

世界上最畅销的

英汉
对照

滋养心灵的美文

心灵鸡汤

快乐与梦想

宇令 编译



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向生活再笑一笑

Smile to Life Again





让自己快乐起来

Raise Yourself up

We all, at one time or another, have pretended to be a rock star, singing and dancing along to our favorite song. Most of us have done this in the privacy of our own room when we were kids and as adults, in the privacy of our homes. Me? I love to do that when I drive! I turn on the radio, find a song that I can sing along too and pretty soon my arms are in the air and I am moving along to the rhythm. Most of the time, I do this on my way to work.

Yes, that is true. I will be in my nice work clothes, jamming while driving or stopped at a traffic light. I get weird looks from some people and others laugh. Personally, I love to get lost in the rhythm of a song which leads me to share with you the importance of being **silly**!

The definition for the word silly, according to the dictionary is: stupid, foolish and **nonsensical**². I know many people do not want to look foolish. So they walk around all serious, which in all honesty, is foolish!

No one is perfect, I repeat: no one is perfect. I don't care how educated, how thin, how beautiful, how simple, how frugal, how rich, and so on... No one is perfect! So why pretend to be something you are not?

Life is so short... You never know when this beautiful journey will be over, so why waste a single second on being so full of rigidity? Here is a quote by Souza, that I think says it all and is a great recipe for life:

"Dance as though no one is watching you,
Love as though you have never been hurt before,
Sing as though no one can hear you,
Live as though heaven is on earth."

When we were kids, we had no idea of what limitations were and we had no care in the world so we could do things without worrying about how we appeared to others. However, as we grew up, we lost that childlike **innocence**³.

So don't lose the child that still lives within you. The next time you feel down, go turn on your favorite song, and sing and dance along like there is no tomorrow. Or watch something that makes you laugh. Laughter is the best medicine to whatever ails you and nothing is better than laughing so hard that your **tummy**⁴ hurts. Trust me, you will feel a whole lot better, and who doesn't want to feel good?

1. silly ['sili] adj. 蠢的, 傻的
2. nonsensical [nɒn'sensikəl] adj. 无意义的;荒谬的;愚蠢的
3. innocence ['inɒsəns] n. 天真, 单纯
4. tummy ['tʌmi:] n. 胃

我们每个人,在不同时期,都曾经像一个摇滚歌星那样,伴着我们最爱的那首歌又唱又跳。很多人在小时候,甚至是已长大成人,都曾在我们自己的房间和家里这样的隐秘空间里这样做过。我呢?我喜欢在开车的时候这样!打开收音机,找一首会唱的歌,很快我就会张开双臂,随着节奏起舞。大部分时候,我在上班的路上这么做。

是的,那是真的。我会穿上我漂亮的工作服,在堵车和遇到交通信号灯时这样做,有人就会用奇怪的眼神看着我,或者笑我。对我个人而言,我喜欢沉浸在一首歌的节奏中,由此我愿和你们分享:为人糊涂贵在何处。

糊涂一词在字典中的定义是:愚蠢的,傻的,荒谬的。我知道很多人都不想被人看做愚笨,所以他们在生活中始终一脸严肃,而这在本质上才是真正的愚笨。

人无完人,我重申一次:没有人是完美的。我不在乎一个人学识多深,身材多好,外表多美,思想多浅薄,生活多俭朴,多富有……人无完人!那么,为什么要伪装成我们实际上本不是的呢?

人生何其短暂……你不会知道这美好的征程何时会结束,那么,为什么要浪费时间,让自己变得棱角分明?这里引用索萨的话,我觉得她一语中的,是人生的一大秘方。

“跳舞吧,就像没有人欣赏一样,

去爱吧,就像没有受到伤害一样,
唱歌吧,就像没有人倾听一样,
生活吧,就像今天是最后一天一样。”

当我们还是孩子,我们天不怕,地不怕,无忧无虑,所以我们可以不在乎自己在别人眼中的形象去做事情。然而,当我们长大,我们就失去了那种天真烂漫。

所以,不要丢失你心中那个小孩。下次你感到沮丧时,去打开你最爱的那首歌吧,随之歌唱起舞,就像没有明天一样。或者看点能让你笑的东西。笑声是除去一切烦恼的良方,没有什么比笑到肚子疼更好的事了。相信我,你会好受很多,谁又不想让自己好受呢?



感悟

或许从跌入社会的那一刻起,每个人都在不停地发生着改变,不知不觉地像周围的人看齐,逐渐有了越来越多的顾忌,逐渐失去了自我,愈来愈感到压抑。可是,其实我们过得都是简单的生活,不必给自身戴上重重枷锁,把其他人的眼光都抛诸脑后,像个襁褓中的孩子一样释放对每一天的激情吧!



