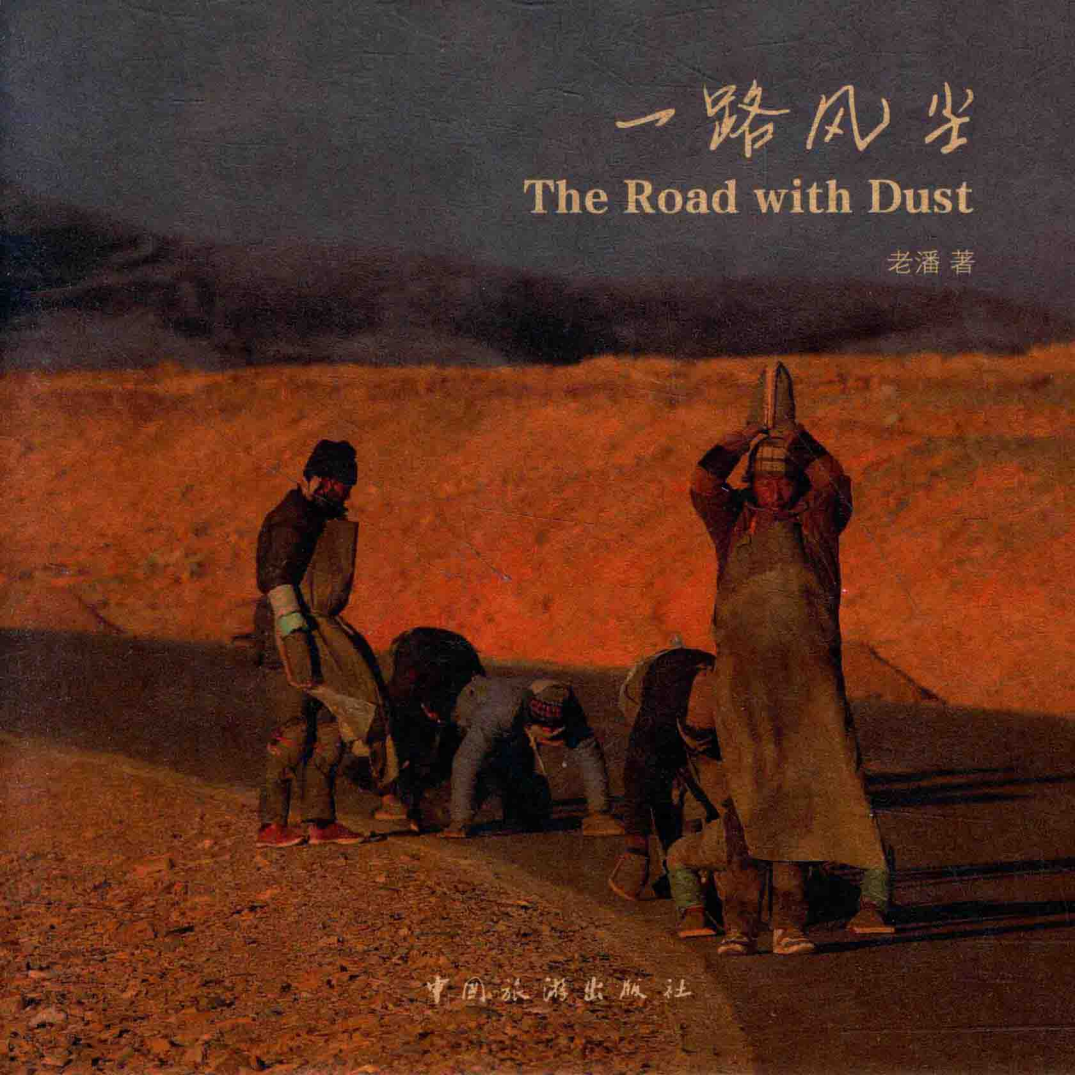


一路风尘

The Road with Dust

老潘 著



中国旅游出版社

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始终相信，保持顺流而生的心态，人生才可以行云流水。

I always believe life will be much more smoother if we just go with the flow.

旅行，起点的初衷，就是想看看外面的世界是什么样子的。从2004年至今，我依旧在路上。

When I started travelling in 2004, just because I want to explore the world. I am still travelling now.

