

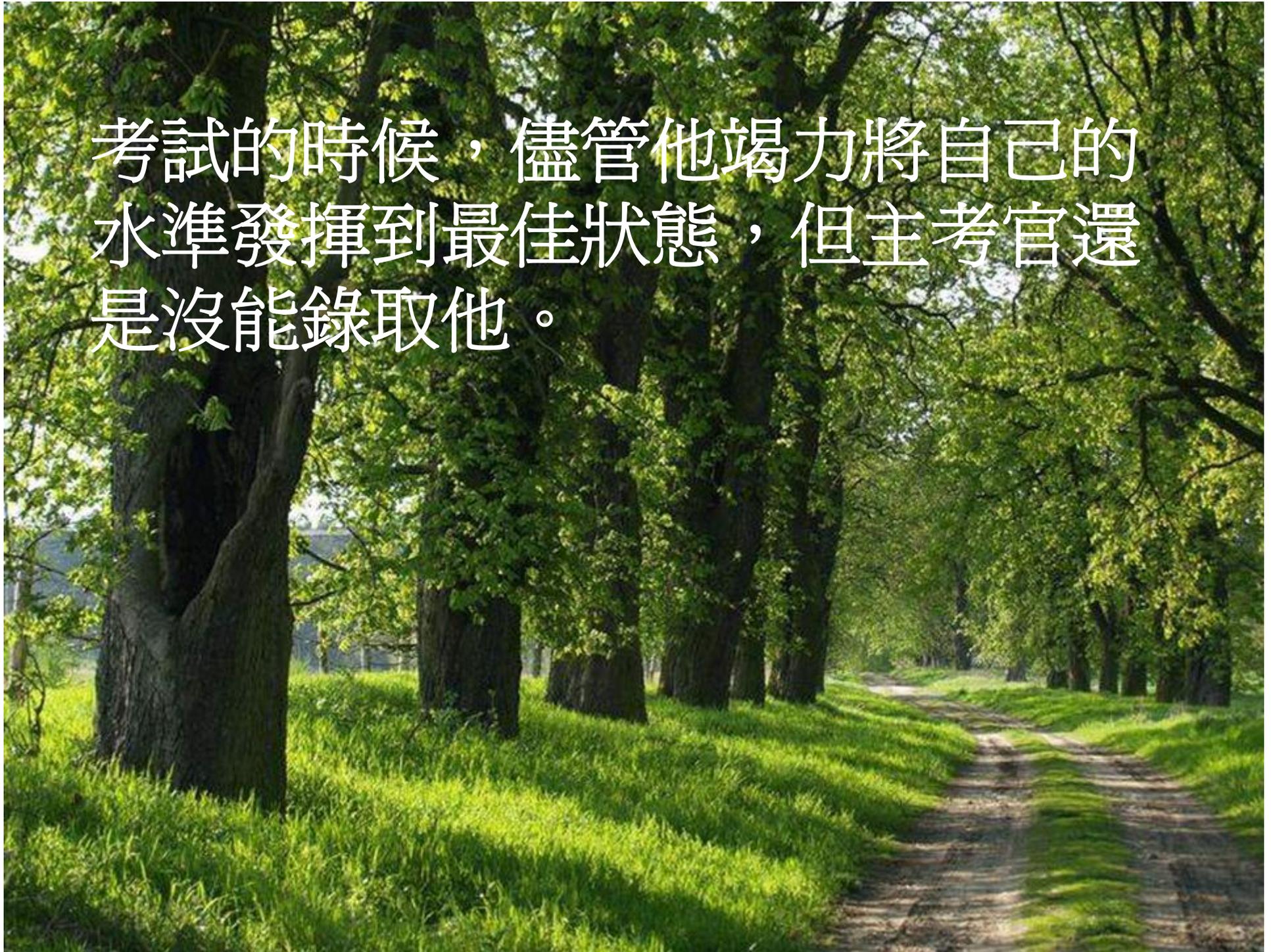


彎腰拾起的尊嚴

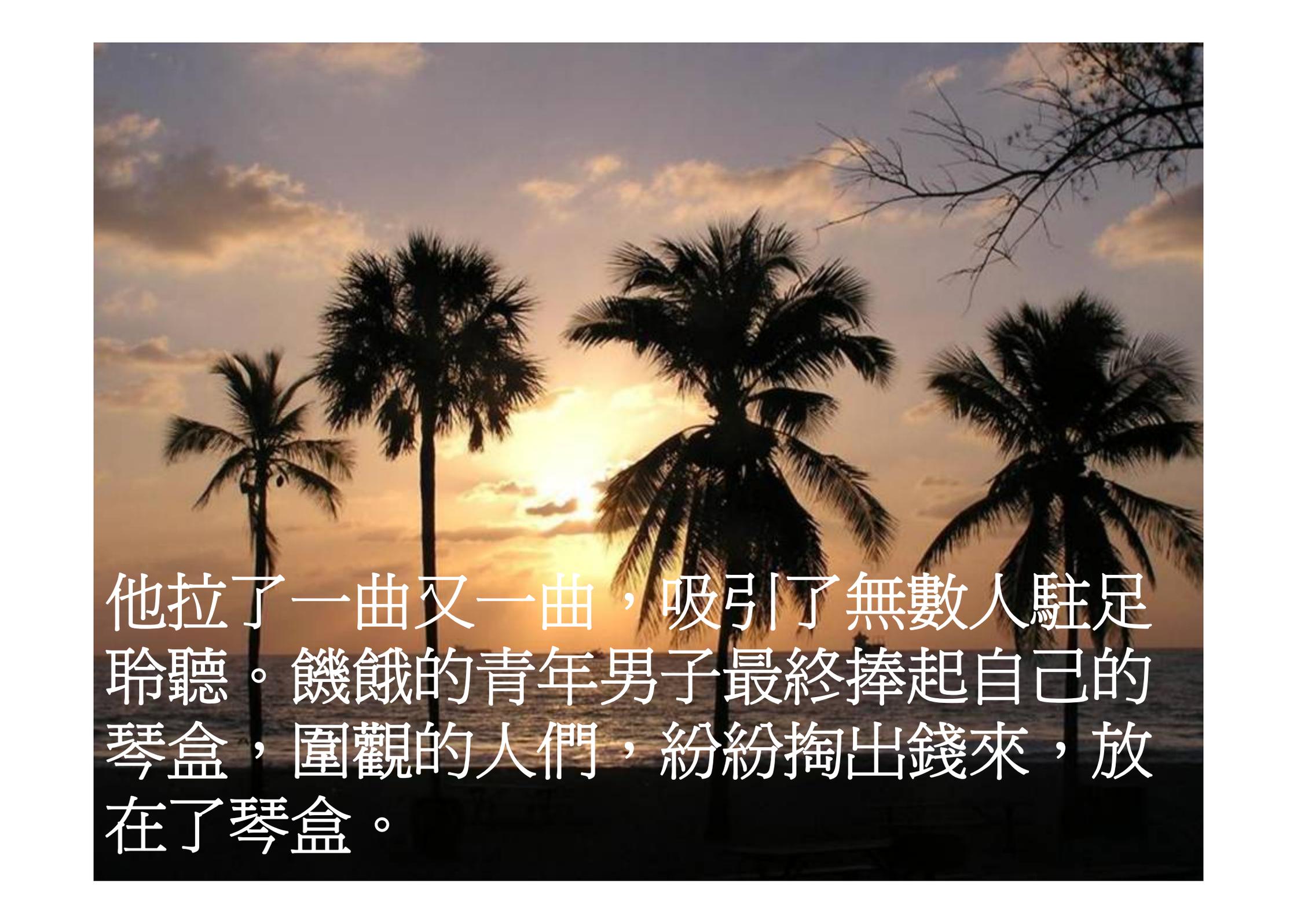
很久以前，一位挪威青年男子漂洋  
過海到了法國，他要報考著名的巴  
黎音樂學院。



