

CHICKEN SOUP FOR THE SOUL



# 心灵鸡汤

精华版

黑龙江科学技术出版社

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活好当下

羽灵 编译

英汉对照

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找寻生命活水，  
让亿万朋友获得幸福的心灵！

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英汉  
对照

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## 天涯共此时

Enlightening Everything  
We Can See

是奇迹？是骄傲？是控诉？是反思？  
无论怎样生活，让我们聚焦在这里。





## 地震中的父子

Father and Son in an Earthquake

No matter what happens, I'll always be there for you!

Many years ago, earthquake almost **flattened**<sup>1</sup> America, killing over 30,000 people in less than four minutes. In the midst of utter **devastation**<sup>2</sup> and chaos, a father left his wife safely at home and rushed to the school where his son was supposed to be, only to discover that the building was as flat as a pancake.

After the unforgettably initial shock, he remembered the promise he had made to his son: "No matter what happens, I'll always be there for you!" And tears began to fill his eyes. As he looked at the pile of ruins that once was the school, it looked hopeless, but he kept remembering his **commitment**<sup>3</sup> to his son.

He began to direct his attention towards where he walked his son to class at school each morning. Remembering his son's classroom would be in the back right corner of the building, he rushed there and started digging through the ruins.

As he was digging, other helpless parents arrived, clutching their hearts, saying: "My son!" "My daughter!" Other well-meaning parents tried to pull him off what was left of the school, saying: "It's too late! They're all dead! You can't help!"

"Go home! Come on, face reality, there's nothing you can do!"

To each parent he responded with one line: "Are you going to help me now?" And then he continued to dig for his son, stone by stone. The fire chief showed up and tried to pull him off the school's ruins saying, "Fires are breaking out, explosions are happening everywhere. You're in danger. We'll take care of it. Go home." To which this loving, caring American father asked, "Are you going to help me now?"

The police came and said, "You're angry, anxious and it's over. You're endangering others. Go home. We'll handle it!" To which he replied, "Are you going



to help me now?" No one helped.

Courageously he went on alone because he needed to know for himself: "Is my boy alive or is he dead?" He dug for eight hours ... 12 hours ... 24 hours ... 36 hours ... then, in the 38th hour, he pulled back a large stone and heard his son's voice. He screamed his son's name, "Armand!" He heard back, "Dad?! It's me, Dad! I told the other kids not to worry. I told them that if you were alive, you'd save me and when you saved me, they'd be saved. You promised, No matter what happens, you'll always be there for me! You did it, Dad! "

"What's going on in there? How is it?" the father asked.

"There are 14 of us left out of 33, Dad. We're scared, hungry, thirsty and thankful you're here. When the building **collapsed**<sup>4</sup>, it made a triangle, and it saved us."

"Come out, boy! "

"No, Dad! Let the other kids out first, cause I know you'll get me! No matter what happens, I know you'll always be there for me! "

1. flatten ['flætɪn] vi. 变平,变单调 vt. 使平,变平,而 flatter 则意为过分夸赞,奉承
2. devastation [,devə'steɪʃən] n. 毁坏
3. commitment [kə'mɪtmənt] n. 委托事项,许诺,承担义务
4. collapse [kə'læps] n. 倒塌,崩溃 vi. 倒塌,病倒

不论发生什么事,我都会在你身边!

很多年以前,一场8.2级的地震几乎将美国夷为平地,仅在短短的四分钟内,就夺去了超过三万人的生命。在废墟与混乱之中,一位父亲将他的妻子在家中安顿好后,匆忙地跑向儿子就读的学校,却发现学校已成为一片平地,如烙饼一样。

震惊之余,他想起了曾对儿子许下的诺言:"不论发生什么事,我都会在你身边!"想到这儿,泪水模糊了他的双眼。看着昔日的校园成为了一片废墟,真是让人绝望,但父亲仍然牢记着他儿子许下的诺言。

他开始努力回想每天早上送儿子上学的必经之路,记起儿子的教室应该就在那幢建筑物后面靠右侧的拐角处。于是,他冲了过去,开始在废墟中挖了起来。



他正挖着的时候,又有一些束手无策的父母也赶到这里,撕心裂肺般地叫道:“我的儿子啊!”“我的女儿啊!”一些好心的家长试图将这位看似发疯的父亲劝离现场,于是说道:“太迟了!他们全都死了!这样做是没有用的!”

