

# 苏禄海双语诗集精选样本

Su Lu Hai Bilingual Poetry  
Anthology Sample



苏禄海  
Su Lu Hai

## Selected Bilingual Poems of Su Luhai

苏禄海双语诗集精选样本

### 一、《确定的悖论:十五首沉思录》(Certain Paradoxes: Fifteen Meditations)

选诗:《观自在》(As It Is)

云彩在天上  
涟漪在湖里  
风在你发梢  
我在你心里

As It Is

Clouds drift in the sky,  
Ripples stir on the lake,  
Wind plays in your hair,  
I dwell in your heart.

前言

这些诗诞生于对确定性的怀疑与渴望之间。它们所凝视的,是因果链条中无从豁免的“无辜”,是约定失效后暴露的虚空,是记忆对当下投下的绵长阴影,更是对“爱”这一终极命题反复的勘测与诘问。每一首诗,都是一次在生活与情感的流动地貌中,试图打下界桩的尝试。

These poems were born in the space between doubt and longing for certainty. What they contemplate is the inescapable “innocence” within chains of cause and effect, the void exposed by broken promises, the long shadow cast by memory upon the present, and the repeated surveying and questioning of that ultimate proposition: “love.” Each poem is an attempt to drive a stake into the shifting landscape of life and emotion.

然而,界桩本身便构成了悖论。我们因渴望确定而标注,却因标注而更清晰地看见了万物流转的本相。于是,诗中的“确定”从来不是答案,而是一种姿态,一种在承认一切皆可崩塌、皆可错位之后,依然选择“满心喜欢”、“固执地想要”的凝望姿态。这种凝望,便是这部诗集的灵魂。

Yet the stake itself constitutes a paradox. We mark because we crave certainty, but in marking, we see more clearly the fundamental truth of perpetual flux. Thus, the “certainty” in these poems is never an answer, but a stance-a posture of gazing, one that persists in choosing to be “full of fondness” and “stubbornly wanting,” even after acknowledging that everything can collapse or fall out of place. This very gaze is the soul of this collection.

愿这些从悖论裂缝中生长出的句子,能陪伴你在不确定的世界里,安心地栖居。

May these phrases, grown from the cracks of paradox, accompany you, allowing you to

dwell peacefully in an uncertain world.

## 目录

- 前言:在悖论中栖居 (Preface: Dwelling in Paradox)
- 1. - 无辜 (Innocence)
- 2. - 观自在 (As It Is)
- 3. - 分手 (Parting)
- 4. - 另一种确定 (A Different Certainty)
- 5. - 雨突如其来 (Sudden Rain)
- 6. - 可惜 (Pity)
- 7. - 证明题 (Proof)
- 8. - 故地 (Old Haunt)
- 9. - 风光 (View)
- 10. - 幸福 (Happiness)
- 11. - 就想 (Simply Want)
- 12. - 十二年 (Twelve Years)
- 13. - 爱在哪里 (Where Is Love)
- 14. - 那一天 (That Day)
- 15. - 如果这是爱 (If This Is Love)
- 后记:确定之痕 (Afterword: The Mark of the Certain)
- 作者简介 (Author Biography)

## 二、《心途向你:十五首爱的告白》 (Path to Your Heart: Fifteen Love Confessions)

选诗:《不怕》 (Fearless)

刮风下雨不怕  
只要在路上

狂风暴雨不怕  
只要在大路上

洪水滔天不怕  
只要在去你的路上

Fearless  
I fear no wind or rain,  
As long as I'm on the way.

I fear no violent storms,  
As long as I'm on the main road.

I fear no towering floods,

As long as I'm on the way to you.

## 前言

这十五首诗,是写给“奔赴与眷恋”的情书。从风雨中的执着奔赴,到日常里的细腻心动;从初见时的试探靠近,到岁月中的坚定相守,每一行文字都源于生活里最真实的情感轨迹。

爱从来不是抽象的宣言,而是藏在“去你的路上”的勇气、“眼里的水光”的温柔、“存一生的爱”的笃定里。这些诗以双语呈现,愿不同语言的读者,都能触摸到爱的共通温度--那是跨越距离与表达的,最纯粹的心动与坚守。

愿这本诗集,能成为你我心途上的微光,照亮每一段向爱而行的旅程。

Su Lu Hai

2025 年冬

These fifteen poems are love letters to "endeavor and attachment." From the stubborn rush through wind and rain to the delicate heartbeat in daily life; from the tentative approach at first sight to the firm commitment over the years, every line stems from the most authentic emotional trajectory in life.

Love is never an abstract declaration, but hides in the courage of "being on the way to you," the tenderness of "the glow in your eyes," and the determination of "saving up a lifetime of love." Presented in bilingual form, these poems hope that readers of different languages can feel the universal warmth of love-a purest heartbeat and persistence that transcends distance and expression.

