

01-2 发展释放法 Developing the Method

我于 1909 年 7 月 19 日出生在新泽西州伊丽莎白市的一个中产阶级家庭，我是一个非常害羞的人，

I was born on July 19th, 1909 in Elizabeth, New Jersey into a middle-class family, as a very shy person,

在我发现我现在所知道的、那之前的岁月，我曾经是极度害羞的。

the years before I discovered what I now have was that extreme shyness.

我对“世界是什么”感觉困惑，从未真正感到自己属于其中、能融入其中，

And bewilderment at what is this world and never really feeling that I belonged, fitted into it,

我总想做一个好人、一个好男孩、一个好少年、一个好青年，

always wanting to be a good person, a good boy, a good youth, a good young man,

我努力按照应有的方式去做事，做正确的事，

And I try to do things as things were supposed to have been done, doing the right things,

我接受了良好的教育，成为了我所在领域的佼佼者。

getting a good education, being the best in my field.

我天生就对科学感兴趣，尤其是对世界和人类本质的科学。

And my natural inclination was toward science, especially the science of the world and man himself.

1931年，我以物理学家的身份从罗格斯大学毕业，之后我在物理学和工程学领域工作了20多年。

And I was graduated from Rutgers College in 1931 as a physicist, after which I worked 20 some years in physics and in engineering.

我有频繁换工作的经历，从职位到工作类型都有换，

I have a history of changing frequently from job to type of work I was doing,

在物理方面，我从事测量仪器和自动控制的研发工作，与布朗仪器公司合作，这家公司后来成为了霍尼韦尔的子公司；

in physics, I worked at research and development on measuring instruments and automatic control connected with Brown Instrument Company, which became a subsidiary of Honeywell;

在工程方面，我做过机械工程师、电气工程师、建筑工程师、采暖与通风工程师和轮机工程师，实际上涉足了 14 个不同的领域；

And in the engineering field, I worked as an electrical engineer, a mechanical engineer, construction engineer, heating and ventilating engineer, marine engineer, actually 14 different fields;

我还尝试进入了与工程相关的各种行业，包括餐馆、木材、建筑和石油，我想赚钱，想在世界上有所成就。

I also made attempts, actually went into various businesses intertwined with the engineering, wanting to make money, wanting to make it in the world.

所有这些项目都很短暂，因为每当我取得成功的时候，我就会失去兴趣，因为我失去了兴趣，我的项目也会离我而去。

And all these projects were rather short-lived, because whenever I got to a point of success, I lost interest, and because I lost interest, my project would drop away from me.

那时候，我并不知道我现在所知道的——我所寻求的实际上是生命本身的答案，而我做的一切都无法给我这个答案。

At that time, I did not know what I know now, that what I was seeking was actually the answers to life itself, and that nothing I had worked at

would give me that answer.

随着岁月的流逝，我的抑郁和疾病开始加重，到了 1952 年，我不断遭受病痛的折磨，每年至少三次得黄疸，还有肝脏肿大、肾结石。我瘦得不行，有高酸性和低酸性溃疡，溃疡穿孔并形成病变，然后我还患有至少 10 年的偏头痛。1952 年，我得过两次冠状动脉血栓，在第二次动脉血栓后，我被告知我活不了多久了，我随时都有可能死。除非万不得已，我甚至不能走楼梯。

And as the years went by, I became heavy with depression, with sickness, and by 1952, I had been through constant ailments like being jaundiced three or so times a year, constantly within a large liver, kidney stones, spleen trouble, hyper and hypoacidity, ulcers that perforated, and formed lesions, and then I had at least 10 years of migraine headache, and then toward the 1952, I had had two coronary thromboses, and after the second one, I was told I wouldn't live much longer, that I might die any day, that I shouldn't even take the effort to go up a step unless I absolutely had to.