考試的時候，儘管他竭力將自己的水準發揮到最佳狀態，但主考官還是沒能錄取他。



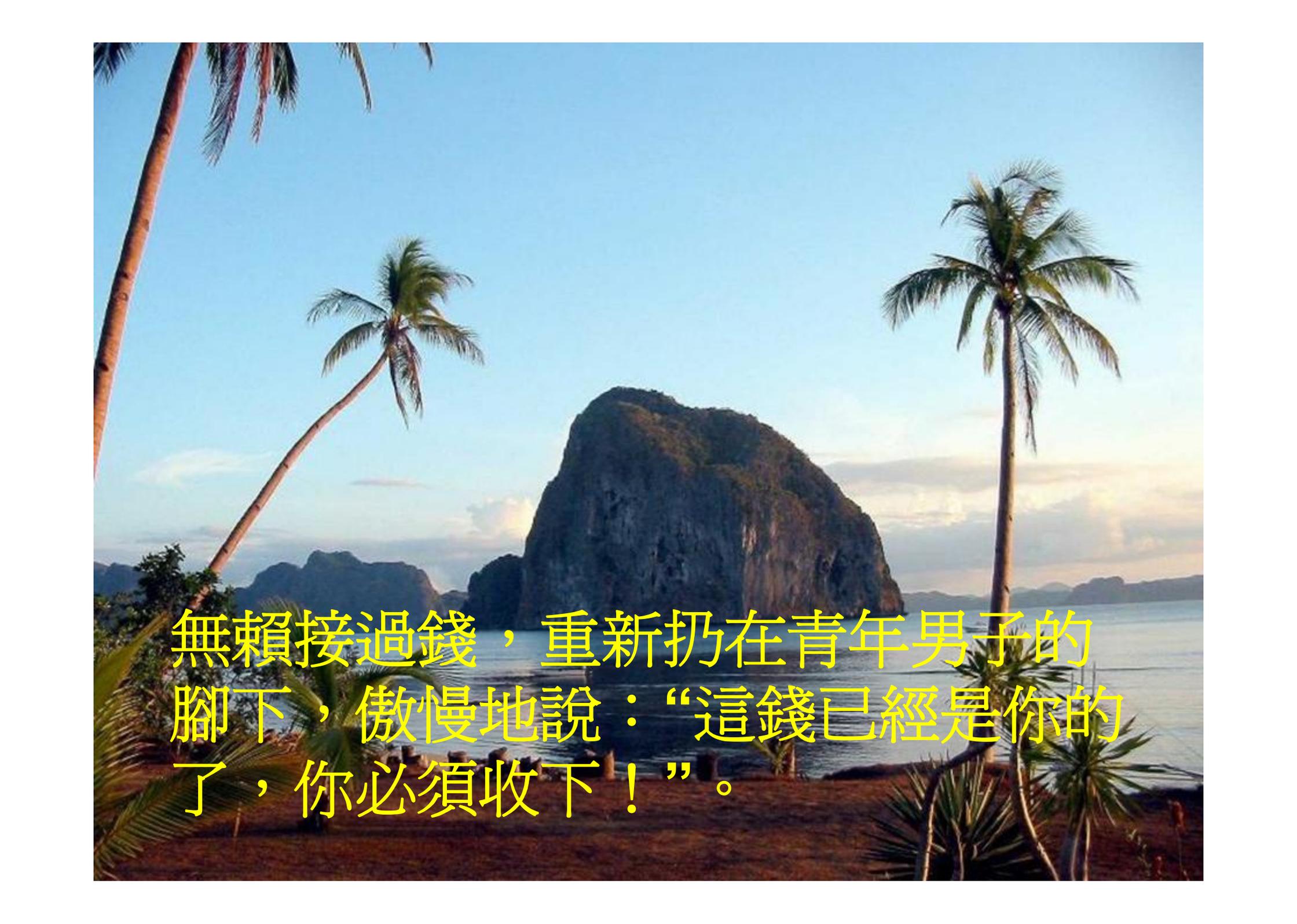
身無分文的青年男子來到學院外不遠處一條繁華的街道，勒緊褲帶在一棵樹下拉響了手中的琴。

A photograph of a tropical sunset. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky. Several palm trees are silhouetted against the bright sky, their fronds clearly visible. The ocean is visible in the foreground, with a small boat or structure visible on the horizon. The overall mood is serene and beautiful.

他拉了一曲又一曲，吸引了無數人駐足聆聽。饑餓的青年男子最終捧起自己的琴盒，圍觀的人們，紛紛掏出錢來，放在了琴盒。

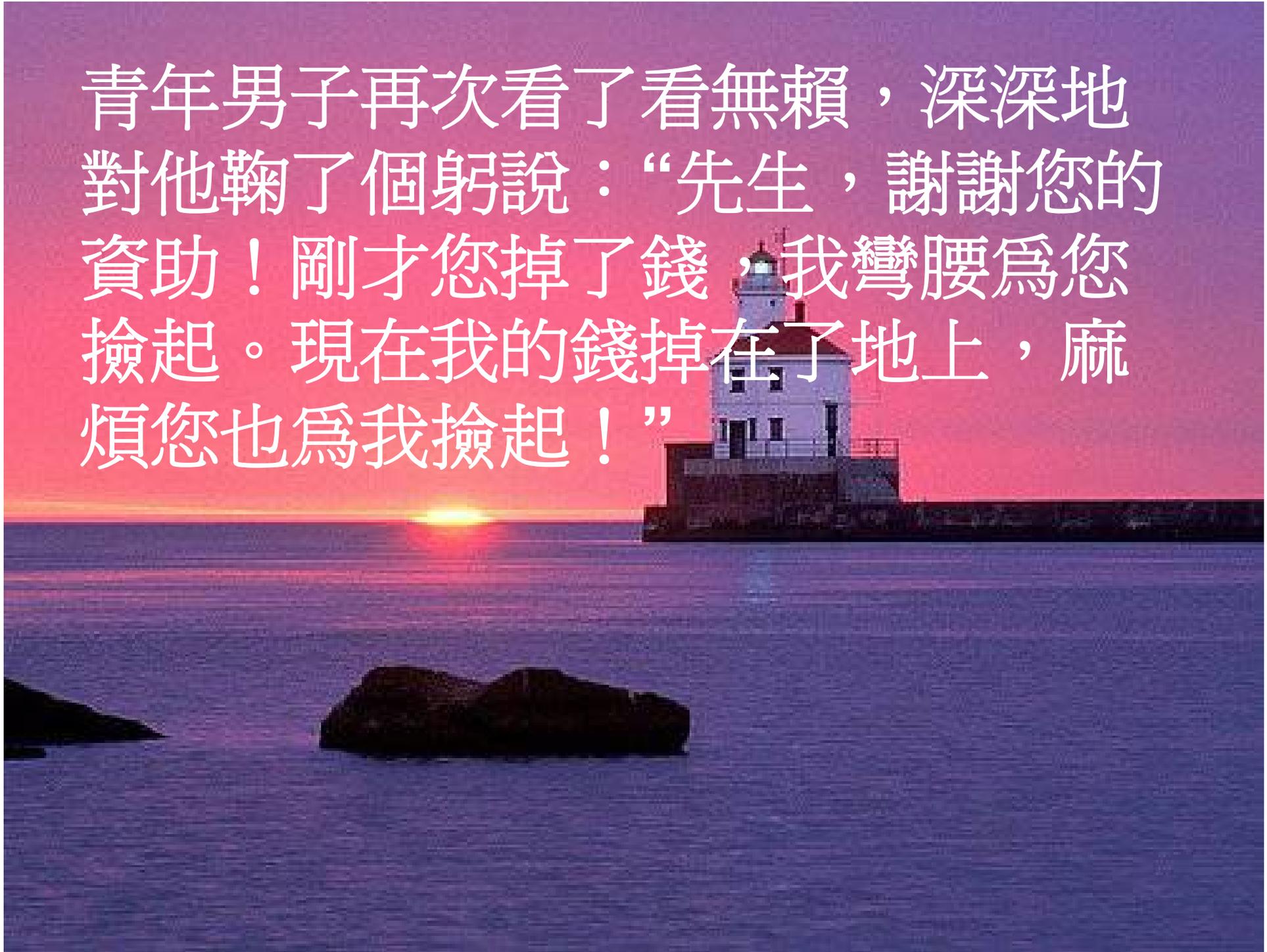
一個無賴鄙夷地將錢扔在青年男子的腳下。青年男子看了看無賴，彎下腰拾起地上的錢，遞給無賴說：“先生，您的錢丟在了地上。”



