**Eagle in a Storm 风雨中的雄鹰**

Do you know that an eagle knows when a storm is approaching long before  it breaks?  
你可知，早在风暴袭来之前，雄鹰就知道了风暴的临近？

The eagle will fly to some high spot and wait for the winds to come。When the storm  hits，it sets its wings so that the wind will pick it up and lift it above the storm．While the  storm rages(v．猛吹，肆虐)below，the eagle is soaring(v．高飞，滑翔)above it．  
雄鹰会飞到某个高处，等候大风的到来。风暴席卷而至时，雄鹰展开双翼，借助风的力量飞得更高，一直飞到风暴的上方。当下面风暴肆虐之时，雄鹰却在风暴的上方自由翱翔。

The eagle does not escape the storm．It simply uses mhe storm and rises on the  winds that bring the storm．   
雄鹰对风暴毫不躲避。它只是利用风暴。借着席卷来风暴的大风飞得更高。

When the storms of life come upon US—and all of US will experience them—we  can rise above them by setting our minds and belief toward our goals。  
当生活的风暴逼近我们时——我们所有人都会经历这种风暴-—我们只要下定决心、  坚定信念，向着自己的目标努力，就能凌驾于风暴之上。

Our goals enable(v．使能够，给予能力)us to ride the winds of the storm that bring sickness，tragedy．failure，and disappointment i13I our lives．Thus we can soar above the  storm like the eagles．  
风暴会给我们的生活带来疾病、灾难、失败和沮丧，但我们的目标使我们能够驾驭这风暴。这样我们就能像雄鹰一样翱翔于风暴之上。

Remember，it is not the burdens of life that weigh us down；it is how we handle them．  
记住,我们疲惫的并非生活的重担，而是我们处理重担的方式。