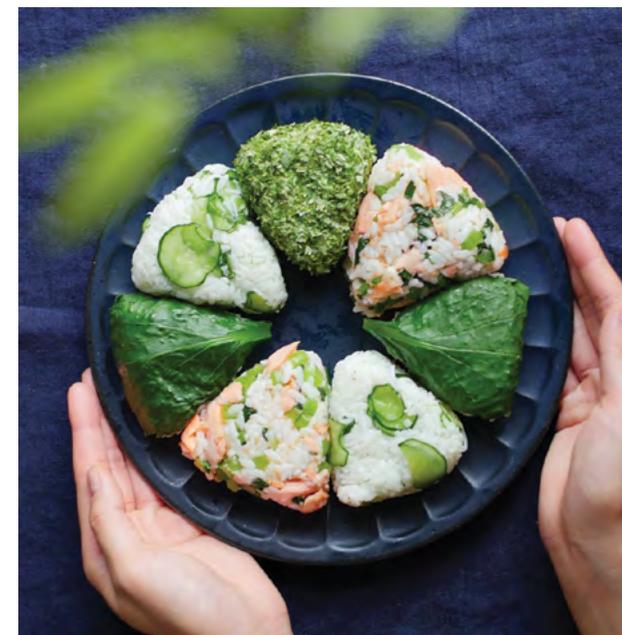
The correct and rational use of the forest resources create a better life for every earthlings. We should not pursue short-term interests by making reckless decisions such as deforestation and neglecting the possible devastating consequences.

Instilling a sense of environmental consciousness can effectively evoke one's mindfulness, helping to cultivate good habits and reducing our damage to the ecosystem.

There are always two sides of a coin, and making the right choice is the key. For those who want to be successful in life, they must understand when to act correctly and distinguishing priorities. Coupled with the right mindset, every right actions taken is the foundation to finding harmony between the nature, society and mankind.



# R 生活 Recharge 充电



## 您吃了吗?

曾几何时,这句问候语是人们之间互相打招呼的常用语。如果把这句问候语改成您充电了吗,您会如何回复?

现代生活的节奏飞快,生存竞争激烈,每个人都可能遇到“电量不足”的情况。人要适应这个环境,就必须拥有不服输、不气馁的精神,不断通过学习充电,积累资本,在短时间内迅速突破和提升自己。

结束了一天繁忙紧张的工作,回到家里好好的睡一觉,养精蓄锐,为的是更好地投入工作,这也是充电。有人回到家要做家务,教授孩子读书,或准备第二天工作上的事情,但仍会抓紧时间读书、阅读资料充实自己。但有的人却是沉迷于打游戏或看肥皂剧,不仅精疲力尽浪费了宝贵的时间,还得不到调整和休息,久而久之,便形成一种恶性循环,人和人的差距就在这些细微处拉开的。

当人情绪低落时,得到一语良言、一个宽慰、一个贵人的指点,都是充电。很多人在忙碌中,疲于生活,忽略了为自己充电的重要性。每个人都应有适合自己的充电方式,读书、运动、练瑜伽、学新知识、环游世界、参与环保公益事业等等。这不仅使自我身心得到放松和调整,也是为社会的正能量充电。

充电是给自己前行的动力,是内在精神的充实和安宁,是思想的前卫和丰满。充电是为了使自己用心和全力以赴对待事业和生活,在未来的道路上走得更好、更远!

## Have you eaten yet?

This greeting has become a common way to break the ice in the recent years. How would you reply if someone changed this greeting to 'have you been recharged?'

We are facing fierce competition for survival in this rapid, modern era. Anyone could encounter situation similar to a 'power outage'. To adapt to this environment, people must have the spirit of determination through constant learning to accumulate knowledge and capital, and to quickly break through by upgrading themselves in a short period of time.

After a busy day of intense work, a good night's sleep in preparation for another day of hard work ahead is another form of recharging after one returns home. Some people find time to enrich themselves even though they may have to do housekeeping, teach their children, or prepare for their work on the following day. Others may be addicted to playing games or watching soap operas. The latter is not only a waste of precious time, but also lack of enough rest and weakening the health conditions in the long run. This is how the hard-working ones, and those who are not, are differentiated.

A simple word of wisdom relieves one from bad mood. This is also another form of recharging. Many people ignored the importance of getting themselves recharged due to the hectic lifestyles. However, everyone should try to explore the most efficient method to recharge themselves, be it reading, exercising, practising yoga, learning, traveling, or even participating in environmental campaigns. These methods help to ease the mind and recharge the body with positive energy.

Recharging is the driving force for constant self-improvement, enrichment and inner tranquillity, as well as maintaining sharp reasoning and thoughts. Recharging allows you to put the best of yourself forward for a brighter future!

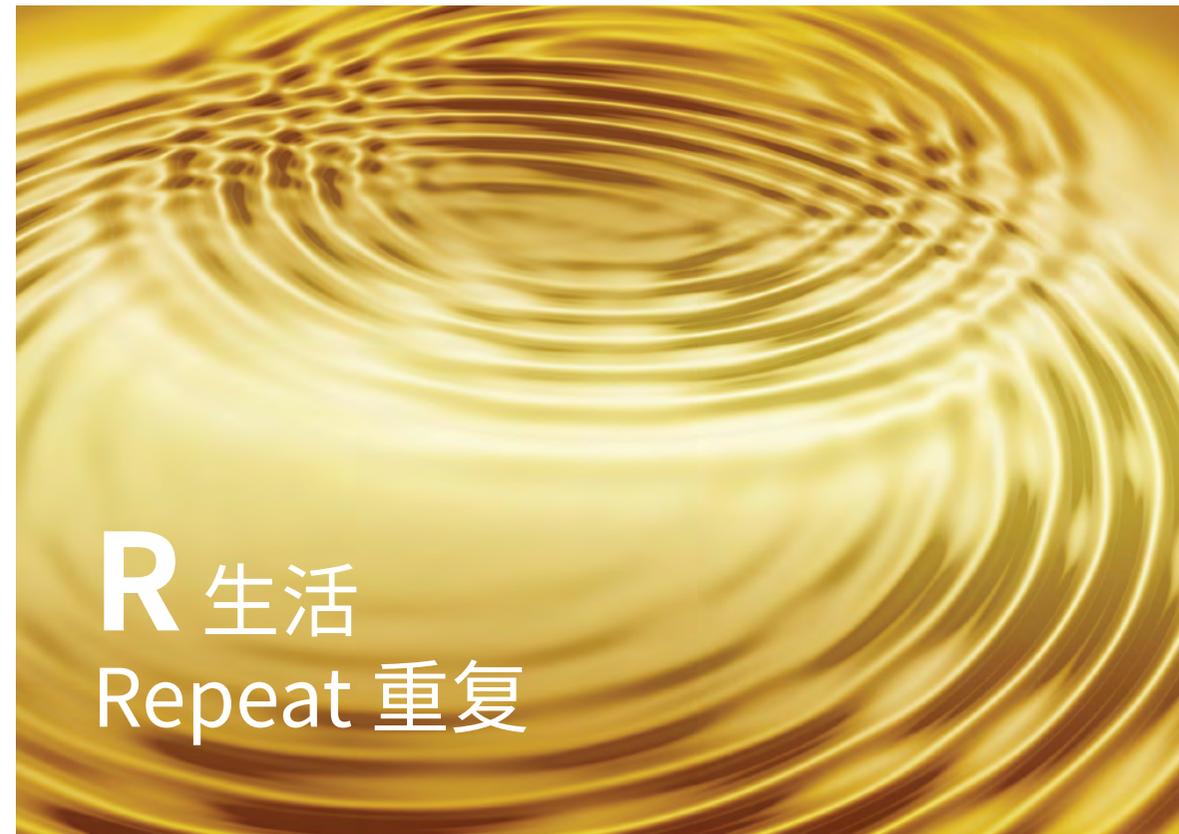
重复是一个熟练技能,把技能烂熟于心的过程,可以使陌生复杂变得得心应手。积跬步至千里是重复的结果,水滴石穿,创造以弱胜强的奇迹。

当你面对一个新的事物,只有不断地去重复基础的训练,才能逐渐适应它、了解它,并最终掌握它。经历不断的重复和积累,量变导致质变,你终将成为这个领域里出类拔萃的专家。

没有爱迪生重复的实验,就没有今天的万家灯火。没有爱因斯坦日复一日重复的演算,就没有今天的相对论。李小龙说,不怕练了一万种腿法的人,怕的是同一种腿法练了十万次、几十万次。愚公移山深刻地教育了我们重复的精神造就伟大的壮举。

匠人精神就是在重复中不断磨练技艺和沉静心神,精益求精,不断追求极致和完美,耐得住重复的枯燥无味,这是对人的意志最佳考验。只有在不断的重复中积蓄力量,才能最终呈现出来一部无与伦比的经典。

人们必须要不断重复善意和关爱,重复良好的行为和美好的情感,只有这样,社会关系才会进入良序的循环。好行为养成好习惯,好习惯就会塑造人的好性情,好性情最终决定人的好命运!



Repetition is the mastery of skills that turns complexity into manageable tasks. Like the Chinese proverbs saying, constant perseverance yields great success.

Every new encounter is a learning journey of gradual adaptation and mastery. By repeating the basic training consistently, quantitative changes will result in qualitative improvements, and you will eventually become an outstanding expert in that field.

There would be no lights today if not for the repeated experiments carried out by Edison. There is no theory of relativity without Einstein's relentless calculation day after day. Bruce Lee made a statement that we should be fearful of the one who practices 100,000 times the same stroke of kicking than one who practices 10,000 different kicking strokes.

