

出口成章才是真功夫

●隽永婉约的散文 ●音韵优美的诗歌 ●振聋发聩的演说

英文诵读典 II

SELECTED ENGLISH ARTICLES FOR RECITATION

●温馨动人的故事 ●圣人睿智的名言 ●千古传诵的谚语

善待自己



[美] 亨利·大卫·梭罗 等著

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C 目 录 ONTENTS

Good Mistake	108
有效学习的小窍门	110
Effective Studying Tips	112
主宰命运的人	114
The Man of Destiny	115
率性而为	117
Follow Your Bliss	118
借 口	119
Excuses	120
悬崖上的顷刻	122
Hanging over the Abyss	123
假如再给我一次生命	124
If I Had My Life to Live over	126
赢得美满婚姻,要学会认输	128
To Win at Marriage, Learn to Lose	131
监督自身行为	134
Monitor Your Behavior	136
旁观者先生	138
Mr. Spectator	140
明智之举	144
The Right Moves	146



C 目 录 CONTENTS

休闲安逸与烦闷无聊	252
Leisure and Boredom	253
工作与消遣	255
Work and Play	256
做你想做的事	258
You've Got to Find What You Love	260
生活是一种选择	262
Life Is a Choice	263
富足的生活方式	265
Abundance Is a Life Style	267
永远也不要低估	269
Never Underestimate	271
休息放松	274
Relax	275
从今天开始	277
Do It Today	279
浪漫插曲	281
Romantic Interlude	282
努力工作有利于健康	284
Hard Work Is Good for Health	285
谁是世界上最幸福的人	286
Who Are the Happiest People?	289
最后的篇章	293
Final Chapter	295
真爱的几种含义	297
Some Meanings of Authentic Love	299



What will Matter

Ready or not, some day it will all come to an end. There will be no more sunrises, no days, no hours or minutes. All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will **shriveled**¹ to **irrelevance**². It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear. So, too, your hopes, ambitions, plans, and to-do lists will all **expire**³. The wins and losses that once seemed so important will fade away.

It won't matter where you came from, or on what side of the tracks you lived. It won't matter whether you were beautiful or brilliant. Your gender, skin color, ethnicity will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought, but what you built; not what you got, but what you gave.

What will matter is not your success, but your **significance**⁴.

What will matter is not what you learned, but what you taught.

What will matter is every act of **integrity**⁵, compassion, courage



重新定义自己

对生活要怀有善意、关怀和仁慈之心，这有利于维持你在生活中的核心位置，保持与源极的感应。你心中的无尽源泉就是你的发电站。

你是怎样定义自己的？一位母亲、女儿、妻子、朋友、丈夫、儿子、老师、学生、律师、会计师，还是其他什么头衔呢？或者你是根据别人对你的感觉而给自己下定义？这些定义的依据与你的学识、个人经历和本质有何相似之处吗？

在你静心独处之时，在无法言说的快乐之中，你是否有一种无法抵抗的神勇之感——那是一种战无不胜、攻无不克的感觉——若你倾心投入，可以完成任何事情的感觉。这种感觉并不是随意就能产生的。

是什么妨碍了你神圣力量的发挥呢？

试想，一个有天然磁性的铁棒，其固有的磁性能使其对别的物体产生吸引或排斥。但时间久了，铁棒就会生锈，磁力便开始逐渐消失。磁体无法抵制外界环境对其的氧化作用，磁力最终失效。这并不是意味着铁棒不具有潜在的原始磁力，只是需要将锈渍除掉而已。或者你也可以想象一个亮着的灯泡，上面罩了一层煤灰，若煤灰不除，灯泡就永远无法实现其照亮的功效。

根据古代的梵文记载，类似的现象也曾出现在人类的历程中。一种天生的无穷能量蕴含在每个人身上，若进行错误的引导，就不能淋漓尽致地将其发挥出来。生活方式、环境污染和各方面的压力



Redefine Yourself

How do you define yourself? As a mother, daughter, wife, friend, husband, son, teacher, student, lawyer, accountant, or any one of a myriad different titles? Or do you define yourself by others' **perception**¹ of you? Do any of these come close to your own knowledge, your personal experience of whom you really are?

