

人生的圣经 行动的准星



英汉对照

# 心灵鸡汤

## 感悟人生

青 闰◎主编



中国城市出版社  
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英汉双语

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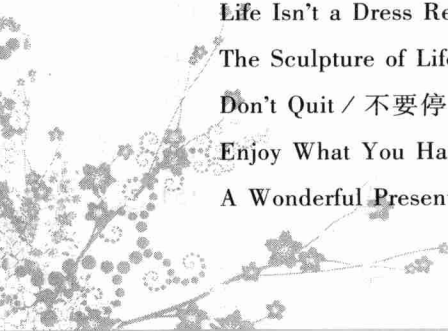




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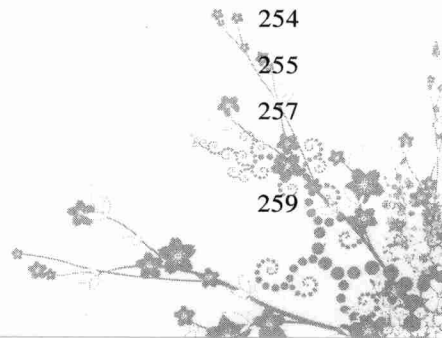
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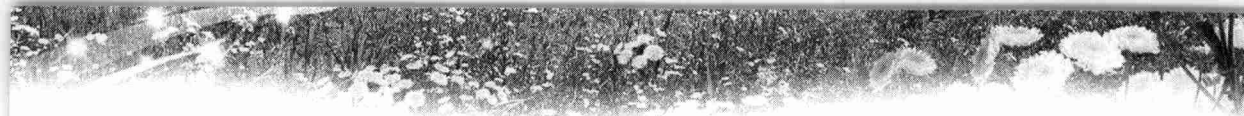
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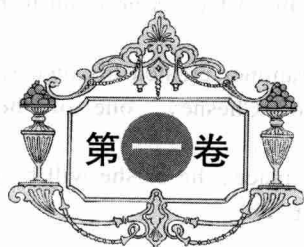
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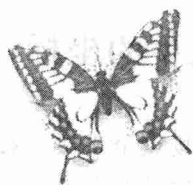


心灵鸡汤·感悟人生





# 感悟人生



## The Coordinates of Life

In India, a computer software company was on the verge of bankruptcy because of intense market competition and inefficiency.

At this time, a computer programmer of the company developed a new software operating system. When it was put into the market, it was well sold and revived the company. To commend this programmer's major contribution for the company, the general manager recommended that he be promoted to the branch manager.

Unexpectedly, the programmer rebuffed, "I'm good at the program design, but unversed in personnel management. If you raise me, I will be wasting everybody's time and accomplish nothing. Oh, I have a program to be done. May I go?" Then he hurried away.

Later, this computer programmer created his own software kingdom, and he is Darberz, now the president of Chesney, one of the world's leading software companies.

If a person is in the wrong place, he or she will be garbage. So we should first determine the coordinates of our life.

inefficiency /ini'fɪənsi/ n. 无效率;无能

rebuff /'ʌn'və:st/ vt. (对请求等)断然

拒绝

unversed adj. 不精通的;不熟练的;无知的

determine vt. 确定

## 人生的坐标

印度一家电脑软件公司因为市场竞争激烈、效益不好而濒临破产的境地。

正在这时,公司的一名电脑程序员开发出一个新软件操作系统,投入市场后大受欢迎,销售火爆,使公司起死回生。为了嘉奖这名程序员为公司做出的重大贡献,总经理建议晋升他为部门经理。

没想到,这位程序员一口回绝:“我学的是程序设计,不谙人事管理。如果您提升我的话,我只会浪费大家的时间而一事无成。噢,我手头还有一个程序要做,我可以走了吗?”说完匆匆而去。

这位电脑程序员后来缔造了自己的软件王国,他就是当今世界著名软件公司——切斯尼公司的总裁达伯兹。

人摆错了地方,就是垃圾。所以,要首先确定好自己的人生坐标。



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## The Patch of Life

Not long ago, my daughter's frosting shoes were scratched by someone's knife. She burst into tears. I took the shoes to the shoemaker to get them repaired.

The young apprentice glanced at the opening and said, "there is nothing I can do but to replace the upper."

