

在兩書之間的掙扎 / The struggles between two books

打撈「幸福公程式」!!



每當，我遇上頭痛棘手的事件，感士氣大損，及快臨精神崩潰 (咳咳，誇張了一點!) 之際；總會驅使自己站在鏡前，大唱我的失意 “*MOTTO*”~

It was so sickening to the point, where I had to compel myself to playing out ‘*THE MOTTO*’ over and over again ~

*“Problems are really our assets in disguise...
There’s a better tomorrow for me in sight...
I’ll all work out...”*

馬不停蹄，瘋狂式進行網上大搜索，找房子、看房子，已成為我近年來週假日的指定節目 (Lucky me!) 。

Heavily searching and viewing properties, they've been became most of my 'off days' routine!

說來你不信，以下這則離譜經歷，就是我最近才剛遇上的「倫敦租屋驚魂記」：

天呀！屋況跟照片完全是天差地別！我頓時以為自己搞錯、入錯屋，後來才獲知照片全是在六年前拍下的，我快要被驚嚇到暈倒...

那無良女房東還繼續囉囉嗦嗦..... 解釋租這房子的細節守則 ~

“地毯、窗簾、基本上一切，是一切！在你租約滿後，離開之前，必須清洗至專業標準。但若你搬進來時，如發現房子有什麼問題或不潔，那麼... 實在是算你倒運了... 這是待你自己來處理和清理的囉。

「這...」我們不管、「那...」我們不管... 我們並不負責，因這理應是前任租客離去前該處理的，然而我們卻可拒絕退還她的按金.....”

絕對 B # S *% ! 一派胡言謬論！此刻，我血壓上升、身體裡的血都沸騰了...

幸而，我已蒙受了好幾回同類事件，故都訓練有素，只可深呼吸、微笑及無奈地裝出我的「撲克臉」，試圖去掩蓋我那刻的憤怒。

Nothing like the photos, not even close!
Another disappointment, it was like being slammed on my face again.

Jeezus! "For the love of %*#@^ ...
I was actually hearing the 'interrupted voices' screaming inside my head!

At that moment, all I can think of is to try to altering my reaction by putting on my 'poker face', hoping I can avoid showing my frustration toward that woman, who was still continually trying to explain the house rules... and the other details about her FILTHY flat...

"Carpets, curtains, everything basically ... must be cleaned to a professional standard before you go in future! But, this does not mean they have to be clean when you move in... As we DO NOT responsible for THIS and THAT... the previous tenant suppose clean it before she left... but if she fail to do that... well, then you have to clean it yourself..."

What an absolute B#S* ... yeah it's a pile of crap!
I was so furious that I once again wasted hours of my life that I can't get back!!!



Dream house, anyone?

由於，倫敦房市地產求過於供，加上當權者沒有妥善管制，和去打擊失控的樓市及住屋問題，樓房價格之高，實在難以置信。對於一般普通市民來說，如沒擁有自己的物業，在住屋問題上，絕會是件「無比級」艱難任務。

而在英格蘭，房價竟然在1971- 2011年間，驚人上漲了4255%（數據來源 ~ Published on Jul 1, 2015 from "*The school of life*"）

事實上，租屋價也是天文數字，令人無法想像。同時，正因沒有獲得政府合理的對租務及租客之保障，使那些唯利是圖的「害群之馬」無良業主，更完全麻林不仁地，使出不當手段去漠視屋宇的保養。

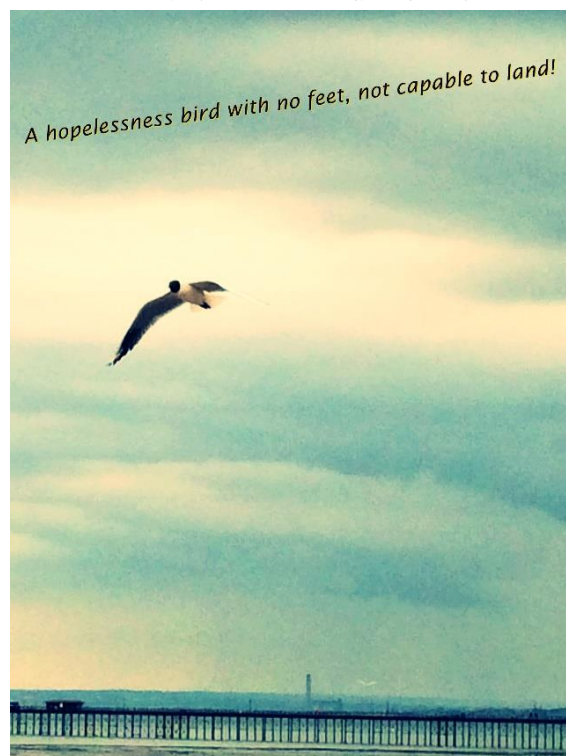
尤其，若你是單身欲想在倫敦找個理想窩，往往要準備去啞忍高天的租價，並且委曲求全式的為貪婪業主賣命 (wooooo...)！要不然，你就別無它法，只能考慮遠離倫敦。

