

# LifeStyle

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December 2008

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让每一瓶酒都有它的故事，让每一瓶酒都有它的智慧，闪耀的，灵动的美酒让我们不再孤寂，拥有心灵的享受。

佳酿，特别是欢愉之饮，在极致的享受中带给我们心灵的升华。思潮袭来，如梦方醒，思绪不断，如醉如梦。有的人认为心境取决于我们的身份，包含了习得经验和睿智观察，这几乎支配了我们的思维和表达能力。实则不然，我们有着悠扬而深远的思绪，灵魂深处有直觉般奥妙的难以言状的感应和交融。在直觉的指引下，我们走过的路不断向前伸展，不断探索真实的自我，追寻灵慧的真谛。真实的自我铭记了岁月的精华，变亦不变中传承历史，聚焦现在，展望未来。时间和空间的切合带给我们对灵魂的真谛的把握，再也不用在未知的迷惘与虚无中踟蹰。



## 灵慧之精 美酒有其道

# Our Spirit Within Wine Knows the Way

如此，就让缤纷的红酒荡漾在您的杯中，甄选的佳品会让我们的思绪在奥宇中任由。收获的醇香和曼妙的果香带来的欢愉难以言状，我们的心境在一片平静，和谐和悠远中静如止水。任生命的灵慧激荡，在任由中沉醉。生命的答案是多种多样的，美酒与宇宙的千丝万缕的联系也是纷繁变化的。沉浸在这种佳酿的欢愉中，是一种难以抵挡的轻松享受。咱可称之为内心的原动力，品酒专家就是洞悉了那种酒与这种原动力切合得最为紧密。

一旦有一种酒可以与宇宙的原动力呼应，那你大可以把这个超然感觉放在标签的明显位置，因为每一

个爱酒之人都在追寻这种神圣的意境。也许你会问，“怎样才能找到如此奇妙的美酒？”答案很简单，“尝试。”在不断的尝试中，你总能发现有那么一种酒，平静，舒缓，深刻，让你远离喧闹，干扰，潜入内心的深处，不受时间和空间的束缚，体会爱，热情，无穷释放的妙趣。

从入门级的红酒开始，如果他不能满足你的口味或是味道不佳，可以提升一个档次。如此往复一定可以找到真正属于你的酒。不断的尝试新的酒品，不断的提高你的品位，不断的享受就带来的欢愉。

为您带来品酒的真谛。我是 Red Fred。



Connecting with our spirit within is the most important task we face, for unless we are one with our soul, we are alone and we are lost.

Wine, and in particular premium wine that is pure enjoyment when consumed in moderation, takes us to that place which is our spirit, our soul. If what we experience is foreign, then it is our first, glorious awakening; if it is a reunion; we are reminded we are home.

Some would say that our mind, our awareness is who we are, but according to Buddhist tradition, it is simply our "Cognitive Lucidity", our analytic ability and nothing more. Moreover, our mind is the union of lucidity and "emptiness", being one in the same, acting as a conduit for our thoughts in words spoken and written, as a result of our mind's "conceptualized apprehension" or our ability to fixate on phenomena. Who we are, in truth, is quite another matter. We are all very ancient souls. What we carry forward as well as what we become is our real identity. We communicate our unspoken thoughts telepathically from our soul, which is home to our spirit as well our intuitive self. Trust in your intuition and you will always know the way forward. Ask any question of your true self and the answer awaits.

Being one with ones real self is discovering the secret of the ages; it is when

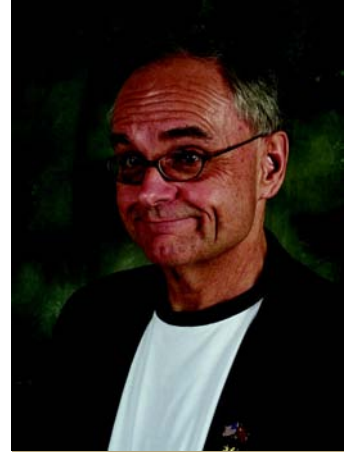
one is at long last reconnected with his past, present and future. And once connected, everything becomes very clear, because one's frame of reference is suddenly all that was, all that is and all that will be. It is no longer necessary to dwell in darkness and fear of what comes next.

So, charge your glasses with the best red wine or whatever type you prefer and drink to that which connects us to all else: The Universe and beyond. Inhale the fragrance of the harvest and swirl the luscious fruit the winemakers have crafted for your pleasure. Let it take you to that place that is peace, harmony and your connection to the Universe. Toast to all life that has been, that is renewed and that will come again.

Just as there is no single answer to the secret of life, there is no single wine that will insure the best quality connection to the Energy of the Universe. Enough of any wine fit to drink will lower your inhibitions and resistance to becoming one with this Energy; however, ones goal should not be simply to connect, but connect in the best possible way. To achieve a good "handshake" with the Energy of the Universe, one must know which wines best make possible this connection.

If but one wine was capable of allowing ones consciousness to commune with the Energy of the Universe, you may be sure that winery would advertise on their label "Connect with the Energy of the Universe-Only with this wine". But this is not the case. Each individual must experiment to find the one wine or variety of wines that help make possible this sacred connection.

You may ask "But how does one find the magic wine or wines that have such a powerful effect?". The answer is simply "trial & error": Just keep tasting wines until you experience one or more that transport you to a calm, mellow, gentle state that allows you to distance yourself from all the noise and other earthly distractions and commune directly with your spirit, your soul and most importantly, your connection to all that is real. This is a place where time does not exist; only love, compassion and be-



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ing reunited with all else. It is beyond space and time. It is Infinity.

Start with a red wine that you can afford. See how it affects you. If it is not entirely pleasant and if it does not uplift you, try a slightly more costly wine. Continue this process until you find the wine for which you have been searching. Then look for similar wines that may be even more affordable. After a while, you will know three or more wines that share similar flavor, texture and aftertaste profiles that help you to make your personal connection to all that is real.

From that day forward your assignment is simply to enjoy these wines with others who similarly have found their magic wines and who as well wish to connect with the Energy of the Universe. Be it your Last Supper or your First, you will at long last know the true meaning of Communion: Communion with all that is You and all that is perfection and beyond. Live from China, I am **Red Fred**. ★