



The most beautiful English

最美丽的英文

细细品味四季生活的内涵，感受含蓄优美的文字带给人类天籁般美妙的意境，在自然中释怀，体味心灵的静谧与安宁。

品味四季生活

To Taste the Lives of Four Seasons

美文名篇·双语阅读

[美] 海明威等 著
柏杨 编译

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The most beautiful English
To Taste the Lives of Four Seasons
宽恕自己
The Art of Forgiveness

宽恕是神圣的，但却很难做到。当别人深深地伤害了你，想做到释怀是极为困难的，但宽恕是可行的——而且它可以为你的身心健康带来意想不到的益处。懂得宽恕的人少有沮丧，愤怒和压力，他们总是满怀希望，精力充沛。





两棵树

在我年少时,有个老邻居叫吉布斯医生。与其他医生相比,他显得与众不同。他不会因为我们在他家的院子里玩儿而冲我们大喊大叫。在我的记忆中,他比任何人都更加和蔼可亲。

当吉布斯医生不工作的时候,就去种树。他拥有一片十英亩的土地。他的人生目标是将此处变为一片森林。

对树木的管理,这位好医生有一番独特的理论——来自“不劳无获”园艺学校。他从不给新栽的树苗浇水,这可有点儿与常理相悖。一次,我问他为什么。他说浇水会毁了它们,如果你这样做了,每一棵成活的树,其后代都会变得越来越弱。所以,你必须将它们的生活环境营造得艰苦些,尽早淘汰那些弱不禁风的树。

他还告诉我用水浇灌的树,其根须只生长在地表的浅层,而那些没被浇水的树,它们的根须必然会向深处延伸,以此来获取水分。我将他的话理解为:根深蒂固是十分难得的。

所以,他从不为树浇水。他种了一棵橡树,每天早上,他不但不给它浇水,反而用一张卷起的报纸“啪!啪!啪!”抽打它。我问他为什么这样做,他

说是为了引起树的注意。

在我离家两年后，吉布斯医生就过世了。我常会经过他家门前，看那些二十五年前我亲眼见他种下的树。现在，它们已如磐石一样坚固了。这些树在清晨醒来，拍打着胸，喝着苦水。

几年前，我也曾种了两棵树。整个夏天我都坚持为它们浇水，喷洒杀虫剂，为它们做祈祷。两年来的悉心呵护，使得这两棵树变得弱不禁风。每当寒风吹起，它们的枝叶就会瑟瑟发抖。

吉布斯医生的树真是了不起。逆境与折磨带给它们的益处似乎是舒适和安逸永远无法给予的。

每晚临睡前，我都会看看我的两个儿子。我弯下身来看着他们幼小的身体，生命就在其中起落沉浮。我总是会为他们祈祷，祈祷他们的生活能够安逸舒适，但近来我正考虑着，是不是应该改改祈祷词了。

这改变是来自吹向我们要害的寒风。我知道孩子们将会遇到困难，我祈祷他们不要变得太稚嫩。因为，生活的某些地方总会有寒风吹起。

所以，我改变了我的祈祷词。因为不论我是否情愿，生活都是艰难的。我们已为安逸祈祷得太多了，但却少有成真的时候。我们需要祈祷的是深植于我们内心的信念之根，这样，我们就不会因风吹雨打而受到伤害。



我们总期望梦想之树枝繁叶茂，却不知道如何培植信念之根。精心的呵护，往往导致夭折，只有适度的磨砺，才会使其茁壮成长。看似悖谬，却是我们不得不面对的事实。因为，生活的某个地方总会有寒风吹起。

Growing Roots

When I was growing up, I had an old neighbor named Dr. Gibbs. He didn't look like any doctor I'd ever known. He never yelled at us for playing in his yard. I remember him as someone who was a lot nicer than circumstances **warranted**¹.

When Dr. Gibbs wasn't saving lives, he was planting trees. His house **sat on**² ten acres, and his life's goal was to make it a forest.