His master looked at them and said to me, "If you trust me, I will add more scratches on both of the shoes."

I was confused and asked why.

He explained, "As if the openings were made on purpose for the sake of special style and reuse."

I didn't fully understand him, but I decided to leave the shoes.

Two days later I dropped by from work to fetch the shoes. At the first sight I found they were indeed five or six more scratches on each shoe, but all the openings were patched by soft leather in rust red with edges sewed by thick hemp thread; the stitches were twisted with the appearance of roughness and plainness which was in accordance with the quality of frosting leather, more unique and interesting than ever. I couldn't help making compliments on the master's craftsmanship.

Another time, my wife's sister's white blouse was torn a large opening on the back. My wife took it over and checked carefully, and then said, "Let me take it home and mend it."

Three days later, seeing the blouse again, I was shocked: all the cracks and openings were sewed up by thin and white thread and they took on a look of branches, like the ice crystal on winter's branches in the north. In order to intensify the effect, she attached a fatty snowman and a cabin made of flowery cotton rags on the shirt. I sighed with praise, "It's just as beautiful as a piece of art!"

"I was inspired by that craftsman. Patches are supposed to be a regret, but a skillful craftsman can make it take on a kind of perfection," replied my wife.

Her words inspired me even more: perfection is impossible to achieve in everything; patches are unavoidable, so is human's life, which will appear in the form of injury, disability or disease. Since you can't change the existence of wound, you should not expect people's sympathy by exposing the wound, which reveals nothing meaningful. All you can do and have to do is to suture the wound by patches and try your best to bloom a most beautiful flower on the wound, and that is the significance of life.

frosting n. (玻璃、金属等的)磨砂面

confused adj. 困惑的;烦恼的

on purpose 故意地;有意地

hemp n. 大麻;大麻纤维;大麻制品

in accordance /ə'kɔ:dəns/ with 与……一致

unique /ju:'ni:k/ adj. 独特的;少见的

compliment n. 恭维;称赞;敬意



craftsmanship n. 技艺;技能;技术

mend vt. 修补

crack n. 裂缝;缝隙

take on 呈现;具有

ice crystal n. 冰花

intensify /in'tensɪfaɪ/ vt. 使强烈;加强

unavoidable /'ʌn'vɔɪdəbl/ adj. 不可避免  
的

suture /'su:tʃə(r), 'sju:tʃə(r)/ vt. 缝合

## 人生的补丁

不久前,女儿的磨砂鞋被人用刀子划了几道。她失声痛哭。我把鞋子拿到补鞋店去修。

年轻的学徒看了一眼上面划的口子,说:“除了换鞋帮,我无能为力。”

他的师傅看了看鞋子,对我说:“你要是相信我,我就在两只鞋上再划几道口子。”

我百思不解,问为什么。

他解释说:“这样看起来那些口子仿佛是刻意而为,会显得别具一格,还能再穿。”

我还是不完全理解他的意思,但还是决定把鞋子留下。

两天后,我下班顺便去取鞋。我一眼就发现那双鞋上果然又划了五六道口子,但所有的口子都用铁锈红软皮补缀,四周用粗麻线缝合,针脚歪歪扭扭,显得朴素粗犷,和磨砂皮的品质协调一致,比先前更独特、更有趣。我禁不住称赞师傅妙手回春。

还有一次,妻妹的白衬衣后背上被挂了一个大口子。妻子接过来,仔细看了看,说:“我拿回去给你补补吧。”

3天后,再见到那件衬衣时,我大吃了一惊,只见所有的裂痕和口子都用细白线缝合,看上去如同树枝,仿佛北方冬天树枝上的冰花。为了增强这种效果,她还用花棉布片拼了一个胖乎乎的雪人和一座小木屋。我连声赞叹道:“这就像艺术品一样漂亮!”

“我是受了那个补鞋师傅的启发。尽管补丁原本是一种遗憾,但能工巧匠却能让它们呈现出一种完美。”妻子回答说。

她的话给了我更大的启发:世间万物不可能十全十美。补丁无法避免,人的生命也一样,会出现伤害、残疾和疾病。既然你无法改变伤口的存在,就不要指望暴露伤口让人同情,那没有任何意义。你能做的和必须做的就是用补丁缝合伤口,尽力在伤口上开出最美丽的花朵,而这正是人生的意义。

## The Rainy Season of Your Life

My life suffered a lot in a summer five years ago. My father died of an accident resulted from drinking, leaving my emaciated mother and two younger brothers alone. At that time, I was in a senior high school. After my father's funeral, the whole family was in a worse condition than ever. As the eldest son, I had no choice but to quit school and work in a factory.

