

与莱斯特的谈话&莱斯特视频 3

Talks with Lester

中英文字幕版

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》（即本文档）、《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》、《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》。

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最后，祝各位旅途愉快，回家顺利！

穿肚子

2025年8月21日

本文档中《【与莱斯特的谈话】【Talks with Lester】第三、四卷 Volume 3-4》和《莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2》是由挚友 Sara 翻译、我校对完成的，谢谢 Sara 的无私付出！

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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;

【与莱斯特的谈话】【Talks with Lester】

注：《【与莱斯特的谈话】【Talks with Lester】》和《莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2》涉及 b 站两位 up 主上传的视频（建议对照看原视频更容易理解），由于他们取的视频名字不一样，所以找原视频的时候会有一点混乱，我把四个视频以及他们分别给出的名字列在下面，这样你们可以清晰一些：

视频编号	up 主 “zh_vhhk” 的视频名	up 主 “go-free 无限” 的视频名
1	【与莱斯特的谈话】第一卷，磁带 1【Talks with Lester】Volume 1,Tape 1 (本文档子标题同名)	莱斯特视频 1-莱斯特 1984 年加强训练班视频 1
2	【与莱斯特的谈话】第一卷，磁带 2【Talks with Lester】Volume 1,Tape 2 (本文档子标题同名)	莱斯特视频 1-莱斯特 1984 年加强训练班视频 2 (过山车)
3	【与莱斯特的谈话】第三、四卷【Talks with Lester】Volume 3-4 (本文档子标题同名)	莱斯特视频 4-庆祝莱斯特 100 周年纪念日 3、4 (过山车)
4	无	莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2 (本文档子标题同名)

【与莱斯特的谈话】【Talks with Lester】第一卷，磁带 1 Volume 1,Tape 1

下面的演讲是 1984 年录于 9 天的加强训练班，这些珍贵的录像是采用家用摄像机以长时间录制模式拍摄而成，我们已经竭尽全力锐化图像、平衡色彩，以便让你对莱斯特的信息有一个直观的印象，为了从这些磁带中获得最大的收获，请用心去聆听，并把头脑放到一边，尽情享受吧！

The following talks were recorded in 1984 during a nine-day intensive, these rare recordings were recorded on a home video camera on extended play, we have done our best to sharpen the image and balance the color, so that you can have the direct experience of Lester's message, in order to get the most from these tapes, please listen to them with your heart and leave your head aside, enjoy.

莱斯特：一个让你更好地帮助你认同“你到底是什么”的方法，以及关于怎么认同真正的你，那个永远不变、完整、完美的你，那个你在试图做任何事去成为的你，那个你这外部寻找却找不到的你，还有很多有帮助的提示。

In a way that will help you identify better with that which you really are, and with a lot of helpful hints on how to identify with the real you, the you that never ever changes, the you that's whole, complete, perfect, the you that you're trying to get to in everything you're doing, the you that you're looking for where it isn't externally.

为什么我说它很容易的一个原因是因为你在试图找到你自己。

One reason why I say it's easy is because you're trying to find you.

这有多难呢？

How difficult is that?

还有，你每时每刻都在体验着真正的你，同时又每时每刻都在把目光从它身

上移开。

Also, you're every moment experiencing the real you, plus every moment looking away from it.

但是你不得不体验那个真正的你，然后你说“我”，这就是它。

But you can't help but experience the real you, and you say I, that's it.

“我是”，这是存在，这是你之所是，这就是你。

I am, it's the Beingness, that you are, that is you.

你们有多少人希望 1000 年后还拥有这些躯壳？100 年后呢？即使是 50 年后？

How many of you expect to have these carcasses a thousand years from now? A hundred years from now? Even fifty years from now?

我们有一个人在这么想，玛丽莲会告诉我们关于它的一切。

We have one person, Marilyn will tell us all about it.

学生：那时我会跟是你一个岁数。

Student: I'll be your age.

莱斯特：只要你愿意，你可以一生都保持在 18 岁。

Lester: You'll stay eighteen all your life if you want to.

如果你真的那么爱自己的身体，你可以这么做，你可以一辈子都保持在 18 岁，也许 16 岁，我不确定。

And if you really love the body that much you do it, you can stay eighteen all your life, maybe sixteen I don't know.

学生：25 岁吧。

Student: Twenty-five.

莱斯特：（点头）但是我们得看向自己真正所是的那部分，把它展现出来，认同它，让它成为我们有意识生活的一部分。

But we should look toward the part that we really are, bring it out, identify with it, make it part of our conscious living.

我是我，感觉到只有“我”、“我”、“我”、“我”、“我是”、“我是我所是”。

I am I, get the sense of only I, I, I, I, I am, I am that I am.

