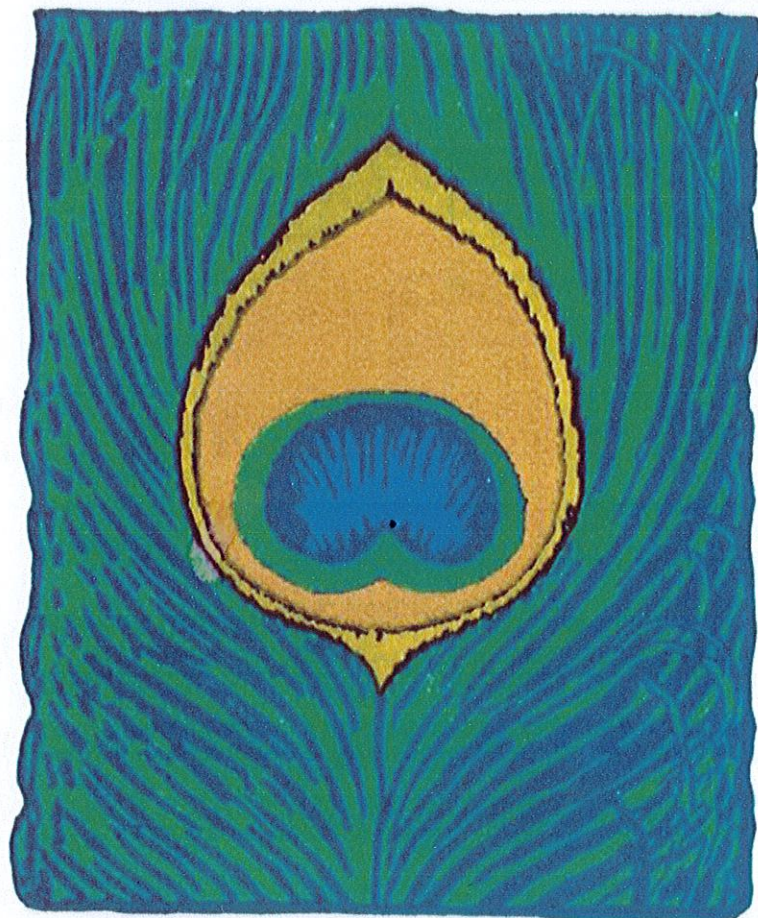


为和平而工作，为正义而坚守

培训资料



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Thematic quotes 主题引用

Alice Walker: "A writer's heart, a poet's heart, an artist's heart, a musician's heart, is always breaking. It is through that broken window that we see the world: more mysterious, beloved, insane and precious for the sparkling and jagged edges of the smaller enclosure we have escaped."¹

“作家的心，诗人的心，艺术家的心，音乐家的心，总是在破碎。正是透过这扇破碎的窗我们看到了世界：我们已经逃离了那个更小的禁锢地，它的边缘闪闪发光，参差不齐，而这个世界因此更神秘，更为我们所爱，更疯狂，也更宝贵。”

Nazim Hikmet: "Some Advice for Those who will Serve Time in Prison"

To think of roses and gardens inside is bad,

To think of seas and mountains is good.

Read and write without rest,

And I also advise weaving

And making mirrors

I mean, it's not that you can't pass

 Ten or fifteen years inside

 And more--

 You can,

As long as the jewel on the left side of your chest doesn't lose its luster²

《给那些将在监狱里服役的人的建议》

想着玫瑰和花园不好，

¹ 艾丽斯·沃克(Alice Walker)，普利策奖得主、小说家、诗人和社会运动人士，她在作品中反映黑人妇女为自身权利而奋斗，获得广大的回响，著有《紫色》(The Color Purple)。小说改编成剧本《紫色》是美国电影史上第一部黑人题材的电影，主要演员几乎全部为黑人之外，参与影片摄制的工作人员也大半为有色人种。导演斯皮尔伯格，女主角喜丽(Celie)由琪碧·戈德堡(Whoopi Goldberg)饰演。是获奥斯卡11项提名无一获奖的影片

