

# LifeStyle

★ 品味生活

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## Wine Meditation For Better or Worse

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Meditation, calm abiding or contemplation, call it what you will is as old as mankind. Over the millennia, those who have practiced meditation in one form or another have written on their experiences and what they consider to be the ideal conditions in order to achieve the greatest benefits for mind, temporary body vehicle,

spirit and Soul. Further, religious leaders and scholars have delineated their "Best Practices" for one to achieve the maximum benefits from meditation, calm abiding, inner reflection and opening to all.

One of the cardinal principles for most Buddhists and other believers with respect to contemplation is that one should not

include the taking of alcoholic beverages in conjunction with meditation. The proponents of alcohol-free meditation believe that one should "not let alcohol touch one's lips", while their more open-minded, liberal brethren believe that wine consumption in moderation is acceptable, providing that the wine never "clouds

the senses". For as Red Owl often points-out, wine is very often a beverage that relaxes the mind, and therefore facilitates the letting-go of conscious defense mechanisms or "thought blockers and protectors". If, however, one is not in the habit of consuming wine in moderation as part of an active, healthy lifestyle, then most physicians would recommend that using wine as a meditation facilitator is not a good reason to start consuming alcohol. I leave it to the reader to decide what is best for her or him.

Ah, but what wine or wines are best to facilitate one's relaxation in preparation for solitude? The answer is as varied as the colors of the rainbow, for everyone's palate is different and therefore what would relax my neighbor is not necessarily what would relax me. So, how for each of us to decide? Well, the way I approach this task is simply to reflect back on as many of my most enjoyable, pleasurable wine experiences as I am able to recall; and comparing them, search for a red wine that was among the most satisfying, allowing me to float, as though the laws of gravity no longer applied: So, the wines that brought a smile of smiles to my lips with a magnificent after taste that transported me to a blissful realm, such as one from which one would never choose to be separate.

As for my past pre-meditation red wines of choice, no one appellation, country or region has had an exclusive, for I celebrate the truly premium wines of the world, wherever gifted, loving viticulturalists and viniculturalists work hand-in-hand to produce their mutual works of art in a bottle. And once I have had my glass or perhaps slightly more of one of these Angelic offspring of their dedicated wine fathers and mothers, I set aside my

glass, continue quieting and emptying my mind of whatever may remain of past, present and future thoughts, and open to becoming One with The Energy of the Ultimate Multiverse.

I find that I connect far more quickly now than when I first learned about meditation in 1990, which of course is truly a blessing: And when I sense I have left my temporary body vehicle, I know that I am One with Compassion, Forgiveness, Omniscient Wisdom and Grace. And I just float. It is no surprise that once one learns to go inside and connect as such, there seems little reason to return, but return each of us must, unless of course, it is

our time to pass and move-on to our new destination in time-space.

And so, I wish that each of our readers who has already discovered the many joys of drinking premium wines will as well soon find the peace and happiness that I have found combining premium wines and meditation in such a manner as not to infringe on the sacred space of one's meditative moments, but to precede them with wine to better prepare the way for total submission and letting-go. Live and love, serve and be served, but always, only for the right reasons and always with Grace. I am Red Owl, ever vigilant, over & out. ▣

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Wine Descriptions

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**Grange/Australia**

Penfolds Grange Bin 95, South Australia 2009

"Grange – at home in the greatest cellars in the world"

**Robert Mondavi/CA**

Robert Mondavi Winery Pinot Noir Reserve, Carneros, Napa Valley, California, USA 2011

"Carefully crafted with all hand-harvested pinot noir grapes, purely from Carneros, true elegance and complexity, reflecting its origin"

**Gerard Bertrand / France**

Gerard Bertrand Clos d' ora, Minervois la Liviniere, France 2012

"This quantum wine from the South of France bears a spiritual message: peace, love, harmony"

**Chile / Luis Felipe Edwards**

Luis Felipe Edwards Dona Bernada, Colchagua Valley, 2011

"See, Smell and Taste the passion, effort and commitment of an entire family to do great wines"

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田博华, 公益创业家, 社会公益组织FTA领导人。该组织以最小的运营开支争取最大限度地帮助美国及亚太地区需要帮助的人们, 并致力于通过直接的人道主义援助来减轻他们的困苦, 此外还以直接干预和慈善捐赠的形式帮助柬埔寨和泰国的贫困家庭和个人。目前FTA在泰国曼谷和柬埔寨金边设有办事处。

Fred Tibbits, Jr. heads a Social Entrepreneurship operated as an NGO, Fred Tibbits & Associates or "FTA", keeping all expenses to a minimum and donating all profits to those less fortunate in Asia Pacific and the United States. FTA is committed to easing the suffering of those less fortunate. FTA does direct intervention, charity relief for individual, very poor families in Cambodia and Thailand. FTA has offices at Bangkok, Thailand; and Phnom Penh, Cambodia.

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