



"Mental attachments and projections are but a self-made cage. The past cannot be rewritten, and the future cannot be foreseen; only in the present moment do you possess true freedom and choice. Live fully awake, anchor yourself in the Now, and never let the rush toward a destination blind you to the journey."

Anxiety lives in the past we can't change. Worry lives in a future we can't predict. We get so consumed by our conceptual proliferations—our mental stories of what was or what might be—that we forget how to just exist.

When we love someone or something, our instinct is to demand it lasts forever. But permanence is an illusion.

Your only real freedom is right here. Right now. This fleeting moment is the only time you can genuinely decide, feel, and embrace everything. Don't miss the journey because you are too attached to the destination.

Dr. Johnny Hon

30/06/2026

「妄想執念，不過是作繭自縛。過去不可改，未來不可期，唯有當下的每一刻，你才擁有真正的自由與選擇。時刻保持清醒，安住當下，別因趕路而忘了沿途的風景。」

我們總是活在腦海的幻想中：為無法改變的過去而焦慮，為無法預測的未來而擔憂。我們太執著於終點，卻忘了沿途的風景；太渴望擁有『永恆』，卻忘了唯有保持全然的清醒與覺察，活在當下，生命才有意義。

真正的自由，只屬於此時此刻。因為只有這一秒，你才能真正做決定，去愛，去感受。
放下對未來的執念，在每一個轉瞬即逝的瞬間，全然地擁抱生命。

韓世灝博士

30/06/2026

“妄想執念，不过是作茧自缚。过去不可改，未来不可期，唯有当下的每一刻，你才拥有真正的自由与选择。时刻保持清醒，安住当下，别因赶路而忘了沿途的风景。”

我们总是活在脑海的幻想中：为无法改变的过去而焦虑，为无法预测的未来而担忧。我们太执着于终点，却忘了沿途的风景；太渴望拥有『永恒』，却忘了唯有保持全然的清醒与觉察，活在当下，生命才有意义。

真正的自由，只属于此时此刻。因为只有这一秒，你才能真正做决定，去爱，去感受。
放下对未来的执念，在每一个转瞬即逝的瞬间，全然地拥抱生命。

韩世灝博士

30/06/2026