



第三篇 励 志 篇

50

有志者、事竟成

Where There is a Will, There is a Way

【心灵感悟】

“Where there is a will, there is a way”，多么熟悉的话语，多么简单的句子，可是实现起来也如此轻松吗？答案是否。

《有志者、事竟成》告诉我们：成功的要诀是一个坚强的意志。也就是说，如果一个人没有坚强意志去获得最后的胜利，他终其一生永远不会成功。“锲而舍之，朽木不折；锲而不舍，金石可镂”，这不也说明了意志的重要性吗？

“世上无难事只怕有心人”，只要我们定下目标，并愿意为之而努力不懈，我相信我们一定会成功的！

第三篇
励志篇

137

【英语原文】

The secret of success is not so much money as a strong will. A great man is one who has a strong will and an indomitable spirit. In other words, if a man does not have a strong will to win the final victory, he will never succeed in his life. He is no more than a failure.

It is quite obvious that there is no difficult thing in the world. If you make up your mind to do it, you will certainly accomplish your end. That stands to reason.

【参考翻译】

成功的要诀不是金钱而是坚强的意志。一个伟大的人是一个具有坚强意志和不屈不挠精神的人。换句话说，如果一个人没有坚强意志去获得最后的胜利，他终其一生永远不会成功。他只不过是一个失败者。

很显明，世界上并没有难事。如果你下定决心去做它，你一定会达到目的。那是显而易见的。

51

生命的拼搏 Life Struggle

【心灵感悟】

在生活中,我们可能会遇到艰难险阻,但是我们不能退缩,而是应该坦然面对,只有经历了各种磨难,我们才会不断成长,不断使自己变得更加强大;否则,如果面对困难我们时时逃避,或者总是期望奇迹发生,那么我们永远得不到成长,正如未破茧便成蝶的蝴蝶一样,缺乏克服困难的力量,我们永远飞不起来。

所以,遭遇困难并不是坏事,我们不能望而却步,相反,我们应该把它当成是磨炼自己的机会,因此,请珍惜生活中的每次磨难,不断拼搏,使自己变得更加强大。

The Footprints
of Life
生命的足迹

138

【英语原文】

Once upon a time in a land far away, there was a wonderful old man who loved everything. Animals, spiders, insects...

One day while walking through the woods the nice old man found a cocoon of a butterfly. He took it home.

A few days later, a small opening appeared; he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no farther.

Then the man decided to help the butterfly, so he took a pair of scissors and snipped off the remaining bit of the cocoon.

The butterfly then emerged easily.

But it had a swollen body and small, shriveled wings. The man continued to watch the

butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings.

It was never able to fly.

What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were Nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If we were allowed to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been.

And we could never fly.

【参考翻译】

从前,在一个非常非常遥远的国度,有一位心地善良的老人。他喜爱一切东西,动物、蜘蛛、昆虫。

一天,这位善良的老人在树林里散步的时候,发现了一个蝴蝶的茧。他把茧带回了家。

几天后,茧裂开了一道小缝。老人几小时地坐在那里,看着蝴蝶挣扎着让自己的身体从小缝中挤出来。后来,蝴蝶破茧好像停了下来,没有什么进展了。看来蝴蝶好像是撑到了最后,再也不可能前进了。

看到这里,老人决定帮助蝴蝶。于是他找出一把剪刀,把茧剩余的部分剪破了。

这样,蝴蝶就轻易地从茧中脱出来了。

但是,蝴蝶的身子肿胀着,翅膀又小又皱。老人继续观察着蝴蝶,因为他期望着这样一个时刻的到来:蝴蝶的翅膀会变大,大到能支持它的身体,而蝴蝶的身体届时也会缩小。可是什么也没有发生。事实上,这只蝴蝶的余生中就只能拖着臃肿的身体和萎缩的翅膀爬来爬去了。

它永远也不能飞起来了。

在好心和匆忙间,老人并不理解,蝴蝶破茧而出时需要的那种束缚和挣扎其实是大自然用来将蝴蝶的体液挤到翅膀中的方法,这样,蝴蝶一旦能从茧中脱出,就能准备好飞翔了。

有时候,挣扎正是我们生活中所需要的。毫无障碍地走过一生,这会使我们软弱。我们就不可能变得强壮。

重要的是,我们就不可能腾飞。

52

为生活奋斗 Strive for Life

【心灵感悟】

“人,最宝贵的是生命;它,给予我们只有一次。人的一生,应当这样度过:当他回首往事时,不因虚度年华而悔恨,也不因碌碌无为而羞耻……”为了美好的生活、为了心中的梦想,我们需要不断地奋斗。

我们不能抱着手期待着,皱着眉等待着,那样所有的期望都将会化为泡影。生活就是要奋勇前进。

虽然我们现有的能力是有限的,但是具有的潜能是无限的,我们要充分利用周围的环境,不断学习,掌握大量的信息资源,获得智慧和知识,为以后的困难和挑战做好准备。

要知道真实的生活就是不断地接受生活,面对生活,并为生活奋斗,这样我们才能让自己的人生过得更加充实。

【英语原文】

Knowing that life truly is short and can only be lived once is probably the best line of thinking for inspiration. All humans live on a large planet, filled with exciting new experiences, adventures, knowledge, and a wealth of resources to help one with gaining wisdom and knowledge. To realize this and to allow life to take place in this is to responsibly live life. Are all humans bound for foreign lands, foreign thought, or foreign experiences? No. Should all humans hope to experience foreign lands, foreign thought, and foreign experiences?

Without question. Having a responsible, reasonable, and mature grasp, mentally, of all that is out there to enhance one's experience in life, is one of the greatest blessings one can bestow

upon himself. For knowing that the tools one has through birth need to be used and practiced with; sharpened and prepared for more difficult and challenging use, does one truly and actively approach living life from a strong foundation.

Why should anyone try to live life in a constant motion towards becoming greater, becoming stronger, and becoming wiser and more educated? Why not? For facing life with arms crossed, brow furrowed, and expectation as a rule is, without question, a waste. Living life is all about striving forward. So why not do what one can, utilizing one's God-given tools, to become the greatest individual one can be? Live. Accept. Face. Strive. Truly live.

【参考翻译】

懂得生命短暂,而且只有一次,就会对生活充满热情。人们生活在一个巨大的星球上,每天都充满着新的历程,学到新的知识,掌握到大量的资源,并以此来获得智慧与知识。认识到这一点,并且如此生活,才是有质量的生活。是不是每个人都要去外国、了解外国人的想法、体验外国的生活呢?不是。但是不是每个人都应当有去外国、了解外国人的想法、体验外国的生活的想法呢?

毫无疑问,是的。作为一个有责任心、有理智、有思想、成熟的人,去增长见识无疑是对自己最好的奖赏。因为人天赋的能力应当被使用、被锻炼、被磨砺,为日后所面临的困难和挑战做准备,这就为他积极和真实地面对生活打下坚实的基础。

为什么一个人要变得更伟大、更强壮、更聪明、更有知识呢?为什么不呢?因为如果抱着手、皱着眉对待生活,那么所有的期望都会化为泡影。生活就是要奋勇前进。所以,为什么不好好地利用上帝赋予我们的能力,尽量变成一个最优秀的人呢?生活、接受、面对、奋斗,这就是真实的生活。

53

热爱生命 Love of Life

【心灵感悟】

《热爱生命》讲述了一位美国淘金者在返回的途中被友人抛弃,但仍不放弃生命的故事。看到主人翁对生命的执著与渴望,我们还有什么理由不热爱生命呢?生命只有一次,对于每个人来说都是宝贵的,我们都应该热爱它、珍惜它。在现实生活中,有些人会因为生活的不如意,工作的不顺心而放弃生命,我想说,你都有勇气面对死亡了,怎么就没有勇气面对生存呢?