我承认，旅行真的会上瘾，如同罂粟花一样，艳丽亦有毒，痛并快乐着。在印度孟买每天都守候着阿拉伯海的火红夕阳，在伊朗设拉子粉红清真寺沉醉于彩色镏金光影中，在不丹王国和小喇嘛们一起踢足球遗忘了时光，在伊斯坦布尔的老城里迷失了回家的路……点滴记忆如电影胶片般闪烁在记忆中。

I must admit that travelling is addictive, it brings me happiness even sometimes could be suffering too. I still remember the times when I waited for the sunset of Arabian sea in Mumbai, times when I fell in love by the magnificent Nasir-al-Molk Mosque in Iran, times when I played soccer with the young monks in Bhutan, and the times when I lost my way in the old town of Istanbul. These are unforgettable memories that spark my life.

在路上，我们可以让自己的身心得到最大程度的自由。旅程中遇到无数的人和事，都会让我们学习和成长，如同一门人生的必修课。

We can reach the real freedom when we are travelling. People and things we met during the journey always help us to grow up. Travelling is a mandatory lesson that everyone has to take in their life.

记得郭子鹰老师说过：人生，旅行，都是一场修行。轮回的路上，千般跋涉，万种找寻，要的不过是一颗平常心。

Mr. Guo Ziyin said, life and travel are both cultivate morality. In the circle of life, we strive to conquer all the challenges in order to find the inner peace.

这些年，一直坚守着梦想，在现实和梦想之间，在远方和家之间，寻找一种平衡。树下灯前，辗转难眠。也许，一个人要走很多的路，经历无数突如其来的繁华和苍凉，才会变得从容。

I insisted to pursue my dreams these years, so did I try to find the balance between dream and reality, travel and family. I do struggle sometimes. Maybe we all have to walk a long way, encounter a lot of unexpected things, to finally know how to take it easy.

那些磕长头的人们，也许蓬头垢面，步履蹒跚，为了来世而苦苦修行，而我们除了对他们肃然起敬以外，更多的是自我反省。一个人，一个时代，不能没有信仰，更不能没有敬畏心。当这个时代的道德底线一次又一次地被刷新的时候，总有一些人会去维护这个底线，且只因源自人性的本能和对生命的敬畏。

Believers, kowtowing along the road, practice for their afterlives. Although their hair might be scruffy and unkempt, their steps might be weary, we should show our highest respects to them, besides, we should reflect on ourselves.

One can not live without faith and reverence. When people are pushing the ethical boundaries, there will be other people who protect the good-beings and this is not only because of the instinct of human nature, but also because of the reverence.

人生不止欢笑热闹，孤独和忧伤也会如影随形，慢慢学会享受它们，就像和自己的影子手牵手。我们唯一可以决定的，只有自己的内心。始终相信，保持顺流而生的心态，人生才可以行云流水。

Life is not always about joys, loneliness and sadness also accompany us all the time. We need to learn how to enjoy them and hold on to them, just like hold the hand for your own shadow. You should always follow your heart.

I always believe life will be much more smoother if we just go with the flow.

在通往信仰的路上，让我们煮酒慰风尘。

Let us cherish the dust on the road to faith.

老潘，全名潘朝奉，1977 年出生，毕业于北京电影学院，职业编剧，导演，西藏摄影家协会会员，天堂时光连锁书店掌门人。 老潘的后现代生活

Pan Chaofeng, known as Lao Pan, born in 1977, graduated from Beijing Film Academy. He is a writer, a director, and member of Tibet Photographers Association, owner of Heaven Time Chain Bookstore.



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“还记得磕长头的那些人吗？虽然他们身上很脏，但是心里很干净。”