是你吗？

Are you?

你说：“是的。”

You say: “Yes.”

好了，就是这样，就只是“那”，然后你就处于那个你一直在痛苦地追求的终极状态了。

Okay, that's it, just be That only, and you're in the ultimate state that you're all the time striving for with misery.

痛苦在那个状态下脱离。

Misery is moving away from that state.

唯一的快乐是存在于你的存在中。

The only happiness there is is being in your Beingness.

你们听我说过，通过满足欲望就能让心智安静下来，当心智是安静的，你就只是存在，而这就是你所感受到的快乐，那是唯一存在的快乐。

What you've heard me say is just quieting the mind through satisfying the desire, and when the mind is quiet, you're just being, and that's the happiness you feel, that's the only happiness there is.

到目前为止，你们有多少人发现了这一点？

How many have discovered that yet?

仅存的一个独一无二的快乐，就是当你是你的存在时。

That there's only one single happiness that's when you're being your Beingness.

好了，这是一个非常大的帮助。

Okay, that's a big assist.

因为它应该减轻并消除了人们在一百万个不同方向上向外寻找快乐的努力。

Because it should alleviate, do away with all that effort looking for it out there in a million different directions.

现在，这不会妨碍你做你正在做的事，你做什么并不重要，重要的是你对它的态度、你对它的理解。

Now that doesn't stop you from doing what you're doing out there, it doesn't matter what you do, what matters is your attitude toward it, your understanding of it.

但是当你认同你的存在时，它绝对会让你的生活变得更容易。

But it sure makes life easier when you identify with your Beingness.

试着把自己放到你所是的领域内。

Try to get yourself placed on the scale of where you are.

客观地看待自己是件好事，你可能在电视上发现了这一点，你从戏剧小品中能得到两个好处：

It is good to see yourself objectively which you are probably discovering with the TV, there's a double benefit you get from the skits:

一个是，当你开始的时候，所有你的垃圾、你的情绪都浮现出来给你释放；

One is when you start, all your garbage, your emotions come up for releasing;

其次是，当你观看它的时候，它是完全不一样的，在你观看时不是这样吗？

And then when you watch it, it's entirely different, isn't it when you watch it?

因为第 1 部分是非常主观的，它是我和我的所有宠物垃圾，但客观地来看，它不像看上去的样子，我们并没有真实地审视我们自己。

Because the first part is very subjective, it's me with all my pet garbage, and it's not what it looks like objectively, we don't see ourselves the way we really are.

所以，当我们回顾并看着它的时候，我们想把它大部分都隐藏起来，不是吗？

So, when we come back and look at it, we want to hide most of it, don't we?

那不是我，我没有这么做。

That's not me, I didn't do that.

但客观地看待自己，能帮助你面对那些你在极力回避的垃圾。

But you see yourself objectively, it helps you move into the points of garbage that you are very much avoiding.

所以，当你辨识出自己所处的位置并客观地看待它时，你可以说：“哎，我正处于第一步，或我正处于第十步，我得往前走。”

So, when you identify as to where you are and you see it objectively, you can say: “Boy, I'm in the first step or I'm in the tenth step, I've got to move.”

所以，“辨识”是客观审视自己的一部分。

So, identifying is part of seeing yourself objectively.

你认为你之所是有三个部分：“你是”——那是你的存在，那是你真实的部分，它构建了你的心智，并历经岁月发展出了所有的这些程序。

And there's three parts that you think you are, you are, that's your

Beingness, that's the real part of you, which sets up your mind, and then develops all these programs over the ages.

这些程序驱动了思考，这些程序就是你的感受。

And the programs motivate the thinking, the programs are your feelings.

我不知道如今心理学和精神病学界是否接受“感受是程序”，他们对于“感受是什么”太盲目了。

I don't know whether any part of the world of psychology and psychiatry today accepts feelings as programs, they're so blinded is to what they are.

我认为他们接受“感受是自然且正常的，只需稍微调整一下，情况就会有所好转”。

I think they accept them as being natural and right, just adjust them a little bit, so things get a little better.

但感受只是程序而已，是我们对外部世界做出反应的潜意识自动化程序。

But feelings are simply programs, subconscious automated programs of how we react to the external world.

每一个感受都是为了维持身体的生存而作为一种生存程序被植入的。

And every one of them has been put in as a pro-survival program in order to keep the body surviving.

你们当中有多少人意识到了所有的这些感受都是生存程序？

How many of you have seen that that all these feelings are survival programs?

哇噢，这很好。

Wow, that's great.

当你试图在一个你本就是永恒存在的情境中存活下来时，你会发现这是多么地愚蠢。

You get to see how silly it is when you're trying to survive a situation that you are eternal in.