The spirit of craftsmanship is to constantly hone the skills and learn to be calm during the process of repetition, withstanding the mundane and dullness of the process in pursuit of the ultimate perfection. This is the best test to evaluate the power of will. An unparalleled masterpiece can only be formed through accumulation of experience in constant repetition.

People must constantly carry out the act of goodwill and caring, the repetition of these good habits builds character and strengthens social relations, in turn, completing a virtuous cycle.

Good behaviour cultivates good habits, which helps to shape one's mindset, and ultimately determines one's destiny!



# R 生活 Rekindled 重燃

在人生逆境和挫折面前,你会选择失意沉沦,还是选择振作精神,重新面对命运的征途?请相信自己,勇敢坚强地选择后者,不向命运屈服,重燃起斗志吧!就像儿时学骑脚踏车那样,无论跌倒多少次我们绝不气馁,每次都会重新站起,再试一次,直到最终学成。

当我们年轻的时候,不论成功与否,只要心中有目标、有渴望,便会坚定信念,勇敢地去追求理想。生活中的强者,越是在遇到困境和无助时,越能够调整心态,重燃自信,面对挑战,勇往直前。很多人随着年华老去,失去了对生活的激情,任由时光流逝。但生命是宝贵的,我们要重燃青春、重燃对生命的热情,每一天都要在不断地努力追求中体验幸福。

朋友们,请把握好生命的当下,别让心灯熄灭,别让热情冷却,穷尽生命的每一种可能,释放自己所有的生命力。在挫折和困苦面前,在无情的岁月面前,勇敢起来,重燃生命的希望吧!

When facing setbacks in life, would you get frustrated or would you choose to revitalise your spirit and take up the challenges ahead? Please believe in yourself and choose the latter bravely. Instead of calling it your fate, try to rekindle the fighting spirit in you. It is just like learning to ride a bike in the younger days, no matter how many times you have fallen, you were not discouraged, you will stand up again and again, try harder until you finally master the skill.

When we were younger, we firmly believed in ourselves and our goals in life, courageously pursuing our ideas, regardless of its eventual success.

When facing distress in life, a powerful person is the one who can adjust his mentality, rekindle his self-confidence to face the challenges and move forward. Many people have lost their passion as they get older. But life is too precious to give up. We must rekindle our enthusiasm for life and continue to work hard for the happiness we desire.

Dear friends, please seize the moment in life, don't get discouraged and don't let your enthusiasm subside.

Exhaust every possibilities in life with all your vitality. Do not let the frustration and hardship in the ruthless years deter you, be brave and rekindle the hopes in you.

人类生存需要资源,社会发展需要资源。  
充分合理的利用好资源非常重要。

Resources are necessary for both human survival and social development.  
Therefore it is very important to make good use of them.

# R 生活 Resource 资源

时间就是生命,这是第一资源。在单位时间内,所做出的功叫功率。所以,我们在人生各个阶段,都要管理好和充分利用好时间资源,以最高的效率和最高的程度做事,所谓三十而立,四十不惑,五十知天命,人生才会成功。

健康的心态和健康的身体是核心资源。无论你做什么事,特别是在事业进展的关键时期,必须要有强健的体魄,充沛的精力和积极向上的心态去迎接挑战。所以,人必须要勤操劳,常锻炼,保持身心健康。

知识就是力量,是创造价值的源泉。在21世纪,一个国家战略地位的高低,取决于其科研能力、学校数量、受过高等教育的公民比重。知识是国家最为重要的战略资源之一,也是发展知识经济的关键。一个人拥有知识,与他成功的机率将形成正比。所以,大家每天读书和学习是多么的重要。

在社会中立足,取得事业成功,生活过得幸福,除了与个人自身实力有关外,人际关系和社会关系也极其重要。我们要精心经营好人际关系资源,多施人以善举。

我们所生活的地球,资源是有限的,像石油、矿藏等资源,最终将会使用枯竭。所以,我们必须科学、合理并节约利用好每一种资源,更要开发新能源和替换性资源,这样才能实现人类的永续发展。

Time is one of the most vital resources in life.

Power is defined by the rate at which work is done in a given time. Therefore, at all stages of our life, we must manage and make full use of time to do things with the highest level of efficiency and power. Just like one of Confucius 's sayings, 'At 30, be established, at 40, have no doubts, at 50, know the decrees of heaven' and that, is a secret of success.

A healthy mindset and body are the fundamental resources to us. No matter what you do, especially during the critical period of your career, you must have a strong mind, ample energy and a positive attitude to meet the challenges. Therefore, one must be diligent, exercise regularly, and maintain good physical and mental health.

Knowledge is the power and the source of value creation. In the 21st century, a country's strategic significance depends on its scientific research capabilities, the number of education institutions, and the proportion of citizens receiving higher education. Information is one of the most important strategic resources and the key factor to develop a knowledge-based economy. The rate of success is directly proportional to the knowledge that one possesses. Therefore, it is very important that we engage in lifelong learning.

To gain foothold in the society and achieve business success, it is extremely important to maintain good interpersonal and social relationships, on top of our own personal capabilities. We must carefully manage all relationships well and give more to others.

Natural resources on earth, such as fuel and minerals, are limited. We must regulate the use these resources economically for our sustainability and survival. It is also important to look into the use of alternative energy as a replacement to natural resources before the latter become exhausted.



# R 生活 Rule 规则

我们常说国有国法, 家家有规。制定规则、完善规则、遵守规则, 社会和事物才能有序发展。

越是发达国家, 法律规则越是严明确致。

国家有法规准则, 社会才能百业俱兴, 人们才能安居富民。家庭有道德准则, 尊老爱幼, 相亲相爱, 才能和睦幸福。军队有严明的军纪, 才会有强大的战斗力, 战无不胜。拥有环保意识, 遵循自然法则, 人们才能合理利用资源, 保护环境与自然和谐共生。

规则是从实践中总结而来的, 是决定结果和成功的最重要的条件和保障。比如说交通规则、比赛规则、各行业的操作规则以及公共秩序规则, 每个人都应该十分清楚遵守规则的绝对意义。人们只有严格遵守必须规则, 社会才能稳定和谐!

As the saying goes, every nation has its own laws and each family has its own rules. By setting out the rules, obeying them and constantly improving them, our society will progress in an orderly manner.

The more developed a nation is, the more rigorous legal system with comprehensive rules and regulations it has.

The laws and regulations is the basis for a society to flourish. The family has moral principles so that everyone can get along in harmony. The army follows a set of strict military regulations to keep its power and invincibility. With these rules and our environmental consciousness, we can use resources rationally to protect the environment and nature in accord.

Rules are derived from real life encounters. The success of a society is governed by traffic rules, public orders, business and commercial regulations and many other rules. Everyone has to fully understand and abide by these rules strictly, in order to move our society forward in stability and harmony!





# R 生活 Road 路

讲起路来, 思绪万千。我们社训中的一句话便是不积跬步无以至千里。这是我们企业几十年走过来的真实之路。只有一步步脚踏实地, 坚持不懈, 才能走出一条光明之路。

路有多么的重要!

一个国家的经济发展首先离不开道路建设。四通八达的交通运输, 完善高效的物流货运, 都是国家经济发达的标志。自古以来, 新航路的开拓, 把遥遥相望的陆地紧密地联系在一起, 开启了人类历史的新篇章。中国所提出的“一带一路”伟大设想, 能够让沿带沿路的发展中国家和地区共享经济发展的成果。

今天, 特别是高新科技数字网络时代, 开辟了信息共享之路, 给人们带来全新的生活体验, 开阔了人们的视野, 为人类世代造福。

多一个朋友便多一条路, 人际关系和社会关系才能圆顺的链接在一起。也许朋友彼此间的出身不同, 起点不同, 但相同的理想和信念凝聚人心, 使不同背景的人走到一起, 为同一个目标齐心协力, 殊路同归。

人生之路有千万条, 正确选择适合自己的路是非常重要的。因为时光有限, 我们必须在有生之年, 创造价值, 有所作为。前方的路尽管崎岖, 但我们必须要勇于挑战、勇于开拓, 大胆地迈出第一步。更不能循规蹈矩, 要走出一条自己的创新之路。

路漫漫其修远兮, 吾将上下而求索。创业之路、奋斗之路从来都是不容易的。勇敢面对一切困难, 不断地鼓励和鞭策自己, 最终克服它们, 继续前行。人生需要一盏心灯, 只要心中有光, 人生就不会迷路。我们活着就是要学会永不妥协, 永远在路上!

We have a lot to share about the journey J.O.E has taken. One of the quotes we used to motivate ourselves at J.O.E is 'a thousand miles starts with a single step'. This quote has paved the road for decades of success. We can only have a brighter future through perseverance.

The economic development of a country is inseparable from construction of roads. The network of infrastructure and the efficiency of logistics systems are indicators of a country's economic success. For centuries, the development of new trade routes promotes new linkage between societies, opening up new chapters in the human history. The Chinese 'One Belt, One Road' initiative enables developing countries along the belt system to share the fruits of economic development.

Today, information is shared through high-tech digital network, bringing new life experiences to people by broadening our vision and benefiting future generations.

Having more friends is like having more connections. This evens out your social circle and interpersonal relationships. Even though friends may come from different backgrounds, they can be bounded by the same ideology and vision, working towards a common goal.

We may be given many choices, but it is very important to choose the right path for ourselves. Time is limited, we must create value and make a difference in our lives. Although the road ahead is rugged, we must be brave enough to challenge, dare to open up, and take the first step boldly. Do not blindly follow the instructions, but rather embark on a journey through your own innovation.

