

# 《中国书画函授大学肇庆分校建校二十周年纪念册》

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# 走进神奇的阿坝

——刘满街

## 雄浑的草原牧歌

深秋十月，我终于踏上了向往已久的若尔盖大草原。这里是红军曾经走过的地方，也是大雁落脚的地方，广袤无限的草原在阳光下金光灿灿，莽莽苍苍，尽管草原已经变得枯黄，却仍旧风吹草低见牛羊。成群的牛羊是那样的温顺，悠悠然在啃着草，袅袅炊烟在山腰、山脚下的村寨里升起，牧羊姑娘正骑着骏马从远方走向帐房……

千里岷山，雄浑磅礴，连绵不断，放眼望去，大山的尽头隐隐消失在茫茫云海里，偶尔露出皑皑雪峰。

高山流云，苍苍秋色，篝火正燃，牧歌阵阵……阿坝高原啊，白天举目四望，天际辽阔、宽广、苍莽；黑夜仰天聆听，万籁俱寂、宁静、神奇。幽深的寺院，古老的村寨，孤独的帐房，辽阔的草地，九曲黄河，雄峻的大山。这是一片古老的土地，原始、苍凉、神秘，一块远离尘世的地方。在那一张张“高原红”的脸蛋上，你可以看到真诚、纯朴、善良的靈魂，草原牧歌会把你带到遥远的地方，带到岁月沧桑的沉思里。

## 米亚罗河谷的印象

深秋，在阿坝理县的米亚罗山谷，一条清溪从连绵的大山中奔流直下，峡谷两岸层林尽染，五彩缤纷，如烟如梦。红枫似火，黄叶如玉，绚丽的树林在阳光下流丹溢彩，粉黛婆娑，熠熠生辉，让一路游人如痴如醉，流连忘返。有人感叹：若人间真有仙境，当米亚罗莫属。

我把我的一首诗《秋思》中的一段留下，用作对米亚罗情思的补白。

……

我喜欢故乡的秋天

踏着落满枯叶的石径

看大山如飞的烟云  
在幽谷里漫漫散尽  
袅袅炊烟  
又在野林深处的农家升起  
站在悬崖边  
你可以望穿秋色  
寻找说不清的牵挂  
和那沉甸甸的相思

我还喜欢深秋的大山  
山色空朦 层林尽染  
红枫似火 黄叶如玉  
秋风如神笔  
把山里山外涂染个痛快  
丝丝秋雨 点点清凉  
把你的眼睛轻轻蒙上  
听潺潺流水  
听山歌阵阵  
在古老的岩石上  
默默读着青藤爬出的天书

哦……  
秋风醉了  
我也醉了  
醉倒在故乡的大山里

## 九寨·蓝色的梦境

神奇的九寨，正如当地的藏族歌手吟唱的那样，真是人间的天堂。尽管我们来到这里已是深秋十月，满山的林木仍是苍翠欲滴，红黄蓝紫，绚丽多姿，纤尘不染；泉水淙淙，有如珍珠落盘，群瀑飞泻，势如万马奔腾，声如洪钟，雄浑震耳。水是生命的源泉，水是万物的神灵，九寨的湖水，绿似碧玉，蓝如宝石，神、灵、精、华都撒落在了九寨沟里。

我爱九寨沟，好一个蓝色的梦境，人间天堂。

在天堂的对面，你还会看到一条金光闪闪的巨龙，正从雪峰蜿蜒而下；一池池碧绿翠蓝的湖水层层叠落，宛若天池，“千层碧水走黄龙，百叠翠湖连波光”。黄龙的壮美景观叹为观止。

## 大山·岁月·人

在阿坝高原，生息着两支古老的民族，那就是雪域雄狮藏族和岷山深处的羌族。

他们是勤劳勇敢的民族，也是粗犷、豪爽、纯朴的民族。数千年来，他们经历了无数深重的苦难，从深山走来，顺江河飘去，风餐露宿，颠沛流离，不知多少年前，迁徙定居到了这块神奇美丽的土地。

风云变幻，沧海桑田，江河不息，岁月无痕。这本集子仅记下了阿坝藏、羌百姓的生活一瞥：母与子背负着土地的沉重，阳光下的儿童，依在门边守望的惆怅，牵着马儿的“高原红”，还有那些在篝火旁唱着牧歌的藏民和生活在爬满青藤石屋古寨的羌族乡亲们……但愿这些感人情景将成为高原人岁月沧桑的一瞬。

# Going into the Fairyland of Aba

— A trip to Aba, Sichuan Province

By Liu Manheng

## The Majestic Pastoral Songs

In the late autumn month of October, I made my trip to Ruorgai Plateau (若尔盖大草原), which I yearned for going to for a long time. The wide expanse of Ruorgai Marshes, across which the Red Army Men once marched and down which the wild geese choose to settle, is so splendid under the brilliant sunshine. On the vast boundless yellow grasslands, herds of tamed sheep, yaks, horses and goats are grazing; smoke from cooking is coming from the waist or foot of the mountains; the girl shepherds on horses are back from tending their flocks.