The good doctor had some interesting theories concerning plant **husbandry**³. He came from the "No **pain, no gain**⁴" school of **horticulture**⁵. He never watered his new trees, which flew in the face of conventional wisdom. Once I asked why. He said that watering plants spoiled them, and that if you water them, each successive tree generation will grow weaker and weaker. So you have to make things rough for them and weed out the weenie trees early on.

He talked about how watering trees made for shallow roots, and how trees that weren't watered had to grow deep roots in search of moisture. I took him to mean that deep roots were to be treasured.

So he never watered his trees. He'd plant an oak and, instead of watering it every morning, he'd beat it with a rolled-up newspaper. "**Smack**⁶! Slap! **Pow**⁷!" I asked him why he did that, and he said it was to get the tree's attention.

Dr. Gibbs went to glory a couple of years after I left home. Every now and again, I walked by his house and looked at the trees that I'd watched him plant some twenty-five years ago. They're **granite**⁸ strong now. Big and **robust**⁹. Those trees wake up in the morning and beat their chests and drink their coffee black.

I planted a couple of trees a few years back. Carried water to them for a solid summer. Sprayed them. Prayed over them. The whole nine yards. Two years of **coddling**¹⁰ has resulted in trees that expect to be waited on hand and foot. Whenever a cold wind blows in, they tremble and chatter their branches. Sissy trees.

Funny things about those trees of Dr. Gibbs'. Adversity and deprivation seemed

to benefit them in ways comfort and ease never could.

Every night before I go to bed, I check on my two sons. I stand over them and watch their little bodies, the rising and falling of life within. I often pray for them. Mostly I pray that their lives will be easy. But lately I've been thinking that it's time to change my prayer.

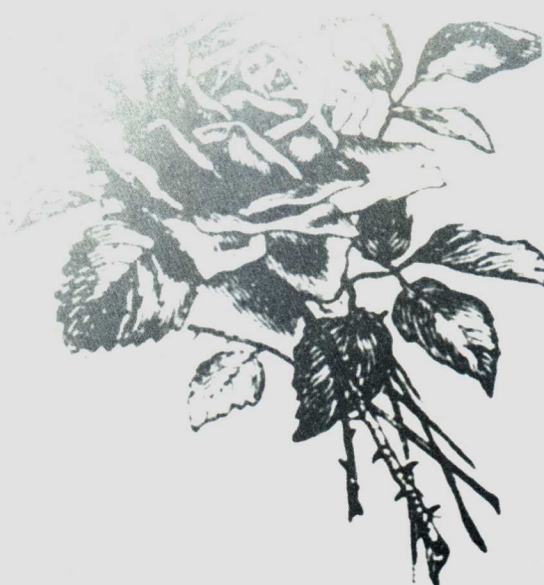
This change has to do with the inevitability of cold winds that hit us at the core. I know my children are going to encounter hardship, and I'm praying they won't be naive. There's always a cold wind blowing somewhere.

So I'm changing my prayer. Because life is tough, whether we want it to be or not. Too many times we pray for ease, but that's a prayer seldom met. What we need to do is pray for roots that reach deep into the Eternal, so when the rains fall and the winds blow, we won't be swept asunder.

热词空间



1. warrant ['wɔrənt] *n.* 授权, 正当理由, 根据, 证明, 凭证
vt. 保证, 辩解, 担保, 使有正当理由
2. sit on 为……的一员, 开会讨论, 扣押, 在……中任职, 本文中指拥有
3. husbandry ['hʌzbəndri] *n.* 管理
4. No pain, no gain 不劳无获
5. horticulture ['hɔ:tikʌltʃə] *n.* 园艺
6. smack [smæk] *n.* 拍击 *v.* 用掌击, 拍打
7. pow [pau] *n.* 乒(表示射击、爆炸声等的拟声词)
8. granite ['grænit] *n.* 花岗岩
9. robust [rə'brʌst] *adj.* 精力充沛的
10. coddle ['kɒdl] *vt.* 娇养, 溺爱, 煮蛋