——索南达杰《可可西里》

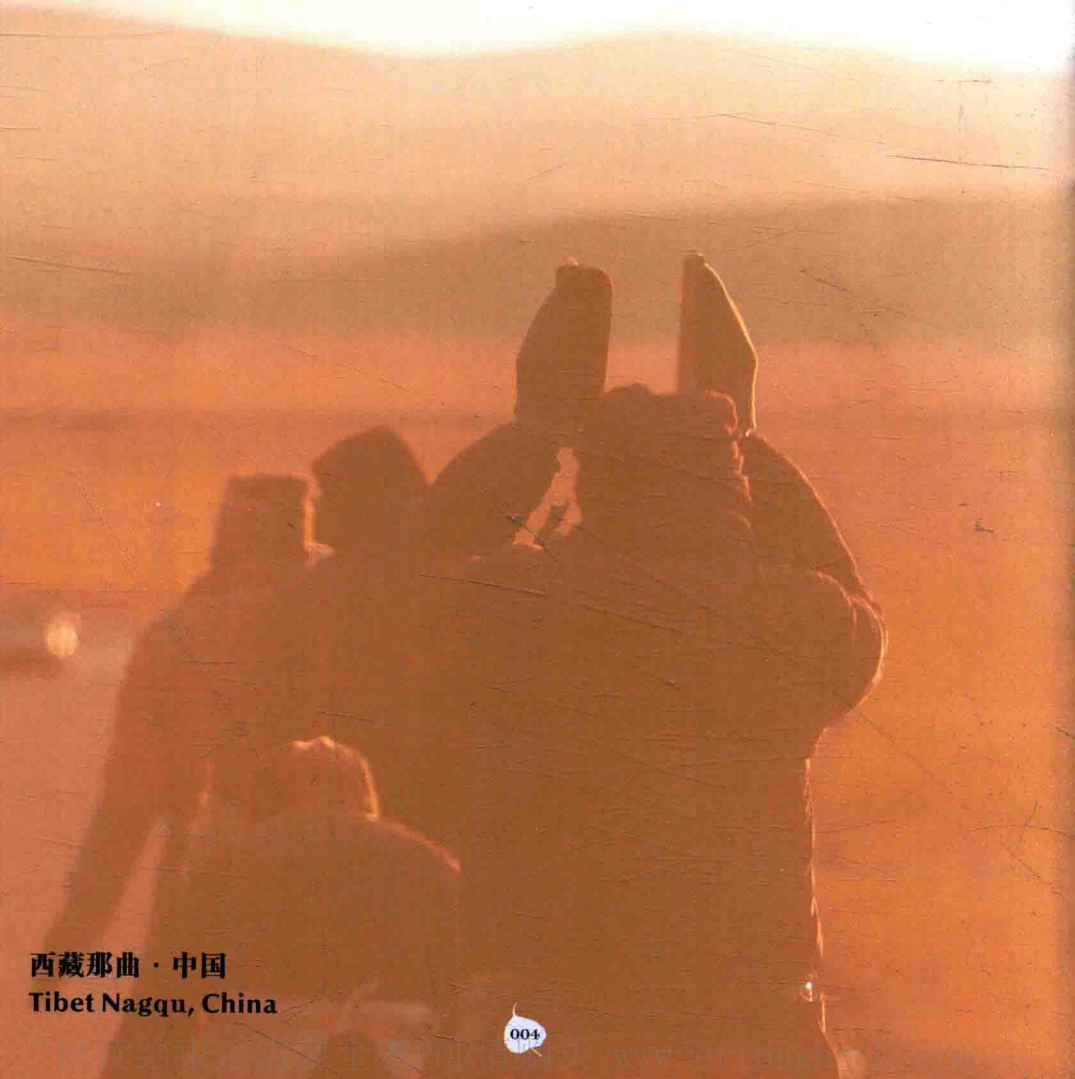
在西藏，最不缺少，就是信仰。在每一条通向西藏的国道上，我们总会与他们相遇。他们来自青海、四川和云南，一路风餐露宿饥寒交迫，却内心坚韧无怨无悔。他们坚持用三步一磕的方式前行，最终的方向就是拉萨。

Do you remember those people who prostrate along the ground to pilgrim?
Although they look filthy, but their minds are angelic. —Bsod nams dar rgyas (Hoh Xil)

In the Buddhism Tibet, faith, is something that will never run out.
On every national highway that leads to Tibet, you always see the pilgrims from Qinghai, Sichuan, Yunnan, prone onto the ground every 3 steps forward, despite the hunger and coldness, they slowly journey to their final destination, the sacred Lhasa.