这就是你正在做的事情。

That's what you're doing.

你别无选择，你是永恒的。

You've got no choice, you're eternal.

所有的这些挣扎都是为了生存。

All this struggle trying to survive.

但错误出在哪里？

But wherein is the error?

你在试图让什么存活下去？

What are you trying to survive?

是这具躯壳。

The carcass.

就像我过去常说的，如果你开着车四处转跑，它是你的车壳子，它把你关在了里面，这具躯壳也是如此。

As I used to say, if you're driving around in a car, it's your case, got you closed in there, so has this carcass.

所以，在你的存在中，你创造了你的心智，并开始对一切进行编程，你认为自己是那具身体，你认为这个世界在你之外。

So, in your Beingness, you create your mind and start programming everything, and you think you are the body, and you think the world is external to you.

在你创造了它之后，你不再记得是你创造了这一切。

After you have created it, you let go of remembering that you created this whole thing.

这里的一切都是你在心智中创造出来的。

It's all created here in your mind.

在心理层面改变画面，外面会立即发生改变，这被称作“奇迹”。

Change the picture mentally and it instantly changes out there, called the miracle.

我相信你们大多数人都体验过外部的瞬间变化。

I believe most of you have experienced instantaneous changes out there.

有多少人已经体验过了？

How many have experienced?

(笑) 那我还说什么？你们知道了。

What am I talking for, you know it.

但外面除了思想的总和外，什么也没有，而这些思想大部分是潜意识的，问题就出在这里。

But there's nothing out there but the sum total thinkingness, most of which is subconscious and therein lies the problem.

潜意识仅仅意味着我们不想看它。

Subconscious means simply we do not want to look at it.

心智对这个世界而言是个巨大的谜团。

The mind is a tremendous mystery to the world.

因为他们不理解它是什么，他们看不到它的简单性。

Because they don't understand what it is, they can't see the simplicity of it.

它是你所有感受和想法的总和，仅此而已。

It's the sum total of all your feelings and thoughts, that's all.

多么简单啊！

How simple it is!

它是你的感受和想法的集合。

It's a collection of your feelings and thoughts.

你所体验的一切都是通过心智进行的。

And everything you experience is via the mind.

进入无意识状态，心智便消失了，也就不存在体验了。

Go unconscious, mind's out of the way, there's no experiencing.

所以，试着去辨识出你在哪里、在哪个位置。

So, try to identify where you at, where you are at.

大多数时候你都在认同你的身体和世界吗？

Most of the time are you identifying with your body and the world?

答案是肯定的，我不会让你回答那个问题的。

The answer is yes, wouldn't let you answer that one.

但你可以让它不那样。

but you can make it otherwise.

你继续做你正在做的事情，但要把你的认同从身体转变为仅仅只是存在。

You continue in what you're doing but shift your identity from being the body just to being.

认同你的存在，然后你就只是坐下来，观看着世界流转，你进入了见证的状态。

Identify with your Beingness, and you just sit back, and you watch the world go by, you get into the state of witnessing.

你甚至感觉不到自己在移动。

You don't even feel yourself moving.

因为你不能，你是无所不在的。

Because you cannot, you are omnipresent.

当你认同你的存在时，你会发现自己在整个宇宙中无处不在。

When you identify with your Beingness, you discover that you're everywhere present in the entire universe.

而且如果你愿意，你不用移动就能看到宇宙中的任何地方。

And should you choose, you can take a look see anywhere in the

universe without moving.

因为你在那里。

Because you're there.

你甚至不需要进行星际旅行，你是全在的。

You don't even have to do astral travel, you're omnipresent.

星际旅行存在于心智中，星光体、心智几乎是同一个东西。

Astral travel is in the mind, astral body, mind are almost one in the same thing.

所以，辨识出你在哪里，做出决定缩短这段旅程，获得自由。

So, identify where you're at, make a decision to cut the journey short, go free.

既然你可以自由，为什么还要痛苦呢？

Why agony when you can be free?

所以，真正的你是存在，小我的你是第二和第三部分，也就是你的心智和你的身体。

So, the real you is the Beingness, the ego you is two and three, your mind and your body.

你所认同的三种状态是“存在状态”、“行动状态”和“拥有状态”。

And the three states that you identify with are Beingness, doingness and havingness.

由此，你就能与情绪图表联系起来，冷漠、悲苦、恐惧低到了“拥有状态”中。

And with this you can relate to the Chart of Emotions, apathy, grief, fear are down in havingness only.

当你低到处于“拥有状态”中时，你认为你的幸福、你的能力取决于自己能拥有多少，并且你把所有的时间都花在努力获取和拥有上。

When you're down there, you think your welfare, your wherewithal, it depends on how much you can have, and you spend all your time trying to make and have.