We shall not give up amid our journey to success, even though it is not an easy task. Be brave to take up the challenges ahead, constantly encourage and motivate yourself, and finally overcome these challenges to move on. When there is a will, there is a way. Never compromise, always be on the road!

让心充满善念,人才能拥有正能量对社会做出有意义的事情。让心灵保持鲜度,生活才会乐观积极向上,充满活力。

用进废退!只有不断汲取新知识,坚持不懈的努力,才能立于不败之地,成为生活的强者。每天让自己精神焕发、动力十足地付诸于实践,你的思想才能保持先进性,永远新锐。

在快节奏的生活中,每个人随时都可能遇到挫折。这时,请不要焦虑和怨天尤人,一定要借境炼心,重新改变心态,千方百计地去解决问题。只有这样,你的生活才会变得美好而充实起来。请每一天都要自我反思、自我调整、用心地活在当下,去迎接焕然一新的明天吧!

Positive energies generated from our goodwill is the driving force that keeps us carrying out actions that are beneficial to the society. The same driving force makes us curious and gives us optimism that brings vitality into life.

Use it or lose it! Perseverance is the only constant in life amongst all the variables. We must continuously upgrade ourselves with the latest know-how in order to find our strength within, to command our life, to rejuvenate our spirit and to be motivated and invigorated.

Experiencing setbacks is very common in this fast-moving society.

Please remain calm, do not worry and start blaming others.

Take this opportunity to change your mindset and try your best to tackle the challenges.

Embrace a brand-new day in your life by accepting your setbacks through self-reflections and making adjustment to live your life to the fullest in the present.



R 生活  
Refresh  
焕然一新



# R 生活 Reliability 信赖

值得信赖是对一个人最好的评价。

无论是在人与人之间的交往,还是在社会上的各种行为,被人信赖都是一种至高道德和承诺的体现,是维系社会共享价值和稳定的基础。一个值得信赖的人,意志坚定、言行如一、认真负责、尊重自己 and 他人。

在企业中,上级会把重任交给值得信赖的下属,给予机会充分发挥他们的聪明才智,创造事半功倍的价值。经验丰富、值得信赖的飞行员、驾驶员,是人们出行时重要的安全保障。

值得信赖的医生,能确保对症下药,手到病除。值得信赖的老师能引导学生树立正确的人生观、道德观、价值观以及授业解惑,培养好未来的一代。

可信赖的人一定言而有信,一诺千金。可信赖的人重视细节,做事周到,在追求完美的同时,也善于理解他人,体察他人的困难。他们谦虚、低调、做事有自己的原则。

可信赖的人具有极强的时间观念,无论是对自己还是对他人,都会绝对的守约。

可信赖的人脚踏实地做事,实事求是,有计划性,行动力强,逻辑清晰,有条不紊,追求效率,不打无准备之仗,确保一切尽在掌握之中。他们是解决问题的高手,给他人以最大的信任与安全感。

建立自己做人做事的原则和风格,只有不断磨练自我,促使自我不断成长,拥有优秀的品德和人格,才能成为生活中的强者,事业中的成功者,成为他人眼中值得信赖的人。人与人之间、国与国之间,只有以诚信为基础,相互信赖,才能和平共处、和谐共生,这个世界必将实现这个愿景!



Being trustworthy is the best appraisal of an individual.

In an interpersonal relationship or a social behaviour, a trustworthy individual manifests a high level of moral commitment for maintaining stability and upholding shared value. A trustworthy person is someone with a strong will, consistent, serious and responsible, have respect for oneself and for others.

In an organisation, the superiors will entrust the tasks to the trustworthy subordinates, give them the opportunities to flourish and complete the tasks in the most efficient manner. For example, experienced and trustworthy pilots and drivers provide customers with extra safety assurance.

A trustworthy doctor prescribes the right medication to treat sickness. A trustworthy teacher instils correct values, imparts knowledge and resolves doubts when nurturing his students.

A trustworthy person keeps his promise, pays attention to details and act considerately. He is passionate to understand the needs of others while perusing his perfections and professionalism. He is modest, low-profile and act on his own principles.

Trustworthy people have a strong sense of urgency and they are always on time. They demonstrate practicality, seek truth from facts, plan and put them into actions. They are also very logical, systematic, efficient and are well prepared for every challenge. They give others a strong sense of security through their problem-solving skills.

To be successful in life and in career and be the trustworthy person in the eyes of others, one must uphold his own principles, constantly improve himself through training and establish a righteous aptitude.

With trust in mind, we can bring peace and balance in the society and find harmony between nations. This vision will be rationalised in the years to come.



# R 生活 Result 结果

你必须埋下一颗正确的种子,通过每一步的精心培育和辛勤汗水的浇灌,才能换来开花结果。任何成功的结果都源于积极的行动。

生活和工作中,如果没有好的结果,要么是方向和方法不对,要么是努力不够。不能耗费了时间、精力、物力和财力,虚度了光阴和生命。

越是全力付出、积极争取的人,越是重视结果。我们每天需要学习,就是为了拓展自己的视野,把意识狭隘,思想封闭的自我,练就成一个知书达理、觉悟自律和心明眼亮的人。

差之毫厘,谬之千里。

生活的一切都是由细节构成的。人的思维会对细节有所遮蔽和忽视,特别容易导致行事偏差。一个小小的疏忽,便会前功尽弃。所以,精准性和做好细节是做出结果的绝对条件。比如航天载人宇宙飞船轨道计算时,一个微小数据的相差,这艘飞船就不能进入既定轨道,将永远消失在茫茫的宇宙之中。

人要学会换个角度去思考问题和看待事物,得出的结果将会大有不同。我们要用聪明才智,把所有的结果都变成好的结果,有人说过过程很重要,决定了结果,那么就让我们用好的结果来证明过程吧。每个人对人、对事、对生活,就都应该拥有认真的态度和担当的思想意识,做到过程步步完美,才会有精彩结果的人生!

After setting the goals in life, you need to spend time and effort to bring it to fruition. Positive action is the key to great results.

Failure to achieve the expected goal in work and life, could be the result of applying wrong methods or putting in less than desired efforts. This failure is worthless, and it is a waste of our precious time, energy, material and financial resources.

Those who put in their efforts wholeheartedly emphasise heavily on the outcome. We need to continuously improving on our knowledge to expand our horizons, to be observant and open to new ideas and to have strong sense of self-discipline.

A small change can make a huge difference.

Everything in life is made up of details. Human cogitation tends to obscure and omit some details, and it may cause deviations to the outcomes. A small negligence may have detrimental effect to the results. Therefore, having pin-point accuracy is the absolute conditions to ensure desirable results are achieved.

For example, a slight discrepancy in data may result in the spacecraft failing to enter the desired orbit and disappears into the vast universe.

By changing our perspective and looking at things from a different point of view, we may obtain different results. We should make use of our wisdom to achieve favourable outcomes. Some people say that the process is important and it determines the outcome, then, let the result speak for itself. We should be earnest and be responsible, taking perfection in every steps of the way to explore the brilliance of life.

# R 生活 Root 根

追根溯源的情怀早已写进了人类DNA编码之中,世间万物总有个原点,这个原点意义无比重大。根就是阳光,根就是水,根就是空气。

根,是心灵的归宿,它告诉我们不能忘本。根,也意味着最根本的伦理道德,人的价值观、人生观、世界观。正其心,诚其意、知善、知美、知心、知性、知行。

根象征着生命的基础,力量的源泉。人生中,胸怀天地,志在四方,但内心始终都有一个归宿,那便是心中的根。心中的根伴随着强壮的体魄、历尽千难万险的自信和不被磨灭的善良,它就是人生的指路明灯。

一个国家、一个民族更应该追溯和探究她的历史和文化,世代延续传承它的博大精深。根为本,饮水思源,不忘初心,止于至善!

The DNA sequence is the source of life. Everything in the world has its origin which carries great significance. It is as important as the sun, the water and the air to us.

The root lies in the heart where our souls reside. We shall never forget our root, which is the basis of ethics, values and the view of the world, and the window to discover the beauty of life.

The root symbolises the foundation of life and the source of strength. There is always a place we called home in our heart, where it gives us the strength to move forward and to pursuit our aspirations. The root is also the light of our life, leading our future with perseverance, confidence and benevolence.

The root is our common cultural heritage that every nation must fight hard to preserve and pass down through generations. We must show gratitude to those who have helped us and pass on this love to others in need with our kindness from heart.