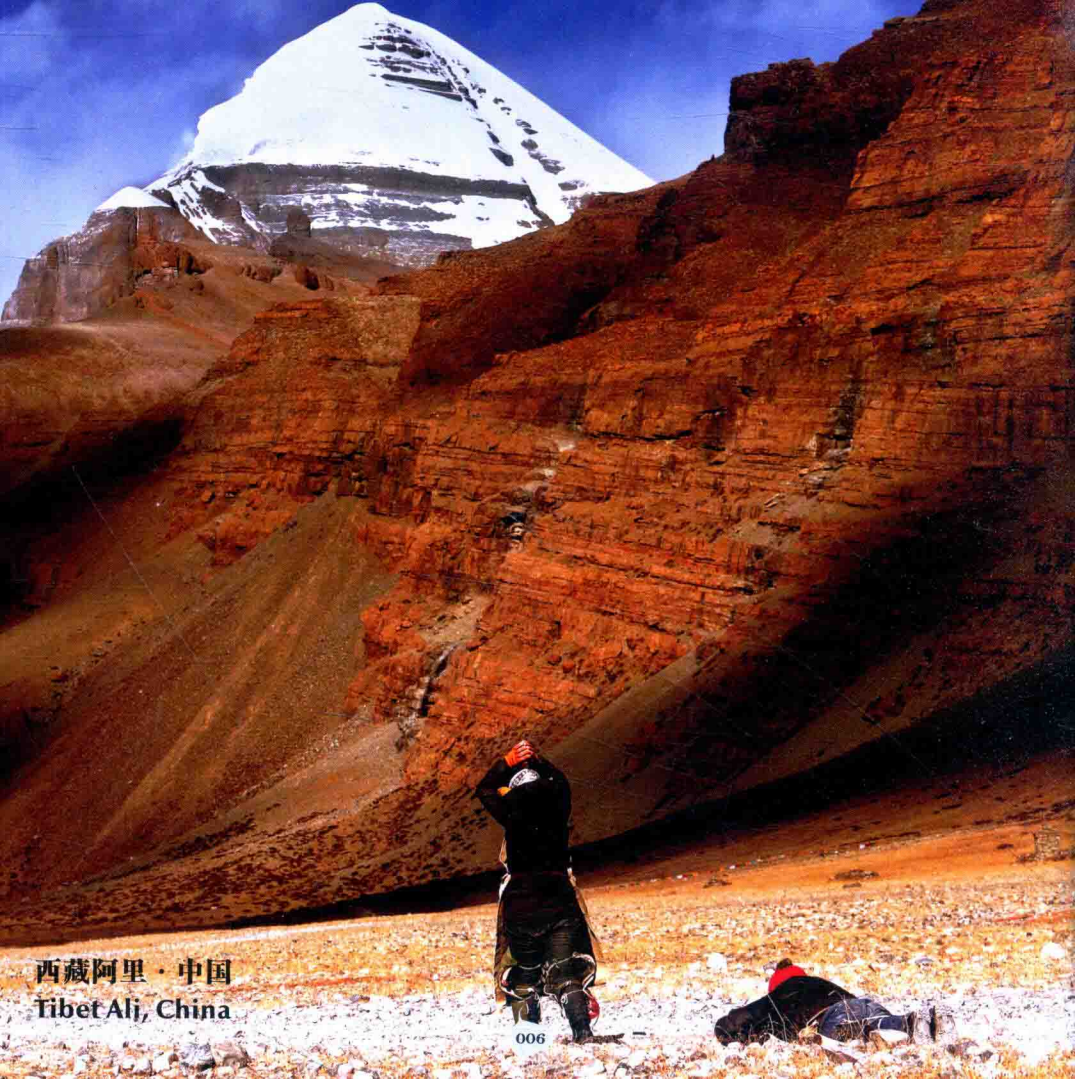
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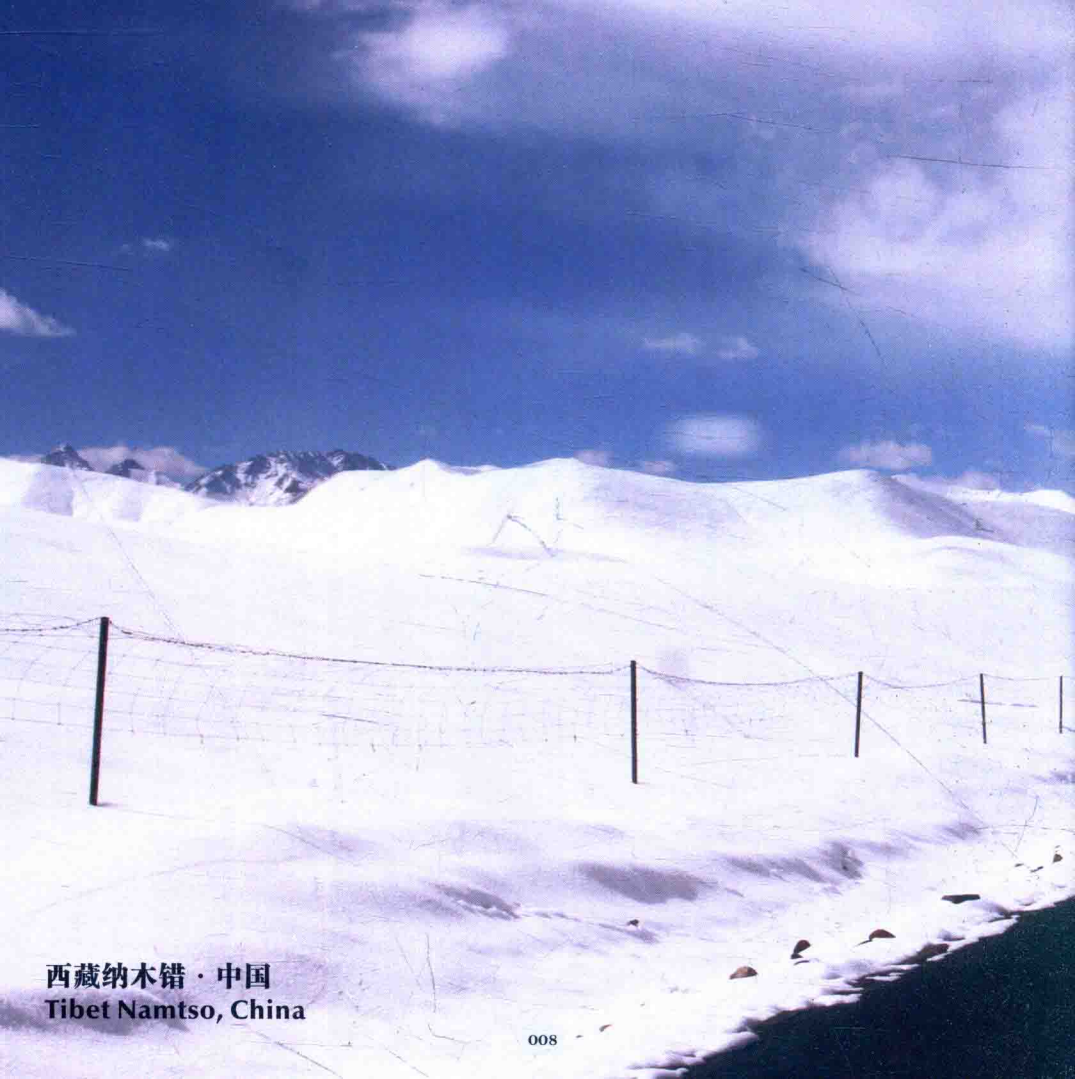
