

Interview with Frank D. Cardelle on Saturday, November 25<sup>th</sup>, 2006-11-28

在2006年11月25日与 Frank D. Cardelle 的专访

**MindChina:** Good morning Frank, our opener today will be about children, we truly believe the children today are suffering from distress more than ever before. That poses a great threat, since they are the future of our society, our country, and our world. What's your view on it?

曼德: Frank 您早, 我们今天想问的第一个问题是有关孩童的, 目前, 孩童的压力指数达到了前所未有之高。这个问题非常严重, 因为他们是我们社会, 国家, 以及世界未来的主人, 您对此有什么看法?

**Frank:** In the older days, people used to live a lot closer to the nature, whereas today we have lost some of that soul. Second reason is that we are jumping steps, with that people would grow up dragging some of their childhood memories with them because they simply haven't fully grown. The affections show in the family, at work, and in relations.

Frank: 以前人们住的和大自然近的多了。现在的人由于长期的居住在大城市里, 单单是灵气这一项就已经和以前差的多了。第二点就是, 现在的父母, 经常的会过早给孩子门过多的压力, 学这个学那个的。当然父母总是希望小孩多才多艺, 但有的时候, 真的应该让孩子们自由发挥一下, 看看他们喜欢什么而不是我们要他们学什么。也由于这个原因, 很多孩子在心灵没有完全发育好的情况下, 在长大以后, 还经常背负着孩童时的阴影。这样的问题, 不但影响孩子自己, 在他们长大后, 还会影响到他们的家庭, 工作, 甚至是两性关系。

**Frank:** More to it, I would suggest the school to take the children outdoors more often, just to stay away from the modern world for a bit, get closer to the nature, let nature nourish the souls.

Frank: 追加一点, 我会建议学校经常的带孩子们出去走走, 让孩子们更接近大自然, 让大自然滋养他们的灵魂。

**MindChina:** So start early is the key.

曼德: 所以从小就应该开始培养一个健康的心灵。

**Frank:** Yes, and not just from school, it needs to start from the moment children are born. Human beings needs to be loved, what's better? Born into this world having a doctor slap your butt or having your mom hold you in her arms? Children are like new flower seeds been planted into a garden, parents need to be the caring, loving gardeners, just like flowers, give them sunlight, fertilization and support, they'll blossom. You can't force the flowers to grow any faster, you can't force the flowers to be prettier then they were meant to be, if you do, you'll destroy it. But then again, if you like, you can always replace them with plastic ones.

Frank: 是, 而且应该从出生时就开始做起。人类需要的是爱, 想象一下, 一个人出生后, 第一个人生经历应该是被医生打屁股呢? 还是被妈妈拥抱在怀中? 小孩就像是花园里的新种子, 而父母则是那有爱心和充满关怀的园丁。就像花一样, 只要给他们应有的阳光和肥料, 他们自然的会茁壮成长。要知道, 我们无法叫花长的更快, 无法让花长的比它原来的容貌更美丽, 如果这样做, 只会摧毁它。当然, 如果您真的不在乎的话, 就买塑胶花吧。

**MindChina: About the growing teenagers, just as children, their pressure is enormous as well. School work, relationships with parents, friends, and loved ones, is there something we can do to help them ease and soothe their mind and live happier?**

曼德：就像小孩一样，青少年的压力也很大。无论是升学，友谊，或是初谈恋爱，您在这方面有什么建议？

**Frank: We are not just rational beings, we need to satisfy our needs, our real needs, not the needs of others. But with teenagers these days, that had been altered, a lot of them work extremely hard in school to satisfy their parents' expectations, not because they enjoy their work, they would do extra to satisfy their friends, not because they really care for them, but because they are afraid to be left alone. The hearts of those are really crying and angry instead of cherishing and been happy. As for the solution, I would suggest go back to the basics again, touch base with self, answer your own questions about life, kind of a renewal process.**