實在英國，不單在倫敦，即使在倫敦以外的鄰近城市，亦因近年來不少倫敦人向外移遷，而令其房市價增漲了許多。

Blatantly obvious, there simply aren't enough decent, affordable housing in London (or even Home Counties – all outskirts of London). Unless you are willing to put up with all those nonsense and the sky-high prices! You've got no other choice but to move far away from it.

And in England, house prices rose by 4255% between 1971- 2011 (data Published on Jul 1, 2015 from "*The school of life*"¹)

如絕望沒腳鳥，無棲身之處！



(Southend-on-Sea, Essex, England)

¹ "The school of life ~ is an educational company focused on how to live wisely and well. It was founded in 2008. It offers a variety of programmes and services and also runs both online and physical shops.

持續被困窘在倫敦住屋的「地獄獵戰」中，和其它堆積在眼前的問題；這當然，更不可不提，那份「摧殘我心靈」的刻薄牛工(喔喔!)...
使得我感覺像隻疲憊、晦暗無望的沒腳鳥，無著陸立足點。不由自主的落入迷網、沮喪裡，而這種可怕的「黑暗低潮」仿佛完全堵塞了我近日喜樂的泉源！

Overwhelmed by the intense suffering from the madness of London housing market. As well as the other 'waiting to be solved situations' that have been piling up right in front of me for years. Here it is, of course, not to mention that unfulfilling, mentally torturing day job...

I feeling like an exhausted, hopelessness flying bird with no feet, and not capable to land! And constantly be paralysis by the dreadful '*sea of dark emotions*', sense how it seems completely drained out all the mirth in me!

抑鬱風暴



The darkest of my emotion

唔... 我可以想像，你現在也許直盯著我說：“你在呻吟什麼？” 沒有太多人想要知道你的問題、你人生、或對你感興趣！

香港星光大道



Avenue of Stars, Hong Kong

我承認，我的犯罪清單～

是曾在以往，未能作出足夠正確、明智的決策……且讓美好機會擦身而過；或，確切來說，對自己的人生顯然未負上「全權責任」。

畢竟，假若按照世界的標準，以我這把年紀 (唉唷!)，還需要為某些生活的基本問題而掙扎，我理應感到羞愧啊！

這麼，我如今大概該隻字不提、及以雙手掩面和閉嘴！亦不要期望別人去拍你肩膀、牽你的手；甚至來尋求安慰。反倒，必須要向這個看似是我眼底下「唯一的現實」毫無疑問地作出妥協。更再不應在此浪費時間，並最好多兼幾份工作，要把自己弄得連自己都認不得出來，日以繼夜、甘心命底式的，把我餘生的時間與精力，只投資在這大多數人認為是我「僅有殘存」的方案上。Right?

呀！首先在此讓我說明，我並非否定辛勤工作的重要性，或標榜不努而穫 (Oh! Yes, please!! Ha ha!)，而是不禁令我疑慮到，今天「此種」艱苦對我而言是真的有價值嗎？還是一個未看得清楚的枉然？

再說，我仍寧願去相信～「另一種」的可能性呢！

Well, I can imagine the look on your face right now!

I hear you saying, “what I'm moaning about?” No one interested in your problems or you...

Assuredly, I hadn't been paying attention to making enough sensible, smart choices or taken full accountability for my own life.

Truthfully speaking, I know, I know, I ... by world's standards of how life should be for a woman of my age! I should feel shame to be still struggling with all of 'THESE'.

Therefore, I should prohibited to expect the outside world to listen of my feeling or to hold my hand. (Come on, let's face it! Once you are adult, hah! Tough luck!).

In this case, just shut up, mind your own business, or no good to share it! In fact, I ought to waste no time, take on more jobs, to feed the landlords or mortgage lenders... Accept the harsh reality (Don't try to pursue things that excite you! Even deep down, I know surely, if I did what the reality asked me to do, it would undoubtedly regretted me for the rest of my life).

But hey, guess what? HELL NO!!

What if I tell you, I would rather consider other alternative path!

