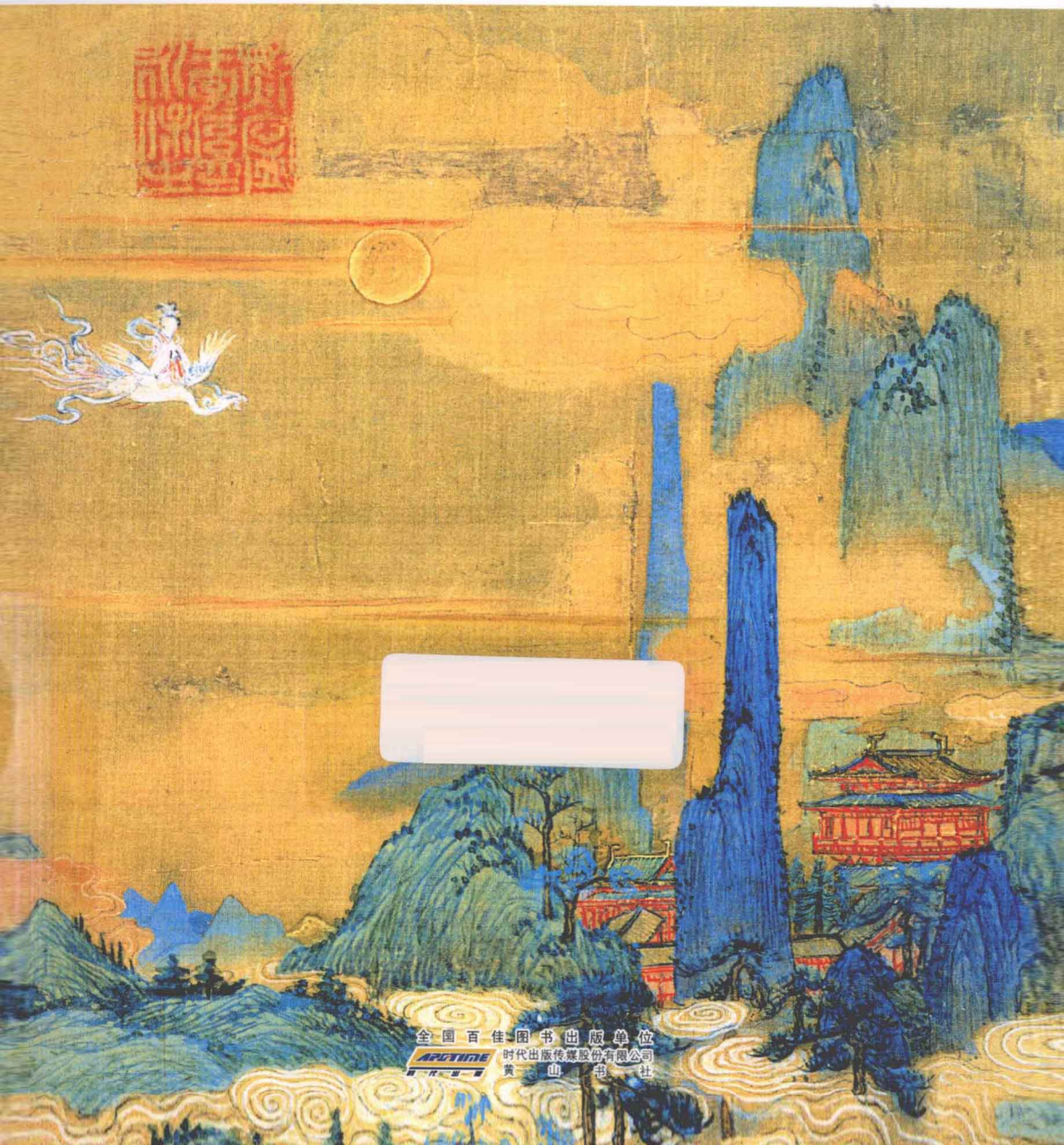




Chinese  
Mythology  
and Legends

# 中国神话传说

沈华◎ 编著



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# 创世神话

## Mythologies About the Origin of Man and Universe

每个民族都有属于自己的创世神话，古老的汉族也不例外。在汉族的创世纪神话中，流传甚广的伏羲和女娲的传说，以及神农、炎帝和黄帝的故事，都留下了经久不息的回忆。这些古代华夏的创世神话和传说，蕴含着华夏民族对自己历史的深邃认识和浅近质朴的表述。

这些神话内容涉及自然环境和社会生活的各个方面，既包括世界的起源的传说，又包括人类征服和改造自然的故事。在中国的创世神话中，犹以盘古开天地的传说流传最广，影响最大。

Every nation has its stories about the origin of man and universe, so do Chinese Han people. Popular stories about the origin include tales of Fu Xi and Nv Wa, Shen Nong, Yan Di and Huang Di in remote history. These stories are still being told today. They are more than stories: they are the explanation Han people' s ancestors made in the most primitive way to for the understanding of Mother Nature and history.