“快回去吧!快点,面对现实吧,你已经无力挽回了!”

对每位父母的回答,这位父亲只有一句话:“你们愿意帮我吗?”然后便继续挖着,为了寻找儿子他不放过任何一个地方。消防队长赶来了,他试图将这位父亲从废墟中拉出来,并对他说:“火势正在蔓延,随时都有可能爆炸,你这样做很危险,我们会处理一切的。快回家吧。”但这位慈爱而又充满关切之心的父亲仍旧问道:“你们愿意帮我吗?”

警察也赶到现场,对他说:“你这样又急又气,根本无济于事,一切该结束了。你正在危及他人,快回家吧,我们会处理一切的!”他仍旧回答说:“你们愿意帮我吗?”然而,无人帮他。

这位父亲独自一人继续勇敢地挖下去,因为他要知道:我的儿子是生是死?他挖了八个小时……十二个小时……二十四个小时……三十六个小时

……就在第三十八个小时的时候，他推开了一块巨大的石头，与此同时，他听到了儿子的声音。父亲高声喊着儿子的名字：“阿曼德！”“是爸爸吗？是我啊，爸爸！”他的儿子回答道，“我告诉别的小朋友不要担心，并告诉他们，如果你活着，一定会来救我的，他们也会因此而获救的，因为你曾答应过我，不论发生什么事，你都会在我身边！你做到了，爸爸！”

“你那里情况怎样？”父亲问道。

“我们一共有三十三个人，只活下来十四个。爸爸，我们很害怕，又饿又渴。谢天谢地，你终于来了。楼倒下来的时候，正好在我们的上方支起了一个三角形的洞，正是它救了我们。”

“快出来吧，儿子！”

“不，爸爸！让其他的小朋友先出去吧，我知道你会救我出去的！因为不论发生什么事，你永远都会在我身边！”



很多时候，我们的承诺会成为对方的精神支柱和力量源泉。因此，我们一定要尽自己最大的努力去兑现自己的承诺，以不辜负对方的信任，只有这样，生命才会丰盈而精彩。



## 打造自己的生活

Build Your Life

Every person creates his or her own reality. **Authorship**<sup>1</sup> of your life is one of your absolute rights; yet so often people deny that they have the ability to script the life they desire. They look past the fundamental truth that it is not our external resources that determine our success or failure, but rather our own belief in ourselves and our willingness to create a life according to our highest **aspirations**<sup>2</sup>.

Clearly, the challenge here is to create and own your own reality. When you begin to live your life understanding that what you make of it is up to you, you are able to design it according to your authentic choices and desires. You will learn lessons here, such as responsibility and limitlessness, which will lead you to the life you were meant to live. These lessons provide you with the essential tools you need in order to take command of your life.

To take responsibility means you admit your accountability and acknowledge your influence and role in the circumstances in which you find yourself. It means you are answerable for your behavior and you fully accept any consequences created by your actions.

To take responsibility will propel you forward and onward to your greater good. I know of a woman named Mary whose story of personal responsibility has always inspired me. Mary was born in Cuba and moved to Miami with her family when she was two years old. They lived in terrible poverty in a dangerous part of the city, where crime and drugs were part of everyday life. Mary was determined, however, even at the young age of eight, to make something of her life other than follow the expected route of becoming a maid, or a cashier at the local supermarket. So she got herself to school each and every day, sometimes having to step over drunks passed out in the

doorway, just so she could get education and give herself a better life.

Mary eventually left Miami, obtained a good education, and fostered her natural music ability. Mary could have given in to the life she was born into, or remained mired in blaming her parents and culture for her circumstances. She could have refused to take responsibility for the situation. Instead, however, Mary took responsibility for herself and created a life of which she can be proud.

Responsibility is a major lesson of adulthood. If you still haven't learned the lesson of responsibility, it's not too late. Remember, life will provide you with plenty of opportunities to get it right.

