

盘古开天地

1



盘古用双手撑起天空

导读问题 Lead-in Questions

1. 上图中的人是谁？他为什么看起来很**压抑** (yāyì, depressed)？他举着什么？
2. 最早的**宇宙** (yǔzhòu, universe) 是什么样的？
3. 盘古是怎么把天和地分开的？
4. 盘古用了多长时间才把天和地分开？
5. 传说中的日月星辰和山河树木都是怎么来的？



看上去 kàn shàngqu
(it) looks

漆黑 qīhēi pitch-dark

沉睡 chénshuì
to be in a sound sleep

醒 xǐng to wake up

捅 tōng to pierce

手掌 shǒuzhǎng palm

劈 pī
to slit, to cleave

轰隆 hōnglōng
an onomatopoeia, representing
a loud rumbling

伸胳膊 shēn gēbo
to stretch out one's arms

踢腿 tī tuǐ to kick

混沌 hùndùn chaos

搅动 jiǎodòng
to stir, to mix, to agitate

飘 piāo to float

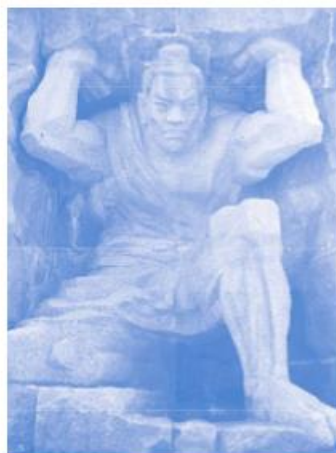
厚重 hòuzhòng
thick and heavy

混浊 hùnzhuó
turbid, muddy (of water,
atmosphere, etc.)

顿时 dùnshí suddenly

压 yā to press

传说在很久很久以前，天和地没有分开，是合在一起的。宇宙看上去就像是一个大鸡蛋，里面漆黑一片。有一个叫盘古的人在这个“大鸡蛋”中一



努力想站起来的盘古

直沉睡了一万八千年。醒来后，他发现自己生活在一片黑暗中，周围一点儿光都没有，什么都看不见。于是，他就想办法要把这个“大鸡蛋”捅破。盘古使出了全身的力气，抬起巨大的手掌，向黑暗劈去。只听轰隆一声巨响，“大鸡蛋”碎了。可是，盘古看看四周，还是漆黑一片。盘古很着急，他用力伸了伸胳膊、踢了踢腿。他的四肢又粗又大，像铁打的一样，所以他这一伸一踢，千万年的混沌黑暗都被搅动了，其中又轻又清的东西慢慢上升并渐渐飘起来，变成了蓝色的天空，而那些厚重混浊的东西慢慢下降，变成了脚下的土地。

盘古站在天地之间，顿时觉得舒服多了，可是天却重重地压在他的头上，

Legend has it that long ago, the heaven and the earth were not separate but were of a single piece. The universe looked like an enormous egg, black as pitch on the inside. There was a man named Pangu who was sleeping inside this “giant egg” for 18,000 years. After he awoke, he discovered he was living in blackness, even without the slightest light. He could see nothing in the darkness. So he began thinking of a way to pierce through this “giant egg”. Pangu, using all his strength, lifted up his enormous palms and thwacked at the egg. There was a loud rumbling and the “giant egg” shattered. But Pangu, looking in every direction, noticed it was still black as pitch. Pangu became anxious; he thrust out his arms and kicked with his feet. And because his arms and legs were large and thick, thousands of years of chaotic darkness was stirred up; the lighter and purer substances rose up and began to float, becoming the blue sky, and those thick, heavy, turbid things slowly sank down, becoming the earth beneath our feet.

