

美丽 | 英文

给心灵留个出口

The Passage for Spirit

生命之旅的美文精品 人生体验的心灵写照

一本写满爱的哲理故事书。每天读一篇，如同一次心灵的探险。在它的引领下，你将获得一种全新的体验，会让自己的生活更加充实快乐；你会发现创造美好人生并不难，只要善待生活、珍爱生命，给心灵留个出口，让爱的阳光折射进来，每一天都会变得特别。

Beautiful English

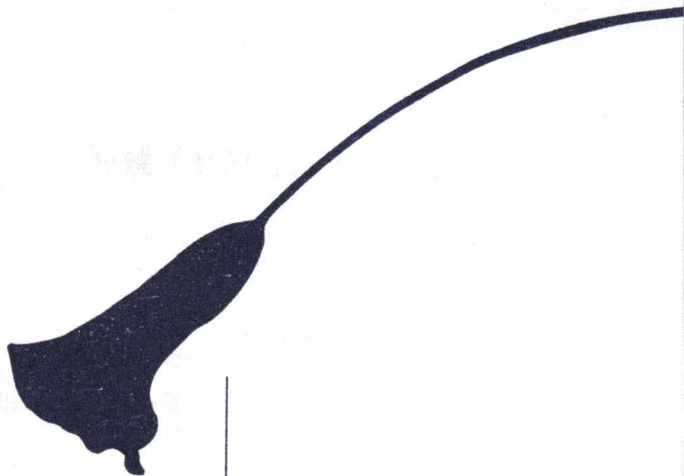
❀ 英汉典藏版 ❀

❀ 本书适用对象：高中生、大学生及对知识仍抱有热望的人们

艾柯 编译



天津教育出版社
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给心灵留个出口

The Passage for Spirit

当生命想与你的心灵窃窃私语，有时，你会没有时间
去聆听……那么砖头就会落到你的头上，提醒你注意！
有两种选择摆在你面前：聆听心灵的声音或者等待
砖头降临！有时你会忽略对别人的爱，那是因为在生
命的道路上行进太快，而无暇考虑是否真的爱他们！

——《生命中的“砖头”》

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Think It Over... 好好想想.....



We have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints;

我们的住房越来越高，情绪却越来越糟；道路越来越宽阔，眼光却越来越狭隘；

We spend more, but have less; we buy more, but enjoy it less;

我们付出的越来越多，得到的却越来越少；我们买到的东西越来越多，享受到的乐趣却越来越少；

We have bigger houses, but smaller families;

我们的房子越来越大，家庭却越来越小；

We have more conveniences, but less time;

我们的生活越来越便利，私有时间却越来越少；

We have more knowledge, but less judgment;

我们的知识越来越丰富，判断能力却越来越弱；

We have more medicine, but less wellness;

医学越来越发达，我们的健康却每况愈下；

We have multiplied our possessions, but reduced our values;

我们不断地聚敛财富，却失去了价值观；

We talk too much, love too little and lie too often;

我们说得太多，爱得太少，谎言太多；



We've been all the way to the moon and back, but have trouble crossing
the street to meet the new neighbor;

我们能往返于地球与月球之间，却不能穿过马路去问候新邻居；

We've conquered outer space, but not inner space;

我们能征服外太空，人类内部却不得安宁；

We have higher incomes, but lower morals.

我们的收入越来越多，道德观念却日益沦丧；

These are times with more liberty, but less joy;

时代更自由了，但我们的快乐时光却日渐减少；

We have more kinds of food, but less nutrition;

我们的食物品种日益繁多，营养却少了；

Two incomes, but more divorce;

双薪家庭增多，但离婚率也攀升了；

Fancier houses, but broken homes.

居室装饰豪华，家庭却破碎了。

That's why I propose, that as of today.

这就是我建议“从今天开始”的原因。

You do not keep anything for a special occasion, because every day
that you live is a SPECIAL OCCASION;

切勿将任何东西为特定的场合而留，因为你生活的每一天都是特别的；

Search for knowledge, read more, sit on your porch and admire the view
without paying attention to your needs;

多读书，获取更多的知识，静坐前廊，用欣赏的眼光享受眼前的美景，且毫无所求；



Spend more time with your family and friends, eat your favorite foods, visit the places you love;

花更多的时间陪伴家人和朋友，吃你喜爱的食物，去你想去的地方；

Life is a chain of moments of enjoyment; not only about survival;
生活是快乐时光串，而不仅仅是为了生存；

Use your crystal goblets. Do not save your best perfume, and use it every time you feel you want it.

用你的珍贵的水晶酒杯吧！不要吝啬喷最好的香水，想用的时候就用！

Remove from your vocabulary phrases like "one of these days" or "someday";

把所谓的“总有一天”或“某天”从你的词库中移除；

Let's write that letter we thought of writing "one of these days"!

“总有一天”要写的信，今天动手就写吧！

Let's tell our families and friends how much we love them;

告诉亲朋好友，我们非常爱他们；

Do not delay anything that adds laughter and joy to your life;

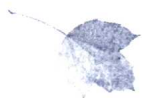
不要拖延任何能给你的生活带来快乐的事情；

Every day, every hour, and every minute is special;

每天、每小时、每分钟都很特别；

And you don't know if it will be your last.

你无法知道是否这是你的最后时刻。



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That "Other Woman" In My Life

生命中的另一位女人

And I know it's your voice telling me in these changing times

the best thing we can give our children is love,

because love is eternal and love doesn't die.

So long for now, and thank you from all of us.