These mythologies are in almost every field of life, about the origin of the universe, fights man made against hostile nature to keep surviving. Of all, the story of Pan Gu who divided heaven and earth is the most popular, also the most influential.





## > 盘古开天辟地

几乎每个古老的民族都会有关于远古神祇创造天地万物的神话，而华夏民族的创世大神就是盘古。关于盘古，最早的文献记载见于三国时人徐整所著的《三五历纪》。南朝时的文学家任昉所撰《述异记》，也记述了盘古身体化为天地万物的传说。

传说在远古时代，天和地都没有形成，宇宙就是混沌一团，像一个巨大的鸡蛋。有个名叫盘古的巨人在这一团混沌之中沉睡了一万八千多年。当盘古从酣睡中醒来，睁开蒙眬的睡眼时，却发现周围一团黑暗。盘古想伸一下懒腰，舒展一下筋骨，却发现自己被紧紧地包裹着，呼吸困难。盘古火冒三丈，一下拔出了自己的一颗牙齿，

## > Pan Gu Divided Heaven and Earth

Almost every ancient people have mythologies about the hero who created heaven and earth. Chinese nation's is about Pan Gu, firstly seen in the book written by Xu Zheng during the Three-kingdom Period titled *San Wu Li Ji* or *Events in Ancient History*, then, in *Shu Yi Ji* or *Stories of Unusual Happenings* authored by Ren Fang during the Southern Dynasty.

In ancient antiquity, this legend says, the heaven and earth was a lump like a chicken egg. Waking up after 18000 years from fast sleep, Pan Gu, a giant, saw no light around him. He tried to stretch himself to yawn, and found he himself was imprisoned in this ball, very difficult to breathe. In anger, he pulled out one of his teeth, turning it into an axe with which he hacked around with all his





将它变成一把威力无比的神斧，抡起来向四周用力砍去。在一阵猛烈的劈砍之后，这个混沌的“大鸡蛋”终于慢慢溃散。其中轻盈而清新的气体散发开来，飘飘扬扬地升到高处，变成了蓝蓝的天空；另外一些浑浊的物质则缓缓下沉，变成了辽阔的大地。从此，混沌不分的宇宙终于一分为二，变成了天和地，世界也不再是漆黑一片了。

盘古置身其中，只觉得神清气爽。但他唯恐天和地还会再合拢变回原来的样子，于是用双手撑着天空，双脚踏着大地，挺立在天地之间。盘古的身体每天长高一丈，天空也每天升高一丈，大地也每天加厚一丈。这样，又过了十万八千年，盘古的身体长得有九万里那么高了，天终于不再增高，地也不再加厚了。这时的盘古也已耗尽了全部的力气，他最后看了一眼自己亲手开辟的天地，便轰然一声倒下，与世长辞了。

盘古虽然死了，但他的身体并没有消失。盘古临死前嘴里呼出的气，变成了四季吹拂的风和随风飘动的云，而最后发出的声音则变成

might. He gave out huge sounds. The ball slowly opened and fresh came in, which rose to make an azure sky. Heavy and thick stuff sank to make the vast earth. From this moment, heaven and earth came into being and the world was no longer a dark mess.

Pan Gu felt tremendously relieved. For fear of the heaven and earth becoming a lump again, he held up the heaven with his hands, his feet firmly



• 盘古开天地  
Pan Gu Dividing Heaven and Earth



了天空的雷霆。他的左眼变成了太阳，照耀着广袤的大地；右眼变成了月亮，给夜晚带来光明；头发和胡须变成了夜空中闪烁的星星，血液变成了奔腾不息的河流；他的肌肉变成了良田和沃野，骨骼变成花草树木，筋脉变成了万千道路，牙齿变成了金属矿藏，精髓变成了明亮的珍珠，汗水变成了滋润禾苗的雨露。盘古倒下时，他的身体还化作了中华大地上的名山大川——头化作了东岳泰山，脚化作了西岳华山，左臂化作南岳衡山，右臂化作北岳恒山，腹部化作了中岳嵩山。传说中的盘古死后身体化为万物，体现出一种人与自然万物的对应关系，反映出古人“天人合一”的宇宙观。



