

# 中华 礼仪 诠释语

THE ETIQUETTE IDIOMS IN CHINA

周芸 编著  
贾凌抒 翻译

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# 前言

## Preface

生活在现代社会里，您匆匆的脚步也许没有太多的时间与精力去细读一本好书，但是，人际关系的协调和自我身心的调整又是关系着现代人生活质量的重要因素，本书力图从中国文化中选取一个视点，诠释礼仪文化对生活、学习、工作的辅助作用。为适应现代人匆忙的生活和思维的多元化，本书特设置了三种阅读模式，您可以根据个人爱好和需求自己选择阅读。

一、以三字经为表现形式的阅读模式：三字一句、八句一段的主体阅读模式。适用于工作繁忙、古文基础好的群体，更适合小孩子朗读背诵。它短小精练，是本书的骨架和经络。你只需花几十分钟，就可以完成阅读，从中受益。

二、以通俗语为表现形式的阅读模式：以散文、诗歌、小论文、成语故事及拓展等跟进为辅的阅读模式。这是用现代人熟知的体裁、一般人熟悉的素材

In our modern society, one can hardly spare his free time to read a real good book carefully. In the meantime, the coordination of human relations as well as self adjustment is the key factors to the quality of one's life. Fortunately, we offer our readers a unique mental nutrition, which will contribute to their moral behaviors.

This book acts as a supplement to improve one's life and work from a viewpoint of traditional Chinese culture.

In order to satisfy the different requirements of readers, three forms of reading are available.

I. Three-character primer

II. Popular version

和我们生活中习惯了的语言模式，把本书要表达的精神串连起来，以达到雅俗共赏的目的，适用于喜欢慢慢体味、兴趣广泛的阅读群体。

三、以英文翻译精华内容为表现形式的阅读模式：专为主要内容配置的英文阅读模式。适用于外籍工作人员、英文爱好者和学习者。以便让中国文化与世界文化自然接轨，也是外国朋友了解中国文化的一个窗口。

请您自己选择吧，这是自助餐。

### III. English version

Dear readers, you can choose whatever reading forms you prefer, and we hope that you will benefit from this book.

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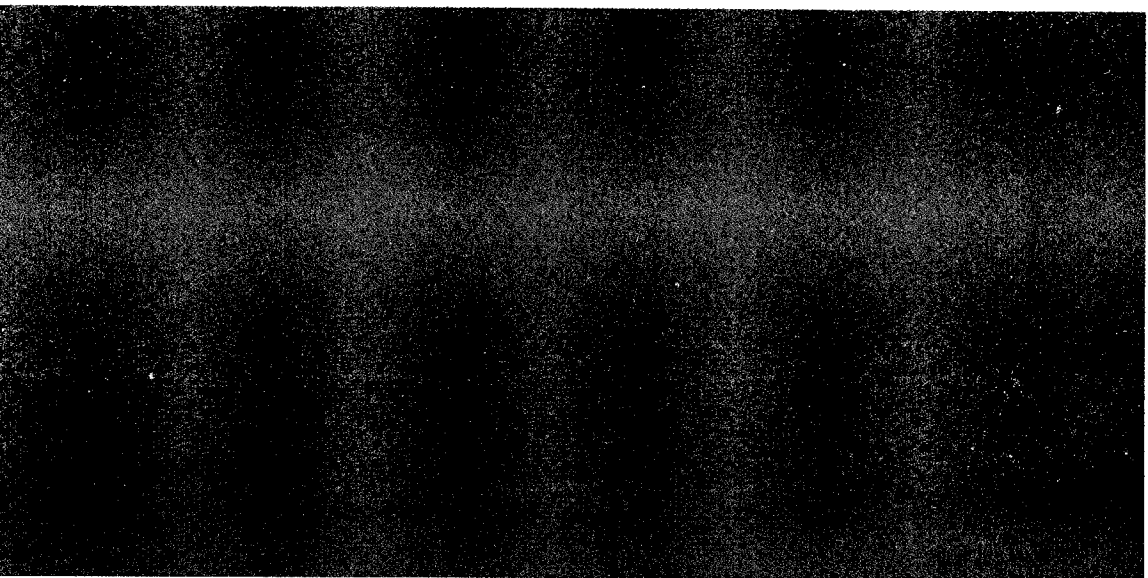
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# 第一部分 开场白

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## I. Prologue

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**人与人，要友好，学礼仪，懂礼貌。对家人，要通情，对外人，要识礼。**

人与人之间，要友好相处，要学习友好相处的礼仪规矩，懂得礼貌待人的方式和方法。首先对家人要互相理解、互相礼让；其次要像对家人一样去对待外人。

One should get well along with each other, learn how to treat others and be treated. First of all, the family members should be courteous and understand each other. Strangers should be treated with a friendly attitude, just as the family members.

