

## 全民英檢秘笈

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Live In The Etat D' etre!

活在當下吧！

### 一、英文

A: I (1)好渴望 for a (2)連續地(3)平靜的 and (4)喜樂的 (5)心境.

B: Your state of mind seems (6)易受影響的 to the (7)外在的 world?

What happened this time?

A: (8)一個同事 often (9)讓我難過.

B: I see. We are often (10)被冤枉 and (11)冤枉人, we must (12)斷然拒絕 letting the external world (13)操縱 us. Life is too short for this!

A: (14)我該怎麼做? 敬請賜教.

B: (15)不吝付出, to love, and to(16)寬恕人, only by (17)做到 these three, (18)你才會 be set free.

### 二、答案

(1) crave so badly (2)continually (3)peaceful (4)joyful (5)state of mind  
(6)susceptible (7)external (8)A colleague of mine (9)upsets me (10)wronged  
(11)treat others wrongly (12)flat-out refuse (13)take charge of (14)A few words for the path to enlightenment (15)to give (16)forgive (17)having achieved (18)will you

### 三、解析

1. 易受影響的 susceptible to

2. 內在的 inner 例: inner beauty 內在美 外在的 external 例: external beauty 外在美

3. upset v. 令人難過 adj. 心裡難過的

4. "only by ... will you" 是倒裝句法, 表示「強調」之意, 注意 by 之後動詞需用 "ing"

例: Only by doing so will you succeed. 你唯有這麼做, 才能成功。

例：Only by eating less will you lose weight. 你唯有少吃，才能減胖！

#### 四、中文

A：我好渴望能夠過一個長久平靜而喜樂的生活。

B：你的心境似乎容易被外界影響，這次又怎麼啦？

A：有一個同事常讓我心情不好。

B：原來是這樣。我們不都常冤枉人，也難免被人冤枉嗎？生命實在短促，不需讓這些東西來操控我們！

A：那麼我該怎麼做呢？

B：如果我們能做到三項：慷慨地付出、誠摯地關懷人，以及無條件地原諒人，心靈就會能到釋放！活在當下吧！

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