- 良渚文化带柄石斧（新石器时代）  
Stone Axe with a Handle, from Liangzhu Culture (Neolithic)

rooted on the earth. Each day, his body grew about three meters, and this made the heaven three meters higher, and earth three meters thicker than before. After 108 thousand years, Pan Gu was 45 thousand kilometers tall, and his body stopped growing. Pan Gu was exhausted. After giving a final look to what he had made, he collapsed with a thundering sound and died.

He was dead but his body was still there. The last breath from his mouth became wind and clouds to be seen in all seasons, and the sound he made at the last moment became thunder in the sky, his left eye became the sun to shine upon the vast lands, his right eye became the moon to light up the earth in the evening, his hair and beard became stars to shimmer in the evening sky, and his blood, torrential rivers. His muscles became fields, bones, flowers, trees, tendons, roads, teeth, mineral deposits, marrow, shining pearls, and sweat, dew to moisture crops. His body became mountains in China: head became Mount Tai, feet, Mount Hua, left arm, Mount Heng(Hunan), right arm, Mount Heng (Shaanxi), and belly, Mount Song. This story showed the ancient



• 河南济源盘古寺 (图片提供: FOTOF)   
 Pan Gu Temple in Jiyuan, Henan Province

后世的人为了纪念盘古，在今天的河南等地建立了盘古庙，以供人朝圣拜祖。而有关盘古的神话在中国南方地区的少数民族中广泛流传，如苗族、瑶族向来崇奉盘古王，把他当做本民族的祖先，壮族、侗族、仫佬族也传说盘古是人类的始祖。

belief about the relationship between man and surroundings, and it gave rise to this belief: man and heaven are one.

To memorialize him, later generations build temples in his honor in many places. This mythology spread far and wide, even to minority peoples living in China's southern part like Miao, Yao, who worshipped Pan Gu, taking him as their distant ancestor. So did Zhuang, Dong and Mulao peoples.



## 瑶族盘王节

瑶族是中国西南少数民族之一，主要分布在广西、湖南、云南、广东、贵州等地的山区。盘王节是瑶族的重大节日，瑶族人崇奉“盘王”或“盘古王”为本民族始祖，而盘王节就是起源于对始祖的祭祀。每年的农历十月十六日，瑶族男女老少都要穿上本民族的节日盛装，聚集在一起唱歌、跳舞，欢度盘王节。他们唱的歌是流传千年的瑶族史诗《盘王歌》，需要七天七夜才能唱完。他们跳的舞是传统的长鼓群舞，每人手拿长约80厘米的瑶族长鼓，时而翻腾，时而旋转，整个场面气氛热烈，给人一种山野般粗犷、奔放的感觉。

### King Pan's Festival, Yao People

As a minority ethnic group living in China's southwest, Yao people are found in Guangxi, Hunan, Yunnan, Guangdong and Guizhou, mostly, in mountainous areas. To these peoples, the King Pan's Festival is a major day, a custom passed down from their distance ancestors. On this day, Yao people offer respect to King Pan who created this world. It falls on the 16th day of the tenth month in Chinese calendar, when everyone is in his/her best to sing "Eulogy to King Pan" and dance. The song takes seven days and nights to finish. They dance to the company of drumming, from 80-cm long drums. They turn and swirl in a very exiting manner.



• 身穿民族服装的瑶族姑娘  
Yao Girls in their Beautiful Dress





## > 女娲造人补天

相传在盘古开天辟地以后，天上有了太阳、月亮和星星，地上有了山川草木，也有了鸟兽虫鱼，但却没有人类。在这荒凉寂寞的世界中，出现了一个人首蛇身的女神，她就是女娲。据说女娲神通广大，一天能变化七十次形象。

