

**与莱斯特的炉边漫谈**

**A Fireside Chat with**

**Lester Levenson**

**中英文字版**

## 更新说明

有缘的朋友：

我尽力对莱斯特教导中英文字版系列资料做了二次校对，对其中的部分内容做了纠正及调整，现将最新的版本分享给你们。

莱斯特教导中英文字版系列资料包括 11 个分文档和 1 个合集文档：《方法-莱斯特·利文森》、《正确的道路》、《与莱斯特的谈话&莱斯特视频》、《莱斯特·利文森私教课》、《莱斯特 100 周年纪念》、《与莱斯特的炉边漫谈》(即本文档)、《莱斯特·利文森静修会》、《终极目标第一卷》、《终极目标第二卷》、《莱斯特的存在课程第一卷》、《莱斯特杂谈》、《莱斯特·利文森教导合集中英文字版》。

如果只有部分文档流转到你手上，你可以通过以下方式获取其余的文档，我会对网盘链接保持永久分享状态：

<p>1、小红书搜索“穿肚子”： 进入主页-加入群聊-置顶网盘获取百度网盘地址-打开百度网盘；</p>	<p>2、打开微信扫下图的网盘二维码：</p>	<p>3、打开百度网盘扫二维码进百度网盘群获取资料。</p>
	<p>原始圣多纳...料免费分享</p> 	

最后，祝各位旅途愉快，回家顺利！

穿肚子

2025年8月21日

**有缘的朋友：**

**遇到释放法，我们是幸运的，也很荣幸在这里见到你。**

**我根据 b 站 up 主 (zh\_vhkh) 上传的《A Fireside Chat with Lester Levenson》制作了本文档，你们可以到 b 站边听原音频边看，如果看到我遗漏或者错误的地方，请指正出来，在小红书搜索“穿肚子”可以找到我。**

**希望大家都能用心地接收到莱斯特的教导，源头的教导纯正且非常有力，按照他说的去做、去验证。**

**本文档是无偿免费分享的，我知道有一些人利用释放法、莱斯特的教导甚至风的聊天记录敛财，各人有各人要承担的业力，希望看到本文档的你不要做“站在火湖边缘”的事，让我们联手一起把释放法和莱斯特的教导免费传播分享出去，保持纯正。**

**最后，祝我们都能走完全程，加油！**

**穿肚子**

**2025 年 5 月 31 日**

# 目录

莱斯特的常用词 .....	1
01.寻找幸福 Looking For Happiness 1 .....	2
02.寻找幸福 Looking For Happiness 2 .....	12
03.寻找幸福 Looking For Happiness 3 .....	25
04.活在当下 Being in the Now 1 .....	36
05.活在当下 Being in the Now 2 .....	44
06.贪恋与厌恶 Attachments and Aversions 1 .....	54
07.贪恋和厌恶 Attachments and Aversions 2 .....	64
08.摆脱自身限制 Riding Yourself of Limitations 1 .....	84
09.摆脱自身限制 Riding Yourself of Limitations 2 .....	96
10.沟通与爱 Communication and Love 1 .....	110
11.沟通和爱 Communication and Love 2 .....	120
12.沟通和爱 Communication and Love 3 .....	132
13.存在永不改变 Beingness Never Changes .....	145
14.关于释放 About Releasing .....	155
15.展示波澜不惊 Demonstrates Imperturbability 1 .....	167
16.展示波澜不惊 Demonstrates Imperturbability 2 .....	184
17.展示波澜不惊 Demonstrates Imperturbability 3 .....	195
18.展示波澜不惊 Demonstrates Imperturbability 4 .....	208
19.展示波澜不惊 Demonstrates Imperturbability 5 .....	217
20.展示波澜不惊 Demonstrates Imperturbability 6 .....	231

# 莱斯特的常用词

**AGFLAP:** 《1992 年原始圣多纳释放法课程》中情绪表上前 6 类情绪的首字母——**APATHY** 万念俱灰、**GRIEF** 悲苦、**FEAR** 恐惧、**LUST** 贪求、**ANGER** 愤怒、**PRIDE** 自尊自傲;

**CAP:** 情绪表上后 3 类情绪的首字母——**COURAGEOUSNESS** 无畏、**ACCEPTANCE** 接纳、**PEACE** 平和;

**Givingness:** 拥有状态;

**Doingness:** 行动状态;

**Beingness:** 存在状态;

**Self:** 真我;

**Truth:** 真相、实相、真理;

**amness:** 存在、是;

**Isness:** 存在、是;

**Inness:** 我;

**Otherness:** 其他;

**Heaven:** 天堂;

**God:** 上帝、神;

# 01.寻找幸福 Looking For Happiness 1

下面的录音是莱斯特·利文森在 1974 年录制的，他在谈论自由，所以用心去听。

The following recordings were made by Lester Levenson in 1974, he's talking about freedom, so listen with your heart.

这是一个很好的起点，在这一点上提醒你们，他们在东方教义中提到有七个鞘，或者确切地说有五个鞘；

Be a good starting point to warn you at this point, there are seven sheaths right or rather five sheaths, that they talk about the Eastern teachings;

身体鞘，

the physical body sheath,

五层鞘覆盖着我们无限存在，

five sheaths that cover our infinite being,

有物质层、能量层、精神层、智能层，最后一层叫极乐层。

There's the Physical Sheaths, there's the Prana Energy Sheath, there's the Mental Sheath, there's the discriminative aspect of Mind Sheath, and

the last sheaths is called the Bliss Sheath,

**然而这么多年来，我没有看到过任何人穿过极乐层，也叫做喜乐鞘，**

now in all my years I've seen everyone fail to get through the Bliss Sheath, it's called the Ananda Sheath,

**他们到达生活美好而轻松的状态，**

they get to a place where life is nice and easy,

**他们与家人的关系变得非常地融洽，**

their relationships with their families become nice,

**他们的事业也很顺利，**

their businesses are all good,

**然后他们会说、他们会觉得“我要继续这样下去”，**

and then they say and they feel “Well, I'm going to really keep it going this way”,

**然而你做不到，**

and you can't,

**当你试图保持从世界获得快乐时，你会达到一个点，觉得天要塌下来一样。**

when you try to keep your joy coming from the world, you're going to reach a point, where you feel as though the whole sky and world is falling on you

**在加州有一群人，你们可能知道他们达到了这种极乐状态，仿佛浸润在花香与蜜糖之中，一切都很美好，**

There was a whole group in California that some of you know, who reached this bliss state, where everything was roses and honey, everything was going beautifully,

**我警告过他们，现在要超越这种状态，**

and I warned them, move above this now ,

**他们不愿意，**

and they wouldn't

**他们试图保持那种状态，**

they try to keep it coming.

**从那以后，他们中的绝大多数都经历了可怕的灾难。**

And the vast majority of them went through terrible catastrophes since.

**根本不存在一个全然美好的世界，**

There is no such thing as an all-good world,

**如果它是世界，它不可能是好的，**

if it's world, it cannot be good,

**我们必须超越这个世界，**

we have to transcend this world.

**现在我要给你一个警告，**

And I'm giving you a warning now that,

**当你进入这个喜乐鞘，这个极乐鞘，在这里，世界上的一切对你来说都是如此美丽，**

when you get into this Ananda Sheath, this Bliss Sheath, where everything falls into line so beautifully for you in the world,

**不要停在那里，**

do not stop there,

**而是要向前迈一步，**

but just go the next step beyond it,

**到那时你就自由了，**

and then you're free.

**你所有的快乐只在你的存在里，**

And all your joy is only in your being,

**你的快乐不再来自这个世界，**

your joy is not coming from the world anymore,

**对你来说，世界不再是一个美丽、神圣、和谐的地方，**

the world is no more a beautiful, heavenly, harmonious place for you,

**你就是快乐，你就是幸福，**

you are the joy, you are the happiness,

**你不会再从这个世界拿取快乐了。**

you're not taking it from the world anymore.

**你必须突破极乐鞘，达到你的所有幸福都仅仅是源自于“你是你”的状态，**  
You've got to break through that Bliss Sheath, to the point where all  
your happiness is only you being you,

**如果你不突破这一层，你就会像我遇到的所有人一样，被困在这个世界里，**  
now if you don't break through that, you get trapped back into the  
world, like everyone has so far in my experience,

**要是这许多人中哪怕有一个人再往前迈一步，他们就会永远获得自由。**

had anyone of dozens and dozens and dozens of these people just taken  
one step more, they would have been free forever.

**那么，你在这个世界上做什么就无关紧要了，**

Then it doesn't matter what you do in the world,

**你可以做任何事，**

you can do anything,

**你可以当国王，也可以当乞丐，**

you can be a king or you can be a beggar,

**对你来说都一样。**

and it's all the same to you .

**因为你的快乐仅仅源于“你是你”，**

Because your joy is only you being you,

**因为你的存在是无限的，**

because your Beingness is infinite,

**你的存在就是那个终极，**

your Beingness is the ultimate,

**你的存在是你和其他人都在寻求的，你所处的终极状态，只是纯粹的存在，**

your Beingness is what you and everyone else is seeking, the ultimate state where you are, only pure Beingness,

**它是你的“我”、“我是”。**

It's the I of you, I amness.

**所以我再次警告你，当你达到极乐状态时要小心，因为你觉得世界是如此美**

**丽，一切都很好，**

So, again, I warn you, be careful, when you hit that bliss state, where the world is so beautiful and everything is nice,

**不要停下，**

do not stop,

**更进一步，**

one step beyond it,

**获得终极自由，**

get free of that,

**然后，在那之后，做任何你在世界里想做的事，**

and then do anything you want in the world after that ,

**你再也不会被吸进去了。**

and you'll never be sucked in again.

**好吗？**

Okay?

**好了，让我们进入课程，**

All right, let's get to the course,

**这个课程基本上从两个方向进行设计：**

this course is basically designed in two directions:

**第一个方向是让你获得比你迄今为止更大程度的自由；**

The first being that to free you, far more appreciably than you have gotten freedom so far;

**第二阶段是向你展示如何具体而详细地帮助其他人获得自由。**

The second phase is to show you how you can specifically, and in a detailed way, help others go free;

**首先，让你获得自由，**

First, to free you,

**其次，是帮你让别人获得自由，直接与他人一起做。**

second, to help you to free others, working directly with them.

**现在，除非你想让每一个人都获得自由，否则你无法获得彻底的自由。**

Now, you cannot get total freedom unless you are wanting to have every other being make it.

**注意“想要”这个词，**

Note the word wanting to,

**要想让每个人都获得自由，没有比帮助别人获得自由更好的做法了，**

now there's no better practice in getting to want everyone's freedom than to actually work at helping others go free,

**通过帮助别人获得自由，你会发现你是在让自己自由，这远远超过了你对他人获得自由的帮助。**

by helping others go free, you will discover that you are freeing you, far more so than you're helping them go free.

**所以这门课有两个方面：**

So there's two aspects to this course:

**首先，它旨在帮助你获得自由，如果你能理解它，你就能彻底获得自由；**

First, it's designed to help you go free, and if you will get with it, you could go totally free;

**其次，它旨在帮助你去帮助别人。**

Second, it's designed to help you help others.

## **02.寻找幸福 Looking For Happiness 2**

**现在我相信这样的尝试是史无前例的，**

Now, I believe it's the first time that anything like this has ever been tried,

**我们正在努力做的是，以当今人们可以接受的程度，提供最高的教导。**

and what we're trying to do is give the highest teaching out at a level, that's acceptable to people where they are today,

**你听大师们说过，像拉玛纳·马哈希就说过，“你所需要做的就是放下你的习性，放下你的倾向”，**

you've heard masters say like Rahmada Maharshi "All you need to do is to drop your varshanas drop your tendencies",

**这就是你所需要做的，这是真的，然后你就自由了。**

that's all you need to do, and that's true, and you're free.

**这背后的原因很简单，唯一阻碍你和你的无限的就是你的心智，**

The reason behind that is simply, this the only thing standing between you and your infinity is your mind,

**唯一横在你和完全无限之间的东西就是你的心智。**

the only thing between you and your being totally unlimited is your mind.

**你已经操作这个心智几十亿年了，在物质状态下几百万年，在物质状态之前，甚至更早，就已经有几十亿年了，**

You have been operating this mind for billions of years, millions of years in the physical, and billions of years before the physical state, before that,

**这就是为什么你觉得放下它很难的原因之一。**

this is one reason why you find it so difficult dropping it.

**但是告诉你不要认同你的心智，就是告诉你一些你没有在做且你认为自己做不到的事。**

But to tell you, to disidentify with the mind is to tell you something you're not doing, and you think you cannot do.

所以大师们出来说 “好吧，放下你的倾向”，

So the masters come out “All right, drop your tendencies”，

倾向是另一种让你放下心智的方式。

the tendencies are another way of dropping your mind.

倾向是一种惯性、是一种感受，

A tendency is a predisposition, is a feeling,

它是一种感受，倾向从时间伊始就建立起来了，直到现在，

it's a feeling, that has been built up from the beginning of time up until now,

所以你拥有的每一种倾向，在数十亿年前就开始了，

so that every tendency you have started billions of years ago,

而你所有的想最终汇集成了你当下的感受、倾向，

and all your thoughts have culminated into your present feelings, tendencies,

所以如果你现在丢弃一个倾向，你实际上是在丢弃于地球时间里累积了数十

**亿年之久的想法。**

so that if you drop a tendency now, you're dropping an accumulation of thought that is billions of years old, Earth time.

**你看，丢弃一个倾向的效果，相当于放下了对某一种特定事物积累的想法，对你来说，这些倾向从时间伊始就在运作了。**

You see, the effectiveness of dropping a tendency is the culmination of thinking on a particular thing, that's been going on since the beginning of time for you.

**你丢弃一种倾向，你就.....**

You drop a tendency and you've...

**如果你完全丢弃了一个倾向，那么你就丢弃了那些组成这个倾向的数十亿年来所累积的想法，**

If you drop a tendency totally, you drop billions of years of accumulated thought that went in to make up that tendency,

**这就是丢弃倾向的效果。**

that's the effectiveness of dropping tendencies.

**如果你想今生获得自由，这是今生获得自由所需的最低层次的方法。**

If you want to go free this lifetime, that's the lowest level approach required to go free this lifetime.

**如果你处理事件、处理想法，你有几十亿年的过往历史需要消除，**

If you work on incidents, on thoughts, you've got billions of years of past history to undo,

**你要花几十亿年才能撤销它。**

it'll take you billions of years to undo it.

**世界上的所有其他疗法，都是针对想法和事件等等之类的，**

Every other therapy in the world is working on thoughts, incidents etc,

**这就是为什么他们走不远的的原因。**

and that's why they're not getting very far.

**我知道还没有人尝试通过丢弃倾向来处理它，**

I know of no attempt to approach it from dropping the tendencies,

**我认为他们不这么做的原因是他们根本不理解它，**

and I think the reason why they don't is they just don't understand it,

**心智是如此复杂，没有人能理解它。**

mind is so complicated, nobody understands it.

**我说心智是如此简单，**

I say mind is so simple,

**这没什么需要去理解的，**

there's nothing to understand about it,

**什么是心智？**

what is mind?

**它是你所有想法的总和。**

It's sum total of all your thoughts.

**这很复杂吗？**

Is that complicated?

**它是你所有的想法的总和，其中有一个有意识的部分，你在看着的这部分想法被称为“意识心智”，**

It's the sum total all your thoughts, there's a conscious part, the part of your thoughts that you look at is called the conscious mind,

**你不去看的那部分被称为“无意识心智”，**

the thoughts you don't look at it are called the unconscious mind,

**你读到的所有这些不同类型的心智都是虚构的，身体心智，**

all these different kinds of minds you read about are fictions, somatic mind,

**所有的这些心智是什么？反应性心智、分析性心智。**

what are all those minds? Reactive mind, analytical mind.

**现在，对于心智有两个层面：**

and now there are two aspects to mind:

**一个是感知记录，**

one is the sensing recording aspect,

**心智还有一个更高的层面——辨别层面，**

and there's one higher aspect to mind, the discriminative aspect,

**如果你想把心智分类，你可以把它分成两种类型，一类是感知记录，另一类是辨别层面，**

so if you want to break it down, you can break it down into two parts, sensing recording and the other is the discriminative aspect.

**使人能够获得自由的是心智的辨别层面，**

and this is what makes man able to go free, is the discriminative aspect of mind,

**动物只具有感知记录层面的心智，**

animals have only the sensing recording aspect of mind

**除非动物成为人类，否则它们是无法获得自由的，**

animals cannot go free until they become man,

**所有的灵魂最终都会回归，**

all spirit returns to spirit,

**所有的灵魂都会回归最纯粹的灵性状态。**

all spirit returns totally to pure spirit.

**动物在获得完全自由之前，也会经历我们正在经历的一切，**

Animals come through what we're going through before they get totally free,

**但它们只有感知记录层面的心智；**

but they have just the sensing recorded aspect to mind;

**我们人类除此之外还有辨别的心智，辨别就是指我们知道我们是人、它们是动物、它们是猫和狗、我们是有智慧的人类，**

we have, in addition to it, the discriminate to aspect, which says, we're men and they're animals, they're cats and dogs, we're intelligent humans,

**猫不知道自己是猫，狗不知道自己是狗，但你知道自己是人，**

a cat doesn't know it's a cat, a dog doesn't know it's a dog, but you know you're man,

**这就是你的辨别力，它能让你辨别正确的方向和错误的方向。**

that's your discriminating ability, which allows you to discriminate between the right direction and the wrong direction.

**如果动物没有辨别哪个方向会真正让自己自由，哪个方向会让自己走向反方向的能力，它们就会永远维持现状；**

Animals would go on forever as they are, if they were to remain as they are without the discriminating aspect of to which direction will really get me free and which direction will send me in the opposite way;

**但是，由于我们心智的辨别层面，我们能够选择通往全然自由的道路，**

but because of our discriminative aspect of mind, we can choose the way to total freedom,

**就像我们这个团体正在做的那样。**

like we in this group are doing

**所以，心智很简单，它是所有想法的总和，**

So, mind is simply, the sum total of all thoughts,

**有两个层面，辨别和感知记录。**

and there's two aspects, the discriminative and the sensing recording.

**如果说真理有什么特点的话，那就是它很简单，**

If there's anything about Truth, it's the fact that it is simple,

**如果它被作为一种神秘主义，一种你无法理解的教派，拒绝它。**

if it's given you as a mysticism, and a cult is something you can't understand, reject it.

**真理很简单。**

Truth is simple.

**但当今这个世界完全陷入了错误的方向，**

But the world is so spun in on the wrong direction right now,

**他们连明摆着的事物都看不到，**

they can't see their nose right in front of them,

**他们看不到你现在得到的东西是多么简单，**

they cannot see the simplicity of what you're being given now,

**你得到了此生就能获得自由的方法——通过丢弃倾向。**

you're being given a way of going free this lifetime, through dropping tendencies.

**布兰迪会告诉你怎么为自己做到这一点，**

Brandy will show you how to do it for yourself,

**布兰迪将告诉你如何帮助别人也做到同样的事情。**

and Brandy will show you how to help others do the same thing.

**现在，因为这是大师们提出的方法，**

Now, because this is the way put out by masters,

**你在其他任何地方都听不到，**

you'll never hear it anywhere else,

**丢弃你的偏好，丢掉你的倾向，**

drop your varshanas, drop your tendencies,

**你在世界上任何地方都没听过，对吧？**

you've never heard it anywhere in the world, have you?

**任何学习心理学或形而上学或任何领域的人，你从来没有听过这个，丢弃你的倾向，**

Anybody study psychology, or metaphysics, or any field, you've never heard this put out, drop your tendencies,

然而，这就是整件事情围绕的核心。

and yet, that's what this whole thing is centering around.

所以我相信这是你第一次得到一种具有非常强大影响力的东西，

So, I believe for the first time, you're being given something that has a very powerful impact,

它是如此的伟大，它可以让你获得自由，并帮助你帮助别人在这一生中获得自由，如果你理解它并使用它，无论在一年或一个月还是一天之内，都能做到。

that is so tremendous, that it can free you, and help you to help others go free this lifetime, in one year, or in one month, or in one day, if you understand it and use it in one day,

因为你现在就是无限的，

because you're infinite right now,

却表现得像现在这样，几乎是在无限的另一端，

acting like you're acting, almost on the opposite end of being infinite,

然后你现在就可以丢弃这一切，通过认同你的真正所是，也就是简单地丢弃

**你所不是的。**

and yet, you could drop that whole thing right now by identifying with what you really are, which is simply dropping what you're not.

### **03.寻找幸福 Looking For Happiness 3**

**现在你是无限的，你对此无能为力，**

Now, you're being infinite, you can't do anything about that,

**在这一点上你没得选择，**

you've got no choice on that ,

**你现在是无限的。**

you are infinite right now.

**当我看着你的时候，我总会看到那个无限，**

and when I look at you, I always see that infinity,

**而你却总是对我说：“我这个无限存在是极其有限的。”**

and you're always saying to me: "I, the infinite being, am extremely limited."

**我说：“不，你看。”**

and I say: “No, look.”

**你说：“是的，但是我、这个无限存在有这个问题。”**

You say: “Yes, but I, the infinite being, have this problem.”

**这种情况一直持续着.....**

This goes on and on and on...

**因为你从未花哪怕一刻去看一看你所是的这个无限存在，**

Because you won't take one moment out to see this infinite being that you are,

**然而，你们中的一些人确实看到了，当你们看到它时，你们会感到如此兴奋和美好，**

and yet, some of you do, and you feel so high and so good when you see it,

**但接着你又回到了那种倾向、那种习惯里。**

but then you fall right back into the tendency, the habit.

**“倾向”的另一个说法是“习惯”，**

Another word for tendency is habit,

**你会习惯性地说：“不，我受制于这个产生粪便的美丽机体，它把垃圾从每一个毛孔和其他部位排泄出来，排出痰、屎和尿……”**

you fall right into the habit of saying: “No, I'm subject to this excrement producing beautiful mechanism, that throws garbage out of every single pore of it, and through other extremities, phlegm, feces, urine...”

**对我们来说，没有什么比人的内部更恶心的了，而我们却在美化这个废物。**

And there's nothing more disgusting to us than the insides of a human being, and we're glorifying this piece of crap.

**总有一天你会发现，你最渺小的部分就是这片垃圾，**

Someday you're going to see that, the least of you is this piece of junk,

**但如果你愿意看看你是什么，你现在就能看到它，**

but you could see it right now if you would just look at what you are,

**在那一刻，不认同身体，或者看看身体是否只是你心智的产物，而那就是身体在你心智中的所在之处。**

and at that moment, disidentify with the body, or see that the body is just a creation of your mind, and that's where the body lies in your mind.

**深入到你的心智背后，你会看到你的无限。**

Get behind your mind, and you'll see your infinity.

**但你被这些倾向所困扰，**

But you're so plagued with these tendencies,

**这几乎就像你试图从海底看空气一样，你们之间隔着整个海洋的倾向。**

it's almost like you're trying to look at the air from the bottom of the ocean, you've got that whole ocean between you of tendencies.

**但是，你可以随时选择丢弃所有倾向，**

However, any time you choose, you can drop the whole thing,

**但你们中的大多数人就是不相信自己能，**

but most of you just don't believe you can,

**相信你不能，就会让它不可能，**

believing that you cannot makes it cannot,

**你必须释放“我不能”，**

You've got to let go of "I can't",

**因为如果你认为自己做不到，事情就会如你所想的那样发展。**

because if you think you can't, you're making it that way.

**现在，因为“丢弃倾向”是在这种高水平的层面被提出来的，这门课程背后有一种力量，这是那些希望你这样做的高等存有的力量，**

Now, because this is coming out at this high level of dropping tendencies, there's a power behind this course, which is the power of the high beings who want you to do just this,

**只要你敞开心扉，就能感受到这种力量。**

and you'll feel it, if you just open yourself to it.

**跟上这门课，完成布兰迪每节课让你做的事情，**

Get with this course, do the things that Brandy's putting out for you to do each lesson,

**所有的大师都在支持这门课程，**

and all the masters are behind it,

**因为这门课程是以大师的水平呈现出来的，**

because it's being put out at a masterly level,

**而不是陷入这些主要是性相关的群体、那些对立群体之类的群体，它们主要是性，这会让你受制于你的身体。**

instead of getting into these groups, which are primarily sex things, counter groups, and all these things, they're primarily sex, which keeps your body bound。

**你得到的课程是大师给你的方向，**

You're getting a course that is in the direction that the masters would give it to you at,

**因此他们在支持着你。**

and therefore they are supporting you.

**你不必相信我，**

You don't have to believe me,

**自己验证一下，**

check it out,

**让力量在这个课程中显现出来，你就会看到你的真我，**

let the power come through on this course, and you'll see your Self,

**迈着巨大的步伐，越走越自由，**

moving freer and freer in very big giant steps,

**我想尼尔·兰兹会支持我的观点。**

I think Neil Lands can back me up on this.

**我想我不是在说什么秘密，凯西也不会介意的，**

I guess I'm not telling any secrets and Kathy wouldn't mind,

**她在课程中取得了巨大的进步，这个世界上的普通人要花几百万年才能取得  
如此巨大的进步，**

she made tremendous strides in the course, tremendous strides would  
take the average person in this world millions of years to do,

**她在那门课上做到了，**

she did in that course,

**每个女孩都从中获得了巨大的收获，**

and every one of the girls gained tremendously from it,

**但我相信凯西获得的比任何人都多，**

but I do believe Kathy took more than anyone else,

**获得更多，**

took more,

**就是这样。**

that's all

**敞开心扉接受它，**

Open yourself to it,

**大师们在那里，力量在那里，**

the masters are there, the power's there,

**跟着它走。**

go with it.