Limitlessness, The final lesson you must learn is limitlessness, it is the sense that there are no boundaries to what you can become or do. You learn it when you know that your evolution is never-ending and your potential for growth reaches to infinity.

You were born knowing your limitlessness. As you grew and became **socialized**<sup>3</sup> in this world, however, you might have come to believe that there are boundaries that prevent you from reaching the highest levels of spiritual, emotional, or mental evolution. However, boundaries exist only in your mind. When you are able to **transcend**<sup>4</sup> them, you learn the lesson of limitlessness.

When I was young, I had a teacher who understood the importance of this lesson. She reminded us every day that we could do anything we set our minds to, no matter how impossible it might seem or how strong the opposition is. It is my sincere hope that there is a teacher like Mrs. Carbone in every school around the world, so that our children can know the wonder and power they have within themselves and will strive to access it.

In this world, we have countless people who have proven that a person can do whatever he or she **strives**<sup>5</sup> to do.

1. authorship ['ɔ:θəʃɪp] *n.* 作者的身份, 著述业,(思想等的) 原创作者, 根源  
authorship of your life 此处指所拥有的生活
2. aspiration [ˌæspə'reɪʃən] *n.* 热望, 渴望
3. socialized ['səʊʃəlaɪz] *v.* 使社会化, 使社会主义化
4. transcend [træn'send] *vt.* 超越, 胜过
5. strive [straɪv] *v.* 努力, 奋斗, 力争, 斗争 strive to do sth 努力去做某事

生活是由自己创造的。而且,人人都享有创造生活的权利。但如今,人们

总是说自己没有能力描绘他们渴望的生活。实际上,他们忽视了一个根本的事实——决定我们成功与失败的并不在于任何外部条件,而在于我们是否有实现自己心中热望的信心与积极性。

无疑,这种挑战就是如何创造并掌握自己的生活。一旦你明白自己是生活的创造者,那么你就可以按照自己的选择与希望来创造生活。在这里,你将会学到如何承担责任与发挥无限潜能,它们会带你走进你想要的生活,并教会你如何主宰生活。

承担责任指的是要认可自己应承担的责任,并了解自己对周围环境所产生的影响和作用。这就意味着,你要对自己的行为负责,要完全承担由自己的行为所造成的一切后果。

学会承担责任,能够使你不断前进,创造更美好的未来。我知道一个叫玛丽的女子,她勇于向命运挑战的事迹一直让我备受鼓舞。玛丽出生在古巴,两岁时,举家搬迁到迈阿密。他们的生活极度贫困,所住的地方是迈阿密的危险地区,犯罪和毒品已泛滥成灾。然而,玛丽在她仅八岁时就立志要干出一番事业,而不甘心只当个女佣或是当地超市的收银员。为此,她每天准



时上学,从不旷课,有时甚至不得不从那些醉倒在家门口的酒鬼身上跨过去。

最终,玛丽离开了迈阿密,并获得了很好的教育,她的音乐天赋也得到发展。玛丽本可以向命运屈服、埋怨自己的父母或是当地的文化状况,也可以完全拒绝承担任何责任。然而,玛丽还是承担了自己的责任并且创造了值得自己骄傲的生活。

承担责任是每一个成年人的必修课。如果你还没有学会承担责任,现在还不晚。记住,生活会为你提供许许多多的机会让你学会承担责

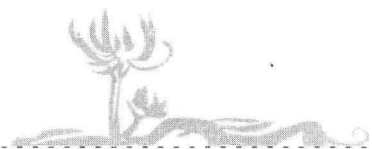
任。

最后一课便是发挥无限潜能,你必须学会这一点。无论你想成为什么样的人或是做什么样的事情,并没有明确的界线来限制你。如果你相信自己的进步是永无止境的,自己的发展潜力也是无穷无尽的,那么你就学会了这一课。

从来到人世的那天起,你就应该知道潜能是无限的。然而,随着你慢慢地成长,逐渐融入社会,你或许会怀疑有种种障碍在阻止你实现心中既定的精神、情感和思想上的最高目标。然而,这些障碍只存在于你的心里。如果你能超越这些障碍,那么你就学到了发挥无限潜能这一课。