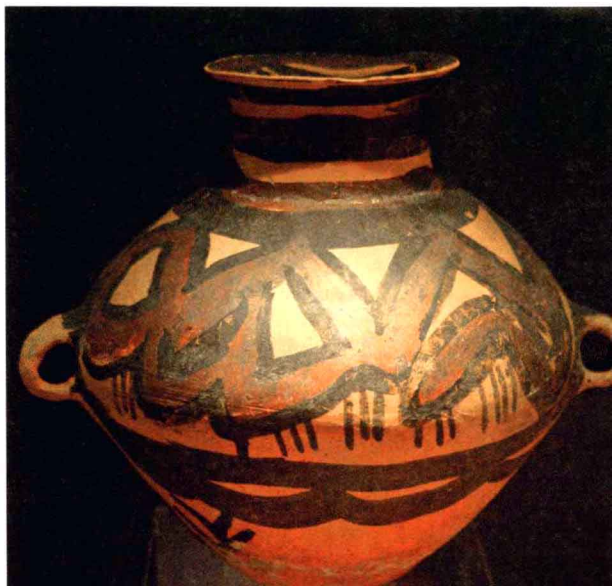
有一天，女娲行走在空旷的原野上，看着四周的景象，觉得这天地之间了无生气，似乎缺少了什么，感到异常孤独。她走到一个池塘边坐下，看见了池水中自己的倒影。这时她想，世间有了各种各样的生物，却唯独没有像自己一样的。我可以创造出来呀！她一边想着，一边顺手从池边挖起一团黄泥，照着自己的影子捏了起来。不一会儿，她就捏成了一个小小的东

## > Nv Wa Created Man and Mended Heaven

After the heaven and earth were created by Pan Gu, the sun, the moon and stars appeared in the sky and mountains and vegetation on the earth, so did birds, fish,

- 马家窑文化折带蛇形纹双耳陶壶（新石器时代）

Double-ear Pottery Pot with Snake-style Lines, from Majiayao Culture (Neolithic, approx. 8000 years ago)







- 《山海经》中的“女娲补天”插图  
Nu Wa Mending the Sky from *Guideways Of Mountains and Rivers (Shan Hai Jing)*

西，模样与自己差不多，有五官七窍，也有双手双脚。她把这个小东西放到地面上，刚一接触地面，小东西就活了起来。女娲一见很高兴，又捏了许多，并把这些小东西叫作“人”。这些“人”很快就会叽叽喳喳讲起和女娲一样的话来。

女娲又继续用黄泥捏了许多能说会走的小人，但是世界毕竟太大了，为了能够让人遍布各个地方，她顺手从崖壁上扯下一条

insects and animals, but there was no man. In this desolated world appeared a goddess with human head but snake's body. Her name was Nu Wa, a magic figure who could change forms dozens of times a day.

One day, while walking on desolated earth, Nu Wa was getting bored at the lifeless surroundings. Something was missing, she said to herself. She saw her image in the water of a pond. Why not make some creatures to resemble her? So she picked up a lump of clay and began to work. A small thing took shape in her hand, just like herself, with the organs in face and feet and hands. As soon as she placed this little thing on the ground, it began to move. Delighted, Nu Wa made more, which she named "man". These creatures started to talk just like she did.

She made as many as she could, still too few to her satisfaction. To speed up the process, she picked up a weathered cane from a cliff, which she dipped into the pod to pick up clay. Then, she whipped it. Wherever small dots of clay landed on the ground, a small human figure appeared. Before long, man was seen in every part of the world.

Man died, and new figures had to be made to replaced the dead and this

枯藤，将它伸入泥潭，沾上泥浆之后向地上挥洒。泥点溅落的地方就出现了许多的小人。这样一来，女娲造人的速度快多了，不久，人类就到处可见。



• “女娲补天”水晶雕刻摆件

Crystal Ornament with Design of Nu Wa Mending the Sky

seemed an endless process for Nu Wa. So, by the way animals to reproduce, Nu Wa made men and women marry so they could reproduce generation after generation by themselves .

One day, Gong Gong, god of water, and Zhu Rong, god of fire, began to fight. They fought all the way from heaven to the earth, leaving the world a huge mess. Zhu Rong won, but defeated Gong Gong was resentful. Infuriated, he knocked his head against a magic mount named Buzhou. It was the pillar to hold up the sky. When the pillar collapsed, a huge hole appeared in the sky and a big crack in the earth, from which flood gushed out with irresistible force. Taking this as an opportunity, all fierce predators came out of their hides to prey upon man.

