

心灵北斗星

英汉双语有声励志读物

善于理解幸福

Insight into Happiness

丛书主编 任秀桦
分册主编 苏柳梅 苏柳燕



机械工业出版社
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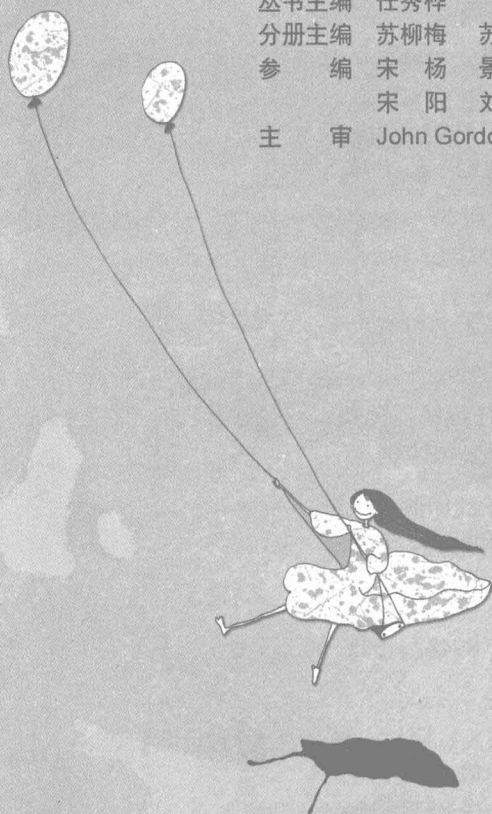
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本书采取中英文对照的形式，每篇英文都经过精心选材、用心翻译。文章前面的名言或佳句有助于启迪心灵；文章后面的感悟有助于思考人生。在对文中的单词、短语进行注释的同时进行引申，为读者积聚语言财富。书中精美的手绘插画可以为阅读增加更多乐趣，配套 MP3 光盘可以使读者在不知不觉中提高听力水平。

幸福不是一种姿态，而是一种心理感受。幸福由心而生，无需理论支撑。它是一种积极的人生态度，一种健康的生活方式。理解了幸福的内涵，幸福便唾手可得。

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序

Preface

“我喜欢沿着星星的指点走出黑林子，而不向别人问路。”

心灵的北斗星照耀我们在人生的轨迹上前行。它将引领我们走出心灵的踌躇，让我们用信念战胜生活中的种种不幸。心灵的北斗星将开启我们的心灵之门，让我们感悟多彩的世界和人生，让我们的生命之火燃成一片辉煌。

本丛书是一套英汉双语的励志读物，7个分册所选的文章都是目前西方最受欢迎的经典短篇，译文都是编者字斟字酌、用心翻译的。所选文章包括富含哲理的故事、小品文、小议论文等，既有趣味性，又有启智性；既可以开拓视野，又可以提升心性。书中的篇篇精品都值得我们去背诵和品位。赏读这些激励人生、启迪灵感、明喻事理的文章，我们会从中感悟到人生的智慧、生命的真谛和世间的真情。

本丛书中的文章充满了挚爱，充满了真诚，充满了智慧，充满了灵性。它会像清流荡涤我们被浸染的灵魂；它会像春风吹开我们郁闷的心胸；它将激励我们冲出逆境，战胜自我；它将给我们有些沉闷的生活带来清新的空气、和煦的阳光和新的希望，甚至会从此改变我们整个人生。

本丛书会成为我们的知己，天天和我们相伴，默默与我们交流。我们仿佛在和高尚的人相处，在与自己的灵魂对话。北斗星闪耀的光辉浸润着我们的心灵，让我们的灵魂融入爱和感恩、欣赏和包容，让我们生命的色彩更加鲜明。

