

10 堂愛與療癒的體驗課 線上教材學習單

第十堂課——自愛

19 世紀英國詩人伊莉莎白巴勒特百朗寧，透過詩作來展現愛。

以下詩作摘錄自《葡萄牙人十四行詩集》

「我看到了，透過我逐漸被眼淚模糊的視覺，
甜蜜的、悲傷的、憂鬱的歲月，
我的生命中，曾經拋出覆蓋著我的陰影。
我了解，所以哭泣，
神秘的它在我背後移動，拉扯著我；
一個充滿了權威的聲音問我，
猜猜現在誰擁有你？死亡，我說。
但，銀色的答案響了……不是死亡，是愛。

"I saw, in gradual vision through my tears,
The sweet, sad years, the melancholy years,
Those of my own life, who by turns had flung
A shadow across me. Straightway I was 'ware,
So weeping, how a mystic shape did move
Behind me, and drew me backward by the hair;
And a voice said in mastery,
Guess now who holds thee? Death, I said.
But there, the Silver answer rang, ... not Death, but LOVE.





我怎麼愛你？

讓我算算

我愛你的深度、廣度和高度

當感覺不到時，我的靈魂仍可以到達

為了完美的結局和理想的恩典。

我愛你的每一天

安靜的太陽和燭光。

我自由的、純粹的、熱情的愛你

有微笑、有眼淚，用盡我的一生。」

How do I love thee?

Let me count the ways

I love thee to the depth, and breadth, and height

My soul can reach, when feeling out of sight

For the ends of being and ideal grace.

I love thee to the level of everyday's

Most quiet need, by sun and candlelight.

I love thee freely, purely, and passionately

With smiles, tears, and all my life. “

用愛的語言來欣賞、讚美和感謝身邊的人吧～❤️

