

如果
IF AND ONLY IF

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如果生命可以重來，我希望擁有現在的智慧而幼時的童心，心態與活躍。

If life can be relived, I wish I have the present wisdom and childhood innocence, attitude and liveliness.

如果時間可以倒流，我會彌補過去的幼稚與犯下的錯誤，珍惜從身邊擦肩而過的機會與時光。

If I can wind back the clock, I will make up those childishness and mistakes of the past and cherish the opportunity and time I once missed.

如果父母能健在，我會多盡孝道，多花時間陪伴他們。

If my parents are still alive, I will pay more attention, love, respect, care and spend more time with them.

如果能換回往日健康與活力，我會珍惜那分秒的黃金時刻。

If I can regain my health and vitality, I will cherish the vibrancy and ecstasies of the past.

如果可以重溫舊日歡笑，記憶與回憶，我會擁抱與緊握那令人難忘的過去。

If I can rekindle the old laughters, memories and events, I will stick firmly and embrace those unforgettable moments.

如果真有來生，我願與親人再度相逢，重溫舊夢。

If there is such thing as reincarnation, I would like to be with love ones and rebuild our relationships.

如果世界沒有貪癡，仇恨與妒嫉，地球會完美許多，人心隨之而善良，平靜和免除許多無謂的煩惱。

If there is no greed, hatred and jealousy, the earth will be more perfect and human mind will be much kinder, calmer and free from many unnecessary troubles.

如果我是一隻大鳥，翱翔天空，自由自在，無憂無慮，高瞻宇宙雄偉山河，闊大胸襟。我會放棄一切煩惱與憂傷，自我陶醉於世間的萬事萬物，瀟灑去面對人生。

If I could fly like a big bird, hovering in the sky freely, witnessing the glorious mountains and rivers, I will magnify my perception and view, and give up all anxieties and worries, to face the world with tranquility and chicness.

如果沒有昨天，就不會有今天。如果沒有嘗試世間酸甜苦辣，就不會有今天的成熟，深刻去體會，探索和了解生命真正的意義與使命。

Without yesterday, there will be no 'today'. If you haven't experienced the bitterness of life, you will never appreciate it's sweetness to deeply understand and explore the real meaning and mission of life.

如果有一天我悄然離開塵世，但願沒有留下太多遺憾與尚未完成的心願，像一陣輕煙讓它消失於無蹤。

If my life comes to an end one day, I will leave quietly and peacefully, and hope that I did not leave too many unfinished tasks and regrets behind. Like a light smoke, let it vanish into obliteration.

如果沒有如果，我將懷著一顆寧靜和感恩的心，去接受一切無法挽回的事實，時間與空間。

If however there is no 'if', I will accept all irreparable facts, time and space, with a serene and grateful heart.

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註：

這首白話詩「如果」及英語「If and only if」，已把中英文這兩首詩編成視頻和配上音樂放在 YouTube 上，以饗讀者。

如有興趣，不妨打開 YouTube, 用「Freddy Setiady」的詞眼搜閱，可以找到這二部視頻。

「如果」網址：

<https://www.youtube.com/watch?v=vhEVCzTxSRo>

「If and only if」網址：

<https://www.youtube.com/watch?v=QKQcR9svgZk>