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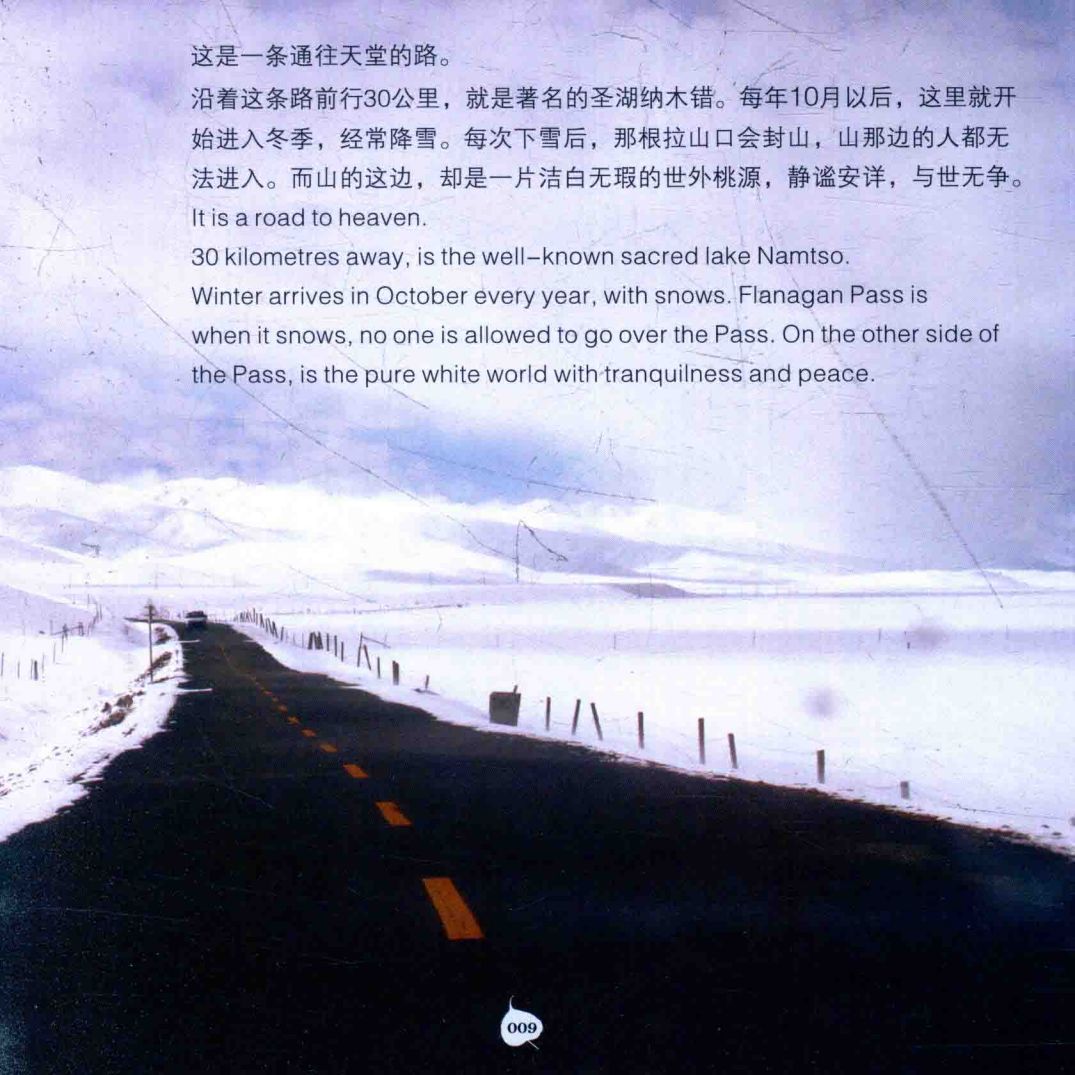
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西藏纳木错·中国
Tibet Namtso, China

