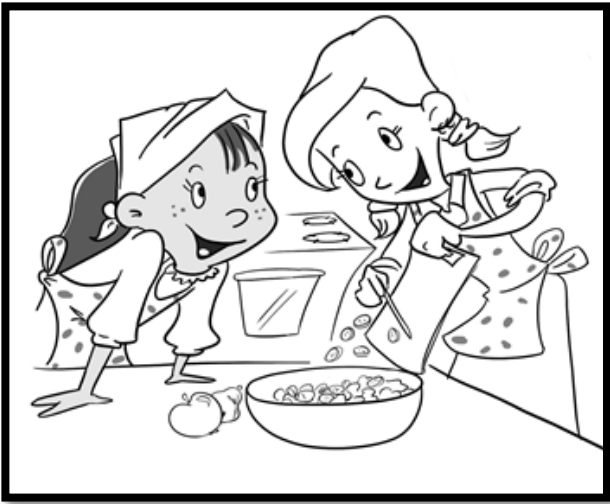


# OPPORTUNITIES FOR LOVE

## 爱的机会

There's an important and easily missed form of love that's manifested in the small matters. For example:

有一个重要、且容易错过的表现爱的方式，就是在小事情上展现爱。比方说：



showing sympathy when someone is stressed or worried

当有人深感压力或担忧时，向他/她表露同情心，

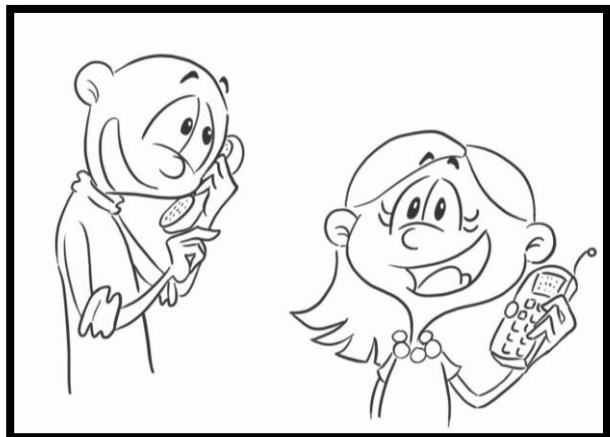
helping a person in need, preferring them over ourselves,

帮助一个有需求的人，让别人优先做选择，甚于自身优先选择；



or being a listening and sympathetic ear.