任秀桦

2008年6月于沈阳·散淡居

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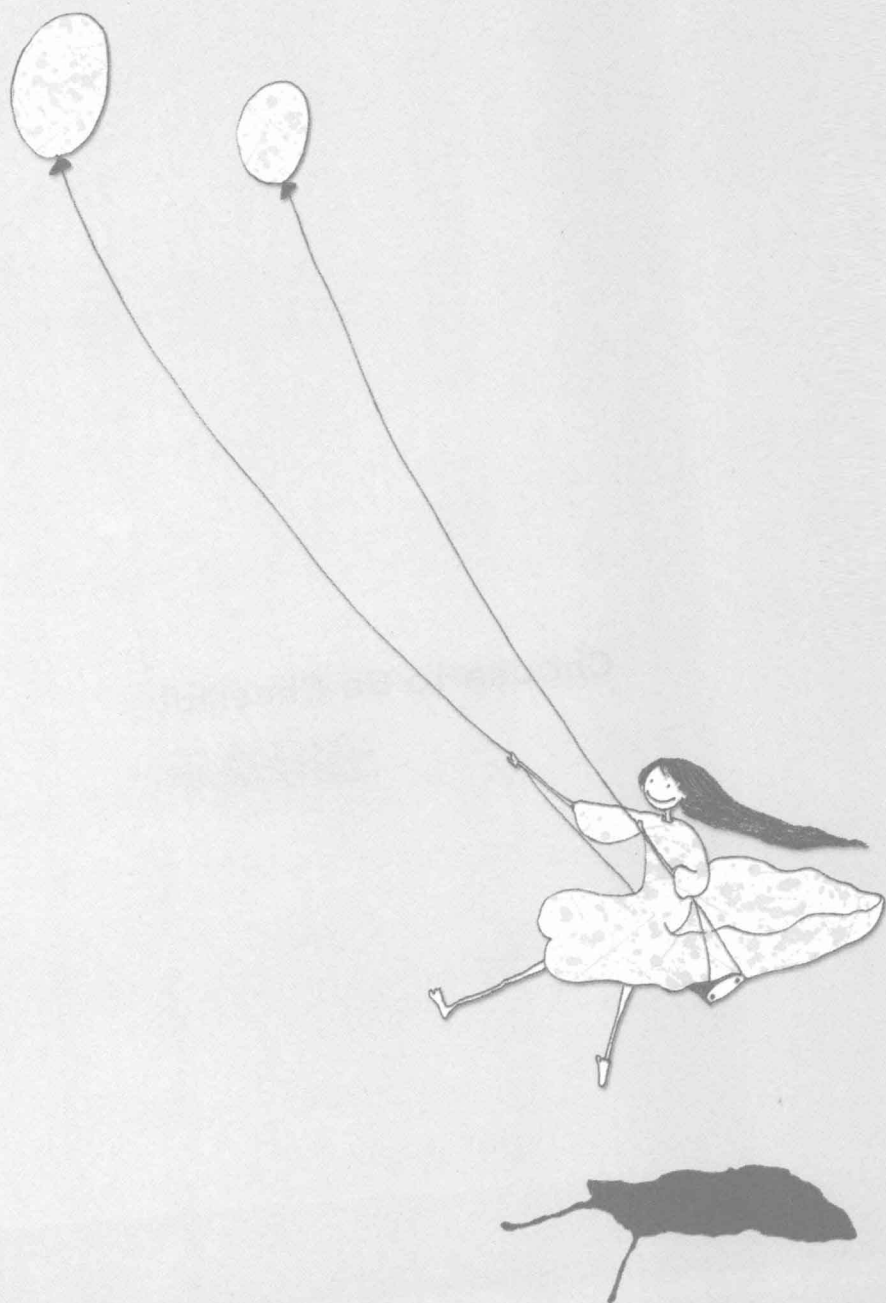
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Choose to Be Cheerful

选择快乐



Fire Goddess

火焰女神

★ *The opportunity of making our dream come true is in our hands.*

When I was eight years old, I saw a movie about a mysterious island that had an erupting volcano¹ and lush² jungles filled with wild animals and cannibals³. The island was ruled by a beautiful woman called Tondalaya, the Fire Goddess of the Volcano. It was a terrible low budget movie, but to me, it represented the perfect life. Being chased by molten⁴ lava⁵, blood-thirsty animals and savages was a small price to pay for freedom. I desperately wanted to be the Fire Goddess.

Through the years, the school system did its best to mold me into a no-nonsense, responsible, respectable citizen, and Tondalaya was forgotten. My parents approved of my suitable marriage and I spent the next 25 years being a good wife, eventually the mother of four, and a very respectable responsible member of society. My life was as bland⁶ and boring as a bowl of oatmeal⁷. I knew exactly what to expect in the future. The children would grow up and leave home, my husband and I would grow old together, and we'd baby-sit the grandchildren.

