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【汉英珍藏版】

Classical
modern
philosophy
essays

最富哲理的



美文

一个故事可以影响人的一生
一则美文可以改变人的命运

徐翰林 编译



IVY 英语书系

最富哲理的美文

The Most Philosophic Essays

徐翰林 编译

幸福是你决定去接受的东西，没有任何商量的余地，它与金钱或名誉毫无关系。只要我们活在乐观希望之中，敢于大胆梦想，活得简单纯粹，那么，我们会重新拥有幸福的感觉。那种感觉并非悬于幸与不幸之间的真空地带，也无任何替代品。我们只能活一次——除了好好活着，别无选择。

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幸福是一段旅程。因此，要珍爱你拥有的每刻，更要珍视那些与你分享时光的特别之人，谨记，岁月不待人。





千万别珍藏什么东西去等一个合适的机会，你活着的每一天都是一个机会，不论何时，生活应该是一种享受的过程，而不是忍受。



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生活的艺术 The Art of Living

生活并非总是公平的，或许命运不应该这样安排，但你的人生就是有可能比别人艰辛、坎坷。每个人的情况不同，所以，也该用不同的方法对待自己的境遇。若想拥有平和的心境，就不可存有悲观厌世的心态。过于计较世事的不公，容易自轻自贱，从而发现不了自己的独特之处。因受愤世嫉俗、懊恼烦闷的情绪干扰，你也许会错过许多自己该学的课程。

人生不是一次彩排

我们很容易浪费自己的生命，挥霍自己的每一个日子、每一小时、每一分钟。我们很容易忽视孩子眼睛的颜色，淡漠悦耳的交响乐旋律的跌宕起伏……



营造一种生活，真正的生活，而不要暴躁地追求一次又一次地晋升、更高的薪水和更大的房子。

营造一种不孤单的生活，寻找你爱的人和爱你的人。并谨记：爱不是闲暇，而是工作。打个电话，发封邮件，写封信，营造一种慷慨的生活。

要知道最美好的东西是生命，你不能视之为理所当然。

我们很容易浪费自己的生命，挥霍自己的每一个日子、每一小时、每一分钟。我们很容易忽视孩子眼睛的颜色，淡漠悦耳的交响乐旋律的跌宕起伏。

我们很容易活着而不是生活着。

多年前，我学会了生活。我遭遇了一个巨大的不幸，令我的生活为之改变。如果当时，我还有选择，这些改变根本不会发生。我从中得到了一个至今最难忘的教训。

我学会了热爱旅途，而不是终点。我明白了人生不是一次彩排，今天是你唯一能把握的。

我学会了去注视世间的一切美好，并试着给予回报，因为我虔诚地笃信美好。我这样做，有部分原因是想告诉别人我的感悟，告诉他们：想想田间的百合，看看婴儿耳朵上的绒毛，在后院读读书，让阳光洒满你的脸颊。学着去快乐。

假设你的生命处于癌症晚期，而因为你这样做，便会让生活充满喜悦和激情，这才是生命的本色。



Life isn't a Dress Rehearsal

Get a life. A real life, not a manic pursuit of the next promotion, the bigger paycheck, the larger house.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work. Pick up the phone. Send an e-mail. Write a letter. Get a life in which you are generous.

And realize that life is the best thing ever, and that you have no business taking it for granted.

It is so easy to waste our lives, our days, our hours, our minutes. It is so easy to take for granted the color of our kids' eyes, the way the melody in a symphony rises and falls and disappears and rises again...

It is so easy to exist instead of to live.

I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my option, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all.

I learned to love the journey, not the destination. I learned that it is not a dress rehearsal, and that today is the only guarantee you get.

I learned to look at all the good in the world and try to give some of it back because I believed in it, completely and utterly. And I tried to do that, in part, by telling others what I had learned, by telling them this: Consider the lilies of the field. Look at the fuzz on a baby's ear. Read in the backyard with the sun on your face. Learn to be happy.

And think of life as a terminal illness, because if you do, you will live it with joy and passion as it ought to be lived.