而且在那段时间里，我的心理负担越来越重，身体状况也越来越差，Also during that period, I was getting heavier psychologically and sicker physiologically,

所以我一直在寻求.....我经常和专家在一起，医学专家，我做了四年

的精神分析，每周四次，在弗洛伊德的一位同事 Kilian Bloom Bouam 的指导下，这是 40 年代初，他有一个办公室，我想是东 96 街，经过 4 年的精神分析，我被放弃了，有些人没得救了，这对我来说是一个相当大的打击。

And so I was seeking aid, I was constantly with specialists, medical specialist, and I had had four years of psychoanalysis, four times a week, under an associate of Freud, a Dr. Killian Bloom B-L-U-H-M, and this was the early 40s, who had an office, I think it was east 96 street, and after 4 years of psychoanalysis, I was discharged with, quote, some people cannot be helped, unquote, and that was quite a shock.

然而我从未说过死。

However, I never said die.

在第二次心脏病发作之后，经过三天强烈恐惧的思索和慌乱，我极度害怕死亡，

And after the second heart attack, after three days of cogitating with intense fear, a stir, I was extremely fearful of dying,

但我意识到了，我对自己说：“你还在呼吸，莱斯特，你还有机会。”

but I realized, I said to myself :“You're still breathing, Lester, there's still a chance.”

于是我坐下来，开始全天候地思考。

So I sat me down and began thinking on an around the clock basis.

我一直被认为是一个非常聪明的男孩，我总是获得荣誉，在没多少奖学金可拿的年代，我获得了罗格斯大学的四年奖学金。

I had been considered a very smart boy, always made the honor role, I had a four-year scholarship to Rutgers back in the days when not many scholarships were handed out.

但后来，当我第二次心脏病发作后被告知我活不了时，我对自己说：“莱斯特，你真是愚蠢，愚蠢，愚蠢！活了差不多四十三年，快活到头了，却没有幸福没有健康，因此你所积累的这一切知识都是无用的。”

But then when I after the second heart attack, and when I was told I wouldn't live, I said to myself :“Lester you are stupid, stupid, stupid! Having lived 43 or so years, and having reached the end of the line without happiness, without health, therefore all this knowledge that you have accumulated is of no avail.”

我曾在 30 年代研究过沃森的行为主义，在 30 年代末和 40 年代初研究过弗洛伊德，我学过哲学、学过逻辑学、学过经济学、学习了人类的所有主要领域。

I had studied Watson's behaviorism in the 30s, Freud in the later 30s and early 40s, I had studied the philosophies, I had studied logic, I studied

economics, I studied all the major fields of man.

尽管我掌握了所有这些知识，我却走到生命的尽头，这让我意识到，人类所积累的知识是没有用的。

And with all that knowledge, there I was at the end of the line, making me realize that the accumulated knowledge of man was of no use.

于是我决定从头开始，忘记所有这些知识，从零开始，看看自己能获得什么。

And so then I decided start from scratch, forget all that knowledge, begin from point zero and see what you can pick up.

因此，我提出了问题“我是什么？”“这个世界是什么？”“我和它的关系是什么？”“什么是心智？”“什么是智慧？”“什么是幸福？”

So I pose the questions “What am I?” “What is this world?” “What is my relationship to it?” “What is mind?” “What is intelligence?” “What is happiness?”

我开始问自己：“我想从生活中得到什么？”

And I began by asking myself :“What do I want out of life?”

答案是幸福。

And the answer was happiness.

然后我问：“幸福是什么？”

And I said : “What is that?”

“哦，那是得到所有人的认同。”

“Oh, that's getting everyone's approval.”

这让我很震惊，因为我意识到，我得到了家人、朋友、我认识的大多数人的高度认同，而我却很痛苦。

And that was a shock to me, because I realized I was getting large amounts of approval from my family, from my friends, from most people that I knew, and here I was miserable.

再进一步地探寻，我回忆了自己感到最幸福的时刻，我发现了一些在当时令我吃惊的事情：当我在爱时，我是最幸福的。

Investigating further, I went into the moments when I was feeling happiest, and I discovered something which to me was startling at the time, that it was: When I was loving, that I was happiest.

这种幸福等同于我去爱的能力，而不是被爱。

That happiness equated to my capacity to love rather than to being

loved.