The week I turned 50, my marriage came to a sudden end. My house, furniture and everything I'd owned was auctioned off to pay debts I didn't even know existed. In a week I had lost my husband, my home and my parents who refused to accept a divorce in the family. I'd lost everything except my four teenage children. I had enough money to rent a cheap apartment while I looked for a job or I could use every penny I had to buy five plane tickets from Missouri to the

most remote island in the world, the big island of Hawaii. Everyone said I was crazy to think I could just run off to an island and survive. They predicted I'd come crawling back in a month. Part of me was afraid they were right.

The next day, my four children and I landed on the big island of Hawaii with less than \$2,000, knowing no one in the world was going to help us. I rented an unfurnished apartment where we slept on the floor and lived on cereal⁸. I worked three jobs scrubbing⁹ floors on my hands and knees, selling macadamia¹⁰ nuts to tourists and gathering coconuts. I worked 18 hours a day and lost 30 pounds because I lived on one meal a day. I had panic attacks that left me curled into a knot on the bathroom floor shaking like a shell-shocked¹¹ soldier.

One night as I walked alone on the beach, I saw the red orange glow of the lava pouring out of the Kilauea Volcano in the distance. I was wading¹² in the Pacific Ocean, watching the world's most active volcano, and wasting that incredible moment, because I was haunted¹³ by the past, exhausted by the present and terrified of the future. I'd almost achieved my childhood dream but hadn't realized it, because I was focused on my burdens instead of my blessings. It was time to live my imagination not my history. Tondalaya, the Fire Goddess of the Volcano had finally arrived.

The next day, I quit my jobs and invested my last paycheck¹⁴ in art supplies and began doing what I loved. I hadn't painted a picture in 15 years, because we barely scratched out¹⁵ a living on the farm in Missouri, and there hadn't been money for the tubes of paint, and canvas and frames. I wondered if I could still paint or if I had forgotten how. My hands trembled the first time I picked up a brush. But before an hour had passed, I was lost in the colors spreading across the canvas in front of me. I painted pictures of old sailing ships and as soon as I started believing in myself, other people started believing in me, too. The first painting sold for \$1,500 before I even had time to

frame it.

The past six years have been filled with adventures. My children and I have gone swimming with dolphins¹⁶, watched whales¹⁷ and hiked around the crater¹⁸ rim of the volcano. We wake up every morning with the ocean in front of us and the volcano behind us. The dream I had more than 40 years ago is now reality. I live on an island with a continuously erupting volcano. The only animals in the jungle are wild boars¹⁹ and mongooses²⁰ and there aren't any cannibals. But often in the evening, I can hear the drums from the native dancers on the beach.

I'm free for the first time in my life. I am Tondalaya, the Fire Goddess of the Volcano and I'm living happily ever after.

✿ 梦想成真的机会掌握在我们自己手中。

八岁时，我看过一部电影，它描写了一个神秘的小岛，那岛上有活火山，有茂密的丛林，还有野生动物和食人族。统治小岛的是一位叫做彤达拉雅的美丽女子，她是掌管火山的女神。这是一部低预算电影，但对我来说，它却展现了一种完美的生活。被炙热的熔岩、嗜血的野兽和野人追逐只是换取自由的小小代价。我非常渴望成为火山女神。

多年来，教育体制竭力把我塑造成一个严肃的、有责任心的、令人尊敬的好市民，彤达拉雅已被我淡忘。父母对我门当户对的婚姻表示满意。婚后25年来，我一直是个好妻子、四个孩子的好母亲，以及令人尊敬并且有责任心的社会一员。我的生活乏味枯燥得像一碗粥。我清楚地知道未来会是什么样子：孩子们长大成人后会离开家，丈夫和我一同变老，然后我们一起照看孙子孙女。

就在我过50岁生日的那个星期，我的婚姻突然走到了尽头。房子、家具以及我所有的物品都被拍卖，用以偿还我从不知道的债务。一周之内，我失去了丈夫、家庭和无法容忍家族成员离婚的父母。除了四个未成年的孩子，我一无所有。我的钱够租一处廉价的公寓然后找工作，也可以用这所有的钱买五张机票，从密苏里州飞到世



