



拥抱自然 思考社会 回归常识 丰盈自我
影响人类的伟大思想

— 企鹅人文经典 —

沉思录

Meditations

[古罗马] 马可·奥勒留

伟大的思想家用简洁的文字，带给人类最伟大的思想启迪；
我们用简单的方法，走近这些卓尔不群的人物，
聆听他们振聋发聩的声音。

英汉对照
参悟人文经典
熟记3000生词
难词注释

中国出版集团公司
中国对外翻译出版有限公司

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企鵝人文經典

沉思录

Meditations

· 英汉对照 ·

[古罗马] 马可·奥勒留 著

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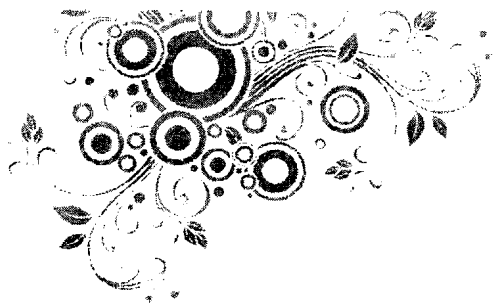


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沉思录

Meditations



Book One

1. *Courtesy*¹ and *serenity*² of temper I first learnt to know from my grandfather Verus.
2. *Manliness*³ without *ostentation*⁴ I learnt from what I have heard and remember of my father.
3. My mother set me an example of *piety*⁵ and generosity, *avoidance*⁶ of all *uncharitableness*⁷ — not in actions only, but in thought as well — and a *simplicity*⁸ of life quite unlike the usual habits of the rich.
4. To my great-grandfather I owed the advice to *dispense*⁹ with the education of the schools and have good masters at home instead — and to realize that no expense should be *grudged*¹⁰ for this purpose.
5. It was my tutor who *dissuaded*¹¹ me from *patronizing*¹² Green or Blue* at the races, or Light or Heavy† in the ring; and encouraged me

* The colours of the rival charioteers in the Circus. Roman enthusiasm for these races was unbounded; successful drivers earned large fortunes and became popular idols.

† In one form of gladiatorial combat (the 'Thracian') the opponents were armed with light round bucklers; in another (the 'Samnite') they carried heavy oblong shields.

卷 一

Notes

- 1 courtesy ['kɜ:tisi]
n. 谦恭有礼
- 2 serenity [sə'reniti]
n. 宁静; 心平气和
- 3 manliness
[ˈmænlinis] n. 刚毅, 男子气概
- 4 ostentation
[ɒsten'teɪʃən] n. 炫耀, 卖弄
- 5 piety ['paiəti] n. 虔诚, 虔敬
- 6 avoidance
[ə'vɔɪdəns] n. 避开, 避免
- 7 uncharitableness
[ʌn'tʃærɪtəblnis] n. 不宽厚
- 8 simplicity
[sɪm'plisiti] n. 简单, 朴素
- 9 dispense
[dis'pens] v. 摒弃
- 10 grudge [grʌdʒ] v. 吝惜, 不愿意做
- 11 dissuade [dɪ'sweɪd]
v. 劝(某人)勿做某事, 劝阻
- 12 patronize
['pætrənaɪz] v. 以高人一等的态度对待

1. 从祖父维鲁斯身上, 我首先学会了谦恭有礼和心平气和。

2. 从别人对父亲的描述和我对他的回忆中, 我学会了毫不卖弄的阳刚之气。

3. 母亲为我树立了典范: 虔诚宽仁, 不仅在行为上, 更从思想上避免冷酷无情; 生活简朴, 与有钱人的习惯截然不同。

4. 遵从曾祖父的劝告, 我摒弃了学校教育, 择名师授业于家, 并且认识到为此应该不吝惜金钱。

5. 我的导师劝诫我, 要不偏不倚地对待赛场中蓝方或绿方^①的御车手, 对待角斗场上手执轻盾或重盾^②的角斗士; 他还勉励我不要对工作

① 指古罗马竞技场上参赛双方的战车御手身着的服饰颜色。罗马人对这种比赛的热情是无限的; 获胜的选手会赢得大笔奖金, 并成为公众的偶像。

② 在角斗士比赛中, 色雷斯人一方的选手佩戴圆形轻盾, 萨姆尼人一方佩戴椭圆形重盾。

not to be afraid of work, to be *sparing*¹ in my wants, attend to my own needs, mind my own business, and never listen to gossip.