A photograph of a winter landscape. A dark asphalt road with yellow dashed lines runs from the bottom center towards the middle ground, leading the eye into the scene. The road is flanked by snow-covered fields. In the background, there are snow-capped mountains under a cloudy sky. The overall atmosphere is quiet and serene.

这是一条通往天堂的路。

沿着这条路前行30公里，就是著名的圣湖纳木错。每年10月以后，这里就开始进入冬季，经常降雪。每次下雪后，那根拉山口会封山，山那边的人都无法进入。而山的这边，却是一片洁白无瑕的世外桃源，静谧安详，与世无争。

It is a road to heaven.

30 kilometres away, is the well-known sacred lake Namtso.

Winter arrives in October every year, with snows. Flanagan Pass is when it snows, no one is allowed to go over the Pass. On the other side of the Pass, is the pure white world with tranquillity and peace.

纳木错，永远都会让人充满感动和惊喜。

无风宁静的早晨，当朝霞抹亮念青唐古拉山，此时山水一色，相映成辉，宛如天堂。

多想化身为一缕清风，游走于山水之间，与它们深情相拥。



Namtso, a place filled with sensations and surprises.

In a tranquil morning, when Nyenchen Tanglha Mountains are shimmered by the golden dawn, the reflection of the mountain blended into the lake, just like in the heaven. I wish to a breeze, walking in the mountain and embracing the lake.