# R 生活

## Review 温故知新

前事不忘，后事之师。温故知新对知识、情感以及社会的重要意义就是从温故中做出深刻的判断，在知新中有潜心的思考。明史为鉴，古为今用，取其精华，去其糟粕。

同一种事物，在不同的时期，不同的情景，给人的启迪是不一样的。温故知新，是比较和鉴别事物最好的方式。要从不断的温习中积累经验，时刻做好充足的准备，才能处变不惊，做到来之则安之，一切尽在掌握之中。

有自觉进取意识的人每日都会自我反省，总结一天中的所思所行来获得新知和启迪。每天都会塑造一个全新的自己。

我们可以借鉴别人的成功经验，再通过主观能动的思考、提炼和总结，设计出更精彩的人生蓝图。

温故知新就是永不停息的自我进化过程。要沉下心来，先知史、知过、知己、再修身、修行、修意，把自己不断地带到更新、更高的水平，永远追求卓越。

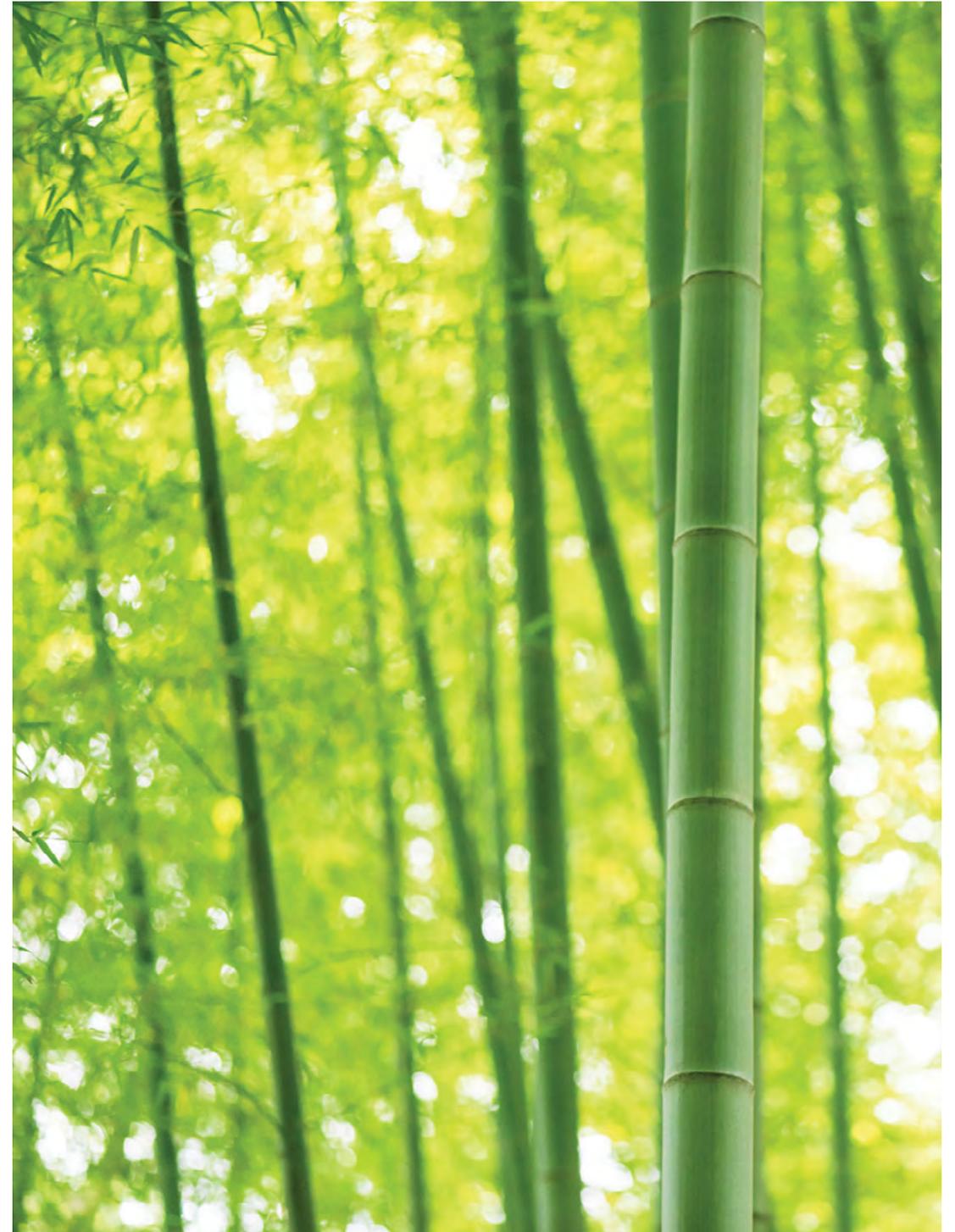
Lessons learned from the past shape our behaviours. It is important to review our knowledge, emotions and relations to the society and leverage on our understanding of the past to plan for our future actions. Through review, we learn to filter the essence from dross.

An object or an event, taking place in different times or placing in different scenarios, conveys different meanings. The best learning outcome of comparison is to gain new insights through reviewing. Accumulation of experience through constant review, and always be well prepared, keeps one composed and under control.

A motivated individual will reflect on his actions daily, looking for areas of improvements and seeking for enlightenment. They are making improvements every day.

We can learn from the success of others, make use of it to paint a blueprint for our own future through reasoning, refinement and summarising the stories of success.

Learning from the past is a self-evolving process that never stops. You have to stay calm, know the past, identify the problem, understand yourself, dare to make changes through your mind and act constantly to upgrade yourself in pursuit for excellence.



# R 生活 Reassure 安心

心灵的充实和宁静便是幸福！  
Happiness is the feeling of fulfilment and tranquillity within.

自省、自悟、自信，方向就能正确。  
心静、心安、心定，就能拥有正能量。

不断完善自己，做所有的事情坚持不懈地努力，便能让人变得敏锐犀利，洞察一切。这种精神和意志力的结合就会使人变得坚毅，内心强大。这是安心之本。

读书可以修心养性，丰富知识，开阔视野，使人心地善良、心胸宽广。

读书可以让人心如明镜，改变修养和气质，这样才会拥有自信心去做有意义的事情，让内心回归宁静的原点。

在事业上，要有立身之本才能安心。我们要时刻警醒，不能懈怠。要不断学习提高自己，面对问题，迎刃而解，化险为夷。

国家的强盛，要政治廉洁、法律严明、经济稳步发展、社会稳定，人们才能安居乐业。人与人之间的诚信是心灵的良药，只有在这样的环境中，才能使人安心。

Introspection, self-awareness and self-confidence point you to the right direction in life.

Tranquillity, peace of mind and being at ease, give you a positive mindset.

Constantly improving yourself with diligence triggers your ability to observe the surrounding in detail. The combination of spirit and your ability to observe empowers you to have a strong mental ability, which is the source for keeping a peaceful mind.

Reading cultivates your mind, enriches your knowledge, widens your vision, and nurtures you to be kind-hearted and broad-minded.

Reading clears your mind, treats your temperament, restoring your inner peace through confidence to act with meaningful intentions.

Your experience and determination are the fundamentals that give you reassurance in your career. We must always be vigilant, continue to learn and improve ourselves and tackle the problems ahead. The prosperity of a nation depends on its political integrity, strict laws, stability in economic and social development. Only when mutual trust is reached, people can be reassured to live and work in peace and contentment.

# R 生活 Reality 现实



现实生活中，有奔波劳累，有酸甜苦辣，有起伏跌宕，也有欢声笑语，诗情画意，情满人间。有着描述不够的崎岖，也有着写不完的故事。

每个人都拥有自己的人生理想、奋斗目标。但随着时间的推移，我们渐渐地失去了它们。也随着年龄的增长，为了寻求现实生活的平衡，我们不断地缩小了自己的梦想。

总会有很多人，在生活中遮蔽和麻醉自我，使思绪总是徜徉在虚拟的世界中，不愿意更不敢面对现实。社会一直在不断地发展进步，却很少想过怎样通过学习，去不断完善自己，跟上社会发展的节奏，把握好社会发展的大趋势来成就自己。

在现实和命运面前，我们要学会以最短的时间找到平衡点，调整好心态，懂得珍惜生命中已经拥有的事物。

从现实出发，并不意味着忘记过去和放弃梦想，而是要在自己可控的资源 and 力所能及的范围内，规划好人生的方向和目标，直面眼前每个困难，全力以赴地使现实中的问题一个个迎刃而解，才会离目标越来越近。

每一天简单的重复，甚至淡而无味的日子，正是修行最好的时刻。此时，只要乐观面对真实的生活，保持平常心，珍惜每秒，才能真切地体知到人生的幸福与快乐！

Our life is like a novel, filled with snippets of suspense. Some stories are cheerful while others are melancholic. This is the reality of life.

Everyone has their own aspirations and goals in life. But as time passed by, we lose sight of them gradually. We strive for balance in life but constantly face the reality that our dreams and hope are compromised.

Many have taken a step back to escape from the real world by living in the virtual realm controlled by our thoughts, dare not face the reality. The world is constantly evolving, but only a few of us can stay in focus to constantly improve, stay relevant and be on par with the pace of development.

In face of the reality and destiny, we must learn to find the balance of life in the shortest possible time, adjust our mentality and cherish what we have been given in life.

Accepting the reality does not mean forgetting about the past and giving up on your dreams. Instead, we must carefully and regularly adjust our goal by accessing our resources, bravely taking up the challenges ahead and move closer towards the goal.

Be positive and optimistic to face the reality in life. Keep a simple mind and cherish every moment to embrace the happiness in life.

# R 生活 Relation 关系



有生命存在, 便有关系。

生命必然是在各种关系中生存和成长的。我们要过好美丽而有意义的人生, 就要理解和处理好与自我的关系、与他人的关系、与社会的关系、与自然的关系。

客观、理性的自我认知极为重要。坦诚的面对自己, 知己所长、补己所短。学会自尊自强、自省自律, 只有处理好这个根本关系后, 才能处理好内在与外在的一切关系。

尊重理解、诚信负责、公平守道、互敬互助是人与人之间良好关系的基石。促进良好的人际关系, 最需要彼此双向沟通。它是人与人之间传递情感、态度、事实、信念和想法的重要过程。在此基础上, 才会有健康的人情、友情、亲情、爱情正常发展。

人构成了社会, 而社会必须具有符合大众集体利益的道德伦理体系。这就意味着, 人在追求个人发展和人生目标的同时, 一定要兼顾与社会的关系, 绝不能损害公共利益。

对于不同文化、民族和国家来说, 只有积极地促进合作交流, 在承认并尊重彼此差异的前提下, 合作共赢, 才能建立长期的合作伙伴关系, 才能避免对抗和冲突。

如今的世界, 无论是科技, 还是文哲的发展, 都过于偏重以人为中心, 忽视了人与自然的关系, 造成了严重的环境破坏。所以, 人们必须懂得在自然中去定位人的价值, 以人与自然的和谐关系为根本和出发点, 来创造美好的生活建构未来的发展。

If there is life, there is relationship. We coexist with and grow up in all kinds of relationships. To live a pleasant and meaningful life, we must comprehend and find a balance in relationship with oneself, with others, with the society, and with the nature.