这是一个起点，

That was a starting point,

我开始朝着那个方向纠正自己所有的想法和感觉，从渴望被爱到去爱。

And I began correcting all my thoughts and feelings in that direction, from that of wanting to be loved to that of loving.

在这个过程中，我发现了一件令我颇为震惊的重要事情。

And in that process, I discovered another major thing that kind of shocked me.

我发现我曾经想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

I saw that I wanted to change this entire world, and that was the cause of my ulcers, or one of the major causes of it.

我意识到我是多么想改变这个世界，而这让我成为了这个世界的奴隶。

On realizing how much I wanted to change things in this world, and that that made me a slave of this world.

我做出了扭转这种局面的决定。

I made a decision to reverse that.

然后我开始放下我所有想要控制这个世界的欲望和需求。

And then I began letting go of all my want and need to control this world.

在遵循这两个方向的过程中——实际上是卸下了这些方向上的所有潜意识概念和压力，

And in the process of following out these two directions, of actually unloading all these subconscious concepts and pressures in those directions,

我发现自己变得更快乐、更自由、更轻松，总体上感觉更好。

I discovered I was getting happier, freer, lighter, and feeling better in general.

当我看到这个方向是好的，我便做了一个决定：如果一块馅饼的味道尝起来这么好，那我想吃整个馅饼。

On seeing that this direction was good, I made the decision that: If a slice of the pie tastes as good, I want the whole pie.

我决定不离开这个方向，直到我得到那一整块幸福的馅饼，随之而来的是“我是什么？生命是什么，我和它有什么关系？”的答案。

I decided not to let go until I got that whole entire pie of happiness, and with it, the answer to what am I, what is this life, what is my relationship to it.

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

This decision allow me to... As I claim get the answer to life itself in a matter of 3 months' time.

我真的相信，如果我能做到，任何人都可以做到，只要他们有强烈的想要。

And I actually believe if I did it, anyone could do it, if they had that much want to.

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个永远快乐且没有悲伤的状态。

And in that three-month period of time, all the ailments I had in my physical body corrected, all my miseries dropped away, and I ended up in a place in which I was happy all the time with no sorrow.

并不是说世界停止了对我的推动，它仍在继续，而是我所处的状态让

我几乎可以立即解决问题。

Not that the world stopped pushing against me, it continued, but I was in a place where I could resolve things almost immediately.

清除所有负面的恐惧，所有负面的“我不能”，

Having cleared out all the negative fears, all the negative “I cannots”,

我会直接专注于每个问题的答案，并很快得到答案。

I would focus right in on the answer to every problem and get it very quickly.

就这样，我的整个人生从此改变了，从之前的抑郁和生病，变成了一直快乐且始终保持完美的健康。

And so my whole life turned around from being one of formerly being depressed and sick to one of being happy all the time, and in perfect health all the time.

在这个过程中发生的一件事是认同他人。

One of the things that happened in this process was identification with others.

我看到我们都是相关联的，我们都是相互关联的，我们的心智是相互

关联的。

I saw that we are all related, we are all interconnected, our minds are interconnected,

每个心智都像一个无线电广播和接收站，我们所有人都在无意识地相互调谐，我们只是没有意识到这一点，

Each mind is like a a radio broadcasting and receiving station, that we are all tuned into each other unconsciously, we're just not aware of it,

而且，如果大量被压抑的能量得以释放，这点对我们来说就变得很明显了。

and that if a lot of the suppressed energies are allowed out, this becomes obvious to us.

一旦我们对他人产生认同，我们自然就会希望其他人也能发现我们所发现的。

and once we identify with everyone else, it's just natural that we want everyone else to discover what we have discovered.

生命本应是美好的、本应是一直快乐没有悲伤的，本应拥有完美的健康。

That life was meant to be beautiful, meant to be happy all the time with

no sorrow, meant to be with perfect health.

因此，在 1952 年达到理解的顶峰后，我就一直想帮助其他人发现我所发现的。

So from that, um reaching that high point of understanding in 1952, from that time on, I have wanted to help others discover what I discovered.

