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*Sarah McLachlan*  
*Angel*

THE INTERNATIONAL  
AIRPLAY HIT

Baidu 百度

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## 歌手简介

莎拉·麦克拉克兰（Sarah McLachlan），1968年出生于加拿大，父母是苏格兰后代的音乐家。莎拉从小就展现出她在音乐上过人的天份，在她的学生时期，她曾经学过钢琴、吉他以及声乐。但事实上她所接触的第一种乐器却是民族色彩相当浓厚的尤克里里，当时她甚至不到十岁，只能弹奏较小尺寸的乐器。

莎拉·麦克拉克兰在西洋歌坛众多才女中享有崇高地位，八八年出道后，就已经是加拿大歌坛新生代最被看好的创作才女，几年来，她的专辑《Fumbling Towards Ecstasy》和《Surfacing》更让莎拉·麦克拉克兰成为西洋歌坛“知性女声掌门人”，迄今她已出版八张专辑，写下两千五百万张唱片销售，并且夺取三座格莱美奖，包括两座最佳女歌手的肯定。

## 歌手介绍

自1988年推出首张专辑《touch》以来，莎拉在全球缔造出超过二千五百万张的销售成绩。她创立“莉莉丝音乐节”（lilith fair），在连续3年举办期间，共吸引了两百万名观众，并为公益基金累计超过了七百万美金之多，彻底将音乐和社会工作做了完美结合，声势直达高峰，为了表彰莎拉·麦克拉克兰对女性权益挺身而出的信念，及其创办“莉莉丝音乐节”的勇气，98年，纽约州长颁发了伊丽莎白远见奖（Elizabeth Cady Stanton Visionary Award）给莎拉·麦克拉克兰，公开的感谢她对宣扬女性在工作权不遗余力的重要贡献。

1997年2月7日与自己乐队鼓手Ashwin Sood结婚。Sarah McLachlan最脍炙人口的歌曲当属电影《City Of Angel》主题曲Angel，当时因为歌曲搭配着电影剧情造成全球轰动。

## 歌曲简介

曲调温柔，听后会有温暖的感觉，娓娓动人。有时会因为“天使”这个歌名而被误认为是首圣诞节歌曲，但《Angel》其实是歌手受《Rolling Stone》的一系列关于音乐人在乐坛的压力下，利用毒品意图摆脱困境的文章、报道，特别是乐队Smashing Pumpkins巡回演出钢琴演奏者Jonathan Melvoin因吸噬过量海洛因而于1996年去世的启发，创作出来的。这里“天使”代表着使成瘾者们不断屈服的毒品。这首歌，用她自己的话说，是关于“试图不要去为他人的问题负责，而是要善待自己”；不管你在经历着什么，当你在天使的怀抱中，你会得到安慰，所以要相信生活，相信生命，不要放弃。

# 《天使之城》电影片段欣赏及讨论

1. What impress you most in this film?
2. Who is your favorite character? List your reasons.
3. How do you think of the song?



《天使之城》是由布拉德·塞伯宁执导，尼古拉斯·凯奇、梅格·瑞恩主演的剧情片，于1998年4月10日在美国上映。该片讲述拥有一切法力的天使赛斯爱上了医生玛姬，为了能和玛姬在一起，塞斯放弃了天使的身份，坠入凡间成为凡人的故事。

赛斯（尼古拉斯·凯奇饰）是一位天使。一天，赛斯出现在洛杉矶一家医院的手术间，医生正在极力抢救病人，但最终赛斯还是带走了他。手术期间，赛斯感受到了主刀女医生玛姬（梅格·瑞恩饰）的注视，那目光里的坚定和执着深深震撼了赛斯，他已经被玛姬吸引住了。玛姬因为手术失败而无比自责，感到绝望无力。这期间赛斯一直默默地陪在玛姬身边，尽管玛姬感受不到他的存在。赛斯爱上了玛姬，这个美丽善良而自信的女医生。凡人看不见天使，除非天使自愿现身。所以赛斯冒险在玛姬面前现身了。玛姬只见了赛斯一面，就再也忘不了。赛斯和玛姬渐渐熟起来了。但对于赛斯的来历玛姬却很困惑，每次问起赛斯总是答得含糊不清。为了能真真切切感受到玛姬，与她厮守一生，赛斯决定放弃永生，成为凡人。当坠地的那一刻，他感到了前所未有的快乐。他疯了一样地去找玛姬，玛姬正在别墅度假。他们终于能真切地感受到对方的存在，那么真实而美好。他们甜蜜地靠在一起，仿佛看到了永恒。然而，美好总是短暂的。第二天，玛姬不幸遭遇车祸，赛斯在最后一刻赶到，玛姬靠在赛斯的怀里永远离开了人间。

## 歌曲欣赏

Spend all your time waiting for that second chance  
For the break that would make it okay  
There's always some reason to feel not good enough  
And it's hard at the end of the day  
I need some distraction or a beautiful release  
Memories seep from my veins  
Let me be empty and weightless and maybe  
I'll find some peace tonight  
In the arms of the Angel fly away from here