Recognising oneself objectively and rationally is extremely important. Be honest with yourself, know your strengths and work on your weaknesses. Learn to respect yourself and be self-disciplined. This intra-personal relationship is the foundation for all internal and external relationships.

Honesty, responsibility, fairness, mutual understanding, mutual support and respect are the ground work of good interpersonal relationships. Communication is the bridge between people that conveys emotions, attitudes, facts, beliefs and ideas between individuals, and the basis for healthy development of social relationships, friendships, family and romantic relationships.

A society is a group of individuals with similar value and cultural traditions. Public interests should not be undermined when one is pursuing his personal development and life goals, while maintaining interpersonal relationships.

To avoid confrontation and conflicts, cooperation and exchange of ideas are vital to recognise and to respect each other's cultural differences such as races and nationalities. A long term win-win relationship can be established through strategic partnership based on respect and trust.

The advancement of technology and philosophy today place great emphasis on the interest of people and fulfilment of desires. The focus on the interpersonal relationship is neglected, resulting in disharmony and damage to the environment. Therefore, people need to understand their own value and proposition in relation to the nature, use it as a basis to improve this relationship to ensure continuous and sustainable development.





仪式感是对生命怀有尊重和敬畏的一种生活态度。

生活拥有仪式感要从良好的教育和细节开始,用心去感悟生活,用心去纪念一个重要的时刻和一件有意义的事情。

生活中,仪式感无处不在。每天起床之后,梳妆打扮,穿着干净整洁的衣服,擦上淡淡的香水,心怀喜悦地去迎接美好的、崭新的一天。

仪式感是快乐工作的催化剂,是企业文化的重要组成部分。整洁办公环境,和同事相互问候,下级对上级的礼仪,上级对下级的关怀,工作前的晨会和相互鼓励,这些都会使职员对工作充满热情,让大家凝聚在一起,成为一个紧密协作的团队。

家庭生活中,仪式感更不可缺少。出门前给家人一个亲吻、拥抱和一句鼓励的话,回家后一声亲切的招呼。家人一起共进晚餐,分享一天的经历和故事。睡前道一声祝福和问一声晚安。远行归来,精心选给家人的礼物。每处细节,都体现出一种仪式感,心底怀着对家人深情的关爱与关怀。

当我们学业有成,隆重的毕业典礼,为寒窗数载、日夜苦读画上一个圆满的句号。当运动员在赛场上取得佳绩,万众瞩目的颁奖典礼,是给予挥汗如雨的往昔最好的鼓励和肯定。

每逢佳节时分,人们互赠礼物表达美好的心愿和祝福。肃穆的宗教仪式使心灵得以慰藉平和,回归本真,追求美好善良。国家意志更是因庄严的仪式感得以体现,奏国歌、升国旗,人们在注目中深刻体验到一种强烈的自豪感和归属感。

浮躁的时代,仪式感就是一种“慢”,把生活过得精致的奢侈,记录下温馨的时刻。仪式感是对幸福的敏感,生活中需要一些事物,让我们记住那些有意义的日子,让它们成为我们生命中最弥足珍贵的回忆。仪式感更是对生活的一种向往,一种虔诚,是升华生活,是对记忆隆重的提醒,是对生活的真正热爱!

The respect of life is reflected in our sense of ritual.

It is cultivated through education and attention to details. It is the feeling to commemorate every action taken and every moment of your life wholeheartedly.

The sense of ritual is bits and pieces of our lives. We wake up from sleep every day, clean up, put on fresh clothes, wear our favourite perfume. This is our ritual to greet a new beginning with joy.

The sense of ritual is the catalyst for maintaining workplace well-being and an important part of corporate culture. A clean and neat office environment, greetings between colleagues, a healthy workplace relationship with genuine care and concern from the superior and a productive morning meetings with encouragement to improve teamwork and bonding, motivate and inspire everyone in the organisation.

In the family, the sense of ritual is even more indispensable. Give your family members a kiss or hug with some encouragement before leaving, and a heartfelt greeting upon reaching home. Enjoy dinner with the family while sharing the day's encounters. End the day with a blessing and a good night greeting before going to bed. Prepare a carefully selected gift for a member returning from an overseas trip. Every little detail is an expression of the sense of ritual, with deep devotion and care for your love ones.

When we achieve academic success, the graduation ceremony is a perfect affirmation and to conclude the hard work. When the athletes outperform in their field of sports, the grand award ceremony with trophies and medals are the best encouragement and recognition of their efforts and triumphant victory.

Every festive season, people express their gratitude through blessing and exchanging of gifts. Solemn religious ceremonies bring comfort and peace to people, as well as being truthful to oneself and focus on pursuing kindness. Singing national anthem, participating in flag-raising ceremony are rituals that attributes to a strong sense of belonging and national pride.

Slow down, embrace the magnificence of love and treasure them by heart. Be sensitive and cherish the precious moments in life, like a ritual, so that we could look forward to these moments and keep them as our most valued memories. Love is the sublimation of life and a ritual to live passionately.



## R 生活 Ritual 仪式感

# R 生活 Reading 阅读

真正的阅读，是一种身心愉悦的享受。是一种生活方式，是快乐和幸福！

互联网创造了一个信息爆炸的时代，人们每天可以通过各种渠道获取丰富的信息。无论想知道任何事情，只要在手机里输入、搜索，我们便可以找到想要的答案。但是，碎片化的信息并不是真正的知识，它们无法代替阅读书籍给予我们开阔的视野、成熟的心灵和增长的智慧。

读书是最好的、最经济的认知自我、了解社会、接触世界和探索生命的途径。它帮助我们获取知识、增长见识、提升专业技能、奠定人文素养、慰藉内在心灵和充实精神世界。读书的方法有很多，找到一种适合自己的读书方法，不仅能使人爱上读书，更能从阅读中成长和蜕变。

## 泛读

广泛涉猎各方面的知识，具备一般常识。包括自然科学、社会科学，古今中外各种不同风格的优秀作品都应广泛地阅读，以博采众家之长，开拓思路。

## 精读

与工作 and 专业相关的书籍或经典著作要细读多思，反复琢磨研究，并且必须要给出自我的见解和评价。精读是最重要的一种读书方法，只有精心研究，细细品读，才能体味到文章中的微言大义。

## 写读

不动笔墨不读书。读重要的书，要做笔记、记心得，和写文章结合起来。要把自己的理解和思考落笔成文，重新反馈出来。手脑共用不仅能积累大量的素材，而且能有效的提高写作水平，增强阅读能力，将知识转化为生产力、创造力，成为自己真正的精神财富。

## 选读

古往今来，人类的文化宝藏极为丰富。一个人的精力毕竟有限，如果不加选择，就不会收到好的效果。必须要根据自己的实际情况和需求，有针对性地选择书目，进行阅读，才能达到事半功倍的效果。

现代的生活节奏飞快，但每天仍要留给自己一定的读书和学习时间，给自己一个空间独处、思考。身在安静之处，享用一杯热饮，放松心情，轻轻地翻开书页，感受书香，尽享书中丰富多彩的世界。

诗歌是文学的最高表现形式，读诗可启发人的想象力，提升审美力，陶冶性情，感悟生命的本真。唐诗、宋词、《诗经》、《世界名诗鉴赏》是非常好的选择。

读史书可以使人明智，鉴古通今，比如读《史记》、《三国志》、《全球通史》等。我们能从中洞悉历史的发展规律，借历史事件反思现实，避免重蹈覆辙。可以站在更高的角度看待成长际遇和人生方向。

读哲学书可以使人逻辑缜密，思路清晰，具有自我判断力，对人生和世事有独到深刻的见解，不会轻信谣言、不会人云亦云、随波逐流。《中国哲学史》、《西方哲学史》、中外哲学经典都是绝好的精神食粮。

读名著经典尤为重要，像《论语》、《王阳明全集》、中国四大名著、西方名著经典、莎士比亚全集等。这些是人类百年来，甚至是千年的思想、文化、风俗和信仰的沉淀和浓缩。置身于其中，是一种精神的洗礼和重生。读过经典的人，看待世界和人生的方式更明晰透彻。

我们所读的每一本书，都会在人生的旅途上留下印迹，对自己产生潜移默化的正向影响。我们的心境和精神层次在阅读中渐渐不同，变得不短视而更具有前瞻性和判断力，对人生的感悟更深刻，活得更明白。生命长度是有限的，那就让我们通过阅读，去拓展生命的宽度和纬度，丰富我们的心灵世界吧！



# R 生活

## Reading 阅读

Reading is a pleasurable relief of body and mind. It is a way of life and source of happiness!

With the advancement of Internet, information is overloaded in various channels and sources. We can find the answer to our queries through a simple search by using our mobile devices. However, the search result is usually fragmented, and they could not replace the knowledge and wisdom we could have obtained through reading.

Reading is the best and easiest way of self discovery. Through reading, we begin to understand the society, reaching out to the world, and explore the meaning of life. It is a way to obtain knowledge, broaden our vision, enhance our professional skills, and lay a strong foundation for our spiritual tranquillity. With the right method that suits your needs, you will quickly fall in love with reading and transform your life.

### Extensive Reading

It is important to have extensive general knowledge, including nature and social sciences. Do not limit yourself to a specific genre or writing style.