最初那些年，我和人们一对一地进行工作，对每个人的帮助都很有戏剧性且非常有效。

In the early years, I worked with people, person to person, help for each one was dramatic and very effective.

然而，他们会对我产生依赖，这会让他们期望我为他们做这件事，这对他们来说是无意识的。

However, they would develop a dependency upon me, which would cause them to expect me to do it for them, and this was unconscious in them.

原因在于，从我们出生的那一天到我们步入青少年时期，每个人都有父母来照顾他们的一切，这在我们心中根深蒂固，直到今天，我们仍然期望并想要有人能为我们做这件事。

And the reason for that is from the day of birth until we are teenagers,

everyone does have someone taking care of everything for them, their parents, and it is so deeply ingrained in us today, we still expect and want someone to do it for us.

然而，没有人能帮我们做，我们必须靠自己来做。

However, no one can do it for us, we must do it by ourselves.

别人能为我们做的唯一一件事是为我们指明道路、展示方法，指明如何朝着正确的方向前进。

The only thing someone else can do for us is to show us the way, show us the method, show us how to get moving in the right direction.

因此，在最初的二十左右时间里，我给愿意听的人免费提供这些知识，但我发现一对一的方式所取得的成效微乎其微。

So for the first 20 years or so, after giving this freely to anyone who would listen to me, I realized that the amount of accomplishment was rather minimal, working one-on-one,

我想到，为了让大多数人知道，有必要建立一套可供他人分享给其他人的方法。

And it came to me that to get this out to the majority, it would be necessary to set it up in a methodology that could be given out by others to others.

于是我形成了现在这套体系，这是一种非常具体的方法，可以用来消除所有压抑的情绪、所有消极的感受，消除那些把当今世界引向错误方向的抑制和强迫。

And so I evolve the present system, a very specific method of undoing all the suppressed emotions, all the negative feelings, of undoing the inhibitions and compulsions, which are the things that are driving the world today in wrong directions.

我们已经积累了太多被压抑的能量，这些能量正朝着错误的方向涌现，扰乱了我们的生活目标。

We have accumulated so much of suppressed energy that it is coming out in devious directions, upsetting our purpose in life.

我们的目标非但不是让地球上的生活和谐美好，反而是将我们最大的能量用在破坏地球的方向上。

Our goals, to the point, where instead of making life a beautiful harmony here on earth, we are using the best of our energies in a direction of destroying this earth.

我们今天在污染空气、污染水、污染食物，并通过无线电、电视、电影毒害我们的心智。

We are today poisoning the air, poisoning the water, poisoning the food,

and poisoning our minds through radio, TV and movies.

我们已经到了看不到自己是如何把自己推向堕落的地步，并且我们仍在继续这样做。

And we have gotten to the place where we cannot see how we are driving ourselves downward and we are continuing in it.

摆脱这种困境的唯一方法，就是先认识到所有这一切的累积的压抑就是导致这种堕落走向的原因。

And the only way out of this thing is to first recognize that all this accumulated suppression is the cause of this downward direction.

为了让世界走上正确的方向，为了让我们每个人走上正确的方向，为了让我们幸福、健康和繁荣，我们必须释放这种累积的压抑。

And that this accumulated suppression must be released in order to get the world in the right direction, in order to get each of us as individuals in the right direction, in order to get us happy, healthy and prosperous.

我们拥有的这个方法就可以做到这一点。

This method that we have will do just that.

然而，由于这个方法是体验式的，

However, it being experiential,

必须教导每个人如何释放这些被压抑的能量，以便释放这些消极的、不想要的感受，直到我们摆脱它们。

it must be taught to each one how to release these suppressed energies so that these negative, unwanted feelings are dumped until we are rid of them.

我们发现，当这些负能量消失后，我们的思维效率达到最高，思维前所未有的清晰，我们可以看到生活的目的和方向并贯彻下去。

And we discover that when these negative energies are out, the efficiency of our minds are at their highest, thinking is clear, we have a clarity that we never had before, we can see our purpose and direction in life and carry through.

