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https://www.100test.com/kao_ti2020/238/2021_2022__E7_96_AF_E7_8B_82_E8_8B_B1_E8_c96_238789.htm This is a communications seminar. Ah, I tricked you. If I would have said, “ this is a communications seminar, ” how many of you would have showed up? Yeah that ’ s what I was afraid of, two. Two instead of 300 okay. The reason this is a communications seminar is because I believe that communication is the key to your life. In fact you might want to start your notes with the following phrase, this is what the seminar is all about. Write down “ The quality of my life is the quality of my communication. The quality of my life is the quality of my personal communication. ” Here ’ s what I mean by this. In order to have any experience in life and know whether it ’ s good or bad, you have to communicate with who - yourself. You see the quality of your life is how you communicate to yourself. How many of you have ever had a relationship where somebody maybe left you. Anybody had that experience? Anybody here? Now when that person leaves, you have several ways to communicate to yourself. The quality of your experience will determine how you communicate about that situation. You might say, “ I ’ m not good enough so they left me. ” Or you might say, “ Thank God they left so they made room for somebody who ’ s right for me. ” It all depends on the way you communicate to yourself. That will determine how you feel, how you act, how you behave in your future. So to me the quality of your life is the quality

of your communication, number one with whom? Yourself. And number two with others. Communication with others is what we all want. We want a sense of connectedness. see how many of you here would really like to make a major difference in the world? Can I see a show of hands? How many of you would like to lie on the beach and get 4)tan? Does that cause a problem sometimes? Like part of you working to make a difference and the other part is going, “ No, I want a tan. ” Right? And you got this pole in between, right? And I ’ m really assessed. How many of you out there would like to be, like to, like be totally financially independent? Can I see a show of hands? Great. How many of you also feel like sometimes in order to do that it seems like it took away from your sense of appreciation of others or your 5)spirituality? Any of you had that experience ever? You see but do you have to give both of those up? No, you can learn how to 6)integrate them, you can have the best of both worlds. How many of you would love to have a totally one-on-one committed relationship with someone totally focused and 7)monogamous? How many of you would like to have something like that? Great. How many of you get attracted to all kinds of people? Ok, does this create a problem? What ’ s it called “ inner civil war ” . Right? And what we want to show you is how to resolve that because that ’ s where the power is, the power comes when you know how to integrate yourself. And as we work on that, the portion that you ’ ll be getting of my communication consciously, will be the idea of the personal power of my background. That is if you look at human communication you ’ ll find out that only seven percent of human

communication is words. 一生的动力今天是一次沟通讨论会。啊哈,你们感觉受骗了吧? 因为如果我说这是一次沟通讨论会的话, 你们当中会有多少人能到场呢? 我猜对了, 只有两个人, 而不是现在的三百人, 这正是我所担心的。之所以说这是一次沟通讨论会, 是因为我相信沟通对于我们每一个人来说都非常重要。如果你们想开始记笔记的话, 不妨将下面这句话写下来, 这也正是这次讨论会的内容。写下来, “我的沟通能力决定我的生活质量, 我的生活质量的高低取决于我个人沟通能力的高低。” 下面我来阐明我的观点。为了积累生活经验并学会明辨是非, 你必须学会和一个人沟通你自己。因为你的生活质量的高低取决于自我沟通的好坏。你们当中有多少人曾经在谈恋爱时, 恋人离你而去? 有谁有过这样的经历? 在这儿有谁有? 当恋人离开的时候, 你可以有好几种方式与你自己进行交流。你的经验将会决定你如何去面对现实。也许你会说: “我有很多缺点, 因此他们选择离开我。” 或者你会说 “感谢上帝, 他们终于离开了, 这样我就可以选择更适合我的伴侣。” 这些都取决于你和你自己交流的方式。它将决定你的感受如何、你的表现如何以及你将来会怎么做。所以对于我来说, 沟通能力决定生活质量。首先得学会与谁交流呢? 与你自己, 其次才是和他人交流。我们都希望和他人沟通, 我们都需要一种相互关联的感觉。你们在座的人中有多少人希望通过自己的努力去改变世界? 举起手来让我看看好吗? 你们当中有多少人希望躺在沙滩上享受日光浴呢? 可有时这些想法会不会给我们带来问题呢? 就像你的一半在工作, 想改变世界的同时, 另一半却说 “不, 我想去晒日光浴。” 对吧? 这时你便处于进退两难的境地,

对吧？所以我真的猜对了。你们那儿有多少人愿意，比如说完全的经济独立？举一下手让我看看好吗？好极了。你们当中有多少人也会感到，有时为了达到你的目的，你不得不去诋毁他人，而不是去欣赏他人，或者要被迫放弃自己的精神信仰呢？你们中有谁曾经有过这样的经历？难道你们只有把这二者全部抛弃吗？不，你们可以学着如何把二者融为一体，你能够鱼和熊掌兼得。你们当中有多少人愿意洁身自好，对伴侣忠实，愿意信守一夫一妻的观念呢？你们当中有多少人愿意这样做呢？好极了。你们当中又有多少人是见谁爱谁呢？行了，难道这没有产生什么问题吗？把它叫做“内心的内战”，怎么样？我们想要告诉你的就是如何去解决这个难题，因为那儿正是“能力”的所在地。当你知道如何进行自我完善的时候，你就拥有解决这个难题的能力。当我们共同研究它的时候，你就会意识到在这次演讲中，是我的丰富人生经历使你们从中获益。这就是当我们回顾人类的沟通时，你会发现语言本身只占了沟通的百分之七。1) seminar [5seminB:] n. 研究会，讨论发表会2) trick [trik] v. 欺骗，哄骗3) show up 到场，露面4) tan [tAn] a. 晒黑的，棕褐色的5) spirituality [7spiritju5Aliti] n. 精神性，灵性6) integrate[5intigreit] v. 使成整体，使一体化，结合7) monogamous [mC5nCgEmEs]a. 一夫一妻的

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