

Lif-Style [★] 品味生活

December 2006

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Stylish Christmas 2006 圣诞礼品畅想曲

德国德雷斯顿火车站：重现古典主义的辉煌
German Dresden Station: Grandeur Restored

设计鬼才的圣诞蛋糕
Philippe Starck's Christmas Cake

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December

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Brand Christmas

This year, let LifeStyle help you enjoy an easy and relaxed Christmas. We have prepared some exciting gift suggestions to update your holiday wish list. Whether you are shopping for your loved ones or for yourself, you will find all the best choices in our selection, which ranges from intriguing Alessi designs to Montblanc's classic series, from splendid Swarovski crystal to special wines for Christmas.

International Design

Architecture

48 Grandeur Restored

Our redevelopment of Dresden Station represents a true celebration of the 19th century original through the means of our times. The dramatic roof structure has been specially engineered to rest comfortably on the original station arches - revealing the fine historic detailing while flooding the space below with natural light, reducing energy consumption and reinventing the station for the 21st century.

Interior Design

54 Better Living

As a leading furnishing group in the market for about 60 years, DOIMO GROUP brings us collections suitable for any home environment and also a new philosophy of life and design.



LifeStyle

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Exclusive Interview with General Manager of Sanya Marriott Resort & Spa

Art

Art Exhibition

102 Contemporary Art from the Islamic World

Simplification is essential to Gürbüz's artistic expression as it accentuates what deserves to be recognized. The use of minimal, strongly contrasting colours, mostly black or brown, to draw her fantasies reflects the paradox of something intimate and secret becoming public--a drawing that all can see.

Fine Dining

106 By the Window

Finestre has introduced Shanghai to a refreshing and innovative dining experience. The new restaurant couples glamorous views of the Bund and the Pudong skyline with a down-to-earth, playful atmosphere that establishes it as the trailblazer for a welcome new breed of restaurant culture.

110 Aloft on the Peak

Major features include a reflecting pond and a six-metre high waterfall. The lower level serves as a comfortable guest lounge with bar and features a remarkable 3000-bottle wine cellar.

Wine

112 A Buddhist Meditation on Fine Wine



A Buddhist Meditation on Fine Wine

At first it may seem an “oxymoron” to suggest that a Buddhist or one practicing Buddhism meditate on or contemplate fine wine, but in today’s world our lives are a mystery of contemplation and lifestyle existing as One. We seek the wisdom of the Universe at the same time we find we also need to express ourselves as social creatures, seeking the companionship of established friends and making new friends at social events and in public establishments, such as trendy clubs, bars, restaurants and hotels.

Most people in China do not reside in a temple or monastery, they live in apartments or homes and so naturally they frequent shops and shopping centers and they visit clubs and restaurants for entertainment. Yet many Chinese and a growing number of westerners coming to China practice meditation and even Buddhism as a means of learning to open their hearts to the world, serve humanity and improve their health by introducing a harmonious balance between introspection and self expression.

So, it follows that one may easily lead a life that includes the Buddhist tradition of reflective meditation and at the same time appreciate popular fashion, music, dance, design and entertainment in a variety of forms. Today’s “millennials” and their “X-er” elders are both grounded in the world of their ancestors as well as immersed in the culture they and their service providers have created; and red wine just happens to be on the menu. Very definitely on the menu.

Red is the most important color in China and the world of fine wine. What a coincidence. Meditation can take us to places of calm resolve and inner bliss; a great glass of fine red wine can surround us with the nectars of heaven’s touch we so long to enjoy: It can free us from our meaning-

less rituals and worthless preoccupations by treating us to a seduction of our palate that quickly engulfs our imagination. If we consume in moderation, it does not cloud the senses nor cause us to betray our best intentions.

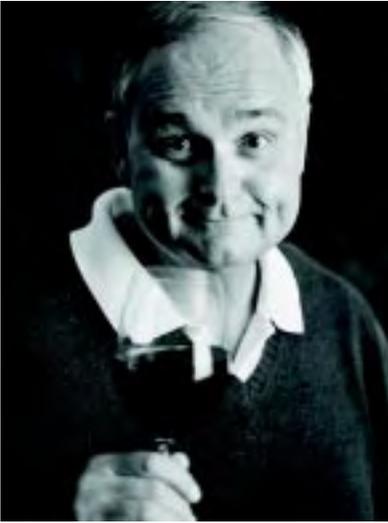
When one approaches meditation, one can focus his meditation like a laser on an object or mantra or simply go blank and float like a cloud heaven sent. When one approaches a beautiful glass of fine red wine, one focuses the six senses on the velvety, ruby red ribbons perfumed as by the gods and then lets it all go to bathe in the after taste and dance with the angels.

When we sit to meditate, we follow a prescribed process to free our mind of worldly distractions and travel to another dimension where mediation exists; when we taste a glass of wine, we follow a set of learned practices to best enjoy what awaits us in the glass. In mediation we become one with our object of meditation; in wine tasting we become one with the wine.

For the eternal essence that is the great beauty of meditative bliss is the very same essence that has made it possible for grapes to become the poetry that has charmed the princesses of the world since time began.

Truly a Buddhist meditation on fine wine is but another way of opening without reservation: Throw your senses to the wind, that they may take flight in heavenly escape and show you the path to Enlightenment and increasingly how to fully enjoy your favorite fine wines, be they red, white or rose.

My meditation mantra is to dissolve into eternity and experience everything that is love. My mantra on tasting fine wine is to simply celebrate the beauty of the grape and contemplate the passion of the winemaker with an open heart. Live from China, I am Red Fred.



FRED TIBBITTS, JR.

FRED IS A GLOBAL WINE CONSULTANT BASED IN NEW YORK. HE ASSISTS SOME OF THE TOP HOTEL AND RESTAURANT CHAINS IN THE U.S. AND ASIA PACIFIC DEVELOPING THEIR WINE BY THE GLASS PROGRAMS, LEADING EDUCATIONAL TRIPS TO WINE PRODUCING COUNTRIES AND HOSTING VIP INDUSTRY DINNERS AT NEW YORK AND ACROSS ASIA.

FRED TIBBITTS, JR. IS THE EXCLUSIVE COLUMNIST FOR LIFESTYLE MAGAZINE IN FINE WINE SECTION AS WELL AS F&B CELEBRITIES WORLDWIDE.

FOR FURTHER INFORMATION ABOUT WINE TOPICS FROM LIFESTYLE MAGAZINE, KINDLY PLEASE CONTACT:
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Hospitality Meditation Guided by Fred Tibbets:

Hospitality is all about service and in particular Service Excellence: Service to others. For service is truly the highest calling. It is not what we do for ourselves, but what we do for others that is the measure of our worth to humanity and ourselves. And so it goes with all that we uphold as sacred values as hospitality leaders.

So, once daily, may we suggest you take but five minutes from your busy schedule to meditate on these five thoughts as a valued member of the Global Hospitality Community:

Everything and everyone is connected: We are ONE: We are not separate from one another; so live your lives with an open heart without qualification and treat everyone as though they were your closest family at all times. Honor and respect all others.

Service is the highest calling: Serve the least of humanity with compassion and reverence as though you were in the presence of royalty: For in fact, the least of us are the closest to the energy and "White Light" of the universe.

Act based on what is the right thing to do: Not what appears to be most to your immediate advantage.

Practice relieving the suffering of all others (all Sentient Beings) by wishing that you can suffer for them.

And finally, try not fill your day chasing after all that you can take: Instead, receive what is given.

