

《英语六级翻译训练题及答案：和谐》

翻译题目：

和谐源自人的内心。健康的人格，良好的心态，既关乎个人的身心和谐，也关乎社会的和谐稳定。一个内心失调、失衡的人，一个心中充溢着焦躁、郁闷甚至仇恨的人，往往自己会同自己过不去，还会同周围环境过不去，人生是无法和谐得起来的。心平才能气和，内和才能外顺。保持身心和谐，我们要以平和之心思考问题，多一点理性、少一点感性，多一点睿智、少一点混沌，多一点冷静、少一点浮躁，多一点淡然、少一点痴迷，多一点大度、少一点偏执。



参考译文：

Harmony derived from the inner heart of people. A healthy personality and good mentality are related to both personal physical and mental harmony and social harmony and stability. A person with an inner imbalance, an unbalanced mind, a heart filled with anxiety, depression, and even hatred, often finds it difficult to get along with himself and the surrounding environment. Life cannot be harmonious. Peace of mind can bring peace of mind, inner harmony can bring outer harmony. To maintain physical and mental harmony, we should think in a peaceful way, be more rational, less emotional,

more intelligent, less chaotic, more calm, less impetuous, more indifferent, less obsessed, more generous, less paranoid.

翻译解析：

- 1、“和谐源自人的内心”被翻译为“Harmony derived from the inner heart of people.”，强调了和谐的根本来源在于个人的内心世界。
- 2、“健康的人格，良好的心态，既关乎个人的身心和谐，也关乎社会的和谐稳定”一句中，使用了“healthy personality”和“sound mindset”来分别翻译“健康的人格”和“良好的心态”，准确传达了原文的意思。同时，“pertain to”一词的使用，既表达了“关乎”的含义，又使句子结构更加紧凑。
- 3、在描述内心失调、失衡的人的状态时，译文“A person with an inner imbalance or disorder, whose heart is filled with anxiety, depression, and even hatred”准确地传达了原文的含义，同时使用了定语从句，使句子结构更加清晰。
- 4、“心平才能气和，内和才能外顺”一句中，“心平”和“内和”都表示内心的和谐状态，而“气和”和“外顺”则分别表示外在的和谐与顺利。在翻译时，采用了“Only when one's heart is at peace can one's temper be harmonious, and only when one's inner world is harmonious can one's outer world be smooth”的句式，既保留了原文的韵味，又符合英文的表达习惯。
- 5、在描述如何保持身心和谐时，译文使用了多个“more...less...”结构，如“more rational and less emotional, more intelligent and less confused, more calm and less impatient”等，既体现了原文的并列关系，又使英文表达更加地道。