6. Thanks to Diognetus, I learnt not to be absorbed in trivial pursuits; to be sceptical of wizards and wonderworkers with their tales of spells, *exorcisms*², and the like; to *eschew*³ *cockfighting*⁴ and other such distractions; not to resent outspokenness; to familiarize myself with philosophy, beginning with Bacchius and going on to Tandasis and Marcian; to write compositions in my early years; and to be *ardent*⁵ for the plank-and-skin pallet and other *rigours*⁶ of the Greek discipline.

7. From Rusticus I derived the notion that my character needed training and care, and that I must not allow myself to be led astray into a sophist's enthusiasm for *concocting*⁷ *speculative*⁸ treatises, edifying homilies, or imaginary sketches of The *Ascetic*⁹ or The *Altruist*¹⁰. He also taught me to avoid rhetoric, poetry, and verbal conceits, affectations of dress at home, and other such *lapses*¹¹ of taste, and to imitate the easy *epistolary*¹² style of his own letter written at Sinuessa to my mother. If anyone, after falling out with me in a moment of temper, showed signs of wanting to make peace again, I was to be ready at once to meet them half-way. Also I was to be accurate in my reading, and not content with a mere general idea of the meaning; and not to let myself be too quickly convinced by a *glib*¹³ tongue. Through him, too, I came to know Epictetus's *Dissertations*, of which he gave me a copy from his library.

8. Apollonius impressed on me the need to make decisions for

Notes

- 1 sparing ['speəriŋ]
a. 节约的, 有节制的
- 2 exorcism
['eksɔ:sizəm] n.
驱邪, 伏魔
- 3 eschew [is'tʃu] v.
(尤指为道德或实际理由而) 习惯性避开, 回避
- 4 cockfighting
['kɒkfaitɪŋ] n. 斗鸡
- 5 ardent ['ɑ:dənt] a.
热情的, 热烈的
- 6 rigour ['rɪgə] n. 严谨, 严密
- 7 concoct [kən'kɒkt]
v. 编造, 捏造
- 8 speculative
['spekjulətɪv] a.
投机性的
- 9 ascetic [ə'setɪk]
n. 禁欲主义者
- 10 altruist ['æltruɪst]
n. 利他主义者
- 11 lapse [læps] n. 堕落
- 12 epistolary
['ɪpɪstələri] a. 书信的, 书信体的
- 13 glib [glɪb] a. 油腔滑调的

心怀畏惧, 要克制自己的欲望, 注重自己的基本需求, 专注自己的工作, 绝不听信流言蜚语。

6. 感谢狄奥格奈特, 他让我懂得不能沉溺于琐事; 不能轻信术士和魔术师关于符咒、驱魔术之类的无稽之谈; 不要染指斗鸡或其他类似的消遣; 不要对耿直忠言愤懑不已; 要熟读哲学著作, 先读巴克切斯的作品, 继之以坦达西斯和马西安的作品; 年少时就要开始写作; 要贴身睡在简陋的木板床上却乐此不疲, 并热衷于施行希腊哲学中其他的清规戒律。

7. 卢斯提库斯使我认识到: 我的性格需要锤炼和呵护; 绝不让自己被引入歧途, 像个诡辩者那样, 热衷于编造投机取巧的论著, 创建说教或写作虚构的禁欲主义或利他主义短文。他还让我避开修辞学、诗歌, 避免用矫揉造作的言辞, 不要在家中穿着华服装模作样, 或者做出别的没有品位的事情; 而应该学习用清新自然的书信体文风, 就像他在西努埃萨时写给我母亲的信件那样。如果有人一怒之下与我发生口角, 但凡他有想和解的表示, 我应当准备随时与之冰释前嫌。还有, 读书务求甚解, 不能满足于懂得大概意思, 也不能轻易被如簧巧舌说服。在他的帮助下, 我还逐渐了解了埃皮克提图所著的《论文集》。这本书是老师从自己的藏书里拿出来送给我的。

