



*Ways to
better
living*

DR FRANCIS KUNG





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Acknowledgments

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Motivation Benefit of all

To my loving wife, Phyllis

Thanks for your unconditional support over the last 32 years.

It enables me to form a clearer idea about the ways to better living, which is to live in a way that is wise yet kind, practical yet spontaneous, courageous yet caring, and responsible yet passionate.

To my sons, Stephen and Matthew

True living is doing what you love and loving what you do.

We have to try to do the best we can,
the best we know how to.

To my friends

Heartfelt thanks for your smiles, kind words and support. Besides filling me with knowledge and wisdom, you also fill my heart with compassion.

Welcome

*“As one lamp serves
to dispel years of
darkness,
One flash of wisdom
destroys years
of ignorance.”*

HUI NENG

This work represents my philosophy of the purpose of life, the way life works and ways to better living.

Wisdom comes to us through our own seeking, finding, thinking, knowledge and enlightenment.

It is very difficult to impart, teach or tell anyone in words.

To some, the wisdom of others may even seem foolish.

Therefore, this work only serves to communicate knowledge but not wisdom.

Moreover, it requires wisdom to understand wisdom.

May this bring inspiration to you to set your own purpose in life in a way that will assure happiness and creation of a better place for everyone.

This is my gift to you.

Francis Kung PhD

31 August 2010

Contents

1. <i>The purpose of life is to have a life with purpose</i>	7	3. <i>What do we need?</i>	15
Ways to better living	8	Dreams	16
Happiness	9	Enthusiasm	16
We have everything we need to be happy	10	Teachers	17
2. <i>Milestones to better living</i>	11	Know ourselves	18
When we are better than we used to be	12	Take responsibility	19
To know one life has breathed easier	12	Courage	20
When we tried to overcome obstacles and help others	13	Patience	21
When we develop a genuine loving relationship with our families	13	Mind management	22
Leave behind shoes no one can fill	13	Give out love and let it come in	24
Accept the unacceptable	14	Follow our hearts	25
When we die, the world cries	14	Balance	26
		To serve others	27
		To be truthful	28
		Ask the big questions	29

4. <i>The way life works</i>	31
Life is difficult	32
Coping with daily demands	33
Where you stumble, there lies your treasure	34
Trust nature's timing	35
Life is a balance	35
Nothing very good or very bad ever lasts for very long	36
This too shall pass	37
Is this so?	38
Letting go	39
When everything falls apart	40
Count our blessings	42
Genuine love	44
Respect separateness – our children	46
Respect separateness – marriage . . .	48

5. *The past, present and future* . 51

Forward living with backwards understanding	52
To live joyously, we have to live in the present	52
To live wisely, we have to keep an eye on the future	53

6. *In the end* 55

It is the journey that counts	56
No need to transform everything into gold	56
If we cannot do great things, do small things with great love	57
If we cannot do what we will, we must do what we can	57

Index of citations 58

About the author 59

*The things that endure
at the end* 61





The purpose of life is to have a life with purpose

*“Life is without
meaning. You bring
the meaning to it.
The meaning of life is
whatever you ascribe
it to be. Being alive
is the meaning.”*

JOSEPH CAMPBELL

Therefore, we have
to create our own
philosophy of life. It has
to be unique, so that it
will be meaningful.

Ways to better living

*“Everything that lives,
lives not alone,
not for itself.”*

WILLIAM BLAKE

Every human soul is searching for three most important experiences – love, happiness and peace. They are also the greatest gifts we can give to each other.

When we nurture others so that their lives develop in unexpected and beautiful ways, we are passing the torch of love, happiness and peace.

We are here not merely to make a living. We are here in order to enable the world to be better and enhance our spiritual growth.

If we set meaningful goals for ourselves, then we would not be busy doing things that are not important. Otherwise we would be like falling leaves being blown by the wind with no fixed direction and eventually tumble to the ground.

Our goals give us meaning and purpose. It provides us with direction in which we can make a difference, have an impact and create something special in the world. The aim is to live for something that is more important than ourselves.