² 选自 Nazim Hikmet, "Some Advice to Those Who will Serve Time in Prison", in The Poems of Nazim Hikmet (Randy Blasing and Mutlu Konuk, eds. New York: Persea, 2002, 143). Nazim Hikmet 土耳其诗人。伊斯坦布尔高中毕业后，入海军学校学习。1920年参加反对帝国主义占领的斗争，被学校开除。1921年去莫斯科东方大学学习，结识了马雅可夫斯基，并深受苏联文学的影响。1924年回国，从事进步的文学活动，遭到当局的迫害，多次被捕，系狱17年。1950年由于国内外舆论的强大压力，终于获释，但出狱后仍遭迫害，被迫逃亡苏联。曾获得列宁国际和平奖。1963年在莫斯科病故。

想着大海和高山不错。
阅读，写作，不要停歇，
我还建议编织，
以及制作镜子
我是说，不是你不能在里面度过
10年或15年
甚至更多的时间--
你可以，
只要你的胸膛左边的宝石还闪耀着光芒

Audre Lorde

"The erotic is measure between the beginnings of our sense of self and the chaos of our strongest feelings. It is an internal sense of satisfaction to which, once we have experienced it, we know we can aspire. For having experienced the fullness of this depth of feeling and recognizing its power, in honor and self-respect we can require no less of ourselves."³

“情欲是横在我们自我意识的开端与最强烈的情感的混乱之间的一把度量尺。它是一种内在的满足感，一旦我们经历了，我们知道我们能够生出希望。因为充分地经历了这种深沉的情感，意识到它的力量，带着荣誉与自尊，我们才不会更少地要求自己”

John Edgar Widman

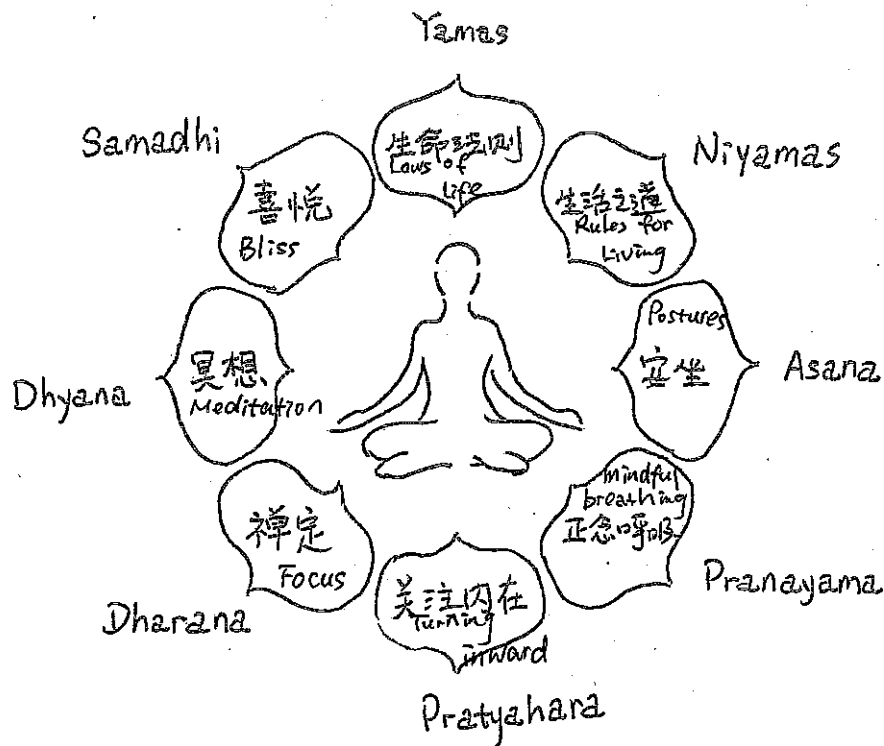
"The sign of silence presides over my work Characters who can't speak, choose never to speak until this world changes... My impulse is to give voice to the dead, the unborn, to outlaws and outcasts whose voices have been stolen or muted by violence--Silence is proof that the decision to listen is not ours. Proof that we are called to pay attention."⁴

“沉默的迹象指挥着我的作品人物，他们不能说话，他们选择直到世界改变前都不说……我突然有这样一个念头，要为那些人代言，那些死去的，未出生的，那些逃亡的，流浪的，他们的声音被偷走了，或者被暴力压制了--沉默是证据，它证明是否听不是我们能做的决定。它证明我们是被要求去听”。