Frank: 我们不单单是理性动物，在我们生活里，也需要去满足精神上的东西。今天大部分青少年的问题，就是他们所满足的并不是他们真正想要的。很多人争取好成绩，其实是为了让父母高兴，为了能上那个所谓的“好学校”，而不是为了自己的爱好或是目标。或是对所有朋友瞎好，不是真正的关心谁，而是担心失去朋友而变得孤单。他们年轻人心理应有的幸福和快乐不见了，有的只是哭泣和愤怒。至于如何走出这种阴影，我认为必须一个人安静下来，好好的做一些深思，诚实的回答自己“我到底想要什么”，并且把儿时的空洞补好，这样才能真正的成长，成为一个健康的大人。

**MindChina: Thank you Frank. Now with our pushing force of the society, our adults, for their pressure is the worst, and since they are our leaders and children's educator, what can we do to help them?**

曼德：谢谢你 Frank，现在我想请问有关大人的事，他们是社会的主力，相对的，他们压力也是最大的，尤其他们还需要同时间做一个好家长。。您的看法是？

**Frank: The #1 killer for men is heart-attack worldwide, however the females are catching up on that # as we progress in today's world. Reason is easy, the society puts too much expectations on us. They would ask us to focus, concentrate, put our mind off of things, but you know what? You can't really put your mind off things unless you have totally digested them and move on, by putting them somewhere deep inside us will only lead to more distress, and when they come back to haunt us they usually hit us hard. And it's the same remedy for adults too, they are not that much different from teenagers or kids, because a lot of times they still haven't fully grown into adulthood yet. So just like I said, get in touch with the nature more, meditate, find your inner peace, answer your own questions honestly, practice.**

Frank: 从前男人的第一杀手是心脏病，现在女人这个问题也越来越频繁了。原因很简单，社会对我们的期望是过分而且错误的，它教我们去注意，专心，把琐事忘记。但你知道吗？在你尚未把事情消化前，它们是不会消失的，在日后的某些时刻，它们依然会回来纠缠你，而通常那些压缩的情绪都是更恐怖的。针对大人的疗法其实完全一样，原因也很简单，很多大人其实根本就没有真正的长大。所以老样子，多接近大自然，沉静下来，回答自己内心的

问题，找到内在的平静，锻炼锻炼再锻炼。

**MindChina: Frank, what's your take on relationships between lovers?**

**曼德: Frank, 您对两性感情的看法是?**

**Frank: I'll list the problems first, 1) Illusion-that you love someone so much but they don't love you back, 2) Half Loves-that you love someone so much, but you don't know what to do next, 3) One Dimension Relation-not relating in enough areas, 4) Fear-afraid of losing him/her or something in the relationship.**

**Frank: 我先把今天世界里的一些常见问题列一下, 1) 幻觉-你很爱他, 但你担心他爱你不够多, 2) 半调子的爱-两人很相爱, 但不知道下一步, 或是目标是什么, 3) 单次元的爱-和他或她的爱太简陋, 缺乏多元化, 4) 恐惧-担心会失去她\他或是什么。**

**The solution is-do something about it. Sometimes we will be so amazed about what we can find out after meditations, things that we already know but refuses to do. If nothing changes, nothing changes.**

**Frank: 解决方案-去做, 不要只想。有时我们在沉思中, 才会发现很多原来自己早以知道的道理, 一些早知道但不愿去做, 不愿去面对的事。要知道, 如果不做改变, 就不会有改变。**

**MindChina: Thank you very much Frank. Now, about yourself Frank, how did you come to decision to travel all around the world? What were the thoughts?**

**曼德: 非常谢谢。Frank, 您是如何决定离开家乡, 然后周游全世界的呢?**

**Frank: I was born in California, went to U.C. Berkeley in 1968, then all of a sudden something struck me. I used to be very patriotic, you know, like ready to serve and die for my country? Then I realized there are more important things to do in life than just blindly fighting for some politician's greed. I then joined the anti-war movement group, later became an exile because I had a marine rank and they considered that a federal crime.**