Life went on without any wonder. I dare not to ask for more, just hoping to bring up two younger brothers. However, that's not an easy thing, for I can't afford their tuition even if I work from day to night without stopping, and much worse, I must take my sick mother into account. . . The present misery made me want to have another try, but it seems impractical, for I can't lose this job any more.

A thread of hope sparkled in those gloomy days suddenly.

It was a rainy dusk when I put myself in the rain and walked in the street.

Suddenly the rain stopped! To my bewilderment, I raised my head, and found that "the sky" was in fact a dark blue umbrella. Then I heard a deep voice.

"Why not running without an umbrella?" a middle-aged man with one leg on crutch said to me, "If you run, you would get less drenched."

I shook my head, but after a second I thought: Right, why not running without an umbrella?

His words shocked me deeply. Without my father's protection, could I only be a slave to the fate, and my dream in childhood only an illusion?

While walking together in the rain, I knew that he was a promoter from the city, and he received an order and paid much time on it. Facing this guy, I had no sympathy but admiration.

I took the umbrella from his right hand and he told me that he once had dreamed of being a policeman, but an accident ruined his dream. Though his present work was demanding and did not suit for his leg, every outing was a wonderful start to him. He was glad that he didn't lose heart and still "ran" on the road of life. . .

It seems that everything is destined but not always. Enlightened by the man's remarks, I went to a city in the south and became an assurance representative. After two years' "running", I got somewhere and my family turned better gradually. I came back to my senior high school for the dream in my childhood. The year before last summer, I eventually succeeded in my entrance to university.

Life is like this: when you are in rainy days in your life, if you couldn't find a way to prevent you from being drenched earlier, you would have been overwhelmed by it, but if you decide to get rid of it, you'll discover that the rainy days last not so long as you imagined.

Everything is so simple: to run without an umbrella!

When you run out of the rainy season of your life, there will be bright sky ahead of you.





emaciated /i'meɪfɪeɪtɪd/ adj. 憔悴的;消瘦的;虚弱的

quit vt. 退出;结束

tuition /tju:'ɪʃən/ n. 学费

gloomy adj. 黑暗的;阴暗的

bewilderment /bi'wɪldəmənt/ n. 困惑;

迷乱

crutch n. 拐杖

drench vt. 湿透;浸透

illusion /i'luzjən/ n. 幻想

promoter n. (企业等)发起人;推销者

admiration /,ædmə'reɪʃən/ n. 赞美;钦佩;赞赏

demanding /di'mɑ:ndɪŋ/ adj. 过分要求的;苛求的

destine /'destɪn/ vi. (常与 to, for 连用) 注定

enlighten /ɪn'laɪtn/ vt. (常与 on 连用) 开导;启发

get somewhere 取得一些成就或进展

overwhelm /'əʊvə'welɪn/ vt. 压倒;压服;击败

## 人生的雨季

5年前的夏天,我的人生痛苦不堪。父亲因酗酒死于一场事故,撇下了我瘦弱的母亲和两个弟弟。当时,我正上高中。父亲葬礼后,全家人比以前的状态更加糟糕。作为长子,我别无选择,只好退学,到一家工厂打工。

日子就这样平淡无奇地过着。我不敢再有更多的奢求,只希望把两个弟弟抚养成人。然而,那不是轻而易举的事儿,因为即使我每天从早到晚不停工作,也难以支付他们的学费,更何况我必须考虑多病的母亲……眼前的困境使我想再努力一次,但又好像不切实际,因为我不能再丢掉这份工作。

一线希望突然照亮了那些阴暗的日子。

那是一个雨天的黄昏,我置身雨中,走在街上。

雨突然停了!我感到迷惑,就抬起头,发现“天空”其实是一顶深蓝色的伞。随后,我听到一个深沉的声音。

“没有伞,为什么不跑?”一位拄着拐杖的独腿中年人对我说。“如果跑,你就不会这么淋湿了。”

我摇了摇头,却转念又一想:没有伞,为什么不跑呢?