³ 选自 Audre Lorde, *Sister Outsider*. Freedom, CA: Crossing Press, 1984, 54. Audre Lorde 美国著名女权主义倡导者，诗人，黑人权利及女同性恋权利倡导者。

⁴ 选自 John Edgar Widman, "In Praise of Silence" In *The Writing Life: Writers on How They Think and Work*, Marie Arana, ed. New York: Public Affairs, 2003. John Edgar Widman 生于 1941 年，美国作家，布朗大学教授，著名的文艺杂志 *Conjunctions* 特约编辑。

The Eight Limbs of Yoga 八支瑜伽⁵



Laws of Life 生命法则 (道德戒律)	Rules for Living 生活之道 (自律)
Nonviolence (ahimsa) 不伤害	Simplicity Saucha 清静
Truthfulness (satya) 诚信	Contentment (santosa) 知足
integrity (asteya) 不盗	Purification (tapas) 苦行精进
Sexual accountability (brahmacharya) 不淫	Self-study (svadhyaya) 自我学习
Nonattachment (aparigraha) 不贪	Devotion (isvara-pranidhana) 信神

5 八支瑜伽，是印度六派哲学中，印度瑜伽学派所主张的八种主要修行阶段。又称八实修法。即：

(1)禁制 (梵 yama)：指遵守不杀生、真实(不妄语)、不偷盗、贞洁(梵行)、无所得等五大誓戒。(2)劝制(梵 niyama)：指奉行洁斋、满足、苦行、学习、皈依至上之神等预各行。(3)坐法(梵 asana)：指依规定保持坚固、安乐的坐姿。(4)调息(梵 pranayama)：指调整呼吸。(5)制感(梵 pratyahara)：指制御感官，即制止感官与对境结。(6)执持(梵 dharana)：指将心系于一处。(7)禅定(梵 dhyana)：又译作静虑，指观念的集中持续。(8)三昧(梵 samadhi)：指主体进入空无的状态。此中，后三支特称为禁戒(梵 samyama)，行此三支可得神通(梵 vibhuti)而获解(摘自百度百科)。

Wild Geese 野雁

by Mary Oliver

You do not have to be good

你毋须样样做到最好

You do not have to walk on your knees

亦毋须膝行而前

for a hundred miles through the desert repenting

数百里，穿越沙漠去忏悔

You only have to let the soft animal of your body

你只要让本真的那个你

love what it loves

随性遂心

Tell me about despair, yours, and I will tell you mine

说一说绝望,你的,我也会跟你说我的

Meanwhile the world goes on

与此同时，世界仍在继续。

Meanwhile the sun and the clear pebbles of the rain

与此同时，阳光以及颗粒分明的雨

are moving across the landscapes

席卷大地，

over the prairies and the deep trees

俯临草原与深林

the mountains and the rivers

还有山脉与河流

Meanwhile the wild geese, high in the clean blue air

与此同时，野雁飞翔在高远明净的蓝天，

are heading home again

再次返赴家园

Whoever you are, no matter how lonely

无论你是谁,不管有多寂寥,
 the world offers itself to your imagination
 这个世界任你的想象驰骋,
 calls to you like the wild geese, harsh and exciting--
 它向你召唤。就像野雁, 刺耳地, 兴奋地——
 over and over announcing your place
 一遍又一遍地宣告你的位置
 in the family of things
 在纷纷扰扰的世事之中。

Let Rays of Light Caress Me 要用光芒抚摸
by Gu Cheng 顾城

This island is lovely Every tree a tree in blossom Hung with fruit I eat the fruit Just so I can Have some affinity with the blossoms Light has no guilt Let rays of light caress me You immerse me in water Spit out air Spit out people and trees You let me stand at the deepest point Standing on soft dreary light I know that my path Is the most beautiful of all	这个岛真好 一树一树花 留下果子 我吃果子 只是为了跟花 有点联系 光没有罪恶 要用光芒抚摸 你把我没入水中 吐出空气 吐出人和树 你让我站到最深的地方 站在柔软凄凉的光上 我知道我的道路 是最美的
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The Answer
By Bei Dao

Translated by Bonnie S. McDoughall

Debasement is the password of the base,
Nobility the epitaph of the noble.
See how the gilded sky is covered
With the drifting twisted shadows of the dead.

The Ice Age is over now,
Why is there ice everywhere?
The Cape of Good Hope has been discovered,
Why do a thousand sails contest the Dead Sea?

