

114-1 高科大英美詩朗誦競賽活動

主題: 生命的探索

人生不乏無數的選擇與探索，如何在某個人生階段做出最適合的決定並活在當下欣賞生活中的一切大小人事物，都是大學四年中值得學習的議題。從宏觀的角度做出了大膽的決定後，於每日的微觀細節中找尋到達目標的可能性，過程不斷自我質疑及肯定，並從生活大小事得到可能的樂趣，豐富一個人漫長的生命，希望與絕望、青春與年邁、善與惡、對與錯、美與醜，快樂與悲傷、危機與轉機，只要一轉念便能於無數的二元對立中找到自己存在的意義及價值，學會欣賞生命的美好，便是這些詩篇中揭露的智慧。

1. “Hope” is the thing with feathers — Emily Dickinson

“Hope” is the thing with feathers—
That perches in the soul—
And sings the tune without the words—
And never stops—at all—
And sweetest—in the Gale—is heard—
And sore must be the storm—
That could abash the little Bird
That kept so many warm—
I’ve heard it in the chilliest land—
And on the strangest Sea—
Yet—never—in Extremity,
It asked a crumb—of me.

中文翻譯

「希望」是一隻長著羽毛的小鳥——
棲息在靈魂深處——
唱著沒有詞句的歌——
而且永不停歇——
在狂風中，它的歌聲最甜美——
只有最猛烈的暴風——
才能讓這小鳥失聲，

但它曾溫暖過無數人——
我在最冰冷的土地聽過它——
也在最陌生的海上聽過它——
然而——即使在最極端的困境，
它從未向我索求過一丁點食物。

2. The Road Not Taken — Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;
Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,
And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.
I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

中文翻譯

兩條路在一片金黃的林中分岔，
遺憾我無法同時踏上，
身為一名旅人，我久久站立，
極目望向其中一條，
直到它在叢林深處轉彎；

然後我選擇了另一條，看似同樣美好，
也許更值得選擇，
因為它青草叢生，鮮有人走；
雖然實際上，
兩條路幾乎一樣被踐踏過。
那天早晨，兩條路都落滿落葉，
沒有腳印將它們踩黑。
啊，我把第一條留到改日再走！
但我也知道路引路，
我恐怕永遠無法回來。
多年以後，我將帶著一聲嘆息說：
兩條路在林中分岔，而我——
我選擇了人跡更少的一條，
這使我的人生截然不同。

3. She Walks in Beauty — Lord Byron

She walks in beauty, like the night
Of cloudless climes and starry skies;
And all that's best of dark and bright
Meet in her aspect and her eyes:
Thus mellowed to that tender light
Which heaven to gaudy day denies.
One shade the more, one ray the less,
Had half impaired the nameless grace
Which waves in every raven tress,
Or softly lightens o'er her face;
Where thoughts serenely sweet express,
How pure, how dear their dwelling place.
And on that cheek, and o'er that brow,
So soft, so calm, yet eloquent,
The smiles that win, the tints that glow,
But tell of days in goodness spent,
A mind at peace with all below,
A heart whose love is innocent!

中文翻譯

她走在美麗之中，如同夜色，
無雲的天空，繁星點點；
黑暗與光明中最美的部分，
全都聚於她的容顏與眼神；
那是一種柔和的光，
連白日的絢爛都無法比擬。
一絲陰影增添，一縷光芒減少，
都可能損傷這無名的優雅；
在她烏黑的髮絲間流動，
或輕柔地映照在她的臉龐；
她神情中展現出寧靜的甜美，
那是純淨、可愛的靈魂所在。
在她的臉頰與額頭上，
柔和、平靜，卻充滿力量；
她的微笑，她的光彩，
只說明了日子在善良中度過；
一顆與世和諧的心靈，
一份純真無瑕的愛。

4. If — (節選) — Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;
...
If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,

If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—*you'll be a Man, my son!

中文翻譯

如果當眾人失去理智並責怪你時，
你仍能保持冷靜，
如果當眾人懷疑你時，
你仍能相信自己，並理解他們的懷疑；
如果你能等待而不因等待而疲憊，
如果你被誹謗卻不以謊言回應，
如果你被憎恨卻不以仇恨還擊，
而且既不過度表現，也不自以為聰明；
...
如果你能與群眾交談，卻仍能保持你的美德，
或與國王同行，卻不失去親近平民的心，
如果既沒有敵人，也沒有摯友能傷害你，
如果你能重視所有人，但不過分依附於任何一人；
如果你能把那不饒人的一分鐘，
填滿為六十秒的全力奔跑，
那麼整個世界與其中的一切都將屬於你，
而且——更重要的是——你將成為真正的男子漢，我的孩子！

5. Do Not Go Gentle into That Good Night — Dylan Thomas

Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light.
Though wise men at their end know dark is right,
Because their words had forked no lightning they
Do not go gentle into that good night.
Good men, the last wave by, crying how bright
Their frail deeds might have danced in a green bay,
Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight,
And learn, too late, they grieved it on its way,
Do not go gentle into that good night.
Grave men, near death, who see with blinding sight
Blind eyes could blaze like meteors and be gay,
Rage, rage against the dying of the light.
And you, my father, there on the sad height,
Curse, bless, me now with your fierce tears, I pray.
Do not go gentle into that good night.
Rage, rage against the dying of the light.

中文翻譯

狄倫·湯瑪斯《不要溫和地走進那良夜》

不要溫和地走進那良夜，
老年應在日暮時燃燒並怒吼；
咆哮吧，咆哮吧，抗拒光明的消逝。
雖然智者在臨終時知道黑暗是正確的，
因為他們的言語未曾劈出閃電，
不要溫和地走進那良夜。
善人們，臨近最後一波浪潮時，高喊那光多麼耀眼，
他們脆弱的事蹟本可能在碧灣中舞動，
咆哮吧，咆哮吧，抗拒光明的消逝。
狂人們捕捉並歌唱飛行中的太陽，
卻太遲才明白，他們為太陽西沉而悲傷，
不要溫和地走進那良夜。
嚴肅的人們，臨死時，以炫目的視野看見，
盲目的眼睛仍能如流星般燃燒、歡欣，
咆哮吧，咆哮吧，抗拒光明的消逝。
而你，我的父親，在那悲哀的高處，
詛咒我吧，祝福我吧，用你激烈的淚水，我祈求。
不要溫和地走進那良夜。
咆哮吧，咆哮吧，抗拒光明的消逝。

6. "When You Are Old" by W.B.Yeats

When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look
Your eyes had once, and of their shadows deep;
How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;
And bending down beside the glowing bars,
Murmur, a little sadly, how Love fled
And paced upon the mountains overhead
And hid his face amid a crowd of stars.

中文翻譯

當你年老，兩鬢斑白，昏昏欲睡時，
在爐火旁打盹，請取下這本詩集，
慢慢地讀，回想你眼中曾經柔和的神情，
以及那深邃的目光。
多少人愛慕你歡欣優雅的時刻，
愛你的美貌，不管是真誠還是虛偽；
但只有一人愛你靈魂中的朝聖者，
也愛你容顏變化中的憂傷。
當你俯身靠近閃亮的火爐柵欄時，
輕聲喃喃，帶著一點哀傷：
「愛已遠走，
踏上高山之巔，
隱藏在繁星之中。」