Eyes closed,

闭着眼睛

she felt the cool breeze on her face

她感到清风拂面

as the car swept past the green pastures.

车从绿色的草坪上疾驰而过

The breeze felt refreshingly new

微风清爽而

and gave her

让她感觉到

a sense of newly defined freedom and happiness.

一种全新的自由和幸福感

The breeze suddenly came to a halt

车周遭的风忽然熄了

with the car stopping

车停了

due to a bit of traffic

因为面前出现了一大堆阻碍交通的东西

created by the grazing of some cute lambs.

是一群十分可爱的羊羔在啃食青草

Climbing out of the car in excitement,

她兴奋的下了车

she realized she was in a new world,

意识到自己正身处一个全新的世界

where her only companion

在这里，唯一陪伴她的

was the sparkling beauty of nature all around her.

就是周围流光溢彩的自然美景

Standing there,

她伫立在那里

she finally understood the meaning of freedom!

终于明白了自由的含义！

In this fast paced world,

在这个快节奏的世界

where smartphones are a necessity

手机已然成为必需品

and life without internet

生活中若是没有互联网

might just be the next step to insanity,

就让人至于与疯癫一步之差的境地

we've forgotten the simple pleasures in life...

我们已经忘记了生活中的小确幸

just stop for a moment

请停下一秒

to ask yourself

问问你自己

how long it’s been

有多久

since you've just sat down for a while,

你没有静静的坐下来

doing absolutely nothing

不做任何事

yet feeling perfectly happy and contented?

内心却感到无比幸福，无比满足？

People tend to find happiness

人们寻找幸福

in commodities

往往在社区

or things around them...

或者从周遭的事物之中寻找

but the perfect place to start searching for happiness

但其实，开始寻找幸福的最佳地点

is right within you!

就是你的内心

Happiness is like a perfume ..

幸福就像香水

it can be spread to others

想要传播给旁人

if only we are willing

必须我们自身愿意

to sprinkle a few drops on our self!

撒几滴到自己身上！

True happiness is said to be achieved

我曾听说，真正的幸福会出现

when we are the reason

是因为我们成为起因

behind a person's beautiful smile and immense happiness!

因为我们成为别人的美丽微笑和巨大幸福背后的那个人

So

所以

the next time

下一次

you see someone upset or feeling low,

你看到某人郁闷消沉或者情绪低落

lend them a bit of your time and support...

请把你的时间和支持借一些给他们

it doesn't cost much,

这并不会损耗你

but doubles the happiness in your heart!!!

却会让你心中的幸福感增添一倍！