A tropical beach scene with palm trees and a large rock formation in the background. The sky is clear blue, and the water is calm. The text is overlaid in yellow.

無賴接過錢，重新扔在青年男子的腳下，傲慢地說：“這錢已經是你的了，你必須收下！”。

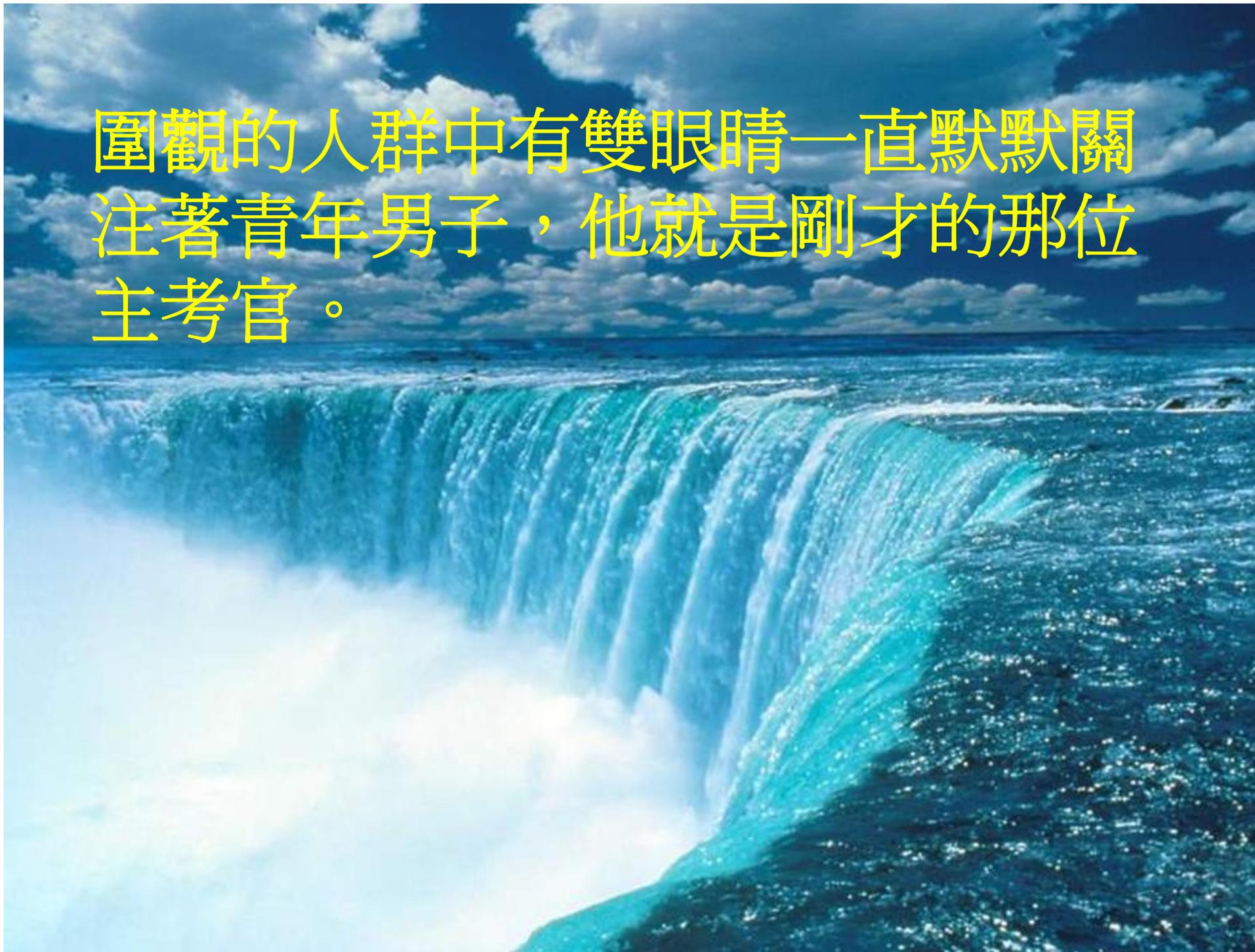
青年男子再次看了看無賴，深深地對他鞠了個躬說：“先生，謝謝您的資助！剛才您掉了錢，我彎腰爲您撿起。現在我的錢掉在了地上，麻煩您也爲我撿起！”

