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A Study on How to Establish a Correct Attitude to Do Things

Word Count: 1,420

Respected provost, Miss Wu, good afternoon. My name is Ruxin Zhang and the topic I would like to share with you today is how to establish a correct attitude to do things.

The presentation will be divided into three parts. The first part is 'Motivation', the second part is 'Analysis'. And finally, I will share with you 'Self-Reflection'.

Motivation

Let's start with the first part.

Today I want to share with you the sentence *Fenwai Yingqiu* 分外營求[1], which comes from *The Treatise on Response and Retribution* 太上感應篇. Indeed, there are many of the contents in this book that can help us better behave and do things. But the reason why I chose this sentence is not only because it is closely related to our social life, but most importantly, this sentence can help me to do things with a better attitude.

To be Specific, recently, I have spent about 20 minutes every day repeating the content of professor Chin Kung's lecture. But because I am in a hurry, I want to improve my level quickly. So I focused my attention on the skills and ignored the content I needed to repeat. As a result, I neither improved my level nor understood what I had repeated. Later, when I learned this sentence, I suddenly understood why I could not achieve the results I wanted. It is because I have not focused on the content

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of the current lecture, and I have been trying to reach a high level quickly. What I did was *Fenwai Yingqiu*, which is not limited to seeking wealth and fame. Therefore, I feel this sentence is very useful. It can help us focus on what we should do at the moment and help us do things better. Therefore, I want to do some research and discussion on this sentence.

Analysis

Now let's move on to the second part.

First of all, The character *fen* 分 means duty, and the word *yingqiu* 營求 means seeking. This sentence seems only to remind those who seek too much for things beyond their duty, as if it has nothing to do with anyone else. But in fact, this sentence has very important guiding significance for our daily life. In terms of the character *fen*, each of us needs to play different roles and fulfill different responsibilities in the five cardinal relationships. In *The Great Learning* 大學, it is said that 'As a sovereign, he rested in benevolence. As a minister, he rested in reverence. As a son, he rested in filial piety. As a father, he rested in kindness. In communication with his subjects, he rested in good faith.[2]' Although in recent hundreds of years, people no longer pay as much attention to these traditional classics as before. However, because the Chinese culture was passed down from generation to generation, as well as the influence of family education. As a result, these concepts are clear to most people. As long as the education of traditional culture can be restored, we believe that the intelligent moral power of our nature can be brought out, because we believe in the truth that all people are innately good.

As mentioned earlier, we need to play different social roles, which is easy for people

[2] Original text: '為人君，止於仁；為人臣，止於敬；為人子，止於孝；為人父，止於慈；與國人交，止於信。' Trans. by James Legge, *The Chinese Classics* (Shanghai: East China Normal University Press, 2011), p.362.

to realize their duty. In fact, there is another duty that is not easy to be found, which is everything we do every day. Maybe we usually limit our duties to a narrow range. For example, we think it is the duty of students to study hard, the duty of employees to work hard, and so on. But in fact, when we do everything well, we are doing our duty. It is our duty to clean our room carefully after getting up every day, it is also our duty to take good care of our bodies every day. But often we are *Fenwai Yingqiu*, we have not done our duty, and we even need someone to remind and supervise us. In this case, we still want to do more difficult and complicated things, which is really graspin the shadow and letting go of the substance. Furthermore, even if we do these things, we usually do not concentrate on them. For example, when we are brushing our teeth, we think about eating, when we are eating, we think about studying, and when we are studying, we think about entertainment, which is also *Fenwai Yingqiu*. At this time, we are already seeking other things without really needing to get any wealth and benefits. In fact, when our mind is not settled in the present moment and we are not able to do it seriously. The key is that if we want to do anything well, we cannot do it without a focused and serious attitude.

Take a very close example of our life, like the light in our room, which is scattered and can be blocked with a piece of paper. But if the light is condensed into a laser, even the steel plate can be penetrated.[3] And in the movie peaceful warrior, the protagonist Dan Millman is a gymnast, and his life was disorderly. Later, under the guidance of an old man, he gradually realized that there are no ordinary moments, [4]and he began to focus on doing everything well. Even though his right leg was shattered in a car accident, after such day-to-day practice, when he reentered the competition, he only focused on three things, this moment, here, and now. In the end, he overcame himself and created a miracle. Although the film has a fictional element, the truth can always be verified again and again. At this year's Olympics Winter

[3] Collected Talks of Ven. Master Chin Kung, https://ft.amtb.cn/dv.php?sn=02-037-0068&lang=zh_CN, 4 Jun 2022.
[4] Baidu Wenku, https://wenku.baidu.com/view/0a456bffcd2f0066f5335a8102d276a20029603f.html, 4 Jun 2022.

Games, Gu Ailing, a skier who won two gold medals and one silver medal, was known as a talented girl. In fact, while talent is important, hard work is more important. It is worth noting that in the past, she only practiced two days a week. But in this relatively low-frequency training, she can make full use of every minute for serious practice.[5] She also said in an interview, 'Some athletes inevitably want to get some rest, but I do not, I enjoy every second of training.[6]' In addition, there is another situation that is not easily noticed by us, even if we are focused on doing something, if we do not keep a steady mind, we want it to be perfect. At this time, our minds are also seeking, and we are also *Fenwai Yingqiu*.

Therefore, this sentence seems simple, but in fact, it has a very important guiding significance for everything in our life, which can help us do things better.

Self-Reflection

Let's now move on to the last part.

By studying this sentence, I realized that such an attitude is very helpful for doing anything. For example, in the process of preparing for this oral presentation, I found that I was *Fenwai Yingqiu.* The reason why I say this is that at the beginning, I had no idea about this oral presentation, so I would also think about how to prepare it when I was doing other things. And because I especially want to prepare this oral presentation well, so my mind will be very anxious. Because I did not keep a correct attitude, my oral presentation was not ready. So I let my mind relax and let myself focus on this one thing. As a result, I found that when I changed my attitude, it was much easier to do. Not only that, even if we practice musical instruments, we can practice with this attitude. For example, when I am playing the piano, if I am in a hurry to play this piece well, I will find that my attention can not be focused and I

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[5] Yuan Henglei 袁恆雷, *Guailing: Putongren Yu 'Tiancai' Dejuli* 谷愛凌：普通人與"天才"的距離, Qiu Xue 求學,9(2022), 77

[6] Bai Du, https://baijiahao.baidu.com/s?id=1724331922501605098&wfr=spider&for=pc, 4 Jun 2022.

often make mistakes. Or when I am so worried that I will make mistakes, my attention has been focused on the previous mistakes. Only when I focus on the current practice and do not think about these things can I play fast and well.

In conclusion, this sentence helps us establish a correct attitude to do things, that is, we should pay attention to everything in the present moment. If we can focus on our current things, we can generate unexpected power. On the contrary, not only have we not done our current things well, but also the things we want to seek have not been achieved.

This is my presentation, if there is any mistake in the content, any suggestions and advice would be appreciated, thank you very much.

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