找出難題的破洞



Hampstead Heath, North London

就是這樣，我沈靜了一陣子..... 再認真想一想:

人生本不是一個漫長的過程嗎？就像許多的故事。它，充滿曲折、高低起伏、我們更不時會碰到陰暗的涵洞、甚至偶爾需要繞道而行！即使，達到某個年紀，亦非意味著從始光明大路、免於障礙或轉折！

如此一來，何不考慮稍稍的往後退一步，放自己一馬；別讓一時挫敗綁架。倒不如，把人生當成一個長期的投資遊戲，及設法找出轉圜的機會點在哪裡？并且把我的餘生、心力好好去尋求有哪些更適合自己、更有「創意」的可行方案。為自己摸索出一己的「幸福公程式」才為上策。

Take heart, and remember, over the course of our full of twists and turns life, we've all got our murky grey moments! It does not mean, if you are over certain age, you will be exempt from failures or challenges!

As such, we should stop tormented and reconcile with ourselves, likewise get a right perspective of our problems itself and channel the energies toward finding *creative* solutions.

The truth is, I do not wish to lose faith on finding my 'own version' of happiness! Chances are, there is always 'something good' out there, right? The possible solutions, it might just few meters away and likely easier than I imagine...



After all, our powerful mind is always our solution!

Besides, if, I'll not be the only person, who is in the middle of destructive turbulent and couldn't find any way out. Thousands of people around the world are presumably go through the same games. Then, I asked myself, no earthly reason why I dare not to take the challenges and praying to hunt down a couple more suitable way to win it!

噢，還有一點兒愛心小提示：

別忘了不時去欣賞、慶祝生命的美好～

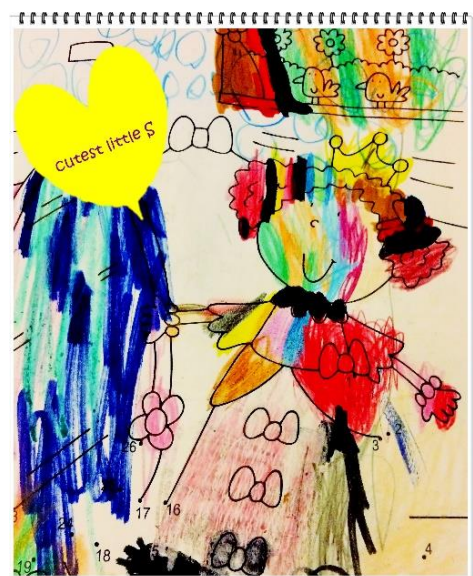
學會珍視生命的本身、愛、健康、自由、親友、大自然……

晨早的陽光、清新的空氣、我最愛的豆奶茶（或你愛的咖啡）、路旁的橘子花、我最喜歡的音樂和電影……

當然更不用說，我最親愛的小侄子和侄女（J&S），他倆無懈可擊的笑聲喔！

確實，各種生活路上的點點，不僅能滋養、平衡我們的心靈，更給我們在碰上壞事時得到紓解，是無可替代的抗戰解藥、配方！

換言之，就是這些零零碎碎，提升了我們對未來有所希望。



Incidentally, don't neglect the benefits to develop the most vital habit, which is to nourish the magnificent things around us:

Life itself, love, health, freedom, family and friends, nature...

As well as, those simplest things of our day-to-day life ~

The morning sun, the air we breathe, the aroma of my tea (or your coffee), the tangerine flowers by our drive way, the favourite music and movies...

This of course and, last but not least, the most precious for me, is the 'unforgettable laugh' of my dearest little nephew and niece (the amazing J & S).



Now then, start to live and breathe them every single day! And do so, we are injecting these 'powerful antidotes', which will help us to recover from our own toxin negative thoughts when doubt creep in...

That is, indeed we are still in a better off place than many people in this world...eh?

A wise person once said:

Failure is temporary but defeat is permanent. And defeat only occurs when you give up...

哦，我的問題 是的！

它們呢，仍然沒有結論，尚在我的鼻子下，等著我去征服！

害怕？那當然還是有，但能走在「自己喜歡的路」與擁有自己的「家」之理想和希望，卻成了我目前的動力，去繼續努力，嘗試向前推進。

Hmm... my problems, oh, yeah!

They are still the same, out there waiting for me to conquer, but ‘*the feelings...*’ it seems a lot less stuck then I think...

未完待續..... (*容我也誠邀您查看我下一篇文章 🐾)

嗯..... 至於我下一步又是什麼？未有線索！完全無頭緒！

因我今天又約了地產要去睇樓，就讓我容後再講吧！“Oh! Wish me luck! Would you?”。

(愛沙班倫 March 2017)

To be continued...

(Despite my current cry, and regardless I absolutely don't have a faintest clue yet what my next step turn out to be as I wish. Yet, why not, catch up with me on my next post and see what happen next ...)

(愛沙班倫March 2017)