既然上帝给了我们一次生的权利,我们就应该好好珍惜它。当我们想放弃的时候,就来读读这篇文章,我相信它对你的触动会很大的。

The Footprints
of Life
生命的足迹

142

【英语原文】

That day he decreased the distance between him and the ship by three miles; the next day by two—for he was crawling now as Bill had crawled; and the end of the day found the ship still seven miles away and him unable to make even a mile a day. Still the indian summer held on, and he continued to crawl and faint, turn and turn about; and ever the sick wolf coughed and wheezed at his heels. His knees had become raw meat like his feet, and though he paddled them with the shirt from his back it was a red track he left behind him on the moss and stones. Once, glancing back, he saw the wolf licking hungrily his bleeding trail, and he saw sharply what his own end might be—unless—unless he could get the wolf. Then began as grim a tragedy of existence as was ever played—a sick man that crawled, a sick wolf that limped, two creatures dragging their dying carcasses across the desolation and hunting each other's lives.

Had it been a well wolf, it would not have mattered so much to the man; but the thought of

going to feed the maw of that loathsome and all but dead thing was repugnant to him. He was finicky. His mind had begun to wander again, and to be perplexed by hallucinations, while his lucid intervals grew rarer and shorter.

He was awakening once from a faint by a wheeze close in his ear. The wolf leaped lamely back, losing its footing and falling in its weakness. It was ludicrous, but he was not amused. Nor was he even afraid. He was too far gone for that. But his mind was for the moment clear, and he lay and considered.

The ship was more than four miles away. He could see it quite distinctly when he rubbed the mists out of his eyes. But he could never crawl those four miles. He knew that, and was very calm in the knowledge. He knew that he could not crawl half a mile. And yet he wanted to live. It was unreasonable that he should die after all he had undergone. Fate asked too much of him. And, dying, he declined to die. It was stark madness, perhaps, but in the very grip of Death he defied Death and refused to die.

He closed his eyes and composed himself with infinite precaution. He steeled himself to keep above the suffocating languor that lapped like a rising tide through all the wells of his being. It was very like a sea, this deadly languor, that rose and rose and drowned his consciousness bit by bit. Sometimes he was all but submerged, swimming through oblivion with a faltering stroke; and again, by some strange alchemy of soul, he would find another shred of will and strike out more strongly.

本文作者杰克·伦敦,原名为约翰·格利菲斯·伦敦(John Griffith London),美国著名的现实主义作家。他一生共创作了约50卷作品,其中最为著名的有《野性的呼唤》《海狼》《白牙》《马丁·伊登》和一系列优秀短篇小说《热爱生命》《北方的奥德赛》《马普希的房子》《沉寂的雪原》等。杰克·伦敦在他的短篇小说《热爱生命》中描述的主人公是一个饥寒交迫的淘金者,他在荒原上与一匹病狼遭遇,淘金者最终用强大的生命意志赢得了这场搏斗,放射出生命的光芒。杰克·伦敦没有赋予这位淘金者一个具体的名字,“他”是一个脆弱而又坚韧的抗争者。杰克·伦敦描述这段生命奇迹的意图并不在于塑造一个“强人”,而是着力表现人在绝境中所爆发出来的生命能量。杰克·伦敦用作品和自己的人生经历揭示了这样一种悲剧,即一个人在困境的时候,可以靠梦想坚持下去;而一旦走出困顿获得成功,生命的意义便成为一个问题。苦难可以使人的内心很强大,而成功却能够毁灭一切。

【参考翻译】

这一天,他和那条船之间的距离又缩短了三英里,到了第二天,他又继续缩短了两英里——他现在就和比尔先生先前一样在地上匍匐前进。到了第五天晚上的时候,他发现那条船依然离他还有七英里的距离,而他每天的进程还不到一英里。幸好深秋的天气依然晴朗,他继续爬,一次又一次地晕死过去,可是醒来他又继续往前爬,不停地回头张望着;而那病狼也在不停地咳嗽着,发出艰难的喘息声,可依然紧紧尾随其后。他的膝盖——就和

他的双脚一样——早给磨得血肉模糊，其实他一早就脱下了身上的衬衣裹住了膝盖，可没有用，他一路爬下来，他身后的苔藓和岩石上也就留下了一道触目惊心的血渍。有一次他回头的时候，他看见那头饿狼正贪婪地舔着他的血渍，一时间他清楚地意识到自己的结局——除非——除非他把那头狼给解决掉。就这样，一幕从来没有上演的求生悲剧开始了——病人在前面爬，瘸腿的病狼尾随其后，两个生灵就这样在荒漠里拖着垂死的躯壳，随时准备猎取对方的生命。

如果这是一头健康的狼，他也觉得没什么；可是一想到自己要葬身狼腹，尤其是眼前这头令人作恶、病怏怏的饿狼，他就觉得非常厌恶。要知道他可是一个非常讲究的人。他又开始胡思乱想起来，人也因幻觉影响而变得迷糊。他神志清醒的时间越来越少、越来越短。

有一次他从昏迷中被耳边传来的喘息声惊醒；那只狼很快一跛一跛地跳开，由于身体虚弱，那头狼还失足摔了一跤，那样子可笑极了，可是他却笑不出来。倒不是因为害怕，事情到了这步田地他早就不害怕了。不过，在这瞬间他的脑子很清醒，他躺在地上仔细地思考起来。

那艘船就在离他还不到四英里的地方。他使劲揉了揉眼睛，那艘船清晰的出现在他眼前。可是，他再也爬不完这四英里的路程了，这点他很清楚，因为就算是半英里的路程他也爬不了。可同时他也非常镇静，因为他想活下去。他已经经历了千辛万苦，他不想就这样死掉。命运对他实在太苛刻了，可他就是不愿俯身受死。这是一种近乎疯狂的想法，可就算他无法逃脱死神的魔掌，他仍然要抗争下去，要让自己活下去。

他闭上眼睛，设法使自己平静下来，不敢有丝毫的松懈。令人窒息的疲倦像涨潮一样，从他的身体各处涌来，他还是顽强地打醒精神，不让自己被疲倦淹没。这种要命的疲倦，就像大海的浪涛一样，一浪又一浪地涨过来，一点一点地吞噬着他的意识。有时候，他被完全淹没其中，就这样默默地漂游；而有时候，凭借一种奇异的心灵作用，他又找回了些许精神力量，更加坚毅地前进。

54

永不低头

Hang in There

【心灵感悟】

《永不低头》告诉我们：生活中困难在所难免，最重要的是要挺过艰难的时刻，积极应对种种变故，冲破黎明前的黑暗，你终会看到只属于自己的灿烂阳光。

很多人都认为我们输给了外界环境——是因为我们没有好的条件为我们的成功铺路。可是仔细想想，我们是输给了自己，“坚持就是胜利”，在困难面前，只要我们有勇气面对，所有的障碍都不是问题。在人生的这场游戏中，我们是玩家，游戏的成功与否完全由我们自己决定。

在困难面前我们永不低头，坚持住，不必怀疑，朝阳将为你而升起！

【英语原文】

Difficulties arise in the lives of us all.

What is most important is dealing with the hard times, coping with the changes, and getting through to the other side where the sun is still shining just for you.

It takes a strong person to deal with tough times and difficult choices. But you are a strong person.

It takes courage. But you possess the inner courage to see you through.

It takes being an active participant in your life. But you are in the driver's seat, and you can determine the direction you want tomorrow to go in.

Hang in there... and take care to see that you don't lose sight of the one thing that is constant, beautiful, and true:

Everything will be fine—and it will turn out that way because of the special kind of person you are.

