

新的希望 A New Hope

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当一个女人迎来新生命时，许多曾经困扰她的烦恼和压力，都会在不知不觉中变得不再重要。

阿碧得知自己怀孕时，心里既惊喜又忐忑。那时阿文的身体一天比一天虚弱，虽然医生没有明说，但两人都明白，未来充满挑战。然而，从知道腹中孕育着一个小生命的那一刻起，阿碧就告诉自己，无论遇到什么事，都要尽量保持平静的心情。

她从书上了解到，母亲的情绪会影响胎儿的成长。为了让孩子健康发育，她尽量不去忧虑未来，而是认真过好眼前的每一天。

恰好那段时间，她接到一家酒店的装饰画订单，主要临摹印象派大师的作品。画画原本就是她最擅长、也最喜欢的事情，这份工作让她重新找回了生活的乐趣。

每天清晨，她都会到公园散步。看阳光穿过树叶洒在草地上，闻青草和泥土的气息，听鸟儿清脆的鸣叫。慢慢行走时，她常会轻轻抚摸肚子，感受腹中生命的存在。

回到家后，她会精心准备一份营养早餐，然后学习几小时英语，再一边听音乐，一边画画。轻柔的音乐在房间里流淌，颜料的气息弥漫四周。莫奈的睡莲、雷诺阿的阳光、塞尚的风景，一点点呈现在画布上。

画累了，她便去书店翻阅有关怀孕、育儿和幼儿教育的书籍。每当看到孩子成长的故事，她都会忍不住想象自己孩子的模样。那种期待与喜悦，渐渐冲淡了生活中的烦恼和压力。

日子就在学习、工作和期待中悄悄流逝。在这简单而充实的日子里，时间过得特别快，转眼便到了预产期。

一个星期六的下午，她和阿文像往常一样出去散步。一边走，一边聊着即将出生的孩子，也憧憬着未来的生活。

走到福田医院附近，阿碧忽然感到肚子一阵疼痛。起初她以为只是有些疲劳，可没过多久，疼痛再次袭来，而且越来越明显。阿文立刻紧张起来。

“是不是要生了？”阿碧有些不敢相信。“不会这么快吧？”“反正医院就在前面，先去检查一下。”

来到医院后，护士检查了一番，随即说道：“赶快办理住院手续，孩子很快就要出生了。”

两人一下子愣住了。他们原以为还有几天时间，没想到宝宝已经迫不及待地要来到这个世界。阿文急忙回家收拾东西。几个小时后，他提着大包小包赶到医院，累得气喘吁吁。

看着丈夫苍白憔悴的脸色，阿碧有些心疼。她知道阿文的身体禁不起长时间折腾。“你先回去休息吧，这里有医生和护士。”阿文有些迟疑。“真的不用我留下来吗？”“放心吧，等宝宝出生再来看我们。”最终，在她的坚持下，阿文离开了医院。

不久，阿碧被推进产房。宽大的房间里摆着几张产床和婴儿床。当时没有其他产妇，显得格外安静。护士熟练地为她挂上点滴。阿碧看着药瓶，忽然觉得有些好笑。在她当时的印象里，似乎所有进医院的人都要打吊针，连生孩子也不例外。

当一个人独自面对困难时，往往会爆发出连自己都未曾发现的力量。进入产房后，阿碧并没有感受到太多恐惧。那些关于生产痛苦的描述仿佛离她很远。她全部的注意力，都放在即将出生的孩子身上。

十个月来，孩子的每一次胎动、每一次伸展，都早已成为她生命的一部分。而此刻，这个小生命即将离开熟悉而温暖的世界，开始人生第一次远行。想到这里，她闭上眼睛，在心里默默地对孩子说：“宝贝，别害怕。”

“出来吧，妈妈在等你。” “我们一起加油。”

她一遍遍重复着这些话，仿佛能通过某种神秘的联系传递给腹中的孩子。不知过了多久，一声清脆而响亮的啼哭打破了产房的安静。

“哇——哇——”

阿碧长长地舒了一口气。孩子平安出生了。那一刻，她感受到的不是艰辛，而是一种如释重负的喜悦。所有的担忧、紧张和等待，都随着那一声啼哭消散了。

护士把孩子抱到她面前。小小的脸蛋，紧闭的眼睛，微微握起的拳头。阿碧静静地望着这个刚刚来到世间的小生命，眼泪不知不觉地流了下来。就在她为丈夫的病情忧心、为未来感到迷茫的时候，命运又把一个新的希望送到了她怀里。

那一刻，她忽然明白，人生从来不会因为困难而停止。每当你以为走进黑暗的时候，总会有新的光亮出现。孩子的第一声啼哭，不仅宣告了一个生命的诞生，也让阿碧完成了一次成长。

从前，她为自己而努力；从今以后，她还要为另一个生命负责。望着怀里的孩子，她默默地告诉自己：无论未来有多少风雨，都要勇敢地走下去。因为从这一天开始，她不仅是阿碧，更是一位母亲。

A New Hope

When a new life enters a woman's world, many of the worries and pressures that once weighed heavily on her quietly lose their importance.

