

世界上最畅销的

英汉
对照

滋养心灵的美文

心灵鸡汤

智慧与成功

宇令 编著



心灵鸡汤——快乐与智慧
一生的经典
权威版
您的必看书
CHICKEN SOUP FOR THE SOUL
THE WORLD'S MOST POPULAR BOOK

黑龙江科学技术出版社

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生活就是享受人生

Life Is to Enjoy Life





静静地看这个世界

Watch the World Pass You by

I was sitting outside my new home yesterday (we just moved last week, and we love the new place), watching the world go by.

There were people in cars, in a hurry to get to their next appointment. There were birds flying by, insects just as busy as the people in cars, plants and weeds thriving in the humid Guam climate.

Inside the house, my children were also busy, as ever, making a mess of the house (which my wife and I would soon clean up), getting into things, their natural curiosity overpowering our previous pleas for them not to play with lotion or take things apart.

The sky was slightly overcast and there was a cool breeze, quite strong and pleasant actually.

It's not often that most of us just sit quietly, and allow the world to pass us by.

Why not?

What is so important that it can't wait until later? What email must be answered right this moment? Do we really need to read all those articles online, all those messages from others, all those newspapers and magazines? Do we need to have the television and radio and Internet on all the time?

Is life passing us by as we keep our minds super-busy? Are we missing out on the beautiful world around us as we constantly think about the future — what we need to do, our anxieties about what might happen — and the past — what we did wrong, what someone else did to us, what we said, what should have happened?

When was the last time you just sat, and observed? Why not do it today?

昨天,我坐在新家的门外(我们上周搬的家,而且我们都很喜欢这里),静静地看着身边这个忙碌的世界。

车里的人都在匆匆地赶赴他们下一个约会。鸟儿在空中飞来飞去,昆虫也像车中的人们一样忙碌。在关岛的潮湿气候中,各种植物都生长得异常茂盛。

房子里面,我的孩子们也像以往一样,正忙着把屋子弄得一团糟(我和妻子马上就要进行清理)。天生的好奇心使他们对一切都感兴趣,这也使得我们先前对他们的叮嘱——不要玩洗涤剂、不要把东西拆开来玩——完全无济于事。

天有些阴,凉风劲吹,但却令人感到非常舒适。

对于我们大多数人来说,都很少能静静地坐下来,让烦扰的世事从身边掠过。

但为什么不去试一下呢?

有什么重要的事不能等到稍晚一些再做呢?什么电子邮件非得马上回复呢?难道我们真的有必要去读网上的所有文章、别人发来的所有短信,以及所有那些报纸和杂志吗?难道我们有必要一直看电视、听广播、上网吗?

当我们的头脑疯狂忙碌的时候,生活是否正悄悄地从我们身边溜走?当我们不断地思考着未来——我们必须做什么,担心着可能会发生的事,还有我们过去曾犯下的错误,别人对我们做过什么,我们说过些什么,以及本应该发生的事时,我们是否正错过身边这个美丽的世界?

还记得你上一次静静地坐在那里观察世界是什么时候的事吗?为什么不今天就去做呢?



感悟

有没有想过,自从踏出校门、步入社会、走上工作岗位之后,你已经有多久未曾留意过积雪是什么时候融化的?枝头是什么时候隐隐透出新绿的?还记得家人的生日、爱人喜欢吃什么、自己的孩子上几年级了吗?暂停一下忙碌的脚步吧!欣赏一下周围的世界,不要让自己的生命留下太多遗憾。



思考

Think It over...

Today we have higher buildings and wider highways, but shorter temperaments and narrower points of view;

We spend more, but enjoy less;

We have bigger houses, but smaller families;

We have more compromises, but less time;

We have more knowledge, but less judgment;

We have more medicines, but less health;

We have multiplied our possessions, but reduced our values;

We talk much, we love only a little, and we hate too much;

We reached the Moon and came back, but we find it **troublesome**¹ to cross our own street and meet our neighbors;

We have conquered the outer space, but not our inner space;

We have higher income, but less morals;

These are times with more liberty, but less joy;

We have much more food, but less nutrition;

These are the days in which it takes two salaries for each home, but divorces increase;

These are times of finer houses, but more broken homes;

That's why I propose, that as of today. You do not keep anything for a special occasion. because every day that you live is a special occasion;

Search for knowledge, read more, sit on your **porch**² and admire the view without **paying attention to**³ your needs;

Spend more time with your family and friends, eat your favorite foods, visit the

places you love;

Life is a chain of moments of enjoyment;not only about survival;

Use your **crystal**⁴ goblets.Do not save your best perfume,and use it every time you feel you want it!