你上升到探求、愤怒、自尊自傲和无畏中，你会进入一种“行动状态”中，你不再认为你的幸福在于拥有，而是觉得自己必须成为一个行为者。

You move up into lust, anger, pride, courageousness, you move into a doingness, instead of thinking your welfare lies in having, you feel you gotta be a doer.

当然，这是一种高级的状态，我们当中只有 5%的人是行动者，我们中 95%的人都想要拥有。

Of course, that's an advanced state, only five percent of us are doers, ninety five percent of us are wanting to have.

我们的状态低到了如此之低的地步，以至于我们把自己置于成为奴隶的状态中，我们必须有一份工作，必须有人告诉我们该做什么，必须有人给我们提供吃的食物和住宿的钱。

We're down so low, we put ourselves in the state of being a slave, we must have a job, someone must tell us what to do and give us the food that we eat and the money to get our lodgings.

人们工作的唯一原因是我们有一种奴隶意识，我们处于底部的“拥有状态”中，也就是冷漠、悲苦和恐惧中，这是大多数人在多数时候所处的位置。

The only reason why people work in jobs is that we have a slave consciousness, we're down in a havingness, apathy, grief, and fear, that's where most people are riding the majority of times.

上升到无畏、自尊自傲、愤怒和贪求，然后你就能成为一个行为者，这比做一个奴隶自由多了。

Move up into courageousness, pride, anger and lust, then you get to be a doer, which is a much freer state than being a slave.

当你达到“我能做到”的状态时，你就有了足够的意愿和意志移动到顶端。

And when you get into the state that I can do, you've got enough wish and will to move to the top.

因为当你只是静静地存在时，你会发现那是最奇妙的事。

Because you discover when you're just quiet in being, that's the nicest thing there is.

带着“行动状态”的能量，你会更努力地摆脱剩余的限制，也就是 AGFLAP，这样你就能始终保持并只是存在。

And with the doingness energy, you'll work harder to drop the remaining limitations, the AGFLAP, so that you can remain and just be all the time.

现在，那种“存在”的感觉与世界无关，它与你如何看待这个世界有关。

Now, that sense of Beingness is not related to the world, it's related to how you look at the world.

你看着世界流转，你审视着自己，你看着自己的身体四处走动，就像你现在看其他的身体一样。

You watch the world go by, you watch yourself, you watch your own

body moving around like you now watch other bodies.

你会看到自己的身体对你来说是客观的，就像你看其他的身体对你来说是客观的一样。

You'll see your body objective to you, like you see other bodies objective to you.

所以，试着上升去不断地认同你的存在，保持住“我是”，或者“我”、“我”、“只有我”、“我是我的存在”、“我是”、“我就是我”。

So, try to move up to constantly identifying with your Beingness, hold I am or I, I, I only, I am my Beingness, I am, I am I amness.

然后，当你成为一个“做者”时，会发生什么呢？

And then when you get to be a doer, what is that going to come down, is it?

当你成为“做者”时，试着看到你不是行为者，所有的这一切对你来说都是客观的，试着采取“我不是行为者”的态度。

When you get to be the doer, then try to see that you're not the doer. that all that is objective to you. try to take the attitude I am not the doer.

在那里会发生的是你释放了那种“做”的小我感，转而允许更高的力量、或

者随便你怎么称呼它，去做这件事。

And what happens there is you let go of the ego sense of doing and shift into allowing the higher power or whatever you call it to do it.

在宗教里，他们说的是：放手，让上帝来。

In religion, they say: Let go, let God.

祂能做到吗？

Can He do it?

是的，祂能做到一切。

Yeah, He can do everything.

当你释放你的小我感时，你会自动地进入你的存在中，不需要努力就能照顾好一切事物，然后你的生活会变得完全毫不费力。

When you let go of your ego sense, you automatically move into your Beingness, and that takes care of everything with no effort, and your life becomes totally effortless.

从你自身获取你所有的快乐开始，认识到你所拥有的每一丝快乐都来自于那个只是存在的美妙而宁静的地方。

And start from taking all your happiness from you, recognize that every

joy you have is that nice, quiet place of just being.

当你的欲望消散时，即使你正在从这个世界中拿取快乐，也要试着认识到那份快乐是“你就是你”，你的心智是安静的。

When your desires are out of the way, even though you're taking pleasure from the world, try to recognize that that pleasure is you being you, your mind is quiet.

现在，在这条路上，我们应该认同每个人都是我们，把每个人都看作是你，当你看到你是存在时，就会发生这种情况，你的存在是一切的存在，所以它涵盖了每个人，所以你把别人视作你自己。

Now, on the way, we should identify with everyone as being us, see everyone as you, and that's what happens when you see that you are Beingness, and that your Beingness is all Beingness, so it includes everyone, so you see other people as you.

