

Appreciating Beauty 欣赏美 — 2月8日

Listener friends, here we are meeting with you again.

我们又在这儿和听友你会面了

We are your friends Mark and Wen-Jie.

我们是你的朋友马可和郭文洁

Wen-Jie, I have been kind of busy lately.

马可说他近来忙得不得了 Yes, I noticed.

You know the machine in the studio has a problem.

录音室的机器出了点问题

And my co-worker got sick.

而他的同事又生了病

I am trying to catch up on a lot of work.

他有很多工作正在赶

I see that you are very stressed. 看来他压力很大

That's for sure. Plus, I felt exhausted when I was driving home yesterday.

更不要提他昨天驾车回家一路上累坏了

What happened?

Well, some of the roads I was driving on were under construction.

有一些公路在进行整修

It took me forever to drive home.

花了他好久的时间才回到家里

You must be very anxious.

一定心里很焦急

You are right. I feel restless.

他觉得心很不安定

Then, you must have missed out on a lot of good things.

Yeah, I did miss out on a lot of good things recently.

他知道近来，他的确错过了很多美好的事物

That's why today's lesson is a good reminder.

所以今天这课是很好的提醒

Listener friends, we bring you this lesson.

我们今天带给听友你的这一课

It's called: "Appreciating Beauty".

主题就是：「欣赏美丽 Appreciating Beauty」

Beauty Definition 什么叫做美？

Beauty is the quality that gives pleasure to the mind or senses.

Beauty 美，是一种特质，能带给人思维上、五官上愉快的感受

Beauty can refer to person, thing or idea.

Beauty 可以指，美丽的人、美丽的事物或想法

It is associated with harmony of form or color.

外形和颜色的和谐跟美息息相关

And it has to do with truthfulness, and originality.

而具有真实性，独创性也能带出美感

We all know that when something is beautiful, it's very attractive.
美丽的事物往往很漂亮，很吸引我们
It has charm and grace.
它具有魅力，很优美
But when we are busy, we often do not notice beauty.
但是当我们又忙又乱时，我们通常不会去留意到「美」
We let it pass us by.
很轻易就错失了美丽
Wen-Jie, when we are eager to get something,
特别当我们汲汲营营想要得什么
To own something,
要拥有什么
Or, to accomplish something,
或要完成什么时
I guess we miss out on the feast of life in front of us.
我们就错过在眼前的生命宴席
Someone once said.
有人曾这么说
Everybody needs beauty as well as bread.
每个人都需要「美」，就如同需要面包维生一样
Beauty has an effect on everyone.
美，对每个人有这样的一种效应
It enriches us and satisfies us.
它滋润我们，带给我们满足
It brings us joy.
它能带给我们喜乐

“Oh, It’ s Beautiful !” 「哦，太美了！」

The sunrise and sunset.

日出和日落

The blooming flowers.

盛开的花朵

The autumn leaves.

秋天的落叶

A tiny sea shell

一颗小贝壳

An old tree trunk

一棵老树的树干

Well, God is an artist.

不错，神是一个艺术家

Everything He made is beautiful.

祂造的所有的事物都很美

Light and shadows,

明亮光线或黯淡阴影

All kinds of colors,
彩色缤纷多样
All sorts of shapes,
形状大小不一
Patterns and textures.
有各类的图案 patterns 和各种的质感 textures
They are all very pleasing to the eyes.
神造的一切都很美丽
Things in nature create in us wonder and humility.
大自然的事物让我们生发出惊叹和谦卑
But how about the man-made beauty?
那人造的美又如何呢？
Well, coming up next is today's "Everyday Dialogue".
紧接下来，带给你今天的「每日会话」
A young woman is talking to her busy boyfriend.
一位年轻女孩，正和她忙得不可开交的男朋友在交谈
Let's listen in to their conversation.
我们来听他们的对话

*Dialogue [A=woman, B=man]