From this dark, cold hotel room, and the endlessness that you feel  
You are pulled from the wreckage of your silent reverie  
You are in the arms of the Angel; may you find some comfort here  
So tired of the straight line, and everywhere you turn  
There're vultures and thieves at your back  
The storm keeps on twisting, you keep on building the lies  
That make up for all that you lack  
It don't make no difference, escape one last time  
It's easier to believe  
In this sweet madness, oh this glorious sadness  
That brings me to my knees  
In the arms of the Angel fly away from here



From this dark, cold hotel room, and the endlessness that you feel

You are pulled from the wreckage of your silent reverie

You are in the arms of the Angel

May you find some comfort here

In the arms of the Angel

May you find some comfort here

## 英汉对照

Spend all your time waiting for that second chance

枉费所有的时光，去等待再次的奇迹

For the break that would make it OK

等待一次转机，一切释然

There's always some reason to feel not good enough

却总有异样，让人永难感觉满足

And it's hard at the end of the day

最是在白昼即将离去，教人无法喘息

I need some distraction or a beautiful release

我在找散心的乐子，也许是完美的释放

Memories seep from my veins

记忆渗透我的血脉

Let me be empty and weightless and maybe

令我空虚却轻飘无力，恍惚中感觉

I'll find some peace tonight

今宵或许能陶醉于宁静

In the arms of the Angel fly away from here

在天使的怀抱之中，远远飘游而去

From this dark, cold hotel room, and the endlessness that you feel

飞离旅馆客房清冷阴暗，飞离令人压抑的无边静寂

You are pulled from the wreckage of your silent reverie

从你沉寂幻想的灾难中得以解脱

You are in the arms of the Angel; may you find some comfort here

在天使的怀抱之中；愿你得此安憩

So tired of the straight line, and everywhere you turn

厌倦了直来直往，只是每个转弯过角（隐喻：难以接受现实，总在制造着假象安慰自我？）

There're vultures and thieves at your back

都有盗贼藏匿在你身后觊觎（隐喻：荒废的时间总会从你身边夺走一些……？）

The storm keeps on twisting, you keep on building the lies

放任狂风漫卷，你还在构筑谎言的墙垒

That make up for all that you lack

拿来填补饥渴的欲望

It don't make no difference, escape one last time

那不会改变什么，某一个“最后的逃避”而已

It's easier to believe

那只会教人更深信不疑

In this sweet madness, oh this glorious sadness

那甜蜜的痴狂啊，那炫目的哀伤

That brings me to my knees

——都教我甘心屈膝在地

In the arms of the Angel fly away from here

在天使的怀抱之中，远远飘游而去

From this dark, cold hotel room, and the endlessness that you feel

飞离旅馆客房清冷阴暗，飞离令人压抑的无边静寂

You are pulled from the wreckage of your silent reverie

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You are in the arms of the Angel; may you find some comfort here

在天使的怀抱之中；愿你得此安憩

In the arms of the Angel; may you find some comfort here

在天使的怀抱之中；愿你得此安憩

## 听歌填词

Spend all your time waiting for that second chance

For 1 that would make it okay

There's always some 2 to feel not good enough

And it's hard at the end of the day

I need some 3 or a beautiful release

Memories seep from my veins

Let me be 4 and weightless and maybe

I'll find some peace tonight

In the arms of the Angel 5 from here

From this dark, cold hotel room, and the endlessness that you feel

You are 6 from the wreckage of your silent reverie

You are in the arms of the Angel; may you find some comfort here

So tired of the 7 line, and everywhere you turn

There're vultures and thieves at your back

The storm keeps on 8, you keep on building the lies

That make up for all that you lack

It don't make no 9, escape one last time

It's easier to believe

In this sweet 10, oh this glorious sadness

That brings me to my knees



In the arms of the Angel fly away from here

From this dark, cold hotel room, and the endlessness that you feel

You are pulled from the wreckage of your 11 reverie

You are in the arms of the Angel

May you find some 12 here

In the arms of the Angel

May you find some comfort here

## 听歌填词

Spend all your time waiting for that second chance

For 1 the break that would make it okay

There's always some 2 reason to feel not good enough

And it's hard at the end of the day

I need some 3 distraction or a beautiful release

Memories seep from my veins

Let me be 4 empty and weightless and maybe

I'll find some peace tonight

In the arms of the Angel 5 fly away from here

From this dark, cold hotel room, and the endlessness that you feel

You are 6 pulled from the wreckage of your silent reverie

You are in the arms of the Angel; may you find some comfort here

So tired of the 7 straight line, and everywhere you turn

There're vultures and thieves at your back

The storm keeps on 8 twisting, you keep on building the lies

That make up for all that you lack

It don't make no 9 difference, escape one last time

It's easier to believe

In this sweet 10 madness, oh this glorious sadness

That brings me to my knees

In the arms of the Angel fly away from here

From this dark, cold hotel room, and the endlessness that you feel

You are pulled from the wreckage of your 11 silent\_\_ reverie

You are in the arms of the Angel

May you find some 12 comfort\_ here

In the arms of the Angel

May you find some comfort here