Pangu, standing between the heaven and the earth, immediately felt much more comfortable. But the heaven weighed down heavily on his head and he was not able to stand up straight. He thought, if the heaven can't rise up high, it will be impossible for life to exist on the earth. How can I make the heaven and the earth separate completely and not return to the way it



拿着大斧子的盘古



彻底 chědǐ thoroughly

撑 chēng to prop up

踩 cǎi to step (on)

巨人 jùrén giant

歇 xiē to rest

人类 rénlèi mankind

让他站不直。他想，如果天不能高高地升起，地上就不可能有生命存在。怎样才能让天和地彻底分开、不再变回以前的样子呢？怎样才能让世上万物生存生长呢？盘古决定用自己的身体来解决这个问题。于是，他用双手撑住天空，双脚踩在土地上，不让天压到地面上。

一天又一天，一年又一年，很快又过了一万八千年。终于，盘古可以站直了。他高举双手把天空向上托起。他的身体一天长一丈，天和地的距离也一天多一丈。天越来越高，地越来越厚，盘古的身体也变得越来越长。最后盘古的身体长到了九万里，他成了一个身高九万里的巨人，天和地之间的距离也被他撑开了九万里。

盘古用自己的力量终于把天和地彻底分开了，天高高地挂在了地的上面。因为必须用全力把天推向高空，盘古一直没睡觉，这时候他感到累极了。他看看双手托起的天，又看看双脚踩着的大地，觉得天和地已经不会合在一起了，他可以歇一歇了。于是，盘古睡着了。在睡梦中他还想着：只有蓝天和土地还不够，还得在天地之间造出日月山河、人类万物。可是他累极了，再也没有力气了。怎么办呢？盘古想：如果我死

was before? How can I make it so the myriad things can live in the world? Pangu decided to solve this problem with his own body. He used his two hands to support the heaven, and planted his two feet on the land and didn't allow the heaven to press down onto the surface of the earth.

Day after day, year after year, soon another 18,000 years had passed. Finally Pangu could stand up straight; he lifted up his arms and pushed up the heaven. Every day his body grew another *zhang* (a unit of length, one *zhang* equals about 3.3 metres), and the heaven and the earth also separated by a *zhang* each day. The heaven got higher and higher and the earth became thicker and thicker, and Pangu's body got longer and longer. In the end it stretched out to be 90,000 *li* (a unit of length, one *li* equals 500 metres), he became a 90,000-*li*-tall giant, and the heaven and the earth were propped up to be 90,000 *li* apart.



东岳泰山

Pangu, using his own strength, finally completely separated the heaven and the earth; the heaven hung far above the surface of the earth. He had to use his entire strength to push the heaven high up into the void, Pangu had never slept, so at this point he felt very tired. He looked at the heaven, held high above by his two hands, and at the vast earth beneath his two feet. Feeling they would never again join back together and so he could rest a bit, Pangu went to sleep. In this sleep he thought, the blue sky and the soil of the earth were



雾 wù mist, fog

雷鸣 léimíng thunder

血液 xuèyè blood

筋骨 jīngǔ

muscles and bones

肌肉 jīròu muscle

牙齿 yáchǐ tooth

骨骼 gǔgé bone

骨髓 gǔsuǐ marrow

矿藏 kuàngcáng

minerals

汗水 hànshuǐ sweat

雨露 yǔlù rain and dew

神话 shénhuà

myth, mythology

了，就把我的身体留给世间吧。于是，他嘴里呼出的气变成了春风和天空的云雾；他的声音变成了天空的雷鸣；他的右眼变成了又明又亮的太阳；他的左眼变成了又圆又大的月亮；他的头发和胡须变成了夜空的星星；他的血液变成了江河；他的筋骨变成了道路；他的肌肉变成了农田；他的牙齿、骨骼和骨髓变成了地下矿藏；他的皮肤和汗毛变成了大地上的草木；他的汗水变成了雨露；他的头变成了东山；他的腿变成了西山；他的身体变成了中山；他的左胳膊变成了南山；他的右胳膊变成了北山。