So...beginning today and lasting a lifetime through—Hang in there, and don't be afraid to feel like the morning sun is shining...just for you.

【参考翻译】

生活中困难在所难免。

最重要的是要挺过艰难的时刻,积极应对种种变故,冲破黎明前的黑暗,你终会看到只属于自己的灿烂阳光。

只有强者才能勇敢直面困难时刻,做出艰难抉择。而你正是这样一位强者。

要有勇气。你拥有披荆斩棘的勇气。

你必须在这场游戏人生中积极主动。而且你正在驾驭这场游戏,并决定着自己明天前进的方向。

坚持再坚持,别让你的视野迷失了那不变的美好真理:

一切都会好转的——因为你是如此的与众不同。

因此,从今天开始,到生命的终点——坚持住,不必怀疑,朝阳将为你而升起。

55

一切刚开始

We're Just Beginning

【心灵感悟】

“我们正在读一本书的第一章第一行，这本书的页数是无限的……”，这不禁让我想起了一句话：我们出生的时候就是一张白纸，今后你的人生彩图如何将由自己绘画……

未来是由自己创造的，谁也无法给你绘画人生，除了自己。“往昔已逝，静如止水”，那么为何我们还要活在过去，让这静水在我们的生活中再起波澜？前方如何，需要我們自己去创造，美好的明天不会因为我们的懒惰而五彩缤纷；相反，曾经的白纸也会因为岁月的流逝而留下痕迹。

未来的道路十分漫长，但是每个时刻都是我们的起始点，是否能到达终点关键在于我们是否愿意向前迈步！

【英语原文】

“We are reading the first verse of the first chapter of a book whose pages are infinite…”

I do not know who wrote those words, but I have always liked them as a reminder that the future can be anything we want to make it. We can take the mysterious, hazy future and carve out of it anything that we can imagine, just as a sculptor carves a statue from a shapeless stone.

We are all in the position of the farmer. If we plant a good seed, we reap a good harvest. If our seed is poor and full of weeds, we reap a useless crop. If we plant nothing at all, we harvest nothing at all.

I want the future to be better than the past. I don't want it contaminated by the mistakes and errors with which history is filled. We should all be concerned about the future because that is

where we will spend the remainder of our lives.

The past is gone and static. Nothing we can do will change it. The future is before us and dynamic. Everything we do will affect it. Each day brings with it new frontiers, in our homes and in our business, if we only recognize them. We are just at the beginning of the progress in every field of human endeavor.

【参考翻译】

“我们正在读一本书的第一章第一行,这本书的页数是无限的……”

我不知道是谁写的,可我很喜欢这句话,它提醒我们未来是由自己创造的。我们可以把神秘、不可知的未来塑造成我们想象中的任何模样,犹如雕刻家将未成形的石头刻成雕像。

我们每个人都像是农夫。撒下良种将获得丰收,播下劣种或生满野草便将毁去收成。没有耕耘则会一无所获。

我希望未来比过去更加美好,希望未来不会沾染历史的错误与过失。我们都应举目向前,因我们的余生要用未来书写。

往昔已逝,静如止水;我们无法再做改变。而前方的未来正生机勃勃;我们所做的每一件事都将会影响着它。只要我们认识到这些,无论是在家中还是在工作上,每天我们的面前都会展现出新的天地。在人类致力开拓的每一片领域上,我们正站在进步的起跑点。

56

人在旅途 Takeover

【心灵感悟】

永不放弃,永不止步。读了《人在旅途》后,我脑海中浮现了这句话,人生不就像是一个漫长的旅途吗?

是的,人生就是一个漫长的旅途,为了某个目标而奋斗着,前行着。也许在这个旅途中,会遇到很多挫折、困难,但只要在这些挫折、困难中,你没有放弃,你就会越来越坚强,只有这样人生的旅途才可以完成,你的目标也才可以实现。当然,《人在旅途》也告诉了我们,失败并不可怕,或许失败本身就是你成长必须的经历,可怕的是你在失败面前,放弃了你的旅途,你所追求的目标。

坚强地走下去吧,人生的旅途,永不放弃,永不止步!

第三篇
励志篇

149

【英语原文】

Wherever you are, and whoever you may be,
there is one thing in which you and I are just alike at this moment,
and in all the moments of our existence. We are not at rest; we are on a journey.
Our life is a movement, a tendency, a steady, ceaseless progress towards an unseen goal.
We are gaining something, everyday. Even when our position and our character seem to
remain precisely the same,
they are changing. For the mere advance of time is a change.
It is into the same thing to have a bare field in January and in July. The season makes the
difference.
The limitations that are childlike in the child are childish in the man.

Everything that we do is a step in one direction or another.

Even the failure to do something is in itself a deed.

It sets us forward or backward.

The action of the negative pole of a magnetic needle is just as real as the action of the positive pole.

To decline is to accept, the other alternative.

Are you nearer to your port today than you were yesterday?

Yes, you must be a little nearer to some port or other; for since your ship was first launched upon the sea of life,

you have never been still for a single moment; the sea is too deep, you could not find an anchorage if you would;

there can be no pause until you come into port.

本文作者 Henry Van Dyke(亨利·凡·戴克,1852—1933),美国短篇小说家、著名的诗人和散文家,毕业于普林斯顿大学神学院,后成为牧师,期间担任普林斯顿大学英国文学教授。他在本文中对人在旅途这个观点做了平实而深刻的描述。

【参考翻译】

无论你身处何方,不管你是谁。

此时此刻,甚至每时每刻,你,还有我都拥有一个共同的空间。

那就是,我们并不清闲,我们都在为人生而奔波忙碌,

人生就是一场运动,是一段坚定信念,

永不放弃朝着那个未知的目标不断努力的运动。

每天,我们都在获得,当然亦有所得,也亦有所失。

即使我们的地位,还有我们的品行与原来没有不同,

但是我们的确随时都在成长,因为岁月催人老。

就像春天与夏天的大地一般,是季节造成了这样的差异。

孩童的天真与烂漫在成人表现出来却是幼稚。

我们人生的每一步都是向着目标迈出的一步,

纵然失败,其本质也是一种成就,它使我们前进或者后退。

糟糕的事情和美好的事情同样真实,拒绝也不过是你的选择而已。

相比昨天,今天你距离你的目标是否更近了一步?

是的!你一定是更接近某一个地方或者另一个地点了。

自从你驶入你人生的海洋,你的航帆没有一刻选择停息,即使你想停泊下来;

你看,海洋如此深邃,你根本无法找到抛锚停泊之处。

因此,在驶港湾之前,你不能停下脚步。

57

风雨中的雄鹰 Eagle in a Storm

【心灵感悟】

成功的人会把磨难当成自己的垫脚石,迎难而上,步步攀升;失败的人会把困难当成自己的绊脚石,望而却步,接连后退。这就是成功人士与失败者的差别。

成功人士就像这风雨中的雄鹰,面对风暴,永不逃避,而是善于利用它的优势,首先在态度上超越常人,他们往往会坚定自己的信念,会坦然面对困难,会不受风雨的阻挡,然后再集中心智战胜它,让自己能够腾云驾雾,让自己飞得更高。

困难并不可怕,可怕的是我们还没见到问题的实质,在心态上就被它给打败了。因此,要想成功,首先得端正自己的处事态度,因为心态决定一切。

第三篇
励志篇

151

【英语原文】

Did you know that an eagle knows when a storm is approaching long before it breaks?

The eagle will fly to some high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages below, the eagle is soaring above it.

The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

When the storms of life come upon us—and all of us will experience them—we can rise above them by setting our belief that we can make it. The storms do not have to overcome us. We can allow our inner power to lift us above them.

We can enable ourselves to ride the winds of the storm that bring sickness, tragedy, failure and disappointment in our lives. We can soar above the storm.