**布兰迪会告诉你，你必须自己去做，**

Brandy's going to tell you to you do it yourself thing,

**没人能让你解脱，除了你自己；**

see, no one can free you, but you;

**除了你自己，没有人把你绑得这么紧；**

no one has bound you up so tightly, but you yourself;

**所以你是唯一能做到这一点的人。**

so you're the only one who can do it.

**布兰迪会告诉你的，你必须这样做。**

Brandy will tell you, you must do it.

**所以如果你跟随引导，你就有可能在布兰迪教你怎么做的课程中获得自由。**

So if you get with it, you got the possibility of going free right on this course that Brandy is going to give you.

**如果你没有在课程中获得自由，但你得到了走向自由的地图、公式和方法，**

And if you don't go free, you got the map, the formula, the way to go

free ,

**这样，当你完成课程，你继续做，直到你自由。**

so that when you're finished with it, you continue right on until you are free.

**我正全力支持着这门课程，**

I'm supporting this course with all the power that I have

**而且在我这样做时，我看到并不是只有我一个在支持，我看到大师们都在我身后推动着我，直到我说，你知道，你没听见。**

and while I was doing that, I saw that I was not alone, I saw the masters right behind me, pushing me, until the time I said as you know, you wouldn't heard it.

**你们难道感觉不到这屋子里的力量吗？**

Don't you people feel the power in this room?

**我必须这么说，因为如果我再不说，我就要失去意识了，**

I had to say it, because if I didn't talk about it, I would have lost consciousness,

**那力量是如此强大，**

it was so powerful,

**那力量从大师们那里传来，**

the power coming through from that,

**我谈论它只是为了让自己保持在这里，**

I spoke about it only to keep me here,

**我相信他们每一个人，我不记得了，他们是不是都说他们感觉到了，我知道他们有一些人提到过。**

and I believe every one of them, I don't remember, did they all say they felt it, I know some of them mentioned it.

**现在这种力量是给你们们的，**

Now, that power is there for you follows,

**这是来自大师们的力量，他们正在大力推动你获得自由，**

that's the power from the masters, making a big push to free you,

**因为你正在一种层次上接收那个力量，这是一个他们给你的、让你可以很快、**

**非常快速地自由的层次。**

because you're taking it at a level, that they would give of that at a level, in which you can go free shortly, very quickly.

## **04.活在当下 Being in the Now 1**

**当你没有感觉的时候，除非你是自由的，当你完全自由的时候，你就没有感觉了，**

When you're not feeling, except when you're free, when you're completely free, then you're not feeling,

**但是那些认为自己没有感受的人却深陷感受之中，**

but the person, who thinks he or she's not in a feeling is very much in feelings,

**而引导员的技能是让他们处理一个感受，让那个感受浮现出来，当他们说“我什么都没感觉到”时，要让那个人意识到他们正在感受着某个感受，**

and the skill of a counselor is to get them to get a handle on one feeling, and take that one feeling up, and when they say “I don't feel anything” to get the person to see that they are feeling something,

**这就是引导员的技能。**

this is the skill of a counselor.

学生：我认为，从我们刚才讨论的另一件事中可以得出很多重要的观点，那就是，我的紧张和焦虑很大程度上源于担忧和焦虑，而焦虑导致了所有这些无数的、琐碎的问题，没有人，包括我在内，能够理解这些问题，因为它们错综复杂，弗朗西斯所做的很简单，我从来没有想过自己能够摆脱这些问题，而不是陷入其中，他说：“在你担心时会发生什么呢？”我的感觉是，我现在非常担心，如果我继续想下去，就会一直想着这个、那个和那个，当你担心的时候会发生什么，所以从那时起，在接下来的几天里，我能够阻止自己陷入极度严重的焦虑，但简单地说，我很担心在我担心的时候会发生什么，有人来帮助我，也许当有人来帮助我时，我是安全的，这就把我心智里那一大块我永远找不到答案的东西都剔除了，心智里没有答案，一切都是被担心、焦虑而引发的。

Student: There's a lot of important points I think which came out of this other thing we've been talking about there, was this a great deal of my intensity and anxiety stemming from the fact was coming out of the worry and worry, and anxiety was causing all this myriad myriad of clever detailed problems that no one including me would ever be able to fathom, because of their intricacy and complexity, what Francis did was quite simply this, what I never thought, I would be able to get out of, instead of being into all of that, he said: "What happens when you're worried?" My feeling was I'm so worried now, if I'd gone on it would have been about this and about that and that, what happens when you're worried, so from then on, for the next few days I was able to stop

myself from going into severe intense anxiety in my mind, but just simply saying I'm so worried of what happens when I'm worried, someone comes and helps me, perhaps when someone comes and helps me, I'm safe, and it just cut out that whole vast chunk of my mind to which I would never find any answer in me, there was no answer in there, there was been prompted by the worry, by anxiety.

**莱斯特：这就是我所说的.....如果你陷入低谷时，直面那个感受，**

Lester: This is what I mean by... If you hit a lull, take that feeling up,

**看，这是当你处于低谷中的一个例子，**

see that was an example of when you're in a lull,

**感受那个感觉，**

take that feeling up,

**或者他被焦虑、担忧阻碍了，**

or he was stopped by anxiety, worried,

**然后她直面那个感受。**

and she took that feeling up.

**学生：与其说我在担心什么，你知道为什么我.....你知道.....**

Student: Instead of saying what is it I'm worried about, you know and why is I'm... you know...

**莱斯特：但要明白这一点，你看焦虑和担忧是多么沉重的一个低谷、一个大的、沉重的、大块的感受。**

Lester: But see that, you see how heavy a lull that is, anxiety, worry is, a big heavy block block feeling.

**学生：一旦你丢弃了它.....**

Student: as once you've dropped that...

**莱斯特：她面对了它。**

Lester: She took it up.

**学生：这是我后来发现的另一件事，这样做了几天后我发现的，我对弗朗西斯说“这很好，太棒了”，但是这里还有别的东西，因为我把表层的处理掉了，你是什么意思？比如注意力、安全感，我们都还不错，但是下面有一些东西实际上引发了焦虑，换句话说，有几天我只是简单地认为，我担忧是为了获得注意，这让我满足了一段时间，然后我发现实际上一定有一些现实原因，但我发现，我看到的是，通过直面我的感受，引发焦虑的根源就很清晰地呈现出来了，根本不需要思考探究它。**

Student: Here's another thing I discovered later on, after doing that for a few days, I said to Francis this is great, this is fine, but there's something else under here because I'm managing to take the top slice of it off as it where, what is what do you mean? Attention, security boom boom we're fine, but there is something down, there that is actually prompting the anxiety in other words for a few days I was simply saying the reason, I worry is to get attention, it satisfied me for a period of time, and then I saw that there must be some reality actually, but what I discovered, what I'm seeing is that by taking my feelings up that, which was the cause of the anxiety presented itself quite clearly without the thinking process of probing for it.

**莱斯特：那根源是什么呢？**

Lester: And what was that?

**学生：基本上是需要认同，还涉及到无数的其他事情，我很容易看出这一点，虽然你知道，我花了很长时间才看到了这一点，就是这样，肯定是因为所有这些其他的東西，因为我年轻的时候经历过，那时候发生了这样的事。**

Student: Wanting approval, basically, going into myriads of other things, I can see that quite easily though, you know and yet it took me a long time to see that it was now, it was exactly what it was, it had to be all these other, because this happened to me when I was young and then that happened.

**莱斯特：所以这是所有疗法的特点，它们让你.....**

Lester: So that's the habit of all the therapies, they get you...

**学生：是的，它很简单。**

Student: Yeah, it's simple.

**莱斯特：但有人说这很简单，很容易，**

but someone said it's simple and it's easy,

**事情越简单，就越正确。**

that simpler a thing is, the more correct it is.

**学生：好吧，现在我自己明白了，所有的恐惧都源于对死亡的恐惧，我现在自己明白了，所有焦虑的根源在于，你必须.....你知道你得面对，因为我一直设法待在这里。**

Student: Well, now I see for myself what is meant by the fact that all fear is based in the fear of dying, I understand it now for myself, that the root of all anxiety is you've got to, you know you've got to come, because I'm so I've managed to stay here.

**莱斯特：恐惧是个很可怕的东西，每个人都有如此强烈的恐惧，如果能丢弃它的话，我觉得是可以的。**

Lester: Fear is a horrible thing and everyone has it so strongly, if that can be dropped well.

**学生：嗯，确实如此，无论如何我认为这从来都不好笑，它从来都没在我的脑海里出现过，没注意过要使用它，因为你自己的存在，它是不容置疑的，我甚至没去理性地思考过会发生什么，如果我的身体出了问题或类似的事情，因为你.....**

Student: Well it does, I think anyway it's never funny, it's never even entered my head, notice of using it, because your own Beingness, it's so unquestionable that I haven't even intellectualized in all of what would happen, if my body dropped me or something like that, because you...

**莱斯特：你不会认为你就是那个身体。**

Lester: You're not thinking you're that body.

**学生：你甚至不会.....我现在开始明白这一切是怎么回事了，这是一切都和感觉有关，什么.....**

Student: You're not even... I'm beginning to see now what it's all about, that it's about those feelings, what...

**莱斯特：哈哈，就是这样，那里没有感受。**

Lester: Ha ha that is all about, there's not feeling.

学生：并且关于直面你好的感受也是很重要的一点，因为我以前有时会对我的所谓的喜悦和幸福感到非常强烈，也许是因为我听音乐或者有时去做弥撒，做弥撒的时候我会得到如此的……我的意思是我不得不压抑它哈哈，然后我会变得非常不开心，我会纳闷是什么地方出了问题，因为我只是不知道该如何处理它，你知道我会很高兴，现在我明白了，即使是我的幸福也是一种强烈的想要认同，你知道，你可以一直处于这种状态，就像你一直处于这种状态一样，我觉得我只是想象它本该如此，你知道的，而且它什么都不是。

Student: And there is a terrific point about taking your good feelings up as well, because I used to get so intense sometimes with what I would call joy and happiness, maybe it would be with my music or going to mass sometimes, doing mass, I would get so, I mean it was just I had to suppress it ha ha, and I'd become very unhappy afterwards and I would wonder what was wrong, because I just didn't know what to do with it, you know I'd get so happy, now I see that even my happiness is a terrific wanting you know, approval, and you can stay even all the time, it's like you stay even all the time which is just, I think I just imagined that it's supposed to be you know, and it's so nothing.

莱斯特：哈哈，这是个好主意，它什么也不是，不管怎样它什么都不是。

Lester: That's a good way, it is a nothing, it's a no thing whatever,

它只是存在。

it's just being.

## 05.活在当下 Being in the Now 2

**莱斯特：我希望你们这些人能接过教导，并传播给那些想要被传播的人。**

I wish you people would take over the teachings and spread them to those who want to be spread over.

**学生：你要怎么做呢？**

Student: How do you do it?

**莱斯特：你得先获得自由，**

Lester: You've got to go free first

**如果你不自由，你会被打倒的，**

if you're not free, you'll get clobbered,

**你真的必须自由，否则你无法继续传播教导，你会崩溃的。**

you really have to be free, otherwise you cannot go on teaching, you'll collapse.

**学生：现在这一点非常明显，而且对我来说越来越明显，还有一件事，弗朗西斯刚才跟我提到过，这很好，抱歉，我想还有一点其他的意思，那就是同情，这是我以前从未想过要用的词，但你知道我们都那么渴望爱，而且你提到了引导能让我们摆脱困境，因为现在我看到了我的心智，全世界所有的这些人都在寻求帮助，你知道他们真正想要的是什么，是爱，是认可，这就是所有人都想要的，几周、几个月、几年过去了，他们陷入了自己的问题，并告诉你这样那样的事情发生了，而他们一直对我说的其实是“请听我说，请听我说”。**

Student: It's so obvious now, and more and more to me, this is another thing, Francis just mentioned it to me at one point that would be good, sorry there's a bit in something else comes I think, and it's compassion, and it's a word I never would even have thought of using before, but you see how much we are all desperate for love and think there's the counseling you mentioned counselling that's bringing us out specifically, because now I see my mind, all these people all over the world going for help, you know what it is they really want, a love, approval, that's all anybody wants, and weeks and months and years go by of going into their problems and telling you this and that happened, and all they are saying all the time to me is, please listen to me, please listen to me.

**莱斯特：听我说，即使你去看医生，医生也知道大多数病人并没有病，他们只是想要关注，想得到关注。**

Lester: Listen to me, even you go to a medical doctor people, doctors know that, it's all about the majority of their sick, people are not sick,

they just want attention, to get attention.

## (学员讨论)

**莱斯特：孩子们经常利用上厕所来得到关注。**

Lester: Going to the toilet is used by kids a lot to get attention.

**学生：目的是.....**

Student: Intended...

**莱斯特：我饿了，我摔倒了，伤到了自己.....**

Lester: I'm hungry, I'm falling down hurting themselves...

**学生：我想说的重点是，想象一下你有多少次告诉别人，但如果按下了按钮，你明白我的意思，你在寻找爱，没有什么可以阻止你，你在寻找它，你处处都能碰到它，而你却看不到它就在那里，直到这个方法让你感到非常安全。**

Student: I suppose the point is imagine how often you tell somebody that, but if the button's pressed, you know what I mean, you're looking for love, nothing is going to stop you, you're looking for it, you can you're tripping it over all over the place and you can't see that it's there until there's something about this method that makes you very secure.

**莱斯特：你在丢弃你虚假的安全，丢弃你错误的安全会让你安全。**

Lester: You're dropping your false securities, that's what makes you secure, your false security.

**学生：所以你感觉到自己是安全的，你知道你是安全的，你一直都是安全的，这对我来说是最重要的，这是一种非常好的、坚实的安全。**

Student: And so you feel yourself in and you know you are secure, you always were secure, that's the biggest thing for me and it's a good, solid security .

**莱斯特：是的，绝对的安全是你的真我。**

Lester: Yep, the absolute security is your Self.

**学生：好吧，你是说你丢弃了你错误的安全，对吧？**

Student: Okay, you're saying you're dropping your false securities, right?

**莱斯特：对。**

Lester: Right.

**学生：记得最后一件事，你获得的安全感是什么，哦，是的，我甚至看到我的渴望对我来说也是一种安全感，这种强烈的渴望潜藏在我一生中所做的所有事情背后，它是一种强烈的渴望，它是帮助我的最多的事情之一，而不是**

**在男人身上，我看到它是我的安全感，我相信我的渴望会让我得到我想要的东西，这就是为什么我无法放弃它的原因。**

Student: Remember the last thing what is the security that you receive, oh one yeah I even saw that my desperation was a security to me, this terrific desperateness which was underneath everything I've ever done in my life, it's been a strong desperation, it's one of the biggest things that has helped me not in the dudes, I saw it's my security, I believed that my desperation was going to get me what I wanted and that's why I couldn't give it up.

**莱斯特：这就是为什么我们会有亡命徒，**

Lester: That's why we have desperados,

**你知道亡命徒是什么样的吗？**

do you know what the desperado is?

**他通过持枪挟持你而获得安全感，**

He gets the security by taking you with the gun,

**我没有跟你开玩笑。**

I wasn't making fun of you.

**学生：不，即使她是，你知道，我也不会在意，我只是在想，你知道，换个角度来看，如果我绝望了，迟早会有人来帮助我，你知道，这就像是极端的情况，所以它其中也有一种安全感，最终你会发现你并不真的需要任何人。**

Student: No, even if she were, you know it didn't bother me, I was just thinking the fact that, you know you see it another way if I'm desperate, somebody has to come and help me sooner or later, you know, it's just like the extreme of it, so there is a security built into it and eventually, you see that you don't really, you don't really need anybody.

**莱斯特：是的，你得到了安全感，你不需要任何人，甚至是你自己。**

Lester: Right, and you get the security, you don't need anybody, even your own.

**直面一个感受就是将一个感受追溯到一个更基本的感受，直到你感受到根源的感受——想要控制或想要被认同。**

taking a feeling up is tracing a feeling to a more basic feeling, until you get the source feeling, of wanting to control or wanting approval.

**但是你们每个人都这么做过，你知道这是怎么回事，还有什么可谈论的该怎么去做呢？**

But every one of you could done it, you know what it is, what is there to talk about how to do it?

**学生：一开始并不是所有人.....**

Student: Well, not everybody in the beginning...

**莱斯特：哦，一开始你必须得到一些帮助，这就是我认为引导的作用，就像你和布兰迪一起做的那样。**

Lester: Oh, well, in the beginning, you have to be helped a bit, that's where I think counseling will be doing just that, like you did with Brandy.

**进入那个感受，他们无法看到它，你就不断引导，直到他们看到那个感受，**  
Get into the feeling, they can't see, you keep juggling until they see the feeling,

**然后把它追溯到源头的认同或控制。**

then trace it back up to the source of approval or control

**学生：但是，看，你没有告诉我该怎么做，我现在想说的是，你告诉人们该怎么做，我这么做是因为它对我有用。**

Student: But see, you didn't tell me what to do, what I'm saying now is what do you tell people to do, I did that because it worked on me, you've you've never said.

**莱斯特：弗朗西斯，你已经在我这里学这个学了十年了。**

Lester: Francis, you've been getting it from me for 10 years this thing.

**学生：不是怎样追溯感受吗？**

Student: Not how to trace the feeling back?

**莱斯特：哦，自从我认识你起，我就一直在用这个方法。**

Lester: Oh, I've been using this ever since I know you.

**学生：好吧，那就是我当时在用的。**

Student: Well, okay, then that's what I was using.

**莱斯特：我总是试图进入一个基本的东西，也就是你想要认同，也可以说是用爱或者或者控制，**

Lester: I was always trying to get into a basic thing that you want approval, let's use love if you will or control,

**很多、很多年来，我总是试图让人们进入基本倾向，**

I've always tried to get people into basic tendencies, I've been going on for years and years and years...

**学生：但是如果你和一个没有这方面背景的人谈话，你怎么跟他们说上溯感受呢？你给了他们一系列问句来追溯它。**

Student: But if you talk to someone who doesn't have this background, what do you say to them about tracing the feeling, you give them a series of questions to ask to trace it back.

**莱斯特：我该怎么做？**

Lester: How do I do it?

**学生：我不知道。**

Student: I don't know.

**莱斯特：你已经拥有它 10 年或更长时间了。**

Lester: You've had it for 10 years or more.

**学生：我现在说的是和某人，如果你和某人说话.....**

Student: I'm talking about with someone now, if you talk to someone who's...

**莱斯特：你要让他们更基本地看到，那种感受是另有根源，**

Lester: You get them to see that more basically, that feeling is something else,

**如果没有接触到认同，再强调一次，你更基本地看到那个感受，它是别的东**

**西，直到他们在基本的认同或控制中看到它，**

and if it doesn't hit approval, again, you see that more basically, it's something else, until they see it in the basic approval or control,

**你先让他们搞明白他们的感受，去觉察他们的感受，去了解那个感受，**

you get them first to get a handle on their feeling, get to see their feeling, get to know that feeling,

**这是你要做的第一件事；**

that's the first thing you do;

**在你让他们进入那个感受之后，**

After you get them into the feeling,

**然后你试着引导他们追溯那个感受，直到到达想要被认同或想要控制的层面。**

then you try to get them to trace that feeling back and back, until it's reached wanting approval or wanting to control.

**我想当引导员们准备好时，我可能会花时间和他们交流，我一直都有这样的习惯和.....**

I think when the counselors are ready to go, I'll probably spend time

with them, I've always had this and...

**学生：你永远都不必.....**

Student: You never have to...

**莱斯特：现在除了凯西没有人在引导，我是说在外面，**

Lester: Nobody's counseling except Cathy right now, I mean out there,

**当人们进入这个世界时，你知道的，情况就不同了，在这个世界做引导和这  
里的完全不一样，**

when people get in the world, it's a different story, counseling in the  
world than it is in here you know,

**你在外面会遇到更大的挑战。**

you'll meet far more of a challenge out there

## **06.贪恋与厌恶 Attachments and Aversions 1**

**莱斯特：这个主题有时被称为真理、宗教、心理学，在我看来，这些都是同  
一类主题，我应该说就是同一个主题，**

Now, this subject is sometimes called Truth, Religion, Psychology, as I  
see it these are all the same subjects, I should say the same subject,

**但方法来自不同的角度，因此有了不同的名称。**

but the approach to it is from a different angle, and therefore it gets a different name.

**但它是我们每个人有意识或无意识都在寻找的东西，**

But it is the thing that every one of us is looking for, either consciously or unconsciously,

**它是每个人、每个生命的真正目标。**

it's the actual goal in life for everyone, for every being.

**然而，今天世界上很少有人朝着这个方向前进，**

and so few of us in the world today are in this direction,

**每个人都在寻找幸福，**

everyone is looking for happiness,

**但他们却在错误的地方寻找它，**

but they're looking for it in the wrong places,

**他们在没有幸福的地方寻找幸福。**

they look for happiness where it isn't.

**因此，我们今天有了这种不必要的和不寻常的情况，在物质层面，我们几乎拥有了想要的一切，我们现在的幸福却比 30 年前还要少，当时我们并没有今天所拥有的东西。**

And therefore, we have this unnecessary and unusual condition today where we have, almost everything we want in the material sense, and we have less happiness now than we had 30 years ago when we didn't have the things that we have today.

**我的目标是试着把我所看到的告诉你们，为你们指出方向，如果你愿意沿着这个方向走，就会找到这种幸福。**

And my object is to try to give to you what I have seen, to point out to you the direction, which if you will take it, you will find this happiness.

**对我来说，最好的方式就是让你们提问，在你们提问的过程中，我会尽力为你们指出应该寻找答案的方法或方向。**

And the best way for me to get this across to you is to have you ask questions, and in the process of your asking questions, I try to point out the way or the direction in which you should look for you to find the answer.

据我所知，它是一件完全得自己做的事情。

As I know this, it's a strictly do-it-yourself thing.

我指出方法，你得到答案，不幸的是，它不能像我们在学校学习的那样，作为一门智力学科来教授，

I point out the way, you get the answers, unfortunately it cannot be taught as an intellectual subject as we learn things in school,

如果可以的话，只要通过和人们说一说，就能让每个人都处于这种永远快乐没有悲伤的美妙状态。

if it could, everyone could be given this wonderful state of constant happiness with no sorrow just by being spoken to.

所以释放法是一种从内而外的成长，

So the Method comes out to be one of evolvment, where it evolves from within, outward,

而我们找到这种幸福的地方就在我们自己的内在，

and the place where we find this happiness is within our very own self,

所以我的大多数答案，如果不是全部的话，都是想让你们进入内在去寻找答案。

so most of my answers, if not all, try to get you to go within to look there for the answers.

**我们应该对发生在自己身上的任何事情负起全部责任,**

We should take full responsibility for whatever happens to us,

**因为生活中发生的一切都是我们自己造成的,**

because we are the cause for everything that happens to us in life,

**发生的一切都是被事件之前的那个想法引发的。**

everything that happens is initiated and a thought prior to the incident.

**但因为我们放入了一个叫做“时间”的东西,**

But because we have put in a thing called time,

**我们忘记了, 有时甚至在事情发生之前很久, 我们就有了那个想法。**

we forget that, sometimes and sometimes long before the thing happened, we had that thought.

**当别人带着自己的想法出现, 当这两个想法相互契合时, 两个人就相遇了。**

Someone comes along with a thought of theirs, and when the two

thoughts complement each other, two people meet.

**但是，我们必须向内去探寻——我们的思想决定了发生在我们身上的一切。**

But again, we have to go within to discover that our thinking determines everything that happens to us.

**想法分有意识的和潜意识的，**

and that thinking is conscious and unconscious also,

**潜意识想法是我们做事的习惯性方式，**

and it's the unconscious thinking that is the habitual way in which we do things,

**这就是为什么我们觉得自己是受害者，**

and that's why it appears as though we are victims,

**一直以来我们都不是受害者，我们才是根源。**

when all the time we are not, we are caused.

**心智只有创造性，**

Mind is only creative,

**心智创造了我们抓在心智里的东西。**

mind creates the things that we hold in mind.

**事情显化的速度取决于你是否会得到它的信念，**

The quickness of the thing materializing depends upon the conviction as to whether you will or not get it,

**信念也是一个想法。**

the conviction is also a thought.

**如果我的想法是“我会立即得到这个，毫无疑问”，无论你想到什么都会立即出现，但这需要一个绝对的信念，不能有丝毫怀疑。**

If my thought is “I will get this instantly and there is no doubt whatsoever”, whatever you had in mind would appear instantly, but that takes an absolute conviction with no doubt whatsoever.

**现在，如果你无法拥有绝对的信念，**

Now, if you can't get the absolute conviction,

**你要做的就是**在心智中坚持你想要的，

the thing to do is to hold in mind that which you want,

**然后带着它已经完成了的感觉放手。**

then let it go with the feeling it is already accomplished.

**因为“它已经完成了”的态度是对其已经实现的这一事实的接纳。**

Because the attitude it is already accomplished is an acceptance of the fact that it is.

**现在，那些有意识地尝试创造事物的人所犯的最大错误就是期待它在未来实现。**

Now, the biggest mistake of all that is made by people, who are consciously trying to create things is expecting it in the future.

**我们必须把我们想要的东西放到现在，**

We must expect what we want NOW,

**我们必须采取它现在就在这里的态度，然后放下它。**

we have to take the attitude that it's here right now, and then dismiss it.