南岳衡山

从此，天上有了日月星辰，地上有了山河树木，天地间从此有了世界万物。这就是“盘古开天地”的神话^①。关于宇宙的形成，你们国家有什么样的故事呢？

still not enough, and between the heaven and the earth, he must create the sun and the moon, mountains and rivers, mankind and the myriad things. But he was so exhausted, he no longer had the strength. What was to be done? Pangu thought, if I die, I will leave my body to the world. So, the breath exhaled from his mouth became the spring breezes and the clouds and mists of the skies. His voice became the roar of thunders in the air. His right eye became the sun, clear and bright, and his left eye became the large, round moon. His hair and beard became the stars in the night sky; his blood rivers and streams; his bone and sinew roads and paths; his flesh farmlands; his body, bones and marrow minerals in the earth. His skin and the hair of his body became the grasses and trees, and his sweat the rain and dew; his head the Eastern Mountain; his legs the Western Mountain; his body the Central Mountain; his left arm the Southern Mountain and his right arm the Northern Mountain.

From then on, the heaven has sun, moon and stars; the earth has mountains, rivers, and trees; and between the heaven and the earth are the myriad things. That is all about the myth that Pangu Seperates Heaven from Earth. What kind of stories do your country have in terms of how the universe came into being?



中岳嵩山



文化注释

① 中国的神话

神话一般指的是关于上古传说、历史、宗教和仪式的集合体，通常它会通过口述、寓言、小说等各种方式在上古社会中流传。中国上古神话一般起源于原始社会，人类试图通过推理和想象的方式对各种自然现象做出合理解释。但是由于当时的认识水平比较低下，因此经常笼罩着一层神秘的色彩。中国神话极其丰富，许多神话保存在古代著作中，如《山海经》《淮南子》等。中国的神话传说对文学的发展产生了深远的影响。

练习

阅读理解 Reading Comprehension

练习 1: 判断正误 True(√) or false(×)

例 传说很久以前，宇宙就像一个大鸡蛋，里面漆黑一片。(√)

1. 在“大鸡蛋”里睡了一万八千年以后，盘古醒了。()
2. 宇宙里只有一点儿光亮，什么都看不清楚。()
3. “大鸡蛋”被打破后，千万年的混沌黑暗被搅动了。()
4. 厚重混浊的东西慢慢上升，变成了白云。()
5. 为了能把天地分开，盘古又伸胳膊又踢腿。()
6. 经过一万八千年，天和地被盘古撑开了九万里。()
7. 把天地撑开后，盘古又睡了一万八千年。()
8. 盘古是因为把天和地分开才累死的。()
9. 盘古的眼睛变成了天上的星星。()
10. 传说，宇宙间的日月山河、人类万物都是盘古的身体变的。()

练习 2: 选择正确答案 Choose the right answer

例 传说在很久很久以前, B 没有分开, 是合在一起的。

- A. 日月 B. 天地 C. 山河 D. 万物

1. 天地没有分开以前, _____ 就像一个大鸡蛋。

- A. 宇宙 B. 天空 C. 土地 D. 云雾

2. 盘古沉睡了一万八千年后醒了, 发现自己生活在 _____。

- A. 土地里 B. 天空中 C. 一片黑暗中 D. 天地间

3. 盘古又伸胳膊又踢腿, 千万年的混沌黑暗都被 _____ 了。

- A. 搅动 B. 撑住 C. 飘浮 D. 下降

4. 又轻又清的东西渐渐飘起来, 变成了 _____。

- A. 蓝色的天空 B. 脚下的土地
C. 天空的云雾 D. 夜空里的星星

5. 为了 _____, 盘古用双手撑住天空。

- A. 伸胳膊 B. 搅动黑暗
C. 捅破大鸡蛋 D. 使天地能彻底分开

6. 盘古一直没睡觉, 因为他必须 _____。

- A. 慢慢上升并飘浮 B. 像铁打的一样
C. 用全力把天推向高空 D. 伸胳膊、踢腿

7. 又过了一万八千年, _____ 被盘古撑开了九万里。

- A. 天和地之间的距离 B. 四面八方
C. 混沌黑暗 D. 脚下的土地



8. 盘古想, _____ 我死了, _____ 把我的身体留给世间吧。
- A. 不但……也…… B. 如果……就……
C. 无论……也…… D. 即使……就……
9. 盘古死后, 他的眼睛变成了 _____ 。
- A. 草木和雨露 B. 江河和农田
C. 春风和雨露 D. 太阳和月亮
10. 盘古死后, 他的 _____ 分别变成了东山、西山、中山、南山和北山。
- A. 筋骨、牙齿、骨骼、腿、头
B. 胳膊、头、骨骼、筋骨、血液
C. 头、腿、身体、左胳膊、右胳膊
D. 头、腿、身体、骨骼、筋骨