Remember, it is not the burdens of life that weigh us down; it is how we handle them.

【参考翻译】

你知道吗？鹰在暴风雨开始之前就知道暴风雨就要来了。

鹰会飞到一个很高的地方，等待着暴风雨的来临。当暴风雨来临的时候，它会展开翅膀，这样暴风就可以把它拖起，将它置于暴雨之上。当暴风雨肆虐的时候，鹰已经翱翔于暴雨之上了。

鹰没有逃避暴风雨，它只是利用暴风雨让它飞得更高，它遨游于带来暴风雨的飓风之上。

当生活中的暴风雨降临的时候——这是我们每个人都要经历的——我们可以坚定必胜的信念，这样我们就可以凌驾于暴风雨之上。暴风雨并不一定会摧毁我们，内部的能量可以让我们超越暴风雨。

在生活中，我们可以驾驭那些带来疾病、灾难、失败、失望的暴风雨。我们可以翱翔在暴风雨之上。

请记住，把你压垮的不是生活中的重担，而是你的态度。

58

心中有目标,风雨不折腰 If the Dream is Big Enough, the Facts don't Count

【心灵感悟】

对于一个人来说,最令人激动的事莫过于成功。但成功路上荆棘密布,没有人能够随便成功。处在逆境中的人似乎更难以成功,但任何事情都有两面性。有人说,“每一个逆境中都深埋着机遇的种子。每一次失败都孕育着再次胜利的经验教训。”最重要的是有一种信念,那就是坚持。英国前首相丘吉尔有一句座右铭,就是“永不放弃!”没有什么能代替不断的艰苦劳动,人生就是一个拼搏的过程。“水滴石穿,绳锯木断”,这个道理每个人都懂得,然而为什么微不足道的水能把石头滴穿?柔软的绳子能把硬邦邦的木头锯断?说透了,就是坚持。一滴水的力量是微不足道的,然而许多水滴坚持不断地冲击石头,就能形成巨大的力量,最终把石头冲穿。胜利贵在坚持,人生中要有一个引领我们前行的目标,然后坚持不懈地为此而努力,我们就一定会得到自己满意的结果。

【英语原文】

I used to watch her from my kitchen window, she seemed so small as she muscled her way through the crowd of boys on the playground. The school was across the street from our home and I would often watch the kids as they played during recess. A sea of children, and yet to me, she stood out from them all. I remember the first day I saw her playing basketball. I watched in wonder as she ran circles around the other kids. She managed to shoot jump shots just over their

heads and into the net. The boys always tried to stop her but no one could. I began to notice her at other times, basketball in hand, playing alone. She would practice dribbling and shooting over and over again, sometimes until dark. One day I asked her why she practiced so much. She looked directly in my eyes and without a moment of hesitation she said, “I want to go to college. The only way I can go is if I get a scholarship. I like basketball. I decided that if I were good enough, I would get a scholarship. I am going to play college basketball. I want to be the best. My Daddy told me if the dream is big enough, the facts don’t count.” Then she smiled and ran towards the court to recap the routine I had seen over and over again. Well, I had to give it to her—she was determined. I watched her through those junior high years and into high school. Every week, she led her varsity team to victory.

One day in her senior year, I saw her sitting in the grass, head cradled in her arms. I walked across the street and sat down in the cool grass beside her. Quietly I asked what was wrong. “Oh, nothing,” came a soft reply. “I am just too short. “The coach told her that at 5’5”” she would probably never get to play for a top ranked team—much less offered a scholarship—so she should stop dreaming about college. She was heartbroken and I felt my own throat tighten as I sensed her disappointment. I asked her if she had talked to her dad about it yet. She lifted her head from her hands and told me that her father said those coaches were wrong. They just did not understand the power of a dream. He told her that if she really wanted to play for a good college, if she truly wanted a scholarship, that nothing could stop her except one thing — her own attitude. He told her again, “If the dream is big enough, the facts don’t count.” The next year, as she and her team went to the Northern California Championship game, she was seen by a college recruiter. She was indeed offered a scholarship, a full ride, to a Division 1, NCAA women’s basketball team. She was going to get the college education that she had dreamed of and worked toward for all those years.

It’s true: If the dream is big enough, the facts don’t count.

本文作者 Daniel Gross (丹尼尔·格罗斯) 是一个美国记者和作家。

【参考翻译】

我以前常常从厨房的窗户看到她穿梭于操场上的一群男孩子中间,她显得那么矮小。学校在我家的街对面,我可以经常看到孩子们在下课时间打球。尽管有一大群的孩子,但我觉得她跟其他的孩子截然不同。我记得第一天看到她打篮球的情景。看着她在其他孩子旁边兜来转去,我感到十分惊奇。她总是尽力地跳起投篮,球恰好越过那些孩子的头顶

飞入篮筐。那些男孩总是拼命地阻止她,但没有人可以做得好。我开始注意到她有时候一个人打球。她一遍遍地练习运球和投篮,有时直到天黑。有一天我问她为什么这么刻苦地练习。她直视着我的眼睛,不假思索地说:“我想上大学。只有获得奖学金我才能上大学。我喜欢打篮球,我想只要我打得好,我就能获得奖学金。我要到大学去打篮球。我想成为最棒的球员。我爸爸告诉我说,心中有目标,风雨不折腰。”说完她笑了笑,跑向篮球场,又开始了我之前见过的一遍又一遍的练习。嘿,我服了她了——她是下定决心了。我看着她这些年从初中升到高中。每个星期,她带领的学校篮球代表队都能够获胜。

高中那会儿的某一天,我看见她坐在草地上,头埋在臂弯里。我穿过街道,坐到她旁边的清凉的草地上。我轻轻地问出什么事了。“哦,没什么”,她轻声回答,“只是我太矮了。”原来篮球教练告诉她,以五英尺五英寸的身材,她几乎是没有机会到一流的球队去打球的——更不用说会获得奖学金了——所以她应该放弃上大学的梦想。她很伤心,我也觉得自己的喉咙发紧,因为我感觉到了她的失望。我问她是否与她的爸爸谈过这件事。她从臂弯里抬起头,告诉我,她爸爸说那些教练错了。他们根本不懂得梦想的力量。他告诉她,如果真的想到一个好的大学去打篮球,如果她真的想获得奖学金,任何东西也不能阻止她,除非她自己不愿意。他又一次跟她说:“心中有目标,风雨不折腰。”第二年,当她和她的球队去参加北加利福尼亚州冠军赛时,她被一位大学的招生人员看中了。她真的获得了奖学金,一个全面资助的奖学金,并且进入美国全国大学体育协会其中一队女子甲组篮球队。她将接受她曾梦想并为之奋斗多年的大学教育。

是的,心中有目标,风雨不折腰。

59

假如给我三天光明 Three Days to See

【心灵感悟】

摘不到的星星,总是最耀眼的;溜掉的小鱼,总是最美的;错过的电影,总是最好看的;失去的时光,总是最让人回味的。人就是如此,必须体验失去过的痛苦,才会珍惜拥有的幸福,学会珍惜现在所拥有的,让自己的生活多几分舒适,少几分带牵挂的苦楚;多几分惬意,少几分带瑕疵的不如意。珍惜今天,珍惜健康,珍惜幸福。

The Footprints
of Life
生命的足迹

【英语原文】

156

Most of us, however, take life for granted. We know that one day we must die, but usually we picture that day as far in the future. When we are in buoyant health, death is all but unimaginable. We seldom think of it. The days stretch out in an endless vista. So we go about our petty tasks, hardly aware of our listless attitude toward life.