生活是一所全日制学校

你是“生活”这所全日制学校的学生，每天都有机会学习各种课程。无论你喜欢与否，这些都是你的必修课。

为什么你会生活在这里？你生活的目的何在？长久以来，人们都在探寻人生的意义。然而，每一代人都忽略了一个事实——人生的意义并不是一个答案，它是因人而异的。

人各有志，每个人的人生目的和道路都不尽相同。在人生的旅途上，你需要不断地学习，只有这样，才有望实现人生目标。你所学的知识是特意为你而设的，而探寻人生意义、实现人生目标的关键则在于认真学习这些经验并吸取教训。

在生命旅程中，别人不必面对的挑战和教训，你或许要面对；当然，别人为之奋斗多年的诸多挑战，你也许不必应对。你拥有幸福的婚姻，而你的朋友却要饱尝婚姻之苦，承受离婚之痛，这些你大概永远都没弄明白。同样，对于你疲于奔命，却过着拮据的生活，而你的朋友却过着安逸优越的生活，你也可能无法理解。但有一点是肯定的，就是那些注定要学的知识与经验你定会有缘见识。至于是否愿意学，则完全取决于你自己。

因此，这里的挑战在于你要汲取各种不同的经验和教训，以使你的生活符合自己独特的人生道路。这是你一生都要面对的最严峻的挑战。之所以这样说，是因为人生道路各有差别。但是，谨记——不要与周围的人相比，计较不同的经验和教训；你要学的东西是你力所能及的，并且是特意为你的成长量身定制的。

事事公正、人人平等是我们的愿望，这即是所谓的公平感。然而，事实上，生活并非总是公平的，或许命运不应该这样安排，但你的人生就是有可能比别人艰辛、坎坷。每个人的情况不同，所以，也该用不同的方法对待自己的境遇。若想拥有平和的心境，就不可存有悲观厌世的心态。过于计较世事的不公，容易自轻自贱，从而发现不了自己的独特之处。因受愤世嫉俗、懊恼烦闷的情绪干扰，你也许会错过许多自己该学的课程。



A Full-time School Called Life

You are enrolled in a full-time school called "life". Each day in this school you will have the opportunity to learn lessons. You may like the lessons or hate them, but you have designed them as part of your **curriculum**¹.

Why are you here? What is your purpose? Humans have sought to discover the meaning of life for a very long time. What we and our ancestors have overlooked, however, is that there is no one answer. The meaning of life is different for every individual.

Each person has his or her own purpose and distinct path, unique and separate from anyone else's. As you travel your life path, you will be presented with numerous lessons that you will need to learn in order to fulfill that purpose. The lessons you are presented with are specific to you; learning these lessons is the key to discovering and fulfilling the meaning and **relevance**² of your own life.

As you travel through your lifetime, you may encounter challenging lessons that others don't have to face, while others spend years struggling with challenges that you don't need to deal with. You may never know why you are blessed with a wonderful marriage, while your friends suffer through bitter arguments and painful divorces, just as you cannot be sure why you struggle financially while your peers enjoy abundance. The only thing you can count on for certain is that you will be presented with all the lessons that you specifically need to learn; whether you choose to learn them or not is entirely up to you.

The challenge here, therefore, is to align yourself with your own unique path by learning individual lessons. This is one of the most difficult challenges you will be faced with in your lifetime, as sometimes your path will be **radically**³ different

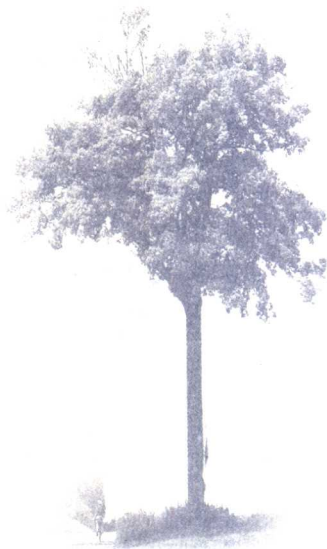
from others. But, remember, don't compare your path to the people around you and focus on the disparity between their lessons and yours. You need to remember that you will only be faced with lessons that you are capable of learning and are specific to your own growth.


Our sense of fairness is the expectation of **equity**⁴ — the assumption that all things are equal and that justice will always prevail. Life is not, in fact, fair, and you may indeed have a more difficult life path than others around you, deserved or not. Everyone's circumstances are unique, and everyone needs to handle his or her own circumstances differently. If you want to move toward **serenity**⁵, you will be required to move out of the complaining phase of "it's not fair". Focusing on the unfairness of circumstances keeps you comparing yourself with others rather than appreciating your own special uniqueness. You miss out on learning your individual lessons by distracting yourself with feelings of bitterness and resentment.