At this, Nu Wa decided to mend the sky. She piled up huge rocks on top of a mountain, set up a stove and began to prepare pulp with five-color stones. She borrowed magic fire from the sun. After nine days and nights of work, the stones became a paste, with which Nu Wa mended the sky. She killed predators that had rampaged on earth. She collected a large amount of weed, which she burned into ashes to block the way of floods. For fear of the heaven falling again, she



• 河北邯郸涉县娲皇宫 (图片提供: 微图)

The Nv Wa Palace, Shexian County, Handan, Hebei Province

但是人总是要死的，死了一批就得再造一批，女娲的工作似乎永远没有尽头。于是，女娲参照动物传宗接代的方法，把人类分为男人和女人，男女通过婚配可以产生后代，人类就能世代繁衍下去了。

传说有一天，天上的水神共工和火神祝融打起仗来。他们从天上一直打到地下，给世界带来了大混乱。最后祝融胜利了，但失败的共

cut off the four feet from a huge turtle she found in the eastern sea, which she placed at each corner of the sky to shim it up. Because of the different lengths of the turtle feet, the two in the west and north being shorter, so the sun, the moon and stars began to rise from the east and set in the west. Also because the earth collapsed from its southeastern side, all the rivers flew in their direction into the sea. After the caves were filled up, flood stopped and fierce animals disappeared





工并不服气，一怒之下把头撞向了传说中的神山——不周山。这一撞，使不周山拦腰折断。原来这不周山是天地之间的支柱，天柱折断了，天出现了一个大窟窿，地面也出现了大裂纹，洪水喷涌出来，猛兽都跑出来吞食人类。

女娲见人类遭受到这样惨烈的灾祸，便决定把天空补起来。她在山顶堆起巨石，作为炉灶，取来五色石子作为原料，又借来太阳神火，将石子烧了九天九夜后熔炼成了补天用的胶糊。经过女娲的一番辛劳，天空终于补好了。女娲还擒杀了残害人畜的猛兽，并且收集了大量芦苇，把它们烧成灰，堵住四处喷涌的洪流。女娲担心天还会塌下来，于是将东海里一只大龟的四脚砍下来，当做柱子支撑住天空的四角。龟脚支撑的西、北两面的短些，因此太阳、月亮和众星辰都很自然地每天从东方升起，向西方降落；又因为地是向东南面塌陷的，所以一切江河都往东南流去，汇入大海。地填平了，水止住了，龙蛇猛兽绝迹了，人们又重新过上了安乐的生活。



• 《伏羲女娲图》佚名（唐）

*Fu Xi and Nu Wa, Painted by Unknown Tang Artist (Tang Dynasty, 618-907)*



这个神话反映出母系氏族社会时期的人类对自身起源和自然现象的原始的认识。后世的人们将女娲奉为婚姻之神，至今在河北、山西、陕西、甘肃等地还留有不少祀奉女娲的娲皇庙，旧时妇女经常到庙中祈求子嗣。至今在西南地区的少数民族中还流传着女娲的神话传说，并把她作为本民族的始祖加以崇拜。

and men were back to a peaceful life.

This story showed the primitive belief ancient people had about the origin of man and universe. Later generations took Nv Wa as a goddess of marriage. Today, in many places of China, like Hebei, Shanxi, Shaanxi and Gansu, temples in honor of Nv Wa are seen. Women used to go and pray for a son. The story of Nv Wa is very popular among the ethnic minority groups in China's southwest. To these peoples, Nv Wa is their distant ancestress.



### 《山海经》

《山海经》是先秦时期的重要古籍。这是一部包含了丰富神话传说的古老的地理书，全书共18卷，包括《山经》5卷，《海经》8卷，《大荒经》5卷。书中内容包罗万象，《山经》主要记载山川地理，动植物和矿物等的分布情况；《海经》中的《海外经》主要记载海外各国的奇异风貌，《海内经》主要记载海内的神奇事物；《大荒经》主要记载了与黄帝、女娲和大禹等有关的许多重要神话资料。一些著名的神话故事，比如夸父逐日、女娲补天、精卫填海、大禹治水、后羿射日等等，在《山海经》中均有记载。《山海经》的具体成书年代及作者现已无从考证，人们普遍认为它并不是写于一时，也不是同一个作者所写。古代中国一直把《山海经》当做历史典籍来看待，这也使它成为中国各代史家的必备参考书，对于古代历史、地理、文化、中外交通、民俗、神话等研究，均有重要的参考价值。

### *Shan Hai Jing*

*Shan Hai Jing, or The Guideways of Mountains and Rivers, is a pre-Qin book that documents mythologies. Five of its 18 volumes are about mountains, eight about seas and rivers and another*