



精彩英文晨读

触动心底的幸福

夏

刘晓媛 王亚非◎编译

清晨的第一缕阳光映射之时，
微风徐徐，澄澈的心灵……
冥想默诵，品味人生，
领悟生命的真谛……



中国宇航出版社

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cafe



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前言 Preface

每一个人来到世间，就开始了爱与幸福的旅程。我们都沐浴在爱的阳光中，或许生活的忙碌使你并不那么真切地感受到自己所拥有的那一份独特的幸福，其实真诚与爱就在我们身边。有这样的故事、散文、诗歌，每当读起它们，我们就可以获得人生的感悟，领略人生的真谛，触动我们心底最深处的幸福。

清晨，一天的开始，是您的思维最活跃、心境最纯洁、语言理解和语言接受能力最强的时候。晨读，让您的一天沉浸在美好的语言韵律中，让您刚刚读过的优美文章、精彩句子在一天中慢慢沉浸、消化、吸收，积累成您自己的知识。

本书所选故事、散文、诗歌，短小精悍、滴水藏海、文字隽永，每一篇都闪烁着智慧之光。每篇短文都含有精彩的译文和重点词汇，对您的翻译、鉴赏、写作会大有裨益。

语言学习者阅读本书，可以提高文学素养，开阔视野，陶冶情操。

翻译爱好者阅读本书，可以将经典原文和优美的译文对比推敲，欣赏佳译。

文学爱好者阅读本书，可以从这本书优美的文字中感受最真挚、最纯洁的感情，从而思索生命的意义。

本书配有 MP3 光盘一张，由外籍教师朗读，发音纯正。在欣赏美文的同时，对您的听力和口语也会有着潜移默化的影响。

爱、人生、事业、心灵、亲情、家庭、幸福……一个个直抵心灵的主题，翻开这本心灵鸡汤，开启我人人生的智慧吧……

晨光初映，天地之间万物更新，清风徐来，心情豁然开阔，手捧美文或读声朗朗，或冥想默诵，幸福与爱，涌满心田……

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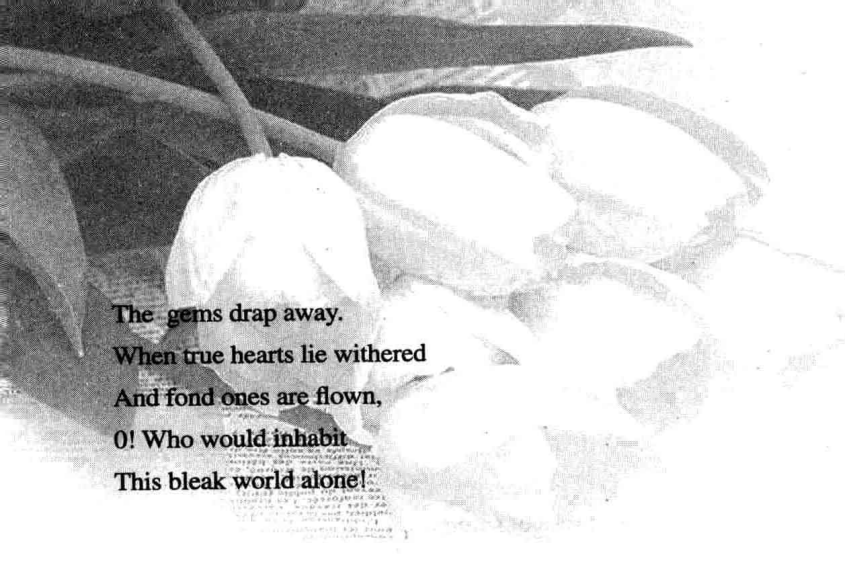
Excuses



夏日的最后一朵玫瑰

The Last Rose of Summer

Tis the last rose of summer,
Left blooming alone;
All her lovely companions
Are faded and gone;
No flower of her kindred,
No rosebud is nine,
To reflect back her blushes,
Or give sigh for sigh.
I'll not leave thee, thou lone one!
To pine on the stem,
Since the lovely are sleeping,
Go, sleep thou with them.
Thus kindly I scatter
Thy leaves o'er the bed,
Where the mates of the garden
Lie scentless and dead.
So soon may I follow,
When friendship decay;
And from Lover's shining circle



The gems drap away.
When true hearts lie withered
And fond ones are flown,
O! Who would inhabit
This bleak world alone!



夏日的最后一朵玫瑰，
独自在枝头上绽放；
所有她亲爱的伴侣们，
都已经凋谢死亡；
再没有一朵玫瑰，
陪伴在她的身旁；
映照她绯红的面颊，
同她一起叹息悲伤。
我不愿留下孤独的你，
独自在枝头上悲伤；
既然同伴们已经长眠，
去吧，同她们一起悄然入梦。
我轻轻地把你的花瓣，

撒在花床之上，
 你花园中的伴侣们，
 正躺在那里，无息无声。
 我很快会随你而去，
 当友谊之花枯萎，
 当爱人闪烁的耳环，
 失去宝石的光芒；
 当忠诚的心儿憔悴，
 当所爱的人们远离，
 噢！谁还愿独自一人，
 生活在这冰冷的世界上！



kindred	['kindrid]	n.	亲戚，家族
decay	[di'kei]	v.	衰退，衰弱
wither	['wiðə]	v.	枯萎，凋谢



Loving with an Open Hand

放手去爱

The other day as I talked with a friend I recalled a story that I heard this summer. "A compassionate person, seeing a butterfly struggling to free itself from its cocoon, and wanting to help, very gently loosened the filaments to form an opening. The butterfly was freed, emerged from the cocoon, and fluttered about but could not fly. What the compassionate person did not know was that only through the birth struggle can the wings grow strong enough for flight. Its shortened life was spent on the ground; it never knew freedom, never really lived." I call it learning to love with an open hand. It is a learning which has come slowly to me and has been wrought in the fires of pain and in the waters of patience. I am learning that I must free the one I love, for if I clutch or cling, try to control, I lose what I try to hold. If I try to change some one I love because I feel I know how that person should be, I rob him or her of a precious right, the right to take responsibility for one's own life and choices and way of being. Whenever I impose my wish or want or try to exert power over another, I rob him or her of the full realization of growth and maturation. I limit and prevent by my act of possession, no matter how kind my intention.

As I learn and practice more and more, I can say to the

one I love: "I love you, I value you, I respect you and I trust that you have the strength to become all that it is possible for you to become—if I don't get in your way. I love you so much that I can set you free to walk beside me in joy and in sadness. I will share your tears but I will not ask you not to cry. I will respond to your needs. I will care and comfort you, but I will not hold you up when you can walk alone. I will stand ready to be with you in your grief and loneliness but I will not take it away from you. I will strive to listen to your meaning as well as your word, but I shall not always agree. Sometimes I will be angry and when I am, I will try to tell you openly so that I need not hate our differences or feel estranged. I can not always be with you or hear what you say for there are times when I must listen to myself and care for myself, and when that happens I will be as honest with you as I can be."

I am learning to say this, whether it be in words or in my way of being with others and myself, to those I love and for whom I care. And this I call loving with an open hand. I cannot always keep my hands off the cocoon, but I am getting better at it!