宽恕自己

宽恕是神圣的,但却很难做到。当别人深深地伤害了你,想做到释怀是极为困难的,但宽恕是可行的——而且它可以为你的身心健康带来意想不到的益处。

《宽恕的好处》一书的作者弗雷德里克博士说:“懂得宽恕的人少有沮丧,愤怒和压力,他们总是满怀希望,所以宽恕有助于减少人体各种器官的损耗,减少免疫系统的疲劳程度,使人感觉更加精力充沛。”

如何使自己的坏情绪恢复正常呢?试试以下的步骤吧。

使你自已平静下来。试着用一种简单的调压方法来缓解你愤怒的情绪。弗雷德里克建议:“做几次深呼吸,然后想想为你带去快乐的事情,一道美丽的自然风光,或是你爱的人。”

不要等待别人来道歉。弗雷德里克说:“通常,伤害你的人不会想到道歉。他们可能是故意的,也可能只是和你看待事物的方式不一样,所以,如果你等着别人来道歉,你可能会等上相当长的一段时间。”要牢记,宽恕并不一定意味着要去顺从那些让你心烦意乱的人,也不意味着宽恕他或她的行为。

不要让冒犯者控制你的情绪。弗雷德里克说:“总是想着你的伤痛,只会助长他人志气。不要总是觉得自己受伤了,要尝试着在你的身边寻找爱、美和善良的人或事。”

试着从他人的角度来看待问题。如果你站在别人的角度,你也许会意识到他或她是出于无知、害怕,甚至是爱才那样做的。为了能够站在别人的角度来看问题,你或许可以站在冒犯你的人的立场给你自己写一封信。

要认识到宽恕的益处。懂得宽恕的人精力旺盛、食欲好、睡眠质量高。

不要忘记宽恕你自己。弗雷德里克说:“对于一些人来说,宽恕自己是最大的挑战。如果不能宽恕自己,你就会失去自信。”

The Art of Forgiveness

To forgive may be divine, but no one ever said it was easy. When someone has deeply hurt you, it can be extremely difficult to let go of your grudge. But forgiveness is possible — and it can be surprisingly beneficial to your physical and mental health.

“People who forgive show less depression, anger and stress and more hopefulness,” says Frederic, Ph.D., author of *Forgive for Good*. “So it can help save on the wear and tear on our organs, reduce the wearing out of the immune system and allow people to feel more vital.”

So how do you start the healing? Try following these steps:

Calm yourself. To defuse your anger, try a simple stress-management technique. “Take a couple of breaths and think of something that gives you pleasure: a beautiful scene in nature, someone you love,” Frederic says.

Don't wait for an apology. “Many times the person who hurt you has no intention of apologizing,” Frederic says. “They may have wanted to hurt you or they just don't see things the same way. So if you wait for people to apologize, you could be waiting an awfully long time.” Keep in mind that forgiveness does not necessarily mean reconciliation with the person who upset you or condoning of his or her action.

Take the control away from your offender. Mentally replaying your hurt gives power to the person who caused you pain. “Instead of focusing on your wounded feelings, learn to look for the love, beauty and kindness around you,” Frederic says.

Try to see things from the other person's perspective. If you empathize with that person, you may realize that he or she was acting out of ignorance, fear — even love. To gain perspective, you may want to write a letter to yourself from your offender's point of view.

Recognize the benefits of forgiveness. Research has shown that people who forgive report more energy, better appetite and better sleep patterns.

Don't forget to forgive yourself. “For some people, forgiving themselves is the biggest challenge,” Frederic says. “But it can rob you of your self-confidence if you don't do it.”



