

# New Western Cuisine.



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产品设计

更优生活  
Better Living



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Fred Tibbitts, Jr.

Fred Tibbitts, Jr. is the foremost global wine & spirits consultant for National Account chain hotels and restaurants, based at Bangkok and New York. He operates a global social entrepreneurship for the benefit of those less fortunate, traveling the world annually attending several of the leading wine and spirits expositions, seminars and conferences. He is a writer for industry and entertainment publications in China and the U.S.  
Photo circa 1979

常驻在曼谷和纽约的田博华是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参议过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

## Premium Wines Better Living by the Glass

精品葡萄酒  
醇香中的精致生活

One of the most affordable adult pleasures that contributes to better living and is available to one and all is premium wine by the glass. And what could be more relaxing than watching a beautiful sunset with friends or loved ones with a glass of one of your favorite premium wines? And since we now know that red wine is good for you, by all means, let premium red wines become part of your Better Living Lifestyle.

But you know, if you are ever to truly understand what is "Better Living" for you; not for a family member, your neighbor or an associate at work, but for yourself, you must connect with that place in you that is Better Living; for Better Living is a unique path that each of us must explore if we are to discover its true meaning for each of us. And there is no better way of connecting with that special place in each of us than through meditation. So, let's explore what a Better Living meditation might be like and how, once we have connected with that place in us that is Better Living and we have secured our unique blueprint for how to Live Better, we can use this personal plan to enjoy a more fulfilling life. Of course, premium wine is always my recommendation as part of anyone's approach to Better Living.

As with any meditation, wear loose-fitting, comfortable clothing; remove your shoes and be seated, cross legged on a comfortable cushion or if you prefer, a blanket or other soft material. Rest your hands, palms upward on your knees, fingers flexed as you like, your back posture as erect as possible and breathe slowly and deeply. Let your mind empty of all agendas, all concerns, all worries, all felt responsibilities and obligations, all planning; so, whatever was occupying your consciousness when you sat to meditate. If you begin to think of this or that, just let it go and concentrate on slowly and deeply breathing in and breathing out: Notice the tip of your nose, where you feel breathing in and breathing out. Simply dwell in stillness until there is only the breath, coming in and going out. Now go inside to that place that for you and only you is Better Living. Feel the warmth, the love, the glow of it as you become One with it. Let yourself go: Float

like a feather in the wind, without a care in the world. Notice what brings you happiness as you float. And know that forevermore, you have now discovered the way to that very special place inside that is Better Living for you. Now return to your world, to your place in the room, but knowing how to live better for all that is you; and how to return to that place to notice any changes over time.

And if you find that a glass or two of a favorite, premium wine in the evening after work or on weekends whenever the mood strikes, enriches your fulfillment of the moment and thus brings a better quality of life to whatever you are doing, whether philosophizing with others, listening to your favorite music or watching a favorite movie or TV show; loving another or just yourself; whatever, then know that the fruit of the vine has magically become a part of what is Better Living for you. Everything goes better with a glass of a wine you find to be delicious and without any defects that would even, ever so slightly, detract from the elegance that the winemaker intended for every crimson drop.

So, continue learning each day what is your ideal formula for Better Living by quietly and peacefully connecting with that place inside you that is Better Living; becoming One with it; allowing it to engulf every cell of what you know to be you; and returning to your everyday world with the growing confidence that if you follow your unique path that is Better Living for you, that each new day will be your finest day yet.

But please, consider dedicating the merit of this gift of Better Living to the beauty of the act of serving others, not simply yourself. For Service is truly the Highest Calling and Living Better is doing your part to see that not only do you live better, but as well, so do all those who depend on you know Better Living; including all those beautiful Souls you have come to know along your path, that their lives will as well be characterized by Living Better. Let your mantra be "Better Living for All". I am *Red Owl*, over & out.

生活品质的提高，带给成年人的乐趣之一是享受精品葡萄酒。日落时分，与亲朋好友或是爱人伴侣相聚一起，共享美酒，还有什么比这更为美好的事情吗？正如大家所知，红葡萄酒对身体有益，因此，请务必让精品红葡萄酒成你优质生活的组成部分。

但是你要知道，“优质生活”的真正含义不是针对你的家庭成员，更不是你的邻居同事，而是你自己。你的生活与你自己息息相关，每一个人都在追寻适合自我的更好生活，而探寻自我的最好方式莫过于冥想。让我们来看看与优质生活相关的冥想是怎样的，它是如何进行的。一旦我们将冥想与自我相连，那就开始了对优质生活的探寻，一旦确定了如何生活得更好的方法，我们可以通过这种个性化计划，享受更充实的生活。当然，精品葡萄酒一直以来都是我的推荐，因为这是优质生活的一部分。

无论是进行哪一种冥想，衣着必须宽松舒适。赤足，于坐垫上盘腿坐下，你也可以选择毛毯或其他柔软材料。将双手和手掌放在膝盖上，手指自然弯曲。背部尽可能挺直，慢慢地深呼吸。思绪放空，专注于自己的呼吸。将注意力集中到你的鼻尖，让自己沉浸在宁静之中，倾听气息的流动。感受温暖和爱意，如同风中羽毛，再无牵挂。于此时，你方能找到自我。接下来，让我们回到真实世界，回到你的居所，于是你知晓了回归自我的方式。

工作之后，或是周末闲暇，一两杯葡萄酒能让你舒缓情绪，并且提高你的生活品质。无论你是在听音乐，还是看电视，葡萄酒能让你的生活更加美好，享受甜美滋味的时候，不受任何副作用的困扰。

因此，每天都学习一些建立理想生活的模式，将其与自我相连，慢慢融入其中。回到现实之中，如果你遵循这一做法，那么每一个新的一天都将是最好的一天。

不过同时，请将优质生活带来的享受与他人分享。服务他人是一种更高的精神诉求，你一个人过得好是不够的，更多的要与他人分享。在前进的路途上，你会遇到高尚的人，他们的生活同样因为优质生活而改变。让你的座右铭成为“与大家一起分享优质生活。”我是*红色猫头鹰*，一直在这里。