我们发现心智只有创造性，我们保持在心智中的东西，迟早会成为现实。

We discover that mind is only creative, that what we hold in mind is what materializes for us sooner or later.

而且，正是因为我们持有这些潜意识的、被压抑的消极想法，所以消极的事情才不断发生在我们身上。

And that it's only because we're holding these unconscious, suppressed,

negative thoughts, that negative things keep happening to us.

1973年，我想到了把它组织成一个系统的概念，当时我在亚利桑那州，我1958年离开纽约，因为我对人们说的跟他们想听的差距很大，所以我隐居去了亚利桑那州一个很不错的地方。几年来，我独自一人，在美妙的状态下，夜以继日地坐着。直到人们开始来拜访我，这才使我起身外出，在全国各地游走。我会和一些团体交谈，但从未作出任何承诺，我只是四处飘荡，帮助他们，尽我所能给他们一对一的帮助，没用什么系统的方法。

1973, the concept of organizing it into a system came to me, at the time I was in Arizona, I had left New York in 1958 only because what I was saying to people was really too far from what they wanted to hear, and so I retired to a very nice place in Arizona, spent several years, all by myself just sitting around the clock in a beautiful state, until people began coming in to visit me, which caused me to get up and get out and float across the country, I would talk to groups, never made any commitments, I'd just floated around, helping them, giving them person-to-person help as much as I could, nothing in an organized way.

直到1973年，我才意识到那些聚集在我周围和住在附近的人，没有再获得任何益处，因为他们对我有种依赖，无论我告诉他们多少次我不能代他们去做，无论我告诉他们多少次他们必须自己做，他们还是指望我去做。

Until 1973 when I realized that those who gathered around me and lived

nearby were not gaining any more, due to their feeling of dependency upon me, no matter how much I told them I could not do it for them, no matter how many times I told them that they had to do it themselves, they were still looking to me to do it.

所以我做了一个决定，不再提供个体帮助，而是把它打包成一个方法，我在 1973 年就那么做了。

So that decision was made to not help people personally, but to get it into this package form, I did it in 1973.

1974 年，我在亚利桑那州对受过教育的人、未受过教育的人以及 10 岁以上的孩子进行了测试，发现这个方法是所有人都能掌握的，而且任何人都可以使用它，如果有人愿意使用它，它其实非常简单、非常容易。

I tested it out in Arizona in 1974 with educated people, with people with no education, and with children 10 years and older, and discovered that the method was gotten by all, and that anyone could use it, that it was very simple and very easy if one chose to use it.

每个人的内在都蕴藏着无限的能力，都有着超乎想象的潜能。

Every person has an unlimited ability within him, a potential way beyond anything he ever dreamed.

**我们拥有巨大的潜力，但却被我们自己的限制性思想所限制和阻断，
“我不能，我不可能做到这一点”，这些被普遍接受的限制就是造成受限的原因。**

We have this tremendous potential limited by and cut off by our own thoughts of limitation, “the I can’ts, it’s impossible for me to do that”, these generally accepted limitations are the cause of the limitations.

当这些限制和概念被倾倒地时，人们发现自己其实没有任何限制，除了那些他在心理上抓着不放的。

That when these limitation concepts are dumped, the person discovers he doesn't have any limitations except those that he mentally holds.

瞧，在我们的课程中有一种消除这些限制的方法，我们发现——所有的“我不能”都被锁在我们的情绪中。

And see, in our course there’s a method of dumping these limitations, we discover that locked into our emotions are all “the I cannots”.

然后，当情绪得到释放时，所有被压抑的能量都会被释放，“我不能”都会被释放，然后我们就只会想“我能”。

And that when the emotions are released, all that suppressed energy is released, “the I cannots” are released, and then we only think “I can”.

当我们只想着“我能”时，“我能”就会显现出来，随之而来的是不

同寻常的事情，一旦你知道这一点并去做，你就可以拥有、成为或做到任何你渴望的事情。

And when we think only "I can", the I can manifest, and the unusual with it, you can have, be, or do whatever you will desire once you know this and do it.

