

英语学习的素材
文学欣赏之读本

思想如明灯照亮脑海
智慧像清泉滋润心田

【哲理卷】

The Philosophic Essays



方雪梅 编译

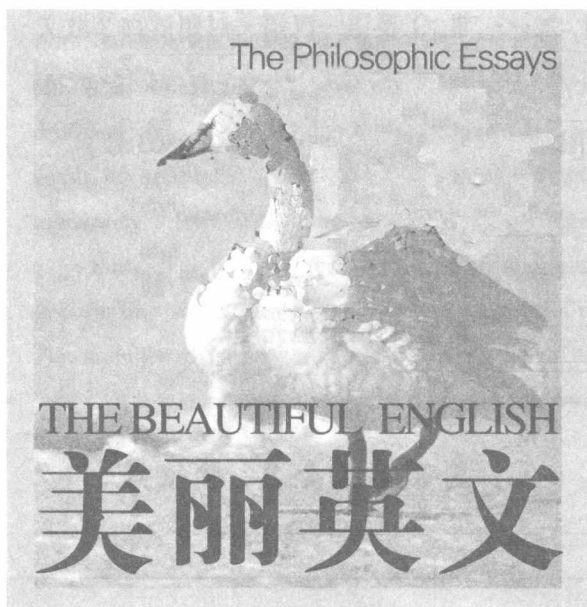
THE BEAUTIFUL ENGLISH

美丽英文

全集

人间有多少行路者，通往智慧的途径就有多少；
世界有多少真理，就有多少探索之人。

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 哈尔滨出版社
HARBIN PUBLISHING HOUSE

图书在版编目(CIP)数据

美丽英文全集. 哲理卷 / 方雪梅编译. —哈尔滨: 哈尔滨出版社, 2009. 2

(双语读物)

ISBN 978-7-80753-510-2

I. 美… II. 方… III. ①英语—汉语—对照读物②散文—作品集—世界 IV. H319. 4: I

中国版本图书馆 CIP 数据核字 (2008) 第 200303 号

责任编辑: 赵宏佳 刘乃翘

封面设计: 晨旭光华

美丽英文全集. 哲理卷

方雪梅 编译

哈尔滨出版社出版发行

哈尔滨市香坊区泰山路 82-9 号

邮政编码: 150090 营销电话: 0451-87900345

E-mail: hrbcbbs@yeah.net

网址: www.hrbcbbs.com

全国新华书店经销

北京宏伟双华印刷有限公司印刷

开本 787×1092 毫米 1/16 印张 20 字数 415 千字

2009 年 2 月第 1 版 2009 年 2 月第 1 次印刷

ISBN 978-7-80753-510-2

定价: 26.80 元

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本社常年法律顾问: 黑龙江大公律师事务所徐桂元 徐学滨



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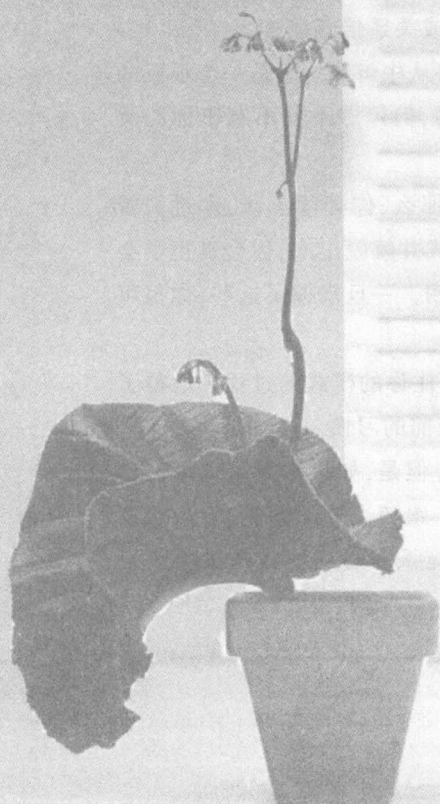
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探寻未知的美好

Finding What You Do not Seek

我们要勇于努力提高我们观察与感受的能力,以便于将未知的世界转变为我们能够深切领悟的已知世界……





走出重复

佚名

你是否曾注意到,生活中的教训总是重复出现。这看起来是不是就像与你结婚或多次约会的始终是同一个人,只不过是身材和名字不同罢了呢?你是否曾多次遇到相似类型的老板呢?如果你无法同家中的掌权者处理好关系,那么,你在外面的世界同样会遇到这种状况。你的生活会不断地陷入强权者的控制中,而且,你会一直与之对抗,直到学会服从为止。

在你的生活中,会不断地出现相同的教训。你会吸引老师前来教你,直到你完全明白为止。你可能会努力避免这种情形,但终究会身陷其中。唯一能让你从这些重复不断的艰难模式和问题中解脱出来的方法是:转变你的观念,这样你就能认清这些模式,并从中吸取教训。直面这些挑战,意味着你要接受一个事实:你自身的某些因素使你的生活重复出现同类型的人或问题,尽管你可能会为这种情形或关系倍感痛苦。

所以,这个挑战就是要辨明你不断重复的行为模式,并从中解脱。这是一个艰巨的任务,因为,它意味着你必须做出改变,而改变往往不容易,但停滞不前不利于你心灵的成长,虽然它确实让你有舒适的熟悉感。