自我包装

人如同商品一样需要包装。然而,过分的包装反而会弄巧成拙。如果能够展现出个人的独特品质,包装时稍有夸张也并非不可。如果想用自然而随意的方式包装自己,首要一点就是要对自己有足够的认知。包装的高手能够把艺术与自然合二为一而不留任何痕迹,这样包装出来的才是一个极具魅力的人,而不是一件商品。年轻人,尤其是女性,身上总散发出美与青春的活力,集上帝的万般宠爱于一身。对她们而言,任何修饰都会是一种败笔。然而,青春的岁月稍纵即逝。对中年人来说,自我包装主要就是掩盖住岁月的痕迹。如果已步入中年的你仍对生活充满激情、不断地开拓进取,那么你便是具有独特品质的人,你的魅力与优雅仍不会淡去。如果在生命的长河之中,你经历了苦痛、艰辛与磨难,但却仍旧能够拥有一颗平常心,那么你的美就是一种平静安详而又淡薄名利的美。你不需去染发,因为你满头的银丝就如同高山积雪,是仙境中的一幅美景。让年龄与自然同步吧,这就叫做和谐。而和谐本身就是一种美,反其道而行之,只会落得满腹愁苦。和老年人在一起就像读一本华美的书,其散发的独特韵味会让你爱不释手。如同恰当的包装能让商品成为品牌一样,只要找到自己的位置,你便会知道如何包装自己。

感悟...

这里所说的“包装”不是精心的修饰,而是生活所赋予你的韵味。只有找到了自己的位置,你才可在生命的五彩斑斓中选择适合于自己的华美。因此,认识自己,才是“包装”之始。

“Packaging” a Person

A person, like a commodity, needs packaging. But going too far is absolutely undesirable. A little exaggeration, however, does no harm when it shows the person's unique qualities to their advantage. To display personal charm in a casual and natural way, it is important for one to have a clear knowledge of oneself. A master packager knows how to integrate art and nature without any traces of embellishment, so that the person so packaged is no commodity but a human being, lively and lovely. A young person, especially a female, radiant with beauty and full of life, has all the favor granted by God. Any attempt to make up would be self-defeating. Youth, however, comes and goes in a moment of doze. Packaging for the middle-aged is primarily to conceal the furrows ploughed by time. If you still enjoy life's exuberance enough to retain self-confidence and pursue pioneering work, you are unique in your natural qualities, and your charm and grace will remain. Elderly people are beautiful if their river of life has been, through plains, mountains and jungles, running its course as it should. You have really lived your life which now arrives at a complacent stage of serenity indifferent to fame or wealth. There is no need to resort to hair-dyeing — the snow-capped mountain is itself a beautiful scene of fairyland. Let your looks change from young to old synchronizing with the natural ageing process so as to keep in harmony with nature, for harmony itself is beauty, while the other way round will only end in unpleasantness. To be in the elder's company is like reading a thick book of de luxe edition that fascinates one so much as to be reluctant to part with. As long as one finds where one stands, one knows how to package oneself, just as a commodity establishes its brand by the right packaging.



成长的过程

人的成长是一个不断尝试、经历磨炼与失误,最终获得智慧的过程。每当你选择相信自己,并依照自己的意愿采取行动时,你根本无法预见会有什么样的后果。但都不外乎是成功或失败。失败的经历并不比成功的经历价值小,事实上,你往往可以从失败的经历中学到更多的东西。

要想使这一学习过程变得轻松些,你必须首先学会同情和宽恕这两门基础课程。否则,你将永远是井底之蛙,无法把错误的经历转化为宝贵的学习机会。

所谓同情之心就是要敞开你的心扉,用心去感受、去体会这个世界。同情心是种情感黏合剂,它能够使你与自己的心灵对话,并且能够使你的心灵同周围人的心灵紧密地联系起来。

当然,对于摆在你面前的这两门课,你有选择学与不学的权利。此时,你需要用心选择是敞开你的同情心还是紧闭你的同情心。如果你选择前者,那么你就可以站在他人的角度,设身处地地为他人着想。这样你的心灵就能与对方的心灵联系起来,并以此消除你心中的成见。当你过分苛求自己时,也同样需要对自己敞开同情之心。有时,当自己犯了错误,或是辜负了你对自己的期望时,往往会人为地把自己划分为有着善与恶的两面人。只有开启同情之心的大门才会使你得到宽恕,使你从自鄙的情绪中走出来。

宽恕之心是指一种冰释前嫌的情怀。由同情到宽恕,你已经敞开了你的心扉,并逐步地释放出自己的愤怒与不平。如果你认识到过去的事情是错误的,这势必会让你感到内疚、自责;而当你沉湎在自责的情绪中时,根本无暇从中汲取任何教训。