The same lethargy, I am afraid, characterizes the use of all our faculties and senses. Only the deaf appreciate hearing, only the blind realize the manifold blessings that lie in sight. Particularly does this observation apply to those who have lost sight and hearing in adult life. But those who have never suffered impairment of sight or hearing seldom make the fullest use of these blessed faculties. Their eyes and ears take in all sights and sounds hazily, without concentration and with little appreciation. It is the same old story of not being grateful for what we have until we lose it, of not being conscious of health until we are ill.

I have often thought it would be a blessing if each human being were stricken blind and deaf for a few days at some time during his early adult life. Darkness would make him more

appreciative of sight; silence would teach him the joys of sound.

本文节选自海伦·凯勒(Helen Keller)的自传《假如给我三天光明》。20世纪,一个独特的生命个体以其勇敢的方式震撼了世界,她就是海伦·凯勒一个生活在黑暗中却又给人类带来光明的女性,一个度过了生命的88个春秋,却熬过了87年无光、无声、无语的孤独岁月的弱女子。然而,正是这么一个幽闭在盲聋哑世界里的人,竟然毕业于哈佛大学德吉利夫学院,并用生命的全部力量处处奔走,建起了一家家慈善机构,为残疾人造福,被美国《时代周刊》评选为20世纪美国十大英雄偶像。创造这一奇迹,全靠一颗不屈不挠的心。海伦接受了生命的挑战,用爱心去拥抱世界,以惊人的毅力面对困境,终于在黑暗中找到了光明,最后又把慈爱的双手伸向全世界。

【参考翻译】

我们中的大多数人都把生命看成是理所当然的。我们知道有一天我们必将面对死亡,但总认为那一天还在遥远的将来。当我们身强体健之时,死亡简直不可想象,我们很少考虑到它。日子多得好像没有尽头。因此我们一味忙于琐事,几乎意识不到我们对待生活的冷漠态度。

我担心同样的冷漠也存在于我们对自己官能和意识的运用上。只有聋子才理解听力的重要,只有盲人才明白视觉的可贵,这尤其适用于那些成年后才失去视力或听力之苦的人。但是那些从未受过丧失视力或听力之苦的人很少充分利用这些宝贵的能力。他们的眼睛和耳朵模糊地感受着周围的景物与声音,心不在焉,也无所感激。这正和我们只有在失去后才懂得珍惜一样,我们只有在生病后才意识到健康的可贵。

我经常想,如果每个人在年轻的时候都有几天失明失聪,也不失为一件幸事。黑暗将使他更加感激光明,寂静将告诉他声音的美妙。

60

行动起来改善生活 Action to Improve Life

【心灵感悟】

如果想成为一颗太阳,那就从尘埃做起;如果想成为一条大江,那就从水滴做起;如果想成为世界瞩目的英雄,那就从最普通、最平凡的人做起,从生活的点点滴滴开始做起,向着积极美好的阳光努力。平常所谓命运,无非是心理学所说的强迫性重复,它不存在于我们的心灵之外,而是在我们的心灵之内,那么更多地了解自己的情况、思维和行为,为自己寻找一个良性的循环吧。没有一个人会因为追随内心而迷失,没有一颗心会因为追求梦想而受伤。当真心渴望某东西时,整个宇宙都会来帮助你的。

The Footprints
of Life
生命的足迹

158

【英语原文】

Many people think that they have to accept whatever life throws at them. They'll say, "This is my fate, my destiny. I cannot change it."

Of course not!

You don't have to suffer needlessly. Your destiny depends on you, not on any other external factors.

I know someone who says she just accepts what life gives her because she has done everything she can to improve it.

Guess what her lifestyle is?

She wakes up in the morning, goes to work, comes back home, relaxes, chats with people, watches TV, then goes to sleep. Next day, the same routinely cycle ensues.

Huh?!? Is this what she calls "doing her best?"

She believes she has tried her best and just accepts it in her heart that this is the life that God has intended for her to live; that her luck can only change if God wills it.

Of course God wants us to be happy and live our life to the fullest, but we have to do our share of exerting the effort to live the life of our dreams.

You reap what you sow.

You just don't sit around and wait for a million dollars to fall from the sky. You have to get off the couch, get your eyes off the TV screen, get your hands off the phone (unless it contributes to your success), and get your mind and body to work!

If your life is not meant the way you want it to be, don't just say: "Our time will come." or "Things will get better some day."

Don't expect your luck to change, unless you do something about it. If something goes wrong, don't just regard it as a temporary setback; but use it as feedback. Learn your lesson, make the most of the situation, and do something to resolve the problem.

It's not enough to think positive; you also have to act positive.

If someone's life is in trouble, do you just hope and pray that things will turn out fine? Of course not! You got to do anything you can to save the person.

So it is with your own life. It is not enough to hope for the best, but you have to do your best.

In other words, don't just stand (or sit) there, do something to improve your life!

本文作者是 Michael Lee(迈克尔·李),原文名为 Don't just stand there(改善你的生活)。

【参考翻译】

许多人认为人应该认命——接受生活抛给自己的一切。他们会说：“这就是我的命运，是命中注定的。要改变它，我无能为力。”

当然不是这样！

你不必委曲求全。你的命运取决于你自己，而不是其他外在的因素。

我认识的一个人说她只不过是接受生活所给予的一切，因为她已经尽全力去改善生活了。

大家猜猜她过的是一种怎样的生活？

她早上醒来，去上班，回家，休息，和别人聊天，看电视，然后上床休息。第二天，这种生活重复循环着。

哈，这就是她所谓的“竭尽全力”？

她认为她已经尽了力,在心里接受了这种想法,即这就是上帝为她安排的生活,只有上帝愿意,她的运气才会改变。

当然,上帝希望我们幸福快乐、生活圆满,但我们也要尽力为过上我们梦想的生活而努力。

一分耕耘,一分收获。

你不能坐着不动,巴望着天上会掉下百万美元来。你必须从沙发起身,把眼睛从电视屏幕移开,放下手中的电话,除非它有助于你获得成功,然后全身心投入工作中!

如果你的生活并不称心如意,不要只说:“我们的时机会来的”或“总有一天情况会好转的”。

别指望运气会改变,除非你有所行动。如果出现问题,不要仅仅将其视为暂时的挫败,而是把它当成是一种反应。吸取教训,充分利用当时的情况,并采取行动来解决问题。

积极地思考是不够的,你还需要积极地行动。

如果某个人的生活陷入麻烦,你只是希望和祈祷事情好转起来吗?当然不是。你应该尽你所能去解救这个人。

对于自己的生活也是这样。仅仅抱有乐观的态度是不够的,而是要尽力做到最好。

换句话说,不要只是站(坐)在那儿,要行动起来改善你的生活!

61

想想好的事情

Think about the Good Things

【心灵感悟】

“失望的时候不绝望,那么绝望就会变成希望”,这是我看完这篇文章后联想到的一句话。

在生活中,我们总会遇到一些困难,甚至是灾难,它们可能会让我们身心受挫,让我们变得萎靡不振,感觉世界末日即将来临。在这个时候,我们不能老往坏处想,更不能倒下。我们应该想想我们曾经经历过的难以忘怀的快乐,想想自己不能因为这点挫折就被打败,想想要重新拥有曾经的喜悦,那么我们就得正视困难,战胜困难。

所以,当困难来临之时,我们不能妥协,不能听之顺之,想想那些美好的事情吧,那样我们就能拥有战胜困难的勇气。

【英语原文】

When times become difficult (and you know they sometimes will), remember a moment in your life that was filled with joy and happiness.

Remember how it made you feel, and you will have the strength you need to get through any trial.

When life throws you one more obstacle than you think you can handle, remember something you achieved through perseverance and by struggling to the end.

In doing so, you'll find you have the ability to overcome each obstacle brought your way.

When you find yourself drained and depleted of energy, remember to find a place of sanctuary and rest.