一个人在任何特定的事情上完全释放，无论这件事有多么不可能，如果他完全释放了，那么在他完全释放的那一刻，不可能就会变成可能。

One is totally released on any particular thing, no matter how impossible it is, if he's totally released, that impossible becomes possible that moment when he's totally released.

理智是心智中进行推理的理性部分，它将事物从理性层面联系在一起。

Intellect is the rational part of mind that reasons, and intellectually ties things together, relates them.

感受、体验是一个完全不同的层面，因为它们是感觉，它们无法被理性化，

Feelings, experience, are a totally different aspect, in that they are feelings and they don't rationalize,

你可以理性地对待它们，但它们本身是不理性的，也无法理性化。

you can rationalize about them, but they themselves are not rational or rationalizable.

如果可以理性化，我们就能告诉人们扔掉你所有的消极情绪，他们就会做到，但他们无法做到，因为在理性层面，两者之间并无关联。

If they were, we could tell people, drop all your negative feelings and they would do it, but they can't, because intellectually there's no tie there.

我们唯一能用理智做的事情就是引导我们去看感受，把我们的注意力集中在感觉上，然后在感觉层面工作。

The only thing we can use the intellect for is to direct us toward the feelings, to focus us in on the feelings, and then work at the feeling level.

要明白，我们的课程是在感觉层面起作用的。

See, our course works at the feeling level.

理智，也就是心智中的理性部分，完全是由我们的感受所驱动的。

And the intellect, the rational part of the mind is all motivated by our feelings.

现如今，我们认为自己是自由的思考者，但我们不是。

Today, we think we're free thinkers, but we're not.

我们的思考是由我们的感受驱动的，所有的思考都是，只要检查一下，你就会明白。

Our thinking is motivated by our feelings, all of it, just check it and you'll see.

所以最重要的是感觉，其次才是理性。

So that the prime thing is feelings, the secondary thing is rationale,

当次要事物（理智）试图解释主要事物（感受）时，它无法做到。

and when the secondary thing is trying to explain the primary thing, it cannot.

所以，你必须理解感受和想法的关系，它们是两个不同的领域，其中一个不能解释另一个，

So that you've got to understand the relationship of feelings to thoughts, that they're two different realms, and one does not explain the other,

只有当你超越了想法和感受，你才能理解这两者以及它们之间的关系。

it's when you get above thought and feeling that you can understand the two of them and how they relate.

当没有被压抑的能量，我们就处于最高、最快乐、最幸福、最了解的状态中。

There's no suppressed energy, we're in the highest, happiest, most felicitous, the most knowing state there is.

压抑越多，我们无意识去压制这种压抑的倾向就越厉害，我们对当下的注意力就越少。

The more of this suppression, the more our attention goes to unconsciously to hold that suppression down, the less attention we have for what is here now.

当我们释放这些被压抑的能量时，我们进入当下。

As we release these suppressed energies, we come into present time.

每一种感受都会把我们抛回过去，因为它就是从那里发展而来的。

Every feeling throws us into the past, because that's where it was developed from.

因此，当我们用过去的任何感觉去感知或考量当下时，我们是在用过

去卡住的钥匙工作，也就无法看清此时此地的真实情况。

So when we perceive or calculate on the present with any feelings behind it, we're working with stuck keys from the past, and we don't see what's here now.

一场事故被六个人目击了，你会得到六份不同的报告，尽管事故的发生只有一种方式。

Witness an accident being witnessed by a half a dozen people, you get a half a dozen different reports, yet it happened one way.

因为我们是通过过去的感受去看，我们正试图透过我们的过去看清当下。

Because we see through our past feelings, we see... We're trying to see now through our past.

因此，要让一个人活在当下，他就必须解除自己被压抑的感受。

So to get a person to present time, he has to undo his suppressed feelings.

当他不再有被压抑的感受时，他就完全在当下了，在这个当下，他拥有自己的全部能力和在生活中他想要的感知、行动和影响能力。

And when he has no more suppressed feelings, he's totally here now in

present time with his total abilities and capabilities of perceiving and acting and effecting in life what he wants.