I came into this world
Bringing only paper, rope, a shadow,
To proclaim before the judgment
The voice that has been judged:

Let me tell you, world,
I—do—not—believe!
If a thousand challengers lie beneath your feet,
Count me as number thousand and one.

I don't believe the sky is blue;
I don't believe in thunder's echoes;
I don't believe that dreams are false;
I don't believe that death has no revenge.

If the sea is destined to breach the dikes
Let all the brackish water pour into my heart;
If the land is destined to rise
Let humanity choose a peak for existence again.

A new conjunction and glimmering stars
Adorn the unobstructed sky now;
They are the pictographs from five thousand years.
They are the watchful eyes of future generations.

回答

北島

卑鄙是卑鄙者的通行證，
高尚是高尚者的墓志銘，
看吧，在那鍍金的天空中，
飄滿了死者彎曲的倒影。

冰川紀過去了，
為什麼到處都是冰凌？
好望角發現了，

為什麼死海裏千帆相競？
我來到這個世界上，
只帶著紙、繩索和身影，

為了在審判前，
宣讀那些被判決的聲音。
告訴你吧，世界

我—不—相—信！
縱使你腳下有一千名挑戰者，
那就把我算作第一千零一名。

我不相信天是藍的，

我不相信雷的回聲，

我不相信夢是假的，

我不相信死無報應。

如果海洋注定要決堤，

就讓所有的苦水都注入我心中，

如果陸地注定要上升，

就讓人類重新選擇生存的峰頂。

新的轉機和閃閃星鬥，

正在綴滿沒有遮攔的天空。

那是五千年的象形文字，

那是未來人們凝視的眼睛。

"Song of Exploring the Waterways"⁵
Song Lin

The urgent eagle is calling, calling calling.
The eagle of the earth spreads its wings in the clouds.
The sound is a bright spot in the dusk sky,
A dubious spot on the mysterious river chart
Like the legendary shaman who flew from the Ruins of Yin
Wearing a mask, offering a prophecy:
"travelers, you should search beyond vision
and create the power of magic in listening
You should know the stream that comes from the source is weak at first,
But if you walk upstream, you'll get close to the flowing water.
Stumbles in dreams are stumbles in life
When the rainbow over the river cut across the distant sky."

急迫的鷹唳叫著，唳叫著，唳叫著
大地之鷹，展翅在雲端
那聲音像黃昏天空的一個亮點
神秘的河圖的一個疑點
像從殷墟飛來的傳奇的巫祝
戴著面具，發出預言：
「旅者，你該向視域外搜尋
在傾聽中配製魔咒的力量
你也該知道源頭的涓滴原本弱小
逆流而上即與那一脈活水為鄰
夢想的顛蹶也是生活的顛蹶
當大河上的彩虹橫絕遠空」

⁵ Song Lin, Selection from "Song of Exploring the Waterways" in *Poetry and Conflict*, Hong Kong: Chinese University Press, 2015. 186-187.

Second Sight

第二眼

David Whyte

大卫 怀特

Sometimes, you need the ocean light,
And colours you've never seen before
painted through an evening sky

有时，你需要海洋光，
和傍晚天空绘出的
你从未见过的颜色。

Sometimes you need your God
to be a simple invitation,
not a telling word of wisdom.

有时你需要你的神
只是一个简单的邀请，
而不是一句睿智箴言。

Sometimes you need only the first shyness
that comes from being shown things
far beyond your understanding.

有时你只需要因见到远高于你觉知之事物
而生出的
原初的羞怯

So that you can fly and become free
by being still and by being still here.

这样你可以飞，变得自由
只用静静地，一直在这里。

And then there are times you need to be
brought to ground by touch
and touch alone

然后有时候你需要
通过触摸被带到地面
只用触摸就好。

To know those arms around you
and to make your home in the world
just by being wanted.

知道有手臂环抱你
在世上给你安居
只因你被需要。

To see those eyes looking back at you,
As eyes should see you at last,

看到那些眼睛回看着你，
如同最后看顾着你的那双

Seeing you, as you always wanted to be seen,
seeing you, as you yourself
had always wanted to see the world.