In your quiet moments, in times of **inexplicable**² joy, have you had the overwhelming and yet clear and lucid feeling of total invincibility — a feeling that nothing can hold you down, that you can accomplish anything and everything if you put your mind to it? Well, that feeling is not a random one.

What is it that gets in the way of your exquisite power?

Consider for a moment an iron bar that has **magnetic**³ power inherently in it. It will attract or repel things based on its own intrinsic magnetism. Over time, if this bar begins to rust, its power will begin to diminish. The **oxidative**⁴ damage from the environment that the magnet has not been able to resist, will render it ineffective, eventually. This in no way means the iron bar is not capable of its latent, original power. All it needs to do is shed its rust. Or, consider if you will, a light bulb that is lit, but covered with soot. As long as the soot remains, it will be unable to fulfill the very purpose it was meant to serve to radiate light.

According to ancient Vedic texts, this is in effect what happens to the human experience. The infinite power that is naturally present in each and every one of us by virtue of our own con-

sciousness, can be rendered ineffective if not tended to properly. The stress of our lifestyle, the pollution of our environment, and the collective stress of our world keeps us from functioning at our full potential.

But there are remedies: incorporate modalities in your lifestyle that effectively combat stress and help keep you centered. Some of these options are:

Be aware of what you eat, and what you use — both on yourself, and in your environment. Choose natural, organic products.

Live a life of kindness, compassion, and charity — it keeps you connected to your center, your source, that infinite **reservoir**⁵ within you that is your powerhouse.

Don't judge people, or situations — approach each moment with the knowledge that it contains within it the potential of any number of possibilities.

To connect with your real nature that is unbounded and invincible, practice yoga and meditation.

Once you are in touch with your true nature, then nothing is beyond your means — you are truly empowered. And that is an accurate definition of you!

热词空间

1. perception [pə'sepʃən] *n.* 理解;感知
2. inexplicable [in'eksplɪkəbl] *adj.* 无法说明的
3. magnetic [mæg'netɪk] *adj.* 有磁性的;有吸引力的
4. oxidative ['ɒksɪdeɪtɪv] *adj.* 氧化的;具有氧化特性的
5. reservoir ['rezəvwa:] *n.* 水库;蓄水池



做自己的生活教练

那年我 36 岁了,但怀揣着这样的信念:休假一年不仅有利于我的心灵世界,而且还会引导我向更远大的目标前进。

我的故事要从 1998 年说起,那年我下岗了。在被辞退之前,我曾是一家大型卫生保健公司作区域销售经理。

那时的我是个乐观主义者。我决定启程去实现一生的梦想——环游世界。朋友们都认为我一定是疯了。那年我 36 岁了,但怀揣着这样的信念:休假一年不仅有利于我的心灵世界,而且还会引导我向更远大的目标前进。最初的 3 个月万事顺利,我乘车横穿南非,步行穿越纳米比亚大沙漠,乘独木舟去安哥拉(简单地说,那简直就是场战争!),而我却被独木舟带到了奥克方三角洲,与博茨瓦纳的丛林居民生活在一起,泛舟在赞比西河的白色水面上,还看到了赞比亚大象。

倒霉的是,回程中经过津巴布韦时,我得了重病。医生说我不可能一晚也熬不过去了。然而,尽管高烧 41 度,但最初 12 个钟头内打的 12 包吊针,还是很有效的,我终于熬到第二天早晨,世界看起来更明亮了。

终于,我出院并离开了非洲,在接下来的 9 个月里,我途经新西兰、斐济、加拿大,最终回到美国完成了旅途。

那段奇妙的时光,虽然没有触动我发现商机的灵感,却让我在加利福尼亚的一家公司找到了一份可靠的工作。之后的 18 个月里,我又因工作原因环游了世界。我在工作中不断得到提升,尽管

months. Unfortunately, despite working my way up to directorship level, redundancy hit again, and then again and then again!!! I had a large mortgage and no job and four redundancies under my belt!