**因为当我们在心理上把事物放在未来时，它就会永远停留在未来。**

Because when we put things in the future mentally, it's always kept in the future.

**所以若要创造一些东西并显化，我们应该总是在当下来显化。**

So to create something to demonstrate, we should always demonstrate in the present.

**你想要的任何事物，你必须接受它已经是你的，**

Anything you want, you must accept that it is already yours,

**否则它就一直在你前面、离你一步之遥。**

otherwise it's just ahead of you all the time.

**现在阻碍我们得到我们想要的东西的，是相反的潜意识念头。**

Now, the things that prevent us from getting the things that we want are the unconscious thoughts to the contrary.

**我们从小就有这样的观念“我们无法做到，我无法拥有它，它不可能发生在我身上，你必须努力工作才能得到东西，当然每个人都必须为生计而工作，因此每个人都这样做了”，**

Concepts we have had since childhood that “We can't do, I can't have it, it couldn't happen to me, you must work hard to get things, of course everyone must work for a living and therefore everyone does”,

**所以最大的障碍是潜意识或无意识中积累的与之相反的想法，也就是“我们不能拥有它，我们不能得到它”。**

so the biggest obstacle is the accumulation of subconscious or unconscious thoughts to the contrary that “We can't have it, we can't get it”.

**所以如果你有意识地开始进行显化，**

So if you consciously start demonstrating,

**如果你成功过一次，你就会更加坚信自己可以做到，**

if you succeed once, you become more convinced that you can,

**如果你成功了两次，信念变得越来越强，直到有一天你拥有了绝对信念。**

if you succeed twice, conviction gets stronger and stronger, until someday you have the absolute conviction.

**到那时，你必须小心你的想法，**

Then you have to watch your thoughts,

**因为无论你想什么都会立刻实现，**

because whatever you think will come to you right away,

**这也会是一个问题。**

that can be a problem too.

## **07.贪恋和厌恶 Attachments and Aversions 2**

**让我告诉你一个难以置信的事，**

Let me tell you one that's hard to believe ,

**当我开始验证这个法则时，它只在一些小事上起作用。**

when I started proving this law, it would work in small ways.

**有一天我说：“天哪，它真的管用，我所要做的就是敢于想大的。”**

And one day I said: “My gosh, it's working, all I need to do is to dare to think big”,

**所以我说：“我能想到的最大的东西是什么？一辆车身特别的凯迪拉克。”**

So I said: “What's the biggest thing I can think of? A Cadillac car, special built body.”

**我有它的画面，而且我仿佛已经开着它了，**

I had a picture of it and I was driving it already,

**然后我释放它。**

and I let go of it

**大约两周后，一个熟人来找我说：“哦，莱斯特，我刚给你买了一辆最漂亮的凯迪拉克，特别的车身。”**

Well, in about two weeks an acquaintance came to me, he said: “Oh, Lester, I just brought you the most beautiful Cadillac, special built body.”

**他说：“我的一个朋友买的，他不想要，我只花了四千美元就买到了。”**

He said: “A friend of mine brought it, my friend doesn't want it, I got it for only four thousand dollars.”

**我想是 50 年代初吧，**

I think the early 50's,

**他说：“四千美元。”我看着他，他说：“不用担心钱，我会付的。”**

he said: “Four thousand dollars.” I looked at him, he said: “Don't worry about the money, I'll pay for it.”

**学生：你是什么意思？**

Student: What do you mean?

**莱斯特：哦，不，不，那是我有意识的想法。**

Lester: Oh no, no, that was a conscious thought.

**学生：我知道，我知道，但这是意识在起作用.....**

Student: I know, I know but it's conscious at work...

**莱斯特：我在验证这个法则的运作。**

Lester: I was proving the operation of the law.

**学生：是的，你说你在用你的想法得到一辆凯迪拉克。**

Student: Yeah, you said you were trying to get a Cadillac with your thought.

**莱斯特：呃.....**

Lester: Hmm

**学生：这就是为什么我在努力得到它，或者你只是.....**

Student: That's why I'm trying to get it or you just...

**莱斯特：不，我是说，只是通过想一想凯迪拉克，我就能拥有一辆凯迪拉克。**

Lester: No, I said, gee, I can have a Cadillac just by thinking Cadillac.

**学生：这就是我为什么努力去得到它的原因.....**

Student: That's why I'm trying to get it...

**莱斯特：我想象着那辆凯迪拉克，我看到我坐在里面，我能感觉到车里的感觉，当我驾驶它时，它是我的，我释放它，好像它已经实现了。**

Lester: I picture the Cadillac, I saw it, I was sitting in it I could feel the a pulse rate in the car, when I was driving it, it was mine and I let go of it, as though it has already completed.

**“觉得它已经实现了”是显化过程中很重要的一环。**

That already accomplished is a big part of doing.

**学生：认同你想要的画面有帮助吗？**

Student: It does it help to identify yourself with that which you want that would to picture?

**莱斯特：有帮助。**

Lester: Yes.

**学生： .....这就是你得到的， 当你.....**

Student: ... that's what you get when you...

**莱斯特： 是的， 我当时在车里， 我和它融为一体。**

Lester: Yeah, I was in a car, I was one with it.

**现在， 只要他或她愿意， 任何人都可以做到这一点。**

Now anyone can do this if he or she will.

**但它需要一个不受其他想法干扰的想法， 或者用另一种说法， 它需要有信念：  
如果你绝对确信自己能做到， 那它就会实现。**

But it takes a thought uncluttered with other thoughts or to express it another way, it takes the conviction, if you're absolutely convinced that will do it.

**学生： 信念， 你不需要知道.....**

Student: That's conviction, you don't have to know...

**莱斯特： 那是一种信念。**

Lester: That's a conviction.

**你不需要了解形而上学，你不必很优秀，**

You don't have to know metaphysics, you don't have to be good,

**你只要拥有一个信念，就能让它实现，**

you just have to have a conviction, that'll bring it about,

**因为心智只是一个创造的工具。**

because the mind is an instrument of creation only.

**(学生说的听不清)**

**莱斯特：先从小事做起，**

Lester: By trying it first in small ways,

**敢于显化一件非常小的事情并不难，**

it's not too hard to dare to demonstrate a very small thing,

**当它起作用时，这会给你更多关于显化的信心，**

when that works, that gives you more confidence in it,

**尝试第二次、第三次.....信心就会建立起来。**

try it a second time, a third time, it builds up.

**消除限制性概念，你会回到你本然的无限状态。**

Eliminate the concepts of limitation, you're back to your natural, unlimited state.

**学生：你说这是我们这是梦境中的现实，而且如果我们最终意识到“我们所是”就是我们所追寻的。**

Student: You say that this is our this is really a reality in a kind of a dream world, and if we finally wake up to the fact that we are what we are seeking.

**莱斯特：总有一天你会嘲笑你现在所做的这些努力，**

Lester: Someday you'll laugh at all these efforts you're going through now,

**因为你会在未来发现“你之所是”、你现在就是，而且一直都是。**

because that which you're going to find out you are in the future, you are right now and always have been,

**你可能会大费周章试图成为“你之所是”。**

you may be kicking up a big fuss trying to become that what you are.

**学生：我必须确定我们所见的事物是我们自己心智中创造的，这对我来说很难接受，我想你明白了，我希望你能更深入地解释一下.....**

Student: I have to be sure of the things we see are what we've created in our own minds. That's very hard for me to accept. I think you understand. I'd like you to go into that a little bit more..

**莱斯特：你在哪里能看到不在你心智里的东西？**

Lester: Where can you see something that isn't in your mind?

**你能吗？**

Can you?

**你所看到的一切，你在哪里看到的？**

Everything you see, where do you see it?

**学生：你所说的真理的感觉一定有一个超越我自己的现实，真的，它需要这个工具来意识到有一个超越我自己的现实，难道没有吗？**

Student: The feeling of the Truth that you say, there must be a reality beyond myself, true, it takes this instrument to realize that there is a reality beyond myself, isn't there?

**莱斯特：我不这么认为。**

Lester: I don't think so.

**但是看看你所感知到的一切，你是从哪里感知到的？**

But look, everything that you perceive, where do you perceive it?

**当你晚上人心智去睡觉时，这个世界会发生什么？这个世界会发生什么？**

What happens to this world when you tuck your mind away to sleep at night? What happens to this world?

**你让你的心智去睡觉，便不再有世界了，**

You put your mind to sleep, there's no more world,

**早晨你醒来，心智出来了，一个完整的世界又出现了。**

the morning you awaken, the mind comes out and there's a whole world.

**你是一个没有限制的存在，却错误地认为自己是一个有限的存在。**

you are a being with no limitations, identifying wrongly as being a limited being.

**但既然你是无限的，**

But since you're unlimited,

**这是无限的，**

and that's an infinity,

**这是完美的，**

that's a perfection,

**这永远不会改变，**

that never changes,

**你此时此刻就是无限的、完美的存在。**

you are that infinite perfect being here and now.

**改变的是你释放了相反的概念，**

What changes is your letting go of concepts to the contrary,

**我们所是的无限存在，此时此刻我们就是。**

like the unlimited being that we are, we are here now.

**目标是去看清这一点，**

the object is to get to see it,

**你能看清它的方法是让心智安静下来，**

the way you can see, it is by quieting the mind,

**因为心智的背后就是无限。**

because just behind the mind is that infinity.

**通过将心智转向内在，**

By turning the mind inward,

**你让心智安静下来，**

you quiet the mind,

**你释放所有外界的干扰，**

you let go all the external distractions,

**你的心智越安静，你就越能看到你的无限；**

and the more you quiet the mind, the more you'll see this infinity that you are;

**你越能看到自己的无限，你就越能烧焦那些限制；**

The more you see the infinity that you are, the more you'll scorch the limitations;

**你越摆脱这些限制，你就越能看到自己所是的无限存在；**

The more you do away with the limitations, the more you'll see the infinite being you are;

**你一直这样做，直到没有任何限制残留。**

And you keep doing this until there's no more limitation left.

**但释放法是向内的，**

but the Method is go within,

**把你的心智转回到心智上。**

turn your mind back upon the mind.

**学生：这似乎是一种小我的建立，但实际上我知道它不是，它的解构是使用.....**

Student: It almost seemed like a building of an ego to all be in that way, but actually I know it isn't, its devolution is using...

**莱斯特：看起来是这样，因为你是通过小我的眼睛在看它，**

Lester: It seems that way, because you're looking at it through ego eyes,

**但你越看到你所是的这个无限存在，你就会变得越谦卑，**

but the more you see this infinite being that you are, the more humble you'll become,

**只有小我才会傲慢和自尊自傲，并认为自己就是一切，就这么简单。**

it's only the ego that's arrogant and proud, and thinks it is, that's it.

**一个人上升得越高，他就变得越谦虚。**

The higher an individual goes, the more humble he becomes.

**总有一天你会发现很多人都在使用“我”这个词，**

Someday you'll see that the word I is used by apparently many people,

**后来会发现其实是同一个“我”，**

later on turns out to be the exact same I,

**这就是看到了真相，是表象背后的真相，**

this is seeing the Truth, the reality behind the apparency,

**现在这个世界是个表象,**

the world is an apparency right now,

**它不是真的。**

it's not real.

**当你看到真实时, 你看到的是一个贯穿一切的单一的“一”, 人们称呼它“上帝、真相、自己……”, 它有好几个名字,**

When you see the reality, you'll see a singular oneness throughout everything, which people call "God, Truth, Self", it has several names

**但那就是我们要努力追求的, 看到这个单一的” — “无处不在,**

but that's the thing we have to strive for, to see this singular oneness everywhere,

**它是不变的,**

and it's changeless,

**它是完美的,**

it's perfect,

**它是无限的,**

it's infinite,

**它是你。**

and it's you.

**事实是, 当你看到它的时候, “认为自己是一个有限的存在” 的错误概念就消失了,**

It's the way it turns out, when you see it, the false concept of being a limited being disappears,

**但“我”, 你所说的“我”永远不会消失,**

but the I, when you say I never disappears,

**这是永恒的,**

that's eternal,

**当你说“我是哈利, 是这个身体”, 这会消失,**

when you say “I am Harry, the body”, that'll disappear,

**然后你会看到 “我是无限的我”。**

and you'll see that "I am the infinite I am".

**你没有放弃任何事物，你没有失去任何东西，**

You don't give up anything, you don't lose,

**你只是得到的越来越多.....**

you just gain more and more...

**你扩展到无限。**

you expand into the infinity.

**你看，心智无法理解终极。**

You see the mind cannot comprehend the ultimate.

**因为心智是一个有限的工具，**

Because the mind is an instrument that's limited,

**停止思考，你会看到并存在，这是无限，**

stop thinking and you'll see and be, it's infinity,

**这才是真正的做法，**

this is the real way of doing it,

**每一个想法都是一个限制性的东西，**

every thought is a thing of limitation,

**总有一天你会明白，想法也是物质，**

someday you'll see that thought is matter,

**它们非常微妙，**

it's very subtle,

**它是所有物质中最微妙的，它是决定其他物质的物质。**

it's the subtlest of all matter, it's the matter that determines other matter.

**但关键是是要摆脱思考，**

But what matters is to get rid of the thinking,

**然后你会看到.....**

and then you'll see...

**你看，当你放下想法时，那种存在的感觉一直在那里，是想法覆盖了它。**

You see, as you let go of thoughts, the sentiment of being is there all the time, the thoughts are covering it over.

**所以当你放下了想法，就是在放下覆盖在无限之上的遮蔽物。**

So as you let go of thought, you're letting go of the cover that covers over this infinite being.

**学生：但是你有想法，就像在显化中，你有那个想法，然后你放它离开。**

Student: But you have the thought, like in the demonstration, you have the thought, and then you let it go.

**莱斯特：显化并不在无限中，那是在梦境中。**

Lester: Demonstrating is not in the infinity, that's in the dream.

**总有一天，你会发现这种清醒状态和夜间的梦境状态一样真实，**

And someday you'll see that this waking state is just as real as the night dream state is,

**就像你晚上做梦的时候，当你在梦中的时候，那是真实的；当你在做梦的时**

候，你遇到了麻烦，你在受苦，或者如果那是一个非常愉快的梦，你真的很享受，那是真实的，对吧？

and like when you're in a dream at night, while you're in it, it's real while you're dreaming, you're in trouble, you're suffering, or if it's a very pleasant dream, you're really enjoying it and it's real, right?

直到你醒来后，你才说“我的天哪，这是一场梦，它从来不存在”，对吧？

It isn't until after you awaken that you say “My gosh, it was a dream and it never was”, right?

当你醒来的时候，你也会对这个世界有同样的体验。

You'll do the exact same thing with this world when you wake up.

我们所说的清醒状态实际上是一种快速睡眠状态，

What we call a waking state is really a fast asleep state,

当你从这些事情中醒来你会说“我的天哪，它从来都存在，它只是一个梦，我一直都是这个无限存在”，

when you wake up out of this thing, you say “Oh my gosh, it never was, it was just a dream, I was always this infinite, unlimited being”,

但在你做到之前，别买它。

but until you do it, don't buy it.

**但如果你有兴趣获得它，这是值得为之努力的事，**

But if you're interested in attaining it, it's something worthwhile striving for,

**因为我想说，如果你通过释放法实现了它，你会获得无限，**

Because, I'd say, if you accomplish it through the method, you gain an infinity,

**你也会得到对所有事物完全的满足，这是你在梦中永远无法得到的，**

you also gain a complete satisfaction of anything and everything which you will never have in the dream,

**所有欲望都得到满足，不再有任何欲望残留，**

realizations of the satisfying of all desires and no more are left,

**然后你就达到了无欲的状态。**

and you attain the desireless state.

**但你拥有的每一份快乐都是在体验一点点的真我，**

but every pleasure you have is experiencing your real Self a bit,

**快乐越多，你体验到的真我就越多，**

the more the pleasure, the more you experience your real self,

**这就是幸福的全部了。**

that's all that the happiness is.

**如果你能看到这一点，你与世界的斗争就结束了，**

and if you can get to see that, your struggle with the world is at an end,

**然后你就直奔你的快乐，你直奔它所在的地方，并且能一直保持它。**

then you go directly for your joy, you go right to where it is, and you can maintain it all the time.

## **08.摆脱自身限制 Riding Yourself of Limitations**

### **1**

**我们的上一节课让我想起了一个叫做“解脱”的词，**

Our last session brings to mind a word called Liberation, with a capital L,

**“解脱”是“幸福”的另一种说法，因为发生的事情，一些美好的事物得以显现。**

Liberation being another substitute for the word Happiness with a capital H, and because of what happened, it allows certain things to come out that were good.

**解脱是快乐的，解脱是自由，自由是所有事物上的选择自由，选择做任何事或不做任何事的自由。**

Liberation is happy, Liberation is freedom, which is freedom of choice on anything and everything, freedom to do or freedom not to do anything you choose.

**当这个团体刚开始的时候，你在团体里并没有这种自由，这是我在开始时唯一提到的事情，**

When the group first started, you didn't have this freedom in the group, this is the only thing that I remarked about in the beginning,

**因为我们想要在这里实现目标受到了阻碍。**

because there was a hindrance and what we were trying to accomplish here.

**现在，我给的任何东西都是自由的，这意味着双方都是自由的，我发自内心地给予，同时你也不必接受它，**

Now anything I give I give freely, and that means on both sides, I give it from my heart, at the same time you don't have to accept it,

**如果你接受了，那很好；**

if you accept, it that's fine;

**如果你不接受，那也很好。**

If you don't, that's fine.

**我们从不试图强迫任何事情，**

We never try to force anything,

**任何强迫做的事都是错误的。**

and anything done by force is wrong.

**永远不要因为我说了什么就接受什么，**

Never accept anything because I say so,

**这与自由背道而驰。**

this is just the opposite of freedom.

**如果我说了你就接受，那你是在接受道听途说；**

If you accept it because I say so, you're accepting hearsay;

**如果你接受是为了验证，那就对了，**

If you accept it for checking, that's it,

**检验我所说的一切，去验证，**

check everything I say, check it out,

**在你看到它之前，你不应该接受它。**

not until you see it should you accept it.

**自由是对任何你想做或不想做的事有选择，也就是可以接受或不接受我所说的，**

Freedom is choice to do or not to do on anything you want, and that is to accept or not to accept what I'm saying,

**在你亲自看到它之前，永远不要接受它。**

and you should never accept it until you see it yourself.

**在我们看到绝对的实相、不变的实相之前，我们必须看到这个世界的实相，**

Before we can see the absolute Reality, the changeless Reality, we have to see the reality in the world,

**为什么？**

Why?

**为什么我们必须看到一些我们必须扔掉的东西？**

Why do we have to see something we have to dump?

**因为当我们看不到世界的真相时，那是因为对世界有厌恶，**

Because when we don't see the reality in the world, it's because of aversions to the world,

**贪恋和厌恶让我们看不清外面的世界，**

attachments and aversions blind us to what's out there,

**这就是为什么每个人看到同样的东西会有不一样的看法。**

that's why everyone looks at something and sees something different.

**如果我们都没有贪恋、没有厌恶，无论我们看到什么，我们看到的都会是一样的。**

If we all had no attachments to no aversions, whatever we would see, we would see alike.

**每一个贪恋、每一个厌恶都会有点蒙蔽我们，**

Every attachment, every aversion blinds us a bit,

**所以为了到达大写字母 R 的真实 (Reality),**

so to get to the Reality with the capital R,

**我们首先得看看世界上有什么，**

we have to see what's in the world first,

**让我们看看它本来的样子。**

let us see it, just the way it is.

**当发生事故时，事故的发生方式只有一种，即使六个人看到它的发生可能会有六种不同的方式，**

When there's an accident that happened only one way, even though six people saw it happened maybe six different ways,

**我们应该能看到事故发生的原貌，**

we should be able to see the accident just the way it happened,

**然后我们看到了世界的实相，**

then we see the Reality in the world,

**在那之后，我们通过看到真正的实相而放下了世界的现实，**

after that, we let go the reality of the world by seeing the real Reality,

**这个世界变成了一场梦，**

the world becomes a dream,

**事情就是这样发生的，**

just the way it happened,

**你知道人们对事故的看法是不同的，对吧？**

you're aware that people see accidents very differently, right?

**我们不可能都是对的，**

We can't all be right,

**但事故的发生只有一种方式，**

but yet there was one way in which that accident happened,

**但是，看到你眼前发生的事情，如实地看到它在发生，这是非常好的。**

but it is very good to see what's going on in front of your eyes, exactly the way it's going on.

**当你对一群人讲话时，有时你做一个陈述，几分钟后会有人说，但他说的正好与你说的相反，**

when you talk to groups, sometimes you'll make a statement, minutes after someone says, well he said just the opposite of what you said,

**之所以会这样是因为这个人有先入为主的想法，概念都已经固定了，**

the reason why that happened is that person has preconceived ideas, the concepts are all set,

**他们只听自己想听的，**

and they only hear what they want to hear,

**他们听到的和你所说的完全相反。**

they hear just the opposite of the way you're saying.

**这是通往自由之路上的一个障碍，**

it well, that's a block on the road to freedom,

**我们不应该有任何固定的观念，除了“我们想要绝对真理”这个观念以外，**

we should have no fixed concepts except one, that we want the absolute Truth,

**除此之外，我们不应该有任何固定的概念。**

outside of that, we should have no fixed concept.

**这是一种很好的治疗，也是一种帮助他人的、绝佳的实践，**

It's very good therapy, it's excellent practice to try to help others,

**总有一天，每个人都会这么做，**

someday everyone does that,

**你活着不是为了你的小我，而是为了你外面的大我，**

you live, not for your little self, but for your big self out there,

**你认同所有的人。**

you identify with all people.

**学生：你的生活变成了给予他人，希望他人成为他们本来的样子，成为无限的存在，无限快乐，而我.....你的意思是通过将他人视为无限存在来帮助他人吗？他说你帮助他人，这正是你说的通过认同你的真我来帮助他人？**

Student: And your life becomes one of giving to others, wanting others to be what they are, infinite beings, infinitely happy, and I... do you mean to help others by seeing them as identifying them as an infinite being, he said you help others that's exactly what you mean by identifying your Self?

**莱斯特：你所说的再加上我正在做的事，**

Lester: By what you said plus doing what I'm doing,

**当你遇到别人时，你和他们交谈，你努力提升他们，无论是在商业上、社会上、家里，你都要努力提升每一个人，让他们了解他们是谁、他们是什么。**

when you meet people, you talk with them, you try to lift them, whether it's in business, social, family, you try to lift everyone in their understanding of who and what they are.

**学生：从精神上讲，我们进行的是一次对话，而从实际意义上讲，你们进行的是另一次对话，你能给我举个例子说明一下吗.....我想你已经提到过关于那个谈论不同业务的人，但是你谈到要将他们与我所期望的联系起来，能再更清楚一点吗.....**

Student: Mentally we have one conversation, and physically you have

another, could you give me an example of how... I think you did already regarding the man who talks about different business, but you spoke of identifying them with what I want that a little bit more clear...

**莱斯特：上帝，你在和上帝交谈。**

Lester: God, you're talking to God.

**无论何时你和任何人交谈，你对每个人的态度都是一样的，**

Whenever you're talking to any individual, your attitude can always be the same toward every everyone,

**不管你说什么，你都是在与上帝交谈。**

you're always talking to nothing but God, regardless of what you say.

**学生：说你会感到愤怒或者.....**

Student: Said you could feel angry or...

**莱斯特：现在你无法生气，但你可以扮演生气，**

Lester: Now you couldn't feel angry, but you could act angry,

**有时候，为了和愤怒的人交流，你得比他们更愤怒一点，这不会影响到你。**

Sometimes, it's necessary in order to communicate with angry people, to be a bit angrier than they are, this won't involve you now.

**不过有时候我会这么做，如果有人对某件事很生气，我想和他们交流，我得比他们更生气，这样他们才会听我说话，否则他们根本不听我在说什么，这在日常生活中是显而易见的。**

but sometimes I do that, if someone is very angry about something, and I want to communicate with them, I have to get a bit angrier than they are, and then they hear me, otherwise they don't hear the thing I'm saying, this is obvious in everyday life.

**当别人生气的时候，你冷静地说话，他们根本不会听你说，**

When someone's angry and you're composed and calm you talk, they don't hear a thing you're saying,

**进入他们所处的情绪状态，他们会听你说的，**

get into the mood that they're in, they'll hear you,

**当你愤怒的时候，那只是一种扮演，**

that's just an act when you're angry ,

**你并没有真的感觉到愤怒，**

you don't really feel it ,

**你在演戏。**

you're acting it.

## **09.摆脱自身限制 Riding Yourself of Limitations**

### **2**

**这是你的态度，当你感受到除了这种崇高的爱以外的任何情绪时，你一直都只是在看外在的上帝，这是小我在表达；**

That's your attitude that you maintain of seeing only God out there, when you're feeling any emotion but this high love, it's the ego expressing;

**当你感受到这个纯粹的爱时，那是上帝、是“你”在表达。**

When you feel this pure love, it's the God, You expressing.

**当你有任何情绪时，你是在掩盖上帝的你，**

And when you have any emotion, you're covering up the God you,

**我想在《真理》这本书里，我对情绪的本质进行了前所未有的讲解，**

I think it was in the Verities I took off on what emotion is like, it's never

been took off on before,

**除了缺乏爱的感受以外，不存在任何情绪，仅此而已。**

that there is no emotion but the feeling of lack of love, that's all it is.

**我们越感觉到爱的缺失，就越想重建爱的感觉。**

And the more we feel the feeling of lack of love, and wanting to reestablish the feeling of love,.