让心中充满阳光

The Sunshine-Man

“There’s the dearest little old gentleman,” says James Buckham, “who goes into town every morning on the 8:30 train. I don’t know his name, and yet I know him better than anybody else in town. He just **radiates**¹ cheerfulness as far as you can see him. There is always a smile on his face, and I never heard him open his mouth except to say something kind, courteous, or good natured. Everybody bows to him, even strangers, and he bows to everybody, yet never with the slightest hint of presumption or familiarity. If the weather is fine, his jolly compliments make it seem finer; and if it is raining, the merry way in which he speaks of it is as good as a rainbow.”

“The inborn **geniality**² of some people,” says Whipple, “amounts to genius.” There are those whose very presence carries sunshine with them wherever they go; a sunshine which means pity for the poor, sympathy for the suffering, help for the unfortunate, and **benignity**³ toward all.

Everybody loves the sunny soul. His very face is a passport anywhere. All doors fly open to him. He disarms prejudice and envy, for he bears good will to everybody. He is as welcome in every household as the sunshine.

“He was quiet, cheerful, genial,” says Carlyle in his “Reminiscences” concerning Edward Irving’s sunny helpfulness. “His soul unruffled, clear as a mirror, honestly loving and loved, Irving’s voice was to me one of blessedness and new hope.”

And to William Wilberforce the poet Southey paid this tribute: “I never saw any other man who seemed to enjoy such perpetual serenity and sunshine of spirit.”

When Goldsmith was in Flanders he discovered the happiest man he had ever

seen. At his toil, from morning till night, he was full of song and laughter. Yet this sunny-hearted being was a slave, maimed, deformed, and wearing a chain. How well he illustrated that saying which bids us, if there is no bright side, to polish up the dark one!

The first prize at a flower-show was taken by a pale, sickly little girl, who lived in a close, dark court in the east of London. The judges asked how she could grow it in such a dingy and sunless place. She replied that a little ray of sunlight came into the court; as soon as it appeared in the morning, she put her flower beneath it, and, as it moved, moved the flower, so that she kept it in the sunlight all day.

“Water, air, and sunshine, the three greatest **hygienic**⁴ agents, are free, and within the reach of all. Twelve years ago,” says Walt Whitman, “I came to Camden to die. But every day I went into the country, and bathed in the sunshine, lived with the birds and squirrels, and played in the water with the fishes. I received my health from nature.”

“It is the unqualified result of all my experience with the sick,” said Florence Nightingale, “that second only to their need of fresh air, is their need of light; that, after a close room, what most hurts them is a dark room; and that it is not only light, but direct sunshine they want.”

The sun, making all living things to grow, exerts its happiest influence in cheering the mind of man and making his heart glad, and if a man has sunshine in his soul he will go on his way rejoicing; content to look forward if under a cloud, not bating one jot of heart or hope if for a moment cast down; honoring his occupation, whatever it be; rendering even rags respectable by the way he wears them; and not only happy himself, but giving happiness to others.

1. radiate ['reɪdiəɪt] vt. 放射; 散发
2. geniality [ˌdʒiːni'ælɪti] n. 亲切, 和蔼
3. benignity [bi'nɪgnɪti] n. 仁慈, 善行
4. hygienic [haɪ'dʒiːnɪk] adj. 卫生的; 保健的

美国作家詹姆斯·巴克海姆曾说起过他认识的一个人:“有一个非常可爱的老人,他每天早晨坐8点30分的火车去小镇。我不知道他的名字,但我比镇上的任何人都了解他。无论多远,只要你能看到他,他就会向你传递欢乐。他总是笑容可掬,虽然他很少说话,但只要一开口,所说的话一定非常亲切、

有礼、温厚。所有人都向他点头致意,即使是陌生人也不例外;他也向所有人点头致意,但从未带有一丝一毫的放肆或不敬之意。在风和日丽的日子里,他那令人愉快的问候会使天气显得更好;如果是雨天,他谈论天气时的乐观语气则像彩虹一样美丽。”

美国医学家惠普尔说:“有些人天生的亲切感其实就是一种财富。”有那样一些人,无论走到哪里,只要他们出现,就会带来阳光;这里所说的阳光是指对穷人的怜悯、对痛苦者的同情、对不幸者的帮助以及对所有人的善行。