Remove from your **vocabulary**⁵ phrases like “one of these days”or “someday”;
Let’s write that letter we thought of writing “one of these days”! Let’s tell our families and friends how much we love them;

Do not delay anything that adds laughter and joy to your life;

Every day,every hour,and every minute is special; And you don’t know if it will be your last.

1. troublesome ['trʌblsəm] adj. 引起麻烦的, 令人讨厌的, 令人烦恼的
2. porch [pɔːtʃ] n. 门廊
3. paying attention to 注意
4. crystal ['kristəl] n. 水晶
5. vocabulary [və'kæbjuləri] n. 词汇(量)

如今,我们建起了高楼大厦和宽阔的高速公路,但我们的性情也随之变得更加急躁,眼光也更加狭隘;

我们的付出更多了,但享受却更少了;

我们的居所更宽敞了,但家庭却更小了;

我们的消遣更多了,但时间却更少了;

我们的知识更丰富了,但判断力却更差了;

我们可选择的药品更多了,但我们的健康状况却越来越差了;

我们的财富越来越多了,但其真正的价值却越来越小了;

我们所说的话多了,但爱随之减少,仇恨却与日俱增了;

我们可以往返于月球与地球间了,但却无法迈出家门同我们的左邻右舍自如交流了;

我们可以征服太空了,却无法征服我们的内心了;

我们的收入增加了,但我们的道德水准却降低了;

我们拥有更多的特权了,但我们的快乐却越来越少了;

我们的食物越来越丰富了,但所能汲取的营养却越来越少了;

现在每个家庭都可以有双份收入,但离婚的现象却越来越多;

我们的住房越来越豪华,但家庭破碎的现象却日益增多。

所以,就让我们从今天开始,不要为某一特定时刻而预留什么东西,因为对你来说,生活中的每一刻都该是特别的。

要不断地探寻知识,多读书,在自家门廊里欣赏外面的美景吧,先把名利抛在一边。

多花些时间与家人、朋友们在一起,选择你最喜爱的食物,游览你最想去的地方吧。

生活应充满一连串的快乐时光,不要为了生存而奔波劳苦。

举起你的水晶酒杯吧。不要吝啬你最好的香水,合适的时候就拿出来用吧!

从你的词汇库中删除类似“有那么一天”或者“某一天”这样的词语吧。“总有一天要去写的信”现在就着手去写吧,不要再犹豫了!告诉你的家人和朋友,你是多么爱他们。

不要把任何可以给你的生活带来欢乐的事情放在一旁。

每一天,每一小时,每一分钟都是特别的时刻,你永远都不会预料到那是否会是你的最后时刻。



感悟

生活的每一天都是享受, 每一天对于我们都是平凡而又特殊的一天, 只有把每一刻都当作生命的最后时刻, 我们才会觉得生活是那样美好。



人如浮云

Clouds

I've opened the curtain of my east window here above the computer, and I sit now in a holy theater before a sky-blue stage.

A little cloud above the neighbor's trees **resembles**¹ Jimmy Durante's nose for a while, then becomes **amorphous**² as it slips on north. Other clouds follow, big and little and tiny on their march toward whereness. Wisps of them lead or droop because there must always be leading and drooping.

The trees seem to laugh at the clouds while yet reaching for them with **swaying**³ branches.

Trees must think that they are real, rooted, somebody, and that perhaps the clouds are only tickled water which sometimes blocks their sun. But trees are clouds, too, of green leaves-clouds that only move a little. Trees grow and change and **dissipate**⁴ like their airborne cousins.

