

心灵北斗星

英汉双语有声读物

燃起希望的一盏灯

A Lamp of Hope

丛书主编 任秀桦

分册主编 赵 静 黄 鹤



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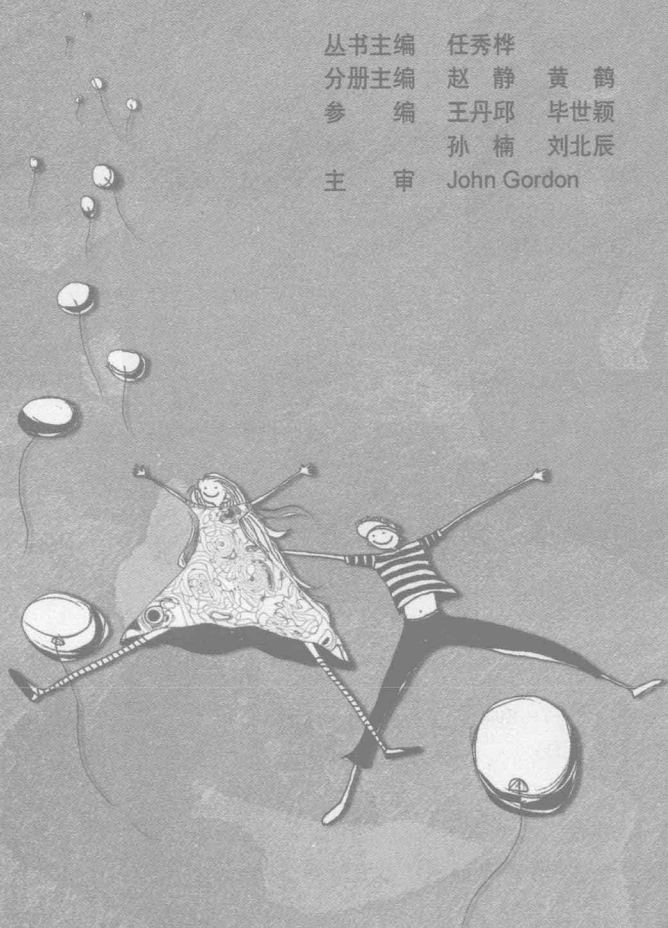
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本书采取中英文对照的形式, 每篇英文都经过精心选材、用心翻译。文章前面的名言或佳句有助于启迪心灵; 文章后面的感悟有助于思考人生。在对文中的单词、短语进行注释的同时进行引申, 为读者积聚语言财富。书中精美的手绘插画可以为阅读增加更多乐趣, 配套 MP3 光盘可以使读者在不知不觉中提高听力水平。

罗曼·罗兰说过: “人生应有两盏灯, 一盏是勇气的灯, 另一盏是希望的灯。” 点燃一盏希望的灯, 我们就会不断努力前进。尽管在前进的过程中会遇到种种困难和障碍, 但是只要心中怀有希望, 我们就不会迷失方向, 就会在不懈努力之后最终达到理想的目标。