8. 阿波罗尼斯教导我: 凡事要乾坤独断,

myself instead of depending on the hazards of chance, and never for a moment to leave reason out of sight. He also schooled me to meet *spasms*¹ of acute pain, the loss of my son, and the *tedium*² of a chronic *ailment*³ with the same unaltered *composure*⁴. He himself was a living proof that the fieriest energy is not incompatible with the ability to relax. His *expositions*⁵ were always a model of *clarity*⁶; yet he was evidently one who rated practical experience and an *aptitude*⁷ for teaching philosophy as the least of his accomplishments. It was he, moreover, who taught me how to accept the pretended favours of friends without either lowering my own self-respect or giving the impression of an unfeeling indifference.

9. My debts to Sextus include kindness, how to rule a household with paternal authority, the real meaning of the Natural Life, an unselfconscious dignity, an intuitive concern for the interests of one's friends, and a good-natured patience with *amateurs*⁸ and *visionaries*⁹. The *aptness*¹⁰ of his courtesy to each individual lent a charm to his society more potent than any flattery, yet at the same time it exacted the complete respect of all present. His manner, too, of determining and *systematizing*¹¹ the essential rules of life was as comprehensive as it was methodical. Never displaying a sign of anger nor any kind of emotion, he was at once entirely *imperturbable*¹² and yet full of kindly affection. His approval was always quietly and *undemonstratively*¹³ expressed, and he never paraded his *encyclopaedic*¹⁴ learning.

10. It was the critic Alexander who put me on my guard against unnecessary fault-finding. People should not be sharply corrected

Notes

- 1 spasm ['spæzəm]
n. (感情或反应等的) 突发, 阵发
- 2 tedium ['ti:diəm]
n. 冗长, 单调乏味
- 3 ailment ['eilmənt]
n. 疾病 (尤指慢性病), 不适
- 4 composure
[kəm'pəʊʒə] n.
镇静, 沉着
- 5 exposition
[ekspə'ziʃən]
n. 论著, 阐述
- 6 clarity ['klærɪti]
n. 清晰
- 7 aptitude
['æptɪtju:d] n. (学习方面的) 才能, 资质, 天资
- 8 amateur ['æmətə]
n. 业余者, 门外汉
- 9 visionary ['vɪʒənəri]
n. 空想家
- 10 aptness ['æptnis]
n. 倾向, 才能
- 11 systematize
['sɪstɪmətaɪz] v. 使系统化, 使成体系
- 12 imperturbable
[ɪmpə'tə:bəl] a.
不易激动的, 沉着的, 镇静的
- 13 undemonstratively
[ʌndɪ'mɒnstreɪtɪvli]
ad. 含蓄地, 内敛地
- 14 encyclopaedic
[ɪn,sʌɪkləu'pi:dɪk]
a. 如百科全书的, 渊博的

切莫心存侥幸, 始终不忘理性地思考问题。他还教导我以不变应万变, 沉着应对突如其来的阵阵剧痛、丧子之痛和慢性病的折磨。精力最充沛的人也需兼具放松心态的能力, 他自己就是个活榜样。他的论著向来条理清晰, 堪称典范; 然而, 他却显然把丰富的实践经验和教授哲学的天赋看成自己最微不足道的成就。他还教会我如何面对友人的虚情假意, 既不有损自尊又不给别人留下冷漠的印象。

9. 承蒙塞克司图斯先生的教诲, 我学会了善良仁慈, 以父式权威治家, 懂得了合乎自然的生活真谛, 浑然天成的尊严, 真诚为朋友利益着想, 对待门外汉和空想家要耐心和蔼。他对任何人都以礼相待, 在人际交往中, 这种有礼貌的举止比任何恭维话都更有效地增添他的人格魅力, 同时也使在场的所有人都对他怀有十足的敬意。在确定自己生活要义并使之系统化的时候, 他的方法不仅全面而且有条不紊。他从不流露愤怒或者其他强烈情绪, 他脸上不露声色, 内心却充满柔情。他总是以平和内敛的方式表示赞许, 从不炫耀自己渊博的学识。

10. 批评家亚历山大提醒我不要吹毛求疵。人们语法不好, 说话带着乡音, 发音错

for bad grammar, **provincialisms**¹, or mispronunciation; it is better to suggest the proper expression by **tactfully**² introducing it oneself in, say, one's reply to a question or one's **acquiescence**³ in their sentiments, or into a friendly discussion of the topic itself (not of the diction), or by some other suitable form of reminder.

