

A bald eagle is shown in flight against a clear blue sky. The eagle's wings are spread wide, and its head is turned slightly to the left. The eagle's feathers are dark, and its head is white with a yellow beak. The background is a solid blue sky.

The eagle is the bird with the longest life span

They have 70 years of life

鹰的生命是最长的,他们有70年的寿命

To live to that age, they have to make some difficult yet important decision when they reach their 40s

当他们到了40岁年龄的时候,他们不得不做一些困难而又重大的决定.

When they reaches their 40s, their claw becomes weakened, no longer can catch effectively ; their beak grows too long, nearly touch their chest; their wing becomes heavy, the feather grows too thick, they can hardly fly

当他们到达40岁,他们的爪子变的不再锋利,不能有效的捕捉猎物,他们的喙生长的太长,几乎要触到他们的胸部,他们的翅膀变的很沉重,羽毛过于浓密,他们几乎不能飞翔.

They face two options: 他们面临两个选择

die or experience a painful renewal process

死亡或者体验痛苦的重生过程

150 days of practise 150天的重生实践

They have to fly to the top of the moutain; building a nest
on the clif; stay there; no flight.

他们必须飞到高山上，在悬崖边上筑巢，在那里居
住，没有飞翔

first knock their beak on a rock, untill
it drops – then wait for the new beak
to grow out

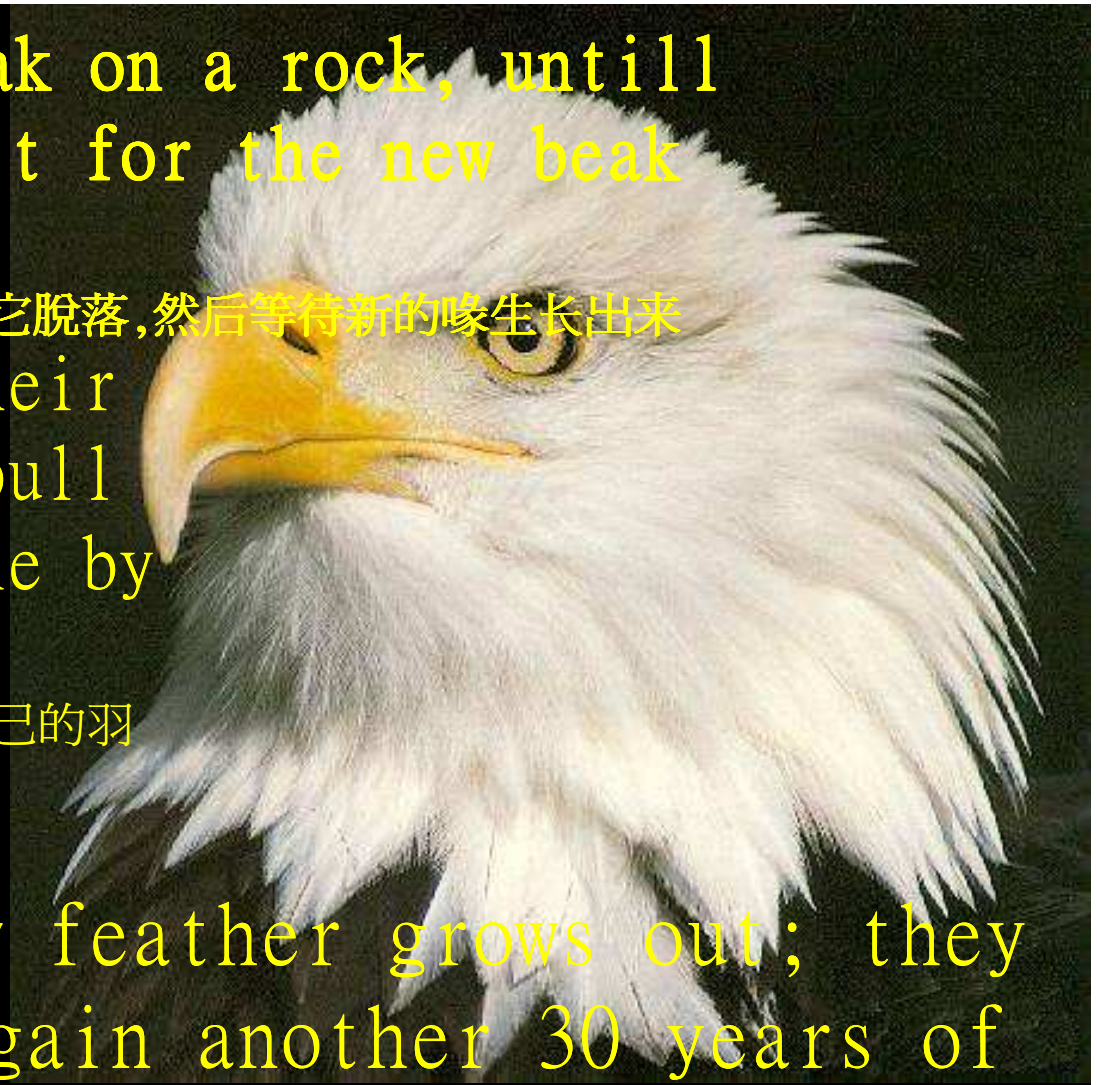
首先他们在岩石上敲击他们的喙,直到它脱落,然后等待新的喙生长出来

They will then use their
newly grown beak to pull
their feather out, one by
one

他们将用他们的新喙去一根根拔掉自己的羽
毛.

After 5 moths, new feather grows out; they
start to fly – regain another 30 years of
life

在五个月之后,新的羽毛生长出来了;他们开始飞翔,重新获得另外三十年的生命.





In our life, sometime we have to make those difficult decisions

在我们的一生中,有时我们也不得不去做一些艰难的抉择.

To start an renewal process

We have to get rid of our old habit, old tradition,
then we can fly again

开始一个重生的过程

我们必须丢弃我们旧的习惯,老的传统,然后我们才能够再度飞翔





As long as we can get off our
baggage, willing to learning new
things; we can still fullfill our
potential, create our new future.



只要我们放下包袱,心甘情愿的去学习新的事物,我们依然能发挥我们的
潜能,创造我们新的未来.





**What we need is the courage to
self renewal and the decision to
be reborn**

**我们需要的是一种自我修复、自我重
生的抉择。**