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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灵魂，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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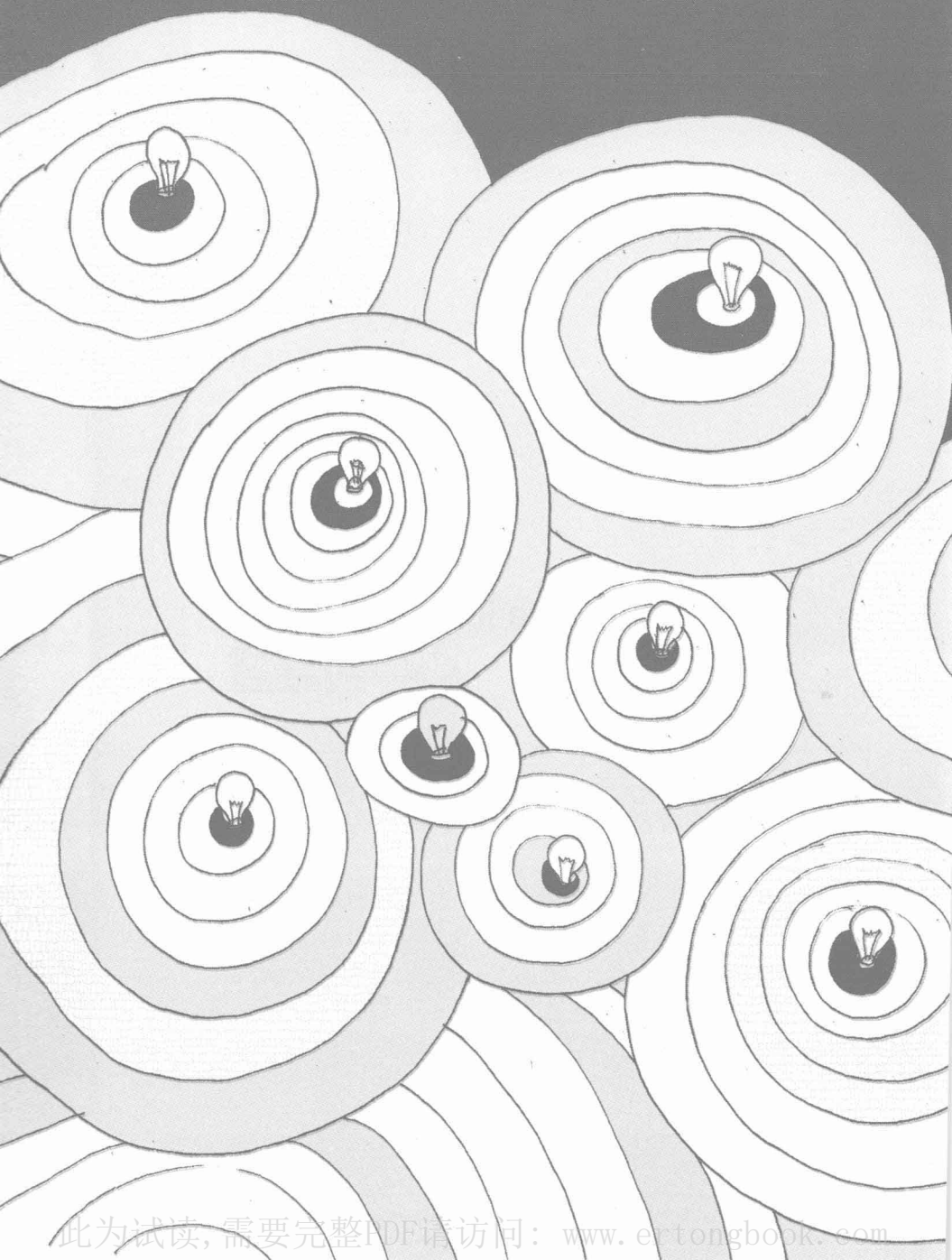
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Hope in Your Heart

心中的希望

Ideals

理想

☆ *Hold on to your ideal until the day it really comes true.*

We often hear people spoken of as idealists. The fact is we are all idealists to a certain extent, and upon the ideals we picture depends our ultimate¹ success. You must have the mental image if you are to produce the material thing. Everything is first created in the mind. When you control your thoughts you become a creator. Your happiness and success depend upon your ideals.

You are responsible for every condition you go through, either consciously or unconsciously. The next step you take determines the succeeding step. Remember this; it is a valuable lesson. By concentrating on each step as you go along, you can save a lot of waste steps and will be able to choose a straight path instead of a roundabout² road.

Concentrate upon your ideals and they will become material actualities³. Through concentration we work out our ideals in physical life. Your future depends upon the ideals you are forming now. Your past ideals are determining your present. Therefore, if you want a bright future, you must begin to prepare for it today.

We say a man is as changeable as the weather. What is meant is his ideals change. Every time you change your ideal you think differently. You become like a rudderless boat on an ocean. Therefore, realize the importance of holding to your ideal until it becomes a reality.

You get up in the morning determined that nothing will make you



lose your temper. Something takes place that upsets you completely and you lose your temper. For the time being you forget your ideal. If you had just thought a second of what a well-poised person implies you would not have become angry. You lose your poise⁴ when you forget your ideal. Each time we allow our ideals to be shattered we also weaken our will-power. Holding to your ideals develops will-power. Don't forget this.

Why do so many men fail? Because they don't hold to their ideals until they become mental habit.

Life is but one continuous enfoldment⁵, and you can be happy every step of the way or miserable, as you please.

No man gets over a fence by wishing himself on the other side. He must climb.

No man gets out of rut⁶ of dull, tiresome, monotonous⁷ life by merely wishing himself out of the rut. He must climb.