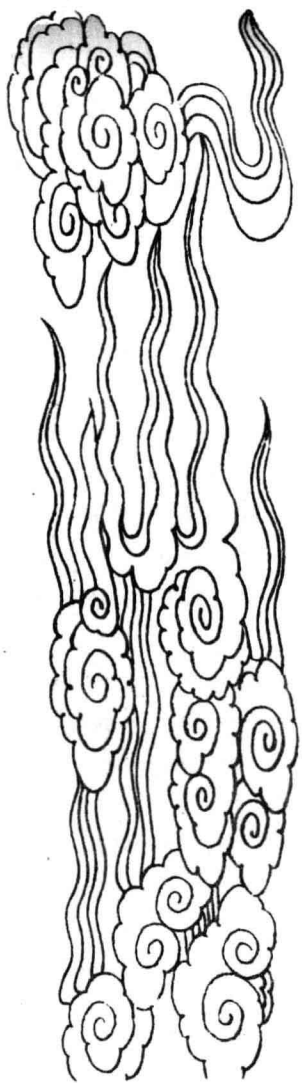
And what am I but a cloud of thoughts and feelings and aspirations? Don't I put out tentative mists here and there? Don't I occasionally appear to other people as a ridiculous shape of thoughts without my intending to? Don't I drift toward the north when I feel the breezes of love and the warmth of compassion?

If clouds are beings, and beings are clouds, are we not all well advised to drift, to feel the wind tucking us in here and plucking us out there? Are we such rock-hard bodily lumps as we **imagine**⁵?

Drift, let me. Sing to the sky, will I. One in many, are we. Let us breathe the breeze and find therein our roots in the spirit.

I close the curtain now, feeling broader, fresher. The act is over. Applause is sweeping through the trees.

1. resemble [ri'zembl] vt. 像……, 类似于
2. amorphous [ə'mɔ:fəs] adj. 无固定形状的
3. sway [swei] vi. (使)摇摆, (使)摇动
4. dissipate ['disipeit] vt. & vi. 驱散; 消失
5. imagine [i'mæʃɪn] vt. 想象, 设想



我拉开了房间东面、电脑上方的窗帘,仿佛觉得自己正坐在一个神圣的天蓝色的舞台前。

邻居家附近那棵大树的上方,正飘着一朵形状酷似杰米·杜兰特的鼻子的云彩。然而,片刻之间,它就开始向北方飘了过去,也渐渐没有了原来的模样。又有一些浮云飘了过来,它们大小不一,不知将会飘向哪儿去。缕缕白云在前行的过程中渐渐散去,这是再寻常不过的事情了,因为它们经常以这种形式出现在天空中。

一棵棵大树仿佛是在嘲笑天空中的云朵,而与此同时,它们又不断地想用摇曳的枝条采摘天上的云。

树儿们肯定在想,自己才是真实存在的,并且是根深蒂固的重量级人物。而云朵不过是一些积聚起来的小水珠,只会偶尔遮挡住树木所享受的阳光。可事实上,树即是云,它们的绿叶和云是一样的,只是动的幅度小了一些。树会成长、变化、老去,如它空中的伙伴——云朵一样。

我不也是一朵云吗?一朵怀着种种想法、有着不同感受和抱负的云。我不是也到处作尝试吗?我不也会在别人面前有着种种异想天开的想法吗?当我感受到爱的抚慰与怜悯的温暖时,不也如浮云般游走吗?



如果说浮云如人,那么人也同样如浮云。难道我们只想感受风的力量,让它使我们在某一时间驻足不前,或是把我们吹向远方吗?难道我们真的会如自己想象中的那样稳如磐石吗?

让我飘走吧!让我向天空高歌,我是茫茫人海中的一个人,企盼呼吸微风的气息,让我们在其中寻找精神的根。

合上窗帘,似乎头脑也更加清晰、更加冷静。舞台的幕布已经垂落,树林间掌声四起。



感悟

茫茫人海中,我们就如飘动的浮云一样,被变幻莫测的命运之风推动着,不知道自己会飘向哪里。然而,不管我们遇到了什么样的境遇,我们都要牢牢留住我们的精神之根,它是我们勇于面对一切困难的最有力的武器。