看到你，如你一直希望的那样被看到
看着你，以你自己想看世界的方式看到你。

LBGT street workers LBGT 街道工作者

Mae Rim, Thailand

Becky Thompson

<p>She sat with her lover, until she stood, the light still on adobe</p> <p>brick made of sienna earth, says broken, they were, the children so we</p> <p>found a window into sometimes, they could stay, sleep in our house, small</p> <p>doesn't matter, mats, each one, from scattered, to fire in their stories.</p> <p>They gather, from the street we ginger tea and bo bo cha cha them</p> <p>past tremble, sorry goes to run I ran, they say, we offer little, say</p> <p>Remember, tumble turns to fierce, steady, their hands relax.</p>	<p>她与爱人同坐, 起身 砖房里, 灯光犹在</p> <p>赭黄粘土抻制的砖, 孩子们说, 碎了</p> <p>我们找了窗进入, 他们 有时留在我们的房子里入睡</p> <p>小也无妨, 每人一垫子, 零零星星, 在他们的故事里发光。</p> <p>他们从街上来, 聚集 我们递上姜茶和摩摩喳喳</p> <p>颤抖着经过, 说声叨扰便跑开 他们说, 我跑。我们给予的太少, 说</p> <p>记住, 困苦促人激愤, 他们的双手松弛稳定下来。</p>
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Moving from overload to resilience

从超负荷到恢复的迈进

Sixteen warning signs of trauma overload⁶ 创伤超负荷的 16 种警示

Feeling helpless and hopeless 感觉无助，绝望
A sense that you can never do enough 感觉永远都做得不够
Hyper vigilance 过度警戒
Diminished creativity 创造力降低
Inability to embrace complexity 缺乏接受复杂性的能力
Chronic exhaustion/physical ailments 慢性疲劳/身体疾病
Dissociative moments 游离瞬间
Sense of persecution 感觉被迫害
Guilt 内疚
Fear 恐惧
Anger and cynicism 愤怒，愤世嫉俗
Inability to empathize/numbing 缺乏同理心/麻木
Grandiosity: an inflated sense of importance related to one's work
妄想：夸大自己所做的工作的重要性

Sixteen signs that you are going to be okay

“你会没事的”的 16 种征兆

Being able to cry, yell, sulk, and then get focused again in work, love, books, spiritual practice
能哭，喊叫，生气，之后又能专注地工作，爱，阅读，灵修
Feeling great sadness, empathy, connection (i.t. Not numb)
感觉到巨大的悲伤，同情，与他人的关联（即不麻木）
Finding passion for people, places, ideas, adventure
对人，地方，想法及冒险的热情
Cooking yummy food, getting hair cut, painting nails
制作美味的食物，剪头发，修指甲
Singing from your stomach, breathing deeply again
从心底里唱歌，再次深呼吸
Knowing that if you feel despair, it is not permanent
知道如果你感到绝望，这种状态不是永久的

⁶ 引自 *Trauma Stewardship*, Laura van Dernoot Lipsky 著。

Stretching, moving, dancing, meditating

伸展，走动，跳舞，冥想

Knowing that you are irreplaceable, and not

知道你是不可取代的，同时也是可被取代的

Knowing when you need to take a break and taking it

知道自己什么时候需要歇一会儿，然后就歇一会儿

Finding witnesses (in people, trees, writing)