**Frank: 我出生在美国的加州, 在 1968 年时就读加州州立大学柏克莱分校。我曾经是一个热情的乡下男孩, 只知道要报效国家。结果那年我忽然醒悟了, 我终于明白, 生命里有太多重要的事要做, 要珍惜, 而为了一些政客的贪婪去牺牲, 则绝对不是我应该做的。我接着参加了反战组织, 由于我当时有军校准备生的身份, 我的国家认为这是叛国的行为, 最终它们放逐了我。**

**Frank: I then went to Canada and started my long 22 year journey. During the journey, I had given away all of my belongings twice, I like to travel light.**

**Frank: 我于是去了加拿大, 然后开始了我 22 年长的世界旅程。由于我喜欢简便的旅行, 在 22 年中, 我曾经两次将我所有的东西送人。**

**MindChina: And what would you consider the things that you learned from this trip?**

**曼德: 您认为在这一个旅途上, 所学到的有那些呢?**

**Frank: First, I learned that no 2 experiences or person are the same, therefore I learned to respect everyone's view and their personality. I learned that everyone has the potential, but if you don't use it, you lose it. I also learned that we as human beings need to make our own**

decisions, accept the outcome, good or bad, learn and cultivate those priceless and rich experiences in life. The most important thing I learned on this trip wasn't from any man, it was from my cancer. I had cancer for 4 years, at first there was 1 tumor, they removed it, and I immediately forgot what the pain was like and went back to my night life, and it came back with 5 tumors the 2<sup>nd</sup> time. That was when I truly learned something, facing death, I learned that if you don't treat your body nicely, it would treat you just as bad. So yes, I'm actually grateful for the experience, it was my best teacher in life, it taught me that I should appreciate life, in another word it saved my real "life". Sometimes the easier the message the better people learn, cancer's message was crystal clear, live healthier, or die.

Frank: 我学到的东西非常多, 首先我学到的是, 在这世上, 没有任何两个人或是两件事是完全一样的, 也由于这个, 我学会了如何去尊重每一个人的个性和看法。第二, 每个人都有无限的潜力, 但是如果不去使用它们, 我们就会丧失它们。第三, 人类应该为自己做决定, 不要害怕, 做决定后去面对它的结果, 无论是好是坏, 从每一个经验里去体会和学习它所教我们的, 更充实的去培养自己的生活。但在这旅途上我所学到最重要的, 并不是来自于任何人, 而是来自于我所得的癌症。在其中我患了癌症4年之长, 第一次医生发现了一个瘤, 在切除之后, 我马上忘了病痛痛苦, 回到了我糜烂的生活。结果癌症马上又出现了, 而这次是5个瘤。当然我很感激最终我还是被治好了, 但这次经验所教我的, 却是终身难忘的。我学到了几点, 第一, 如果你对你身体不好, 它对你也不会好到哪去。第二, 癌症很恐怖, 但它却是我一生中最好的老师, 它差点夺走了我的生命, 但在最后, 它所救的, 却是我真正的“生命”。当时的选择很简单, 健康的生活, 或是死。

**MindChina: Frank, what's your take on love life?**

曼德: Frank, 您对爱情的看法是?

Frank: Same, touch base with self, ask yourself what do you want from the relationship, sacrifice alone will not get the job done. Make sure both of you are mature, and make sure the relationship itself matures in the progress. It's also very important to remember that "every great relationship has a great friendship within", like I mentioned before, relate in all aspects not just sex or fun.

Frank: 同样的, 和自己好好交流, 要清楚自己从关系里想得到什么, 一味的付出和牺牲是不会有结果的。要确定两人都有成熟的心态, 以及这个关系本身在过程里不断的成长。另外一点就是“美好的两性关系中必然包含了美好的友谊”, 爱情也是一种交流, 需要多方面的去体会各方面, 而不单单的只是性。

**Mindchina: Frank, what's your definition of psychology?**

曼德: Frank, 您对心理学的解释是?