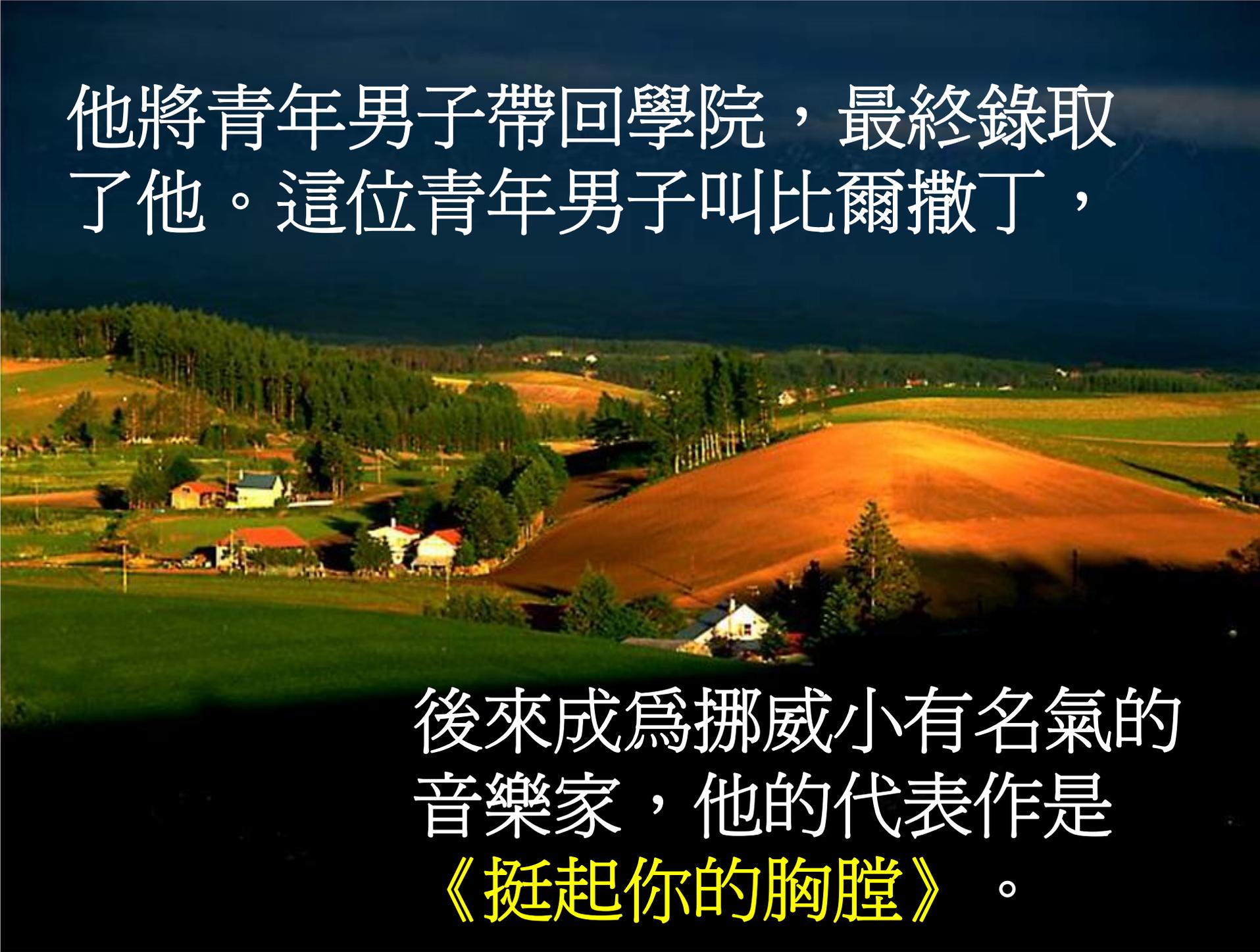


無賴被青年出乎意料的舉動震撼了，最終撿起地上的錢放入青年男子的琴盒，然後灰溜溜地走了。



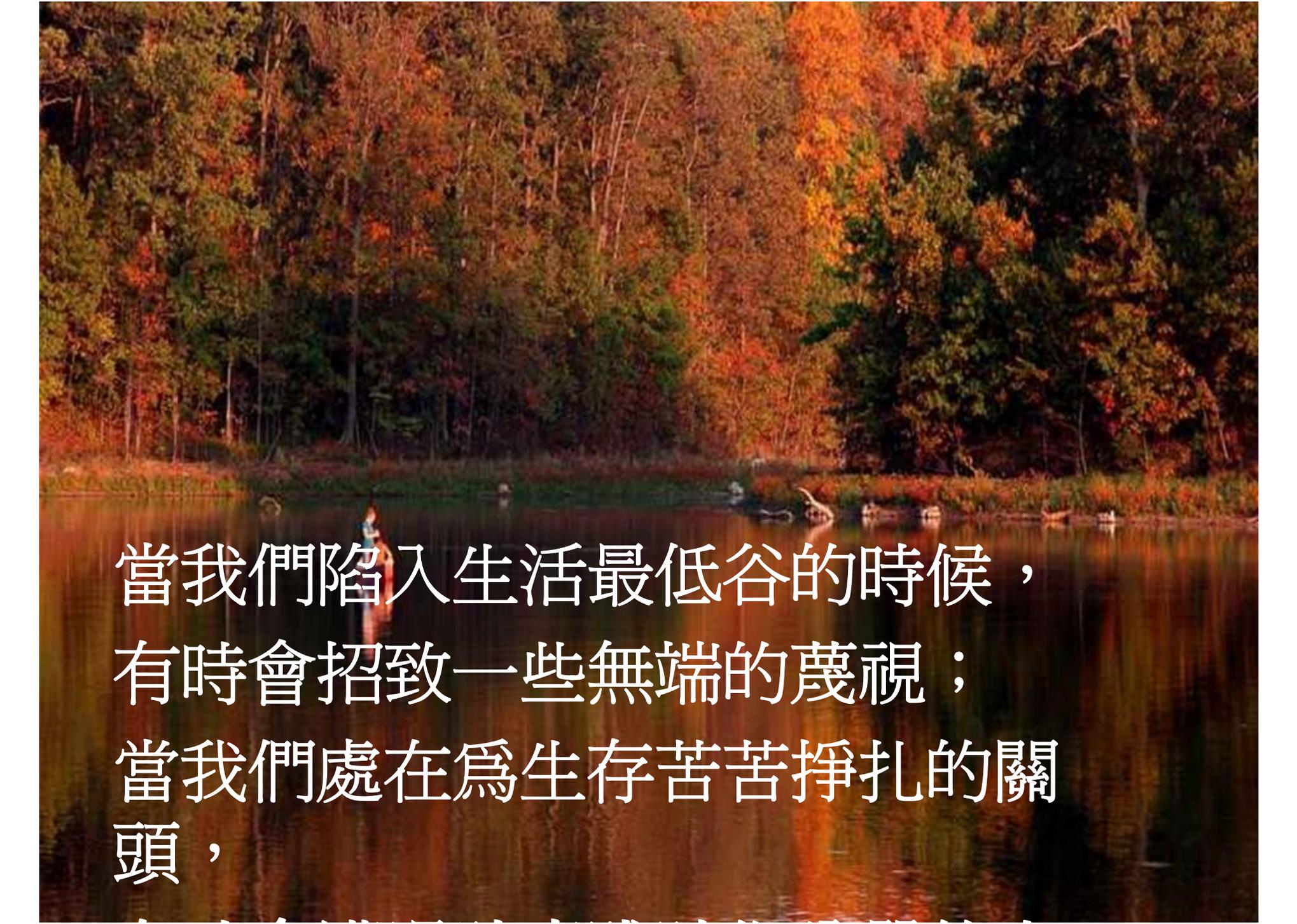
圍觀的人群中有雙眼睛一直默默關注著青年男子，他就是剛才的那位主考官。





他將青年男子帶回學院，最終錄取了他。這位青年男子叫比爾撒丁，

後來成爲挪威小有名氣的音樂家，他的代表作是  
《挺起你的胸膛》。

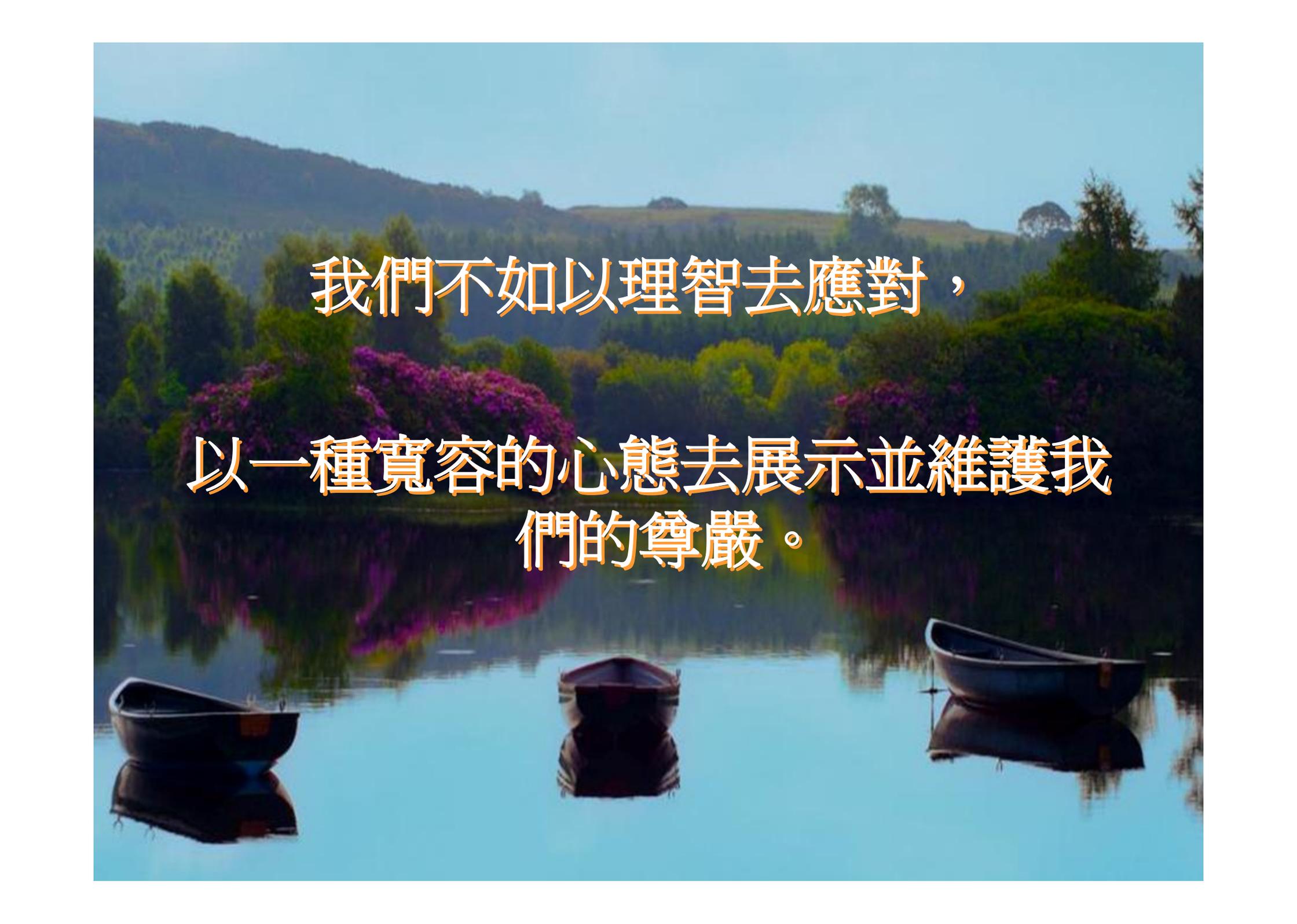


當我們陷入生活最低谷的時候，  
有時會招致一些無端的蔑視；  
當我們處在為生存苦苦掙扎的關頭，

A photograph of a well-maintained garden. In the background, there is a brick wall topped with a dense line of green trees. The middle ground is filled with various plants, including large-leafed tropical-looking plants and a small tree with yellowish-orange foliage. The foreground consists of a green lawn with a flower bed containing several plants. The text is overlaid on the image in a stylized, orange-outlined font.

