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[https://www.100test.com/kao\\_ti2020/474/2021\\_2022\\_\\_E8\\_8B\\_B1\\_E8\\_AF\\_AD\\_E4\\_B8\\_93\\_E4\\_c67\\_474443.htm](https://www.100test.com/kao_ti2020/474/2021_2022__E8_8B_B1_E8_AF_AD_E4_B8_93_E4_c67_474443.htm) "On my head pour only the sweet waters of serenity. Give me the gift of the Untroubled Mind." Once , as a young man full of exuberant fancy , I undertook to draw up a catalogue of the acknowledged “ goods ” of life. As other men sometimes tabulate lists of properties they own or would like to own , I set down my inventory of earthly desirables : health , love , beauty , talent , power , riches , and fame together with several minor ingredients of what I considered man ‘ s perfect portion..... When my inventory was completed I proudly showed it to a wise elder who had been the mentor and spiritual model of my youth. Perhaps I was trying to impress him with my precocious wisdom and the large universality of my interests. Anyway , I handed him the list. “ This , ” I told him confidently , “ is the sum of mortal goods. Could a man possess them all , he would be as a god. ” At the corners of my friends old eyes , I saw wrinkles of amusement gathering in a patient net. “ An excellent list , ” he said , pondering it thoughtfully. “ Well digested in content and set down in not-unreasonable order. But it appears , my young friend , that you have omitted the most important element of all. You have forgotten the one ingredient lacking which each possession becomes a hideous torment , and your list as a whole an intolerable burden. ” “ And what , ” I asked , peppering my voice with truculence , “ is that missing ingredient ? ” With a pencil stub he crossed

out my entire schedule. Then , having demolished my adolescent dream structure at a single stroke , he wrote down three syllables : peace of mind. “ This is the gift that God reserves for His special protégés , ” he said. “ Talent and beauty He gives to many. Wealth is commonplace , fame not rare. But peace of mind that is His final guerdon of approval , the fondest sign of His love. He bestows it charily. Most men are never blessed with it ; others wait all their lives , far into advanced age for this gift to descend upon them. ” 参考译文：论平静的心境 “ 仅把平静的甘露撒于我顶。赐予我安宁的心境。 ” 当我还是一个富于幻想的青年时，我曾试图把生活之中公认的“幸福”一一列出来。就像一些人有时把自己拥有的或者想要拥有的东西列成表单，我把世人最想得到的事物列成清单：健康，爱情，美丽，才能，权利。当清单完成以后，我不无骄傲地把它拿给一位睿智的老者看。他是我年少时的导师与精神楷模。或许，我想用我早熟的智慧与广博的兴趣给他留下深刻的印象。总之，我把列表递到了他手里。我满是自信地说，“这是人类幸福的总和。如果一个人能拥有这些，他便如神仙那般了。”我看到好友衰老的眼角，愉悦的皱纹耐心地结成网状。“这是一份出色的表格”他满是思考地说，“分类良好，顺序合理。但是，我年轻的朋友，你把最重要的东西给漏掉了。没有了它，其他的所得便成了一种恐怖的折磨，你的整个列表也就成为难以忍受的负担。”“那么，我漏掉了什么？”我有点不服气的问到。他用铅笔头划掉了我的整个表格，一笔粉碎了我年轻的梦想，然后写下三个单词：平静的心境。“这是上帝为他特殊子民所保留的礼物”，他说“才能与美丽，他赐

给了许多人。财富也普通平凡，名望也不稀有。只有平静的心境，是他给予的最终奖赏，是他最钟情的爱的象征。他小心翼翼的给予，大部分人无福享受，有些人则等了一生是的，直到老年，才等到这份赐予降临。100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)