11. To my mentor Fronto I owe the realization that malice, **craftiness**⁴, and **duplicity**⁵ are the **concomitants**⁶ of absolute power; and that our patrician families tend for the most part to be lacking in the feelings of ordinary humanity.

12. Alexander the **Platonist**⁷ cautioned me against frequent use of the words 'I am too busy' in speech or correspondence, except in cases of real necessity; saying that no one ought to shirk the obligations due to society on the excuse of urgent affairs.

13. Catulus the Stoic counselled me never to make light of a friend's **rebuke**⁸, even when unreasonable, but to do my best to restore myself to his good graces; to speak up readily in **commendation**⁹ of my instructors, as we read in the memoirs of Domitius and Athenodotus; and to cultivate a genuine affection for my children.

14. From my brother Severus I learnt to love my relations, to love the truth, and to love justice. Through him I came to know of Thrasea, Cato, Helvidius, Dion, and Brutus, and became acquainted with the conception of a community based on equality and freedom of speech for all, and a **monarchy**¹⁰ concerned primarily to uphold the liberty of the subject. He showed me the need for a fair and **dispassionate**¹¹ appreciation of philosophy, an addiction to good works, open-

Notes

- 1 provincialism
[prə'vinʃəlizəm]
n. 方言, 乡音
- 2 tactfully
['tæktfəli] *ad.* 巧妙地
- 3 acquiescence
[ækwi'esəns]
n. 默许, 默认
- 4 craftiness
['kræftinis] *n.* 狡诈
- 5 duplicity
[dju'plisəti] *n.*
口是心非
- 6 concomitant
[kən'kɒmitənt]
n. 伴生物
- 7 Platonist
['pleitənist] *n.* 柏拉图学派的人, 柏拉图主义者
- 8 rebuke [ri'bjʊ:k]
n. 非难, 责难
- 9 commendation
[kəmən'deiʃən]
n. 赞扬
- 10 monarchy
['mɒnəki] *n.* 君主统治, 君主制度
- 11 dispassionate
[dis'pæʃənət] *a.*
客观的, 公正的, 不带偏见的

误, 纠正他们时态度不要严厉, 最好以巧妙的方式建议他们使用某一恰当的表达方法, 例如, 通过回答他们的问题, 对其观点表示默许, 或者就某一话题本身(而不是措词)展开友好讨论, 或者用其他适当的方式加以提醒。

11. 我的导师佛隆托使我认识到, 心怀恶意、诡计多端、口是心非皆是绝对权力的伴生物; 而我们那些达官显贵偏偏大多缺乏普通人的情感。

12. 柏拉图主义者亚历山大告诫我, 说话和写信切忌频繁使用“我太忙了”这样的字眼, 除非确有必要; 他认为, 任何人都不应该以忙于急务为借口, 逃避对社会应尽的义务。

13. 斯多葛派哲学家卡图卢斯劝告我, 即便友人的批评颇为不近情理, 也不要轻视它, 而应该竭力设法挽回对方的好感; 要欣然地高声赞扬我的导师们, 就像我们在多米提乌斯和雅特洛多图斯的回忆录中读到的那样; 要培养跟子女的真挚情感。

14. 从我的兄弟塞维鲁斯身上, 我学会了热爱家人、热爱真理、热爱正义。在他的帮助下, 我逐渐熟悉了特拉塞亚、卡托、赫尔维狄乌斯、狄昂、布鲁图斯, 也逐渐熟悉了这样的概念: 一个建立在全民平等、言论自由基础之上的社会和一个以维护臣民自由为第一要务的君主制。他让我懂得要以公平客观的态度评价

handedness, a *sanguine*¹ temper, and confidence in the affection of my friends. I remember, too, his *forthrightness*² with those who came under his *censure*³, and his way of leaving his friends in no doubt of his likes and dislikes, but of telling them *plainly*⁴.