Frank: Psychology is a model, a tool to help people understand life. But as a psychologist you must work with real people to learn and experience, also my suggestion to all psychiatrists and psychologists is that, as we work in this field, we need to make sure we have a strong heart, more healthy activities since we deal and absorb a lot of negative feelings and thoughts.

Frank: 心理学是一种模式, 一种去帮助人们了解生命的工具。一个心理学家必须得从人身上去学会更多, 而不光是书本。我对所有心理学家的建议是, 由于我们的工作本身就会接触

很多的负面情绪，我们更应该要有强的心理素质，健康的生活。

**MindChina: Frank, any words to us, our society, or our country?**

**曼德: Frank, 您对我们，我们的社会，或是国家有什么感想?**

**Frank: My advise to the next generation is-1) don't feel lonely, you are not the only one who feels isolated, lost, confused, lacking sense of purpose and meaning in life, 2) don't feel you are any less, part of your worries is because you are still young, the rest is because the world gives you substitutions when you search for things you truly need, 3) stop following what the adults are doing, touch base with yourself, search for your own answers.**

**Frank:** 首先，我对年轻朋友们要说的是-1) 有很多人和你们一样，他们也感到孤立，迷失，困惑，在生活中缺乏意义和方向，2) 不要对自己丧失信心，你们担忧的一部分是因为你们毕竟还年轻，另外就是这个世界给我们太多的替代物，来取代我们一些真正需要的东西，3) 停止去模仿大人的行为，问问自己想要做什么，找寻自己的答案。

**Frank: As for the people in general, I feel most are stuck in a box, they think they see it, but it's only with 1 eye. Same advise here, get in touch with the nature more, meditate, ask yourself for the answers, stop following what the society or others are trying to point you to.**

**Frank:** 对于整体来说，我觉得大部分的人就像是生活在一个盒子里，他们认为他们看的清楚，但事实上，就像是用一支眼睛在看。我的建议一样，多和大自然接触，问自己答案，不要只是去更随他人或是社会前进。

**Frank: As for China, I think the potential is great. The problem here is that it doesn't get used in all areas, therefore as you gain some, you lose some. I feel China is starting to come back to the balance which is a great thing, after all, as one of the oldest, richest culture in the world, it's impossible to deny, cut, or disconnect with it, if we do, we would lose a lot of its greatness and rich teachings.**

**Frank:** 我对中国的看法是-它的潜力绝对强大，但在当前还没有应用到每一个区域，也由于如此，我们在某些地方增加了，但在其他一些地方则失去了。中国现在方向很好，正在慢慢的走向那个平衡点。我的看法是，世界绝对需要与中国保持一定的关系，想要和世界上这样一个丰富文化和传统的国家短线，或是去拒绝它是不可能的，如果这么做，只会带来宝贵文化的损失。

**Frank: Moreover, China needs to implement more of its ancestral teachings back to place, stuff from Confucious and Laotzu are gifts not just to China but to all mankind.**

**Frank:** 更重要的就是，中国需要把老祖宗的教诲好好的应用在现代。孔子，老子他们的教育不止是给中国人的大礼物，更是对全世界的贡献。

**Frank: I also want to give special thanks to everyone for inviting me here, professor lin, Panda from youth stress center, Sina the translator of my books, and my younger sister Carla, she was the one who brought me from Europe to China.**

**Frank:** 我同时也要感谢大家邀请我来，青少年压力中心的林教授和 Panda，我书籍的翻译 Sina，以及我小妹 Carla，是她把我从欧洲带到中国来的。

**MindChina: Frank, we want to thank you for your time, and all these valuable suggestions, we look forward to talk to you again soon!**

**曼德: Frank, 非常感谢您的宝贵时间以及这么多的宝贵意见, 我们希望在不久的将来能再次与您见面。**

**Frank: It was fun, thank you guys.**

**Frank: 这次谈话非常的好, 我也谢谢你们。**