

Desiderata-處世良言
(Desiderata by Max Ehrmann in 1927)
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【譯者前言】

- (1) 此散文詩頗為流行，詩名 **Desiderata** 是拉丁文，意思是想要的東西。內容是些處世良言，指出活好人生所需之品德與能力，可能 **Desiderata** 是指這些東西吧。譯者並非詩人，只能譯意，無法表達英詩的意境，請諒。
- (2) 歡迎轉載，但不可修改內容。

<u>Desiderata</u>	<u>Desiderata-處世良言</u>
Go placidly amid the noise and haste, and remember what peace there may be in silence.	在喧鬧繁忙中不妨靜靜地度過；別忘記，沉默中自有安寧。
As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and ignorant; they too have their story.	君子和而不同，盡量與人和睦相處。清楚文靜地實話實說，也要聽聽別人的話，即使愚昧無知的人，也有他們的故事想說。
Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.	遠離喧嘩好鬥的人士，可免煩擾不安。與人比較，只會令您自負或自卑，因為，總會有人比您強大或比您弱小。
Enjoy your achievements as well as your plans. Keep interested in your own career, however humble, it's a real possession in the changing fortunes of time.	好好享受您的成就與計劃。世事無常，就算職業低微，仍要敬業樂業，它才是您的真正財富。
Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.	謹慎營運您的生意，因為世上充滿欺詐，但不要因此漠視美德，因為許多人正為崇高的理想奮鬥，到處都有不少英勇事蹟。
Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.	做回您自己（率性而為）。尤其不要虛情假意，對愛更不可玩世不恭；因為，愛如野草，即使在絕望與極端惡劣情況下，仍會反覆出現。

<p>Take kindly the counsel of the years, gracefully surrendering the things of youth.</p> <p>Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.</p> <p>You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.</p> <p>Therefore be at peace with God, whatever you conceive him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul.</p> <p>With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.</p>	<p>請汲取長年累月的經驗教訓，瀟灑地放下年輕時的一切吧！</p> <p>培育心智，以免無法應付突然而來的不幸。但也不用杞人憂天，許多恐懼皆生於疲勞與孤獨。遵守紀律之餘，還須善待自己，以免過份嚴苛。</p> <p>您是宇宙之子，身份不次於樹木與星星，您有權活在這裡。而且，不管您明白與否，宇宙都會如其本然地展開。</p> <p>因此，不管您認為上帝是何方神聖，與祂和睦相處吧！也不管您作何努力與企圖，在煩囂、惶惑的生活中，請保持內心的安寧。 〔譯註：這裡的上帝，多半指自然規律、或無法預測與抗拒的力量。〕</p> <p>儘管充滿虛假、勞苦與失望，世間始終美好。保持樂觀！力爭快樂！</p>
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