15. Maximus was my model for self-control, *fixity*⁵ of purpose, and cheerfulness under ill-health or other misfortunes. His character was an admirable combination of dignity and charm, and all the duties of his station were performed quietly and without fuss. He gave everyone the conviction that he spoke as he believed, and acted as he judged right. *Bewilderment*⁶ or *timidity*⁷ were unknown to him; he was never hasty, never *dilatory*⁸; nothing found him at a loss. He indulged neither in *despondency*⁹ nor forced *gaiety*¹⁰, nor had anger or jealousy any power over him. Kindliness, sympathy, and *sincerity*¹¹ all contributed to give the impression of a *rectitude*¹² that was *innate*¹³ rather than *inculcated*¹⁴. Nobody was ever made by him to feel inferior, yet none could have presumed to challenge his preeminence. He was also the possessor of an agreeable sense of humour.

16. The qualities I admired in my father* were his *lenience*¹⁵, his firm refusal to be diverted from any decision he had deliberately reached, his complete indifference to meretricious honours; his industry, perseverance, and willingness to listen to any project for the common good; the unvarying insistence that rewards must depend on merit; the expert's sense of when to tighten the reins and when to relax them; and the efforts he made to suppress *pederasty*¹⁶.

* Not his natural father Annius Verus, but the emperor Antoninus Pius, his adoptive father.

Notes

- 1 sanguine
[ˈsæŋɡwɪn] *a.* 充满希望的, 乐观的
- 2 forthrightness
[ˈfɔːθraɪtnɪs] *n.* 直截了当, 不拐弯抹角的行为
- 3 censure [ˈsenʃə] *n.* 指责, 批评
- 4 plainly [ˈpleɪnli]
ad. 直率地
- 5 fixity [ˈfiksɪti] *n.* 坚定
- 6 bewilderment
[biˈwɪldəmənt]
n. 困惑
- 7 timidity [tɪˈmɪdɪti]
n. 胆怯
- 8 dilatory [dɪlətəri]
a. 拖拖拉拉的, 延误的
- 9 despondency
[dɪˈspɒndənsi]
n. 沮丧, 泄气
- 10 gaiety [ˈgeɪti]
n. 快乐, 高兴
- 11 sincerity [sɪnˈserɪti]
n. 真实, 诚挚
- 12 rectitude
[ˈrektɪtʃud] *n.* 品行端正, 诚实正直
- 13 innate [ɪˈneɪt] *a.* 天生的, 固有的
- 14 inculcate
[ɪnˈkʌlkeɪt] *v.* 反复灌输; 谆谆教导
- 15 lenience [lɪnˈjəns]
n. 宽大, 仁慈
- 16 pederasty
[ˈpedərəɛsti] *n.* (男子与男童间的) 鸡奸, 男色关系

哲学, 乐善好施、慷慨大方、乐观向上, 要对友情深信不疑。我还记得, 他批评别人不拐弯抹角, 对朋友不隐瞒自己的好恶, 总是直言相告。

15. 马克西姆斯自制力强, 意志坚定, 无论是身体欠佳, 还是身陷不幸, 他总是开朗达观, 堪为我的榜样。他品格高贵富于魅力, 二者极好地融为一体。他不声不响地守职尽责, 从不大惊小怪。他让每个人坚信, 他心口如一, 认为正确的事情就必定付诸行动。他从不困惑或胆怯, 从不手忙脚乱、拖拖拉拉, 做任何事情都心中有数。他不会任凭自己垂头丧气或是强作欢颜, 也不会被愤怒、嫉妒或其他情绪所左右。他心地善良, 富有同情心, 待人真诚, 给人一派谦谦君子的印象, 这种气质是天生的, 绝非后天教诲而成。人们在他面前从不觉得低人一等, 也没人胆敢挑战他的卓尔不群。他也颇具幽默感, 为人和蔼可亲。

16. 父亲^①身上的优秀品质令我十分敬仰。他宽厚仁慈, 决策谨慎, 一旦决定就恪守不移, 对虚名浮利毫不动心; 他勤于政务, 坚韧不拔, 从善如流; 他始终不渝地坚持论功行赏; 他治国如高超的御手, 深谙张弛之道; 他禁止鸡奸行为, 不遗余力。