(在人，树丛，写作中) 找到目击证人

Staying present in a moment when you want to psychically flee

当你身体想要逃离的时候，留在当下

Seeing injustice but not letting it overwhelm you

看见不公但不会让它击败你

Concentrating for substantial periods, staying in the present

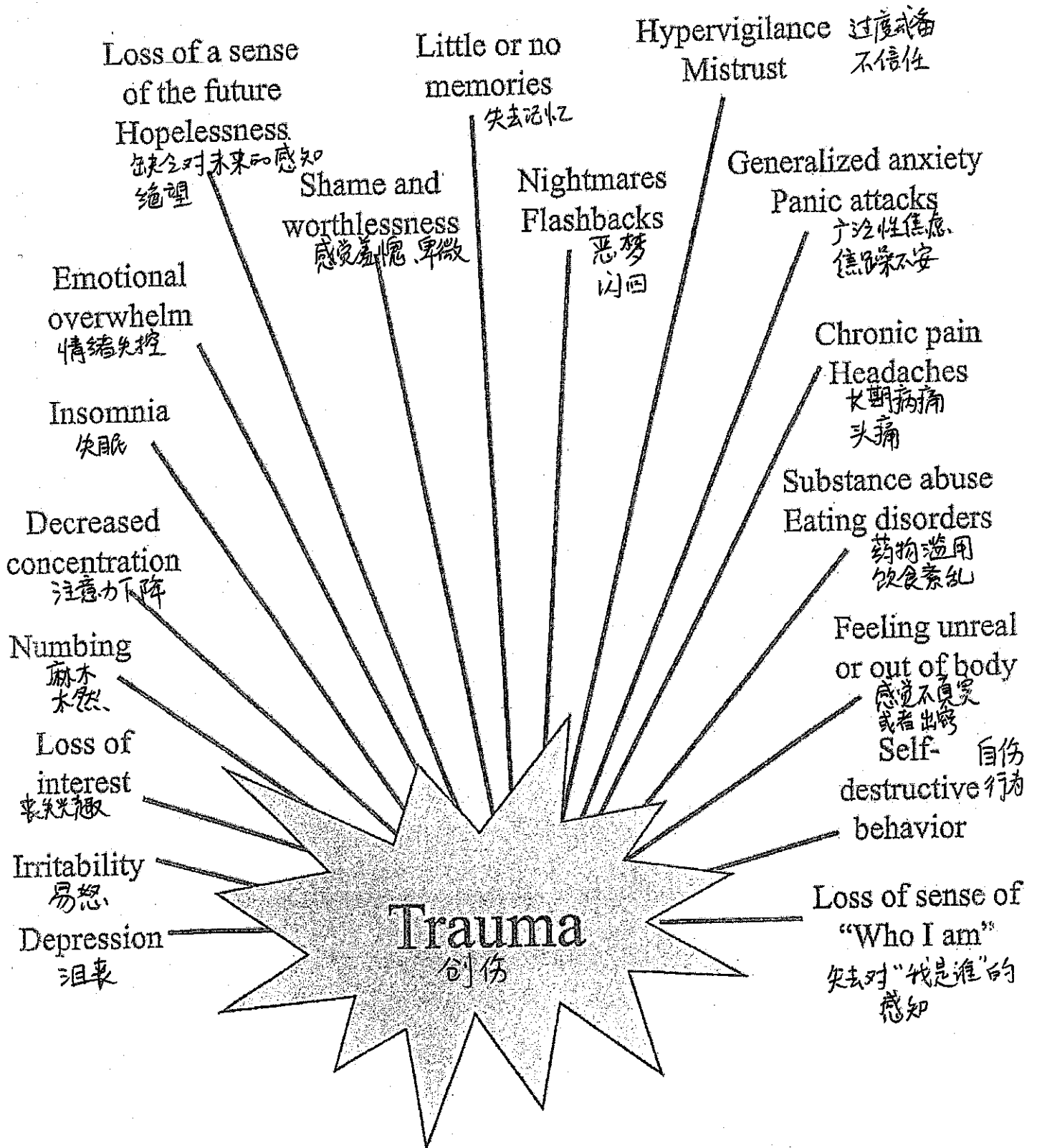
在较长时间里保持专注，停留在当下

Being ready to embrace what is coming.

准备拥抱将要到来的

<p>The Clitoris Nikky Finney⁷</p>	<p>阴蒂 妮基 芬妮</p>
<p>Is 9 cm deep in the pelvis.</p> <p>Most of it scrunched & hidden.</p> <p>New studies show the shy curl to be longer than the penis, but like Africa, the continent, it is never drawn to size.</p> <p>Mapmakers, and others, who draw important things for a living, do not want us to know this.</p> <p>In some females,</p> <p style="padding-left: 40px;">the clitoris stretches, unfurls, 8 in, with 2 to 3.5 in, shaft free, outside the body.</p> <p style="padding-left: 40px;">The longest clitoris of record Has been found in the blue whale.</p> <p>In water Desire can rise, Honor sea levels, Ignore land-locked Cartographers</p> <p>In water, Desire refuses retreat.</p>	<p>深入盆骨以内 九厘米</p> <p>蜷缩隐藏了大部</p> <p>新近的研究说 那个害羞的小曲卷 长于 阴茎 但就像非洲 那块大陆 人们忽略了 它的大小</p> <p>地图绘制者, 和其他 以绘制重要东西为生的人, 不想我们知道</p> <p>有些女性身体里</p> <p style="background-color: #cccccc;">伸直的阴蒂有八厘米, 而没有支撑? (shaft free) 的部分 伸出体外二至三点五厘米</p> <p>有记录的最长的阴蒂 被发现存于蓝鲸体内</p> <p>在水里 欲望可升腾 给海面以荣耀 忽略被陆地所限的 绘图者们</p> <p>在水里 欲望拒绝退却</p>

