

世界上最美丽的英文

系列



你若不伤，
岁月无恙

薛婷——编译



世 上 最 美 丽 的 英 文 系 列
The world's most beautiful collection of inspirational writings

01

你若不伤，
岁月无恙

On healing:
To be a strong me.

01

薛婷
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编译



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老人与玫瑰

海诺·米尔斯

20世纪50年代中期，我还是个孩子的时候，我爸爸在多伦多市中心士巴丹拿道和皇后街交叉路口处的一个家具店工作。有时候，我跟他一起去商店。我会跑去餐厅买咖啡给大家，以此挣一点零花钱。这一天剩下的时间，我就在店里闲逛，不做任何事情，不理睬我周围所有喧嚣的人和事。

有一天，爸爸开车载着我去商店。我望着车窗外，看到在街的拐角处站着一位老人。不知怎的，我们的目光相遇了，当车通过街角时，我们相望了约二十秒。这位老人并不特别，但这对我来说是一次有着特殊意义的邂逅。在这之前，我从没有考虑过街上、商店里或其他地方的其他人。我的生活就是我的家人和街区的朋友们，仅此而已。除此之外，我对其他任何人都不感兴趣。

但那位老人引起了我的兴趣。我生平第一次有了一种同情的感觉，对这个人的一切感兴趣。他有过怎样的生活？他这辈子去过哪些地方？就在我要经过的那一刻他怎么会在这个角落？

时光荏苒，我早已忘记了那位老人，但最近他又浮现在我的脑海里。我想起了那二十秒钟，我盯着一个陌生人的眼睛，想知道关于他的一切。

似乎我们现在每天都忙忙碌碌，有这么多的细节问题，有这么多的电话要打，有这么多的事情要去操心，我们几乎没有时间去真诚地关心别人。

在我们的社会，我们被伟大的思想家的警告淹没，他们鼓励我们“停下来，嗅嗅玫瑰清香”。但我恐怕是花了好几十年才真正领会到这些话语中的智慧。

如果我有机会对现在的年轻人说话，我会尽我最大的努力来告诉他们这些。但不幸的是，年轻人太忙了，都没时间听取好的建议，正如很多年前的我一样。在年轻时代青春常常被浪费了。

如果我有机会，我会告诉年轻人停下他们手中的事情，看看周围。我会告诉他们尽他们所能，充分了解正在他们的视线中的，那一刻正在他们的听觉范围内的，那些他们立即能够得到的和把握的东西。

我非常想告诉人们，尤其是年轻人，如果你在人生路上对他人毫不顾及、漠不关心，那么，你就错过了生活本身。不要打扰别人或者做得不得体，看在老天的分上，花点时间问问别人，“你是如何来到这里的？”“你是如何进入这个行业的？”

不管那个人告诉你什么，他们的答案会让你更富足。在情感上，你会成长；作为一个人你可以超越；你可以通过每种方法变得富有，如果你能欣赏此时此刻突然闪现在你周围的人们和生活为你准备好的礼物。

我们应该明白，伟大的交响乐是由上帝给予整个宇宙的七个简单音符构成的。我们应该懂得，伟大的艺术品是由它们所唤起的情感来衡量的，而不是它们放在花架旁边看起来怎么样。

我们永远不应忘记，心痛无法治愈，但可能因为人们真诚的同情而减轻。与他人分享，才能了解快乐的伟大所在。

最近，我在多伦多市区会议中心参加一个贸易展。午休时我沿着时尚繁华的皇后西区，不知不觉就走到了一个书市。我正考虑往回走的时候，突然意识到自己正站在士巴丹拿道和皇后街的交叉口。正在这时候，一辆车过去了。一个小男孩透过车窗看着我的眼睛，车消失在街角前，我们对视了大约二十秒。我想知道那个男孩是否在思索我是怎样的一种人。

然后我意识到现在我已经是一位老人，就像很多年前我看到的那位老人。

我好奇是否五十年只是短短的一瞬，是否在这二十秒的时间内那个男孩和我只是简单地换了位置。

回去之前，我在花店前停下，买了一朵玫瑰花，把它别在我夹克的翻领上。不知怎的，我觉得，这是我这一天剩下的时间里最重要的事情。

The old man and the rose

Heino Molls

During the mid 1950s when I was a kid, my dad worked in a furniture shop at Spadina and Queen in downtown Toronto. Sometimes, I went to the shop with him and I made a bit of pocket change running to the restaurant and getting coffee for everybody. I would pass the rest of the day away just hanging around the store, not doing much of anything and not paying much attention to all the hustle and bustle of people and things that were all around me.

One day, as my dad and I were driving to the shop, I looked out the passenger window of the car and I saw an old man standing at the street corner. For some reason, our eyes met and held for about twenty seconds as we went by the corner. There

was nothing fearful about this man but it was a significant encounter for me. Up to that point in my life, I had given no thought to anyone I saw on the street, in stores or anywhere else. My life was my family and my friends on the block and that was it. I had no interest in anyone beyond that circle.

But I was intrigued by that old man. For the first time I had an empathy and an interest in what that person was all about. What kind of life had he lived? Where had he been in his time? How had he come to this corner just at the moment I was going by?

Over the years I had long forgotten about this old man, but he came to mind for me recently and I remembered those twenty seconds or so that I looked into the eyes of a stranger and wondered what he was all about.

It seems we are all so busy these days. There are so many details, so many calls to make and so many things to look after that we barely have time for sincere and genuine interest in others.

We are inundated by warnings from great thinkers in our society encouraging us to "stop and smell the roses". But I'm afraid it has taken me decades to really appreciate the wisdom of these words.

If I ever have the opportunity to speak to a young person today, I do my best to convey this message. But unfortunately, young people are

too busy to heed good advice. Much like I was so many years ago. Youth indeed is so often wasted on the young.

If I had the chance, I would tell young people to stop what they are doing and look around. I would tell them to try as hard as they could to fully understand what is right in their line of sight, what is in the range of their hearing at the moment, what is in their immediate reach and grasp.

I would like so much to tell people, especially young people, that if you are thoughtless and indifferent to others on your road in life, then you are missing life itself. Do not be intrusive or tactless, for heaven's sake, but take a moment and ask someone, how did you come here or how did you get into this business?

No matter what that person tells you, their answer will make you richer. You can grow emotionally, you can excel as a person and you can be wealthy by every measure if you just appreciate the gifts that people and life all around you are ready to give right at this moment just by their simple presence.

We should appreciate that great symphonies were written from only seven simple notes that God gave the entire universe. We should know that great works of art are measured by the emotions they evoke, not just how they look next to the plant stand.

We should never forget that heartache cannot be cured but can be eased by someone willing to give genuine sympathy. The true greatness of joy can only be known when it is shared with others.

Recently, I attended a trade show at the convention centre in downtown Toronto. During the lunch break I went to a book sale along the trendy Queen West area. I was thinking about returning to the show or carrying on my walk when I realized I was standing at the corner of Spadina and Queen. At that moment a car went by and I caught the eye of a young boy looking at me from the passenger window. We looked at each other for about twenty seconds before the car disappeared around the corner. I wondered if that boy was thinking about what sort of person I was.

And I realized that I was now an old man. Like the man I saw so many years ago.

I wondered if 50 years had just simply flashed by or whether that boy and I had just simply changed places in the span of 20 seconds.

Before I returned to the trade show, I stopped at a florist. I bought a rose and put it in the lapel of my jacket. For some reason, I felt it was the most important thing I would do for the rest of the day.