① 此处不是指他的亲生父亲, 而是指他的养父, 古罗马皇帝安东尼·皮乌斯。

He was aware that social life must have its claims: his friends were under no obligation to join him at his table or attend his progresses, and when they were detained by other engagements it made no difference to him. Every question that came before him in council was painstakingly and patiently examined; he was never content to dismiss it on a cursory first impression. His friendships were enduring; they were not *capricious*¹ and they were not *extravagant*². He was always equal to an occasion; cheerful, yet long-sighted enough to have all his dispositions *unobtrusively*³ perfected down to the last detail. He had an ever-watchful eye to the needs of the Empire, *prudently*⁴ conserving its resources and putting up with the criticisms that resulted. Before his gods he was not *superstitious*⁵; before his fellowmen he never *stooped*⁶ to bid for popularity or *woo*⁷ the masses, but pursued his own calm and steady way, *disdaining*⁸ anything that savoured of the *flashy*⁹ or new-fangled. He accepted without either *complacency*¹⁰ or *compunction*¹¹ such material comforts as fortune had put at his disposal; when they were to hand he would avail himself of them frankly, but when they were not he had no regrets.

Not a vestige of the casuist's quibbling, the lackey's pertness, the pedant's over-scrupulosity could be charged against him; all men recognized in him a mature and finished personality, that was *impervious*¹² to flattery and entirely capable of ruling both himself and others. Moreover, he had a high respect for all genuine philosophers; and though *refraining*¹³ from criticism of the rest, he preferred to dispense with their guidance. In society he was

Notes

- 1 capricious
[kə'prɪjəs] *a.* 变化无常的
- 2 extravagant
[ɪks'trævɪɡənt]
a. 过度的, 过分的
- 3 unobtrusively
[ʌnəb'tru:sɪvli]
ad. 不引人注目地, 不露声色地
- 4 prudently
['pru:dəntli] *ad.*
谨慎地
- 5 superstitious
[sju:pə'stɪʃəs]
a. 迷信的
- 6 stoop [stu:p] *v.* 屈尊, 屈从
- 7 woo [wu:] *v.* 拉拢
- 8 disdain [dis'deɪn]
v. 蔑视, 藐视
- 9 flashy ['flæʃɪ]
a. 俗丽的, 浮华的
- 10 complacency
[kəm'pleɪsənsɪ] *n.*
自鸣得意
- 11 compunction
[kəm'pʌŋkʃən] *n.*
内疚, 惴惴不安
- 12 impervious
[ɪm'pɜ:vɪəs] *a.* 无动于衷的, 不受影响的
- 13 refrain [rɪ'freɪn]
v. 克制

父亲意识到社交生活必须有其自身要求：他的朋友没有义务陪他吃饭或陪他出巡，每逢人家有约在先，无法陪王伴驾，他从不计较。讨论国事时，每个呈报御前的议题，必经过耐心缜密的研究。他从不仅凭粗略的第一印象草率行事。他的友情隽永持久，既不变化无常，也不滥用无度。他在任何场合都恰如其分，兴致盎然又颇具远见，能不露声色地将自己的部署逐一完善到每个细节。他对帝国的需求始终保持警惕，审慎地节省各种资源，并且忍受着由此带来的种种非议。面对神灵，他不盲目崇拜；面对同胞，他既不屈尊取悦，也不极力拉拢，而是遵循自己平和稳重的一贯风格，藐视昙花一现、新奇花哨的事物。面对命运给他带来的物质享受，他不自鸣得意，也不惴惴不安；能够得到时，他坦诚享用；不能得到时，他也不以为憾。

父亲身上断然见不到诡辩者的吹毛求疵、谄媚者的唐突无礼、迂腐者的顾虑重重；世人公认他的人格成熟而完美，阿谀奉承难动其心，自取及取人都得心应手。此外，父亲对真正的哲学家深怀敬意；而对其他的哲人，他尽管不做品评，但也不愿意向其讨教。在社交场合，他和蔼可亲，风度翩