您曾告诉我，在这个瞬息

万变的时代，我们能留给孩子最好的东西就是爱，

因为爱是永恒的、不朽的。就此停笔了，

再见，我们衷心感谢的妈妈。



第

一

卷



女儿对母亲的感谢

A Daughter Thanks Her Mother

Dear Mum,
I haven't written many letters to you before, as we've almost always been able to just pick up the phone and have a chat, so it's hard to know how to start.

Of course, all the usual things apply — we all miss you and hope you're all right wherever you are.

When you left us, it took a little while for it to sink in that I would never see you again. I guess it was a bit like you being away on a trip or those times when we didn't find the time to even speak on the phone for a week or so.

I realize now there are too many things left unsaid — as everyone always says — and too many questions unasked. Silly things really, like yesterday, when I was doing my washing, I wondered how you felt when you got your first automatic washing machine. I can still remember the old machine you had when I was a child. Though, I guess I know the answers to most of the important things about you.

Dad is finding life difficult without you and his loneliness is almost unbearable to me, as there's so little I can do to help him. I think in time he'll find some interests and make a new kind of life. But at the moment he seems only to look forward to the time when he can join you again.

Emily and I are feeling a little better each day and, in a way, your going has brought us closer together. We seem to understand each other better at the moment and maybe eventually we'll have the sort of relationship that really close sisters enjoy.

We've both found strengths in each other over the past weeks, and these are a huge comfort. Perhaps we never needed to look for them before, because we had you to be strong for us.

I guess I'm lucky to have my own children to keep me so busy. I don't

亲爱的妈妈：

以前我很少给您写信，因为我们总能通过电话聊上一会儿，如今真让我写，倒不知如何下笔了。

当然，我可以用一些书信的套话——我们都十分想念您，并希望您永远万事如意。

您离开我们后，我花了好长一段时间来调整自己的心绪，我知道再也见不到您了，那情形就像您要离开我们去旅行，或者像我们一周没通电话了一样。

我现在才感觉到还有好多话要对您说——就像大家常说的那样——太多的问题还没来得及问。其实都是些愚蠢的问题，有关您的许多事情，我大多都清楚。尽管如此，我昨天在洗衣服时就特别想知道您拥有第一台自动洗衣机时的感受。记忆中，您用的那台旧洗衣机仍清晰在目。

没有您，爸爸的日子很难捱，他的孤独几乎让我都无法忍受，我也无能为力。我想，他迟早会重新燃起生命的激情，开始新的生活。但是目前他似乎只是在期待着与您再团聚的那一天。

时日推移，我和埃米莉慢慢好些了，从某种意义上说，您的离去让我们更密切，似乎彼此更了解对方，也许我们姐妹的关系最终会真正亲密起来。

在过去的几个星期里，我们相互鼓励，相互安慰。以前，或许是有您提供精神力量，我们无须从对方身上寻求。

我想，幸好有了自己的孩子，我才可以如此忙碌，不至于有太多时间沉湎于悲伤。但有时，我也



have much time to dwell on my sadness but sometimes I crave the peace to just have a private think about you.

For a couple of weeks after you died, my brain seemed to go crazy, searching through its memory banks for something I could keep in my heart which was special to you and me. One day it came to me — the tour we made of some special garden.

Remember the day it poured with rain the whole time but we were determined to make the most of it? I enjoyed just being with you by myself, without the children clamouring for your attention. The gardens were beautiful despite the rain and you bought me a rose I'd admired for my own garden.

For a while after your death, I expected to feel your presence around me as Dad and Emily seem to do with such ease. When I was out walking, I would look at the sky and wonder whether you could see me, or whether you were with me. At night I wondered whether you'd become a star, as some people believe.

But as time passes, I think I'm closer to finding the truth. You're with me every time I comfort one of the children or try to find the right words to gently chastise them. I listen for your words of wisdom and they come from within me because your greatest gift to me was teaching me how to be a good mother to my own children.

And although you're no longer here with us, I know in times of sadness or pain the children feel their mothers' arms around them just as I sense that I feel your arms around me, too. In years to come I hope your gift to me will be passed to my own children's children. And I know it's your voice telling me in these changing times the best thing we can give our children is love, because love is eternal and love doesn't die. So long for now, and thank you from all of us.

Happy Mother's Day, Mum.

Love,
Carol



渴望能有片刻安宁，让我独自静静地思念您。

您去世后的几周里，我的脑子里一片混乱，在记忆深处不停地搜寻那些对自己和您都很特殊的事。一天，我想起那次我们在一些花园的特殊旅行。

记得那天，下着倾盆大雨，我们还是决定好好玩玩。我喜欢单独与您在一起，没有孩子们的吵闹声分散您的注意力。雨中的花园依然很美，您买了一朵玫瑰送我，我非常喜欢，真希望种在自家的花园里。

您去世后不久，我希望能像爸爸和埃米莉那样，轻松地感受到您就在我的身边。当我外出散步时，常常会仰望蓝天，不知道您是否能看见我，或者与我同行。晚上，我就想，您会不会像某些人的信仰一样，变成一颗星星。

但是，随着时间的流逝，我想差不多找到了那种真实的感觉。在我安慰或者试着找恰当的言语来责备一个孩子时，我觉得您与我同在，您充满智慧的语言会从内心深处传来。因为您教导了我如何成为自己孩子的好妈妈，这是您留给我的最珍贵的礼物。

虽然您已不再和我们一起生活了，但我知道痛苦和悲伤时，孩子们仍能感受到母亲怀抱的温暖，就像我能感觉到您拥抱着我一样。在未来的日子里，我希望将您留给我的礼物传给自己的子孙。您曾告诉我，在这个瞬息万变的时代，我们能留给孩子最好的东西就是爱，因为爱是永恒的、不朽的。就此停笔了，再见，我们衷心感谢的妈妈。

母亲节快乐，妈妈！

爱您的，
卡罗尔