然后试着认同外界的一切，每一个原子都是你。

Then try to identify with everything out there, every atom as you.

因为这是你创造的。

Because it's your making.

当你认同它时，你会发现你创造了自己所经历的一切，这一切都在你的心智中，所有你正在经历的一切都在你的创造机制中。

And when you identify with it, you'll get to see that you created everything you're experienced, it's all in your mind, all you're experiencing, it's all in your creative mechanism.

心智只有创造性，心智创造出了我们持有在心智中的想法。

Mind is only creative, creates the thoughts that we hold in mind.

最终，“知道”意味着“存在”。

And in the end, Knowing means Being.

你无法把自己视为两个东西——我知道我自己，我是自己。

You can't get to know yourself as two things: I knowing myself, I am myself.

因此，终极知晓会落入存在中，所有的知识都会落入存在，你放下了你耗费累生累世所积累的知识。

So, the ultimate Knowing drops away into Being, all knowledge drops away into Being, you let go of all the accumulation that you spent lifetimes accumulating in a way of knowledge.

因为这些知识相比起全知是微不足道的, 它们都是有限的知识, 受限于心智。

Because it's all lesser knowledge than omniscience, it's all limited knowledge, limited by the mind.

你释放它们, 然后你会发现你是全知的, 你是无所不知的, 在那之后你再也不必费力思考了, 那里不再有任何的思考, 你都知道了。

And you let it go, and you discover you're omniscience, you're all knowingness, after which you don't have to work hard thinking, there's no more thinking, you're knowing.

而在“知道”中, 不再有思考。

And in Knowingness, there is no thinkingness.

因此, 要看到外面除了你全部的思想总和外, 什么都没有。

So, see nothing out there but your sum total thinkingness.

顺便说一句, 我觉得如果你能把这个写下来是有好处的, 以后作为一个提醒、作为复习。

By the way, I think it'd be good if you could write this down to be used in the future as a reminder, as a refresher.

大家都拿到第一张图表了吗? 或者有谁没拿到第一部分的内容吗?

Did everyone get the first chart? or anyone who did not get the first part?

写下来，以后你可以用。

Write it down, you can use this in the future.

我相信这些内容你在书里读不到，或者你们在书里读到过吗？

This is stuff I believe you don't read in books, or do you read in books?

学生：没有。

Student: No.

莱斯特：在某种意义上他们会把它给你，但不会这样分解。

Lester: They'll give it to you in one sense, but not broken down this way.

所以把它放在你能随时看到的地方是有好处的，直到你成为大写 I 的“它”。

So, it's good to have it where you can keep looking at it until you become It for the capital I.

这是为发生在你身上的一切负责：我做了什么导致了这件糟糕的事情？

This is taking responsibility for everything that happens to you: what did

I do to cause this awful thing?

养成这个习惯，你最初的念头就会开始浮现出来，然后你就能释放它们，这样外部的负面事件就会停止发生。

Develop that habit, and your initiating thoughts will start coming up. and you will release them, so that negative happenings out there will stop.

负面事件越少，正面事件越多，你的生活越平静，它就越容易继续做下去。

The less negative happenings, the more positive happenings, the quieter your life is, the easier it is to go on.

如果你总是面临死亡的困扰，释放会很困难。

If you are constantly being plagued by death facing you, it is difficult to release.

但如果你的生活是轻松的，你会在一个更好的状态中释放，你不再那么害怕自己的程序了，你将能够允许底部的程序、也就是对死亡的恐惧、对活着的恐惧浮上来，并释放它。

But if your life is easy, you are in a better place to release, you are not so fearful of your programs anymore, you will be able to allow up the bottom program, of the fear of dying, the fear of living, and release it.

现在，当你继续这样做的时候，要看到外面除了你全部思维的总和外，什么也没有。

Now, when you continue this, see nothing out there but your sum total thinkingness.

接着你会发现，除了我的存在，外面实际上什么都没有，这让我想起了维韦卡南达，他说：“当你走到终点时，你会发现除了我之外，从来就什么都没有。”

Then you discover there is an actuality nothing out there but my Beingness, which reminds me of Vivekananda, He said: “When you get to the end of the line, you discover there never was anything but I all alone.”

我，我的存在是所有存在的总和，这是唯一真实存在的东西。

I, my Beingness is the totality of all Beingness and that's the only real thing there is.

你的存在永远不会改变，你的存在是永恒的。

Your Beingness never ever changes, your Beingness is eternal.

因为它永不改变，它是唯一的真理。

Because it never changes, it's the only Truth.

