

Eagle 九段修行大法文本

I Discovery

Diane Ackerman/ 迪安·阿克曼

The word “discovery” literally means, uncovering something that’s hidden from view. But what really happens is a change in the viewer. The familiar offers comfort few can resist, and fewer still want to disturb. But as relatively recent inventions such as the telescope and microscope have taught us, the unknown has many layers. Every truth has geological strata, and you can’t have orthodoxy without a heresy. The moment a newborn opens its eyes, discovery begins. I learned this with a laugh one morning after delivering a calf. When it lifted up its fluffy head and looked at me, its eyes held the absolute bewilderment of the newly born. A moment before it had the even black nowhere of the womb, and suddenly its world was full of color, movement and noise. I’ve never seen anything so shocked to be alive.

“发现”一词，字面上是指揭开某种视线以外的隐藏的事物。不过其实是观察者自身发生了变化。很少人能抗拒熟悉事物带来的舒适，愿意扰乱这种舒适的人更少。然而，正如望远镜、显微镜这些较为近期的发明所揭示给我们的，求知事物具有多种层次。每个事实都有地质层次，没有异端也就无所谓正统。新生儿睁开双眼的那一刻起，发现也就开始了。我是在一天清晨给一头小牛犊接生的时候突然意识到这一点的，不禁大笑。小牛仰起毛茸茸的脑袋看着我，目光中透出这个新生命对世界的一无所知。片刻这前，它还呆在母体里某个黑暗而平静的地方，突然，它的世界变得五光十色，变得活泼而喧闹。我从未见过任何东西在获得生命时是如此的惊异。

II Self-Awareness 自我意识

Virginia Woolf/ 弗吉尼亚·吴尔夫

The man who is aware of himself is henceforth independent; and he is never bored, and life is only too short, and he is steeped through and through with profound yet temperate happiness. He alone lives, while other people, slaves of ceremony, let life slip past time in a kind of dream. Once conform, once do what other people do finer than they do it, and a lethargy steals over all the finer nerves and faculties of the soul, He becomes all outer show and inward emptiness; dull, callous, and indifferent.

凡是意识到自我的人从今往后才是独立的，他永远不知疲倦，他明白生命苦短，所以完全沉浸于深深的而又适度的幸福之中。他独立生活，而别人是繁文缛节的奴隶，在醉生梦死之中听从生命悄然流逝。一旦循规蹈矩，一旦人为亦为，呆滞就笼罩着灵魂中一切灵敏的神经和官能。灵魂变得徒有其表，其中空无；迟钝，木然、冷漠。

III Love

I love you not because of who you are, but because of who I am when I am with you.
我爱你，不是因为你是一个怎样的人，而是因为我喜欢与你在一起时的感觉。
No man or woman is worth your tears, and the one who is, won't make you cry.
没有人值得你流泪，值得让你这么做的人不会让你哭泣。
The worst way to miss someone is to be sitting right beside them knowing you can't have them.
失去某人，最糟糕的莫过于，他近在身旁，却犹如远在天边。
Never frown, even when you are sad, because you never know who is falling in love with your smile.
纵然伤心，也不要愁眉不展，因为你不知是谁会爱上你的笑容。
To the world you may be one person, but to one person you may be the world.
对于世界而言，你是一个人；但是对于某人，你是他的整个世界。
Don't waste your time on a man/woman, who isn't willing to waste their time on you.
不要为那些不愿在你身上花费时间的人而浪费你的时间。
Just because someone doesn't love you the way you want them to, doesn't mean they don't love you with all they have.
爱你的人如果没有按你所希望的方式爱你，那并不代表他们没有全心全意地爱你。
Don't try to hard, the best things come when you least expect them to.
不要着急，最好的总会在最不经意的时候出现。
Maybe God wants us to meet a few wrong people before meeting the right one, so that when we finally meet the person, we will know how to be grateful.
在遇到梦中人之前，上天也许会安排我们先遇到别人；在我们终于遇见心仪的人时，便应当心存感激。
Don't cry because it is over, smile because it happened.
不要因为结束而哭泣，微笑吧，为你的曾经拥有。

IV The Flight of Youth 青春的飞逝

Richard Henry Stoddard/理查德·亨利·斯托达德

There are gains for all our losses.
我们失去的一切都能得到补偿，
There are balms for all our pain;
我们所有的痛苦都能得到安慰；
But when youth, the dream, departs
可是梦境似的青春一旦消逝，
It takes something from our hearts,
它带走了我们心中的某种美好，
And it never comes again.
从此一去不复返。
We are stronger, and are better,
我们变得日益刚强、更臻完美，
Under manhood's sterner reign;
在严峻的成年生活驱使下；
Still we feel that something sweet