May this collection be a glimmer on the path of our hearts, illuminating every journey toward love.

Su Lu Hai

Winter 2025

## 目录

- 前言 (Preface)
- 前言(英文) (Preface (English))
- 1. - 不怕 (Fearless)
- 2. - 声音 (Voice)
- 3. - 水光 (Water Glow)
- 4. - 平庸的日子 (Mediocre Days)
- 5. - 聊天记录 (Chat History)
- 6. - 你问我 (You Asked Me)
- 7. - 接近 (Approaching)

- 8. - 多年 (Years)
- 9. - 存钱 (Saving Up)
- 10. - 瑜伽裤 (Yoga Pants)
- 11. - 我不知道 (I Don't Know)
- 12. - 四季 (Four Seasons)
- 13. - 我爱的大提琴女子 (The Cellist I Love)
- 14. - 择爱标准 (Criteria for Love)
- 15. - 麻花辫 (Braids)
- 后记 (Afterword)
- 后记(英文) (Afterword (English))
- 作者简介 (Author Biography)
- 作者简介(英文) (Author Biography (English))
- 主要作品年表 (Major Works Chronology)
- 主要作品年表(英文) (Major Works Chronology (English))

### 三、《心痕与星途：十五首情诗纪事》(Heart Traces & Star Paths: Fifteen Love Poems Chronicles)

选诗：《关于你》(About You)

想是想  
不想也是想  
不想是更想

见是见  
不见也是见  
不见更要见

我不想见

About You  
To think is to think  
Not to think is also to think  
Not to think is to think more

To see is to see  
Not to see is also to see  
Not to see is to want to see more

I don't want to see you

前言

这本诗集收录的十五首作品,是我对爱情与人生的碎片化沉思。从心动的试探到执念的拉扯,

从错过的怅然到回望的温柔,每一首诗都源于日常肌理中的情感褶皱——那些“不小心”的瞬间、藏在纸条里的心事、无法还价的过往。语言上,我坚持凝练与克制,以简单意象承载复杂心绪,让每一份情感都既有烟火气,又有哲学质感。愿这些文字能抵达每一个曾在爱里辗转的灵魂,成为彼此心痕与星途上的微光。

The fifteen poems in this collection are fragmented meditations on love and life. From the tentative stirrings of affection to the entanglement of obsession, from the regret of missed chances to the tenderness of hindsight, each poem springs from the emotional creases in the fabric of daily life—those “accidental” moments, the secrets hidden in notes, and the irreversible past that cannot be bargained for. Linguistically, I adhere to conciseness and restraint, using simple imagery to carry complex emotions, allowing every feeling to possess both earthly warmth and philosophical depth. May these words reach every soul that has wandered through love, becoming a faint light on the traces of hearts and paths of stars.

## 目录

- 前言 (Preface)
- 1. - 不小心的领悟 (Accidental Insight)
- 2. - 娘子 (My Lady)
- 3. - 关于你 (About You)
- 4. - 过半 (Halfway Through)
- 5. - 我做错了什么 (What Did I Do Wrong)
- 6. - 口供 (Testimony)
- 7. - 经过 (Passing By)
- 8. - 必然 (Inevitability)
- 9. - 种子 (The Seed)
- 10. - 不等式 (Inequality)
- 11. - 归宿 (Destination)
- 12. - 错过 (Missed)
- 13. - 突然的下雨 (Sudden Rain)
- 14. - 歉意 (Apology)
- 15. - 还价 (Bargain)
- 后记 (Postscript)
- 作者简介 (Author Biography)
- 主要作品年表 (Major Works Chronology)

## 四、《光阴织情:十五首爱的短章》(Time-Woven Love: Fifteen Short Chapters of Love)

选诗:《常绿树》(Evergreen Tree)

蝴蝶飞过了沧海,  
却困在一个夏天。

我还是最爱你，  
一直用稚嫩的绿叶  
走过每一个艰难的四季。

Evergreen Tree

The butterfly flew across the vast sea, yet is trapped in a single summer.

Still, I love you most,  
always using tender green leaves  
to walk through every harsh season.

前言

这本《光阴织情:十五首爱的短章》,精选了十五首围绕“情爱与时光”的核心诗作。从曼谷街头的初遇悸动,到亲密相伴的温柔点滴;从离别时刻的牵挂不舍,到岁月沉淀后的深沉告白,每一首诗都是一段情感的切片,串联起爱的完整轨迹。

诗作以细腻具象的意象为骨、克制真挚的情感为魂,用生活化场景(烤红薯、星巴克)与地域符号(曼谷、西湖)勾勒爱的模样。中英双语对照让文字温度跨越语言边界,每首中文诗后的短评是对创作心境的简要注解,愿读者能在字里行间触碰共通的温柔。

这本诗集,是写给时光的情书,也是对每一段认真爱恋的致敬。

苏禄海

202X 年 X 月

This collection, “Time-Woven Love: Fifteen Short Chapters of Love,” brings together fifteen poems centered on the themes of “love and time.” From the thrilling first encounters on Bangkok’s streets to the tender moments of intimate companionship; from the reluctant attachments of farewell to the deep confessions settled by time-each poem is a slice of emotion, piecing together the complete trajectory of love.