**各场所，各时候，细微处，显素质。小做好，大不难，要成功，打基础。**

不管在什么地方、什么时候，遇到什么事，都要以和、以让为主，要与人为善。这方能显出一个人的素质。小事做好了，做大事也就有了基础。要想在人生中获得成功，就要从家庭和睦友爱开始，从小事开始。

No matter what happens, one should treat each other courteously and sincerely at any time, any place. This can show one's personal qualities and lay the foundation for future achievements. If one wishes to be successful, family love, peace and harmony should be emphasized.

【诗歌欣赏】

【Poetry】

关于礼仪

On Etiquette

在这个世界上  
有一种东西  
让你变得高贵  
那不是金钱，不是地位  
那不是财富，也不是荣誉  
那是良好的礼仪

In this world,  
there is one thing that makes you nobler,  
it is not money, nor social status,  
nor wealth, nor honor,  
but a good etiquette.

在这个世界上  
有一种东西  
让你显得更有智慧  
那不仅仅是学识，不仅仅是技能  
那不仅仅是气度，也不仅仅是见解  
那是通过良好的礼仪  
表现出的  
学识、技能、气度、见解的  
综合体。

In this world,  
there is one thing that makes you wiser,  
it is not only your learning, nor skills,  
not only your tolerance, nor judicious judgment,  
but a mixture of learning, skill, tolerance and judicious judgment,  
which takes the form of a good etiquette.

在这个世界上  
有一种东西  
让你成为最受欢迎的人  
那不纯粹是爱心，不纯粹是关心  
那不纯粹是无私，也不纯粹是奉献  
那是通过良好的礼仪  
表现出的  
真诚、宽容、尊重与适度之下的  
爱心、关心、无私与奉献

In this world,  
there is one thing that makes you  
more popular,  
it is not purely your love, nor your  
care for others,  
nor purely your selflessness, nor  
your dedication,  
but the sincerity, tolerance, respect  
and modesty,  
which takes the form of a good et-  
quette.

在这个世界上  
有一种东西  
让你成为令人难忘的人  
那不仅仅是品质，不仅仅是操行  
那不仅仅是素养，不仅仅是魅力  
那是通过良好的礼仪  
表现出来的  
优良的品质  
良好的操行  
美好的素养  
丰富的魅力

In this world,  
there is one thing that makes you  
unforgettable,  
it is not only personal quality, nor  
behavior,  
nor accomplishment, nor charm,  
but a good character, behavior, ac-  
complishment and charm,  
which takes a form of moral et-  
quette.

## 礼仪之魂——善良之心

A heart of kindness — the soul of etiquette

你真诚的话语中，我感到了你的善良  
你微笑的目光里，我看清了你的善良  
你平静的面容上，我察觉了你的善良  
你沉默的身影后，我听见了你的善良

From your sincere words,  
I get a sense of your kindness;  
From your smiling eye sight,  
I see your kindness clearly;  
From your peaceful face,  
I am conscious of your kindness;  
From your silent shadow,  
I become aware of your kindness...

你优雅的手势  
文雅的谈吐  
高雅的话题  
清晰的思路  
已是魅力四射

Your refined manners,  
elegant style of conversation,  
exquisite talking topics,  
clear way of thinking,  
which are full of charms...

你异地的牵挂  
同城的关爱

Your care from another place,  
your love from the same town,

怜孩的慈心  
敬母的孝心  
更是锦上添花

your kindness to a poor child,  
your piety for the beloved parents,  
which makes you more perfect...

你一诺千金的持续  
沉稳干练的手法  
厚重凝练的写意  
豁达大度的深沉  
彰显了文明古国的底蕴

Your persistence to keep a  
promise,  
your composure of writing  
technique,  
your condensation of enjoy-  
able writing,  
your depth of open-minded-  
ness,  
which shows details of an  
ancient civilization...

因为善良，所有的语言都是慈言爱语  
因为善良，所有的行为都是关爱呵护  
因为善良，所有的状态都是合情合理  
因为善良，所有的礼节都是真诚友好

Because of kindness,  
all languages are full of love;  
because of kindness,  
all behaviors become cher-  
ishing care;  
because of kindness,  
all states of mind seem fair  
and reasonable;  
because of kindness,  
all etiquettes are out of sin-  
cerity and amity...