或是充满同情心地聆听他/她的困境。



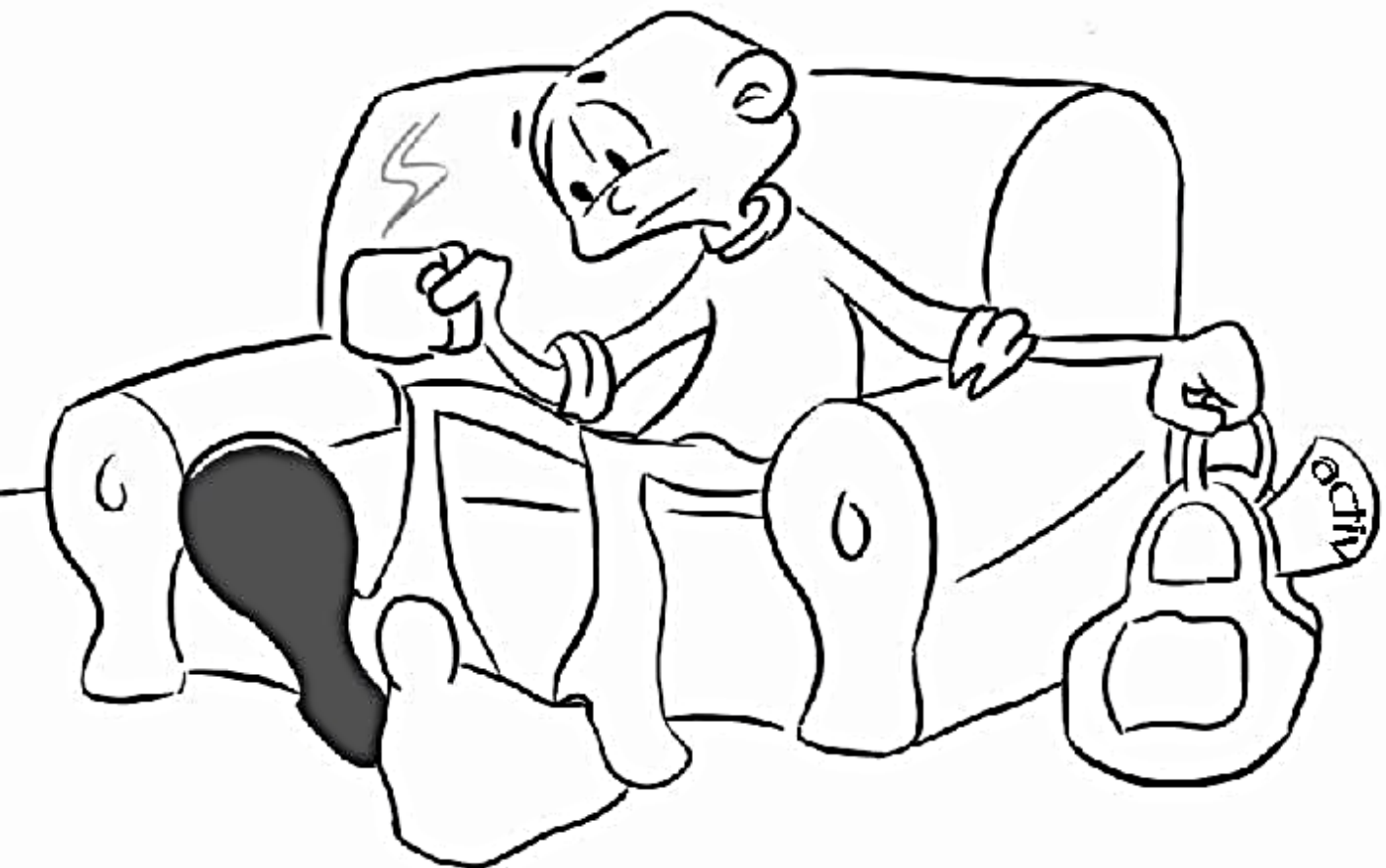


When we choose to take the time to stop and help someone in need, when we show love and concern for someone hurting, when we give of what we have, we become more loving. We leave a legacy of love behind us as we pursue our path of life.

当我们选择花时间停下来，去帮助某个有需求的人，当我们表现出爱和关心某个受伤的人，当我们给予我们所拥有的，我们在变得更有爱心。在我们追求人生理想时，我们将在路上留下爱的踪迹。

On the other hand, when we choose to focus only on our own goals, responsibilities, and concerns, ignoring the people around us, we become more self-centered and isolated, and we can end up wandering aimlessly about in our own universe. In the end, we're the sum total of the choices we make on a daily basis.

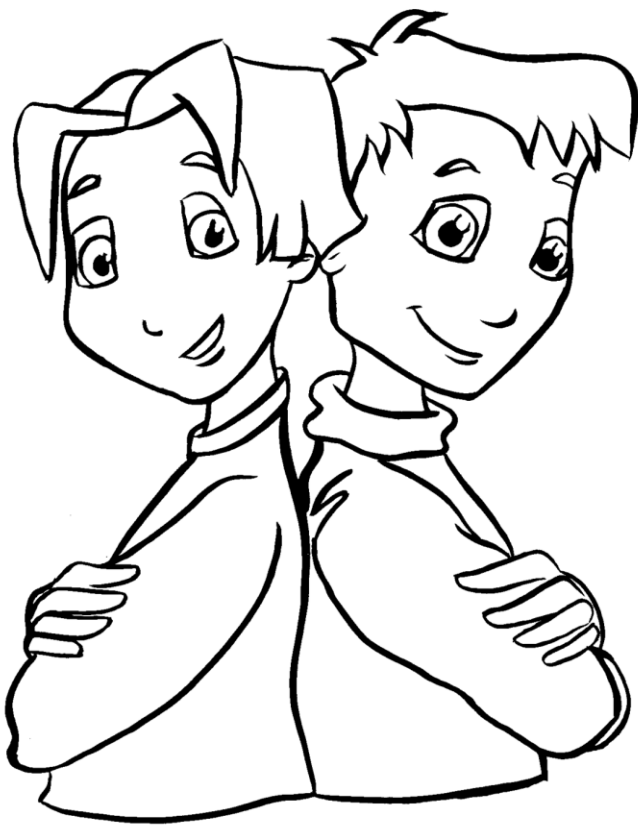
反之，当我们选择只关注自身的目标、责任和所关切的事，忽略了周围的人时，我们会变得更自我中心和孤立，结果在自身的宇宙中漫无目的地徘徊。到最后，我们成为每天所做的选择的结果。





Each of us has opportunities to make choices based on love for others, on wanting to help humankind. Each day, we can do kind deeds.

我们每个人都有机会，以爱别人或帮助同人类为原则来做选择。每一天，我们都可以做仁爱之举。



Putting ourselves in others' shoes and taking time to think about why people do what they do is a lot more fulfilling than criticism, and it breeds sympathy, tolerance, and kindness.

设身处地为别人着想，花时间想想他们为什么会做某些事，这样做要比批评人更有成就感，且能帮助我们培养同情心、宽容心和仁慈的心。

There are many ways of showing love, and it will be up to each of us to take the time to reflect on how we can personally show more love. We may want to get a notebook or journal and ask ourselves a few questions, such as:

爱的表现方式有许多种，我们每个人都需要花时间来思考，看看自身能如何表现出更多爱。我们能/准备一本笔记本或日志，问自身一些问题，比方说：

How much love and self-sacrifice do I show on a daily basis? Do I stop and show love to those who need it?

我每天表现出多少爱与自我牺牲？我会停下来，向那些需要爱的人表现爱吗？



When I don't feel like stepping out, when I feel the other person should be the one reaching out to me, am I still willing to take the first step?

当我不想采取主动，当我觉得应该由另一个人先与我主动接触时，我愿意踏出第一步去接触他们吗？



Am I willing to listen to others and show concern for their thoughts, ideas, and preferences?

我愿意聆听别人，关心他们的想法、主意和喜好吗？

How can I reach out more to others and add meaning to their lives?

我如何才能够帮助别人更多，并为他们的生命增添意义？

