

## 马铃薯、鸡蛋和咖啡豆 Potatoes, Eggs and Coffee Beans

### 主持者指南 Facilitators Notes:

播放视频《potatoes eggs coffee beans》（2分钟，英文字幕）。分发及念诵以下的中英文字幕。你可以再次播放视频，以得到进一步的了解。

Play the video ‘potatoes eggs coffee beans’ (2 min, English subtitles). Distribute and read the following subtitles (in English & Chinese), and you may play the video again for further understanding.

### 问题 Questions:

1. 当挫折敲上你的门，你会如何应对？你会是像马铃薯、鸡蛋，还是咖啡豆一样呢？举例说明个人的体验和理解。【顺序讲述】

When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? Illustrate with personal experience and understanding.

【Sequential narration】

2. 如何提升自己对逆境的承受能力，应变能力？【脑激荡】

How do you improve your capacity to endure and respond to adversity?

【Brainstorm】

“今天，人类期望用刀枪与炸弹去驱除黑暗，而其实所需要的只是一盏灯。怎么能用黑暗扫除黑暗，用仇恨扫除仇恨，用更深层次的无知扫除无知呢？对胜利的渴望促进了黑暗。要抛开所有征服的念头；努力去领悟真理，而领悟了之后，你所盲目持有的错误观念将会自动消除。”

*“Today, man hopes to dispel darkness by the sword, the gun and the bomb, while what is wanted is just a lamp. How can darkness be swept away by darkness, hatred by hatred, ignorance by deeper and vaster ignorance? The very lust for victory promotes darkness. Leave all thoughts of conquest aside; strive to know the Truth and when that is known, false notions fondly held by you will fall off of their own accord.”*

*Sathya Sai Speaks, Vol 3, Issue 6, June 2005.*

*‘The Real Nature of Man is Equanimity’.*

\*\*\*\*\*字幕\*\*\*\*\*

一天，当一个大厨，大卫，正在烹煮美味的午餐时，他的女儿满怀心事地走进厨房。

父亲： 妳怎么啦？

女儿： 学校太苦了。朋友叫人无法忍受。我怕我熬不过这艰苦的四年级。

父亲微微笑，拿出三个锅子，将它们装满了水，然后开火。当水煮开了，父亲接着将马铃薯放入第一个锅子里。然后把几颗鸡蛋和一些咖啡豆分别放进了第二和第三个锅子里。

女儿： 爸爸，你在干什么？

父亲： 要有耐心，甜心。请耐心等待。

经过了二十分钟，父亲分别取出了锅子里的马铃薯和鸡蛋，放在碟子上。最后，把煮好的咖啡倒入杯子中。

父亲： 妳现在看到了什么？

女儿： 不就是马铃薯、鸡蛋和咖啡嘛。

父亲： 妳再看仔细一点。

马铃薯、鸡蛋和咖啡豆都同样地面对了一种逆境 —— 滚烫的开水。但是，它们面对困难时却做出了截然不同的反应。

马铃薯在开始之前还是坚强和刚硬的。可是，经过了开水翻滚后，竟成了软弱不堪。

鸡蛋一开始是非常脆弱的，薄薄的外壳保护着里面的液体。经过了开水翻滚后变得和之前不同了；鸡蛋变得坚硬了。

但是，咖啡豆很特别。咖啡豆放入开水后，它改变了水的本质，创造一个全新的东西。

父亲： 妳是什么呢？

当挫折敲上你的门，你会如何应对？你会是像马铃薯、鸡蛋，还是咖啡豆一样呢？

人的一生不可能一帆风顺。随时随地，逆境都有可能找上门。但是比起表面上发生的事情，真正重要的是我们内心是否有足够的承受能力，应变能力。

请问，你又是谁呢？

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One day, as chef David was cooking up something scrumptious for lunch, his daughter walked into the kitchen with something on her mind.

Father: What's wrong?

Daughter: School is just so hard; making friends is impossible. I don't think I'll ever make it through 4<sup>th</sup> grade.

Her dad smiled, and took out three pots. He filled them with water and placed them on the fire. Once the three pots began to boil, he placed potatoes into one pot, eggs into the second pot, and poured coffee beans into the third pot.

Daughter: Dad, what are you doing?

Father: Patience, Sweetheart. Patience.

After twenty minutes, he took the potatoes out of the pot and placed them on a plate. He did the same with the eggs. And then he poured the coffee into a mug.

Father: So, what do you see?

Daughter: Potatoes, eggs, and coffee.

Father: Look closer.

The potatoes, the eggs and the coffee beans each faced the same adversity – boiling water. However, each one of them reacted differently.

The potato went in strong, hard and unrelenting, but in the boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was placed in the boiling water. Then it became hard.

However, the coffee beans were unique. After they were exposed to the hot boiling water, they changed the water and created something new.

Father: Which are you?

When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?

In life, things happen around us, things happen to us, but what truly matters is what happens within us.

Which one are you?