### Intensive Reading

Books related to work and profession should be studied thoroughly. Understanding the details helps to brush up on your expertise and outperform at work.

### Reading and Writing

Note taking while reading helps to retain memories of information over time. We should not just copy the details from the book, but learn to understand and draw conclusions from the notes taken. Note taking also enhances our reading and writing skills, improving our productivity and creativity.

### Selective Reading

There are many books worth reading but our time and energy are limited. We should set aside some time to read based on our daily schedule. Find a quiet corner, prepare a hot drink, relax your mind and immerse yourself, alone, into the book.

Poetry is the highest form of literature. Understanding poetry can inspire one's imagination, foster aesthetic sentiment, cultivate temperament, and grasp the true meaning of life. We recommend reading the Tang and Song poetries, and the collection of world's famous poems.

Reading books about history can increase one's knowledge and wisdom. 'The Grand Historian', 'The Three Kingdoms' and 'A Global History' are some of the books that you could refer to, for valuable insights to the development of history, and to review the progress of our society. The knowledge within guide us to avoid repeating the same mistakes and learn to look at our life from different angles.

Reading philosophy books helps to develop logical sense and systematic thinking skills. Standing firm on the ideology, one will not be easily swayed by rumours. History of Chinese and Western philosophy books are the recommended for the beginners.

The classical such as 'The Analects of Confucius', 'The Complete Works of Wang Yang Ming', 'Chinese and Western Masterpieces' and 'Shakespeare's Complete Works' are essential books that curates thinking, culture, customs and religious beliefs through thousand years of evolution. They enable us to have a clearer vision of the world.

Every book we have read makes a subtle positive impact in our life. It helps us to make better judgements and foresights. It also enhances our understanding of life. Time is limited, let us enrich our spiritual worlds through reading!



# R 生活

## Reason

### 理由

人生中, 阻碍实现理想会有一百个理由, 但实现理想, 往往只需要一个理由!

一卷卷学科习题, 需要演算和解答, 一个个专业知识, 需要记忆和理解, 一个个理论概念, 需要求证和运用, 通宵达旦挑灯夜读, 十年寒窗勤如一日, 坚信一个理由, 考上自己梦想的学府! 那么, 这些困难终将被克服。

黎明未至, 晨起热身, 简单枯燥的动作, 重复千万遍的训练, 除了汗水、泪水, 陪伴的只有默默承受的伤痛。夏练三伏冬练三九, 日复一日年复一年。坚定一个理由, 在竞技运动场上为荣誉而战! 那么, 这些困难终将被克服。

人, 一旦找到一个理由, 并且为之树立了正确的人生目标。就绝不因为任何事情轻易动摇坚定的信念。哪怕是困难重重, 哪怕是举步难行!

我们只有直面面对、迎难而上, 找到解决的方法。我们可以将大目标拆解开, 锁定每个小目标逐一完成。我们还可以把设定人生目标的理由全部记录下来, 时刻地翻阅, 让自己保持那颗初心。当每个条件都具备时, 结果便自然而然的水到渠成。

如果每个人心中存放着不仅是个人的感受, 而同时肩负着家庭的幸福、企业的发展、社会的和谐和环境的永续。

这样的理由, 足以让我们更加坚定人生的方向, 更加努力地为之而奋斗, 人生也会因此有更伟大的意义!

There are many reasons preventing us from achieving our dreams in life, but we only need one motivation to keep us going!

Being accepted by your dream school may be the reason behind the hours of your hard work.

Then, be determined and never give up the years of research and study, it will pay off.

To win a medal may be the reason behind your training.

Then, your pain and perseverance through the repetitive training will definitely lead you to the highest level on the podium.

We can set the right direction in life with a clear purpose in mind. Regardless of the challenges we are facing, we shall not steer away from our intended path.

We can only find the solution to a problem when we dare to tackle it.

Take steps to reach your ultimate goal and constantly reviewing it along the way.

Never forget why you want to start, keep going and you will get closer to success. If everyone weighs the happiness of the family, the progress of the organisation, the harmony of the society and the sustainability of the environment, above his personal goals and values, then, with these in mind, he will have the determination to break through all the obstacles and attain a meaningful life.



# R 生活

## Reputation 信誉



信誉是对生命的尊重，  
是对人间价值最高程度的肯定。

在社会中，无论个人还是企业，都必须要有良好的信誉，否则将寸步难行。信誉是伦理道德的基石，没有信誉就没有一切。笃诚信及勤劳是最根本的处世原则。

信誉是对人的品德最高褒扬，是长期诚实、公平、履行诺言的结果。信誉是商业道德的基本规范，是企业的立足之本。信誉对于开创企业品牌形象，赢得商机，健康存续和长远发展起着不可估量的作用。信誉是灵魂，是生命，是企业发展的永恒动力。

信誉高，必然形象好。形象好，必然获得公众的支持。在社会公众广泛支持的前提下，企业才能真正的得到发展。所以，任何企业都必须把建立和维护信誉放在至高无上的位置。

维护好信誉必须不惜一切代价。只有绝对认真地对待每件事情，长期不断的努力和付出，做到极致和尽善尽美，才能博得他人、客户、合作伙伴真诚的信任甚至赢得竞争对手衷心的佩服和尊敬。

信誉能经得起时间的考验。时间越是久远，信誉越弥足珍贵。十几年、几十年之后，良好的信誉就是最好的广告，最好的名片，具有绝对的感召力和信任度，使人或企业在中立于不败之地。

信誉就是言必行，行必果。否则，没有人能与你建立紧密的关系。只有懂得感恩的人，才会珍惜生活中的一切，才会懂得回馈、给予和分享，视信誉为生命。只有这样，你的生活和周身的环境才会是良序的，才能被亲朋好友所接纳，被这个社会所承认，被这个世界所接受。

Reputation is built on respect. It is the highest degree of affirmation in the world.

In the society, it is important for individuals or companies to have good reputation otherwise it would be difficult for one to improve and progress. Reputation is the cornerstone of ethics, without it, the rest would not matter. Upholding one's promise and being diligent is the basic principles of life.

Reputation is the best accolade to one's character. It is the maintenance of honesty, fairness and upholding promises. Reputation is the basis in business ethics and how a business gain their foothold in the market. It is extremely important not only for the branding of a start-up company, but also increases business opportunities, for survival and long-term business development. Reputation is the soul, the life and the everlasting fuel for a company's development.

A reputable person or a company has a good image and strong public support. The development of a company relies strongly on endorsement from the public. Thus, every company should place great emphasis in building and maintaining credibility and reputation.

Maintaining reputation should come at all costs. Serious regard for everything, continuous hard work and best effort to accomplish things earn trust from others such as customers, working partners, even recognition and sincere respect from competitors.

Reputation can withstand the test of time. As time passes, reputation becomes more precious. The reputation of a company enduring decades of development is the best advertising medium with natural attractiveness and credibility. This allows individuals and companies to continue to succeed in the long run.

Reputation is built upon trust by keeping one's promises. Those who treasure and share the values in life often offer gratitude towards people around them and become accepted by their friends, families and by the society.

# R 生活

## Readiness 准备就绪

凡事必未雨绸缪  
居安思危  
提前做好充足的准备  
结果才能事半功倍

军事谋略讲究兵马未动，粮草先行，知己知彼，百战百胜。舞台上精彩绝伦、技惊四座的表演，激烈的竞技中，脱颖而出，荣登奖台，这些成功的背后，必然是日复一日的准备，经历最枯燥乏味的简单重复和最艰苦的训练。

只有付出全部体力、精神力、意志力和心力，做最好的自己，才能牢牢抓住命运给予的有限机会，并有能力将其转化为成功的条件。

执行力保证就是充分的准备。凡是受企业欢迎的员工，一定是能够出色完成任务，并善作准备的人。

可见，做好准备多么重要，人生不打无准备之战！

为了身体健康，提升生命质量，从年轻时，我们就要做好准备，打好基础。每天合理搭配饮食，时时清洁居住环境。根据自己的情况，进行有规律的运动。

为了生活幸福，我们要做好准备。全情投入地热爱工作、事业和家庭，把生活打理的井然有序。除此之外，要有自己的爱好，琴棋书画诗茶花，这些能让你在凡尘俗世的喧嚣中独处，做回自己。用心生活，沉淀精彩。

小到个人，大到社会，都应该脚踏实地的稳步前行。今天，科技的飞速发展，改变了人类社会的方方面面。我们真的要准备好去直面互联网、5G通讯、大数据和人工智能等数字技术为我们打造的全新世界。

这个世界，精神文明的高度远远没有跟上物质文明的发展。发达的科技刺激了更多的欲望，人们把一切看成是理所应当。环境污染、海洋污染越发严重、气候变迁不断加剧，我们必须要做好应对准备，采取措施，改变现状，保护环境。

这个社会需要每一个人的力量，为社会中需要关怀和帮助的人，伸出援手，献出爱心。做一个快乐幸福的人，传播正能量，给身边的人带来积极的影响，我们的世界才能变得更加美好！

We must always be prepared for unforeseen circumstances and be on our toes.

Military strategies emphasise on proper preparations in advance and knowing yourself and your enemies well.

Behind the impressive stage performances are hours of gruelling hard work and repetition of dull practices.

Only by contributing your physical and mental strength tenaciously, be your best, can you firmly grasp the limited opportunities occurring by chance and possess the ability to turn these opportunities into success.

Having adequate preparation guarantees success. Respectable employees are those who are able to complete their tasks effectively and are always ready.

It is really important to be prepared for all battles in life!

In order to be healthy and have better quality of life, we must be prepared and lay a solid foundation from a young age. We can achieve this by having a balanced diet, living in a clean environment and exercising regularly.