最初，我们的显意识思维全都是有意识的，然后我们建立了这个无意识的、自动化的行为系统。

Originally, our conscious thinking was all conscious, so we set up the system of the unconscious automated behavior.

我的手触碰热水，如果是自动的，我就不用想“唉呀，我感觉到一种感觉，我的手指一直很热，这高温会伤害我的皮肤，我最好把手拿出来”，然后我才拿出来。

My hand goes in hot water, if it's automated, I don't have to think "Gee, I feel a sensation in my fingers, oh, it's hot, oh, the heat will damage my skin, I better pull it out", and out I pull it.

根据过去的条件反射，我一碰热的，我的手在那一刻就会弹出来。

From past conditioning, the moment I hit hot, my hand bounces out that moment.

所以最初，我们是有意识地思考，然后我们建立了这些被称为“感受”的自动控制，以便我们能做出自动反应、获得自动保护。

So originally, we were thinking consciously, and then we set up these automatic controls called feelings to give us automated responses,

automated protection.

我们忘记了自己在做什么，我们一直在编程、编程、编程、编程，直到我们达到人类现在的状态，我们被自己的程序淹没了。

And we lost sight of what we were doing, and we kept on programming and programming and programming and programming until we reached the present state of man in which we are overwhelmed with our programming.

你们看《2001 太空漫游》了吗？

Did you see Space Odyssey 2001?

就是那样。

That's it.

电脑开始掌控人类，记得吗？它切断生命系统杀死了所有人，除了在飞船外面的那个人。但他还是比电脑聪明，想出了回到飞船的办法，把电源炸了，把自己撞回了飞船上，然后去向电脑的储存区，开始拔掉内存。

The computer began to take over man, remember? Disconnected the life systems, killed everybody except the guy who was outside the ship, but he still smarter than the computer, he figured out a way how to get

back into the ship, he exploded to charge, crashed himself back into the ship, and went right to the banks of the computer and started taking them out.

事实就是如此。

That's exactly the way it is.

我们的心智就像一台电脑，我们给它编程，我们已经过度编程到它现在正运作我们的地步。

Our mind is like a computer, we program it and we'll over programmed it to the point where it's running us now.

所以，现在还剩下一个我们可以推翻这些程序的地方，但这在今天是一个薄弱的地方。

So there is yet left a point where we can override the programs, but it's a weak, weak point today.

我们所要做的就是加强推翻和撤销旧程序的能力，清除旧的程序，拔掉“存储库”，彻底拔掉。

and what we do is strengthen the ability to override and undue the old programs, to pull out the old banks, goes to the extreme.

这是一种精神上的瓦解，“存储库”正在运作着我们，而不是我们在运作它们。

It's a nervous breakdown, the banks are running us instead of we running them.

我发现了一种方法，看，有成千上万的程序在我们之内。

Now, I discovered a way, see, there are thousands and tens of thousands of programs within us.

事情是这样的，这些程序被我们称为感受。想法终结于感受，然后表面的感受最终终结于更少的感受，我们称之为情绪。情绪终结于更更少的感受。当你能摆脱那些更更少的感受时，你实际上也就摆脱了所有最初的感受。

And what happened was the, let's call the feelings as the programs, thoughts culminated into feelings, then the superficial feelings culminated into fewer feelings that we call emotions, the emotions culminate into still fewer feelings, and when you can get rid of those fewer feelings, you're actually getting rid of all the original.

换句话说，存在关联环节，如果我们消除它们，就能撤销其他所有的自动反应。

In other words, there are relays that if we undo them, undo all the other automated responses.

这就是我所发现的。

And this is what I hit upon.

你试着摆脱你所有的悲苦，但你不会做到，所以我不得不去到更基本的、导致这些程序的根源。

You try to get rid of all your grief, you wouldn't do it, so I had to go more basic to the program that causes those programs,

于是我找到了两个导致情绪（所有的愤怒、恐惧、悲苦、万念俱灰、嫉妒和自尊自傲.....）的基本程序，并且消除导致这些情绪的程序（想要控制和想要被认同），

So I got to the two basic programs that are causing all the anger, fear, grief, apathy, jealousy, and pride, and I'm eliminating the program that programmed the emotions.