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可是依然感到甜美的情感，
Following youth, with flying feet,
已随着青春飞逝，
And will never come again.
不再返回。
Something beautiful is vanished,
美好已经消逝，
And we sigh for it in vain;
我们枉自为此叹息：
We behold it everywhere,
尽管在天地之间，
On the earth, and in the air,
我们处处能见青春的魅力，
But it never comes again!
可是它不再返回！

V Love your life

Henry David Thoreau/亨利·大卫·梭罗

However mean your life is, meet it and live it; do not shun it and call it hard names. It is not as bad as you are. It looks poorest when you are richest. The fault-finder will find faults in paradise. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poor-house. The setting sun is reflected from the windows of the alms-house as brightly as from the rich man's abode; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace. The town's poor seem to me often to live the most independent lives of any. May be they are simply great enough to receive without misgiving. Most think that they are above being supported by the town; but it often happens that they are not above supporting themselves by dishonest means. Which should be more disreputable. Cultivate poverty like a garden herb, like sage. Do not trouble yourself much to get new things, whether clothes or friends, Turn the old, return to them. Things do not change; we change. Sell your clothes and keep your thoughts.

不论你的生活如何卑贱，你要面对它生活，不要躲避它，更别用恶言咒骂它。它不像你那样坏。你最富有的时候，倒是看似最穷。爱找缺点的人就是到天堂里也能找到缺点。你要爱你的生活，尽管它贫穷。甚至在一个济贫院里，你也还有愉快、高兴、光荣的时候。夕阳反射在济贫院的窗上，像身在富户人家窗上一样光亮。在那门前，积雪同在早春融化。我只看到，一个从容的人，在哪里也像在皇宫中一样，生活得心满意足而富有愉快的思想。城镇中的穷人，我看，倒往往是过着最独立不羁的生活。也许因为他们很伟大，所以受之无愧。大多数人以为他们是超然的，不靠城镇来支援他们；可是事实上他们是往往利用了不正当的手段来对付生活，他们是毫不超脱的，毋宁是不体面的。视贫穷如园中之花而像圣人一样耕植它吧！不要找新的花样，无论是新的朋友或新的衣服，来麻烦你自己。找旧的，回到那里去。万物不变，是我们在变。你的衣服可以卖掉，但要保留你的思想。

VI Think it over

Today we have higher buildings and wider highways, but shorter temperaments and narrower points of view;

今天我们拥有了更高层的楼宇以及更宽阔的公路，但是我们的性情却更为急躁，眼光也更加狭隘；

We spend more, but enjoy less;

我们消耗的更多，享受到的却更少；

We have bigger houses, but smaller families;

我们的住房更大了，但我们的家庭却更小了；

We have more compromises, but less time;

我们妥协更多，时间更少；

We have more knowledge, but less judgment;

我们拥有了更多的知识，可判断力却更差了；

We have more medicines, but less health;

我们有了更多的药品，但健康状况却更不如意；

We have multiplied out possessions, but reduced out values;

我们拥有的财富倍增，但其价值却减少了；

We talk much, we love only a little, and we hate too much;

我们说的多了，爱的却少了，我们的仇恨也更多了；

We reached the Moon and came back, but we find it troublesome to cross our own street and meet our neighbors;

我们可以往返月球，但却难以迈出一大步去亲近我们的左邻右舍；

We have conquered the utter space, but not our inner space;

我们可以征服外太空，却征服不了我们的内心；

We have higher income, but fewer morals;

我们的收入增加了，但我们的道德却少了；

These are times with more liberty, but less joy;

我们的时代更加自由了，但我们拥有的快乐时光却越来越少；

We have much more food, but less nutrition;

我们有了更多的食物，但所能得到的营养却越来越少了；

These are the days in which it takes two salaries for each home, but divorces increase;

现在每个家庭都可以有双份收入，但离婚的现象越来越多了；

These are times of finer houses, but more broken homes;

现在的住房越来越精致，但我们也有了更多破碎的家庭；

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

这就是我为什么要说，让我们从今天开始；

You do not keep anything for a special occasion. Because every day that you live is a SPECIAL OCCASION.