界上最偏远的岛屿——夏威夷岛。所有人都说我疯了，居然认为自己可以跑到岛上去生存。他们预测，不出一个月我一定会爬着回来。隐隐地，我觉得他们是对的。

第二天，我带着四个孩子，怀揣着不足2000美元来到夏威夷，心里清楚我们不会得到任何帮助。我租了一间没有家具的公寓，孩子们和我睡在地板上，靠吃麦片为生。我打三份工，跪在地上擦地板，向游客兜售澳洲坚果，采椰子。我每天工作18个小时，因为一天只吃一顿饭，瘦了30磅。由于极度的焦虑，我曾经倒在浴室的地板上，蜷作一团，像得了炮弹震荡症的士兵那样发抖。

一天晚上，我独自一人走在沙滩上，看着远处喷出橘红色熔岩的乞劳伊阿火山。我在太平洋边趟着水，观赏着世界上最活跃的火山，但是却因为难以摆脱过去的阴影、疲于应付眼下的生活、对未来的无端恐惧而辜负了如此美好的时刻。其实，我已经实现了儿时的梦想，只不过自己没能意识到，那是因为我只关注负担而忽视幸福。不该再为过去而活着了，该为自己的梦想而活着了。彤达拉雅，火山女神，终于来了。

第二天，我辞掉工作，用刚开的工资购买了美术用具，开始做我热爱的事情。我已经有15年没碰过画笔了，因为在密苏里农场我们只能勉强糊口，没钱买颜料、画布和画框。我怀疑自己是否还能画画，或者说，我在想自己是否早已忘记如何画画了。第一次拿起画笔时，我的手不禁抖起来。但是，不到一小时，我就沉浸在画布上的缤纷色彩之中。我画了几幅旧帆船，就在我重拾自信的同时，别人也开始信任我。第一幅画还没来得及装裱，就以1500美元的价格售出了。

在随后的六年中，我的生活充满了历险。我和孩子们与海豚游泳，观察鲸鱼，去火山口远足。每天清晨醒来，我们前面是大海，后面是火山。40多年前的梦想终于成为了现实。我住在一个火山活动频繁的岛屿上。丛林中只有野猪、猫鼬，没有食人族。但是，晚上我常常听到沙滩上传来土著舞者的鼓声。

我平生第一次获得自由。我就是火山女神——彤达拉雅。从此，我幸福地生活着。



enlightenment

No matter how hard life is, no matter how old we are, as long as we cherish hope and have dream in our hearts, we can make our life colorful and wonderful. There should be a “Tondalaya” in everyone’s heart.

SPARKLING WORDS & PHRASES

1. volcano *n.* 火山
2. lush *adj.* 青葱的
3. cannibal *n.* 食人者, 吃同类的动物
4. molten *adj.* 熔化的
5. lava *n.* 熔岩, 火山岩
6. bland *adj.* 冷漠的, 缺少刺激的
7. oatmeal *n.* 燕麦粥, 燕麦片
8. cereal *n.* 谷类食品
9. scrub *vt.* 擦洗
10. macadamia *n.* 澳洲坚果树
11. shell-shock *n.* 炮弹震荡症, 战时精神病
12. wade *vt.* 涉水
13. haunt *vt.* 心头萦绕
14. paycheck *n.* 支付薪水的支票
15. scratch out 勉强做某事
16. dolphin *n.* 海豚
17. whale *n.* 鲸鱼
18. crater *n.* 火山口, 喷火口
19. boar *n.* 公猪, 野猪
20. mongoose *n.* 猫鼬

A Duty

责

任

☆ *The best way to cheer yourself up is to try to cheer somebody else up.*

Happiness is like a pebble¹ dropped into a pool or set in motion an ever-widening circle of ripples².

There is no exact definition of the word *happiness*. Happy people are happy for all sorts of reasons. The key is not wealth or physical being, since we find beggars, invalids³ and so-called failures who are extremely happy.

Being happy is a sort of unexpected dividend. But staying happy is an accomplishment, a triumph⁴ of soul and character. It is not selfish to strive for it. It is, indeed, a duty to ourselves and others.

Being unhappy is like an infectious⁵ disease; it causes people to shrink away from⁶ a sufferer. He soon finds himself alone, miserable and embittered⁷. There is, however, a cure so simple as to seem, at first glance, ridiculous⁸: if you don't feel happy, pretend to be!

It works. Before long you will find that instead of repelling⁹ people, you attract them. You discover how deeply rewarding it is to be the center of wider and wider circles of good will.

Then the make-believe becomes a reality. You possess the secret of peace of mind, and can forget yourself in being of service to others.

Being happy, once it is realized as a duty and established as a habit, opens doors to unimaginable gardens thronged with grateful friends.