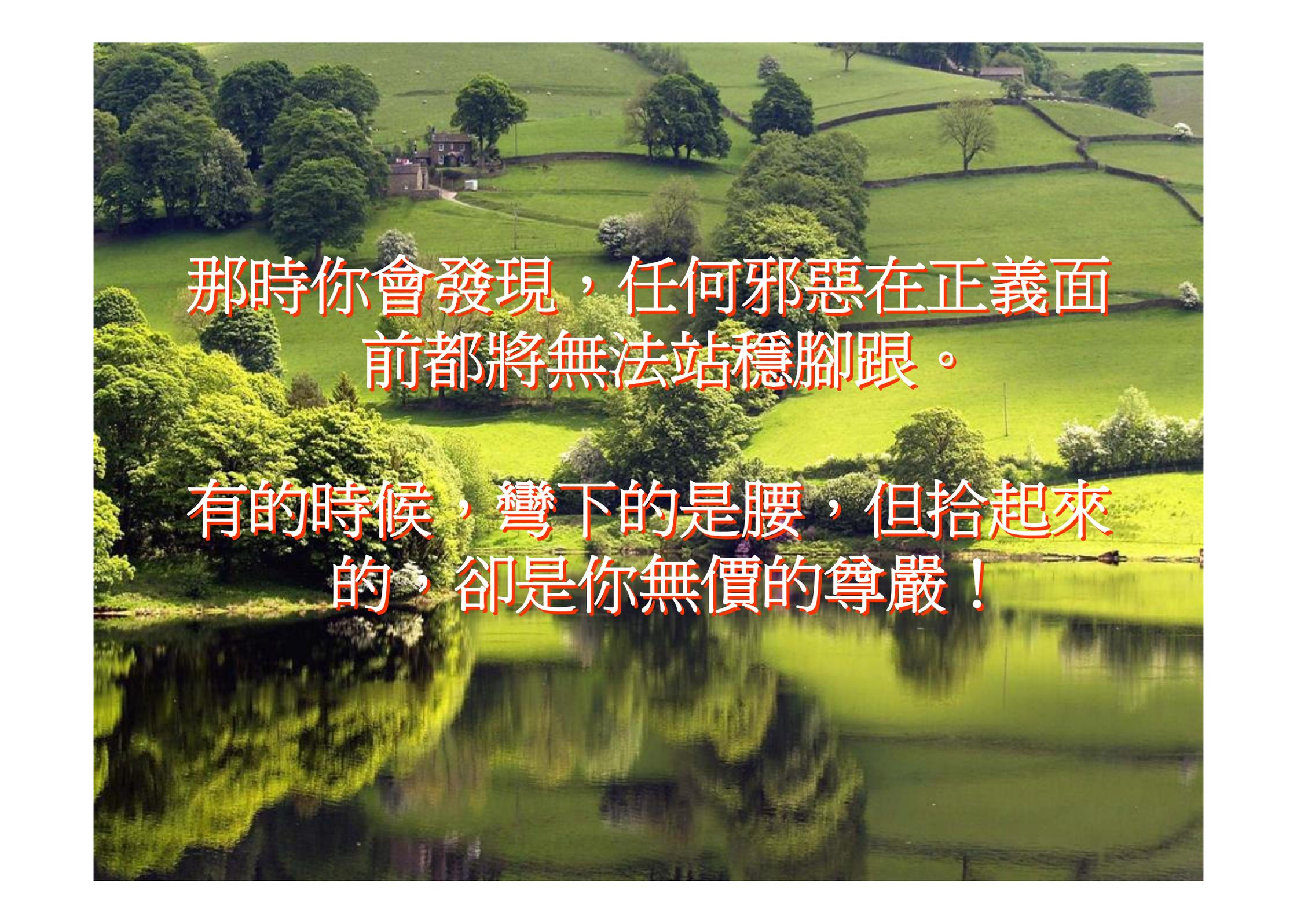
針鋒相對的反抗是我們的本能，

但往往會讓那些缺知少德者更加變本加厲。



我們不如以理智去應對，

以一種寬容的心態去展示並維護我們的尊嚴。



那時你會發現，任何邪惡在正義面前都將無法站穩腳跟。

有的時候，彎下的是腰，但拾起來的，卻是你無價的尊嚴！

A scenic landscape featuring a calm lake in the foreground that perfectly reflects the sky above. The sky is a deep, vibrant blue, filled with wispy, white clouds that catch the light, creating a shimmering effect. In the middle ground, there is a dense line of green trees and bushes. The background shows rolling hills or mountains under the same sky. The overall mood is peaceful and serene.