不要将你的东西为了某一个特别的时刻而预留着，因为你生活的每一天都是那么特别；

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

寻找更多的知识，多读一些书，坐在你家的前廊里，以赞美的眼光去享受眼前的风景，不要带上任何功利的想法；

Spend more time with your family and friends, eat your favorite foods, and visit the places you love; 花多点时间和朋友与家人在一起，吃你爱吃的食物，去你想去的地方；

Life is a chain of moments of enjoyment; not only about survival;
生活是一串串的快乐时光：我们不仅仅是为了生存而生存；
Use your crystal goblets. Do not save your best perfume, and use it every time you feel you want it.
举起你的水晶酒杯吧。不要吝啬洒上你最好的香水，你想用的时候就享用吧！
Remove from your vocabulary phrases like "one of these days" or "someday";
从你的词汇库中移去所谓的“有那么一天”或者“某一天”；
Let's write that letter we thought of writing "one of these days"!
曾打算“有那么一天”去写的信，就在今天吧！
Let's tell our families and friends how much we love them;
告诉家人和朋友，我们是多么地爱他们；
Do not delay anything that adds laughter and joy to your life;
不要延迟任何可以给你的生活带来欢笑与快乐的事情；
Every day, every hour, and every minute is special;
每一天、每一小时、每一分钟都是那么特别；
And you don't know if it will be your last.
你无从知道这是否最后刻。

VII Words to Live by 生活的忠告

I'll give you some advice about life.

给你生活的忠告

Eat more roughage;

多吃些粗粮；

Do more than others expect you to do and do it pains?

给别人比他们期望的更多，并用心去做；

Remember what life tells you;

熟记生活告诉你的一切；

Don't take to heart every thing you hear. Don't spend all that you have. Don't sleep as long as you want;

不要轻信你听到的每件事，不要花光你的所有，不要想睡多久就睡多久；

Whenever you say "I love you", please say it honestly;

无论何时说“我爱你”，请真心实意；

Whenever you say "I'm sorry", please look into the other person's eyes;

无论何时说“对不起”，请看对方的眼睛；

Fall in love at first sight;

相信一见钟情；

Don't neglect dreams;

请不要忽视梦想；

Love deeply and ardently, even if there is pain, but this is the way to make your life complete;

深情热烈地爱，也许会受伤，但这是使人生完整的唯一方法；

Find a way to settle, not to dispute;

用一种明确的方法解决争议，不要冒犯；

Never judge people by their appearance;

永远不要以貌取人；

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Speak slowly, but think quickly;

慢慢地说，但要迅速地想；

When someone asks you a question you don't want to answer, smile and say, "Why do you want to know?"

当别人问你不愿回答的问题时，笑着说：“你为什么想知道？”

Remember that the man who can shoulder the most risk will gain the deepest love and the supreme accomplishment;

记住：那些敢于承担最大风险的人才能得到最深的爱和最大的成就；

Call your mother on the phone. If you can't, you may think of her in your heart;

给妈妈打电话，如果不行，至少在心里想着她；

When someone sneezes say, "God bless you";

当别人打喷嚏时，说一声“上帝保佑”；

If you fail, don't forget to learn your lesson;

如果你失败了，千万别忘了汲取教训；

Remember the three "respects". Respect yourself, respect others, stand on dignity and pay attention to your behavior;

记住三个“尊”：尊重你自己；尊重别人；保持尊严，对自己的行为负责；

Don't let a little dispute break up a great friendship;

不要让小小的争端损毁了一场伟大的友谊；

Whenever you find your wrongdoing, be quick with reparation!

无论何时你发现自己做错了，竭尽所能去弥补：动作要快！

Whenever you make a phone call smile when you pick up the phone, because someone feels it!

无论什么时候打电话，拿起话筒的时候请微笑，因为对方能感觉到！

Marry a person who likes talking; because when you get old, you'll find that chatting to be a great advantage;

找一个你爱聊的人结婚：因为年纪大了后，你会发觉喜欢聊天是一个人最大的优点；

Find time for yourself.