Take the necessary time in your own life to dream your dreams and renew your energy, so you'll be ready to face each new day.

When you feel tension building, find something fun to do. You'll find that the stress you feel will dissipate and your thoughts will become clearer.

When you're faced with so many negative and draining situations, realize how minuscule problems will seem when you view your life as a whole—and remember the positive things.

【参考翻译】

当你身陷困境的时候(你有时会),回想你生命中快乐和幸福的时刻。

回想它是如何使你快乐,你便有了走出困境的勇气。

当面对重重困难,感觉举步维艰的时候,回想你以前是如何坚持到底战胜困难的最后时刻的。

这样,你就会发现你有能力克服每个障碍。

当你觉得筋疲力尽的时候,暂时离开,让自己稍作休息。

给自己留点时间做做梦,充一下电,这样你就能以崭新的面貌去面对每一天。

当你感觉到紧张的压力,做一些有趣的事吧。你会发现压力在渐渐消逝,你的想法也渐渐明朗了。

当你面对重重困难的时候,要意识到相对于你的整个生命,这些难题其实是微不足道的——铭记你生命中美好的东西。

62

思考你的生活

Think about Your Life

【心灵感悟】

大多数人思考生活的时间远远少于其他事情,或者根本就没有思考过自己的生活,而是得过且过。读了这篇文章后,我不得不反省一下自己,因为我也没有花多少时间思考自己的生活,难怪我现在会感觉到自己的生活一片混乱,让我感到茫然不知所措。

因此,我要吸取教训,多花时间好好为自己的生活思考一下:我的生活目标是什么?我要怎样做才能实现自己的目标?通过不断地思考,为自己的目标计划行动。我相信,拥有实际的目标和坚强的信念,我离成功就更近了一步。

第三篇
励志篇

163

【英语原文】

How many times have you heard the expression that most people spend more time planning their vacation than they do planning their lives. I would expand that expression by adding that most people spend more time “thinking” about their vacation than they do thinking about what’s important in their life.

While rest and relaxation are a must in living a balanced life, it’s not what we were created to do. After all, the Master Creator took his R&R (Rest and Recreation) on the seventh day, only after six days of “definitely directed thought.”

Wallace D. Wattles, wrote “There is no labor from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world.” And yet it is the first and primary labor of achievement.

What is your life's purpose or your personal mission statement? Is it written down? Do you review it and think about it often? Is your life organized around your purpose and a set of goals that support that purpose?

Without purpose and goals—definitely directed thought—you are like the proverbial “ship without a rudder.” There is power in your purpose and in your goals. It is the power that takes you over obstacles, the fuel that propels you toward the life you envision.

【参考翻译】

你有多少次听到大多数人总是在谈论如何度假,而不是规划生活本身。而且,很多人总是在“想着”度假,而不去想生活中重要的事情。

尽管休闲和放松是平衡生活的必需品,然而我们活着并不是为了这些,造物主把休息日放在第七天,放在“明确直接的构思”的日子之后。

华莱士·D. 沃特尔斯写道:“没有任何一种体力劳动能使大多数人畏缩不前,但持久连续地思考却能做到这一点;它是这世界上最困难的工作。”却也是为取得成功所要做的首要和基本的劳动。

你的生活目标和人生使命是什么呢?你把它写下来了吗?你是否重新审视过,经常思考这件事呢?你的生活都是围绕这个目标进行的吗?你是否设置了一系列小目标来实现这个大目标呢?

缺乏志向和目标(明确直接的构思),你就会像谚语中说的“无舵之船”。志向和目标给人以动力,帮你克服困难,推动你驶向理想的彼岸。

63

如果我休息,我就会生锈

If I Rest, I Rust

【心灵感悟】

读了这篇文章后我突然想到几句诗句“不积跬步,无以至千里;不积小流,无以成江海。骑骥一跃,不能十步;驽马十驾,功在不舍。锲而舍之,朽木不折;锲而不舍,金石可镂”。的确是这样:做事贵在坚持,成就一件事,也几乎来源于坚持不懈。

做任何事,如果总是做到三分便舍弃之,便会出现“一鼓作气再而衰三而竭”的现象,长此以往,我们就会对自己的能力产生怀疑,甚至一遇困难便退缩,对任何事都产生畏惧心理,如果是这样,那么我们终将一事无成。

第三篇
励志篇

165

【英语原文】

The significant inscription found on an old key—"If I rest, I rust"—would be an excellent motto for those who are afflicted with the slightest bit of idleness. Even the most industrious person might adopt it with advantage to serve as a reminder that, if one allows his faculties to rest, like the iron in the unused key, they will soon show signs of rust and, ultimately, cannot do the work required of them.

Those who would attain the heights reached and kept by great men must keep their faculties polished by constant use, so that they may unlock the doors of knowledge, the gate that guard the entrances to the professions, to science, art, literature, agriculture—every department of human endeavor.

Industry keeps bright the key that opens the treasury of achievement. If Hugh Miller, after toiling all day in a quarry, had devoted his evenings to rest and recreation, he would never have

become a famous geologist. The celebrated mathematician, Edmund Stone, would never have published a mathematical dictionary, never have found the key to science of mathematics, if he had given his spare moments to idleness, had the little Scotch lad, Ferguson, allowed the busy brain to go to sleep while he tended sheep on the hillside instead of calculating the position of the stars by a string of beads, he would never have become a famous astronomer.

Labor vanquishes all—not inconstant, spasmodic, or ill-directed labor; but faithful, unremitting, daily effort toward a well-directed purpose. Just as truly as eternal vigilance is the price of liberty, so is eternal industry the price of noble and enduring success.

本文节选自俞敏洪先生主编的《生而为赢/Born to Win》。俞敏洪于1993年创立新东方学校,新东方学校创始人,现任新东方教育科技集团董事长兼总裁。近年来,俞敏洪及其领衔的新东方创业团队已在全国多所高校举行上百场免费励志演讲,被誉为当下中国青年大学生和创业者的“心灵导师”。

【参考翻译】

一把旧钥匙上有一则意义深远的铭文——如果我休息,我就会生锈。对于那些懒散而烦恼的人来说,这将是至理名言。甚至最为勤勉的人也以此作为警示:如果一个人有才能而不用,就像废弃钥匙上的铁一样,这些才能就会很快生锈,并最终无法完成安排给自己的工作。

有些人想取得伟人所获得并保持的成就,他们就必须不断运用自身才能,以便开启知识的大门,即那些通往人类努力探求的各个领域的大门,这些领域包括各种职业:科学、艺术、文学、农业等。

勤奋使开启成功宝库的钥匙保持光亮。如果休·米勒在采石场劳作一天后,将晚上的时光用来休息消遣的话,他就不会成为名垂青史的地质学家。著名数学家爱德蒙·斯通如果在闲暇时无所事事,就不会出版数学词典,也不会发现开启数学之门的钥匙。如果苏格兰青年弗格森在山坡上放羊时,让他那思维活跃的大脑处于休息状态,而不是借助一串珠子计算星星的位置,他就不会成为著名的天文学家。

劳动征服一切。这里所指的劳动不是断断续续的、间歇性的或方向有偏差的劳动,而是坚定的、不懈的、方向正确的每日劳动。正如要想拥有自由就要时刻保持警惕一样,要想取得伟大的、持久的成功,就必须坚持不懈地努力。

64

成长的树根 Growing Roots

【心灵感悟】

一位作家曾经说过：如果生活只是晴空丽日而没有阴雨笼罩，只有幸福而没有悲哀，只有欢乐而没有痛苦，那么，这样的生活根本就不是生活——至少不是人的生活。人们都渴望自己的生活一帆风顺、事事如意，然而在现实生活中每个人或多或少都会遇到一些困难与挫折。困难与挫折，如同一片浓雾，遮蔽了我们前行的路。遇到困难与挫折时，我们会心焦、会彷徨。这时我们需要做的，是要冷静下来，尽力排除眼前的障碍。

俗话说：吃一堑长一智。不经历风雨的洗礼，哪能体会彩虹的炫美？人需要经历生活的磨砺，才能真正成长起来。与其终日躲在身边人的保护中迷糊度日，不如早早地直面人生，接受挑战。

第三篇
励志篇

167

【英语原文】

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.