We need to be ready for a better future. We should be passionate about our work, career and family, and manage life in an orderly manner. In addition, we must have hobbies. Poems, tea appreciation, calligraphy, painting and flower arrangement allow us to keep calm in the hustle and bustle of life. We can celebrate our life if we live confidently.

From the individual to the society, we should take steps to progress steadily. The rapid development of science and technology today has changed every aspect of our society. We need to be ready to face the new world that is surrounded by with 5G technology, big data and artificial intelligence.

Our desire for material goods exceed the desire for spiritual needs and have stimulated more desires. Most people these days take things for granted. Environmental and marine pollution are becoming more serious and climate change is intensifying. We must be prepared to take action with specific measures to protect the environment.

This society requires everyone to play their part and spread love and compassion to those in need. We should be happy and blissful, spreading optimism and bring positive impact to those around us, and make our world a better place to live in.



准备，是为了更健康的身体

Be prepared for a healthier body.

准备，是为了更幸福的生活

Be prepared for a happier life.

准备，是为了更和谐的社会

Be prepared for a more harmonious society.

准备，是为了更永续的未来

Be prepared for a more sustainable future.

# R 生活 Rapid 迅速

信息科技的发展彻底改变了人们的生活方式。通讯联络随着5G的诞生更加快捷便利。人工智能逐渐取代人力劳作,渗透到生活各个领域。微信、Facebook、Instagram等社交媒体的出现,形成了全新的价值体系。所有人的生活完全被快文化所包围及深深地影响着。

快节奏使人们忽略了对生活的感知和感动,快到无暇顾及身边的人与事,只是一味地消耗生命力,消费自我,没有从容地认知自己的内心,思考过自己的价值所在。所以,我们必须要学会张弛有度,收放自如,时刻保持理智警醒、强化敏感性,去除自我遮蔽,一定要主动地掌握人生的快慢节奏。

信息爆炸的时代,激烈的竞争,快速的发展,纷繁复杂的社会现象,强烈追求物质生活的欲望,给人们增加了无形的压力,使人心浮气躁,神不守舍。归根结底是缺少静气。宁静致远,涵养精气的过程就是在追求平衡,营造和谐,积蓄底蕴,成就境界。

真正的迅速是具备更强的时间观念,更高的做事效率,不断磨练提升自己的生存适应能力。在关键的时候,能抓住转瞬即逝的机遇,对于各种问题,都要防患于未然,对变化莫测的时局,迅速做出最合理、最有效的反应和决断。

所以,我们提倡在快节奏中过慢的生活。快出人生的潇洒和精彩,慢出生活的质量和品位。

社会的快速发展也带来了更严重的环境问题。我们的生活有多便捷,环境的破坏就有多快速。为了降低成本,加快消费速度,大量的产品使用塑料包装。为了购物便利,人们毫无节制地使用塑料袋。电子产品迅速的更新换代,不断刺激人的非理性购物欲望,从而制造了大量的电子垃圾。

当今,危害人类的环境污染正以惊人的速度在迅速蔓延,我们必须要以更快的速度,制定科学的方法、采取有效的措施加以应对和处理,落在实际的行动中,全力保护我们的生存环境!

The development and progression of information technology has completely changed people's way of life. 5G communication enables easier and faster connection between people. Artificial intelligence gradually replaces human labour in every aspect of life. The emergence of social media such as WeChat, Facebook and Instagram has created a new value system affecting our way of lives completely.

The society moves so rapidly that people began to disregard the surroundings. Our vitality is exhausted without having time for self-reflection and self-valuation. Therefore, we must learn to relax yet be alert and sensitive, be clear and manage the pace of life.

The stress in our daily life comes from fierce competition, rapid and complex social development as we desire for a material life in the information infested era. People become more restless. This is due to a lack of inner peace, which nurtures balance, harmony and foundation building for future achievements.

We need to be efficient and constantly improve our ability to adapt. Seize the opportunities, tackle the problems, be ready for the unpredictable, and respond in the most effective and reasonable way.

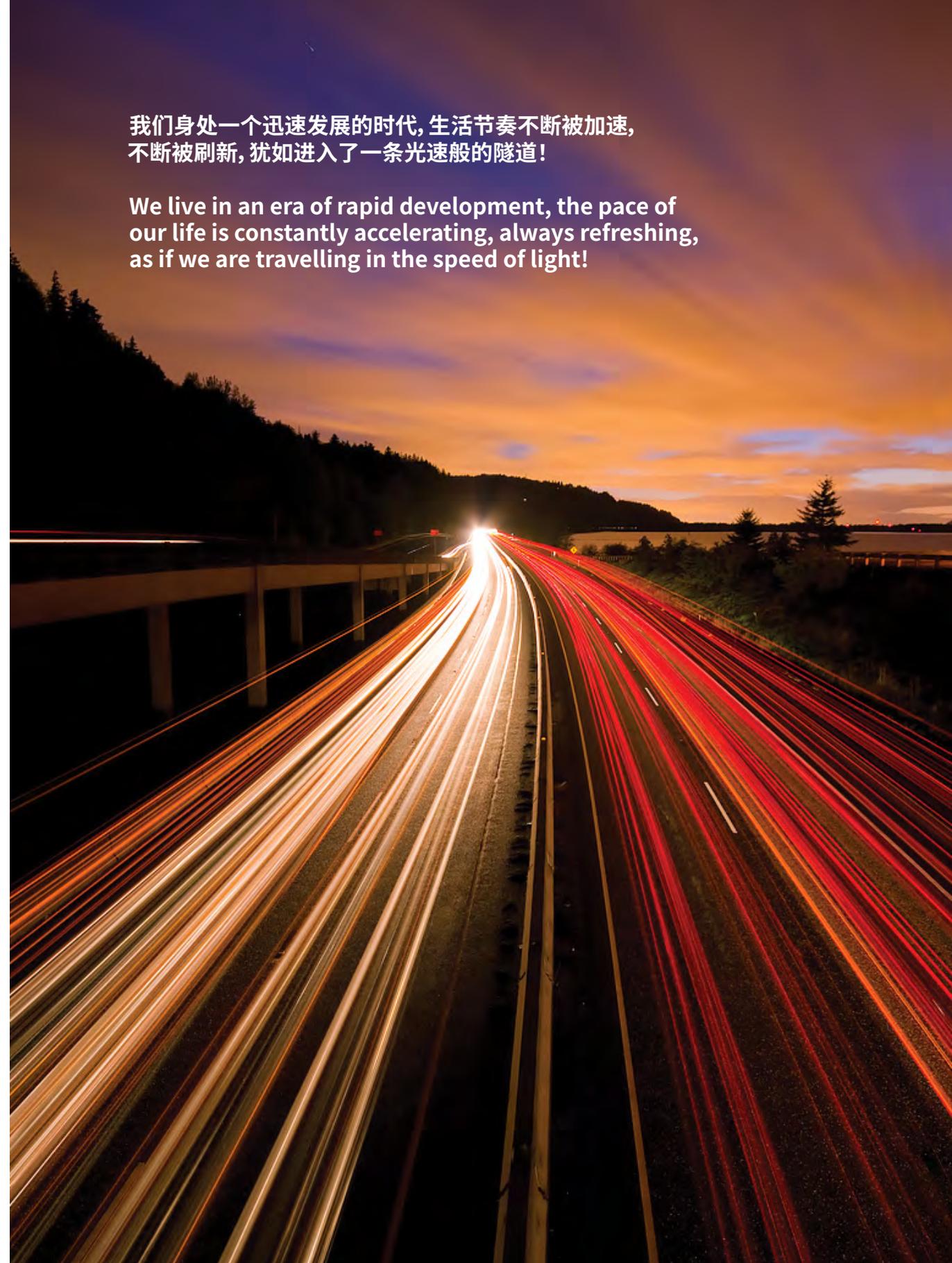
Therefore, we need to immerse ourselves, leading a steady life in this transitional world.

The pace of development has caused serious environmental damages for the sake of convenience. Plastic bags and packaging reduce the production cost and promote consumerism, a lot of electronic waste is generated as a result of product upgrading.

We must develop scientific methods, take speedy, effective measures to protect our environment.

我们身处一个迅速发展的时代,生活节奏不断被加速,不断被刷新,犹如进入了一条光速般的隧道!

We live in an era of rapid development, the pace of our life is constantly accelerating, always refreshing, as if we are travelling in the speed of light!





# R 生活 Role 角色

人生之所以精彩，  
是因为每个人在生活中承担着不同的角色，深切地感受着生命成长的律动。

Life is interesting because of the diverse roles each and every one of us is taking and is closely associated with the rhythm and growth of life.

人有先赋角色和自致角色。每一个角色都有特定的责任，每一个角色都有不可替代的担当，有着独一无二的意义和价值。

世间之情，冷暖交集，人生之路怎样难，都要往前走。如果我们改变不了固守的观念，那么我们可以自己改变，改变周围的环境。亦或改变不了事实，但我们可以改变心境，重塑新生。

在生活中，最大程度地发挥自己的良能，得到社会的承认。根据自己的素质、才能、兴趣和环境条件，选择好适合自己的社会角色，找准自己在生活中的位置，在正确的时间，正确的场合，做符合角色的正确事情。

一个人只有自律、自强，对自己高标准严要求，以最高程度、最强的责任心，去诠释好人生中的每个角色，完成每个角色赋予我们的使命，才能无悔人生！

Every individual has many roles to play in their lifetime. Each role has its own responsibility and carries its own unique value. Every role is irreplaceable.