⁷ 摘自 Nikky Finny, *Head Off & Split*. Evanston, IL: Northwestern University Press, 2011, 56-57. Nikky Finny 美国诗人, 曾任肯德基大学 Guy Davenport 英语讲席教授 20 年, 也是社会正义及文化保护的积极倡导者。她的诗集 *Head Off & Split* 获 2011 年美国国家图书奖。

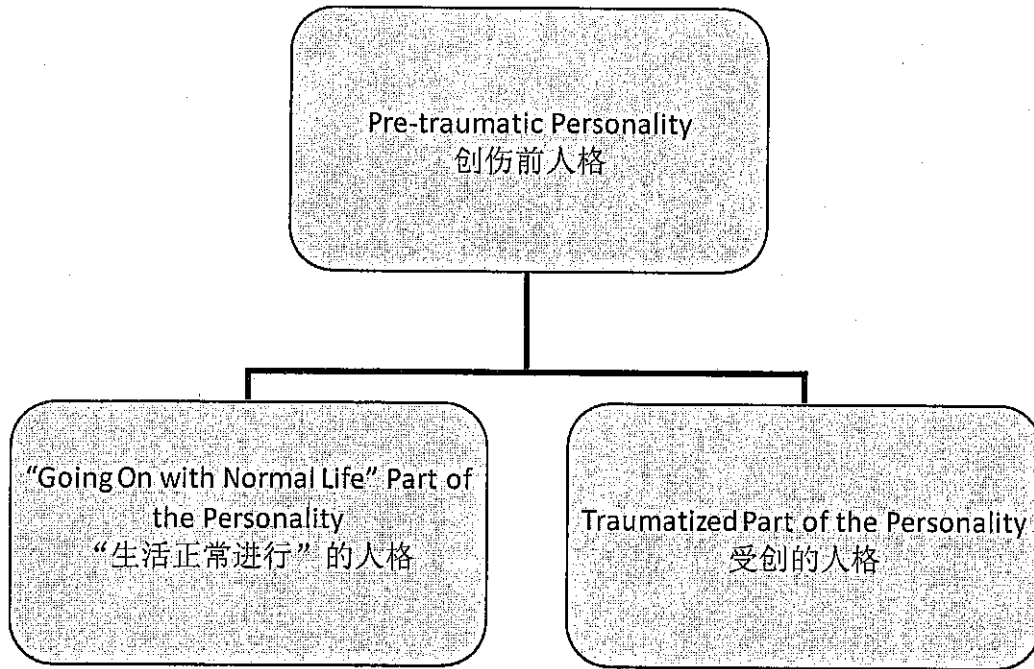


"Trauma survivors have symptoms instead of memories"

创伤幸存者有症状,而不是记忆 [Harvey, 1990]