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

The good doctor had some interesting theories concerning plant husbandry. He came from the "No pain, no gain" school of horticulture. 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! Slap! Paw! 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 strong now. Big and robust. 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 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.

【参考翻译】

在我还是小孩子的时候,我有一个老邻居叫吉布斯医生。他不像我所认识的任何一个医生。我们在他的院子里玩耍,他从不对我们大喊大叫。我记得他是一个非常和蔼的人。

吉布斯医生在不拯救人性命的时候就去种树。他的住所占地 10 英亩,他的人生目标就

是将它变成一片森林。

这个好医生对于如何持家有一番有趣的理论。他来自一个“不劳无获”的园艺学校。他从不浇灌他新种的树,这显然与常理相悖。有一次我问他为什么,他说浇水会毁了这些树,如果浇水,每一棵成活的树的后代就会变得越来越娇弱。所以你得把它们的生长环境变得艰苦些,尽早淘汰那些弱不禁风的树。

他还告诉我用水浇灌的树的根是如何的浅,而那些没有浇水的树的根必须钻入深深的泥土获得水分。我将他的话理解为:深深的根系是十分宝贵的。

所以他从不给他的树浇水。他种了一棵橡树,每天早上,他不是给它浇水,而是用一张卷起的报纸抽打它。“啪! 噼! 砰!”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,吉布斯医生就去世了。我常常经过他的房子,看着那些 25 年前我曾看着他种下的树。如今它们已是像石头般硬朗了。枝繁叶茂、生气勃勃。这些树在早晨醒过来,拍打着胸脯,吸饮着苦难的汁水。

几年前我也种下了两棵小树。整整一个夏天我都坚持为它们浇水。为它们喷杀虫剂,为它们祈祷。整整 9 平方码大的地方。两年的悉心呵护,结果两棵树弱不禁风。每当寒风吹起,它们就颤抖起来,枝叶直打战。这是娇里娇气的两棵树。

吉布斯医生的树真是有趣。逆境和折磨带给它们的益处似乎是舒适和安逸永远无法给予的。

每天晚上睡觉前,我都要看看两个儿子。我俯视着他们那幼小的身体,生命就在其中起落沉浮。我总是为他们祈祷,总是祈祷他们的生活能一帆风顺。但后来我想是该改变我的祈祷词的时候了。

这改变是因为将吹在我们要害的不可避免的寒风。我知道我的孩子们将遇到困难,我祈祷他们不会幼稚而脆弱。在某些地方总会有寒风吹过。

所以我改变了我的祈祷词。因为不管我们愿不愿意,生活总是艰难的。我们已祈祷了太多的安逸,但却少有实现。我们所需要做的是祈祷深植我们的信念之根,这样我们就不会被雨打风吹所伤害!

65

抓住你生命中的那颗星 Catch the Star That Holds Your Desting

【心灵感悟】

这里只想和大家一起分享一首温总理的诗——《仰望星空》

我仰望星空，
它是那样辽阔而深邃；
那无穷的真理，
让我苦苦地求索追随。

我仰望星空，
它是那样庄严而圣洁；
那凛然的正义，
让我充满热爱、感到敬畏。

我仰望星空，
它是那样自由而宁静；
那博大的胸怀，
让我的心灵栖息依偎。

我仰望星空，
它是那样壮丽而光辉；
那永恒的炽热，
让我心中燃起希望的烈焰、响起春雷。

The Footprints
of Life
生命的足迹

170

【英语原文】

Catch the star that holds your destiny, the one that forever twinkles within your heart. Take

advantage of precious opportunities while they still sparkle before you. Always believe that your ultimate goal is attainable as long as you commit yourself to it.

Though barriers may sometimes stand in the way of your dreams, remember that your destiny is hiding behind them. Accept the fact that not everyone is going to approve of the choices you've made, have faith in your judgment, catch the star that twinkles in your heart, and it will lead you to your destiny's path. Follow that pathway and uncover the sweet sunrises that await you.

Take pride in your accomplishments, as they are stepping stones to your dreams. Understand that you may make mistakes, but don't let them discourage you. Value your capabilities and talents for they are what make you truly unique. The greatest gifts in life are not purchased, but acquired through hard work and determination.

【参考翻译】

追随能够改变你命运的那颗星,那颗永远在你心中闪烁的明星。当它在你面前闪耀时,抓住这宝贵的机会。请谨记,只要你坚持不懈,最终的目标总能实现。

尽管实现梦想的途中有时会遇到障碍,要知道这是命运对你的挑战。不是每个人都会赞成你的选择,请接受这个现实,并相信自我的判断,追随那颗在你心中闪烁的明星,它会引领你踏上命运的征途。坚持不懈,你就能享受那些幸福时刻。

每前进一步,你都应引以为豪,因为它们是你实现梦想的阶梯。要知道在这个过程中你也许会犯错误,但不要气馁。珍视自我的潜能,因为它们使你独一无二。生命中最珍贵的礼物不是花钱买来的,而是通过努力和决心而获取的。

66

我有一个梦想 I Have a Dream

【心灵感悟】

再次阅读了这篇美国著名黑人领袖马丁·路德·金的代表作,心中依旧久久不能释怀。*I have a dream* 是马丁·路德·金于1963年8月28日在华盛顿林肯纪念堂发表的著名演讲,内容主要是关于黑人民族平等。这次演讲对美国甚至世界的影响都非常巨大。这是一次著名的非暴力反抗,当时的美国黑人在美国社会的地位底下,没有土地,不能接受高等教育,群居在贫穷的贫民窟,得不到应有的权利,并且不断受着白人的压迫剥削,在这种情况下,作为黑人运动的领袖,马丁·路德·金不顾自己可能被白人报复的危险发表了这篇演讲。虽然在后来不久马丁·路德·金就被暗杀,但是这篇演讲无疑对美国黑人运动最后取得成功做出了巨大的贡献。

作为一篇入选了中学英语教材的美文,这篇文章的文学价值也是巨大的,*I have a dream* 在多少年后都一直激励着有梦想的人,在追逐梦想的道路永不放弃!

【英语原文】

Five score years ago, a great American, in whose symbolic shadow we stand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, we must face the tragic fact that the Negro is still not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and

the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check—a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

As we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident; that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at a table of brotherhood.

I have a dream that one day even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four children will one day live in a nation where they will not be

judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together. This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado!

Let freedom ring from the curvaceous peaks of California!

But not only that; let freedom ring from Stone Mountain of Georgia!

Let freedom ring from Lookout Mountain of Tennessee!

Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! Thank God Almighty, we are free at last!"