**对于所感觉到的缺乏爱的程度，我们称之为恐惧、憎恨、嫉妒、妒忌，这是不同程度的缺乏爱的感觉。**

And to the degree that we feel that lack of love we call it fear, hate, envy, jealousy, it's different degrees of the feeling of lack of love.

**而这种重建它的渴望，我们称之为情绪。**

and wanting to reestablish it that we call emotion.

**爱本身并不是一种情绪，**

Love itself is not an emotion,

**它是.....它是所有事物中最安静的，**

it's a very... It's the quietest of all things,

**在这一类心理学情绪研究中，这是个很少涉及的方面。**

this is something you never get into much in this group of psychology emotions.

**我曾走过那段曲折的心理学之路，那还是在华生的行为主义盛行之时，别说是那会儿了，那是在 30 年代初，当时那可是很流行，我一直钻研心理学，直到最后研究弗洛伊德，对弗洛伊德的研究非常投入，他所有译成英文的著作我都仔细研读过，真的。**

I went that tortuous road of psychology, way back in the days of Watson's behaviorism, don't say yes to that, that was back in the early 30's, that was popular, and I stayed with psychology right through the years ended up with Freud, very intense with Freud, I studied everything that he wrote that was translated into English, I really studied.

**而弗洛伊德学说背后的核心思想就是消除你自身的抑制和强迫，**

And the whole thing behind Freud is purging yourself of the inhibitions and the compulsions,

**他称之为宣泄、精神专注，精神分析师试图让你回到形成这些强迫和低效的时刻，让你重新体验它，然后摆脱它。**

he calls it catharsis cothexis, the psychoanalyst tries to get you back to

the times you set in these compulsions and inhibitions, have you relive it and free yourself of it.

**我发现弗洛伊德的方式需要一年时间才能完成的事情，在戴奥奈蒂克科学教中一个晚上就能完成，我发现了为什么形而上学认为你在一个晚上所做的事情可以在数百万年的每个晚上完成，**

I discovered what the Freudian way took a year to do in Dianetic Scientology you could do in one evening, and I discovered by metaphysics that what you were doing in one evening could be done every evening for millions of years,

**有太多的这种抑制和强迫了，不仅来自这一世，而且来自以前的许许多多世，这是一个永无止境的过程，**

there was so much of this inhibition and compulsion, not only from this lifetime, but from many many lifetimes before, that it was a forever process,

**当我们真正看清自己时，会发现并非如此。**

that rather than that, when we get to see who we are.

**我们可以把这个小我连同它所有的抑制和强迫一次性地抛弃，我们释放所有的东西，这是唯一真正的办法。**

We just dump this ego with all its inhibitions and compulsions in one

lump sum, we let go of the whole thing, and that it's really the only way.

**因为当你试图摆脱这些强迫和抑制时,你其实是在承认小我,并且在强化它,**

Because while you're trying to get rid of these compulsions and inhibitions, you're acknowledging the ego and you're validating it,

**你会因此陷入困境。**

and you're sort of bogging yourself down because of that.

**所以最快也是唯一的方法就是认识到“你是谁”,**

so the fastest and really only way is to recognize “Who you are”,

**当你这样做的时候,你把小我烧成碎片,然后它就终结了。**

and when you do that scorches the ego, you scorch it enough to burn it to pieces, then it's finished.

**学生:我们真的创造了一种感觉,还是我们确实得学会接受真理并超越痛苦、疾病或死亡?**

Student: Actually create a feeling or do we learn to accept the Truth and rise above pain or illness or death?

**莱斯特:这取决于你看待它的方式。**

Lester: It depends on the way you look at it,

**第一个问题在这里，第二个问题在这里.....**

the first one is here, and the second one is here...

**学生：嗯，让你想到的是午夜你提到过甘地想下车，而且它得处理一些事情，为什么他无法治好自己的脚呢，是他不想，还是那不值得他费心？**

Student: Well, what brought it to mind was midnight you know, you said about the time Gandhi wanted out of the car and he had to fix things, why couldn't he heal his feet or didn't he want to or was it not worth his trouble?

**莱斯特：他不想做。**

Lester: And he didn't want to.

**学生：换句话说，他能够接受超越疼痛的平静，现在这对他来说更多的是对平静的渴望，而不是治愈。**

Student: In other words, he was able to accept the peace above it, now this that more desire than healing to him.

**莱斯特：没错，实际上，这对他来说是一个持续的提醒，提醒他“自己并非那个身体”。**

Lester: Yes, it acts as a constant reminder to him that he is not the body.

**学生：通过超越疼痛，好吧，我们再说一遍.....**

Student: By being able to be above pain, well, I'll say that again..

**莱斯特：一个有开悟的人，有时当他身处物质身体里时，会带着病体四处走动，不断提醒自己“他不是这个身体”，现在病体丝毫不会阻碍他，他会像他身体完好时一样快乐和有爱，但这没什么可担心的。**

Lester: A realized being, sometimes when he's in a body will walk around in a sick body, as a constant reminder that he is not the body, now the sick body doesn't deter him one bit, to be just as cheerful and loving as when his body is perfect, but this is nothing to worry about now.

**首先要学会如何让身体完美，**

First, learn how to perfect the body,

**我之所以提到这一点，是因为你偶尔会遇到一个带着残缺身体四处走动的大师，**

the reason why I mentioned it is because occasionally you'll meet a master who walks around with a defective body,

**我想知道其中的原因会有好处。**

I thought it would be good to know why.

**学生：但实际上我们没有，我们没有创造治愈，世界一直都在那里，我们在制造疾病，我们认为我们在创造治愈，其实并非如此，我们没有意识到.....**

Student: But actually we don't, we do not create healing, the world is there all the time we're creating sickness and we think we're creating healing, we're not we don't recognize..

**莱斯特：你放下疾病，仅此而已。**

Lester: You let go of the sickness, that's all.

**你的本然状态是完美的。**

Your natural state is perfection.

**现在世界上的一切都是心理上的，不管你想的是什么，你总是对的，因为你这么认为了。**

Now everything in the world is mental, whatever you think is, you're always right, because you think so.

**如果你认为穿堂风会让你感冒，那你是对的，它确实会，因为你是这么认为的；**

If you think a draft gives you a cold, you're right, it does, because you

think so;

**如果你认为走进一个有病毒的房子，你会被感染，那你就是对的，因为你是这么认为的；**

If you think walking into a house where there's a virus, that you'll get it, you're right, because you think so;

**如果你走进一间有病毒的房子并认为自己不会感染，那你也是对的，你不会感染。**

If you walk into a house where there's a virus and you think you won't get it, you're right, you won't.

**这是想法决定的。**

it's a thinking that determines.

**我们即全然的爱，在这个程度上，我们是觉醒的，**

We, all love, to the degree that we are realized,

**但我们会越来越多地增加爱以实现开悟，**

but we try to increase it more and more to become realized,

**我们总能再提升一点，**

we can always lift it just a bit,

**保持上升，**

keep moving up,

**总有一天我们会在顶端拥有它。**

and someday we have it at the top.

**看，爱并非只针对一个人、一件事、一株植物、一只动物，**

See, love is something that cannot be applied to one person, one thing,  
one plant, one animal,

**但实际上爱是一个很普遍的东西。**

but actually love is a general thing.

**如果只爱一个人而不爱另一个，我们爱那个人的原因是因为我们认为自己需要那个人，那个人有我们想要的东西。**

If it's for one person and not for the other, the reason why we love that  
one person is because we think we need that one person, but that one  
person has something we want.

**爱是宇宙中最强大的力量，**

Love is the most powerful force in the universe,

**爱能创造宇宙，**

love will create universes,

**理解得越多，我们所拥有的爱就越多。**

the greater the understanding, the greater the love we have love.

**爱和理解是一回事，**

Love and Understanding are the same thing,

**你理解一个人，你就会爱那个人；**

you understand one, you love that one;

**如果你爱那个人，你就会理解那个人。**

If you love that one, you understand that one.

**你能做的最伟大的事情就是“存在”。**

The greatest thing you can do is just be.

**有一天, 你看会到, 当你到达高处时, 你会飘飘然, 你们聚在一起, 你说“哦, 虚无就在附近”,**

One of these days instead of you see when you get high, you get giddy, you get together, you say “Oh, nothingness is near there”,

**你不需要那样,**

you don't need that,

**你可以只是感受这一切, 甚至更多。**

you can just feel all that and more.

**但是由于习惯, 我们习惯了表达,**

But because of habit, we're used to expressing,

**我们觉得我们必须交流, 聊一聊,**

we think we have to talk, make conversation,

**但之后, 你会放下这一切。**

But later on, you'll let go of all that.

**我并不是说这样不还, 你现在做得很好。**

I'm not saying that's bad ,what you're doing is wonderful.

**笑是一种很好的疗法，如果你一直笑下去，你能把自己笑进觉醒中。**

Laughing is a very good therapy, you could laugh yourself into realization if you just keep it going all the time.

**但是你知道，有些课堂里，老师进来了，学生们围坐在一起，一句话也不说，他们会这样坐上几个小时，教导在静默中进行，这被叫做“静默教导”。**

But you know there are classes conducted where the teacher comes in, the disciples sit all around, not a word is said, they'll sit for hours, that way and the teaching goes on, it's called the silent teaching.

**所以，目标是仅仅“存在”，**

So, the object is to only be,

**老师坐在前面，只是存在着，老师只是在那里“存在”，祂看着所有人，他看到的只有“一”，祂帮助其他人只是“存在”，**

so the teacher sits in front and only be's, so the teacher just he'll there's be, He'll see everyone, He'll see the Only one and He helps the others to just be,

**就是这么简单！**

that's how simple!

**这就是为什么我说不要看着我，不要仰视我，看看我在说什么，努力做“你之所是”。**

That's why I say don't look at me, don't look up to me, look at what I'm saying and try to be what you are.

**在那个时候，我看到了你真正所是的样子是这个无限存在。**

And at the time, I see the way you really are this infinite being.

**这就是教导的成效。**

That's the effectiveness in teaching.

**在某种程度上，我知道你是一个大师，你是完美的、你是无限的，**

To the degree that I know you're a master that you're perfect, you're infinite,

**在那个程度上，不管你是否意识到，我在支持你认识到这一点。**

to that degree, I support you in your seeing it, whether you're conscious of it or not.

**所以当你意识到这些无声教导时，你可以随时使用它们，无论谁、无论你呼**

唤的是谁，耶稣，莱斯特、约翰.....不管是谁，

So when you become aware of these silent teachings, you can always use them, no matter who, no matter who you call upon that individual, whether it's Jesus, Lester, Sylvester John whoever it is,

如果你意识到这种无声的教导，无论何时你寻求帮助，它都会立即出现，

If you recognize that silent teaching, whenever you call for help, it's there immediately,

你呼唤的那个人，最终证明是你的真我。

from the one whom you're asking it, from who in the end turns out to be your very own Self.

外在的老师试图引导你走向自己的内在真我，而祂就是你的内在真我。

The external teacher tries to steer you toward your own inner Self which He is.

## 10.沟通与爱 Communication and Love 1

学生：因为毕竟你没有遵循自己对任何词汇的概念，也没有遵循该词含义的任何观点取向，如果你执着于自己的概念.....

Student: Because after all you're not following your own concept of any

word, as any view orientation of the meaning of that word, if you're sticking your own concept...

**莱斯特：所有这些词都在表达同样的意思。**

Lester: All these words mean the same thing.

**爱是接纳、认同、理解、沟通、真理、上帝、你、我，**

Love is Acceptance, Identification, Understanding, Communication,  
Truth, God, You, Me,

**这所有的一切都是同一个东西。**

it's all the same thing.

**而且如果每个人都能从自己的内在中心这个角度去看它，那对每个人来说它都是相同的。**

And it will be to everyone if they'll look at it through the same point from your very own center.

**如果你从你自己的中心来看，你会发现一切都是一样的——你自己中心的存在、你自己的真我、你所是的真正的你.....**

If you look at from your very own center, you'll see that it's all the same, your very own center being, your very own Self with a capital S, the real

you that you are...

**而不是那个我们试图夸大的、虚假的小我。**

Not this fake ego that we're trying to make a big thing of.

**学生：我们所有的学生、所有的教育工作者，现在都在做着这样的事.....**

Student: All our students, all educators, and now we're trying to make it all...

**莱斯特：这就是为什么我说教育实际上是一个习得性无知的体系，**

Lester: That's why I've said education actually is a system of learned ignorance,

**就像如今一样，这是一种错误的教育，生活中所有重要的东西从来都不教，**

it's a miseducation as it is today, the all the important things in life are never taught,

**不管你上了多少年的大学，你都学不到关于幸福、爱、生活的课程，而所有这些都是非常重要的、是每个人都在寻求的主题，**

no matter how many years you go to college, you don't get any courses on Happiness, Love, Life, all these subjects that are so important that everyone is seeking,

**在这个国家的任何一所大学里都没有一门课程是关于它的。**

there is not a single course in any college in this country on it.

**学生：每个人都在批判.....**

Student: Everybody criticizes...

**莱斯特：这是一种给予的态度，**

Lester: It's an attitude of givingness,

**这不是给予事物的行为，**

it's not an act of givingness of thing,

**现在，给予事物可能是其中的一部分，**

now giving things could be part of it,

**而给予事物也可能在爱的对立面。**

and giving things could be just the opposite of love.

**我能给你东西，是因为我想让你喜欢我，对我来说那不是爱，**

I can give you things, because I want you to like me, that's not love in

my part,

**这有点接近于我的“小我”。**

that's kind of close to my ego.

**然而，但可以被给予的、最伟大的给予是给予理解、给予智慧。**

However, but the greatest givingness that can be given, is to give understanding, to give wisdom.

**如果一个人向我要一顿饭，我给了他，五个小时后他又会饿，又需要它了.....**

If a man asked me for a meal and I give it to him, five hours later he needs it again...

**但如果我给他如何制作一顿饭的原理，他就不会再挨饿了。**

But if I give across to him the principle on how to produce a meal, he'll never go hungry again.

**所以最伟大的给予是理解、智慧。**

So the greatest givingness is understanding, wisdom.

**学生：我之前想说的是，保罗提到其他人做一些可能看起来不利于你的事情来获得内在的满足，但实际上他只是想通过为自己圈子中的人做这件事来获**

**得爱，因此，如果你理解了那一点，理解那一点，你就知道他这样做是为了获得爱，或者说，这看起来似乎是一种误解。**

Student: I was trying to say before that Paul was talking about the other person doing things, which may seem to be against you to gain within, but really he's merely attempting to gain love by doing this for someone in his field, and therefore if you understand that that understanding that you know he is doing it to gain love or love that seems to be a misconception.

**莱斯特：如果把这一点贯彻到底，你就会发现每个人的每个行为都是在寻求爱。**

Lester: Now that carried out through to the extreme, and you'll see that every person in his every act is seeking love.

**学生：好吧，如果我知道这一点，而且看起来他在做一些针对我的事情，我知道他在做一些对他有利的事情，因此他无法通过反对我来得到好处，我知道这一点。**

Student: All right, if I know that and it seems that he's doing something against me, I know he's doing something for him and therefore he can't gain it against me, I know that.

**莱斯特：只要你明白这一点，你是对的，就不会有什么能够伤害到你。**

Lester: And as long as you know it, you are correct, it'll nothing can be

done against you.

**学生：**嗯，如果这个人是为了自己，那这当然是件好事，对吧？迈克尔对迈克尔，迈克尔对迈克尔，没错，但如果一个人在给予时犹豫，那是因为他觉得自己什么都没有，而且他可能觉得给予会让自己有所损失。

Student: well, if that person is doing it for himself then it's a good thing right? Michael to Michael, Michael to Michael, that's right, but if a person hesitates to give things it's because he feels he doesn't have at all, and that he may be taking something from himself.

**莱斯特：**这在于态度，而不是给予或不给予的行为.....

Lester: It's in the attitude, not in the act of giving or not giving...

**学生：**我看到很多人，当别人给予东西时，他们实际上会感到害怕，我看不出有什么区别，如果他们的心理足够强大，他们肯定拥有他们需要给予的一切。

Student: I see so many people, who are actually get frightened when these people giving things, and I don't see the difference, if they are so capable mentally certainly, they have all the things they need to give

**学生 2：**他们在即将面临的状况下，他们应该消除那些痛苦的感觉。

Some kind of feelings of pain they should stop behind the conditions they are about to be.

**学生 1：哇~**

Wow~

**学生 2：就像你提到的关于心脏病的问题，如果我对心脏病感受到爱，那么我会给予心脏愉悦，可以这么说，如果我愿意，如果我真的想要对抗心脏病，我会在想法中看到不完美并认识到完美。**

Like you mentioned about having heart problems, if I feel loved to the heart disease then I give to the heart's fun, so to speak, if I would I would want to actually fight heart disease, I would see imperfection in the thought and know the perfection.

**莱斯特：帮助有不同的层次和程度。**

Lester: There's all levels of helping, all degrees of helping.

**学生：所以很多慈善捐赠实际上是在维持我们认为要消除的那种状况，把它保持在心智中，因此维持了现状，首先，给予是为了去除它背后的东西，你可以说，嗯，是的，完美，但在我们灵性层面的态度，不是提升也不是维持现状，而是在灵性层面超越这种状况，所以如果你这样做了，如果你看到了完美，看到的是完美的投射，而不是不完美。**

Student: So a lot of this giving to charities of some of those things is really a sustaining of the condition, in which we think we're giving to eliminate, keeping it in mind, therefore sustaining, giving first to take

the thing behind it all you can say that well yeah, perfection, but the attitude in our part of of the spiritual, there are not lifting or not sustaining the condition, but lifting spiritually above the condition, so if you go and so if you see the perfection, seeing the reflection instead of the imperfection.

**莱斯特：当你这么做的时候，你会影响宇宙中的每一个原子，**

Lester: When you do that, you affect every atom in this universe,

**你会影响每一个人，不管他们是否意识到，**

you affect every person whether they realize it or not,

**因为你在唤起最强大的力量。**

because you're invoking the power, that's most powerful.

**爱让每个人都成为完美的存在。**

It's loving every person into a perfect being.

**消除所有这些消极因素和疾病，以这种态度对待心脏病，实际上比捐款的作用要大得多，而且要看到这一点，但是.....**

Minus all these negativities and diseases, and you actually do far more to all the heart disease, with that attitude than you would by giving

money, and see it but...

**我想说的是，你给不给钱并不重要，**

I'm trying to make a point that it's not important whether you give money to them or not,

**重要的是你的态度。**

the important thing is your attitude.

**你可以为了给予的荣耀而给予，或者以给予者的身份而给予，这并不是说你不好；**

You can give for the glory of giving or being put up as a giver, that says you're no good;

**或者你也可以抱着你刚才所说的那种态度，实际上不捐钱，却能做到更好的效果；**

Or you can have the attitude of what you just said and actually give no cash, and you are doing far more good;

**所以这在于态度，态度很重要。**

so it's the attitude, that's important.

# 11.沟通和爱 Communication and Love 2

**不管问题是什么，爱是所有问题的答案。**

Love is the answer to all problems, no matter what the problem is.

**只要你尽最大程度地去爱并成功，问题会立即消失。**

If you will just apply love to the fullest extent possible and succeed that problem will drop away immediately.

**不要生气，要知道一切都很好，一切都没问题，只要感受到爱，不管问题有多困难，你都会看到问题自行解决。**

Just don't get aggravated, just know that everything is fine, everything's alright and just feel loved, and you'll see that problem resolve itself, no matter how difficult the problem it is.

**当有问题时，如果我们爱得多一些，问题就会消失。**

When there are problems, if we would love more, they would disappear .

**当爱达到圆满，问题立刻就会化解。**

When the love is complete, the problem dissolves immediately.

**爱是沟通，**

Love is communication,

**沟通和爱是相辅相成的，**

communication and love go together ,

**沟通是传达一个想法，**

communication is getting across an idea,

**我说“弗兰克吧啦吧啦”，然后你说“噢对吧啦吧啦”，**

I say “Frank blablablabla” and you say “Oh yeah blablablabla”,

**这是我向弗兰克传达一个想法并得到了回应，**

it's an idea from me to Frank, and acknowledgment of it,

**这就是沟通，我们在同一件事上达成了共识。**

that's communication, we both see eye to eye on the same thing.

**学生：这很重要，你刚才说的达成了共识（英文表达“从眼睛到眼睛”）是什么？让我们忘掉这个“眼睛”，好吗？**

Student: Now this is very important, what did you just say both the eye to eye? Let's forget about this eye right?

**莱斯特：好的~**

Lester: Yep~

**那个“从眼睛到眼睛”，我的意思是，这是“达成共识”的一种表达，我不是指物理层面的“眼睛”，**

Well, that eye to eye mean, it's an expression I didn't mean a physical eye,

**你可以在自己的生活中很容易地验证这一点：如果你增加了与一个人的沟通，你就增加了你们之间的爱，**

you can easily test this out in your own life, that if you increase communication with an individual, you increase the love between the two of you,

**这种练习交流的方式就是对他们说点什么，然后让他们通过复述来确认理解了信息，然后再继续下去，如此反复.....**

this practicing communication, say something to them, have them acknowledged, that they got it by repeating it, and go on and on that way...

**你们之间的爱会不断加深。**

And the love between the two of you will keep going up and up.

**增加沟通会增进爱，**

Increasing communication increases love,

**反过来说，增进爱会增加交流。**

and the other way around increasing love increases communication.

**你会注意到，你越爱，就越能与人们沟通，**

You'll notice that the more you love, the more you are able to communicate with people,

**这是一件非常有趣的事情，很容易验证。**

it's a very interesting thing that can be tested very easily.

**只要增加沟通，你就会发现，在那一刻，爱会与支持你的人产生共鸣。**

Just increase communication, and you'll see love deal with someone who's again you at the moment.

**学生：事实上，你知道为什么吗？因为正如保罗之前所说，如果有人似乎在做一些对你不利的事情，那是 因为你们之间缺乏沟通。如果你这样做了，如果你打开沟通的渠道，那么这个人所说的对你来说便不再重要了，因为你**

**的觉知已经提升到如此程度，以至于你们之间完全理解彼此，我没看到莱斯特说他做了什么。（学生笑）**

Student: In fact that, because you know why? Because as Paul said before, if someone appears to be doing something that appears to be against you, there is a lack of communication between eye and eye, and if you do, if you open up that channel of communication and there is no longer anything, that this man is saying, that is important to you because your awareness has raised, to such a degree that there is a perfect this understanding between eye and eye, I didn't see what Lester said he did.

**莱斯特：另一件事是，随着爱的增加，世界的实相也会增加。**

Lester: Another thing happens as love increases, reality in the world increases also.

**我们越有能力去爱，就越能如实地看到事情发生的真相。**

The more we're capable of loving, the more we'll see things exactly the way they happen.

**现在，如果你练习增加你在世界中对实相的认知，你的爱也会上升；**

Now if you practice increasing your reality in the world, your love will go up too;

**同样的道理，如果你练习增进沟通，你的爱也会增长；**

Just the same way that if you practice increasing communication, your love will go up ;

**反之，我们爱得越多，我们就越能看清世界的本来面目。**

Or the converse the more we love, the more we see things the way they are in the world.

**如果我们都是非常有爱的人，每次发生事故，我们都会以同样的方式看待它。**

If we were all very loving people, every time there'd be an accident, we'd all see it alike.

**(学生说的听不清)**

**再进一步，哈利。**

That's further up, Harry.

**如果你拥有圆满的爱，就永远不会有意外。**

If you have the love complete, there never would be an accident.

**(学生说的听不清)**

**莱斯特：爱是交流，爱是沟通，是给予支持，是希望对方得到他想要的，这就是爱。**

It is Love is communing, love is communication, lending support, wanting for the other one what the other one wants, that is love.

**一个人给予另一个人最大的帮助是——帮助他人获得对真相的理解，**

The greatest help forgiving one may give to another is to help the other to get the understanding of Truth ,

**就这样，一个人给了另一个人幸福的秘诀。**

in this way, one gives the other the formula for happiness.

**爱是宇宙的凝聚力，**

Love is the cohesive force of the universe,

**爱是具有吸引、整合力和建设性的，因此它所涉及的一切事物都会受到影响，**

love is attracting integrating and constructive, and so affects everything and anything that it is applied to,

**议会无法改变世界，**

parliaments cannot write the world,

**但有足够多感受到爱的人可以。**

but enough individuals feeling love can.

**我认为这是一个对我们这个时代来说很有趣的观点，**

I think that's an interesting point for our present times ,

**你无法通过立法来建立一个正确的世界，**

you cannot legislate a correct world,

**议会永远无法理顺这个世界，**

parliaments will never straighten this world out,

**只有当这个世界上的人们、当大多数人都有一种爱的态度，世界才会是一个美好的居所，它才会是和谐的。**

only when the individuals when the majority people in this world have an attitude of love will the world be a nice place to live in, will it be harmonious.

**几乎所有的人都把小我认同误认为是爱，**

Almost all people mistake ego approval for love,

**因为那不是爱，**

because it is not love,

**它无法令人满足，**

it is not satisfying,

**结果人们会不断地需要和索取，**

consequently one continuously needs and demands it,

**这只会产生挫败感。**

and this produces only frustration.

**下一个是很难的，我就只读一读，跳过它.....**

The next one is a hard one, I'm gonna just read it and skip over it...