If you are standing still, or going backward, there is something wrong. You are the man to find out what is wrong.

Don't think that you are neglected, or not understood, or not appreciated. Such thoughts are the thoughts of failure.

Don't pity yourself, or criticize yourself. You know that the only thing in the world you have got to count upon⁸ is yourself.

☆ 坚持你的梦想直到实现的那一天。

我们经常听人说某某是理想主义者。事实上，每个人在某种程度上都是理想主义者，我们最后的成功也取决于我们所勾画的理想蓝图。如果你想创造出物质财富，就必须要先在头脑中作出构想。任何事情都是首先成型于头脑中的。控制住自己的思想，你就会成为一位创造者。你的幸福与成功取决于你的理想。

你所处的境遇都是你自己造成的，无论是有意的还是是无意的。你要走的下一步会决定再下一步的成功。记住，这是个宝贵的经验。认真走好每一步，这样才能节省脚力、少走弯路、直面成功。

执着于你的理想，它们终将变成现实。通过执着地追求，勾画你现实生活中的理想。你的现在取决于你过去的理想，而你的未来则取决于你现在的理想。所以，如果你想要光明的未来，就必须从今天起着手准备。

我们说人像天气一样善变，指的是人的理想多变。每次改变理想，你的思想也会跟着变化。你会变得像海洋中一艘漫无目的的船。所以，要坚守你的理想直到实现的那一天。

清晨起床时你下定决心不要让任何事情惹自己发火。或许某件烦心事会让你大发雷霆，一时间你会忘记自己的理想。如果你再想想怎样做才是从容自若的表现，你就不会生气了。忘记理想，你就难以平静。每次放弃理想时，我们便削弱了自己的意志力。坚守你的理想会锻造你的意志力，不要忘记这一点。

为什么会有这么多人失败？因为他们不能坚守理想直到将它变成一种思维习惯。

生活就是连续的曲曲折折，过得快乐或是悲苦，全凭自己的选择。

没有人仅仅靠希望就能翻越围墙，他必须亲身攀爬。

没有人仅仅靠希望就可以走出无聊、厌烦、单调的生活，他必须亲身翻越。

如果你止步不前，或是向后退缩，一定是出了什么问题。你必须找到问题的症结所在。

不要认为自己被忽略、被误解，或是不被欣赏。这样的想法是失败的。

不要自怨自艾。你要清楚这个世界上唯一可以依靠的人就是你自己。



enlightenment

We all get our ideals, no matter big or small. But how many of us can really hold onto the ideals until the day they really come



true? On the way to following our ideals, we lost them because of many other factors. But without ideals, life is really meaningless and like a rudderless boat in the ocean. Please cherish our ideals and try our best to pursue them.

SPARKLING WORDS & PHRASES

1. ultimate *adj.* 终极的；根本的

Our ultimate objective is the removal of all nuclear weapons.

我们的终极目标是消除所有核武器。

2. roundabout *adj.* 绕道的

3. actuality *n.* 实在；现实，现状

4. poise *n.* 平衡；姿势；镇静

5. enfoldment *n.* 折叠

6. rut *n.* 车辙，槽，凹痕

7. monotonous *adj.* 单调的

8. count upon 料想；依靠；指望

I had counted upon having it completed by March.

我本打算到3月份时将其完成。



Catch Your Dream

追寻你的梦想

★ *Catch your dream and you will uncover that sweet sunrises await you.*

Everyone — every person in this world has a dream: a passion, a vision, in their life that pulls them and urges them to move forward in life. You, my friend have this vision within you. It “whispers” to you occasionally, but in some cases it “cries out”. It cries out to be listened to and acted upon because this vision comes from your soul.

Within this “Inner Vision” there lies the magic of living your life with passion, fulfillment and purpose. This means being true to who you really are and living your life on purpose with all the passion and energy you are capable of living.

When you live from your inner passions — you’ll never have to seek approval¹ from others — you’ll “chart² your own course” and be the master of your own destiny.

Find your inner fire, your sense of purpose; this fire will help you harness³ strengths you’re not even aware that you have. Be connected with your inner passions, your Life’s Dreams, and live that passion daily.

Catch the star that holds your destiny, the one that forever twinkles⁴ within your heart. Take advantage of precious opportunities while they still sparkle before you. Always believe that your ultimate goal is attainable as long as you commit yourself⁵ to it.

Though barriers⁶ may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them. Accept