Structural Dissociation 结构性游离

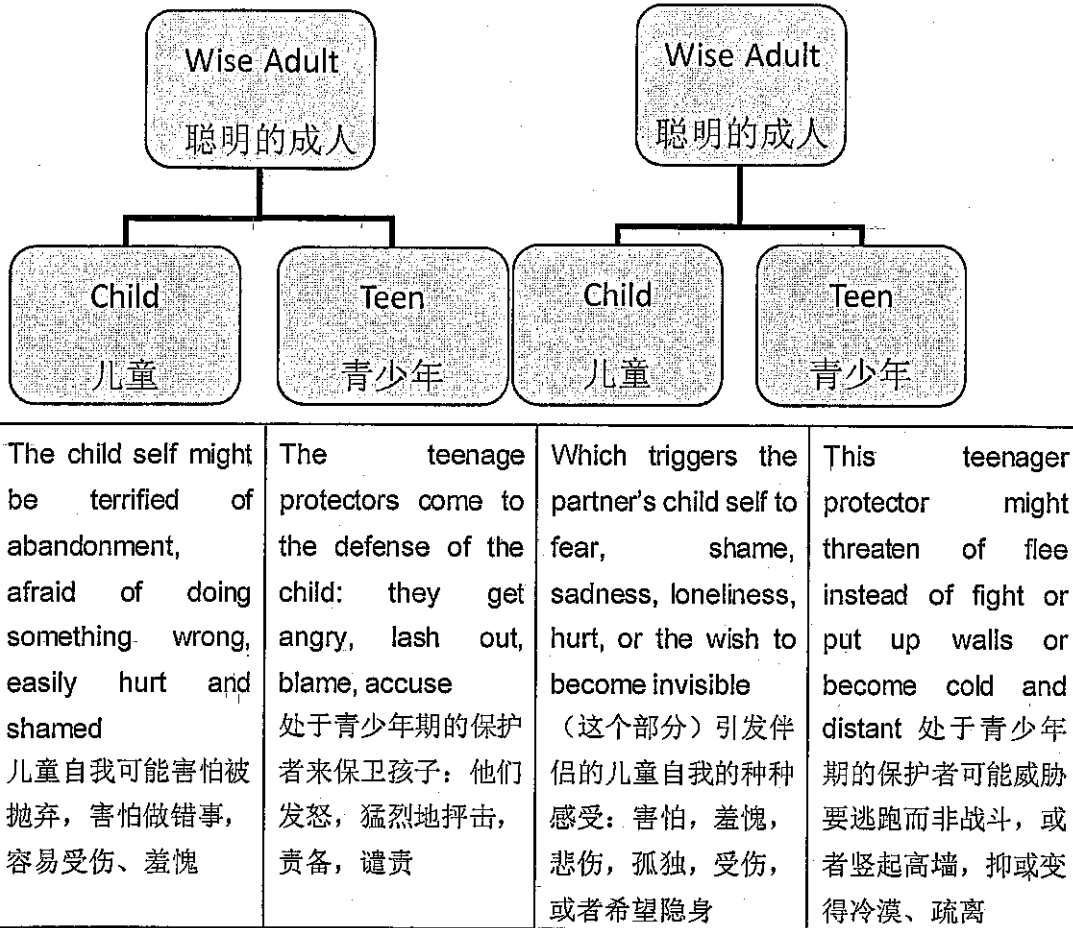
After a traumatic event happens, we “split” 创伤性事件发生之后，我们“分裂”



<p>This Left Brain part of the Self “Carries on” with normal life, often with little or no memory of what happened. This part is focused on what needs to be done today. 自我在左脑的部分“继续”正常的生活，常常不记得或者很少记得已经发生的事情。这部分主要关注今天需要做什么</p>	<p>The Right Brain part of the Self holds the feelings and body memories and the fearful expectation that it will happen again. It is “on guard,” focused on the past 自我在右脑的部分控制情感和身体记忆，以及对可能再次遭受创伤的担心。这个部分“站岗”，关注过去</p>
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Couple Dynamics: "We bring our young selves to the relationship"

伴侣动态：“我们将年轻时候的自己带到关系中”



stillness practices 静观修行

silence 止语

centering 团修

centering prayer 保赤祈祷

insight meditation 内观禅修

sitting meditation 坐禅

quieting and clearing the mind 守心 静心

movement practices 运动修行

dance arts

balancing 平衡

moving meditation 动禅

improvisative movement 即兴运动

process meditation 过程修行

song process practices 唱歌

chanting 吟诵

contemplative music 冥想歌

contemplative art 冥想艺术

brushwork 绘画

sand mandala 沙塔 仪式

activist practices 行动者的修行

work 工作

pilgrimage (to sites where social justice issues are highlighted) 朝圣 (到凸显社会公正问题的地方)

mindfulness practices (gather) 正念修行

vigils/marches 静坐/游行

bearing witness 见证

generative practices

prayer

long/en

lectio divina

petitionary prayer

metta/loving-kindness meditation

ritual/cyclical practices

Shabbat/Sabbath 安息日

vision quest 求神经

sweatlodge

building an altar or sacred space 修建圣坛/神圣空间

ceremonies/rituals based in a cultural or religious tradition 基于文化或宗教传统的仪式

relational practices

dialogue 对话

deep listen 深度聆听

storytelling 讲故事

journaling 日记

council circle 圆桌会议

community and connection 共同体与联结

awareness 觉知

共享与联结

觉知