The Ruorgai Marshes consist of the large continuous areas of high altitude bogs, sedge marshes, lakes and wet grasslands, interspersed with low hills and drier grasslands. The most impressive one is the stretch of thousands of miles of splendid Ming mountain chains. A tour to the mountains exposes us to the vast magnificent beauty. The peaks of the mountains are lost in the endless white clouds, sometimes a few covered with white snow.

High mountains, white clouds, blue sky, desolate fall, the burning bonfire, the sound pastoral songs oh, Aba Plateau! You Majestic Prairie, you are so extensive, and boundless in the daytime, while all is quiet and mysterious at night. With the deep and serene temples, ancient villages, isolated tents, vast grasslands, the Yellow River with nine turnings, and the majestic Tibetan

Highlands, you are an old land, raw, primeval and mysterious; a land far from human uproar. The "plateau red" faces of the local people will make us know the true sentiments of sincere, innocent and goodness; the prairie pastoral songs will bring us to the remote areas, to the deep thinking of the historic years.

## The Impression of Miyaluo Valley

The Miyaluo Valley( 米亚罗河谷 ) located in the Li County, Aba Prefecture, is famous for the breathtaking beauty of maple leaves in late autumn. Many people come to enjoy the beautiful scenery. Down from the continuous mountains comes a bright mighty waterfall. Along the sides of the valley the trees are colorful and dreamy alike. Gorgeous forests are very beautiful under the sunlight, with the yellow and red leaves dancing in the breeze, making the tourists feel so amazed and enchanted by the scenery as to forget to return. People say: If there is a fairyland, Miyaluo is one of these. I chose one of my poems "pondering in Autumn" to express my feeling.

.....

I love the Autumn in my hometown,  
walking down the pebble path covered with the yellow leaves,  
watching the smog spreading slowly in the deep valleys and high mountains;  
seeing the smoke from kitchen chimneys coming from the farmhouses in the wild woods.  
On the edge of the cliff you will enjoy the beautiful and colorful autumn,  
you will seek the endless missing and deep love.  
I love the mountains in the late autumn,  
the woods are colorful, the mountains are high and continuous;  
red maples like burning fire, yellow leaves like green jade.

the wind like a magical brush dyes all the mountains joyfully,  
the rain like a cool hand covers your eyes slightly.  
On the old rocks,  
you will hear the murmuring streams and continuing songs,  
you will know the long and hard years by the roots of the trees.

Oh, ...

I am enchanted by the beauty of the late autumn,  
I am intoxicated in the high mountains of my hometown.

## Jiuzhai GullyA Blue Dreamland

The uniquely amazing beauty of Jiuzhai Gully (九寨沟) that I saw gave me an idea of paradise, just like the Tibetan singers singing. Although we came here in late autumn, the mountains are still covered with woods green, golden, and colorful. The spring waters of Jiuzhai Gully, widely known for their crystal-clearness and transparency, flow sluggishly like the pearls falling down on the plates. The waterfalls rush down like thousands of horses roaring. Water is the most important source of life; water is the spirit of all animals. The water in Jiuzhai Gully is green like jade, blue like diamonds.

I love you, Jiuzhai Gully, the blue dreamland, the human paradise.

Facing to the paradise, you will see "golden dragon" wandering along the snow mountains and the green waters in the lakes falling down like from the sky. The beautiful scenery of the dragon acclaims as the peak of perfection.



## Mountains, Years and the People

Located in the Aba Plateau, there are old Tibetans, who are called the lions in the mountains covered with snow and Qiang Nationalities, who are settled in the deep mountains. They are very brave and hardworking people. They are also rugged, outspoken, and simple. For thousands of years, they went through countless hardship. Coming from the mountains, they drifted down the river, endured rough times and finally settled down on this beautiful, amazing land.

How time flies, and things change. Streams and rivers keep running, days and years are going by. In this album, we can only show some pictures of the Tibetan and Qiang people living in Aba. The heavy burden of the land for mothers and sons; children under the sun, standing by the door with sadness; little red faces leading a horse; folks singing by the people beside the campfire...We hope all these will give you a deep impression.

Interpret: Li Lei

Xiaoling Ma



## 雄浑的草原牧歌

深秋十月，我终于踏上了想往已久的若尔盖大草原。这里是红军曾经走过的地方，也是大雁落脚的地方，广袤无垠的草原在阳光下金光灿灿，莽莽苍苍，尽管草原已经变得枯黄，却仍旧风吹草低见牛羊。成群的牛羊是那样的温顺，悠悠然然在啃着草，袅袅炊烟在山腰、山脚下的村寨里升起，牧羊姑娘正骑着骏马从远方走向帐房……

