

《双语美文：想要自由的感觉？那就做个好人吧》

For many years

多年来

I was treated in a very unkind way.

我并没有遭受过恶意的对待

I was not only talked about behind my back

没有人在我的背后诽谤我

but I was spoken to in an unkind manner to my face.

当曾经有人当面对我用十分失礼的态度说话

I'm sure

我相信

a lot of people can relate to this.

许多人有过类似的经历

There came a time

后来

when I had the opportunity to help this person out.

我得到一个机会，可以对那个人提供帮助

For some reason,

出于某种原因

much to my surprise,

连我自己都感到惊讶的是

I chose to be kind and help.

我选择对他友善，并且帮助了他

My action to show love and help not only surprised me,

我的行动表现了爱和帮助，这不仅让我吃惊

but it surprised others as well.

也让周围的其他人大吃一惊

I'm sharing this

我分享这个故事

because I can not tell you

是因为我想告诉你

how much my action set me free.

我的举动让我感到难以言喻的轻松自由

I now had the power

如今我手握重权

to treat this person the same way I had been treated

对此人以其道还治其人之身

or I could be kind

我也可以选择善良

and put love into action.

用我的行动传达大爱

The choice was mine.

选择权在我手中

Love your enemies

“爱你的敌人”

and bless them that curse you.

“祝福那些诅咒你的人”

I never really understood this maxim

我从没有真正理解这句箴言

until I put it into practice.

直到我将它付诸实践

Being kind and showing love did as much for me

行善举，传达大爱，这对我益处

as it did for the other person.

与对那人的益处一样多

This is a good time

这正是个好时机

to not only show love to those who love us

不仅对爱我们的人表达爱意

but to be kind to those who have done us wrong.

也要对曾对我们有失公允的人表达善意