**爱不是一种情绪，也许我不应该跳过它，**

Love is not an emotion, well maybe I shouldn't skip over it,

**当我说爱不是一种情绪时，情绪是一种流动的能量，它是一种强烈的、活跃的、令人不安的东西，情绪是.....爱的情绪是最平和的感受，从这个意义上**

**说，我的意思是，爱不是一种情绪。**

when I say Love is not an emotion, emotion is energy in motion, it's an intense active disturbing thing, an emotion is... The emotion of Love is the most peaceful of feelings, and in that sense, I mean that, Love is not an emotion.

**人们需要彼此，并认为这是爱，当一个人真正在爱的时候，不会对对方有所依赖或有所束缚，**

People need each other and think it is love, there's no hanging on to or fencing in of the other one when one loves,

**人类的爱不想与他人分享自己的爱，而是想要满足自己的私欲。**

human love does not want to share its love with others, but rather wants its own personal satisfaction.

**真正的爱想要分享自己的爱，而且分享得越多，就越快乐。**

Real Love wants to share its love, and the more it is shared, the more joyous it is.

**爱里没有渴望，**

There is no longing for in Love,

**因为渴望是分离，爱是“一”，所以它不允许分离。**

because longing is separation, Love being oneness, it does not allow separation.

**真正的爱无法通过婚姻获得，**

True Love cannot be gotten through marriage,

**它一定是婚前就有的，或者是在婚姻中发展起来的，**

it must be there before marriage or developed during marriage,

**爱不能只给一个人而不给另一个人，**

love cannot be applied to one and not to another,

**爱一个人而恨另一个人是不可能的。**

it is impossible to love one and hate another.

**当我们爱一个人超过爱另一个人时，是那个人为我们做了些什么，这就是人类的爱；**

When we love one more than another, that one is doing something for us, that is human love;

**当一个人因为别人对他好而去爱别人，那也是人类的爱。**

When one loves people, because they are nice to him, that too is human love.

**真正的爱是无条件的。**

True Love is unconditional

**真正的爱，一个人甚至会爱那些反对他的人。**

And true Love, one loves even those who oppose him.

**看，接下来这句话是对我们在“爱”这个话题上所处立场的真正考验：**

See, the next sentence is a real test of where we stand on the subject “Love”:

**我们应该平等地爱每一个人。**

We should love everyone equally.

**这是一个检验自己成长的绝佳标准，**

This is a tremendous yardstick for checking yourself on growth,

**平等地对待一切、平等地爱每一个人，这实际上是顶端的状态。**

equal mindedness toward all being, loving everyone equally is actually the top state.

## 12.沟通和爱 Communication and Love 3

**学生：爱的秘诀不正是认识到你拥有一切，他也拥有一切，因此不存在分离。**

Student: Isn't the secret of love really a realization that you have all and he has all therefore there's no separation.

**莱斯特：对的。**

Lester: Yeah.

**学生：因为如果说他有一些我没有的东西，麻烦就来了。这就像坐在一堆沙子上，你有一堆沙子，我也有一堆沙子，我在上面画一个小标记，说我想要一条河，我说很好，你也有一堆沙子，你只需要在上面画一个标记，也有了一条河。但是那“河”不过是个词而已，我有一切，你也有一切，没有压力。**

Student: Because if if you say he's got something, I haven't got, that's where difficulty comes in, it's like sitting on a pile of sand, you have a pile of sand, I have a pile of sand, I put a little mark on it, and say I want your river, and I say well you've got a pile of sand, and you just have to make a mark on it, you have a river which you say I want your river, but a Palestinian it's just a word river, I have all, and you have all, so there's no

pluses there, that's right.

**莱斯特：对的，当你看到真相，每个人拥有的都是一样多的，它是无限的。**

Lester: When you see the Truth, everyone has exactly the same amount, it's infinite.

**学生：所以如果你想要我所拥有的东西，那只是因为你没有看到自己已经坐在了一堆沙子上，那你也可以拥有沙子，因为你就坐在上面，所以我说你已经拥有了这个东西，你说我想要我的或者你可以拥有我的，因为它是无限的，我不在乎，如果我说我无法拥有，好吧，我说这很难，好吧，这说明我没有意识到自己坐在无限的沙子上。**

Student: So if you want what I've got it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand to, because you're sitting on it, so I say you've got this thing you say I want mine or you can have mine, because it's infinite I don't care if I say I can't have well, that's a difficult I said, well, I'm not sitting on infinite sand.

**莱斯特：这是把真相变成不真实的，变成了谎言。**

Lester: It's making an untrue, making a lie out of the Truth.

**学生：所以爱实际上就是指出，当你像我一样坐在一堆沙子上时，抓起这些沙子，这就是我们不断闪过的所有想法，但我们说不，我们否认，我们得到**

了一些东西，这很好，我有一些你没有的东西，这不正是我们所有困难的根源吗？

Student: So love is really pointing out, when you're sitting on a pile of sand like I'm sitting on a pile of sand, take the sand, and this is all the thoughts, we're getting through our fingers, but we say no, we don't, we've got something, this is great, I have something you don't have something, isn't that all the cause of our difficulties?

莱斯特：不，要意识到“我们拥有一切”这一事实。

Lester: No, it's awakening to the fact that we have everything.

学生：首要的不是进入爱中吗？

Student: And this comes first doesn't it fall in love?

莱斯特：你为什么要从两个方面来做这件事？

Lester: Why do you work at it from both sides?

学生：我无法爱某样东西，如果哈利拥有我没有的东西，我怎么能爱哈利呢？如果我不想要，那只是，如果我有，他也有，如果他有，他就不能从我这里拿走任何东西，所以我们彼此相爱，因为我们都有，我们不会争吵，不是吗？因为我们一同欣赏并对我们所拥有的那个无限容量感到满足，不是吗？我们的能力没有区别，完全没有，所以我们所能做的就是一同享受同样的事物，无尽地享受，不是吗？

Student: I can't love something, if Harry's got something that I haven't got, how can I love Harry? If I don't I want it's only, if I have it and he has it, and if he has it, he can't take anything from me, so we both love each other, because we both have it, we don't fight over the air, isn't that right? Because together we admire and feel good towards that same infinite capacity that we have, isn't that right? There's no separation in our capacity, there's none so all we can do is enjoy the same thing, there's nothing but enjoyment isn't that right.

**莱斯特：当启示开始降临的时候，让它们来，**

Lester: When the revelations start coming, they come ,

**不要停下，让它们继续来，**

just don't stop, let them keep coming,

**其实它一直在那里，**

it's been there all the time though,

**这才是奇妙的地方，**

that's the odd part of it,

**我们所做的是：睁开眼睛去看一些一直就在那里的东西。**

all we do is open our eyes to something that's been there all the time.

**学生：但这通常与你原本想的完全不同。**

Student: But it's usually something exactly different than what you thought it was .

**莱斯特：是的，那个概念是错误的，**

Lester: Yeah, the concept was wrong,

**你释放错误的概念，接着它就在那里了。**

you let go of the wrong concept, then there it is.

**停止念头，停止所有的思考，**

Stop the thought, stop all thinking and...

**得到爱是不可能的，**

It is impossible to get love,

**一个人只有去爱，才能感受到爱。**

only by loving can one feel love.

**一个人越是寻找爱，他就越不会爱，有点讽刺。**

The more one looks for love, the more one doesn't love, kind of indicting.

**人应该努力去爱，而不是被爱，**

One should strive to love, never to be loved,

**被爱带来的是短暂的幸福和小我的膨胀。**

to be loved brings temporary happiness, ego inflation.

**当一个人全心地去爱时，他就不会有不被爱的概念。**

When one loves fully, one can have no concept of not being loved.

**当一个人全心地去爱时，他就不会有不被爱的概念。**

When one loves fully, one can have no concept of not being loved.

**我觉得这是很好的一点。**

I think that's a good one.

**学生：这是肯尼的想法，它又回到了“存在”这个话题上，你知道，如果我们体验到我们的存在，我们就不会感受到任何的欲望，或者我们也不在意你**

**喜欢什么，我认为严格来说，因为.....**

Student: That's Kenny's idea it comes back to this thing of Beingness, you know, if we experience our Beingness, we can't feel any desire, or we don't care what you like, I think really critically speaking, because...

**莱斯特：这丝毫不会改变什么。**

Lester: It doesn't change this one iota.

**学生：是的，我是我所是。**

Student: Yeah it is, I am what I am.

**莱斯特：当对敌人产生爱时，会使敌人无力伤害我们，**

Lester: When love is felt for the enemy, it makes the enemy impotent powerless to hurt us,

**如果敌人执意要伤害我们，他只会伤害自己。**

if the enemy persists in trying to hurt us, he will only hurt himself.

**一个人无法增加他的爱，他只能消除了他的恨，这就是他之前提到的，对吧？**

One does not increase his love, one merely gets rid of one's hate, that's what he brought up before, right?

**我们无法增加自己的爱，**

We can't increase our love,

**因为爱是我们的本然状态，**

because that's our natural state,

**在这些非爱的概念背后，始终存在着我们无限的爱，**

behind these concepts of non-love, there's always the infinite Love that we are,

**我们无法增加它。**

we can't increase it.

**你能做的就是剥去这些恨的概念，那么我们所是的那个充满爱的存在就不会被隐藏，**

All you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden,

**其实我们不是在不断地增加我们的爱，**

actually we don't we don't keep increasing our love,

**我们只是在不断地消除我们之前所拥有的有限的、恨的概念，**

we just keep doing away with the limited concepts of hate that we've had before,

**我说的恨是指除了爱之外的一切，恐惧、嫉妒、妒忌、万念俱灰等等，所有这些态度都是不同程度的恨，至少我是这么用的。**

by hate I mean anything that's not love, fear, envy, jealousy, apathy, all those attitudes are different degrees of hate, at least the way I use it they are.

**所以我们真的没有增加我们的爱，**

And so we really don't increase our love,

**我们在消除恨的态度，**

we undo our attitudes of hate

**学生：我们的罪是什么？**

Student: What are our sins?

**莱斯特：我们恨的态度，也就是对限制性想法的态度。**

Lester: Our attitudes of hate, our attitudes of our thoughts of limitation.

**所有罪中最大的罪是小我意识——我是一个与“一”分离的个体，**

The greatest sin of all sins the downfall is the ego sense , I am an individual separate from the all,

**这才是人类真正的堕落。**

that's the real fall into mankind.

**(学生的听不清)**

**莱斯特：哦，不，我们所做的一切都是在亵渎上帝，实际上不仅仅是出卖灵魂，几乎所有事情都在亵渎上帝。**

Lester: Oh no, everything we do prostitutes God, practically, not only prostitution almost everything does.

**学生：(前面的听不清) 罪，把它倒过来，把它倒过来发音，这是什么意思？**

**Snis。有谁听说过 Snis ？这是什么意思？**

Student: ...Sins, put it backwards, pronounce it backwards. What does it mean? Snis. Who ever heard of Snis? What does it mean?

**莱斯特：倒过来是 n-i-s, 是 nis,**

Lester: It's nis, n-i-s, it's nis,

哦，那是复数，你知道，邪恶(evil)倒过来拼写就是生存(live)，

Oh, that's plural, you know, evil is spelled backwards is live,

所以你要小心那些倒过来的东西。

so you have to be careful of that backwards stuff.

学生：这是他的概念，你知道，当你提到大学里没有关于快乐、幸福或平和的课程时，我想，最接近的就是福利课程了，你在开玩笑，我再说一遍，我觉得你没有说到点子上，我想罗杰斯也会有同样的观点，我读过他的传记，在他的传记中，他说“我从未遇到过一个我无法爱的人”。

Student: He that's his concept with a little he you know while you were mentioning that they don't have any courses on joy or happiness or peace in the college, I thought well the one that comes the closest education is welfare, you're being facetious, again well I think you don't have a point there, I think will Rogers have the same thing, I read his biography, and in his biography he made a statement he never met a man or a person I couldn't never to love.

莱斯特：是啊，还有另一种说法是他从未遇到过陌生人，

Lester: Yeah, there's another way of saying it that he never met a stranger,

但这是种概念，

but that is the concept,

**也是他对人们的感受，**

and that was his feeling about people,

**这体现在他的哲学和幽默中，**

it shows in his philosophies and his humor,

**他拥有爱。**

he had love.

**(学生说的听不清)**

**莱斯特：我想“名字”这个词过去是指“本性”，名字和本性是同一个词，**

Lester: I think the word name used to mean nature, name and nature are the same word,

**因为人们是根据他们的工作性质来命名的，对吧？**

because people were named by the nature of their work, right?

**我引用他的话有什么意义呢？？**

What's the point I'm going to bring out what he said?

**你说了什么？**

What did you say?

**哦，谁的本性？我忘了自己想说什么了。**

Oh, whose nature, I do not know what I wanted to imply.

**他的本性就是我的存在，**

His nature is my Beingness,

**他就是我。**

he is me.

**(学生说的听不清)**

**莱斯特：有一天，你环顾四周，无论你朝哪个方向看，你只是看到你自己，你会有一种感觉——你毫无疑问你就是我，毫无疑问你就是我。**

Lester: Someday you look around and you just see yourself every way you look, you have a feeling you are me without a question, without a doubt you are me,

(学生说的听不清)

莱斯特：你可以的。

Lester: You could.

## 13.存在永不改变 Beingness Never Changes

莱斯特：“我” 这个字，无论谁用，都是同一个“我”，

Lester: That word “I” is the exact same “I”, no matter who uses it,

当你达到最高状态时，在最高状态下，你有一个持续的“我、我、我”的意识，

when you get the top state, you have a consciousness as a constant I, I, I goes on in the top state,

这就是你在这里看到、听到、感受到、想到、知道的一切，只是“我、我、我、我”，也就是你的存在，

that's all you see, hear, feel, think, know, just I, I, I, I, which is your Beingness,

那时永不改变的存在，存在永远如此。

It's Beingness that never changes, Beingness always is.

学生：“成为”是“存在”的对立面吗？难道你不必先“成为”，然后你“存在”吗？你必须在“存在”之前先“成为”。

Student: Is is ah becoming the opposite of being? Don't you have to become before you be? You have to be before you become.

莱斯特：(笑)“成为”是一种表象，

Lester: The becoming is an apparency,

你是“我是”，只是“我是”，这是一种“存在”。

you are I am but I am, it's an amness.

学生：嗯，我不知道，我想我是这样设想的，你知道你的“存在”，但在你能够“存在”之前，你必须脱掉这些“外套”（遮蔽物），或者无论我认为它是“外套”的任何东西。

Student: Well, I don't know, I guess the way I visualize is is you're you know your being, but before you could be, you have to take off these coats or jacket, or whatever I think it was coats.

莱斯特：眼罩，眼罩。

Lester: Blinders, blinders.

**学生：对，是的，眼罩，但这不是“成为”吗？**

Student: Yeah, all right, blinders, but isn't that the becoming?

**莱斯特：这是表面的“成为”，是的，**

Lester: It's the apparent becoming yes,

**但你已经是了，你怎么成为呢？**

but you are, so how can you become?

**“你在成为”只是一种表象。**

It's only an apparency that you are becoming.

**学生：或者看起来你还没在那里，所以你必须.....**

Student: Or it seems like you're not there yet, so you have to...

**莱斯特：看起来是这样，你是对的。**

Lester: It seems that way, you're right.

**因此，你看起来“正在成为”，但那是一种表象，**

So therefore, it seems as though you're becoming, but that's a

seemingness,

**这不是真相，**

that's not the Truth,

**真相是——在此时此地你就是。**

the Truth is you are here and now.

**学生：好吧，我想我可以明白这一点，但我的意思是，对我来说，你所说的是我不太明白，因为我在西科维纳，只是还没有到那里。**

Student: Well I guess I guess I can see that but I mean it's to me what you're saying and I can't quite understand it, is that I'm in West Covina, I just haven't got there yet.

**莱斯特：不，你现在在那里了，**

Lester: No, you are there now,

**但你却有一个愚蠢而又有限的概念——认为自己只在这里，你只是那个身体，只有通过那个身体你才能到达某个地方。**

but you've got this silly limited concept that you're only here, that you're only that body, only through that body can you be somewhere.

**这不是真的。**

That's not true.

**要是你能了解真相，你在和我说话的时候，你会看到家里发生的一切。**

If you would see the Truth, you'd see everything going on at home right now as you're talking with me.

**(学生说的听不清)**

**莱斯特：但这些是我们无法说服自己去接受的事情，这些是我们必须自己去领悟到的事情，**

Lester: But these are things that we can't talk ourselves into, these are things we have to realize on our own,

**我们必须通过自己的心灵之眼去看，而不是这样谈论它，**

we have to see it through our own mind's eye rather so to speak,

**否则，这只是言语而已，一个不认为自己无所不在的人会说“这很荒谬，我就在这里呢”。**

Otherwise, it's just words, someone who doesn't think he is omnipresent says it's a ridiculous, I'm right here.

**所以直到我们意识到这一点，**

So until we realize this,

**它对我们而言真的没有意义。**

it has no mean really for us.

**但是我要说的是，试着去认识到这一点，孩子，当你发现它意味着什么时，你就会发现，你一直都是存在，永远都无处不在。**

But I say try to realize it, boy, what meaning, it'll take on, when you find out, you are always have been, always will be omnipresent.

**学生 1：保罗，你为什么要这样对自己说呢？保罗，这样会让你很快乐。**

Student 1: Why do you tell this to yourself Paul? It'll put you down to happy Paul.

**(另一个学生说的听不清)**

**学生 1：有些人我不在乎他们的样子，我喜欢他们原本的样子，如果他们不喜欢他们所是的样子，那是他们的问题。**

Student 1: I give some people care what they are. I like them for what they are. If they don't like them for what they are that's their problem.

**莱斯特：当人们在议论你、反对你时，这是一个很好的机会，这是一个成长的好机会，**

It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you,

**它给了你一个践行真正的爱的机会，给了你一个践行真正的平和的机会，因为他们用嘴发出声音，你没有理由为此感觉不好。**

it gives you a chance to practice the real love, it gives you a chance to practice the real peace because they're making sounds with their mouths, there's no reason why you should feel bad about it.

**反对是一件很健康的事情，能促进成长。**

Opposition is a very healthy thing, it provokes growth.

**爱是一种全世界都在歌颂、写诗、拍电影却知之甚少的东西，**

Love is a thing that the world sings about, writes about, movie pictures about and knows very little about,

**电影里描绘的爱总是一个男人和一个女人互相赢得对方，**

love is portrayed in the movies as always a male and a female winning each other,

**真正的爱是赢得宇宙，不只是一个人，而是宇宙中的每一个个体。**

the real love is winning the universe, not just one person, but every individual in the universe.

**(学生讨论的听不清)**

**莱斯特：在实际操作中，我漏掉了一个重要的点，就是用爱来解决一切，**

Lester: In the practical end of it, I left out square all with love,

**这是一个绝妙的技巧。**

this is an excellent gimmick.

**在一天中，如果我们试着把我们所做的一切都融入爱，无论我们做什么，它都会使我们取得快速而巨大的进步，一切都用爱来解决。**

During the day, if we try to fit everything into love whatever we're doing, it will make for rapid and tremendous progress, square all with love.

**我这样做是出于爱吗？**

Am I doing this with love?

**不管是什么事，都试着带着爱去做。**

No matter what it is, try to do it with love.

**这两种方法都有利于日常成长,**

Both of those are excellent for daily growth,

**不管你发生了什么事, 都要负起全责, 不管它是什么, 问问自己 “我做了什  
么导致了这一切? ” ,**

take full responsibility for whatever happened to you, no matter what it  
is say, what did I do to cause this?

**你会养成为发生在自己身上的事情找到原因的习惯,**

You'll develop the habit of bringing up the cause for what's happening  
to you,

**你会向自己证明你是主宰, 是你造成了一切,**

You'll prove to yourself that you are the master that you caused  
everything,

**既然你是主宰, 你就能消除或促进你想要的。**

and since you are the master, you can uncause or cause what you would  
like to have caused.

**但是，负起全部责任和用爱来对待一切是两种很好的成长方式，可以在我们每天与人的关系中使用。**

but taking full responsibility and squaring all with Love are two excellent means of growth, that can be used every day in our relationships with people.

**(学生说的听不清)**

**莱斯特： 那对你没什么帮助，哈里**

Lester: That wouldn't help you any, Harry,

**对你有帮助的是，你去做，采取这些步骤。**

what will help you is for you to do it, take those steps.

**有一条捷径，就是知道“你是谁”，**

There is a shortcut, knowing who you are,

**一个无所不能的、无所不知的人，要花多长时间才能知道他是无所不能和无所不知的？**

how long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient?

**他拥有所有的能力和知识，他需要多久才能意识到自己拥有、已经拥有了这些？**

He's got all power, all knowledge, how long should it take him to realize that he has it, that he's got it?

**一秒钟就能完成。**

Could be done in a second.

**对于第一次来的人，我们通常在讨论结束时会有一个简短的冥想。**

For those who have come for the first time, we usually have a sharp meditation at the end of the talks.

## **14.关于释放 About Releasing**

**(以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来)**

**给你们全部的细节几乎是不可能的，所以，我给你们一个全面总结。**

It's almost impossible to give you all the detail, but we give you the overall summary.

**我们有两个基本的前提：**

And we have two basic assumptions :

**第一点是我们中的每一个人都有无限的潜能, 我们用潜意识中对限制的接受限制了它。**

First, that each one of us has an unlimited potential, that we limit with our subconscious acceptance of limitation.

**我们能够取消潜意识观念的限制, 当我们释放了它们, 我们是无限制的个体。**

That if we can undo the subconscious concepts of limitation, what would be left over is the unlimited individual that we are.

**第二点是宇宙间最基础的法则是和谐。**

The second, assumption is the basic law of this universe is harmony.

**在这个地球上, 它更多地运作在动物身上, 在人类那里却是缺席的。**

It operates for the planets, it operates much more so for the animals and it's almost absent for man.

**发生这种事的原因是因为潜意识的程序使它远离了我们。**

And the reason for that is this subconscious programming that's holding it away from us.

**我们需要做的事让这些潜意识方向中长久的混乱从我们的道路上离开。**

What we need to do is to get this constant involvement with the subconscious direction out of our way.

**于是，这个每个人都有的巨大潜能就变得可用了，我们中的每一个都可以。**

and then this tremendous potential that is available to every one of us is usable by each and every one of us.

**我们现在花了 99%的时间在潜意识心智上，压制着那些过去累积的感受。**

We are now spending 99 percent of the time with our conscious mind holding down all the suppressed accumulation of feelings from the past.

**如果所有的愤怒一次浮出来，我们会完全失控，可能会伤害某人，**

If all our anger came up at one time, we would be totally out of control, we might damage someone,

**因此我们有必要压制那些累积的愤怒。**

and therefore, we must necessarily hold down all that accumulated anger.

**同样的还有悲痛，如果悲痛一次性浮出来，我们会被悲痛压垮，达到我们不能控制自己的程度。**

The same with grief, if all our grief came up at once, we would be

overwhelmed with grief to the point we wouldn't have control of ourselves.

**这适用于所有的情绪。**

And this goes for all the emotions.

**有太多的过去累积的情绪，因此我们必须花费我们绝大多数的时间去压制住这些压力。**

There is so much of an accumulation of all these feelings from the past, that we have to spend the major part of our time holding down these pressures.

**我之所以叫它们压力，**

And I call them pressures,

**是因为每一个潜意识的感受都想要浮出来展现它自己。**

because every subconscious feeling is wanting to come up and expend itself.

**我们非常小心地让它浮现出来，并放开控制，**

And we are very careful lest to come up and get out of control,

**释放潜意识中的逼迫和驱动，倾泻它们。**

now when these subconscious pushes and pulls and drives are dumped

**接着我们会发现自己完全处于平静之中。不会有思想在心智中，也没有感受——除非我们想要一个思想或感受。**

We find ourselves completely at peace, no thoughts in our mind, no feelings, except when we want a thought or want a feeling.

**从而，我们有了自由的选择权。当我们选择放置一个思想或感受在头脑中，我们可以这么做。**

And then by free choice, we put a feeling or thought into our mind, and we carry it out.

**之前的情景是：我们是被驱动的，被我们潜意识中程序所驱动。**

The before picture is we are being driven by our subconscious programming.

**而之后的情景是：我们的心智安静了，只有我们选择的感受和思想能进入，**

The after picture is our mind is quiet, and only when we choose to put a thought or feeling in, do we do so,

**我们仅仅是选择去运用感受和和别人交流。**

and we choose to use feelings in order to communicate with others.

**所以，(完全释放)之前我们是感受的奴隶，之后感受是我们的奴隶。**

So whereas before we were a slave to our feelings, after our feelings are slaves to us.

**今天的问题是那些累积、那些潜意识的程序太沉重、太极致，我们只是被淹没在里面。**

Our problem today is that the accumulation of this subconscious programming is so heavy, so extreme, we are just drowning in it.

**我们需要一个非常有效率的方法去消除这些。**

And we need a way of undoing this, that is very effective.

**有很多方法可以清除这种潜意识的垃圾，**

There are many ways being put out to dump this subconscious garbage,

**但是我们已经发现了一种世界还不知道的方式，通过触及它背后的基础感受，并消除基础感受，**

but we have discovered a way that is not known to the world yet, by getting to the basics underneath it and undoing the basic,

**因此，通过切断根，我们切断了根，大多数的感觉也随之消失了，**

so that it's like cutting the roots, we cut the roots and the majority of feelings go with it,

**这是一个非常有效率的方法，**

it is a very effective method ,

**这是一个非常简单的方法。**

it is a very simple method.

**我们确实给了你心智和感受的完整图景，以及它们是怎样运作的。**

We do give you a total picture of mind and feelings and how they operate.