在我小时候,有一位老师(卡蓬夫人)深知这一课的重要性。她时时提醒我们:只要下定决心,我们就能做到任何事情——无论它们看起来是无法实现的,还是受到重重阻碍的。我真心希望世上每所学校都能有一位像卡蓬夫人一样的老师,这样,我们的孩子就能够懂得他们身上所拥有的非凡才能与力量,而且会努力实现自己心中的目标。

在这个世界上,人们一次又一次地证明了这样一个道理:世上无难事,只怕有心人。



不必抱怨环境的恶劣,也不必嗟叹命运的不济,生活是由我们自己打造的,只要我们敢于承担责任,发挥自己的无限潜能,我们就能走进自己想要的生活,并成为生活的主宰者。否则,就只能永远成为生活的失败者。





## 弟弟的奇迹

A Brother's Miracle

Tess was a **precocious**<sup>1</sup> eight-year-old when she heard her Mom and Dad talking about her little brother, Andrew. All she knew was that he was very sick and they were completely out of money. They were moving to an apartment complex next month because Daddy didn't have the money for the doctor's bills and our house. Only a very costly surgery could save him now and it was looking like there was no one to loan them the money. She heard Daddy say to her tearful Mother with whispered desperation, "Only a miracle can save him now."

Tess went to her bedroom and pulled a glass jelly jar from its hiding place in the closet. She poured all the change out on the floor and counted it carefully. Three times, even. The total had to be absolutely exact. No chance here for mistakes. Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way six blocks to the **pharmacy**<sup>2</sup> with the big red Indian Chief sign above the door.

She waited patiently for the pharmacist to give her some attention but he was too busy at this moment. Tess twisted her feet to make a scuffing noise. Nothing. She cleared her throat with the most disgusting sound she could muster. No good.

Finally she took a quarter from her jar and banged it on the glass counter. That did it! "And what do you want?" the pharmacist asked in an annoyed tone of voice. "I'm talking to my brother from Chicago whom I haven't seen in ages," he said without waiting for a reply to his question.

"Well, I want to talk to you about my brother," Tess answered back in the same annoyed tone. "He's really, really sick and I want to buy a miracle."

"I beg your pardon?" said the pharmacist.

“His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So how much does a miracle cost?”

“We don’t sell miracles here, little girl. I’m sorry but I can’t help you.” the pharmacist said, softening a little.

“Listen, I have the money to pay for it. If it isn’t enough, I will get the rest. Just tell me how much it costs.”

The pharmacist’s brother was a well dressed man. He stooped down and asked the little girl, “What kind of a miracle does your brother need?”

“I don’t know,” Tess replied with her eyes welling up. “I just know he’s really sick and Mommy says he needs an operation. But my Daddy can’t pay for it, so I want to use my money.”

“How much do you have?” asked the man from Chicago.

“One dollar and eleven cents,” Tess answered barely audibly. “And it’s all the money I have, but I can get some more if I need to.”

“Well, what a **coincidence**,” smiled the man. “A dollar and eleven cents, the exact price of a miracle for little brothers.”

He took her money in one hand and with the other hand he grasped her mitten and said “Take me to where you live. I want to see your brother and meet your parents. Let’s see if I have the kind of miracle you need.”

That well dressed man was Dr. Carlton Armstrong, a surgeon, specializing in **neurosurgery**<sup>4</sup>. The operation was completed without charge and it wasn’t long until Andrew was home again and doing well.

Mom and Dad were happily talking about the chain of events that had led them to this place. “That surgery,” her Mom whispered. “was a real miracle. I wonder how much it would have cost.”

Tess smiled. She knew exactly how much a miracle cost: one dollar and eleven cents plus the faith of a little child.

1. precocious [pri'kəʊʃəs] *adj.* 早熟的, 这里指懂事的, 成熟的

2. pharmacy ['fɑ:məsi] *n.* 药房, 药剂学

3. coincidence [kəu'insidəns] *n.* 一致, 相合, 同时发生或同时存在(尤指偶然)的事

4. neurosurgery [ˌnjuərəʊ'sə:dʒəri] *n.* 神经外科