

Desiderata-处世良言

(Desiderata by Max Ehrmann in 1927)

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【译者前言】

- (1) 此散文诗颇为流行，诗名 Desiderata 是拉丁文，意思是想要的东西。内容是些处世良言，指出活好人生所需之品德与能力，可能 Desiderata 是指这些东西吧。译者并非诗人，只能译意，无法表达英诗的意境，请谅。
- (2) 欢迎转载，但不可修改内容。

<u>Desiderata</u>	<u>Desiderata-处世良言</u>
Go placidly amid the noise and haste, and remember what peace there may be in silence.	在喧闹繁忙中不妨静静地度过；别忘记，沉默中自有安宁。
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，尽量与人和睦相处。清楚文静地实话实说，也要听听别人的话，即使愚昧无知的人，也有他们的故事想说。
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.	远离喧哗好斗的人士，可免烦扰不安。与人比较，只会令您自负或自卑，因为，总会有人比您强大或比您弱小。
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.	好好享受您的成就与计划。世事无常，就算职业低微，仍要敬业乐业，它才是您的真正财富。
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.	谨慎营运您的生意，因为世上充满欺诈，但不要因此漠视美德，因为许多人正为崇高的理想奋斗，到处都有不少英勇事迹。
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（率性而为）。尤其不要虚情假意，对爱更不可玩世不恭；因为，爱如野草，即使在绝望与极端恶劣情况下，仍会反复出现。

<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>请汲取长年累月的经验教训，潇洒地放下年轻时的一切吧！</p> <p>培育心智，以免无法应付突然而来的不幸。但也不用杞人忧天，许多恐惧皆生于疲劳与孤独。遵守纪律之余，还须善待自己，以免过份严苛。</p> <p>您是宇宙之子，身份不次于树木与星星，您有权活在这里。而且，不管您明白与否，宇宙都会如其本然地展开。</p> <p>因此，不管您认为上帝是何方神圣，与祂和睦相处吧！也不管您作何努力与企图，在烦嚣、惶惑的生活中，请保持内心的安宁。 〔译注：这里的上帝，多半指自然规律、或无法预测与抗拒的力量。〕</p> <p>尽管充满虚假、劳苦与失望，世间始终美好。保持乐观！力争快乐！</p>
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