**我们给了你一张图表，那是你潜意识心智的图表，释放思想和感受。**

We give you a chart, that becomes a chart of your subconscious mind, that relates thought and feelings.

**它们怎么被一起释放掉？**

How they relate to each other?

**那些表面的感受是怎样被一些我们叫作情绪 (emotion)的更少的基本感受所涵盖?**

How superficial feelings will sub-base into fewer feelings that we call emotions?

**这些情绪是怎样被两个基本感受所涵盖? 我们向它们进攻, 就能消除所有的感受!**

And how the emotions will sub-base into two feelings that if we attack it there, we can undo all these feelings!

**它太基本了,**

It's so basic,

**因此极致高效。**

it is extremely effective.

**然后非常有趣的事情发生了:**

Now there's the very interesting thing that happens:

**当我们让自己摆脱潜意识的驱动后, 一些东西替代了它。这个东西是我们都在寻求的, 我们把它叫作"爱"。**

As we rid ourselves of our subconscious drivers, something takes its

place, and that something is the thing we are all seeking and we call that thing love.

**我们基本的固有的本质都是爱，仅仅是爱，**

Our basic inherent nature is all Love, only Love,

**它被我们压抑的感受覆盖和抑制了。**

and it is covered over and smothered by our suppressed feelings

**当我们倾泻这些潜意识感受，**

That as we dump these subconscious feelings,

**我们变得越来越有爱。**

we become more and more loving.

**当我们变得有爱时，**

And as we become loving,

**宇宙的和谐——它一直在那儿——开始为我们显化。**

the harmony of the universe that is there all the time begins to manifest for ourselves.

**当我们倾泻这些潜意识的被压抑的感受，**

As we dump these subconsciously suppressed feelings,

**生命中的所有事情变得更好，**

everything in life gets better,

**我们不需要去找具体的目标，所有事情都会变好。**

we don't have to go for particular goals, although we may, everything gets better.

**这是世界的本质——它是和谐。**

That is the nature of the world, it is harmony.

**我给了你们一个相当简短的"包裹"，一个陈述。**

I have given you quite a short encapsulation presentation.

**但我相信如果我们通过一些问题来进行，这样可以直接与你们自身关联起来，给你们更好的理解。所以如果你们有一些问题，不要吝于问出来，我们会尽可能地回答。**

but I think if we open the floor the questions, we can relate directly to you and give you a better understanding, so if you have any questions,

please don't hesitate to ask and we will do our best to answer whatever your question is, yes.

**问: 这个技巧是什么?**

What is your technique?

**答: 这个技巧首先展示给你心智、情绪的全貌, 以及它们怎么关联起来。**

It's a technique of first showing you the totality of mind, emotions and how it all relates.

**这个技巧让你的潜意识心智浮现出来, 从我们不去看, 到浮现在你面前——这样你就能够对它做些什么。**

The technique of getting your subconscious mind from out back there where you don't see it, right out in front of you, so you can work with it.

**它展示了我们能对情绪和感受做的四件事,**

It shows you the four things we can do with emotion, feelings,

**我们能做到最坏的事情是压抑;**

the worst thing we do, of course, is suppress it;

**第二件稍微好一点的坏事情是逃避;**

The next worst thing, or better, is escape it, movie and so forth;

**我们能做的第三件事是从压抑中释放的开始，**

The third thing we can do, which is the beginning of a release from the suppression,

**它就是表达你的感受或情绪；**

the third thing is express the feeling of the emotion;

**第四件事就是我们要去做的，倾倒入你的压抑的情绪。**

And the fourth thing is the thing that we work on, it is dumping the suppressing emotions.

**所以你们看到了完整的图景，你的心智的图景，你会看到你的心智状态在图表中相当低。**

So when you see that whole picture, the picture of your mind and you have your mind really down there, to be surprised what's in there.

**图表中蕴含了一切：你现在在哪里，你要去到哪里。**

But when it's on paper and on a chart in front of you, it charts the whole thing, where you are, where you need to go.

图表中还给了你完整的方法，

and it gives you the whole method right on that chart,

它是体验式的。

it's experiential.

(风的翻译到此结束)

## 15.展示波澜不惊 Demonstrates Imperturbability 1

另一个学生：精神科医生要花上一个人一生中相当长的时间去探究其内心世界，你怎么能在 30 小时内做到？

Student: Well, the psychiatry seems to have been a part of the present lifetime delving into his mind, how can you in 30 hours?

莱斯特：因为我自己从 20 年代到 1952 年一直在研究心理学和精神病学，我研究了所有的心理学，从华生的行为主义到弗洛伊德，直到现在，我在弗洛伊德的一个副手那里进行了四年的精神分析，每周四次。我经历了这一切，但通过精神病学的方法却从未得到答案。

Lester: Because I myself has been with psychology psychiatry from the 20s up until 52, I study all the psychologies, I started with Watson's

behaviorism, and through Freud up until the present time, I had four years of psychoanalysis under an associate of Freud who's not alive today, four times a week, I've been through all that, and I never got the answers through the psychiatric approach.

**他们的目标是让我适应我的环境,**

Their goal was to adjust me to my environment,

**我在那里没有得到答案,**

I didn't get the answer there,

**我的情况越来越糟.....**

I got worse and worse and worse...

**在我第二次心脏病发作后, 我有足够的动力去寻找答案, 我必须找到答案。**

After I had my second heart attack, I had enough incentive to get the answers, I had to get the answers.

**在进驻内在的三个月时间里, 我发现我们每个人都是一个没有限制的存在,**

I discovered by getting within myself in a period of 3 months time that each one of us is a being with no limits,

**精神病学领域还尚未认识到这一点，**

psychiatry doesn't know this yet,

**但是我为自己发现了这一点。**

but I discovered it for me.

**如果它适用于我，那它对所有人都适用，**

If it's for me, it's for everyone,

**我所体验到的无论什么，任何人都能体验到，**

whatever I went through, anyone can go through,

**通过那个方法，我发现我们是没有限制的存在。**

by taking that way, I discovered we are beings that have no limits.

**一旦你看到整个画面，**

And once you see the total picture,

**你就会明白什么是心智，**

you see what the mind is,

**你看到精神病学界很难解释心智、幸福等等.....**

you see the Psychiatric world has a difficult time explaining mind,  
Happiness and so forth...

**我可以告诉你它是什么,**

I can tell you what it is,

**它很简单!**

it's so simple!

**你的心智是你所有想法和感受的总和。**

Your mind is the sum total collection of all your thoughts and feelings  
period.

**现在, 其中大部分都是我们在潜意识里持有的。**

Now, the majority of them we're holding subconsciously.

**学生: 或者你已经释放它了吗?**

Student: Or have you released it?

**莱斯特: 因为.....**

Lester: Because...

**(学生说的听不清)**

**莱斯特：这很简单，**

Lester: It's simple,

**但我们已经习惯于用几乎全部的注意力来压抑我们的感受，**

but we are so conditioned to use almost our total attention to keep our feeling suppressed,

**我们必须绕过你一生的习惯，让你一次又一次经历它，让你沉浸其中去体验，**

we have to bypass your habit of your lifetime to take you through it again and again, experiencing you in it,

**这样你就能通过体验知道它是什么。**

so that you know what it is through experience.

**答案永远无法通过你的理性心智来获得，你会了解到这一点，**

The answers will never be gotten through your reasoning mind is one thing you'll learn,

**你今天可能知道了，对吧？**

you probably know it today right?

**你无法通过你的逻辑思维找到答案。**

You can't get the answers through your logical mind.

**我试过了，我不仅研究了精神病学领域，还研究了所有的哲学，我甚至研究了医学、经济学、人类的每个领域，试图找到答案，但都无济于事。**

I tried, not only did I study the field of psychiatry, but I studied all the philosophies, I even studied medicine, economics, every field of man trying to get the answers to no avail.

**当我到了山穷水尽的地步，他们告诉我，我随时都可能死去，**

I reached the point where I was at the end of the line, they told me I might die any day,

**那时我才意识到，这么多年来我一本又一本地读教科书所积累的所有知识，一点用都没有，**

then I realized that all the accumulated knowledge that I had gotten over so many years, reading textbook after textbook was of no use,

**我不得不放弃这一切，从头开始。**

that I had to drop all that and sort of start from scratch.

**然后我发现了这个方法，它不在理性思维中，**

Then I discovered this method, that it's not in the reasoning mind,

**而是一种对感受的理解，**

it's an understanding the feelings,

**关键在于理解——压抑的感受是什么以及如何处理它们。**

it's in understanding what suppressed feelings are, how to get a handle on them?

**让它们上来，然后真正地把它们倒掉。**

Get them up, and actually dump them.

**我必须带你去体验它，**

I would have to take you through it,

**我可以永远没完没了地说下去，却无法向你解释清楚，**

I could talk forever and never explain it to you,

**因为这是一种体验，就像我正试图告诉你橘子是什么味道一样，**

because it's experiential, like trying to tell you what an orange taste like,

**我无法向你解释清楚。**

I can't explain it to you.

**如果我给你一个橘子，你吃了它，你就知道了，**

If I gave you the orange and you ate it, you would know,

**这是我们必须带你体验的事情，**

it's something we have to take you through,

**我很乐意.....**

I'd love to...

**学生：我相信我们都同意这一点，我记得在这三年里，我曾经是一名销售员，我意识到我还有很多项目要推进，沟通、注册等等所有这些事，你没有给我足够的信息，你让我盲目地跟随你，我很确定你相信这一切说法，但你没有给我足够的信息让我放弃。**

Student: Which I'm sure we all agree, I remember in these three years, I used to be a salesman, and I realized there were so many projects I had

to run as well, conversations, registration, all that. You haven't given me enough to say. You asked me to go along with you in blind faith. I'm quite sure you believe in everything this is saying. But you haven't given me enough to hang my head on.

**莱斯特：你说得对，你说得对，我告诉你，这是我无法向你证明的东西，**

Lester: You're right, you're right, and I'm telling you it's something that I cannot prove to you,

**唯一的证明，真正的证明当然是你拿起它；**

the only proof, the real proof would have to be your taking it of course;

**下一个最好的证明是和那些你认识且信任的、亲身经历过的人谈一谈；**

The next best proof is talking to someone that you know and have confidence in who has been through it;

**第三个证据就是你从我这里学到的东西，**

The third proof would be what you pick up from me,

**我不能把它当作外部产品来卖，**

I cannot sell it like an external product,

**这是一门主观科学，**

it is a subjective science,

**这是一门科学，**

it is a science,

**它也没有外在的表现形式，**

and there is no external presentation of it,

**而是经历它、体验它，这会向你证明它。**

it's the going through it, the experiencing of it, that proves it to you.

**我的一个基本原则是——在你能为自己证明它之前，什么都不要相信。**

And one of my basic principles is believe nothing until you can prove it for yourself.

**这让我有点受阻。**

I am handicapped by that.

**所以我说，现在最好的办法是和那些经历过的人谈谈，尤其是你认识的人，**

And therefore I say, the best thing now would be to talk to those who

have been through it, especially people that you know,

**看，去年 2 月我们来到纽约，只靠大家的口口相传，我们一直在发展壮大，**

see, we came to New York only last February, and it's just by word of mouth that we kept going and growing,

**因为那些经历过的人会让他们的朋友也加入进来。**

because the ones who have been through it got their friends to come in.

**学生：你提到的你所是的这个无限存在，你是从灵性角度看待的吗？是与身体分离，还是身体的一部分？**

Student: This unlimited being that you are, that you speak of, do you see that in terms of the spirit, separate from the body, or part of the body?

**莱斯特：无限的意思是在各个方面都是无限的，包括身体。**

Lester: Unlimited means unlimited in every direction, including the body.

**学生：你能说得更具体一些吗？**

Student: Would you be more concrete or specific?

**莱斯特：如今，关于这类人的故事有很多，特别是来自东方的，那些做着不**

同寻常之事的瑜伽修行者，那些在热煤上奔跑而脚却没有被烫伤的岛民。

Lester: Today there are enough stories of these people, especially from the East, the yogis who do these unusual things, islanders and Pacific islands who run over hot coals and don't burn their feet.

所有这些不寻常的事情都展现了我们所拥有的内在潜力。

All these unusual things show the inner potential that we have.

我们中的许多人偶尔会经历一些最不寻常的事情，这些事情没有合理的解释，

And there's many of us who occasionally experience something most unusual that happens, that has no rational explanation,

每天，不寻常的事情越来越多地呈现在我们面前，甚至在电视和媒体上也是如此。

the unusual is being shown to us more and more every day, even on TV and through the media.

所以我觉得自己在谈论的是如今大家都知道的東西，但这 10 年前并非如此。

So I feel as though I'm talking about something that is known today, 10 years ago, no.

**学生：**瑜伽修行者是那些有着非常特殊的背景和经历的人，这些背景和经历对其有着特定的指引，但我们所有人都有不同的背景和不同的经历，相对于我们的有限性，他的生活为他特定的限制性做好了准备，但我们的生活不一定是有限的，现在，当我坐在这里时，我受到社交训练和背景的限制，如果我想要解除限制，我就必须打破社会限制的界限和准则，我可能会感到一种做真实自己的冲动，但那样的话，我就会违背我们所有条件和程序的力量，所以我不会在地板上冥想然后放弃。

Student: The yogi is someone who's had a very special kind of background and experience that has directed him specifically, but we all here have a different kind of background and a different kind of experience, his life has prepared him for that specific limitlessness relative to our limitedness, but our lives aren't necessarily lives of limitedness, right now, as I sit here, I am limited by this situation in my social training and background, now if I wanted to delimit myself, I would have to violate the bounds and codes of social limitation, I may feel an impulse to be myself, but then I would be going against the whole force and the inertia of all our conditioning and programming, so I don't get up on the floor and do my meditation and give away.

**学生 2：**你也不会打破时空的限制吗？

Nor do you break the space-time?

**学生 1：**我也不会怎样？

Student 1: nor do I what?

**学生 2：你也没有打破时空的限制，如果这个无限存在本身就是无限的，那么在那些限制的过程中，空间和时间就没有限制。现在，你能做到这一点吗？这是你过程的一部分吗？**

Student 2: Nor do you break the space-time confines, and if this unlimited being is unlimited, then there is no limitation to space or time in the process of those limitations, now, have you been able to do that? Is that part of your process?

**莱斯特：我经历过一些，我已经经历过其中一些情况了。**

Lester: I have experienced some of it, I have experienced some of it.

**现在，我们不指望你一下子能实现巨大的飞跃。**

Now, we don't expect you to fly out the window from our doors.

**我们对你说，你将开始打破那些限制，你的生活会变得更好，**

we say to you, you will begin to break the limitations, your life will get better,

**自然的和谐开始显现。**

the harmony that is natural begins to manifest.

学生：我可以说一下吗？瞧，我们正在进入一个对我们大多数人来说都充满推测性的领域，我的意思是，你信或者不信，它涉及到很多关于它的智力概念等等，如果我是无限的，会发生什么？那么我必须打破社会联结等等，这不一定，但这不是重点，重点是我们的方法是切实可行的，它不是要求你接受天上的馅饼，它不是要求你做异想天开的事，它甚至不是要求你打破时空什么的，因为如果你想做到这一点，你可以使用这种方法让自己到达那个你可以做到这一点的地方，但我们大多数人并不关心这些，真的，大多数人对此毫不在意，他们真正想要的是能够让自己的生活正常运转，快乐，不再痛苦，不再被世界摆布，而我们可以为你提供这样的可能，你可以用我们的方法，从第一天开始就能用，因为它实用，而且它已经在世界中得到应用，当有人让你心烦意乱时，你马上就能用它，你不必等到回家，你不必去心理医生的沙发上再做，你可以现在就使用它，现在当事情发生时，它非常实用，所以所有其他的讨论都很不错，理论也很好，想想都很美好，把它作为目标是一件很棒的事情。但事实并非如此，我们在谈论的是我们的方法，它是实用的。

Student: Can I say something about it? See, we're getting into an area that is, for most of us, very speculative, I mean, you believe it or you don't believe it, and it gets into a lot of intellectual concepts about it etc etc, and what would happen if I were unlimited, then I would have to break the social bonds and so on, not necessarily, but that's beside the point, point is that the method we have is practical, it isn't asking you to accept pie in the sky, it isn't asking you to fly out the window, it isn't asking you to even go so far as to break the space-time whatever, because if you want to do that, you can use the method to get yourself to that place where you can do that, but most of us don't care about

that, really, most people don't give a hoot about that, what they really want is to be able to make their lives work and be happy and not be miserable and not be pushed around by the world anymore, and that we can offer you, and that you can start doing the first day with our method, because it's practical, it's used in the world, it's used in, when somebody gets you upset, bang, you use it right then, you don't have to wait until you go home, you don't have to go on a shrink's couch, you can just use it now, right now when things happening, it's very practical, so all of the other talk is nice, and nice theory, and it's beautiful to think about, and it's a wonderful thing to have as a goal, but it's not, we're talking with our method, it's practical.

**莱斯特： 我们开始看到限制.....**

Lester: We begin to see limits.

**学生 1： 当然， 我肯定他们会有的。**

Student: Sure, I'm sure, they will.

**学生 2： 我可以问一个问题吗？ 我同意你说的大部分内容， 但我不明白你所说的一些文化活动是一种逃避， 还会限制人们真正认识到他们自己， 比如电影、 戏剧这类活动。**

May I ask this question? I agree with most of the things you've said, however, I didn't understand what you meant about some of the

cultural things that people do, as being an escape, necessarily, and limiting them from really seeing their own selves, for instance, film, theatre.

**莱斯特：不，我说的是逃避我们的感受。**

Lester: No, I said an escape from our feelings.

**学生：他们可能看不到，他们可能只看到纯粹的文化层面的东西，但他们可能并未涉及。**

Student: They may not see, they may see strictly cultural things but they may not be covered.

**莱斯特：你说得对。**

Lester: You're right.

**学生：我可以看到，即便使用你的方法，当一个人最终无法享受生活时，他们仍然会以更快乐的方式做更多这样的事情。**

Student: And I can see a person, even with your method, when they finally are unable to enjoy life, doing even more of those things in a more happy way.

**莱斯特：嗯，我同意你的观点，可能是这样，但也不一定非得如此。**

Lester: Well I agree with you, it could be, it doesn't have to be, as you said.

## 16. 展示波澜不惊 Demonstrates Imperturbability 2

**好了，现在，我们要做的是阐述一些基本原则，**

All right, now, what we do is set out some basic principles,

**就像我说的，我们不会告诉你你会一步登天，**

and as I said, we're not going to tell you you're going to fly,

**但是我们告诉你，你的生活将在许多方面开始变得更好，**

but we tell you your life will begin to get better in many aspects,

**你会增加你的快乐，**

you will increase your happiness,

**你会增加你的幸福，**

you will increase your well-being,

你会在日常生活中变得更安静、更平静，

you will get quieter and calmer in your everyday life,

这些事情你会去做的。

these things you will do.

学生：我想说一些关于表演方面的话题，我知道今晚有一些表演者在场，我想就这个方面说几句话，因为我知道你们中的一些人来了。表演面临的一个问题是，当我们必须上台时会感到紧张，这是可以消除的，另一个表演问题是试镜，这些事情是可以处理的，你可以在试镜前使用这个方法，在试镜期间使用，试镜后使用，它是可用的，实用的。表演中的另一个方面是感受，演员运用他们的感受，歌手运用他们的感受，你投入的感受越多，你作为表演者就越能发挥出效果，无论你的技能是什么，音乐家也是如此。我们说的是，大多数时候你必须应对那些驱使你的被压抑的感受，你会因为观众中的某个家伙打瞌睡或与别人交谈而紧张，影响你的表演，你必须绕过自己的感受进行表演。我们说，清除那些强迫性的感受，让创造性能量自由流动，你不会失去感受，只会拓宽你的范围，你不会失去任何东西，只会获得更多，你掌控你的感受。你可以把需要的感受带入角色，立刻拥有它，你不必回到童年，去找到用来唤醒感受的东西，你不必担心会伤害到对手戏演员而害怕在舞台上表达愤怒。你不必回避自己的感受，你可以清除那些让你害怕的强迫性感受，然后你可以在任何你想要的程度随时随地体验任何感受。我知道今晚有一些表演者，我想为这个特别的群体考虑到这一点。

Student: I'd like to say something about, I know we have some performers here tonight, some actors or performers, and I'd like to just

say a few words about that aspect, because I know some of you are here, one of the problems in performing is the uptightness we get when we have to go on stage, that can be eliminated, another problem with performing or getting into a performing situation are auditions, those things can be handled, you can use the method before the audition, you can use the method during the audition, you can use the method after the audition, it's usable, it's practical, and another aspect of the performing area is in feelings, actors use their feelings, singers use their feelings, the more feeling you have, the more effective you can be as a performer, whatever your craft may be, musicians also, now, what we say is that most of the time you have to work around your suppressed feelings that are pushing you, you get uptight about the audience, about some guy in the audience that's falling asleep or talking to somebody while you're trying to perform, and to the degree that you get involved with what's going on out there, your performance suffers, okay, you have to work around your own feelings in order to perform, we say get those compulsive feelings out of the way and you open the channel for that creative energy to flow so beautifully, you don't lose your feelings, you only widen your range, you don't lose anything, you only gain, you gain mastery over your instrument, you can take a feeling, that's required for a part, and bang, you've got it, you don't have to go into your childhood to figure out what you're going to use to get you that feeling, you don't have to be afraid to experience anger on stage, because you're afraid, you're going to really hurt the person you're playing opposite, you don't have to work around your own feelings, you

can dump those compulsive feelings, the ones that scare the heck out of you, and then you're free to have any feeling you want, any time you want, to whatever degree you want, so I know we have some performance here, and I wanted to include that for that particular group of gathering tonight.

**莱斯特：总结一下，我们现在正在应对我们自身潜意识的推动和拉扯，**

Lester: To sum it up, we are now working around our own subconscious pushes and pulls,

**当这些感受不再阻碍我们时，作为一个表演者，我们可以把我们想要的任何感受以我们想要的任何强度、持续的时长而付诸行动，当我们表演结束时，我们把它放下，就好像它从未存在过一样，并且可以轻松地切换到一个完全相反的感受中。**

when they're out of our way, as a performer, we can put whatever feeling we want into action to whatever intensity that we want for as long as we want, and when we're finished with it, we drop it as though it never was, and can go into an entirely opposite feeling with ease.

**当潜意识感受不再阻碍我们时，我们就能完全掌控自己的感受。**

When the subconscious feelings are out of our way, we are in total control of our feelings.

**学生：你觉得这会取代精神病学吗？你觉得你的方法会取代精神病学吗？或者应该取代精神病学吗？**

Student: Do you think this will replace psychiatry? Do you think your method will or should replace psychiatry?

**莱斯特：它不会取代精神病学，因为人们需要精神病学，**

Lester: It will not replace psychiatry, because people want psychiatry,

**但它比精神病学有效得多。**

it is extremely more effective than psychiatry, yes.

**学生：嗯，据我理解，你是在指出不完美中的限制性，并通过移除感受来消除这些局限性，从而达到完美，当我们使用这些方法时，我们将能让这些能力和事物达到完美，而这本来就是我们的完美存在？**

Student: Well, as I understand what you're doing, you're pointing out limitations to the imperfections and removal of these limitations through the emotional transplantations here to the perfection, and that when we utilize these methods, we'll then have a perfection of these abilities and of these things, which is already our perfect being?

**莱斯特：是的，我们朝那个方向前进，**

Lester: Yes, we move in that direction,

**当我们摆脱了我们道路上的那些限制，我们受到的限制就会越来越少。**

as we get the limitations out of our way, we are less and less limited.

**学生：这太完美了。**

Student: And that's perfection.

**莱斯特：它正在朝着那个方向前进。**

Lester: It's moving toward it.

**学生：然而它已经存在了，只是我们还没有意识到，你是这个意思吗？**

Student: And that already exists, only we're not aware of it, is that what you're saying?

**莱斯特：这是我们的潜力。**

Lester: It's our potential.

**学生：换句话说，它已经存在了，我们需要将其构建出来。**

Student: In other words, it already does exist, we have to build it.

**莱斯特：我们必须把障碍清除掉，让潜力得以显现。**

Lester: We have to get the blocks out of the way for that potential to manifest.

**学生：怎么做？呃，它确实已经存在了，潜力存在了。**

Student: How? Well, it does already exist, potential exist.

**莱斯特：是的，潜力确实存在。**

Lester: The potential exist, yes.

**我想我们是在研究语义.....**

I think we're into semantics...

**学生：请问，你处理自己的那个特定情况多久了？**

Student: Excuse me, how long have you been working on your own particular case?

**学生 B：我能说点什么来验证一下你刚才提到的几个问题吗？现在我理解这是心智自由，这就是你所投射的，对吧？**

Can I say something maybe to verify a couple questions that you've been bringing up? Now, I understand this is mind freedom, this is what are you projecting right?

莱斯特：是的。

Lester: Right.