Fortunately I had mortgage insurance and used the time to go back to college and study small business management. I knew I did not want to work for someone else again and wanted to take responsibility for my own decisions, also to enjoy the fruits of my labor!


About this time I heard from a friend who I had met and traveled with in New Zealand. We were of similar age, experience and also both redundant.

He too knew that he did not want to work for anyone else ever again and was about set up his own property business. He could understand where I was mentally and the frustration I was feeling. He then suggested that I bought a book he had recently finished reading. He found it very helpful and thought I could benefit from it too.

The book was called *Be Your Own Life Coach*. The author is Fiona. Not only did I read it, I followed the instructions to the letter. In fact I could not put it down, it was like a cloud had lifted, and a pathway had appeared through the forest!

Part of the book asks you to examine what you really wanted in life. I knew I wanted my own business; I was passionate about travel and somehow wanted to combine the two?

Heard of those eureka moments? Mine happened at 4:30 one morning, by 6:30 I had the bones of the idea down, and all thanks to thinking of that hospital bed in Zimbabwe. During my illness my backpack was left in a hostel, transient places at best. We are often told to take photocopies of important documents and details



of valuables when traveling, but where do we then keep these safe? Somewhere safe and accessible?

Then the hard graft started. Months of research, long hours no days off and searching for a team of people that could build on my vision as I have relatively little IT knowledge.

A solution to the problem: by allowing you to upload scanned images of important documents and valuables in to your own personal online safe. These are then stored on remote secure servers and encrypted to the highest possible security standards available today.

You can then access your own password protected safe via any Internet gateway, giving you both peace of mind and printed copies of important documents, if the originals are lost or stolen.

The business has been set up on the net, has gone live in 15 countries and in 6 languages. And although it is very early days, response has been fantastic!

Thanksgiving Letter:

Thank you. Fiona.

I genuinely wanted to say thank you. I honestly believe that information learned from reading your book has seen me through the long hours, the tough times and to that initial clearing, when I could honestly not see the wood for the trees!

So thank you Fiona, I've lost track of the number of people who I have told about your book, but if you are ever looking for a testimonial, send them my way!

To anyone reading this, frustrated, looking to go it alone. Hang in there, it will pay off!

Thank you!

你想有多优秀？

天赋只能辅助于你，但它不能与雄心一起驰骋。人人都想成就优秀，但是很少人准备为伟大做出牺牲。

每个人都希望出色地完成工作，但是，我们到底希望做得有多好呢？

很好！不错！十分不错！做你所在行业领域的佼佼者。还是做世界之最呢？

天赋只能辅助于你，但它不能与雄心一起驰骋。人人都想成就优秀，但是很少人准备为伟大做出牺牲。对许多人来说，为了受人喜爱而行善更加重要。尽管价值是相同的，但是切勿将其与做好人而受人爱戴混为一谈。

大多数人正在寻找一种解决的方案，寻找一条成就优秀的道路。这条路上没有捷径，学习的惟一方法就是体验与犯错。

你会成为任何你想成为的人。你可以到达任何无法到达的境地。那么，首先需要你制定一个你能力之外的目标，你必须学会对自己的能力极限完全蔑视的态度，试着去做自己能力不及的事情。

如果你觉得自己没有能力为该行业中最好的公司工作，那么，就以它为目标。

如果你觉得自己不能运营一家公司，那么，就以它为目标。

如果你觉得自己不可能成为《时代》杂志的封面人物，那么，以此为你的事业。

努力使你的梦想成真。一切皆有可能。

不要制定渺小的计划，它们没有激发人们热情的魅力
……要制定大计划，希望达到远大的目标，然后工作。

——D.伯纳姆

Make no little they have no magic to stir men's blood
…Make big plans, aim high in hope work.