如果某个事物发生了改变，那么在前一刻它就不是真的。

If something changes, it was not true the moment before.

一个事物要是真实的，它就必须保持它所是的样子。

For a thing to be true, it has to remain as it is.

而你唯一会体验到的、不会改变的就是你的存在，也是你此刻的所是。

And the only thing you will ever experience that does not change is your Beingness, which you are right now.

认同你的存在，并朝着它迈进。

Identify and move toward your Beingness.

当你到达一个点，你开始看到没有任何的客观性，没有什么是与我分离的，外面只不过是我全部思维的总和，你就是我，宇宙中的每一个原子都是我，这就是你保持认同你的存在时会看到的。

And when you reach the point where you begin to see no objectivity, nothing's apart from me, there's nothing out there but my sum total thinkingness, you are me. every atom in the universe is me, it's what you will see as you stay as you identify with your Beingness.

我们在这里试图抓住它的微小碎片，然而它全部都是我们的，是我们的创造。

Here we're trying to scratch the little pieces of it, and the totality of it is ours, our creation.

所以我们不断地练习、练习、释放、释放，直到没有任何念头为止。

So, we work and work and release and release until there are no thoughts

现在，你们每个人都会经历没有念头的时刻，这是一种极棒的状态。

Now, every one of you experience moments when there are no thoughts, and it's a tremendous state.

但只要还残留哪怕一片垃圾，它就会发挥作用，并把你拉离那个美好、宁静的状态。

But as long as there's a piece of garbage left, it comes into play and pulls you away from that nice, quiet place.

我们中的一些人认为那是外面的噪音，这是真的，那并不是存在，我们没有试图停留在这种“存在状态”中，而是远离了它。

And some of us think it's the noise out there, that's real, not the Beingness, and we move away from rather than try to stay in the state of

Beingness.

现在，当你到达那里时，你将仅凭直觉行事，你无需思考就能在这个世界中运作，你不会冒犯任何人，你能给每个人提供答案，你可以和人们谈论他们的主题并帮助他们。

Now, when you get there, you'll be intuitive only, you'll operate in the world without thinking, you'll be offensive to no one, you'll have answers for everyone, you can talk to people on their subject and help them.

当你这样做的时候，你看着自己的身体在谈论并回答他们的问题，并且你像他们一样在倾听，有时你会说：“哇，这听起来真不错~”

And as you're doing it, you're watching your body talking and answering their questions, and you're listening to it just like they are, sometimes you say: “Wow, that sound good~”

(学生笑)

所以，不要认同你的身体和心智。

So, do not identify with your body and mind.

剩下的是什么？

What's left?

你的存在，你的“是”，你的实然，你的本然，那是你真实、完整、圆满、完美、永恒的那部分，那是你在做的每一件事中努力想要达到的部分，在你抵达那里之前，你永不停息。

Your Beingness, your isness, your areness, your amness, your existenceness, that's the part of you that's real, whole, complete, perfect, eternal, that's the part of you you're struggling to get to in everything you're doing, you'll never rest until you get there.

总而言之，没有任何的贪恋和厌恶，那么你会拥有所有事物，你将拥有一切，这个宇宙都会是你的。

Summed up, have no attachments and no aversions, and you'll have everything, you'll have the all, the universe will be yours.

为什么？

Why?

这是你的宇宙，你创造了它，它一开始就是你的。

It's your universe, you created it, it was yours in the first place.

而这只是个小诱饵。

And this is a little bait.

因为你想要的事物是如此之多，我在告诉你，你可以拥有一处房地产，你可以拥有这整个世界，你可以拥有所有的其他世界。

Because you're wanting so many things, I'm telling you, you can have a piece of real estate, you can have the whole world, you have all the other world.

如果你释放，你能够拥有全宇宙。

You can have the omniverse if you release.

因为这是你的创造，你可以复制并造出两个这样的宇宙，两个全宇宙。

Because it's your creation, you could duplicate and make two of these, two omniverses.

但当然，当你到达那里时，你为什么还要背负着那份负担呢？

But of course, when you get there, why do you want to carry that load on your back?

你不会的，你让它存在，你只是持续认同你的存在，这才是最伟大的东西，除此之外什么都没有。

You don't, you let it be, and you just remain identifying with your

Beingness, which is the greatest thing there is, barring none.

后面还有一些内容。

There's more.

这里有一些表示自由状态的词，这能在你设定目标时有所帮助。

Right here are words indicating the free state, this can help you in setting your goal.

