

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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