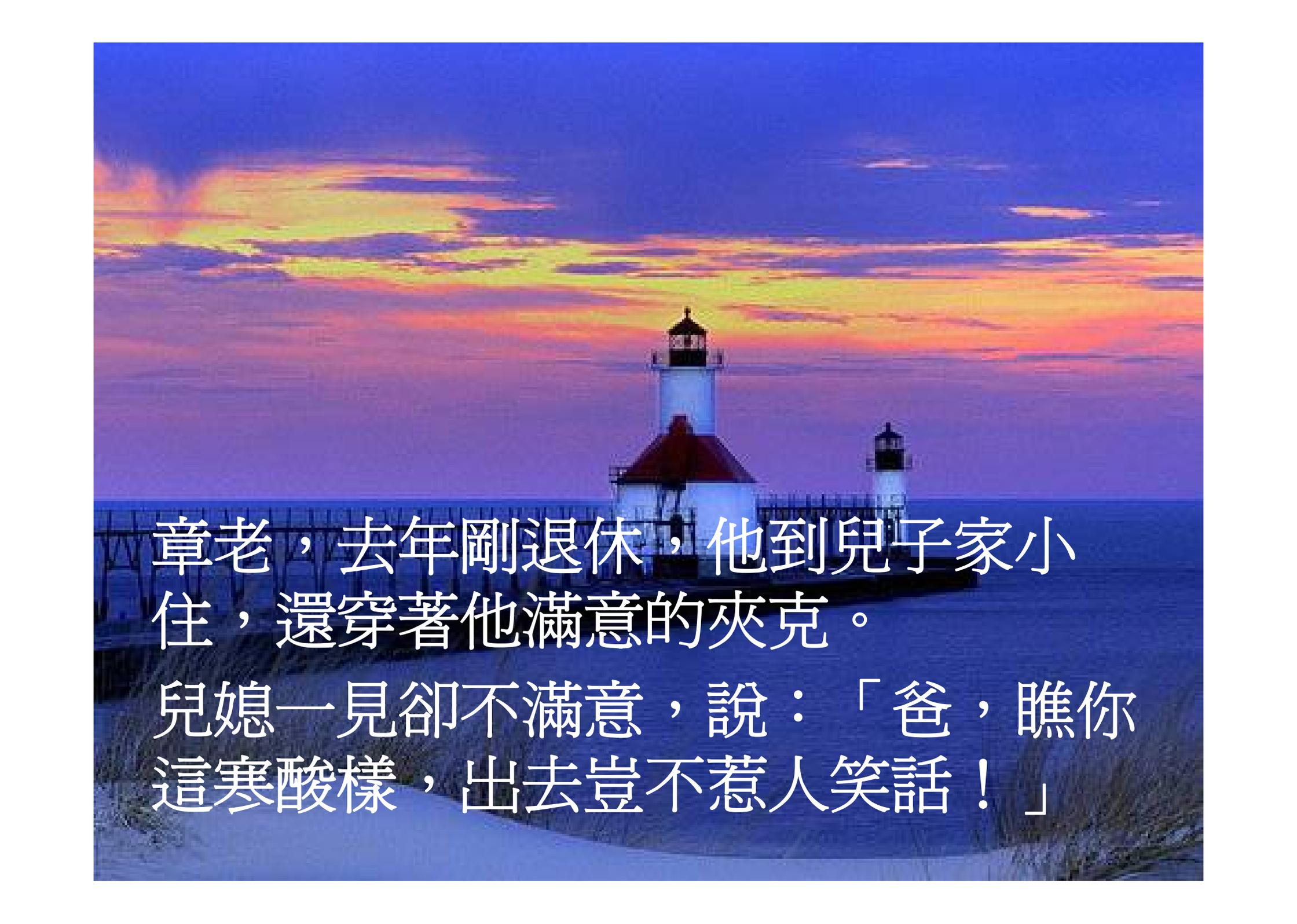
彎的下腰才是成熟  
放的下身段才是高手!!

取自網路文章

A sunset over the ocean with rocky silhouettes in the foreground. The sky is filled with vibrant colors of orange, red, and purple, with the sun low on the horizon. The foreground shows dark, jagged rock formations and a sandy beach.

人們喜歡用「順著竿子往上爬」

去諷刺那些對上司唯唯諾諾、附庸風雅的人，退休了的老年人，當然不會經營此道。

A photograph of a lighthouse on a rocky island at sunset. The sky is a mix of orange, yellow, and blue. The lighthouse is white with a red roof and a black lantern room. The foreground is a rocky shore with some sparse vegetation.

章老，去年剛退休，他到兒子家小住，還穿著他滿意的夾克。

兒媳一見卻不滿意，說：「爸，瞧你這寒酸樣，出去豈不惹人笑話！」

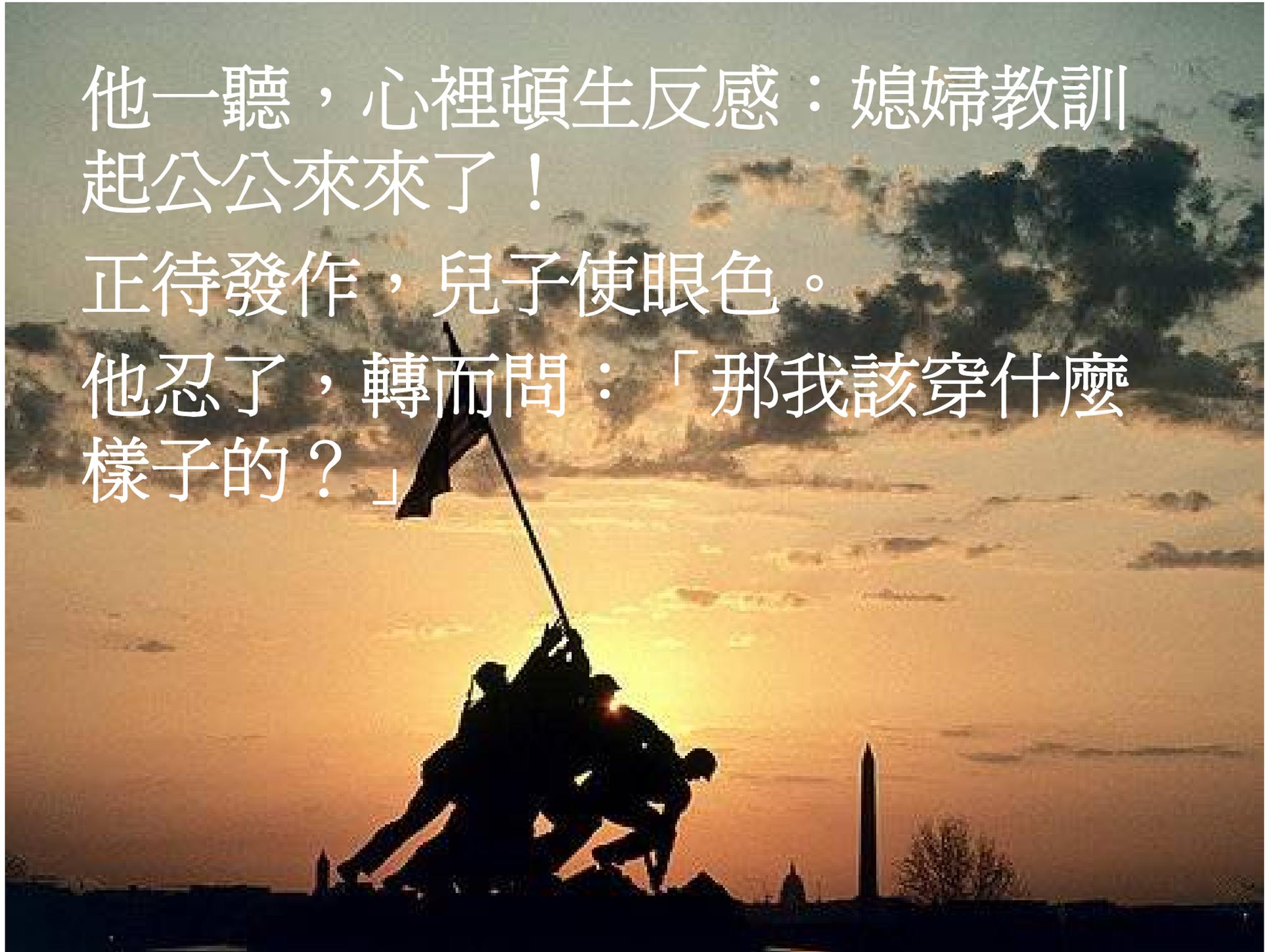
A scenic landscape featuring a wide, shallow river with white water rapids flowing through a valley. The river is surrounded by green grassy banks. In the background, there are large, rugged mountains with significant snow cover under a clear blue sky. The overall scene is bright and natural.