二 语句练习 Sentence-Matching Exercises

连线 Match the left side with the information on the right

- | | |
|-----------------|-----------------|
| 1. 天地还没有分开以前 | A. 生活在一片黑暗中 |
| 2. 盘古醒来后, 发现自己 | B. 变成了脚下的土地 |
| 3. 他想办法 | C. 天和地的距离也一天多一丈 |
| 4. 千万年的混沌黑暗 | D. 宇宙看上去就像一个大鸡蛋 |
| 5. 厚重混浊的东西慢慢下降 | E. 夜空的星星 |
| 6. 盘古决定用自己的身体 | F. 要在天地之间造出日月山河 |
| 7. 他的身体一天长一丈 | G. 要把这个“大鸡蛋”捅破 |
| 8. 盘古在睡梦中还在想 | H. 大地上的草木 |
| 9. 盘古的头发和胡须变成了 | I. 撑开天和地 |
| 10. 盘古的皮肤和汗毛变成了 | J. 被盘古搅动了 |

三 词汇练习 Vocabulary Exercises

用课文中学过的词语填空 Fill in the blanks with words/expressions in this lesson

彻底	厚重	劈	撑开	搅动
顿时	血液	混沌	托起	沉睡

传说有一个叫盘古的人在黑暗的宇宙里 沉睡 了一万八千年。醒后他发现周围一点儿光都没有，什么都看不见。于是，他使出全身力气，抬起巨大的手掌，向黑暗 去。千万年的 黑暗都被 了，又轻又清的东西慢慢上升，变成了蓝色的天空，而那些 混浊的东西慢慢下降，变成了脚下的土地。盘古站在天地之间， 觉得舒服多了，可是他还是站不直，因为天重重地压在他的头上。他想：怎样才能让天和地 分开呢？怎样才能让世上万物生存生长呢？盘古决定用自己的身体把天和地分开。于是，他用双手撑住天空，不让天压到地面上。就这样，一天又一天，一年又一年，终于，盘古可以站直了。他高举双手把天空向上 ，天和地之间的距离被他 了九万里。盘古一直没睡觉，因为他必须用全力把天推向高空。这时候盘古感到累极了，于是，他睡着了。后来，盘古把他的身体留给了世间：他的右眼变成了又明又亮的太阳；他的左眼变成了又圆又大的月亮；他的头发变成了夜空的星星；他的 变成了江河……从此，天上有了日月星辰，地上有了山河树木。

四 语法练习 Grammar Exercises

用所给的词语组句 Make sentences with the words and phrases given

- ④ 就像是 大鸡蛋 传说 看上去 一个 在很久很久以前 宇宙
传说在很久很久以前，宇宙看上去就像是一个大鸡蛋。



1. “大鸡蛋” 盘古 在……中 一万八千年 沉睡了 一直

2. 捅破 他 把 想办法 这个“大鸡蛋” 要

3. 重重地 天 他的头上 压在 站不直 让他

4. 不可能 如果 高高地 地上 天 不能 存在 升起 生命 就 有

5. 彻底 分开了 天和地 盘古 把 终于 用自己的力量

五 写作练习 Writing Practice

用下列词语造句 Make sentences using the following words/phrases/structures

1. 看上去: _____

2. 一点儿……都没有: _____

3. 于是: _____

4. 不再: _____

5. 终于: _____

6. 越来越……: _____

7. 再也不 / 没……了: _____

8. 把……留给……: _____

9. A 变成了 B: _____

10. 从此: _____