词汇空间



1. curriculum [kə'rikjuləm] *n.* 必修课
2. relevance ['reləvəns] *n.* 中肯; 适当
3. radically ['rædikəli] *adv.* 完全地; 彻底地
4. equity ['ekwiti] *n.* 公平; 公正
5. serenity [sə'reniti] *n.* 宁静; 无忧无虑





人生的五个球

试着把生活想象成一个游戏——在空中抛接五只球。它们是：工作、家庭、健康、友谊和精神。你尽力想让它们牢牢固定于空中，很快，你就会发现，唯有工作是只橡皮球，抛之于地，还会反弹回来。而另外四只——家庭、健康、朋友和精神都是玻璃球，如果将其中任一抛至地上，不可避免地会留下疤痕、裂缝，甚至粉身碎骨，毫无办法将之复原。因而，你必须懂得维系生活的均衡。

如何维系生活的均衡呢？

切勿盲目与他人比较，而低估自身的价值。须知，人与人之间有差异，才显出个性。

切勿视他人的追求为自己的目标，唯有你自己知晓自身所需。

切勿淡漠心灵深处的东西。珍视它们，如同生命；反之，生活将空洞黯然。

切勿让生命从指间悄然流逝，充斥昨日的忧伤和明天的憧憬。活在今天，将会让每个日子充满阳光。

切勿屈服认输，一息尚存，奋斗不止。

切勿妄自菲薄，我们各有所长，亦各有所短，才会彼此相依。

切勿惧怕冒险，我们因冒险而学会勇敢。

切勿以真爱难求为由而紧闭心扉。给予爱，才能得到爱；紧抓住爱，只会失去爱；赋予爱一双翅膀，才会令爱长驻。

切勿做生命的匆匆过客，将自己源自何方以及去往何处抛至脑后。

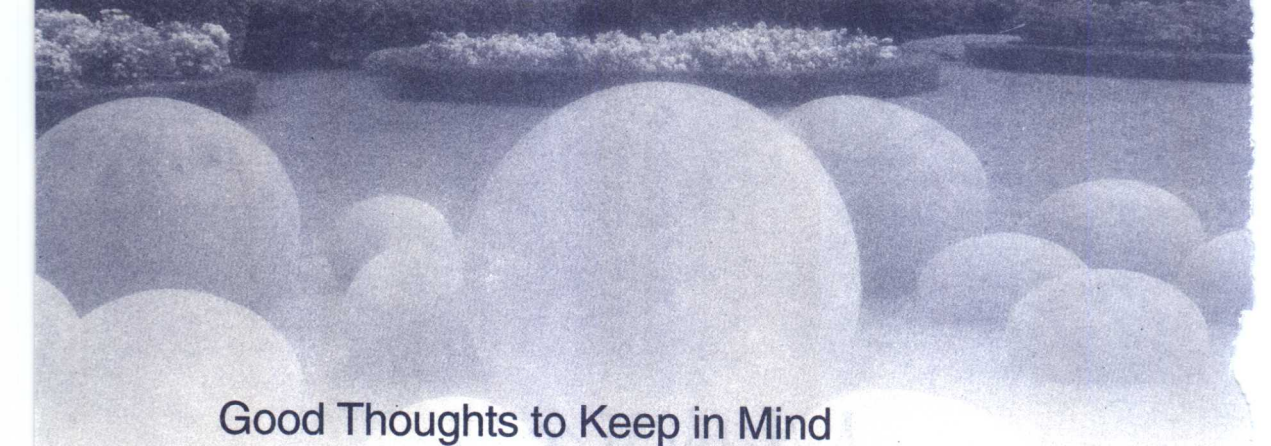
切勿忘怀，得到他人的理解是人生最强烈的感情需求。

切勿停止学习，知识不会成为负担，带着它，你可轻装上路。

切勿虚度时光。切勿出言不善，正所谓，覆水难收。

生活不是一场比赛，而是一段旅途，需要我们细细品味。

昨天已成历史，明天仍是未知，而今天是上帝的恩赐。正因如此，我们称今天为“礼物”。



Good Thoughts to Keep in Mind

Imagine life as a game in which you are juggling some five balls in the air. You name them: Work, Family, Health, Friends, Spirit. And you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will **bounce**¹ back. But the other four balls — family, health, friends and spirit are made of glass. If you drop one of these, it will be irrevocably **scuffed**², marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

How?

Don't undermine your worth by comparing yourself to others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling to them as you would to your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this **fragile**³ thread that binds us each together.

Don't be afraid to **encounter**⁴ risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest