·vanish away-fade away

·distressing-sad

·moderns/individuals-people

·ubiquitous phenomenon 普遍现象

·inherit and carry forward 传承与发扬

·cling to past practices 因循守旧

·be all wet 大错特错

·the quintessence of 精华所在

·be prone to-tend to

·new era 新时代

·adolescents 青年人

·fling oneself into 投身于

·be engrossed in 致力于

·makes it barely feasible for modern citizens to take spiritual pursuit into consideration, let alone traditional cultures

·from a national perspective

·for decades and forever 永远

·from our personal perspective

·it's high time that we contributed our own efforts to

·take the essence and discard the dregs when confronted with traditional cultures 当面对传统文化时候取其精华去其糟粕

·solely by making their advance with times can we live up to our ancestors' spiritual wealth

·With diversified society gradually shaping up

·have drawn the most widespread concern

·swarm into our minds

·many factors can account for this phenomenon

·be widely divergent 大相径庭

·be ranked the second place

·only depends upon the inner intention

·what we individuals are pursuing all the time is simply a substantial as well as merry life

·be of significance to our country’s modernization construction

·lay ... in an indispensable status

·via

·impel people draw far closer

·like a cork-easily

·A tour guide, a map, a camera or even a recreational machine can be easily supplanted by the tiny device in our hands, which we even don’t venture to dream about in the past.

·in a variety of manners 以各种各样的方式

·a much brighter future will be not only feasible but also inevitable

·start with trifle things in our daily life 从生活中点滴小事做起

·be your fortune of a lifetime

·have a brand new understanding of cultures, a better ability of expression and a more expansive perspective.

·As Gandalf told Bilbo Baggins in the Hobbit movie,”The world is not in your maps and books. When you come back, you will not be the same."

·like a flock of ducks

·principally

·simultaneously-also