面对这个挑战,要辨明自己的行为模式并从中解脱,那么,你必须承认,你过去曾有过某种行不通的行为方式。可喜的是,通过辨明这种模式并解脱出来,你会真正学会如何去改变。为了协助你改变的进程,你会学会积极和忍耐。一旦掌握了这些,你很可能发现辨明这种模式并从中解脱并不是特别艰难。

改变的真正秘诀是你愿意这样做。如果你在挣脱困住你的模式的过程中取得了任何进展,那你首先应该辨明被困的模式,然后开始摆脱以前的习惯。

如果你真正想改变,就要选择去做,并真正付诸行动。但是,如果你只是觉得自己应该改变,就要下定决心。然后,你会感受到牺牲的痛苦。跟随当今的潮流,听从朋友的建议,或迫于家人的期望,都会促使你做出决定,而你应该在心灵罗盘的指引下来选择。

所以,当你努力想改变生活时,先扪心自问,“我想作出这个改变的决心到底有多大?”如果你没有答案,那么,你很可能应该改变,但在你的内心深处并没有这种渴望。

耐心是在等待结果时显示出来的承受力。一旦你准备改变自我,就要耐心面对。你期望立刻有结果,并往往会为开始的几次尝试没有成功而失望。当人们试着减肥,却无法抗拒美食时,便会对自己不能执行新的饮食计划而倍感失望,并为不能改变生活模式而自责不已。

正如你所知,改变通常很艰难。当你处于改变的过程中时,要对自己宽容,并耐心地去练习。成长是一个缓慢而艰苦的过程,耐心会让你更有毅力,帮助你去做自己想做的人。

如果你对堵车深恶痛绝,那么你应该多培养自己的耐心。另外,你可能会比那些有耐心的人更频繁地遭遇堵车——不是因为上天捉弄你,而是与那些有耐心的人比起来,你对堵车更在意。


记住,一个教训总会反复出现,直到你学会为止。它只不过更需要耐心而已。



心灵小语

生活对我们的教训是不断出现的,它对我们的考验也是从不间断的。我们总要耐心地去慢慢改变自己,而在这个过程中,我们也正在慢慢长大。





A Lesson Is Repeated until Learned

Anonymous

Have you ever notice that lessons tend to repeat themselves? Does it seem as if you married or dated the same person several times in different bodies with different names? Have you run into the same type of boss over and over again? If you don't deal well with authority figures at home, then you will have an opportunity to deal with them out in the world. You will continually draw into your life people who need to enforce authority, and you will struggle with them until you learn the lesson of obedience.

You will continually attract the same lesson into your life. You will also draw to your teachers to teach you that lesson until you get it right. You may try to avoid the situation, but they will eventually catch up with you. The only way you can free yourself of difficult patterns and issues you tend to repeat is by shifting your perspective so that you can recognize the patterns and learn the lessons that they offer. To face these challenges means you need to accept the fact that something within you keeps drawing you to the same kind of person or issue, though that situation or relationship may be very painful.

The challenge, therefore, is to identify and release the patterns that you are repeating. This is no easy task, since it means you have to change, and change is not always easy. Staying just as you are may not help you advance spiritually, but it certainly is comfortable in its familiarity.

Rising to the challenge of identifying and releasing your patterns forces you to admit that the way you have been doing things isn't working. The good news is that by identifying and releasing the pattern, you actually learn how to change. In order to facilitate your process of change, you will need to learn the lessons of willingness and patience. Once you master these, you will most likely find the challenge of identifying and releasing your patterns far less intimidating.

The real secret to being able to change is the willingness to do so. If you are to make any progress in excavating yourself from the cycles that entrap you, you must first identify the patterns that keep you stuck. Then you can begin to release the old behaviors.

If you truly want to change, you will choose to do it, and make a commitment to the process of it. However, if you rely on the thought that you should change, you will make the decision to do so and then you will feel the pinch of sacrifice. Following the current trends, the advice of friends, or the wishes of family members result in decision; following your inner compass results in choice.

So when you are struggling to make a change in your life, ask yourself, "How willing am I, really, to make this change?" If you are not succeeding, there's a good chance that you may be relying on your belief that you should change, rather than on your intrinsic desire to do so.

Patience is the display of tolerance while awaiting an outcome. You are presented with the lesson of patience the moment you try to create a change within yourself. You expect immediate results and are often disappointed when your first few attempts to follow through fall short. When people who try to lose weight cheat on their diets, they get very frustrated with themselves for not being able to stay with their new eating regime and berate themselves for not changing their patterns.

As you already know, change is rarely easy, and you need to exercise gentleness and patience with yourself as you work your way through this process. Growth can be a slow, painstaking process and patience will provide you with the stamina you need to become the person you want to be.

If you absolutely hate getting stuck in traffic, chances are that you need a little work in the area of patience. And, chances are, you will probably get stuck in more traffic jams than someone who has no issue with patience—and not simply because the universe has a sense of humor. You will just notice the traffic more than someone who has more patience.

Remember, a lesson will be repeated until learned. It just takes a little patience.