我最喜欢的词是“波澜不惊”，这是个没有任何事物能再打扰你、没有任何人能打扰到你的地方，你只是看着另一个人，允许对方存在，并希望其得偿所愿，即使他们想要杀了你，这也丝毫不会打扰到你。

The word I like best is imperturbability, the place where nothing can ever disturb you again, the place where no person can disturb you, you just look at the other one, and you allow the other one to be and want what the other one wants, and it doesn't disturb you one iota, even if they want to kill you.

这怎么会打扰你呢？

How can it disturb you?

你是永恒的。

You're eternal.

一切事物的最大干扰者，一切的心智动荡、不安、性欲、所有事物的根源，都是欲望，它只会把我们卷入我们所陷入的巨大漩涡中。

The greatest disturber of everything, the cause of all turbulence of the mind, perturbations, masturbations, everything, is desire, it just spins us into into this tremendous swirl of what we're into.

以无欲为目标，以释放你所有的欲望为目标，试着朝努力越来越少的方向前进。

Aim for desirelessness, aim to release all your desires, try to move towards less and less effort.

现在，当然，在进入“行动状态”之前，你必须先向上移动、走出“拥有状态”，你试着让事物变得毫不费力。

Now, of course, you've got to move up out of the havingness state into the doingness state before, you try to make things effortless.

但当你释放并认同你的存在时，事物会变得毫不费力。

But when you let go and identify what your Beingness, things become effortless.

我想你们大多数人都听我说过：每一个不可能，无论多么不可能，当我们对它完全释放时，都会立即变成可能，并且当它不再勾起你对它的感受（没有钩子）时，你就知道你已经完全释放了。

And as I guess most of you have heard me say: "every impossible, no matter how impossible, becomes immediately possible when we are completely released on it, and you know you're completely released when you just don't give a hook.

学生：你能再说一遍吗，莱斯特？我只是想把它写下来，每一个不可能.....

Student: Could you say it again Lester? I just want to write it down, every impossible...

莱斯特：每一个不可能，无论多么不可能，当我们对它完全释放时，都会立即变成可能，并且当它不再勾起你对它的感受（没有钩子）时，你就知道你已经完全释放了。

Lester: Every impossible, no matter how impossible, becomes immediately possible when we are completely released on it, and you'll know you're completely released when you just don't give a hook.

那种没有行动的感觉，那种不做行为者的感觉，朝着那个方向努力，朝着见证一切发生的方向去做。

The sense of actionlessness, of not being a doer, work toward that, and toward witnessing everything that's happening.

坐下来，成为它的见证者。

Sit back and be the witness of it.

但是当你到达顶端时，所有的这些东西就都到位了，这是你会成为的样子。

But when you reach the top, all these things are in place, that's the way you will be.

那些是我最喜欢的五个形容顶端状态的词，你可能还有其他的词可以添加。

Those are the five words that I like best for the top state, you might have some other words, you could add to it.

最后，来谈谈你们大多数人都见过的幽默感。

And so to close on a sense of humor which most of you have seen.

万念俱灰、悲苦、恐惧、贪求、愤怒、自尊自傲、无畏、接纳和平和，为了CAP它，我们必须摆脱AGFLAP。

Apathy, grief, fear, lust, anger, pride, courageousness, acceptance and peace, we must get rid of the AGFLAP in order to CAP it.

从这个侧边来看，CAP拼写为P-A-C，这是吃豆人，CAP就是吃AGFLAP的吃豆人，但你需要上升到这里才能把它彻底吞掉。

And coming from this side, CAP spells P-A-C, and this is the Pac-Man, the CAP is the Pac-Man that gobbles up the AGFLAP, but you need to get up here to gobble that up completely.

上升到高处，你会触及到被压在下面的对死亡的恐惧，允许它上来，这样你才能让它出去。

It's from the high points that you'll reach down into suppressed fear of dying, allow it up, so you can let it out.

好了，我今天讲到这里就结束了。

Okay, that's the end of my talk for today.

做你的真我，你别无选择，无论你在其他方面尝试了多少，最终你都只能做你的真我。

Be your Self, you've got no choice, no matter how much you try otherwise, you'll always end up eventually just being your Self only.

所以为什么不现在就做呢？为什么要浪费时间呢？

So why not now? Why take time?

好的，谢谢。

Okay, thank you.

【与莱斯特的谈话】【Talks with Lester】第一卷，磁带 2 Volume 1, Tape 2

下面的演讲是 1984 年录于 9 天的加强训练班，这些珍贵的录像是采用家用摄像机以长时间录制模式拍摄而成，我们已经竭尽全力锐化图像、平衡色彩，以便让你对莱斯特的信息有一个直观的印象，为了从这些磁带中获得最大的收获，请用心去聆听，并把头脑放到一边，尽情享受吧！

The following talks were recorded in 1984 during a nine-day intensive, these rare recordings were recorded on a home video camera on extended play, we have done our best to sharpen the image and balance the color, so that you can have the direct experience of Lester's message, in order to get the most from these tapes, please listen to them with your heart and leave your head aside, enjoy.