他的话深深地震撼了我。没有了父亲的保护,我就只能做命运的奴隶,童年的梦想就只能是幻想吗?

雨中同行时,我知道了他是城里来的推销员。他接到了一份订单,为此花费了很多时间。面对这个人,我没有怜悯,只有钦佩。

我默默地从他的右手里接过了伞。他告诉我说,他曾想做一名警察,但一次意外事故毁灭了他的梦想。尽管现在的工作非常苛刻,不适合他这腿,但每次出门对他来说都是一个奇妙的开始。他很高兴自己没有丧失勇气,仍然“跑”在人生的道路上……

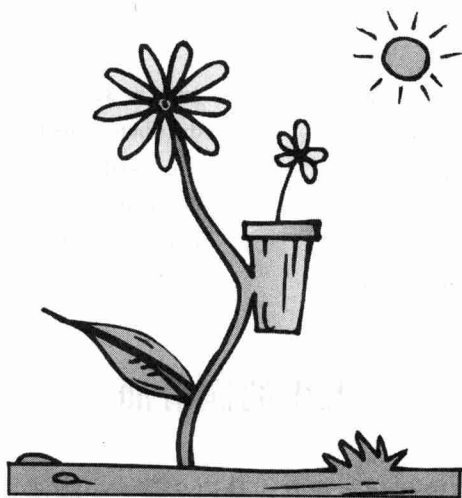


一切都似乎是命中注定，但又不总是那样。那个人的话让我深受启发，我去了南方的一个城市，成了一名保险代理人。通过两年的“奔跑”，我取得了一些业绩，家境也渐渐好转了。因为童年的梦想，我又回到了高中。前年夏天，我终于考上了大学。

生活就是这样：当你处在人生的雨季时，如果你无法尽快找到防止雨淋的方法，就要被雨水淋透，但如果你决定摆脱，你就会发现，雨季并不像你原来想的那样长。

一切都是那么简单：没有伞，就跑！

跑出人生的雨季，你前面就会是一片晴朗的天空。



## The Lubricating Oil of Life

There was an old man, who would carry a small pot of oil wherever he went.

If he went through a door, which made a creaky noise, he would pour some oil on the hinge. If he faced a door hard to open, he would smear some oil on the hinges. The old man was called an eccentric, but he still did his work of lubricating.

There are many people, whose daily life is in discord, often making harsh creaky noises. They need joy to warm the lubricating oil that softens the joints.

Do you have the "oil" on yourself? Distribute it to others from dawn to dusk, starting from the person closest to you. How significant to distribute the oil of joy to the depressed or speak an encouraging word to the desperate!

On the road of life, there are many people, who we may meet only once in our lifetime, and never will again ever since. Soften the rigid life with the loving oil and life will be brighter.

lubricating /'lu:brikeitɪŋ/ oil n. 润滑油

creaky adj. 吱吱嘎嘎的; 辗转的

smear /smiə/ vt. 涂; 敷; 抹

hinge n. 铰链, 合叶; 枢纽

eccentric /ik'sentrik/ n. 怪人

discord n. 分歧; 争论; 不和; 意见不一

joint n. 接头; 关节

distribute /dis'tribju(:)t/ vt. 分; 分发

depressed /di'prest/ adj. 沮丧的

desperate adj. 绝望的

rigid /'ridʒid/ adj. 坚硬的; 僵直的

## 人生的润滑油

有一位老人, 无论走到什么地方, 身边总带一小罐油。

如果他走过一扇门, 门上发出嘎吱的响声, 他就会在铰链上倒一点油。如果遇到一扇难开的门, 他就会在门轴上涂一点油。人称他怪人, 但这位老人依旧做他的润滑工作。

有许多人, 他们每天的生活很不和谐, 常常发出刺耳的嘎吱声。他们需要喜乐, 温暖柔和关节的润滑油。

你身上有这种“油”吗? 从早到晚地分给别人, 从你最近的人分起。把喜乐的油分给沮丧的人, 对绝望者说一句鼓励的话, 这是何等有意义的事情!

在人生的道路上, 有许多人, 我们也许一生只会遇到一次, 以后永远不会再相逢。用慈爱的油使僵硬的生命变得柔软吧, 人生会因此而更加灿烂。