The ways to better living are:

- giving ourselves to care for others and helping others grow,
- living a life that reflects our true selves making it special, and
- leaving the world a better place.

Happiness

Pursuit of happiness often comes up as one of the common goals of life. However, it has to be pointed out that all the joy the world contains comes through wishing happiness for others. All the misery the world contains comes through wanting pleasure for oneself. When we grow wiser and kinder, we are more content.

Happiness comes through:

- loving and caring for others, and
- loving ourselves through living a life that reflects our true selves.

Lasting happiness comes from steadily working to accomplish our goals and advancing in the direction of our purposes of life. It is through the progressive realisation of a worthy objective that kindles the inner fire than lurks within us.

When we are doing what we truly love to do, we are bound to find deep contentment.

“Find a job you love and you will never have to work a day in your life.”

CONFUCIUS

We have everything we need to be happy

*“Happiness is a
quality of mind.
It is something we
possess within.
If we do not have
it within, nothing
outside can give
it to us.”*

PARAMANANDA

By helping others, we help ourselves. When we help others, we indirectly elevate our own lives in the process. The saying that a little bit of fragrance always cling to the hand that gives you roses, is very true. The one who gives the most wins.

When we are kind by being genuinely caring about others, do the unexpected for them and give them some of ourselves, something inside shifts within us. We feel lighter, happier and more at peace.

We just have to know that we have everything that we need to be happy.

*“Happiness need not
be sought for; when
what disturbs passes
away, happiness
comes of itself.”*

ZEN PROVERB



Milestones to better living

All we have to do is to focus
on being the best we can be.

Index of citations

- A*
Aristotle . 12
- B*
Blake, William . 8
Buddha . 22 . 28 . 32 . 50
Buddhist proverb . 17
- C*
Campbell, Joseph . 7 . 34
Pema Chödrön . 39
Churchill, Winston . 16
Confucius . 9 . 26 .
27 . 54 . 41 . 50
- D*
Dalai Lama . 14 . 24
Dyson, Bryan . 33
- E*
Emerson, Ralph Waldo . 12
- F*
Fo Sho Hing Tsan King . 17
- G*
Mahatma Gandhi . 55
Gibran, Kahlil . 45 . 47
- H*
Hesse, Hermann . 18
Hui Neng . 1
- I*
Indian proverb . 40
- J*
Jung, Carl . 18
- K*
Kapleau, Roshi P . 53
Kettering, Charles . 16
Kierkegaard, Soren . 50
- L*
Lao Tze (also known
as Tse, Tzu) . 18 . 24
- M*
McArthur, Douglas . 16
McClellan, Foster C . 25
Maudsley, Henry . 18
- N*
Nin, Anais . 14 . 20
- O*
Osho . 37
- P*
Paramahansa
Yogananda . 17
Paramananda . 10
Peck, Scott . 34 . 43 . 46
Penn, William . 12
Persian proverb . 40
- S*
Sharma, Robin . 14 . 35
Shunryu Suzuki . 37
Stowe, Harriet Beecher . 55
Swedish proverb . 42
- T*
Tagore, R . 44
Mother Teresa . 27 . 55
Tomlin, Lily . 33
Twain, Mark . 20
- W*
Whitehead, Alfred
Lord . 16
- Z*
Zen proverb . 10 . 22

About the author




Francis Kung PhD

Dr Francis Kung worked as an occupational therapist with Hong Kong Red Cross. He then lectured at the Hong Kong Polytechnic. Upon emigrating to Australia, he served in various administrative positions with the Victorian State Government in areas of rehabilitation, community health, mental health, aged care, transport accident and workers' compensation. He attended the University of Melbourne for his doctoral research in the area of chronic pain management in older people.

He does not follow any specific religious ideology. However, he is open to philosophical ideas from different belief systems and is comfortable putting them together in a way that guides his personal and spiritual growth. The desire to share his experience in formulating a personal philosophy of life with others resulted in this work completed during his travels to Hong Kong and China in May and June 2010.





*The things
that endure
at the end*

- Who we became.
- The difference we made.
- The love we gave.
- How much we let go.



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