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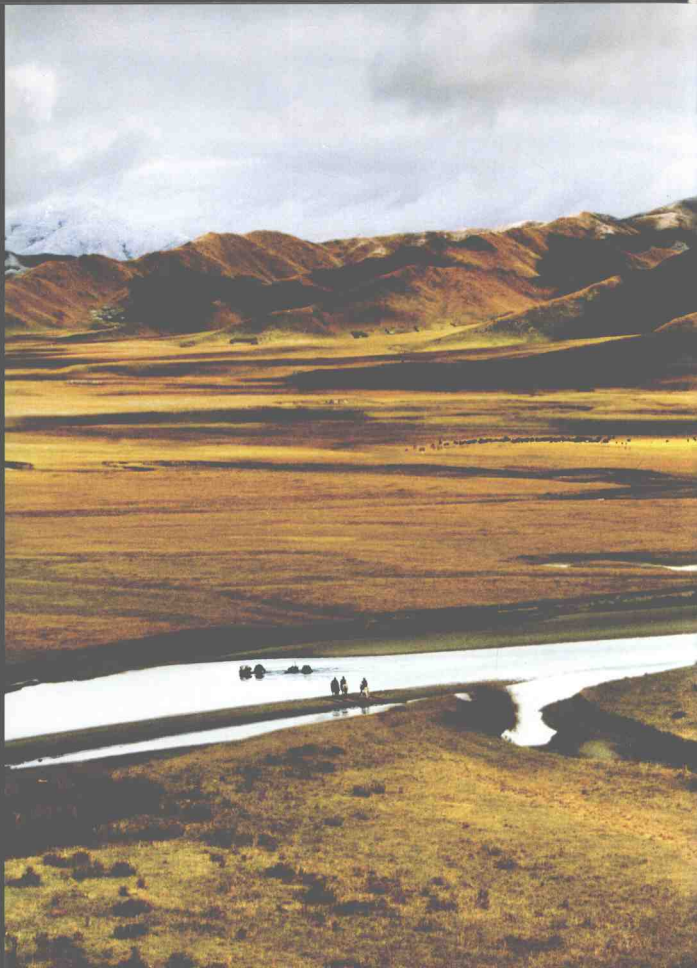
高山流云，苍苍秋色，篝火正燃，牧歌阵阵……阿坝高原啊，白天举目四望，天际辽阔、宽广、苍莽；黑夜仰天聆听，万籁俱寂、宁静、神奇。幽深的寺院、古老的村寨、孤独的帐房、辽阔的草地、九曲黄河，雄峻的大山。这是一片古老的土地，原始、苍凉、神秘，一块远离尘世的地方。在那一张张“高原红”的脸蛋上，可以看到真诚、纯朴、善良的靈魂，草原牧歌会把你带到遥远的地方，带到岁月苍桑的沉思里。

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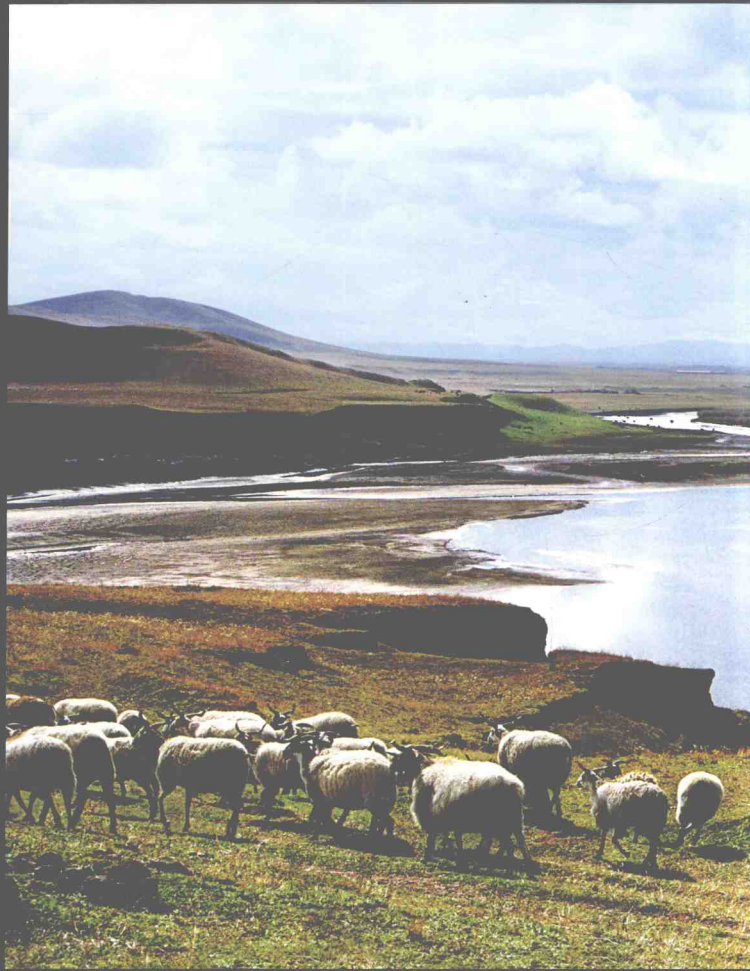
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雄浑的草原牧歌





九曲黄河第一弯