——Daniel Burnham

Find Yourself

The only problem unconsciously assumed by all Chinese Philosophers to be of any importance is: How shall we enjoy life, and who can best enjoy life? No perfectionism, no straining after the unattainable, no postulating of the unknowable, but taking poor, mortal human nature as it is, how shall we organize our life so that we can work peacefully, endure nobly and live happily?

Who are we? That is the first question. It is a question almost impossible to answer. But we all agree that the busy self occupied in our daily activities is not quite the real self. We are quite sure we have lost something in the mere pursuit of living. When we watch a person running about looking for something in a field, the wise man can set a puzzle for all the spectators to solve: what has that person lost? Some one thinks it is a watch; another thinks it is a diamond brooch; and others will essay other guesses. After all the guesses have failed, the wise man who really doesn't know what the person is seeking after, tells the company, "I'll tell you. He has lost some breath." And no one can deny that he is right. So we often forget our true self in the pursuit of living, like a bird forgetting its own danger in pursuit of a mantis, which again forgets its own danger in pursuit of another prey, as is so beautifully expressed in a parable by Chuangtse.



Have Just a Little Willingness to Celebrate Ourselves

What would our world be like if each person made it his or her concern to catch someone doing something right? Wouldn't we have cause to celebrate daily?

So often our focus is on the negatives in life. We look for what is wrong, for weaknesses, for holes in the **armor**¹ of another. Why? Perhaps the answer lies in our need to feel superior to another — in our learned behavior, to compare ourselves constantly to those around us. If our self-concept is low, we feel that almost everyone is better, more likable, stronger, more talented, more capable, more everything than we are. On the other hand, a poor self-image can also result in what we interestingly call a superiority complex. To cover up our own feelings of **inadequacy**², we behave as though we know better, act better, think better and, even, are better than those around us.

A healthy self-concept allows us to acknowledge our abilities and talents, our strengths and weaknesses. There is no need to compare ourselves to others in order to recognize traits in ourselves! Self-acknowledgment is not conceit or **arrogance**³. Self-acknowledgment is **perceiving**⁴ the truth about oneself so that one may freely move forward in life without the





正直做人

正直意味着一个人的伦理标准、道德规范，就是要不因私利出卖灵魂，也与现时利益无关。正直是鉴定你外在行为的一个内在标准。

我的祖父母相信：你或者是正直的，或者是不正直的，不存在介于两者之间的。在他们的卧室墙上，挂着一个简单的题词：“生活就像是大雪过后的田地，我每选择一步都会有所显示。”他们无须对此讨论什么——他们用自己的生活，见证了这句题词。

他们本能地明白，正直意味着一个人的伦理标准、道德规范，就是要不因私利出卖灵魂，也与现时利益无关。正直是鉴定你外在行为的一个内在标准。不幸的是，现在我们缺乏正直，而且变得越发严重。但在社会的每个领域，这是真正的底线，这是我们必须要求自己做到的。

看看一个很有益的测试，我称它为“三位一体”，其中包括 3 个重要方面：

绝对自信的面对个人压力。

始终给他人正直的信用。

真正做到诚实、公开。

正直，是指你因其正确而做某事，并非因其时髦或政治倾向正确才做。坚持生活的原则，不尝试腐败道德的诱饵，这样会使你永远成功。正直会带你进入 21 世纪不断发展，而不用担心路线是否正确。

True to Yourself

My grandparents believed you were either honest or you weren't. There was no in between. They had a simple motto hanging on their living-room wall: "Life is like a field of newly fallen snow; where I choose to walk every step will show." They didn't have to talk about it — they demonstrated the motto by the way they lived.

They understood instinctively that integrity means having a personal standard of morality and ethics that does not sell out to expediency and that is not relative to the situation at hand. Integrity is an inner standard for judging your behavior. Unfortunately, integrity is in short supply today — and getting scarcer. But it is the real bottom line in every area of society. And it is something we must demand of ourselves.