The poems are structured with delicate, concrete imagery as their bones and restrained, sincere emotion as their soul. They sketch the shape of love through everyday scenes (roasted sweet potatoes, Starbucks) and geographical symbols (Bangkok, West Lake). The bilingual Chinese-English format allows the warmth of the words to transcend linguistic boundaries. The brief commentary following each Chinese poem offers a concise note on the creative mindset, hoping readers can touch the shared tenderness between the lines.

This collection is a love letter to time and a tribute to every serious affair of the heart.

Su Luhai  
Month X, 202X

## 目录

- 前言 (Preface)
- Preface(English)
- 1. - 求你 (I Beg You)
- 2. - 突然的念头 (A Sudden Thought)
- 3. - 常绿树 (Evergreen Tree)
- 4. - 三次而已(曼谷) (Only Three Times (Bangkok))
- 5. - 胜利纪功碑车站(曼谷) (Victory Monument Station (Bangkok))
- 6. - 你牵起我的手 (You Took My Hand)
- 7. - 蝴蝶 (Butterfly)
- 8. - 等我 (Wait for Me)
- 9. - 棒棒糖 (Lollipop)
- 10. - 叶殇 (Leaf's Sorrow)
- 11. - 机场 (Airport)
- 12. - 你 (You)
- 13. - 如果爱 (If Love)
- 14. - 西湖 (West Lake)
- 15. - 突然很想你 (Suddenly Miss You So Much)
- 后记 (Afterword)
- Afterword(English)
- 作者简介&封底 (About the Author & Back Cover)

## 五、《余路与光年》 (A Path of Light and Years)

选诗: 《愿》 (Wish)

月光下  
每个幸福都有影子

阳光下  
每个影子都有幸福

Wish

Under moonlight  
Every happiness has its shadow

Under sunlight  
Every shadow has its happiness

前言

诗是语言的意外,是日常生活的裂痕中透出的光。这本诗集收录的十五首诗,选自作者多年的创作,它们共同构成了一条"余路"--那些未被说尽的、未被走完的、未被遗忘的。

每首诗都是一次对光的采集:月光、阳光、夕阳、目光、时光。在光与影的辩证中,诗人构建了一套私人的存在语法。这些诗既是对爱情的记录,也是对时间、距离、记忆的勘探。

中文与英文的双语呈现,不是简单的翻译对应,而是两种语言在各自空间里的重新生长。每一种语言都试图抓住原诗的那束光,虽然角度不同,但照亮的是同一个心灵的房间。

愿这些诗能成为你某段旅程中的微光,在你需要的时候,提供一点温度、一点方向、一点继续前行的勇气。

编者

Poetry is the accident of language, the light that seeps through the cracks of everyday life. This collection brings together fifteen poems selected from years of the author's work. Together, they form a "path left"-the words unsaid, the journeys unfinished, the memories unforgotten.

Each poem is a gathering of light: moonlight, sunlight, dusk-light, a gaze, the passage of time. In the dialectic of light and shadow, the poet constructs a private grammar of existence. These poems are records of love, and also surveys of time, distance, and memory.

The bilingual presentation in Chinese and English is not a simple correspondence of translation, but a regrowth of the poems within the separate spaces of each language. Each language attempts to catch the original beam of light; though the angles differ, they illuminate the same chamber of the soul.

May these poems offer a glimmer on some stretch of your own journey, providing, when needed, a little warmth, a little direction, a little courage to go on.

The Editor

目录

- 前言:在语言的缝隙里采光 (Preface: Gathering Light in the Cracks of Language)

1. - 愿 (Wish)

2. - 夕阳与塔 (Sunset and Tower)

3. - 还有 (Still)

4. - 沉醉 (Intoxication)

5. - 青春 (Youth)

6. - 写给霞 (To Xia)

7. - 爱 (Love)

- 8. - 问题 (Question)
- 9. - 那时是 (That Was When)
- 10. - 宝贝别哭 (Baby, Don't Cry)
- 11. - 月亮 (Moon)
- 12. - 一场意想不到的降落 (An Unexpected Descent)
- 13. - 想你的时候 (When Missing You)
- 14. - 我答应 (I Promise)
- 15. - 风姿花伝 (The Legend of Wind and Flowers)
- 后记:诗是余路,亦是光年 (Afterword: Poems Are the Path Left, Also Light-Years)
- 作者简介 (Author Biography)