马丁·路德·金(Martin Luther King, Jr., 1929年1月15日~1968年4月4日),著名的美国民权运动领袖。1948年大学毕业。1948年到1951年间,在美国东海岸的费城继续深造。1963年,马丁·路德·金晋见了肯尼迪总统,要求通过新的民权法,给黑人以平等的权利。1963年8月28日在林肯纪念堂前发表《我有一个梦想》的演说。1964年度诺贝尔和平奖获得者。1968年4月,马丁·路德·金前往孟菲斯市领导工人罢工被人刺杀,年仅39岁。1986年起美国政府将每年1月的第三个星期一定为马丁·路德·金全国纪念日。

【参考翻译】

一百年前,一位伟大的美国人签署了解放黑奴宣言,今天我们就是在他的雕像前集会。这一庄严宣言犹如灯塔的光芒,给千百万在那摧残生命的不义之火中受煎熬的黑奴带来了希望。它的到来犹如欢乐的黎明,结束了束缚黑人的漫漫长夜。

然而一百年后的今天,我们必须正视黑人还没有得到自由这一悲惨的事实。一百年后的今天,在种族隔离的镣铐和种族歧视的枷锁下,黑人的生活备受压榨。一百年后的今天,黑人仍生活在物质充裕的海洋中一个穷困的孤岛上。一百年后的今天,黑人仍然萎缩在美国社会的角落里,并且意识到自己是故土家园中的流亡者。今天我们在这里集会,就是要把这种骇人听闻的情况公诸于众。

就某种意义而言,今天我们是要求兑现诺言而汇集到我们国家的首都来的。我们共和国的缔造者草拟宪法和独立宣言的气壮山河的词句时,曾向每一个美国人许下了诺言,他们承诺给予所有的人以生存、自由和追求幸福的不可剥夺的权利。

就有色公民而论,美国显然没有实践她的诺言。美国没有履行这项神圣的义务,只是给黑人开了一张空头支票,支票上盖着“资金不足”的戳子后便退了回来。但是我们不相信正义的银行已经破产,我们不相信,在这个国家巨大的机会之库里已没有足够的储备。因此今天我们要求将支票兑现——这张支票将给予我们宝贵的自由和正义的保障。

我们来到这个圣地也是为了提醒美国,现在是非常急迫的时刻。现在决非侈谈冷静下来或服用渐进主义的镇静剂的时候。现在是实现民主的诺言时候。现在是从种族隔离的荒凉阴暗的深谷攀登种族平等的光明大道的时候,现在是向上帝所有的儿女开放机会之门的时候,现在是把我们的国家从种族不平等的流沙中拯救出来,置于兄弟情谊的磐石上的时候。

如果美国忽视时间的迫切性和低估黑人的决心,那么,这对美国来说,将是致命伤。自由和平等的爽朗秋天如不到来,黑人义愤填膺的酷暑就不会过去。1963年并不意味着斗争的结束,而是开始。有人希望,黑人只要撒撒气就会满足;如果国家安之若素,毫无反应,这些人必会大失所望的。黑人得不到公民的权利,美国就不可能有安宁或平静,正义的光明的一天不到来,叛乱的旋风就将继续动摇这个国家的基础。

但是对于等候在正义之宫门口的心急如焚的人们,有些话我是必须说的。在争取合法

地位的过程中,我们不要采取错误的做法。我们不要为了满足对自由的渴望而抱着敌对和仇恨之杯痛饮。我们斗争时必须永远举止得体,纪律严明。我们不能容许我们的具有崭新内容的抗议蜕变为暴力行动。我们要不断地升华到以精神力量对付物质力量的崇高境界中去。

现在黑人社会充满着了不起的新的战斗精神,但是能因此而不信任所有的白人。因为我们的许多白人兄弟已经认识到,他们的命运与我们的命运是紧密相连的,他们今天参加游行集会就是明证。他们的自由与我们的自由是息息相关的。我们不能单独行动。

当我们行动时,我们必须保证向前进。我们不能倒退。现在有人问热心民权运动的人,“你们什么时候才能满足?”

只要黑人仍然遭受警察难以形容的野蛮迫害,我们就绝不会满足。

只要我们在外奔波而疲乏的身躯不能在公路旁的汽车旅馆和城里的旅馆找到住宿之所,我们就绝不会满足。

只要黑人的基本活动范围只是从少数民族聚居的小贫民区转移到大贫民区,我们就绝不会满足。

只要密西西比仍然有一个黑人不能参加选举,只要纽约有一个黑人认为他投票无济于事,我们就绝不会满足。

不!我们现在并不满足,我们将来也不满足,除非正义和公正犹如江海之波涛,汹涌澎湃,滚滚而来。

我并非没有注意到,参加今天集会的人中,有些受尽苦难和折磨,有些刚刚走出窄小的牢房,有些由于寻求自由,曾在居住地惨遭疯狂迫害的打击,并在警察暴行的旋风中摇摇欲坠。你们是人为痛苦的长期受难者。坚持下去吧,要坚决相信,忍受不应得的痛苦是一种赎罪。

让我们回到密西西比去,回到亚拉巴马去,回到南卡罗来纳去,回到佐治亚去,回到路易斯安那去,回到我们北方城市中的贫民区和少数民族居住区去,要心中有数,这种状况是能够也必将改变的。我们不要陷入绝望而不能自拔。

朋友们,今天我对你们说,在此时此刻,我们虽然遭受种种困难和挫折,我仍然有一个梦想,这个梦想是深深扎根于美国的梦想中的。

我梦想有一天,这个国家会站立起来,真正实现其信条的真谛:“我们认为这些真理是不言而喻的,人人生而平等。”

我梦想有一天,在佐治亚的红山上,昔日奴隶的儿子将能够和昔日奴隶主的儿子坐在一起,共叙兄弟情谊。

我梦想有一天,甚至连密西西比州这个正义匿迹,压迫成风,如同沙漠般的地方,也将

变成自由和正义的绿洲。

我梦想有一天,我的四个孩子将在一个不是以他们的肤色,而是以他们的品格优劣来评价他们的国度里生活。

我今天有一个梦想。我梦想有一天,亚拉巴马州能够有所转变,尽管该州州长现在仍然满口异议,反对联邦法令,但有朝一日,那里的黑人男孩和女孩将能与白人男孩和女孩情同骨肉,携手并进。

我今天有一个梦想。

我梦想有一天,幽谷上升,高山下降;坎坷曲折之路成坦途,圣光披露,满照人间。

这就是我们的希望。我怀着这种信念回到南方。有了这个信念,我们将能从绝望之岭劈出一块希望之石。有了这个信念,我们将能把这个国家刺耳的争吵声,改变成为一支洋溢手足之情的优美交响曲。

有了这个信念,我们将能一起工作,一起祈祷,一起斗争,一起坐牢,一起维护自由;因为我们知道,终有一天,我们是会自由的。

在自由到来的那一天,上帝的所有儿女们将以新的含义高唱这支歌:“我的祖国,美丽的自由之乡,我为您歌唱。您是父辈逝去的地方,您是最初移民的骄傲,让自由之声响彻每个山冈。”

如果美国要成为一个伟大的国家,这个梦想必须实现。让自由之声从新罕布什尔州的巍峨的崇山峻岭响起来!让自由之声从纽约州的崇山峻岭响起来!

让自由之声从科罗拉多州冰雪覆盖的落基山响起来!

让自由之声从加利福尼亚州蜿蜒的群峰响起来!

不仅如此,还要让自由之声从佐治亚州的石岭响起来!

让自由之声从田纳西州的了望山响起来!

让自由之声从密西西比的每一座丘陵响起来!让自由之声从每一片山坡响起来。

当我们让自由之声响起来,让自由之声从每一个大小村庄、每一个州和每一个城市响起来时,我们将能够加速这一天的到来,那时,上帝的所有儿女,黑人和白人,犹太教徒和非犹太教徒,耶稣教徒和天主教徒,都将手携手,合唱一首古老的黑人灵歌:“终于自由啦!终于自由啦!感谢全能的上帝,我们终于自由啦!”

读书笔记



读书笔记

Name:

Date:

励志名句: *You can finish the longest road step by step. But you may be unable to finish the shortest road if you have no action of striding.*

再长的路,一步步也能走完;再短的路,不迈开双脚也无法到达。



