

The Love in That Summer

双语悦读编辑组 编

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but a journey to be savored each step of the day. Yesterday is history, tomorrow is a mystery and today is a gift.

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外语教学与研究出版社 FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS





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On a university commencement address several years ago, Brian Dyson, CEO of Coca Cola Enterprises, spoke of the relation of work to one's other commitments:

Imagine life as a game in which you are juggling some five balls in the air. You name them — work, family, health, friends and spirit — and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls — family, health, friends and spirit — are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life. How?

Don't undermine your worth by comparing yourself with others. It is because we are different and each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your



heart. Cling to them as they would be your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each together.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give it; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't run through life so fast that you forget not only where you've been, but also where you are going.

Don't forget, a person's greatest emotional need is to feel appreciated.

Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.

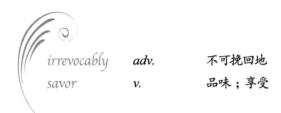
Don't use time or words carelessly. Neither can be retrieved.

Life is not a race, but a journey to be savored



each step of the way.

Yesterday is history, tomorrow is a mystery and today is a gift: that's why we call it "The Present".



年前,在一所大学的毕业典礼上,可口可乐的首席执行 官布赖恩·戴森讲到工作与其他义务的关系:

想象生命是一场不停抛掷五个球于空中的游戏。这五个球分别为工作、家庭、健康、朋友和心灵,而且你努力地不让 这五个球落地。很快你会明白工作是一个橡皮球。如果你不 幸失手落下它,它还是会弹回来。

但是家庭、健康、朋友和心灵这四个球是用玻璃做成的。 一旦你失手落下,它们可能会磨损,留下无法挽回的记号、刻痕、 损坏,甚至碎落一地。它们将永远不会跟以前一样。你必须 了解这个道理,并且为平衡你的生命而努力。但要怎样才做 得到呢?

别拿自己和他人比较,这只会降低你原有的价值。因为 我们都是不同的,因为我们每一个人都很特别。

不要将别人认为重要的东西当成自己的目标。只有你才 知道什么最适合你。

不要熟视无睹最贴近心灵的东西。将它们视为你的生命 一般牢牢抓住。没有它们,生命将失去意义。



别让你的生命总在依恋过去或是寄望未来中逝去。如果 你活在每个当下, 你就活好了生命中的每一天。

当你还能给予的时候别轻言放弃。只要你不放弃,就有 继续的可能。

别害怕承认你不够完美。正因如此,我们才得以借由这 脆弱的细丝紧密地彼此串绑在一起。

别害怕遭遇风险。我们正是通过冒险才学会勇敢。

别以爱太难找到作为借口而紧闭你的心扉。最迅速找到 爱的方法就是给予你的爱;最快速失去爱的方法就是紧紧地 守着你的爱不放;维持爱的最好方式就是给爱一双翅膀。

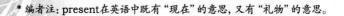
莫要匆忙度过你的一生,那匆忙让你忘了曾经到过哪里, 也让你忘了你要去哪里。

莫忘记,人类情感上最大的需要是感恩。

莫害怕学习。知识没有重量,它是可以随身携带的珍宝。 莫要漫不经心地蹉跎光阴或口无遮拦。时间与言辞两者 都是一旦过去,便覆水难收。

生命不是一场赛跑,而是每一步都要细细品味的旅程。

昨天已是历史,明天还是未知,而今天则是上天的一个礼物:那就是我们为什么称它为"现在"(Present*)的原因。



Life Is a Do-it-yourself Project 生活是一项为自己打造的工程

n elderly carpenter was ready to retire. He told his employer of his plans to leave the house-building business and live a more leisurely life with his wife, enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The employer was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the employer came to inspect the house and handed the front-door key to the carpenter. "This is your house," he said, "My gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.



So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project." Who could say it more clearly? Your life tomorrow will be the result of your attitudes and the choices you make today.

paycheck n. 薪水
shoddy adj. 劣质的,差的
distracted adj. 分心的,思想不集中的

有一位上了年纪的木匠准备退休了。他告诉老板他打算离开建筑行业,与老伴和儿孙们一起共享天伦之乐,过一种更悠然自得的生活。虽然他因此而少了份薪水,但他得退休了。至于日子嘛,还可以凑合着过。



眼看这位优秀的木工就要离去, 老板很遗憾。他问木工 可否看在私人的情面上帮忙再建一所房子。木工答应了,可明 眼人一眼就看得出来,此时他做事心不在焉,做出的活儿很 粗糙, 用的料也没那么讲究了。他就这样为自己的建筑生涯 画上了句号, 直是令人遗憾。

房子建好后, 老板过来看新房并将大门钥匙交给木工, 说:"这房子归你,我送给你的礼物。"

多么让人吃惊, 多么让人遗憾啊! 假如他知道这房子是 为自己造的, 他会做得大不一样。现在他不得不住在自己建 造的那所粗制滥造的房子里了。

我们又何尝不是如此呢? 我们心浮气躁地打造生活, 不 是主动工作而是被动应付, 能将就则将就, 关键的时候也没 尽心尽力。蓦然回首,才惊讶地发现自己正住在自己建造的那 所房子中, 自食其果。早知如此, 何必当初!

就当你自己是那位木工吧。就当你在为自己建房,每天 要钉钉、铺板、砌墙。如果你能这么想,那么你就用心地去建, 而且你的生活也只能这样建造。哪怕你只在房子里生活一天, 这一天也应该活得优雅而体面。墙上的铭隔写道:"生活是一 项为自己打造的工程。"还有什么能比这更清楚的呢? 明天的 生活,就是你今天的态度和抉择的结果。







University professor went to visit a famous Zen master. While the master quietly served tea, the professor talked about Zen. The master poured the visitor's cup to the brim, and then kept pouring. The professor watched the overflowing cup until he could no longer restrain himself. "It's overfull! No more will go in!" The professor blurted. "You are like this cup," the master replied, "How can I show you Zen unless you first empty your cup."

在那个夏天——

Zen

n. 禅,禅宗(佛教派派别之一,以专修 禅定为主)

brim

n. (杯)边,缘

restrain

控制,克制

blurt

v. 脱口而出

ν.