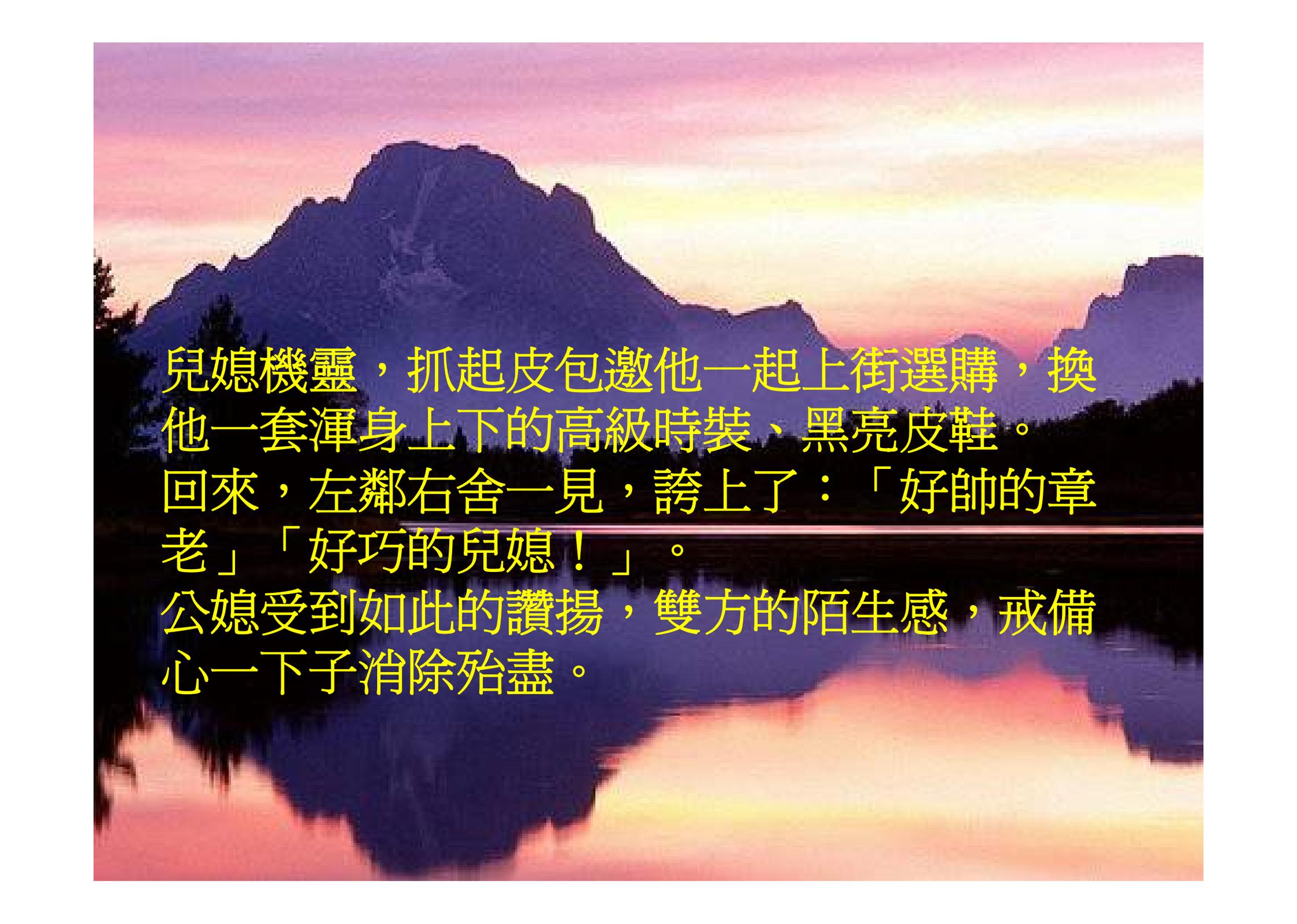
但是，如果反其道而用之，「順著竿子  
往下滑」將會怎樣呢。

他一聽，心裡頓生反感：媳婦教訓起公公來來了！

正待發作，兒子使眼色。

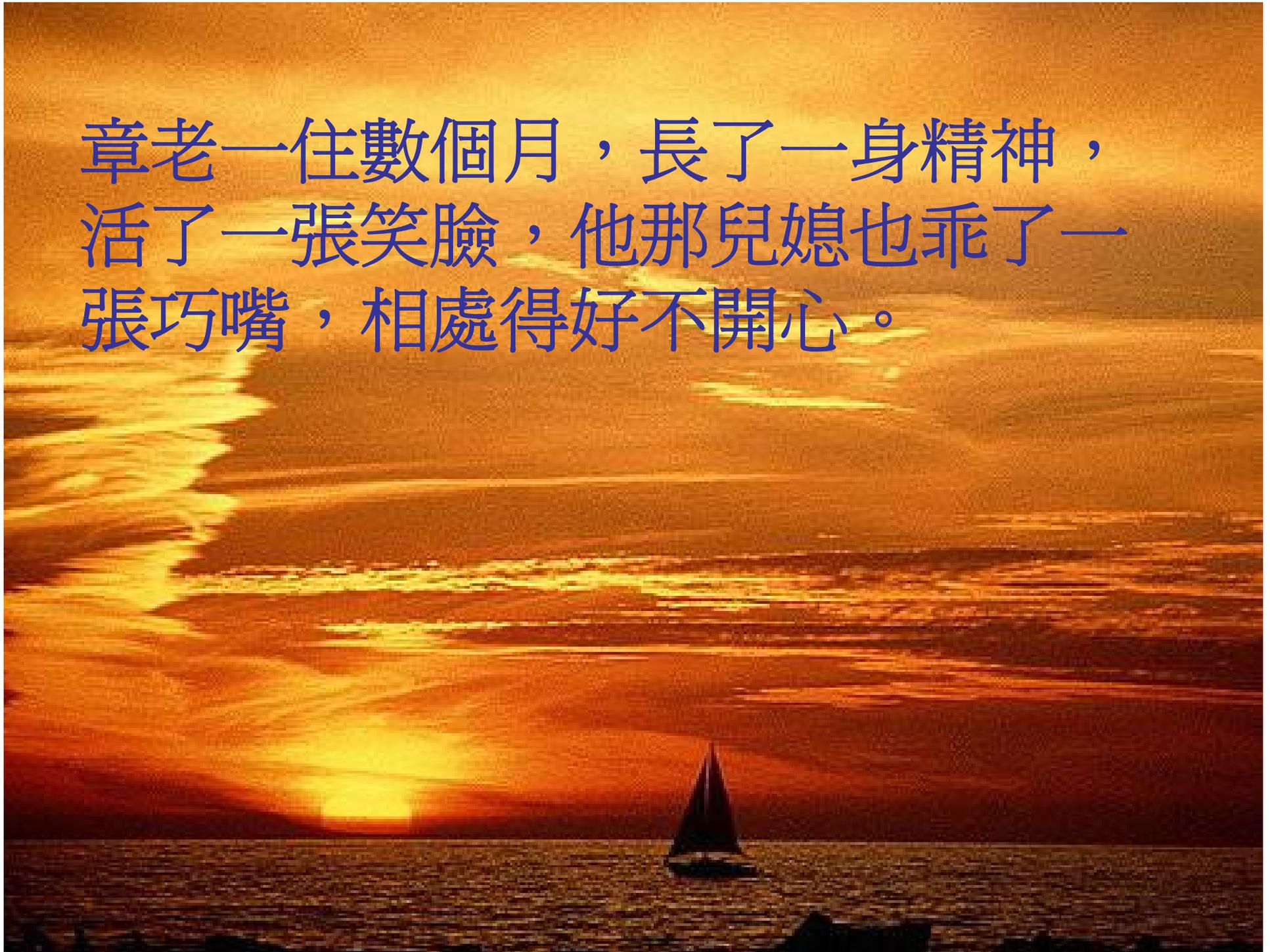
他忍了，轉而問：「那我該穿什麼樣子的？」



A scenic landscape featuring a range of mountains under a sunset sky. The sky transitions from a deep purple and blue at the top to a bright yellow and orange near the horizon. The mountains are silhouetted against the bright light. In the foreground, a calm body of water reflects the colors of the sky and the dark shapes of the mountains. The overall mood is serene and beautiful.