找点时间，单独呆会儿；

Life will change what you are but not who you are;

欣然接受改变，但不要摒弃你的个人理念；

Remember that silence is golden;

记住：沉默是金；

Read more books and watch less television;

多看点书，少看点电视；

Live a noble and honest life. Reviving past times in your old age will help you to enjoy your life again;

过一种高尚而诚实的生活。当你年老时回想起过去，你就能再一次享受人生。

Trust God, but don't forget to lock the door;

相信上帝，但是别忘了锁门；

The harmonizing atmosphere of a family is valuable;

家庭的融洽氛围是难能可贵的；

Try your best to let family harmony flow smoothly;

尽你的能力让家平顺和谐；

When you quarrel with a close friend, talk about the main dish; don't quibble over the appetizers;

当你和你的亲近的吵嘴时候，试着就事论事，不要扯出那些陈芝麻、烂谷子的事；
 You cannot hold onto yesterday;
 不要摆脱不了昨天；
 Figure out the meaning of someone's words;
 多注意言下之意；
 Share your knowledge to continue a timeless tradition;
 和别人分享你的知识，那才是永恒之道；
 Treat our earth in a friendly way; don't fool around with Mother Nature;
 善待我们的地球，不要愚弄自然母亲；
 Do the thing you should do;
 做自己该做的事；
 Don't trust a lover who kisses you without closing their eyes;
 不要相信接吻时从不闭眼的伴侣；
 Go to a place you've never been to every year.
 每年至少去一个你从没去过的地方。
 If you earn much money, the best way to spend it is on charitable deeds while you are alive;
 如果你赚了很多钱，在活着的时候多行善事，这是你能得到的最好回报；
 Remember, not all the best harvest is luck;
 记住有时候，不是最好的收获也是一种好运；
 Understand rules completely and change them reasonably;
 深刻理解所有的规则，合理地更新他们；
 Remember, the best love is to love others unconditionally rather than make demands on them;
 记住，最好的爱存在于对别人的爱胜于对别人的索求上；
 Comment on the success you have attained by looking in the past at the target you wanted to achieve most;
 回头看看你发誓取得的目标，然后评价你到底有多成功；
 In love and cooking, you must give 100% effort……but expect little appreciation;
 无论是烹饪不是爱情，都用百分之百的负责态度对待，但是不要乞求太多的回报。

VIII The More Loving One 让我们成为更有爱心的人

W.H.Auden/W.H.奥登

Looking up at the stars, I know quite well 仰望群星的时分，我一清二楚，
 That, for all they care, I can go to hell, 尽管它们关怀备至，我亦有可能赴地府，
 But on earth indifference is the least 可是尘世间我们丝毫不必畏惧
 We have to dread from man or beast. 人类或禽兽的那份冷漠。
 How should we like it were stars to burn 倘若群星燃烧着关怀我们的激情，
 With a passion for us we could not return? 我们却无法回报，我们作何感想？
 If equal affection cannot be, 倘若无法产生同样的感情，
 Let the more loving one be me. 让我成为更有爱心的人。
 Admirer as I think I am 尽管我自视为群星的崇拜者，
 Of stars that do not give a damn, 它们满不在乎，
 I cannot, now I see them, say 现在我看群星，我却难以启齿，
 I missed one terribly all day. 说我成天思念一颗星星。

Were all stars to disappear or die 倘若所有的星星消失或者消亡，
I should learn to look at an empty sky 我应该学会仰望空荡的天空，
And feel its total dark sublime, 同时感受天空一片漆黑的崇高，
Though this might take me a little time. 虽然这样可能要花费一点时间。

IX A Forever Friend

"A friend walks in when the rest of the world walks out."

"别人都走开的时候，朋友仍与你在一起。"

Sometimes in life,

有时候在生活中，

You find a special friend;

你会找到一个特别的朋友；

Someone who changes your life just by being part of it.

他只是你生活中的一部分内容，却能改变你整个的生活。

Someone who makes you laugh until you can't stop;

他会把你逗得开怀大笑；

Someone who makes you believe that there really is good in the world.

他会让你相信人间有真情。

Someone who convinces you that there really is an unlocked door just waiting for you to open it.

他会让你确信，真的有一扇不加锁的门，在等待着你去开启。

This is Forever Friendship.

这就是永远的友谊。

When you're down,

当你失意，

And the world seems dark and empty,

当世界变得黯淡与空虚，

Your forever friend lifts you up in spirits and makes that dark and empty world

Suddenly seem bright and full.

你真正的朋友会让你振作起来，原本黯淡、空虚的世界顿时变得明亮和充实。

Your forever friend gets you through the hard times, the sad times, and the confused times.

你真正的朋友会与你一同度过困难、伤心和烦恼的时刻。

If you turn and walk away,

你转身走开时，

Your forever friend follows,

真正的朋友会紧紧相随，

If you lose your way,

你迷失方向时，

Your forever friend guides you and cheers you on.

真正的朋友会引导你，鼓励你。

Your forever friend holds your hand and tells you that everything is going to be okay.

真正的朋友会握着你的手，告诉你一切都会好起来的。