When Abi learned that she was pregnant, she felt both joy and uncertainty. At that time, Awen's health was deteriorating day by day. Although the doctors never said it directly, they both understood that the future would not be easy. From the moment she knew a new life was growing inside her, Abi told herself to stay calm, no matter what happened.

She had read that a mother's emotions could affect her baby's development. For the sake of her child, she tried not to worry about the future and focused instead on living each day well.

Around that time, she received a commission from a hotel to create decorative paintings, mainly reproductions of Impressionist masterpieces. Painting had always been her greatest skill and deepest passion. The work brought joy and purpose back into her life.

Every morning, she walked in the park near her home. She watched sunlight filter through the trees onto the grass, breathed in the scent of earth and fresh leaves, and listened to birds singing overhead. As she strolled along, she often rested a hand on her growing belly, quietly aware of the life within.

After returning home, she prepared a nutritious breakfast, studied English for a few hours, and then spent the rest of the day painting while listening to music. Soft

melodies filled the room as the smell of paint lingered in the air. Monet's water lilies, Renoir's warm sunlight, and Cézanne's landscapes slowly emerged on her canvas.

Whenever she grew tired, she would visit a bookstore and browse books on pregnancy, childcare, and early childhood education. Reading about children's growth and development, she could not help imagining what her own baby would be like. That sense of anticipation and happiness gradually pushed aside the worries that once occupied her mind.

The days passed quietly, filled with study, work, and expectation. Life felt simple yet fulfilling, and before she knew it, her due date had arrived.

One Saturday afternoon, Abi and Awen went out for their usual walk. As they strolled along, they talked about their baby and dreamed about the life ahead.

Near Futian Hospital, Abi suddenly felt a sharp pain in her abdomen. At first, she thought she was simply tired, but the pain soon returned and grew stronger.

Awen became anxious at once. "Could it be time?"

Abi found it hard to believe. "Already?"

"The hospital is right there," he said. "Let's get it checked."

After examining her, the nurse smiled and said, "You'd better get admitted right away. Your baby will be here very soon."

The couple stared at each other in surprise. They had expected to wait several more days, but their baby seemed eager to enter the world.

Awen rushed home to gather everything they needed. A few hours later, he arrived at the hospital carrying bags of baby supplies and personal belongings, exhausted and out of breath.

Looking at his pale and weary face, Abi felt a pang of concern. She knew his body could not handle too much strain.

"You should go home and rest," she told him gently. "The doctors and nurses will take care of me."

"Are you sure you don't want me to stay?"

"Don't worry. Come back when the baby arrives."

Reluctantly, Awen left.

Soon afterward, Abi was taken into the delivery room. It was a large, quiet space with several delivery beds and baby cots. There were no other mothers there that day. A nurse skilfully connected an IV drip beside her bed. Looking at the bottle hanging overhead, Abi almost smiled. In those days, she believed that every hospital patient received an IV, even women having babies.

When people face difficulties alone, they often discover a strength they never knew they possessed.

Inside the delivery room, Abi felt surprisingly little fear. The stories she had heard about the pain of childbirth seemed distant. Her mind was focused entirely on her baby.

For ten months, every movement and stretch of that tiny life had been part of her own. Now the child was about to leave its warm and familiar home and begin the first journey of life.

Closing her eyes, she spoke silently to her baby.

"Don't be afraid, my little one."

"Come out. Mommy is waiting for you."

"We'll do this together."

She repeated the words again and again, as if some invisible bond could carry them directly to her child.

After what felt like a long time, a clear, powerful cry suddenly broke the silence.

"Waaah... waaah..."

Abi let out a long breath. The baby had arrived safely.

At that moment, she felt no hardship, only overwhelming relief and joy. Every worry, every fear, every anxious moment disappeared with that first cry.

The nurse gently placed the baby before her. A tiny face. Closed eyes. Small hands curled into fists. Abi gazed at the little life that had just entered the world, and tears quietly filled her eyes.

While she had been worrying about her husband's illness and feeling uncertain about the future, fate had placed a new hope in her arms.

In that moment, she understood something she had never fully understood before: life does not stop because of hardship. Just when you think you are walking into darkness, a new light appears.

The baby's first cry marked more than the birth of a child. It also marked Abi's own transformation.

Before, she had worked hard for herself. From that day on, she would be living for another life as well.

Holding her child close, she silently promised herself that no matter what storms lay ahead, she would keep moving forward with courage. Because from that day forward, she was no longer only Abi. She was a mother.