善良之心

让野蛮、丑陋与落后

变成了文明、美丽与鲜活

A heart of kindness,  
which makes barbarism, ugliness and  
fatuity  
civilized, pretty and lively...

善良之心

让低微、贫穷与忧苦

变成了高贵、富裕与快乐

A heart of kindness,  
which makes humbleness,  
poverty and sorrow  
noble, rich and happy...

善良之心

让绝望、失落与伤心

变成了希望、信心与雄心

A heart of kindness,  
which makes despair,  
a sense of lost and grief  
full of hope, confidence and ambitious...

你的善良之心啊

如一缕阳光，照亮了人生大地

如一轮明月，澄清了尘嚣纷攘

如一池碧水，映现了心地纯净

A heart of kindness,  
like a ray of sunshine,  
which enlightens one's bewildered  
life;  
like a round of moon light,  
which clarifies in a confused night;  
like a pool of bluish green water,  
which reflects the purity of one's  
heart...

你的善良之心啊  
流溢出的是感恩和宽容  
放射出的是爱心和真心  
洋溢着的是信心和热情  
播撒出的是关心和用心

A heart of kindness,  
from which gratitude and tolerance flows,  
which shows love and sincerity,  
reflects confidence and passion,  
sows the care and attention...

你的善良之心啊  
如繁星点点映照我的前行  
如春风阵阵吹暖我的心扉  
如海上灯塔引导我的航行

A heart of kindness,  
like numerous sparkling stars which  
lighten my way,  
like a spring breeze which warms my  
heart,  
like a beacon in the sea which guides  
my navigation...

你的善良之心啊  
总会有天使的翅膀为你导航  
总会有幸运的彩云为你添光  
总会有绚丽的心花为你敷彩

A heart of kindness,  
which will be guided  
by the wings of an angel,  
charming by the colorful cloud of  
luck,  
ornamented with glorious flowers  
...

你的善良之心啊  
展现的是亲切的微笑  
表现的是无私的帮助  
体现的是礼貌的言行

A heart of kindness,  
which shows a kind smile,  
the selfless help,  
the polite words and deeds...

开启你的善良之门看看吧  
乐善好施、不求回报  
助人为乐、不求人知  
尊老爱幼、任劳任怨  
无私奉献、不辞辛劳  
真诚付出、不计名利  
给人方便、自己方便  
送人玫瑰、手留余香  
回报社会、传播爱心

Open your door of kindness,  
your good deeds require no reward,  
your helpful mind that no one knows,  
your love for the young and old,  
which bears any burden willingly,  
your selfless dedication, fearless of hard-  
work,  
your sincere commitment without seeking  
fame and gain;  
If you offer a hand to others, who will do the  
same to you,  
if you send a rose to others, a fragrant smell  
will remain in your hands,  
if you own a heart of love, you should return  
it to society...

记住你的善良之心吧  
在你生命的每一天、每一分、每一秒内  
在你人生的春夏秋冬里  
在你心灵的月缺月圆时

Keep kindness in your heart,  
in each second, each minute and  
each day,  
in spring, summer, autumn and  
winter,  
of your life;  
Keep it in your heart,  
regardless of the state of mind...



发放你的善良之果吧  
用一颗颗爱心的方式  
展现不同的光彩  
用一份份细心的礼仪  
表现友好的心愿  
用一双双智慧的能手  
编织美丽的花环

Share the fruit of your kindness,  
with a way of love,  
show its various glory;  
with its immanent etiquette,  
represent a good wish;  
with a pair of skilful hands,  
weave a pretty wreath of flowers...

一声温暖的问候  
一句体贴的话语  
一杯解渴的热茶  
一双关注的眼睛

A greeting that full of love,  
a considerate word that warm your heart,  
a cup of tea that satisfies your thirst,  
two attentive eyes that convey  
a message of understanding...

一个谦让的动作  
一份细心的建议  
一程默契的相伴  
一段同路的成长

A modest behaviour,  
a tactful suggestion,  
a thoughtful companion in a journey,  
a tacit growth at the same time...

善良之心的花朵  
汇集而成的花环  
一环接一环连绵不断  
如山的坚定给心以依靠  
如海的浩渺给人以宽广

The flowers of kindness,  
which weave into endless wreaths,  
like a solid hill and vast sea,  
which gives one determination  
and tolerance...