学生 B：好的，就他们一直问你的问题而言，好吧，这都与“真我”有关，对吧？意识到“真我”，这就是潜意识心智的全部了，对吧？好的，现在，当你开始意识到“真我”时，你必须放弃很多东西，这就是你之前说的与爱和谐共处。好吧，为了去爱，你必须热情洋溢，一切都有所平衡，有积极能量，也有消极能量，但你需要这两种力量才能产生能量，对吧？好的，现在，呃，我的个人观点，我的个人生活，我 26 岁，来自俄亥俄州，他们知道我在这里待了五个星期，好吧，我已经……嗯，怎么说呢？我是一名演员，但我不在银幕上，我每天都在街头、大楼或其他地方表演，因为我对我的潜意识进行了编程，让它去做任何我想做的事情，好吧，我来到纽约的任务，我有 10 个天然指甲，只要这些，这些是我的天然指甲，好吧，为了让任何表演，任何人，无论男性或女性，长出这样的天然指甲，你必须保持协调，所以，一切都是关于心智的，无论你想要什么，你都可以对你的潜意识进行编程，你的潜意识就会找到你在寻找的东西，这就是自由的意义所在，为了获得自由，你必须先被束缚，你的身体也是如此，一切都与心智有关，一切都与物质有关，但你必须始终相信精神控制着所有这一切。

Okay, as far as what they have been asking you, okay, it's all about Self, right? Becoming aware of Self, that's what the subconscious mind is all about, right? Okay, now, when you come about to become aware of Self, you must give up a whole lot of things, that's what you were saying earlier about to come in harmony with love, okay, in order to love, you must be heated, there's a there's a balancer for everything, for negative

forces, there are positive forces, but you need both forces to create energy, right? Okay, now, uh my personal viewpoint, my personal life, I'm 26 years old, I'm from Ohio, they know how I've been up here for five weeks, okay I have ah, what do you say? An actor, I am an actor, but I'm not on the silver screen, I act every day out here on the street or a building or whatever, because I program my subconscious mind to do anything I want to do, okay, my mission of coming to New York City, I had 10 natural fingernails, as long as these, these are my natural nails, okay, in order for any play, any individual, not male or female, to grow a natural nails like this, you must be in tune, so, it's all about the mind, whatever you want, you can program your subconscious mind and your subconscious mind will find these things that you are looking for, and this is what freedom is all about, in order to become free, you must be locked in, and your body is, it's all about the mind, it's all about the physical, but you must always believe that the spiritual controls all of that.

**学生 C: 你上过这门课吗? 你上过这门课吗?**

Have you taken the course? Have you taken the course?

**学生 B: 啊, 上过什么课? 为什么? 不, 不, 我第一次来这里。**

Oh, taken the course of what? Why no, no, no, no, this first time I've been up here .

**学生 C: 你在教自己的课程吗?**

Are you teaching your own course?

**学生 B: 不, 我一直在问一些问题, 你在哪里工作? 你有工作吗?**

No, I've been asking some questions and asking something sir, now, who are you employed at? Are you employed?

**学生 C: 没有。**

No.

**学生 B: 你自己创业吗?**

You self-employed?

**学生 B: 不.....**

Don't know

**莱斯特: 我们不掺合这些事。**

Lester: Let's not get involved in these things, all right.

**好的, 我们接受你所看到的、所做的事, 这对我来说听起来不错, 对吗?**

We accept what you say as being what you see, what you do, and it

sounds good to me, okay?

**学生：这听起来不错。**

Student: It sounds good.

**莱斯特：是的，好吧，现在，我想，我想回答你的问题。**

Lester: Yeah all right, now, uh I would like to, I would like to answer your question.

**学生：你是这个方法的创始人，你在处理自己的个人境况已经一段时间。**

Student: You're the originator of this, so you've been working on your own personal situation for a while.

**莱斯特：是的。**

Lester: Yes.

**学生 B：我无意冒犯，但你不希望发生这种事哈哈.....**

I don't mean to be offensive, but you don't want that happening hahaha...

**(学生笑)**

**莱斯特：我得到的是.....**

Lester: What I gain...

**学生 B：没有什么比成功更成功。**

Nothing succeeds like success.

**莱斯特：是的。**

Lester: Right.

## **17. 展示波澜不惊 Demonstrates Imperturbability 3**

**莱斯特：那是任何人都无法打扰的，我说这是目标，这甚至比幸福还美好。**

Lester: On this, that no one can ever disturb, and that, I say, is the goal, that is nicer than even happiness.

**当你达到高度的喜悦时，喜悦变得非常强烈，甚至喜悦本身也会变得令人不安，因为它带来太多的感受波动，**

When you get to a high degree of joy, where joy gets very intense, even the joy itself can get to be disturbing in that it's too much action,

**有一种比快乐更好的状态，叫做平和，我称之为平静，**

there is a nicer state than joy called peace, I'm calling it calmness,

**我说这才是我们的目标，**

and I say that is the goal,

**当你得到它的时候，你就处于最美好的状态。**

and that when you get that, you are in the nicest place there is.

**学生：顺便说一句，莱斯特，如果你一直看起来像阿尔弗雷德·E·纽曼，我想没人会喜欢你，我不会打断你什么的，但你说这整个理念是为了满足内心的平静，对吗？好吧.....**

Student: By the way, Lester, if you did look like Alfred E. Newman all the time, I don't think anyone would like you, I'm not going to be cutting off or nothing, but you say this whole concept is to satisfy inner peace, right? Okay...

**莱斯特：也是外在的平静，也需要外在的平静，**

Lester: Outer peace, too, outer peace also,

**学生：换句话说，投射你的物质世界。**

Student: In other words, projecting your physical.

**莱斯特：到达人事物不会打扰你的地方，这就是我所说的“外在”，人们在外面。**

Lester: Yeah, get to the place where things and people do not disturb you, and that's what I mean by outer, people are out there.

**学生：但换句话说，你正在运作，好吧.....**

Student: But in other words, what you're running alright...

**莱斯特：让我把这位先生的问题说完，让我先结束他的问题，**

Lester: Let me finish with this gentlemen, let me finish with him first, please,

**我想在我的能力范围内满足你的问题.....**

I want to satisfy, to the degree that I'm capable of your question...

**我已经使用了释放法，**

I have used the Method,

**我到达了生活中没有任何问题的状态，**

I reached the place where I have no problems in life,

**我知道心智只有创造性，**

I know the mind is only creative,

**我可以运用我的心智创造任何我想要的东西，**

I'm able to use my mind to create whatever I want,

**我所发现的东西，希望其他人也能发现，**

what I discovered, I would love to see others discover also,

**我试图把它呈现出来，让其他人发现他们也能到达那个不再被打扰的状态。**

I am trying to get it out, so others can discover that there is a place where they can be, where they are disturbed no more.

**再问我一遍你的问题。**

Ask me your questions again.

**学生：好的，我知道大多数医生，当他们有了一项新发现，比如说，精神病学方面的新发现时，会向医学专业人士通报，并写一篇论文发表在《美国医学会杂志》之类的刊物上，换句话说，他们会把它公开，让全体医学生知道他们获得了这样的成功，我听说过这种情况，我听说过很多如今正在发生的这些思想和事情，这似乎是，这似乎是我决定用这个说法，融入自己的社区，**

**但我没有听说过你。**

Student: All right, I know most doctors, when they come upon a discovery, let's say, psychiatrically, will make a dome to the medical professional and do a paper publish it in the AMA magazine, or whatever, in other words, they'll make it public and they'll make it known to the student general that they're involved, I've heard about that, I've heard about a lot of these minds and things that are going on today, it seems to be, that seems to be the phrase that I've decided to say , getting into one's own community, but I haven't heard about you.

**莱斯特：是的，因为我们一直很低调，我们刚开始宣传，我们在二月份搬到纽约，我还在考虑是否应该这么做。我们不像你说的那些人那样大肆宣扬。**

Lester: Right, because we have been very quiet, this week we started advertising, the first time we moved out, and I'm questioning whether I should, we're not that noisy as you say the others are, in shouting our wares, yes.

**学生：你为什么这么这么做？**

Student: Why would you want to do?

**莱斯特：嗯，我们所拥有的其实不是什么新鲜东西，**

Lester: Well, what we have is really nothing new,

**我所说的一切，许多人曾经都说过，并且和人类一样古老，**

everything I said has been said by many others and is as old as man is,

**人类的潜力一直都为人所知，对吧？**

the potential of man has always been known, right?

**我没说什么你以前没听过的新东西吧？**

I haven't said anything new that you haven't heard before, have I?

**学生：不不不，但我觉得你有一个我们不知道的**流程**，其他人也不知道它。**

Student: No, no, no. But I think that was the idea that you have a process that we don't know. That nobody else knows about either.

**莱斯特：我承认这是事实，我有，但我无法向你证明。**

Lester: I say that is true, I have it, I can't prove it to you.

**如果你没有那种感觉，你能得到的最好的证据是与你有信心的、经历过它的人谈谈，或者唯一真正的证据是你亲自去做。**

The best proof you can get is talk to someone who's been through it and whom you have confidence, or the only real proof is if you take it yourself, if you don't feel that.

**学生：我想听听这些人的经历，他们是如何获得好处的，以及他们的生活发生了哪些变化。**

Student: I'd like to hear from some of these people how they've experience benefits and what changes they have in their life.

**莱斯特：这里有毕业生愿意发言吗？**

Lester: Are there any graduates here who would care to speak out?

**要知道，我们不会施加压力，我们不相信那一套，**

See we don't use pressure, we don't believe in that,

**有毕业生愿意告诉我们他们在生活中是如何得到帮助的吗？**

are there any graduates who would like to tell us their experiences on how they have been helped in their life?

**学生 1：好吧，我想说，就你所说的方法而言，它就是方法，它是一种工具，你上过这门课程吗？**

Student 1: Well, I will say that as far as you're saying the method, it is what it is, it's a tool, you have taken the course?

**学生 2：是的，我已经参加了课程。**

Student 2: Yeah, I have taken the course.

学生 1:我和莱斯特打交道的时间可能比这房间里的其他人还要长,我在 莱斯特还在亚利桑那州的时候就听说过他,我从一个在纽约的朋友那里听说了他,我的朋友是一名演员,当时他刚刚开始上这门课,那是两年前,我飞到亚利桑那州,在那里待了大约 10 天,我上了这个课,我当时就待在那里的一个中心,我在那里上课,然后我回到纽约,使用我的工具,我看到它的优势,有种东西你可以在任何情况下使用,在任何情况下,它与你直接相关,我的意思是,它与你当时所处的状态直接相关,我的意思是,我研究过形而上学,我研究过诗篇,我还研究过其他各种各样的东西,它们都用非常华丽的语言表达了所有的真理,我从小就知道我是一个无限存在,我从小就被灌输这种观念,听到这个我很高兴,我的意思是,这很不错,我说,我永远是一个无限的存在,但是,你知道,有很多事情会发生,你知道,我经历过危机、流过眼泪、打过硬仗,经历过各种各样的事情,而且这不仅是审视自己,而且还审视人类行为的方式绝对是极妙的,这是一种非常简单的方法,它并不复杂,这就是莱斯特的天才之处,如果他能以最简单的形式呈现出来,我认为最简单的就是最好的,也是最容易做到的方式,它始于 20 世纪的视角,它始于我们的生活方式,它不是让人像僧侣一样进入寺庙坐着冥想,但在我们复杂的社会中,它发挥了最大的作用,我有一个 15 岁的女儿,她是一位诗篇作者,这个方法也对她这个年龄段的人有帮助,它是那种只要你使用它,它就会发挥作用的东西,好吧,我会说嗯,我的一个问题是,我有点...当我去莱斯特那儿的时候,我处于一种非常冷漠的状态,悲伤的状态下,对生活中的事情...我会哭,我的意思是,我做不到,如果我正在和一个商人交谈,或者有什么事情违背我的意愿,我会突然...这些眼泪就会涌出来,如果我陷入这种糟糕至极的境地,我就无法正常行事,你看,我...而且,我能够看到这一点,这是一种无形的东西,能够看到为什么我会处于这种境地,并摆脱

它，在所有阻碍我在这个领域前进的方面取得进步，我是一名演员，一个有创造力的人，我还能够看到，我能够挖掘我自己的创造力和我自己的直觉，其程度远远超过我曾经的想象。

Student 1: I probably have been involved with Lester longer than anyone who others are in here in this room, I heard about Lester when he was in Arizona, and from a friend of mine here in New York, an actor, and that he was just starting this course, and this was two years ago, and I flew out to Arizona and stayed there for about 10 days and took this course, and I was sort of staying at what there was a center there, which there was at that time, and I took it there and then I came back to New York and used my tool, the advantage I see it and it is there is something that you can use in every circumstance, in every situation, and it's directly connected with you, I mean and where you are at that particular moment, and I mean, I've studied metaphysics and I've studied Psalms, and I've studied various other things which all say all the truths in very glowing terms, I was raised knowing that I was an infinite being, I was told this since I grew up, and I mean, that's great to hear, I mean, it's lovely, I said, I'm an infinite being forever, but, you know, there are lots of things that come up, you know, and you know, I had crisis and tears and battles and all kinds of things, and and and this way of looking at not only yourself, but looking at human behavior in general is absolutely fantastic, and it is a very simple way, it's not complex, that's the genius of Lester, if he has been able to put it in the simplest form, and I think the simplest thing for the best, and the easiest way to do it, it's started for 20th century viewing, it started for the way we live, it started not to

go into an institution, and sit as a monk and meditate, but it is within our complex society that it works the best, and I will say that I have a 15-year-old daughter who's a psalmist and it's helped with her age group, too, and it's one of those things as much as you use it, it works, well, I will say that well, my one problem was that I had sort of a... When I went to Lester, I was, I was in a very apathetic state in the state of grief where things in life... I would cry, I mean, I couldn't, if I was talking to a business person or if something went against my coil, I would suddenly... These tears would come up, and if I would get into this incredible situation, I couldn't function, you see, I was... And, I was able to see this, this is a more intangible thing, and able to see why it was where I was and to rid myself of it and sort of progress up the ladder in all things that were holding me back in this field, and I am an actress, actress and a creative person and I was also able to see that I was able to tap into my own creativity and my own tuition intuition far greater than I could ever dream I would be able to.

**学生 2: 我能问你一个问题吗? 如果你选了这门课程, 而且工具又比较简单, 那这又会妨碍你建立自己的公司吗?**

Student 2: Can I ask you a question? If you take the course and the tool is better simple, what does this stop you from starting your own company?

**学生 1: 我一点都不想这么做。**

Student1: I have no desire to do that.

学生 2：或者其他愿意接受它的人。

Student2: Or anyone else who would take it.

学生 1：当然可以，我的意思是，我确信，如果你想开设一门课程的话。但我的意思是，我喜欢这种平静和心灵的自由，我喜欢和莱斯特共事，我喜欢我们身边的人，我喜欢在没有.....的情况下支持它，除了创办自己的公司，我还有太多其他事情要做。

Student1: They certainly could, I mean I'm sure, if you'd like to start a course, but I mean, I enjoy the peace and mind freedom and I've enjoyed working with Lester and I've enjoyed the people around us and I've enjoyed supporting it without I mean, I have too many other things to do rather than start my own company.

学生 3：我想谈谈你刚才提到的，它的简单性是最令人惊叹的部分，而只是想让它比以前更简单，首先，如果你只有两个方向可走，你可以让它变得更复杂，但这不是办法，那样做会更糟糕，这再简单不过了，所以你不能让它更复杂，这只是.....

Student3: I want to say something about what you just mentioned, the simplicity of it is the most mind-blowing part of it, and just the idea of trying to make it more simple than it is before, first of all, if you there is only two directions, you could possibly go, you can make it more

complicated, which wouldn't be the method, which would be a lesser thing, you couldn't get more simple, so you couldn't go the other way, it's just...

**学生 2：顺便问一下，是否有这样一个流程，也就是一个人学会了，然后可以将其传授给其他人。**

Student2: By the way, is there a process is that what someone learns, and they can pass it on to someone else.

**学生 1：不一定，就像.....使用锤子很简单，但也需要技巧，是的，这需要练习，也需要精力，需要技巧，这是一种方法.....这需要时间，这不是我能做到的.....你知道，在五分钟内，你可以说出它是什么，但这是你必须亲身体验的事情之一。**

Student1: Not necessarily, it's just like... It's very simple to use a hammer, but there is a skill, and yeah, it does take practice, and it also takes energy, it takes skill, and it's a method that you... And it takes time, and it's something that can't just I... You know, in five minutes, you could say what it is, but it's one of those things where you have to experience it.

**学生 3：这就是为什么课程安排了 30 个小时，它的设计是这样的，你可以边做边学，第一天，我大约两周前刚毕业，我第一天做到的时候，我用的是我正在使用的方法，有时，当一个人使用它时，他们会沉浸在喜悦之中，开始大笑，我没有笑那么多，对我来说最好的事情是，我的女朋友也说我们的**

关系很美好，我们像飞翔的鸟儿。来到这里才几个星期，你比我多待了几周，这.....这是可以选择的，确实如此，它是可以选择的，你可以随心所欲地使用它，你用的越多，你就越不想停下，你可以在任何情况、任何地方、与任何人一起使用它，你可以随身携带它，我相信这就是你所说的，它是一种非常好用的工具。

Student3: That's why it structures for 30 hours, it structures in such a way that you learn as you're going on, the first day, I just graduated two weeks ago or so, the first day I did, I was using the method that I was working for, and sometimes, when a person uses it, they get overwhelmed with joy, they start laughing a lot, I didn't laugh so much stuff, I just I just believed they didn't enjoy myself, I hadn't laughed so much, and the greatest thing for me is that my girlfriend also said that we've got a beautiful relationship, we're just flying, and it's only been like a couple of weeks since we met, that you've been a few weeks more than I, it is... It's very permissive. It is. It's very permissive, you can use it as much as you want, the more you use it, the more you don't, and you can use it in any situation, anywhere, with anyone, you carry with you, I believe that's what you said, it's a tool that works great.

学生 2：我想说点别的，对我来说最伟大的事情就是摆脱了一种叫做绝望的东西，我可以说这种东西永远消失了，任何出现的事情，我都可以处理，我的意思是，我可以选择不去处理它，但它在跟我开玩笑，你知道，我立刻就看到了它，放开它，它就消失了，除了你自己抓着的限制性概念之外，没有什么能阻挡你的无限性，就是这样，我们紧抓着，对此感到非常神圣，你知

**道，你就像一个圣人。**

Student2: I want to say something else, the greatest thing that's done for me is gotten rid of a thing called despair, one thing I can say is permanently gone, anything that comes up, I can handle it, I mean, I may choose not to handle it, but I it jokes on me, you know, I see it immediately, let go of it, and it's gone, there is nothing in the way of your unlimitedness except your own holding on to concepts of limitation, and that's all, we're holding on, feeling very holy about it, you know, you're like a holy man.

**学生 4：听起来，当每个人都在说，你知道，你能说出一些非常美好的事情时，每个人都在问，你知道，你感觉怎么样？你觉得快乐吗？你感觉好吗？你感觉美妙吗？情况如何？你知道，你觉得自己回归到真实了吗？**

Student4: It sounds, when everybody's saying, you know, the way you'll be able to say something really beautiful and it's everybody who's always saying, you know, how do you feel? Do you feel happy? Do you feel fine? Do you feel beautiful? How is that? You know, do you feel like you've come back to reality?

## **18.展示波澜不惊 Demonstrates Imperturbability 4**

**莱斯特：我们的不快乐来自于我们持有的、被压抑的垃圾，**

Our unhappiness is due to the suppressed garbage that we're holding,

**压抑和强迫导致了我们的不快乐，**

the inhibitions and the compulsions cause our unhappiness,

**当我们丢弃它们时，我们会获得快乐，而且从现在开始，那种快乐是永恒的，**

as we dump them, we gain happiness, and it's permanent from here on,

**我们丢弃的越多，我们就越快乐，**

and the more we dump, the happier we become,

**所以随着时间的流逝，我们变得更快乐，**

so as time goes by, we get happier,

**但我们所抛弃的东西都是永久性地抛弃了，不管它是什么。**

but what we dump is dumped permanently, whatever it is.

**学生：换句话说，父母在童年时期给我们的困扰，我们也能放下？**

Student: In other words, hang ups from childhood that our parents may have dumped on us, we can let go of?

**莱斯特：更确切地说，你从父母那里接受的任何东西都可以放下。**

Lester: Anything that you accepted from your parents, is a better way to put it, yes.

**学生：你的方法与自我暗示有关吗？**

Student: Do you method has anything to do with the autosuggestion?

**莱斯特：不，自我暗示是在编程，**

Lester: No, the autosuggestion is programming,

**我们试图解除所有程序，**

we try to deprogram all the programs,

**所有这些程序都是限制，**

all these programs are limitation,

**我们把程序清除出去，**

we get the programs out of the way,

**我们所是的直觉存在就会显现出来。**

the intuitive being that we are come through.

**(学生说的听不清)**

**莱斯特：不，不，你看到的是一种方法，它会成为日常生活中你可以使用的工具。**

Lester: No, no, you're shown a method, that becomes a tool that you use in your everyday life.

**学生：你会不会只看一眼就忘了工具.....**

Student: Would you just look and forget the tool...

**莱斯特：不，因为它太基本了，而且涵盖了所有的东西，你在世界中随处可见，**

Lester: No, because it's so basic, and it's so cover-all, you can't help but see it in the world,

**当你在世界中穿行时，你会看到它，**

as you go through the world, you just see it,

**这是对它全部内容的简单呈现，**

it's a simple presentation of what it's all about,

**在你的日常生活中，你肯定会看到这一点。**

you cannot help but see it in your everyday life.

**这个小组通常是 10 到 12 人，一个小组通常是 10 到 12 人，非正式的，我们围着桌子工作，**

The group is usually 10 to 12 people, it's informal, we work around a table,

**当我们展示资料时，我们尝试让你体验它，**

as we present the data, we try to get you through the experiencing of it,

**你体验它，其他人也体验它，**

and you experience it, others experience it,

**当一个人在体验，通常其他人也在和他一起体验，实际上是在丢弃潜意识的压力、驱动、抑制、强迫，这些是不同的词汇，都是同一个东西，**

and when one is experiencing, usually others experience with them, in actually dumping the subconscious pressure, drive, inhibition, compulsion, these are different words for the same thing,

**你在某种程度上丢弃了潜意识的推动和拉扯。**

you're in a way of dumping the subconscious pushes and pulls.

**不，不，我们在你面前的图表上为你呈现了全貌，**

No, no, we give you the total picture on a chart right in front of you,

**但方法是带你经历它，让你在其中不断尝试，学会如何掌控那些潜意识里被  
压抑的所有东西，**

but the way is taking you through it, experimenting you through it, and  
how to get a handle on these subconsciously suppressed, all that stuff,

**你掌握了它，实际就能释放、倾倒它。**

you get a handle on it, and you actually discharge, dump it.

**学生：我们有一个简短的演示。**

Student: And we have a, just a sort of a brief demonstration.

**莱斯特：我无法展示，因为它……**

Lester: No, I can't demonstrate, because it...

**学生：如果有人遇到困难或者觉得可笑，有人走过去推了他一下，用鄙视的  
眼光看着他，说“你这个傻子，你让我想起了我的母亲”，你会怎么做？**

Student: As far as someone who is up against the difficulty or is  
ridiculous, someone has just gone over to them and give him a nudge

and a dirty look and said, you damp fool, you remind me of my mother, how would you, what would you do?

**莱斯特：有毕业生愿意回答这个问题吗？如果没有，我来回答。**

Lester: Does any graduate want to answer that? if not, I'll answer it.

**你以某种特定的方式有了不安的感觉，你实际上可以释放它，然后你就不会再不安了。**

You get your disturbed feeling in a certain way, that you can actually discharge it, and you are not disturbed.

**学生 1：这很模糊。**

Student 1: That is very vague.

**学生 2：不管你想要不想要.....**

Student 2: You don't care whether you want it or not...

**学生 1：你如何摆脱它？你是怎么做的？我想要实际的应用。**

Student 1: how do you get rid of it? what do you do? I want the actual application.

**莱斯特：这就是答案，**

Lester: Here's the answer ,

**我无法告诉你体验,**

I cannot tell you experience,

**理性思维永远无法理解它,**

the reasoning mind can never ever comprehend it,

**这是一种摆脱你被压抑的感的体验。**

it's an experience of ridding yourself of suppressed feelings.

**学生：我的推理思维是抽象的，它基于经验、生活和感觉，因此打个比方，即你所说的任何话都可以反映我的经验。**

Student: My reasoning mind is an abstraction, it's based upon experience and life and feeling, so there's an analogy that anything you can say that will speak to my experience.

**莱斯特：不是真的，不是这样的，**

Lester: Not true, not true,

**如果你的理性思维能做我们所说的，你早就做到了，你早就做到了，你会读它，你已经在书里读过了，**

if your reasoning mind could do what we say, you would have it, you would have it, you would read it, you've already read it in books,

**你知道怎样才能快乐吗?**

you know what it takes to be happy?

**如果你的理性思维能做到，你早就做到了。**

If your reasoning mind could do it, you'd have it.

**这门两个周末的课程费用是 195 美元，包括午餐。**

The price of the course is 195 dollars for the two weekends, yeah you get your midday meal is included.

**(学生说的听不清)**

**莱斯特：一样的价格。**

Lester: Same price.

**学生：300 人，他们有足够的 300 人，也许我们最好从底层入手，尽管我还没有学过，在我看来，正因为它规模较小，它才更受欢迎。**

Student: 300, they had enough 300 maybe we better get in on the ground floor although I haven't taken this, it seems to me that the very

fact that it's on a smaller level makes it more desirable foreign.

**莱斯特：是的，我们没有 250 人，我们有十几个人，我们和每个人一起工作。**

Lester: Yeah, we don't have 250 people, we have about a dozen, and we worked with each one.

**学生：你还有任何其他这些课程吗？**

Student: Have you taken any other these courses?

## **19.展示波澜不惊 Demonstrates Imperturbability 5**

**学生：莱斯特，根据你的经验，这是任何一个还没有成功的人.....**

Student: Lester, in your experience, this is anyone that has not been successful with...