## 六、《坐标与柔情:一部双语测绘诗选》(Coordinates and Tenderness: A Bilingual Survey of Poems)

选诗:《武汉》(Wuhan)

楼没有黄鹤  
辜负这云白等千年

洲没有鹦鹉  
连累这河流离如碎

水天无边  
各自矜持  
剩下全真纯阳  
痴守烟波一片

阴阳无非交合  
山水只为相逢  
缘何你们仍是寂寞

唯有相负  
不能相忘

Wuhan  
The tower has no yellow crane,  
Betraying clouds that waited a thousand years in vain.

The isle has no parrot,  
Leaving the river to wander, shattered, apart.

Water and sky, boundless,  
Each reserved and aloof.  
Only the sincere sun remains,

Obsessively guarding the misty waves.

Yin and yang are but union,  
Mountains and waters exist to meet.  
Why then do you remain lonely?

Only by bearing the weight of each other,  
Can we never forget.

## 前言

这本诗集收录的十五首诗,是一次次情感的"测绘"。它们将内心的柔情,精确投映于武汉的楼阁、北京的街巷、地图的像素、航班的航线与现代的瞬间。这些诗篇是路标,记录了一个漫游者如何用爱意丈量世界,又将世界化为内心的省份。

This collection of fifteen poems represents a series of emotional "surveys." They project the tenderness within onto precise coordinates: the towers of Wuhan, the alleys of Beijing, the pixels of a map, the routes of flights, and modern moments. These poems are signposts, recording how a wanderer measures the world with affection, and in turn, transforms the world into provinces of the heart.

## 目录

- 前言 (Preface)
- 第一辑:城记 (First Series: City Records - The Grain of Geography)
- 武汉 (Wuhan)
- 京冬 (A Beijing Winter)
- 四月 (April)
- Over&高家花园 (Over& Gaojia Garden)
- 去江津的地图 (A Map to Jiangjin)
- 跨年 (New Year's Eve)
- 第二辑:行纪 (Second Series: Travel Notes - Waystations of the Moment)
- 你的眼泪 (Your Tears)
- 新年 (New Year)
- 落日目睹了 (The Sunset Witnessed)
- 雨(致她) (Rain (For Her))
- 第三辑:心纪 (Third Series: Heart Records - Surveying the Inner Landscape)
- 北方恋人 (Northern Lover)
- 酒与未来 (Wine and the Future)
- 余韵 (Aftertaste)
- 请 (A Prayer)
- 原谅 (Forgiveness)
- 后记 (Afterword)

## 综合作者简介

苏禄海，诗人、作家。其写作穿梭于现代情感景观与历史想象之间，语言细腻而富于张力，擅长在日常细节中勘探存在的深度与广度。其诗歌以凝练的哲学质感与克制的抒情强度著称，善用简洁意象与悖论情境来承载深刻情感，在中文诗坛独树一帜。

Su Lu Hai is a poet and writer. His writing navigates between modern emotional landscapes and historical imagination. His language is delicate yet tensile, skilled at surveying the depth and breadth of existence within everyday details. His poetry is renowned for its condensed philosophical texture and restrained lyrical intensity, often employing concise imagery and paradoxical situations to convey profound emotion, establishing a unique voice in contemporary Chinese poetry.

## 综合作品列表

### 长篇小说 (Novels)

- 《马尼拉恋爱笔记》 (Manila Love Notes)
- 《飞不过的保和海》 (The Uncrossable Bohol Sea)
- 《Be My Forever》
- 《曼谷谁的 3/4》 (Whose 3/4 of Bangkok)
- 《大明：这个崇祯不一样》 (The Great Ming: This Chongzhen Is Different)

### 中篇小说 (Novellas)

- 《七夕桥》 (The Qixi Bridge)
- 《忍冬花》 (Honeysuckle)
- 《Min 的沉默》 (Min's Silence)
- 《谁之砒霜》 (Whose Arsenic)
- 《第三场雪》 (The Third Snow)

### 诗集 (Poetry Collections)

- 《坐标与柔情：一部双语测绘诗选》 (Coordinates and Tenderness: A Bilingual Survey of Poems)
- 《余路与光年》 (A Path of Light and Years)
- 《确定的悖论：十五首沉思录》 (Certain Paradoxes: Fifteen Meditations)
- 《心途向你：十五首爱的告白》 (Path to Your Heart: Fifteen Love Confessions)
- 《心痕与星途：十五首情诗纪事》 (Heart Traces & Star Paths: Fifteen Love Poems Chronicles)
- 《光阴织情：十五首爱的短章》 (Time-Woven Love: Fifteen Short Chapters of Love)