这也是我们的方法非常有效的原因之一。

and that's one reason why our method is very effective.

它还有很多其他的好处，比如你不必回顾你过去的创伤。

There's a lot of other built-in goodies about it, in that you don't have to go into your past traumas.

我们从情绪入手，深入到这个基本程序（想要控制和想要被认同），并在这个层面进行处理，在这里，还没有正式形成进入其中的抗拒。

We take off at the emotion and go deeper to this basic program and work there, where there's no formally built up resistance towards getting into.

我们不想陷入悲苦，不想陷入愤怒，当你试着让人们进入其中时，会遭到巨大的抵触，他们不想感到糟糕。

We don't want to get into our grief, we don't want to get into our anger now, and when you try to get people into it, there is tremendous resistance, they don't want to feel awful.

所以我们把他们带到一个他们尚未习惯的更基本的层面，当他们接触这个层面的时候，就不会感觉那么糟糕了。

So we get them to a more basic point that they're not used to, and don't feel so awful when they touch it.

这也是我们的方法如此有效的另一个原因。

And that's another reason why our method is so effective.

我想第三个原因是，通过使用这个方法，他们知道是他们自己做到这

件事，这是一件了不起的事情。

I guess the third reason is that by using it, they learn that they do it, this is a tremendous thing.

我们没有做什么，他们自己做到的，他们在实践中学会了自己做，

We don't do it, they do it themselves, they learn by doing it that they do it themselves,

消除了对老师、古茹的需求，消除了不停去探访医生的需求，一次又一次，一点一点。

eliminating the need of a teacher, a guru, the eliminating of a doctor that you had to keep going back to again and again and again, bit by bit by bit.

现在的感受太强烈了，我们每次只能释放其中的一部分，随着我们的释放，感受会越来越少。

The feelings are so intense now, we can only release part of it each time, it gets less and less as we release.

我们的目标是摆脱我们所有的愤怒、恐惧、悲苦、万念俱灰、嫉妒、自尊自傲和内疚等感受。

The goal being to rid ourselves of all our feelings of anger, fear, grief,

apathy, jealousy, pride and guilt, and so forth.

当我们把自己从所有的这些感受中解放出来时，我们发现剩下的就是我们称之为“爱”的东西。

And when we release ourselves from all these things, we discover that that which is left over is a thing we call Love.

所有与爱相关的感觉都是消极的，并且切断了我们爱的能力。

And that all feelings relative to love are negative and cut off our capacity to love.

就是这么简单。

That's how simple it is.

我们处在一种奴隶意识中，90%的人觉得为了生存我们必须有一份工作，也许10%的人认为“我们不需要工作，然后只是走出去做我们想做的事并生存下去”。

We're in a slave consciousness, 90 percent of us feel that we must have a job in order to survive, maybe 10 percent of us think “We don't need a job and go out and do what we want to do and survive”.

当这种冷漠的奴隶意识通过倾倒这些负面情绪而被消除时，人们不会

再为别人工作，但他们会以一种建设性的、积极的方式为社会做贡献，帮助到每一个人。

When this apathetic slave consciousness is undone by dumping these negative emotions, people won't work for other people, they will work in a constructive, positive donation to society that helps everyone.

如今，大多数人处于最低处，非常自私，他们的动机只来自于对自己有利的东西，他们必须消除这些，才能对他们自己和他人都有好处。

Today, most people are down at the bottomless scale, they are very selfish, they are motivated only in what is good for me, they have to undo that in order to be good for themselves and for others.

我们越无私，我们就越受益。

The more selfless we are, the better it is for us.

现在，我能为自己做的最自私的事情就是完全无私，我发现这两者是平行的，它们对我来说它们不是相互对立的。

Now, the most selfish thing that I can do for me is to be totally selfless, I have discovered, that the two parallel, they don't, they're not in opposites for me.

我越无私，对我越有益，这是社会尚未发现的一点。

The more selfless I am, the better it is for me, this is something society has to discover yet.