A: *I wish I were a tree.*
B: *I can't talk to you now. I'm too busy.*
A: *The reason I wish I were a tree is because trees are beautiful.*
B: *You are already beautiful.*
A: *Do you really think I'm as beautiful as a tree?*
B: *You are more beautiful.*
A: *Oh, that's the nicest thing you've ever said to me. Should we go to a park for a walk?*
B: *Well, I guess I need to take time to enjoy beauty and especially you!*

好，那现在我们带你来了解会话内容

A: *I wish I were a tree.*
真希望我是一棵树
B: *I can't talk to you now. I'm too busy.*
我现在不能跟你谈话，我正忙呢
A: *The reason I wish I were a tree is because trees are beautiful.*
我希望自己是一棵树，因为树木实在美极了
B: *You are already beautiful.*
你已经很美了。
A: *Do you really think I'm as beautiful as a tree?*
你真的认为我跟树一样的美？
B: *You are more beautiful.*
你比树还美。

- A: *Oh, that's the nicest thing you've ever said to me. Should we go to a park for a walk?*
喔，这是你对我说过最好听的话了。我们一起到公园走走怎样？
- B: *Well, I guess I need to take time to enjoy beauty and especially you!*
嗯，我想我的确需要抽个空去欣赏美丽的大自然，还有欣赏美丽的你。
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Wen-Jie, many people confuse beauty and goodness.

许多人看美丽等同于美善

They think, if it's beautiful, it must be good.

他们认为，若是美丽的一定是好的

But that's not necessarily true.

那可不见得正确

But we can say, whatever is good and right will be beautiful.

但我们却可以说，凡是美善，公义的，都是很美的

Let's listen to the "Everyday Dialogue" once again.

我们再次来听，每日会话

- A: *I wish I were a tree.*
B: *I can't talk to you now. I'm too busy.*
A: *The reason I wish I were a tree is because trees are beautiful.*
B: *You are already beautiful.*
A: *Do you really think I'm as beautiful as a tree?*
B: *You are more beautiful.*
A: *Oh, that's the nicest thing you've ever said to me. Should we go to a park for a walk?*
B: *Well, I guess I need to take time to enjoy beauty and especially you!*

Verse For Life 生命经文

Whatever is true, whatever is noble,

凡是真实的，可敬的

whatever is right, whatever is pure,

公义的，清洁的

whatever is lovely, whatever is admirable-

可爱的，有美名的

if anything is excellent or praiseworthy--

若有什么德行，若有什么称赞

think about such things.

这些事你们都要思念

Philippians 4:8 腓立比书

When we think of beauty, we often think of what's beautiful to our eyes.

当我们想到美，我们总想到眼睛看为美的事物

It's from the eyes to the heart.

视觉的美，让人心旷神怡

But there's another aspect of beauty.

但是还有另一个层面

That's from our minds to our hearts.

那是从我们的思想到我们的内心

What we think affects our own being.

我们所想的，影响我们整个人

This Bible verse teaches us to think of things that are beautiful and good.

这个经文教导我们去思想那些美好，美善的事物

To appreciate the beauty of virtue.

去欣赏美德

Things that are true, and noble,

也就是那些真实，可敬的

Right and pure,

公义，清洁的

Lovely and admirable,

可爱，有美名的

Excellent and praiseworthy.

那些有德性和称赞的事

Let's think about these things.

我们要思想这些事情

Well listener friends, that's all the time we have for today.

我们今天时间又差不多了

We are so glad you've joined us today.

很高兴你收听今天的节目

To appreciate beauty, one needs to give it time.

要欣赏美丽，需要一个人愿意花时间

And make an effort to pay attention.

也花功夫去留心注意

That's a big reminder both for me and for you.

这对我们来说，都是极好的提醒

You are listening to lesson #395.

你听的这课，是第 395 课

Go to the web to review our old lessons.

可以上网去复习过往教过的课程内容

Until next time, this is English World.

这里是英语世界节目

We'll see you later. Zai-Jian.

改天再见

Mark, you say we need to appreciate beauty. I am going outside and look at the trees and flowers.

Wait, we do need to finish this program .

But the sun is shining now.

Okay, Work can wait. Let's go outside and enjoy God's nature.