每个人都喜欢快乐的人:他的笑容就是去往各地的护照,所有的大门都为他敞开;他能消除骄傲与妒忌,因为他把好心情带给每一个人;他像阳光一样,受到所有家庭的欢迎。

英国作家卡莱尔在他的回忆录里曾提及过苏格兰宗教改革运动领袖爱德华·欧文的乐观性格:“他很安静、乐观、亲切。他的心灵像镜子一样平静、清晰,他真诚地爱他人,也为他人所爱。对我来说,欧文的话语就是一种充满希望和幸福感的声音。”

英国著名诗人骚塞对废奴制先驱威廉·威尔伯福斯有这样的赞美之词:“我从未见过其他任何人能像他这样享受精神上永久的平静和快乐。”

英国作家戈德史密斯在佛兰德斯的时候,发现了一个他所见过的最快乐的人。这个人从早到晚不停地干活,并一直伴随着歌声和欢笑。然而,这个性情乐观的人却是一个残疾、丑陋、戴着镣铐的奴隶。他充分证明了那句给我们以启迪的话——如果看不到光明的一面,就去改变阴暗的一面吧!

在一次花展上,一等奖被一个苍白、瘦弱的小女孩儿夺得。她住在伦敦东区一个狭窄、阴暗的庭院里。评委问她,在这样一个阴暗、没有阳光的地方,她是怎样育出如此美丽的花的。她回答说,庭院内能照进一缕阳光,每天早上太阳升起的时候, she 就把花放到这缕阳光下,随着光线的移动,她也不停地挪动花盆,这样,就可以让花一整天都得到阳光的照射。

“水、空气和阳光,是三种最有益于健康的能量,而且是免费的,人人都能轻易获得。”沃尔特·惠特曼说,“十二年前,我准备去坎登度过生命中最后的时光。每当我漫步在乡村里,沐浴在阳光下,与鸟儿和松鼠共同生活,与鱼儿在水中嬉戏,我都感到神清气爽、心情愉悦。是大自然使我又恢复了健康。”

“在我照顾病人的所有经历中，”弗洛伦斯·南丁格尔说，“有一种观点，是说病人对灯光的需要仅次于对新鲜空气的需要，这是一个不正确的结论。在一个封闭的房间里，对病人伤害最大的就是房间里的阴暗，他们需要的不仅仅是灯光，而是阳光的直接照射。”

太阳使万物得以生长，同时也发挥着最令人快乐的影响，来使人精神振奋、心情愉快。如果一个人心中拥有阳光，他就会走上幸福之路，在压力之下也愿意向前看，即使有片刻沮丧，也不会减少一丝精神力量或希望。无论自己现状如何，都对所拥有的一切心满意足，即使衣衫褴褛，也心存感激，不仅自己快乐，也把快乐分享给他人。



感悟

当你被困在阴暗、寒冷的角落里时，会期待阳光穿透云层，普照大地；同样，当你沮丧、绝望时，也希望生命的阳光能够温暖你那颗冰冷的心。不同的是，生活中的阳光我们无法予取予求，只能顺其自然；而你心中的阳光则来自乐观、积极的心态，这一点，是每个人都能做到的。从这个角度来看，想攫取一缕阳光来照亮我们的生活并非难事。



假如我回到了童年

If I Were a Boy Again

If I were a boy again, I would practice **perseverance**¹ more often, and never give up a thing because it was trouble or inconvenient. If we want light, we must conquer darkness. Perseverance can sometimes equal genius in its results. "There are only two creatures," says a proverb, "Who can surmount the pyramids — the eagle and the snail."

If I were a boy again, I would school myself into a habit of attention; I would let nothing come between me and the subject in hand. I would remember that a good skater never tries to skate in two directions at once.

The habit of attention becomes part of our life, if we begin early enough. I often hear grown up people say, "I could not fix my attention on the **sermon**² or book, although I wished to do so," and the reason is, the habit was not formed in youth.

If I were to live my life over again, I would pay more attention to the cultivation of the memory. I would strengthen that faculty by every possible means, and on every possible occasion. It takes a little hard work at first to remember things accurately; but memory soon helps itself, and gives very little trouble. It only needs early cultivation to become a power.

If I were a boy again, I would cultivate courage. "Nothing is so mild and gentle as courage, nothing so cruel and pitiless as cowardice," says a wise author.

We too often borrow trouble, and **anticipate**³ that may never appear. "The fear of ill exceeds the ill we fear." Dangers will arise in any career, but presence of mind will often conquer the worst of them. Be prepared for any fate, and there is no harm to be feared.

If I were a boy again, I would look on the cheerful side. Life is very much like a