

# 你在我心中：在岁月深处照亮我的那盏灯

有些人离开得很远，却在心里变得更近。你就是这样一个人。无论我走过多少地方，经历多少片段，只要想到你，我心里便会亮起一盏灯，柔和却坚定。

那盏灯不是夺目的光，也不是用来照亮道路的指示。它更像是黑暗里的一道微光，足以让人不再恐惧，让人知道自己并不孤单。你在我心中，就拥有这样的力量。

还记得我们一起度过的那些日子。它们不是波澜壮阔的故事，却像一粒粒落在掌心的细沙，看似轻微，却在时间里沉淀出温度。你总擅长倾听，擅长在别人最慌乱的时候给出一点安定。你的话不多，但每一句都像是沉入湖底的石子，轻轻，却足以改变水面的纹路。

后来时光把我们拉向不同的方向。我也曾在迷惘中跌跌撞撞，试图寻找曾经的光。但让我意外的是，我并没有失去它。你留给我的那盏灯一直亮着，藏在我看不见的地方，在每一次夜深人静时，为我照亮最深处的自己。

我时常会想，如果没有遇见你，我会不会始终停在原地。你从来没有要求过我变得多好，却让我在你的温柔与坚定中，慢慢学会面对生活的风浪。

你告诉我：“人生不会总是明朗，但你可以选择把心放得稳一点。”多年之后再回想，我才懂得那句话的重量。它像是某种安静的力量，让我在低谷时还能看见出口的方向。

如今的我，依然会在某些瞬间想起你。不是伤感，也不是遗憾，而是一种被岁月缓缓抚慰过的温暖。我知道你已经走向了属于自己的世界，而我也在继续向前。但你在我心中留下的那盏灯，会一直亮着，不需点燃，也不会熄灭。

你在我心中，是时间无法带走的那一束光，是我在人生最深处保护自己的勇气。谢谢你曾来过，谢谢你让我成为更完整的自己。

## You in My Heart: The Lamp That Lights the Depths of Time

Some people grow farther from us in distance, yet closer in memory. You are one of them. No matter where I go or what I experience, whenever I think of you, a lamp lights inside me—gentle, but unwavering.

It is not a bright, dazzling lamp. It does not illuminate roads. It is more like a faint light in darkness—enough to keep fear away, enough to remind me that I am not alone. That is the power you have in my heart.

I remember the days we spent together. They were not grand stories, but small grains of sand resting quietly in my palm—light, yet warm with time. You were good at listening, good at offering steadiness when others fell into chaos. You didn't speak much, yet every word dropped into me like stones sinking into a lake—soft, but enough to change the ripples.

Later, time pulled us toward different directions. I wandered through confusion, trying to find the light I once relied on. But to my surprise, I had never lost it. The lamp you left me stayed lit, hidden in places I rarely looked, illuminating the quietest corners of my being.

I often wonder if without you, I might have remained stuck where I was. You never asked me to become anything extraordinary, yet through your steadiness and warmth, I learned to face the storms of life.

You once told me, “Life won’ t always be clear, but you can steady your heart.” Years later, I finally understood the weight of those words. They carried a quiet strength that helped me find my way even in the darkest valleys.

Now, I still think of you from time to time. Not with sorrow, not with regret, but with a warmth softened by years. You walked into your world, and I kept moving in mine. But the lamp you left inside me remains lit—needing no flame, never fading.

You in my heart are the light time cannot steal, the courage that guards my deepest self. Thank you for being here, and thank you for helping me grow into who I am today.