兒媳機靈，抓起皮包邀他一起上街選購，換他一套渾身上下的高級時裝、黑亮皮鞋。回來，左鄰右舍一見，誇上了：「好帥的章老」「好巧的兒媳！」。公媳受到如此的讚揚，雙方的陌生感，戒備心一下子消除殆盡。

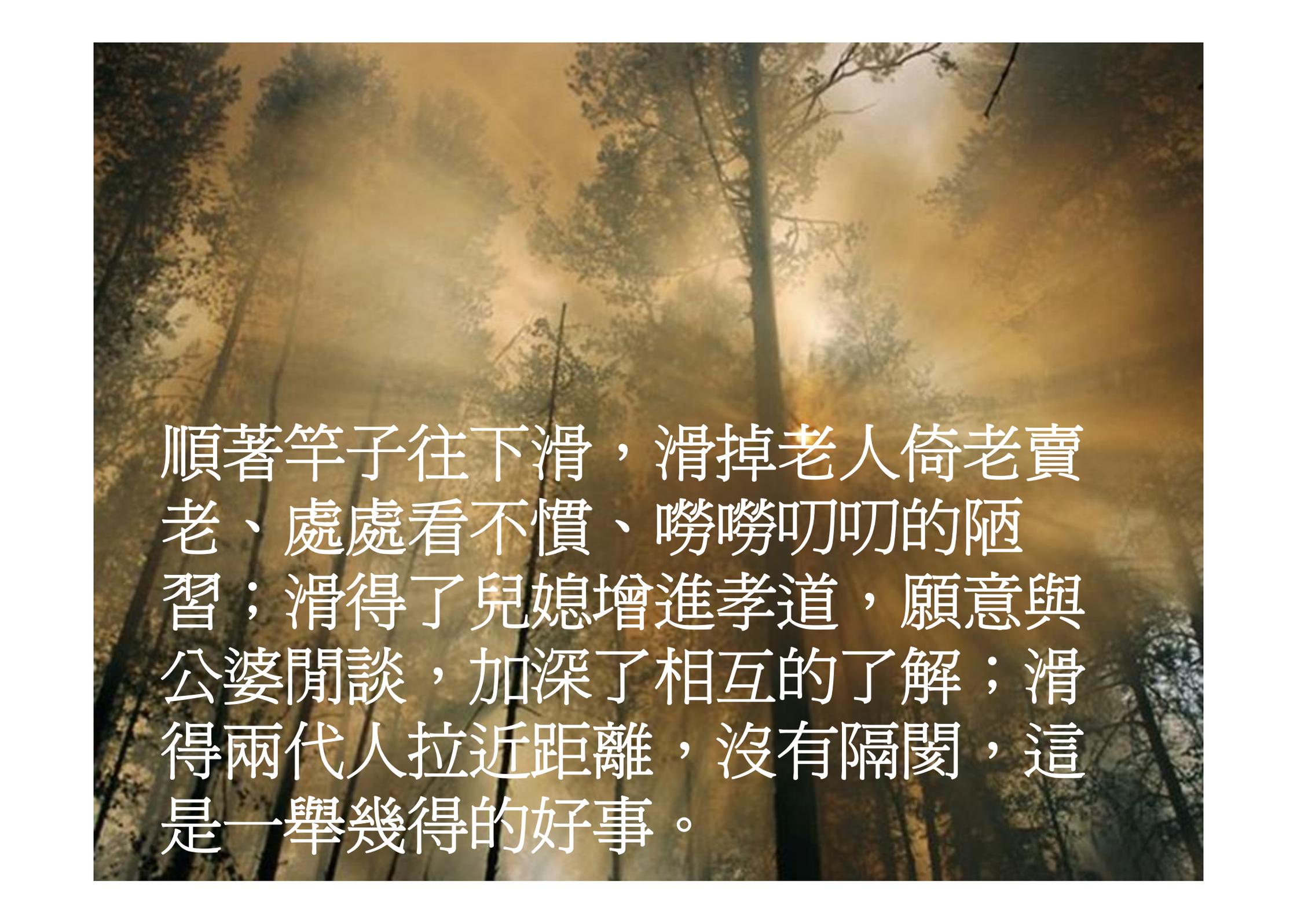
章老一住數個月，長了一身精神，  
活了一張笑臉，他那兒媳也乖了一  
張巧嘴，相處得好不開心。





前天，遇到章老，問他的體會。

他說：「家務事可有學問。當時我若要逆了她，戰爭一打，不知要拖到何年何月。現在一家合睦不說，我還受到「開通、大度、能適應潮流」的讚揚。順著竿子往下滑，好喔！」



順著竿子往下滑，滑掉老人倚老賣老、處處看不慣、嘮嘮叨叨的陋習；滑得了兒媳增進孝道，願意與公婆閒談，加深了相互的了解；滑得兩代人拉近距離，沒有隔閡，這是一舉幾得的好事。

「下滑」是一種謙讓的作風，不是丟人的事。

清代的黃宗羲說：「骨肉之間，多一分渾厚，便多一分天性，是非上不必太明。」

老年人要放下架子，親切待人，  
年輕人釋放暖意，善待老人，  
共同享受滋潤的天倫之樂。

彎的下腰才是成熟，放的下身段才是高手。

其實人生

有時進一步波濤洶湧

退一步反而海闊天空

您說呢？

