

Giving



当我们给予他人,顺从他人的 意愿来使他们快乐,或将他们 的愿望看得比我们自己的愿望 更重要时,有时,我们会觉得 自己受到了损失;但是事实并 不如此。

If we give to others, yield to them to make them happy, or put their wishes above our own, we can sometimes feel like we're losing out. But we're not really.





你可能注意到:那些"给予"成自然的人所洋溢出来的平安和快乐,就如散发出来的安和快乐,就如散发出来的光芒一样。不管在时间、金钱、帮助,或友善的鼓励方面,他们不但总是为自己所有的而感到满足,而且还总是与他人进行分享。

You may have noticed the peaceful happiness, even radiance, in people who make it a habit to give.—Whether it's time, money, help, or just friendly encouragement, they always seem to not only be content themselves, but have enough to share with others.





真正的快乐,并非来自你个人 追求自私的欢乐和满足,而是 把爱给别人,并带给他们快乐。 然后,快乐便会追逐你、追上 你和充满你,甚至不需要你自 己去寻找它。

True happiness comes not in your personal pursuit of selfish pleasure and satisfaction, but in giving love to others and bringing them happiness. Then happiness will pursue and overtake and overwhelm you, personally, without you even seeking it for yourself.





有人乐善好施,反倒越来越富;有人一毛不拔,反而越来越穷。

慷慨好施的必得昌盛,恩待他人的必蒙恩待。

Some people give freely and gain more; others refuse to give and end up with less.

Give freely, and you will profit. Help others, and you will gain more for yourself.





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