**莱斯特：不，人们可以选择不使用这个方法，也可以不成功。**

Lester: No, one could choose not to use the method and not be successful.

**学生：但是如果有人不想用它，说这是不可能的，我不知道方法，所以我只**

**是随口说说，那么就不会成功。**

Student: But if there is somebody who would not want to use it as far as it's impossible, I don't know the method, so I'm speaking out of my head, then it would not be successful.

**莱斯特：成功有不同的程度，**

Lester: There are different degrees of success,

**但每个人都能有所收获，**

but there's some good gotten by everyone,

**整个展示体现了它的简单性，**

the totality of the presentation shows the simplicity of it,

**因此每个人都会从中受益。**

so that each one does gain.

**学生：你真正想问的难道不是，有没有人说过“我没有得到任何东西，我想要回我的钱”或类似的话？**

Student: Aren't you really asking, has anyone said "I didn't get anything out of it, I want my money back", or something like that?

**莱斯特：还没有。**

Lester: Not yet.

**学生：你会提供额外的周末、或几天、或几个小时来强化吗？**

Student: Do you offer reinforcers, like additional weekends or days or hours?

**莱斯特：对于那些想要更多的人，我们每周三晚上都有工作坊。**

Lester: We, for those who want more, we do have a workshop every Wednesday night.

**学生：这是否也适用于戒烟，暴饮暴食和酗酒吗？**

Student: Can this be applied to quitting smoking, overeating, overdrinking?

**莱斯特：那些上过这个课程的人，有些已经轻松地戒掉了烟，**

Lester: The people who have had the course, some have dropped smoking with no fight,

**我想大多数人仍然在吸烟，或者曾经在抽烟，**

I think the majority are still smoking though, or were smoking,

**有些人减少了吸烟，大多数人没有减少吸烟，有些人减少了，是的，有些人毫不痛苦就戒了，有些人戒了暴影暴食。**

some have lessened, most of them have lessened their smoking who haven't dropped it, some have dropped it, yeah, some have dropped it with no fight, some have dropped overeating.

**学生：你不认为人们的目标应该是正确的思考而不是摆脱诸如吸烟，暴饮暴食，酗酒之类的困扰吗？**

Student: Wouldn't you say that the goals that people might have would be essentially right thinking rather than getting rid of obsession like smoking or overeating, drinking, whatever drugs?

**莱斯特：那更重要。**

Lester: That's more important.

**正确的思考会引领你到达正确的地方。**

Right thinking will get you to the right place.

**学生：强迫包含了错误的思想，难道你不能纠正错误的思想吗？**

Student: Amongst compulsion are resulted the wrong thinking. Can't you correct the wrong thinking.

**莱斯特：好吧，你看，思考是由强迫引发的。**

Lester: Well, see, the thinking is caused by the compulsion.

**我们的感受驱动了我们的想法。**

Our feelings motivate our thoughts.

**我们饿了，就会想怎么找点吃的；**

We get hungry, we think how to get something to eat;

**我们很冷，我们就会想如何让自己温暖；**

We are cold, we think how to get ourselves warm;

**我们想赚钱，我们就会想如何找到一份工作；**

We want to make money, we think how to get a job;

**我们有了一份工作，我们就会想我们必须做点什么来保住这份工作。**

We're in a job, we think what we must do to maintain that job.

**看，感受驱动着想法。**

See, the feelings motivate the thoughts.

**(学生说的听不清)**

**当你的心智是平静到没有任何想法时，这就是终极状态，除非你想要放入一个想法。**

The ultimate state is when your mind is that peace and has no thoughts until you want to put a thought in.

**今天，不管我们是否想要它们，我们都在被各种想法所困扰，**

Today we're plagued by thoughts, whether we want them or not,

**因此，终极状态是达到心智完全平静的状态。**

so the ultimate state, yes, is to get to the place where the mind is totally at peace,

**当你到达那里的时候，宇宙自然的和谐将为你显现，**

when you get there, the harmony that is natural to the universe will manifest for you,

**生活变得越来越不需要努力，**

life gets to be less and less requiring of effort,

**我们可以到达一种几乎毫不费力的状态，**

we can reach a place where it's almost effortless,

**一切对我们来说都是顺利的。**

everything falls into line for us.

**学生：莱斯特，告诉我，如果有人说我“我现在有一个紧迫的问题，我可以把它详细说一下”，你会怎么处理？**

Student: Tell me, Lester, how do you deal with someone who says “I have a pressing problem right now and I can spell it out”, what do you do with that?

**莱斯特：他们立即应用释放法。**

Lester: They immediately apply the Method.

**学生：因为我现在有一个紧迫的问题，我想知道即使我没有参加这个课程，我是否也可以运用课程里的方法呢。**

Student: Because I have a pressing problem right now, I'm wondering if, even though I didn't take the course, if I could apply the course.

**莱斯特：不，你得学会如何使用它，**

Lester: No, you would have to, you'd have to learn how to use it,

**你现在太习惯于做相反的事了。**

you're so conditioned to do the opposite right now.

**如果我告诉你它是什么，你也用不了，**

If I told you what it was, you couldn't use it,

**但是当你一遍又一遍地去做，持续体验 30 个小时后，**

but when you go through it again and again and again for 30 hours,

**根据体验你会发现，它确实有效。**

by experience you see, oh, it does work.

**你永远无法理解它，**

You'll never understand it,

**因为它而言，不存在理解。**

because there is no understanding to it.

**然而，我们在智性层面给你关于它的理解，**

Yet, we give you the intellectual understanding of it,

**表面上，你以为那就是理解，**

the the outer, what you think is understanding,

**但真正的理解是体验，**

but the real understanding is the experiencing,

**正是在感受中，我们才能理清它，**

it's in the feelings where we get straightened out,

**我们摆脱了潜意识的驱动，**

we get rid of the subconscious drives,

**不存在对潜意识驱动的理解，**

there's no understanding of the subconscious drives,

**如果有这种理解，你就不会被它们驱动，也就不会被它们困扰了。**

if there were, you wouldn't have them, you wouldn't be plagued by them.

**学生：爱从何而来？**

Student: Where does love come from?

**莱斯特：爱其实是我们最基本的天性，**

Lester: Love is our really basic inherent nature,

**所有这些潜意识的感受掩盖了它。**

and all these subconscious feelings cover it over.

**学生：你现在充满了爱吗？**

Student: Are you full of love now?

**莱斯特：是的。**

Lester: Yes.

**学生：你如何向我们展示你对爱的感受？**

Student: How do you show us how you feel love?

**莱斯特：如果你感觉不到，我就无法展示它。**

Lester: If you don't feel it, I can't show it.

**学生：哦不，不，不，那是逃避，那是逃避，因为如果你是无限制的，那么就  
没有什么可以限制你，甚至我的限制也不能，我不是，因此，向我展示你感**

**受到并表达和投射的爱， 好吧， 不要说我做不到， 因为那是在承认限制。**

Student: Oh no, no, no, that's a cop-out, that's a cop-out, because if you are unlimited, then nothing can limit you, not even my limitation, I am not, therefore, show me that you feel and express and project love, well, don't say, I can't do it, because that's a confession of limitation.

**莱斯特： 我还没达到那么高的状态， 我也没有说过我达到了。**

Lester: I am not at that high goal yet, and I have not said that I am.

**爱是一种你得体验的东西，**

and love is a thing you experience,

**爱不是我对你说我爱你，**

love isn't a thing I tell you I love you,

**我可以整天说着我爱你我爱你我爱你， 却想着怎么伤害你，**

I can say I love you, I love you, I love you all day long, and be thinking of how to hurt you,

**我对你只有最美好的祝福，**

my wishes for you are only the best,

**我想让你得到你想要的，**

I want you to have what you want,

**这就是我的爱的来源。**

that's where my love comes from.

**(学生讨论的听不清)**

**莱斯特：我没法那样展示，所以只能这样来展示它。**

Lester: I can't so the part, that I can only present it.

**学生：我有两个有点相关的问题，首先，对于一个人一对一地开展这件事，其他人的经验是否必要呢？**

Student: I have two questions that are kind of related, in the first place are the experiences of other people necessary for a human being to tell a one-on-one basis?

**莱斯特：你可以一对一地做这件事。**

Lester: You can do it on a one-on-one basis.

**(学生说的听不清)**

**莱斯特：是的。**

Lester: Yes.

**(学生说的听不清)**

**莱斯特：为什么我没有这么做的原因只有一个，那是不可能的。**

Lester: There's only one reason why I haven't, it's impossible.

**如果我可以，如果我可以，我就不会让自己经历这些。**

If I could... If I could have, I won't be putting myself through this ever

**你看，我知道心智的法则，**

You see, I know the mind laws,

**心智只有创造性，**

mind is only creative,

**我们只创造我们在心智中持有的东西。**

we create only that which we hold in mind.

**不幸的是，我们大多数持有的东西都是潜意识的，并创造了我们认为我们不想要的。**

Unfortunately, we are holding most of our stuff subconsciously and creating things we think we don't want,

**因为我们没有看到我们在持有负面念头。**

because we don't see that we are holding negative thoughts.

**我没有生活问题，我不需要这个，**

I have no problem with life, I don't need this,

**只是出于他所说的那种同情心，我很希望看到其他人能得到这个。**

it's only out of what he's talking about, compassion, I would love to see others get this.

**当这件事步入正轨后，我会退出，**

As soon as this will get on its feet, I'll step out of it,

**我不需要它，也不需要荣誉。**

I don't need it, I don't need the glory.

**学生：我有另一个问题莱斯特.....**

Student: I have another Lester...

**莱斯特：当我在做这件事的时候，我有一种同情心，**

Lester: It's got a compassion that I'm doing when I'm doing it,

**我告诉你这将是你这辈子中最划算的交易，**

I'll tell you this, it'll be the biggest bargain you ever will have had in your entire lifetime,

**这个我知道，但我无法向你证明这一点。**

this I know, I can't prove it to you.

## **20.展示波澜不惊 Demonstrates Imperturbability 6**

**如果你对它没有信心，你知道的，我会告诉你关于保证的事，**

If you don't have faith in it, you know, I'll tell you on the guarantees,

**我在讲我的经验，我可以很容易地做到这件事，**

I'm telling my experience with it, I could do it very easily,

**我见过好几个人没做到，**

I have seen several people not get it,

**因为他们觉得自己有保证，**

because they are a guarantee,

**我见过一些人用它来不参加课程。**

I've seen it used by the person not to get the course.

**我会告诉你我收费的原因，**

And I'll tell you the reason why I charge,

**24 年来，我不仅不收费，也不接受捐赠，**

for 24 years I put this out, not only would I not charge, I wouldn't take a donation,

**捐款被募集起来交给我，而我把它们退回去了，**

donations were collected and given to me, and I turned them back,

**我知道这样做对人们造成了伤害，但我就是不能收费。**

I was aware of my doing a disservice to people, but I just couldn't charge.

**弗洛伊德一开始就说过：“不幸的是，我的病人好转的程度与他们必须为此付出的费用成正比”，**

Freud said it way back in the beginning “Unfortunately, my patients get better to the degree that they have to pay for it”,

**我们下意识地习惯于根据付出的多少来衡量价值，如果我不向你收费，我反而是在害你。**

we are subconsciously so conditioned to value in accordance with what we put out, if I didn't charge you, I would be doing you a disservice.

**(学生说的听不清)**

**莱斯特：这就是我的爱，我不会对你这样做。**

What I do, this is the love I have which I wouldn't do to you.

**学生：你做这个已经 24 年了吗？**

Student: Have you been this for 24 years?

**莱斯特：是的，我只是在过去两年里以有组织的方式推出它，现在的收费，**

**我大约在两年前开始，过去两年我的效果比过去 22 年要好得多，因为.....**

Lester: Yeah, I have only put it out in an organized way, now charging for it in the past two years, I started roughly about two years ago, and I had far more effectiveness in the past two years than I had in the previous 22 years, because...

**学生：这些钱让我有点想说点什么，我是个毕业生，我第一次来这里的时候也有同样的感觉，我不认识任何人，我在某处读到过相关公告，我觉得这听起来像是骗局，因为他们没有告诉我这是什么，他们自己来然后发现了，某种直觉告诉我“好吧，风险，如果你之前注意到的话”，我使用了它，现在五个月过去了，我得到的回报真是太不可思议了，甚至没有那么跌宕起伏，我没有躺在阴沟里痛苦地尖叫，不，我的适应能力很强，因为我经历了一切，你能想到的，美妙的生活、正念的思想，我走了太多的道路，我从每条道路上都学到了一些东西，我感觉自己越来越好了，而且它运作得很好，谢谢你，但在此之下有很大的痛苦，我把它压了下去，它起作用了，这带走了这些痛苦，并且真的消融了它，我所处的状态真是太美妙了，相信我，195 美元这个价格简直不值一提，不管你的财务状况如何，如果你有的话，我的意思是它远不止值这么多钱，如果你去找两三年的精神分析师，他们肯定会考虑 3,000 美元的收费。**

Student: This money almost gets me itchy to say something, I'm a graduate, and I had the same feelings when I came here the first time, I didn't know anybody, I read the notes somewhere, and it sounded like a rip-off to me, because they don't tell me what it is, they come and find out, some intuition said to me "Okay, risk, if you had noticed before",

and I took it, and now five months later, it is so incredible what I've gotten for it, it's not even that dramatic, I wasn't uh lying in this gutter and was screaming in pain, no, I was pretty well-adjusted, because I had taken everything, you name it, delicious life, mindful thoughts, I've gone through too many paths, and I took something from each path, and I felt I was getting better, and it was functioning very nicely thank you, but underneath there was a great deal of pain, I kept it down, and it worked, and this has taken this pain and literally dissolved it, and I'm in a state which is absolutely beautiful, and believe me, \$195 is ridiculous to even talk about, and no matter what your financial position is, if you have, I mean it's worth that and many thousands more, if you go for two or three years to an analyst, you would consider 3,000 chief surely, and they thought.

学生 2：我想说，我想说，嗯，第一，它对你有效，就像很多人一样，呃，他们带着一线希望求助于精神医生，这对他们很有效，然而，许多其他人，成千上万的人没有得到帮助，所以对一个人好的东西可能对另一个人没什么用，而且，我不想评论精神病学的治疗方式，他们说“如果你不付钱，你就不会好转，你不会好转”，这是一个烂摊子，你必须付出代价，嗯，最近《今日心理学》的一篇报告显示，他们发现即使病人不付钱，比如当他们通过医疗补助或诊所接受治疗时，病情恶化或没有好转的人数与付费的人数是一样的。

Student2: I want to say, I want to say that, well No. 1 it worked for you just as many people who are uh, want to waiting in a one-eyed

psychiatrist ,it works for them very well, and yet, many other, thousands of others, who want these one-eyed, Freudian psychiatrists, it hasn't worked for them, so what good for one may not be good for the other, and also, I'm not going to comment on the old way of psychiatry where they said they said "if you don't pay for it, you won't get better, you won't get better", it's a mess, that has to be sacrificed, well, there was a reason report in psychology today that, said that they found that even when the patients don't pay for it, like when they get it on Medicaid or a clinic, the amount of people that grow or that don't get well, is the same as for the ones who pay for it.

**学生：嗯，先生，我说的不仅仅是身体恢复，我是说身体处于一种可以正常运转的状态，但我不会像以前那样对它抱有同样的期待，这是远远超出康复范围的事情。**

Well, sir, I'm not talking about just getting well, I'm talking about being in a state where the world can do its thing, but I'm not expected the same way I was before, that's something which is far beyond well.

**另一个学生：你的生活发生了什么变化？你听起来很确信，它有什么变化？**

How has your life changed? You sound very convinced. How has it changed?

**学生：首先，我现在站在这里说话，这就是一个变化，这是一个很大的变化。**

而且我不再感到紧张不安, 如果你们告诉我闭嘴坐下, 我也不会感到被拒绝, 而被拒绝在我一生中是一个重大问题, 虽然并不总是承认, 但它一直存在, 并且许多关系中表现出来, 产生了一些不愉快的小事情。对我来说, 这是一个非常戏剧性的变化, 可能对你来说不算什么, 但对我来说是个大变化, 换句话说, 这让一切变得更加容易了。包括如果房东给我制造麻烦, 我不会紧张, 我能更好地应对, 我能更好地看透事情, 我能更好地感受他们, 无论在职业上还是其他方面, 我感觉自己充满活力。

Well, first of all, that I stand here and talk, that's a change, that's a big change, and I don't feel uptight about it, if you all could tell me to shut up and sit down, I wouldn't feel rejected, now, a rejection has been a major thing in my life, it wasn't always acknowledged, but it was there, and in many relationships it came out inside, and those little things that weren't very nice, that is a change which is very dramatic to me, maybe not to you, but to me it's a big one, in other words, it makes everything easier, including if the landlord gives me a hard time, I don't get uptight, and I'm able to function better, I can see better through them, I can feel better with them, professionally, I find me very alive.

(另一个学生说的听不清)

学生: 好吧, 如果你直接问我, 答案是肯定的, 这不再重要了, 世界对我做了什么, 我如何应对, 这对我来说不重要了, 我对此感到很放松, 一年前, 如果我回答“是的”, 我肯定会很震惊。

Well, if you ask me a direct question, the answer is yes, it's not that

much more, that's not that important anymore what the world does to me, is how I react to it, that's fine with me, I feel relaxed about it, I would have been shaken up saying a year ago, yes.

**另一个学生：你是否能够处理那些让你陷入困境的事情？**

Have you been able to deal with things that fell into your shell?

**学生：哦，这太广泛了，我甚至无法开始谈论，我需要三个星期才能向你解释清楚，我确实摆脱了这些东西，就像一个有 50,000 层的鸡蛋壳一样，它们自己脱落了，当它们浮现时，这就是我们所说的放手，呃，感觉就像我在飞翔，呃，我感觉就像在一个气球里，束缚脱落了，我只是飘飘然，因为这些事情发生了，甚至是不记得的事情，心智仍然将它们向前推进，不断回顾，它们就脱落了，是的，这可能是最伟大的一种方法。**

Oh, that is so big, I can't even start talking about, it would take me three weeks to explain to you, I have literally shed these things like shells like an egg that has 50 000 shells that came off, just by themselves and as they came up, that's what we call letting go, uh it's like I'm flying, uh I'm uh like in a balloon, and the baggage comes off, and I'm just floating, because these things that happen even things that I don't remember that still the computer carries them forward and presses and presses, and they are coming off, yeah that's probably the greatest one.

**另一个学生：这是永久的吗？你不需要每个月都在家里做这个……**

And this is permanently, you don't have to keep doing this every month in the house....

学生：一旦完成了，是的，不，一旦释放了，就不会再回来。我有一个非常简单的例子，可能不是特别戏剧化，但我有一只小狗，不太喜欢吃东西，她年纪大了，是一只阳光明媚的约克夏梗，就在我上完课之后，她长了一个肿瘤，然后变成了癌症，这非常令人难过，但我运用了这个方法，我看到她受苦，非常痛苦，而我没有受到同样的影响，我可以更爱她，但不会受苦，然而，四周前，她患上了第二次癌症，长了一个肿瘤，这似乎真的很严重，这一次，我不需要再经历同样的过程，它起作用了，这对我来说是一件大事，因为我认为我必须经历同样的事情并应用我所学到的东西，但不必如此，这是一个相同的情况，不需要重复做，这并不意味着如果一个新的情况会出现，我不会再这么做了。但这次，我成长了，我思考，动机是什么？无论如何，我让自己更爱它，因为我现在不担心失去它，而这在不久的将来是可以预见的，我不担心会痛苦，因为我可以让自己爱它，而这就是需要付出的。

Once it's done yeah, no, once it's done, it doesn't come back, I have a very simple example, it may not be terribly dramatic, but I have a, I have a little dog, not very fond of thins, she was old and she's a little sunshine in Yorkshire Terrier, and right after I took the course, she came down with a growth and it became, it was cancerous, and it was very sad, but I applied the method, and I saw her suffer, a very deeply suffer, and I was not affected in the same way, I was able to love her more, but not suffer, however, four weeks ago, he came down with the second cancer, a growth, and this seemed to be really serious, and this time, I did not have

to go through the same process again, it worked, that to me was a big thing, because I thought I would have to go through the same thing and apply what I learned, it didn't have to be, it was an identical situation, and it didn't need to be redone, that doesn't mean if a new situation would come up, I wouldn't do it again. But this time, I had a growth, and the thought, what is the motive? However I'm letting myself love him more, because I'm not worried about losing him now, which is foreseeable in the near future, I'm not worried about suffering, because I can just allow myself to love her, and that's going to pay the price.

**女士，请问，你在这里学习这门课程，是不是感觉自己掌控了一切？通过这门课程，你自己是否就是一切发生的起因和结果？**

Excuse me, madam, by you taking this course here, do you feel like you are the master of yourself? Are you the cause and affects of everything that happens to you through this course?

**学生：我是根源，是的，我接受了...**

I'm the cause, yes, I accept it...

**另一个学生：我是说，你觉得你现在是自己的主人吗？**

I mean, do you feel like you are the master of your own self?

**学生：我感觉我处于一种和谐的状态，是的，我觉得我在和谐中。**

I feel that I'm in harmony, yes, I feel that, yes.

**另一个学生：你处在和谐中，你是自己一切发生的原因和结果。（中间说的听不清）你在所有事上都处于和谐中吗？**

You are in harmony, you are the cause and affect everything happens to you... Are you in harmony with everything?

**另一个学生：但我还没有，但绝对不会在这么短的时间内。在这五个月里，从我的角度看，这是不可思议的，这样的变化是我以前从未见过的，我从一切事物中都汲取了一些东西。如果你长时间地修习佛法，你会变得更好，但这需要很长时间，而即使在我安静地冥想时，内心仍然有很大的痛苦，我无法应对。**

But I'm not yet, but certainly not in this length of time, at these five months that from where I can see, it's incredible that that something I've never seen before, I have taken things from everything, if you sit long enough and practice Buddhism, you get better, but it takes a very long time, and there was a great deal of pain underneath, even when I was peacefully meditating, that I could not cope with.

**另一个学生：谢谢你。**

Thank you.

**学生：那么这个过程是否有可能帮助你释放一些东西呢？（后面说的听不清）**

So is there any chance that the process that helps you release stuff?

**莱斯特：不，你丢弃的其实是潜意识里的压抑和强迫，它们没有一个是好的，每一丝的压抑和强迫都在生活中干扰你的自由和幸福。**

Lester: No, which you're dumping are really subconscious inhibitions and compulsions, none of which are any good, every bit of which is interfering with your freedom in life and happiness.

**(学生说的听不清)**

**看，我所说的和你从许多学派中听到的一样，**

See, what I say is the same as what you have heard from many schools,

**但是我们的方法和其他的不一样，**

but our method is not like any other one,

**它是独特的。**

it's unique.

**学生：据你所知，在其他文化或历史上从来没有这样做过。**

Student: As far as you know, it's never been done in the other culture or time in history.

**莱斯特：对的。**

Lester: Right.

**学生：还有一种现象叫做意识、洞察力、觉知，换句话说，就是对来自所谓无意识的感受进行解释，使它们变得有意识，然后解释它们？**

Student: There's also a phenomenon called consciousness, insight, awareness, in other words, making the, interpreting the feelings that come from the so-called unconscious, making them conscious, illuminating them?

**莱斯特：不，我们不解释，我们并不陷入其中，**

Lester: No, we don't interpret, we don't dwell in them,

**我们释放它们，倾倒它们，**

we discharge them, dump them,

**我们说所有潜意识的感受都不过是垃圾。**

we say it's all the subconscious feelings are nothing but garbage.

**如果你在倒垃圾，为什么要检查它、闻它、看它呢？**

If you're dumping garbage, why bother examining it, and smelling it,

and looking at it?

**扔掉它，摆脱它。**

dump it, be rid of it.

**学生：你怎么倾倒它？**

Student: How do you dump it?

**莱斯特：这就是课程，**

Lester: That's the course,

**它会变成这样，**

it'll come to this,

**我不能用理性思维把它给你，**

I can't give it to you with the reasoning mind,

**就像我之前说过的，如果可以的话，我早就把它写在书里了，这样我就可以省掉这一切了。**

as I said before, if I could have it would have been in a book, and I could have spared myself all this.

学生：在我看来，像“心灵力量”这些东西的领导者们，以及你们自己，都是要求公众基于信任购买某样东西，不，我不是说.....

Student: It seems to me that the leaders of s and other things, and yourself as well are asking the public to find something on faith, no, I don't say that.

莱斯特：不，不，我不是说凭信心，

Lester: No, I'm, no, I'm not saying on faith,

和那些经历过的人谈谈。

talk to those who've been through it.

学生：我不是说要基于信任购买，去跟那些经历过的人谈谈，看看他们未经请托的见证，或即使是请托的见证，这些人都通过了，尤其是那位女士。但还是，这是在信任的基础上购买的，因为我们在这里看到一位显然真诚的女士在积极地为课程发声。

Student: Even that, even that through the unsolicited testimonial or even solicitive testimonial, that we have and these people come through very very nicely especially that lady, but still it's buying something up great, because we're looking at alright obviously, sincere woman over there who's speaking positively for the course.

**莱斯特：我同意你的看法。**

Lester: I'll go along with you.

**学生：如果我决定参加这个课程，我是在基于信任的基础上买的。**

Student: And if I want to say yes I think I'll take it, I'm buying it on faith

**莱斯特：是的，你得有一定的信心。**

Lester: Yes, you have to have a certain amount of faith.

**学生：没错。**

Student: That's right.

**莱斯特：是的。**

Lester: That's true.

**(后面俩学生说的听不真切)**