A good test for this value is to look at what I call the Integrity Triad, which consists of three key principles;

Stand firmly for your convictions in the face of personal pressure.

Always give others credit that is rightfully theirs.

Be honest and open about who you really are.

Integrity means you do what you do because it's right and not just fashionable or politically correct. A life of principle, of not succumbing to the seductive sirens of an easy morality, will always win the day. It will take you toward into the 21st century without having to check your tracks in a rearview mirror.

problem may require courage to **initiate**⁵ it. When you control your reaction to the seemingly uncontrollable problem of life, then in fact you do control the problem's effect on you. Your reaction to the problem is the last word! That's the bottom line. What will you let this problem do to you? It can make you **tender**⁶ or tough. It can make you better or bitter. It all depends on you.

In the final analysis, the tough people who survive the tough times do so because they've chosen to react positively to their **predicament**⁷. Tough times never last, but tough people do. Tough people stick it out. History teaches us that every problem has a lifespan. No problem is permanent.

热词空间

1. ingredient [in'gri:diənt] *n.* 成分;因素
2. mirage ['mira:ʒ] *n.* 海市蜃楼;幻想
3. resolve [ri'zɒlv] *v.* 决心;解决
4. setback ['setbæk] *n.* 顿挫;挫折
5. initiate [i'niʃieit] *v.* 开始;发起;发动;传授
6. tender ['tendə] *adj.* 嫩的;软弱的;温柔
7. predicament [pri'dikəmənt] *n.* 困境



如果跟多数人一样,你躲起来,自欺欺人地认为所有的问题都会自动解决,那么你将会用尽余生回头张望,等待做错的万事再次重新来过。同时,你会变得脾气暴躁,愤世嫉俗,或变成可怜巴巴,涕泪横流的受害者。直到你沮丧地躺下来,请求地球将你吞噬,或更糟糕的是,沉溺于比利·乔的歌曲中无法自拔。这就是疯狂,因为你的青春只有一次,绝不会第二次衰老。又有谁会知道拐角处还藏着什么奇异的事呢?

当今世界上充满了令人惊异的发现。有些事情你甚至无法想象。你可以分享那些有着令人迷醉的香气、味美绝伦的点心。你也许最终会拥有惊人的财富,甚至(某天)成为万人瞩目的超级巨星。听起来不错,是吧?但是等等,还有更多呢!你可以玩游戏或演奏乐器,还可以享受瑜伽、卡拉 OK 以及狂野、放荡不羁的舞蹈。但是所有之中,最美好的还是浪漫的爱情。这就意味着拥有长久的梦幻般的凝视,耳边的甜言蜜语,无休无止的拥抱亲吻,一两个爱意绵绵的调皮咬痕,然后可能会发生任何事。这种幸福的感觉就好像滑入一个热气腾腾的泡泡浴池一样。因此你怎样才能找到这种感觉呢?很简单。

最先要做的就是不要再逃避那些令你烦恼的事情,是时候去面对了。现在就让自己放松一下,深呼吸(用鼻子吸气,再用嘴呼出)。如果可以的话,试着沉思冥想。你必须放下感情的包袱,接受现实。试着换一个角度来看待问题,也许问题就出在你自己身上。如果真是如此,那就大大方方地说“对不起”(永远不要觉得太迟而不去做)。如果是他人做错了,那就站出来说:“那是不对的,我不会同意。”可以做的强硬一点(有时还可以发出嘘声)。为自己而骄傲,但不要忘了适度地自嘲。(当你和积极的人交往时,这就非常容易了)。把生活中的每一天都当作是生命的末日,因为它迟早会来的。不要害怕尝试超出自己能力的事情,要敢于承担巨大的风险,决不退缩,勇敢走出这一步并去努力做好它。毕竟,生活不就是这样吗?

我也是这样想的。