

Charming English

魅力英文

遇见未知的自己

Meet With the One Inside Yourself

英汉典藏版



其实，很多时候，我们害怕的不是别的，
是自己内心凭空产生的恐惧。
我们要战胜的也不是别人，正是我们自己。

陕西师范大学出版社

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遇见未知的自己：与自己的灵魂对话

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今天重新的一天

Today Is a New Day

Your tomorrows are as bright as you want to make them.

There is no reason to carry the darkness of the past with you into today.

Today is a wonderful new experience, full of every possibility to make your life exactly what you want it to be.

Today is the beginning of new happiness, new directions and new relationships.

Today is the day to remind yourself that you possess the power and strength you need to bring contentment, love and joy into your life.

Today is the day to understand yourself and to give yourself the love and the patience that you need.

Today is the day to move forward towards your bright tomorrow.

你的明天充满阳光,如你心中所想。

你没有理由把昨天的黑暗带到今天。

今天是美妙的全新体验,有那么多种可能使你的生活如你所愿。

今天开始有新的幸福,新的方向和新的伙伴。

今天你要提醒自己,你有足够的能力和力量,把满意、爱情和欢乐带进你的生活。

今天你要了解自己,给自己足够的爱心和耐心。

今天你会勇往直前,奔向那灿烂的明天。

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第一部分

我们曾经都是迷茫的小孩

We Had Been Confused Before

其实,很多时候,我们害怕的不是别的,是自己内心凭空产生的恐惧。我们要战胜的也不是别人,正是我们自己。

小鸟在说些什么呢?
What Does Little Birdie Say?

(一)

What does little birdie say,
In her nest at peep of day?
Let me fly, says little birdie,
Mother, let me fly away.
Birdie, rest a little longer,
Till the little wings are stronger.
So she rests a little longer,
Then she flies away.

小鸟说些什么呢，
在这黎明初晓的小巢中？
小鸟说，让我飞，
妈妈，让我飞走吧。
宝贝，稍留久一会儿，
等到那对小翅膀再长硬些儿。
因此他又多留了一会儿，
然而他还是飞走了。

(二)

What does little baby say,
In her bed at peep of day?
Baby says, like little birdie,
Let me rise and fly away.
Baby, sleep a little longer,
Till the little limbs are stronger.
If she sleeps a little longer,
Baby too shall fly away.

婴儿说些什么，
在破晓时分的床上？
婴儿像小鸟那样说，
让我起来飞走吧。
乖乖，稍微多睡一会儿，
等你的四肢再长硬点儿。
如果她再多睡一会儿，
婴儿必然也会像鸟儿一样地飞走。

风飞花

Windflowers

Windflowers, windflowers
My father told me
Not to go near them
He said he feared them always
And he told me that
They carried him away

Windflowers
Beartiful windflowers
I couldn't wait to touch them
To smell them I held them closely
And now I cannot break away
Their sweet bouquet disappears
Like the vapor in the desert
So take a warning, son

Windflowers
Ancient windflowers
Their beauty capture every young dreamer
Who lingers near them
But ancient windflowers
I love you



The Loneliness of Personal Growth

风飞花，风飞花

父亲对我说

别走近它

他说他总有些害怕

他说

他迷恋过它

风飞花

美丽的风飞花

我急切地要抚摸它

贴近脸颊闻久嗅

如今我已无法自拔

它的芳香犹如水汽

沙漠中蒸发

所以，孩子，听句劝告吧

风飞花

古老的风飞花

美丽迷惑了每个年轻的梦人

久久地徘徊在它的身旁

而我爱你

古老的风飞花

成长的孤独

The Loneliness of Personal Growth

We're like the cream. When the cream rises to the top, it separates itself from the milk. Perhaps that is what the New Age Movement is really all about. We find ourselves lonely at the top. Yes, it is.

It is no different with political enlightenment, spiritual enlightenment, or even becoming enlightened about relating to each other. The more mentally healthy you become, the more spiritual, the more balanced, the wealthier, the more global you become...the more alone you may feel.

Often, we find ourselves unable to find those other rare individuals who are choosing the same path as ours. The path of sloppy and lazy is full of other people to meet and talk to. The path of whiners is full. The path of being safe, generic, and boring is so crowded you almost cannot even move forward. Isn't that why you left that path? You had a need to move forward, a need for some elbowroom, a need to spread your arms wide, a need to be seen as special, unique, different. The masses may admire you, but they are not going to be able to really relate to you. You will be alone much of the time.

Do not be afraid of the loneliness of enlightenment. Do not force others to agree with you. Simply give your heart and know that you are growing and that they are free to grow or not. It is the nature of the game. We are all free to choose our paths.

我们就像奶油。当奶油浮到顶部的时候，它会和牛奶分离。也许这种现象正像是新世纪运动的写照。我们发现自己飞得越高，就会越感孤独。是的，这就是现实。

不论政治或精神修养的造诣有多深，或者甚至是与他人之间有一种默契的关系，就孤独这一点而言，是没有区别的。你越是拥有健康，越是有理智，精神修养的造诣越深，生活越平衡，越富有，你的名气传播得越广，你也会感觉越孤独。

我们通常很难找到那些选择我们和我们同路的人们。那条潮湿、慵懒的道路挤满了可以相遇并聊天的人。那条满是牢骚者的道路上也拥挤不堪。那条所谓安全、普通以及枯燥的道路是如此拥挤以至于你无法向前挪步。难道这不正是你离开那条道路的原因吗？你需要向前挪步，需要活动的空间，需要展开你的双臂，需要被认知为特别、有个性、与众不同。万千大众仰慕你，但他们却不可能真正地融入你。大部分的时间，你将是孤独的。

不要害怕因造诣深而产生的孤独感。不必勉强别人赞识你。做你自己，坚定着你自己的成长，别人是否愿意成长就由他们自己决定吧。这就是自然界的规则。我们都有选择自己道路的自由。

In the studio, a kind lady told me that my sketches couldn't risk the
ing experienced person "Go out in the sticks and find a small station
that'll give you a chance," she said.
I returned home to Dixon, Illinois. While there was no radio-sta-
tioning jobs in Dixon, my father said Montgomery Ward had opened a
store and wanted a local article to manage its sports department. Since
Dixon was where I had played high school football, I applied. The job
sounded just right for me. But I wasn't hired.

ing the amount you have shown. "Few things happen for the
of me. Dad offered me the job but I had W.C.
I was. The program director, a woman with a womanly appearance
told me they had already hired an announcer.