No matter how difficult life is, we have to continue moving forward. If we can't change the social norms, then we have to make adjustment to ourselves and the surrounding environment. We may not be able to change the facts but we can improve our state of mind and own a new life.

In life, we have to perform to the best of our abilities in order to get recognition from our society. It is important to identify a suitable role in the society based on one's own qualities, talents, interests and current state of living. Do the right thing at the right time and in the right place!

A person can only live a life without regrets if he has self-discipline, strives for improvement, upholding high standards at work and has a strong sense of responsibility to complete the role in he has chosen.

对于家庭，我们要做孝善的儿女、钟爱一生的伴侣、慈心善爱的父母。  
对于企业，我们要做创造者、管理者。  
对于国家，我们要做建设者和捍卫者。  
对于旖旎的大自然来说，我们要做修复者，更要做坚强的保护者！

In the family, we shall be filial sons, daughters, devoted partners and loving parents.

In an organisation, we shall be the creators and managers.

For our country, we shall be the builders and defenders.

For our beautiful nature, we shall not only be the repairman, but also a powerful protector!

# R 生活

## Rhythm 节奏

### 把握人生的节奏 奏响生命的旋律

Be in charge of your own rhythm  
Play the melody of your life



节奏与韵律结伴而行,是艺术之美的灵魂,是大自然生生不息的本原。各种元素完美辉映,复杂中错落有致,万事万物风采独特,和谐统一。

视觉艺术的节奏,光影变化万千,颜色五彩纷呈,律动中带着韵味。洋洋洒洒,或疏或密,富于感染力,给人视觉的享受。

音乐艺术的节奏,时而安静轻扬,缓慢流淌,柔情似水。时而激昂热烈,起伏跌宕,遥相呼应。体育运动的节奏,以轻盈、敏捷、速度、力量,将人体的极限美感体现得淋漓尽致。

教育的节奏是悉心引导,循循善诱,发挥潜质和天赋。在内心播撒一颗爱的种子,培育它茁壮成长。

良好的习惯就是积极向上的生活节奏  
只有好习惯才会有好生活

小的时候,用功读书,修德善行,努力地打下成才的基础。步入社会后,沉实稳健,心平气和,处变不惊。学会既来之则安之,懂得把握主次之分和轻重缓急。积极地思考、缜密的策划和彻底地执行。做优雅贤士,内心从容祥和,在清风和煦,阳光明媚中描绘好人生。

东升西落,斗转星移,沧海桑田是大自然亘古不变的真理。人们依地而生,顺天而行,黎明即起,洒扫庭除,作息规律,井然有序,也在文明的演进中,形成属于自身的特有节奏,世代传承,延续千秋。

快乐努力地生活吧!认真过好每一天,美好的人生是由每一个弥足珍贵的当下交织而成的。但是,我们要始终谨记,人类作为自然界的一部分,个人的节奏和集体的旋律必须相融相和。实现个人的理想目标同时,更要为社会带来善益和贡献。

舞动生命的韵律之美,这才是人生最好的节奏!

Rhythm and beats go together. They are both the beauty and soul of the art and that is what keeps our environment lively and brilliant. Various elements are perfectly connected in an orderly, unique, harmonious and unified manner.

The rhythm of visual arts is the vivid changes of images through variation of colours. It is long-lasting and has a certain charisma that draws people in, providing a visual enjoyment.

The rhythm of musical takes more forms. It is sometimes quiet and light, just like how the water in a stream flows slowly and gently. Other times, it could be very passionate with rapid changes, echoing with the beats. The rhythm of sports exercise involves agility, speed and strength, expressing the beauty of the human body to the best extent.

The rhythm of education is the careful guidance to uncover the student's potential and talent, to nurture and to sow the seed of love.

Good habits are positive rhythms of life. Only by having good habits, one would live an enjoyable life.

Study hard and learning to be compassionate lay a strong foundation for success when you are young. After entering the society, one has to learn to keep calm, learn to prioritise and allowing the nature to take its call. In addition, active thinking, careful planning and thorough implementation are also important. Be a gentle person, depict a good life with inner peace and live blissfully.

The sun rising from the east and setting in the west, it is the everlasting truth of nature. People are born to live a routine and rhythmic life, such as waking up in the morning and have regular housekeeping. As human civilization develops, these regular routings become our unique culture and passed down through generations.

Seize the moment and live your life to the fullest. A beautiful life is made up of every precious moment interwoven together. However, we should remember that humans, being part of the Mother Earth, must coexist with one another and with the nature. While working towards our dreams, we should never forget to return the love to the society.

Celebrate life, celebrate rhythm and celebrate the beauty in you!

# R 生活

## Reflection 反思

### 反思如镜

反思可以拨云见日、去除遮蔽,清晰透彻识辨他人的同时静观自我,从而认知世间万事万物的真相,有的放矢、高效行事。

### 思则变,变则通

日常工作中需要有反思的时间,从多角度看问题,运用比较学,辨明是非。将重要的内容落笔成文,探究原委。善于反思,你会发现自身的不足,及时纠正错误,吸取经验,从而迅速做出应变。把不利变为有利,没有条件创造条件,合理变通、开拓新局面。

### 沉静如水

反思在待人处事方面,要有礼有节、真诚善意,给予他人足够的尊重和理解。只有懂得反思,才能懂得包容,做到求同存异,在家庭和社会中拥有立足之地,被这个世界所接受。反思不仅仅是思考和纠正错误,更为重要的是,能使人沉静心绪,面对各种外界的纷扰和诱惑,始终坚守初衷。

### 反思是历史的回望,是心路的探索

只有从生命终极的角度反思人生,才可以洞悉生命的本质和意义,才能真正理解人与万物的内在关系,即是和谐共存,相互交融!

### Reflect like the reflection of the mirror

Reflection clears our doubts allowing us to have a comprehensive understanding of self and others. At the same time, introspect and learn the truth of all the things in the world to become productive in the things we do.

### Think of flexibility

Reflection is essential in our daily work, allowing us to see a problem from different angles, make use of comparisons to distinguish between right and wrong. Taking note during reflection helps one to realise and correct his mistakes in time, learn from experience and quickly make changes for a more desirable outcome. Be flexible to create favourable conditions, adapt to circumstances and break new ground.

### Quiet like water

Reflect on your personal relationships, one must be polite and sincere, giving others the respect and understanding they deserve. Reflection helps one to be tolerant and respecting each other's opinions. This is an important step in building a foothold and be accepted in the family and by the society. Reflection is not only thinking and correcting mistakes, it is also keeping calm in the world of material temptations and remembering our original intention.

### Reflection is looking back at history and an exploration of the mind

Only when one is viewing from the ultimate perspective and reflecting his life, can he gain the insight about nature and meaning of life, and truly establish the relationships between him and all things, including living harmoniously.



有了记录  
才有文明的历史  
才有精神的传承

The historical records are  
the inheritance of culture

# R 生活 Record 记录

沧海桑田记录了浩瀚宇宙的变幻，揭示了生命演化的奇迹。悠远古老的化石记录了地球世代生命的更迭，诉说亿万万年前的故事。纸砚笔墨书写了尘世的历史，保留下古今珍贵的画卷。

从甲骨文、竹简、纸张到唱片、电影和数码科技，人类用笔墨、用音乐、用镜头记录下了思想和风土人情。

人生如旅，即充满欢笑，也饱含泪水。有依依不舍，有难以忘怀，有刻骨铭心。

生活的片段和朴实的瞬间，无论是好是坏，都记录在生命的轨迹里。每个人才能拥有一本属于自己的史卷，成为故事的主角。

往昔岁月，青春年少，时光虽然一去不复返，但却有那么多美好的事物值得回味。父亲伟岸的身影，母亲慈祥温柔的叮咛，最初纯真的梦想，盼望已久的生日礼物，收获成功后的喜悦，伤心难过的离别，都会铭记在内心深处，成为人生最宝贵的精神财富。

R生活，是现代快节奏生活中一处短暂驻足歇息的驿站，记录着生活的点点滴滴，传递心灵内在最真实的感悟。每一篇文字都在提醒人们向往美好，追求真实质朴。

经历了近一年时间的笔耕不辍，悉心雕琢，R生活系列推文迎来了圆满的篇章，也为今后新的历程拉开序幕。

衷心感谢大家一直以来的陪伴，静静的聆听，在岁月流逝中，我们并肩前行，共同进步成长。

我们由衷地祝愿每一位朋友，都能从这些用心赋予生命的文字中，得到思想的升华，收获心灵的宁静，在人生的旅途中，获得力量，拥有一个健康、充实和美好的人生！

Time records the changes in the vast universe, revealing the miracle of the evolution. Ancient fossils record the cycle of life on earth over generations, telling the stories taking place millions of years ago. Paper and ink records our history, preserving our traditions.

Humans keep a record of our progress, on mediums from bone inscriptions to paper, from physical disks to digital copies. We also record our ideas and customs in text, music and films.

Life is a journey, full of laughter and tears. Some memories are unforgettable.

We are the leading actors, recording moments of our life as our memories. The youthful days may have gone, but there are so many things worth recalling. Father's shadow, mother's reminder, our childhood dreams, the long-awaited birthday present, our tears of joy and sadness. These are the most invaluable wealth in our life residing in our heart.

We hope the R Lifestyle brings you calm in this fast-paced society, and hope our stories have helped you to find the peace and beauty within, in pursuit of truth and simplicity.

This is the final chapter of R Lifestyle. We would like to express our heartfelt appreciation to all readers for the past one year of companionship. We hope the words of wisdom have helped to discover, uncover and recover the tranquility within you. May you have a healthy, fulfilling and blissful life!





**J.O.E ECO ALLIANCE**

MCI (P) 074/12/2019