早上好，我将带你们体验我们正在坐并已经坐过了的大过山车。

Morning, I'll take you on the major roller coaster ride that we are on and have taken.

有趣的是，你们的日常生活一直都是过山车般地起伏，也许最典型的情况就是最初的过山车体验。

Interesting your daily lives are roller coasting all the time, it might be that the archetypical thing was the original roller coaster ride.

但我们应该在智性层面了解整个完整的全貌，当我们这样做时，我认为它能更好地帮助我们定位自己，更好地帮助我们朝着离开过山车的方向前进。

But we should know intellectually the whole complete picture, which when we do, I think it better helps us place ourselves, better helps us move in a direction of getting off the roller coaster.

如果你能想象的话，生活应该是一条直线，甚至不是直线，只是一个点，从不动，从不行动，从不“做”，这是终极状态。

If you can imagine it, life should be straight line, not even that, a point just, never move, never act, never do and that is the ultimate state.

然而，如果你已经构造了一个或多个身体，即便你什么都不做，它们也会继续运转，你的身体在移动，世界在移动，然而你什么都不用做，只是坐下来观看着这一切。

Yet if you have concocted a body or bodies, they go on without you doing a thing, your body moves, the world moves, and you do not do a thing, you just sit back and watch it all.

所以这种静止存在的概念、存在于一个点的概念，或者更好的说法是，无需移动便能存在于每一个点上，这并不会夺走你一生都紧紧抓住的、你亲爱的、珍爱的世界，这个世界正是你的宿敌。

So, this concept of being still, being a point or better than that, being

every point without moving, does not take away from you your dear, dear world that you hold on to for life, which is your nemesis.

所以，我知道你们中的有些人之前已经见过这个了，可能不止一次见过，但如果我要做什么，比方说一遍又一遍、不停地重复同样的东西。

So, I know some of you have seen this before, probably more than once, but if there's anything I do, let's say the same thing over and over and over and over and over and over and over and over and over again.

我想知道为什么你们不听我的？

I wonder why don't you hear me?

或者如果你们听了，为什么不直接去做呢？

Or if you do, why don't you just do it?

而“做”实际上是在消除“做”，这样你就能保持静止，只是存在、存在、存在、存在。

And the doing is really undoing of the doing. so you can remain still and just be and be and be and be.

这会让你想起一首歌吗？

Does that remind you of a song?

如果我能存在、存在、存在、存在，如果我能存在.....虽然这需要稍微改变歌词。

If I could be and be and be and be, if I could be, Even as this needs a change of lyrics a bit.

但我真正做的，我看到的是在引入咒语，你们当中有谁，这里有人在做或者曾经念过咒语吗？

But what I'm really doing, I see is introducing mantra, any of you, anyone here do mantra or have done mantra?

好的，我会给你们一些，如果我能存在、存在、存在、存在，我就没有身体了。(莱斯特唱了起来，学生笑)

Okay, I'll give you some, if I could be and be and be and be, I ain't get no body.

全部只有我自己存在的天堂，就是这样。(学生笑)

Lester: There's be heaven all by myself, that's it.

还有很多很多的咒语，但咒语的主旨概念是让你的心智朝向一个方向，并试着通过专注于那一个方向来让心智安静下来，这样其他的方向就会消失。

There's a lot more, there's a lot more, but the whole concept of mantra

is to get your mind in the direction and try to quiet it by holding it on that one direction, so that the other directions would drop away.

如果它们能消失就太棒了。

It'd be wonderful if they would.

但如果你有一个非常嘈杂的心智, 咒语是有好处的, 它可以让心智安静下来。

But mantra is good if you have a very noisy mind to get it quiet.

好的, 玛丽莲写下了这一点, 很好, 不是吗?

Okay, Marilyn wrote that, a good one, didn't that?

学生: 哪一个?

Student: Which one?

莱斯特: 我是我。

Lester: I am I.

学生: 我是我?

Student: I am I?

莱斯特：不，我必须.....

Lester: No, I gotta be...

学生：我必须自由。

Student: I gotta be free.

莱斯特：哦，我必须自由。

Lester: Oh, I gotta be free.

学生：你调整了那首歌，你把歌从“我必须做我自己”改成了“我必须自由”。

Student: You change the song, you change the song from I've got to be me to I've got to be free.

莱斯特：哦，我必须自由，我必须自由，你也可以.....

Lester: Oh, I gotta be free, I gotta be free, you could also...

学生：把我的给我（笑）。

Student: Give me I mine.

莱斯特：我必须做我自己，我不知道这是否适合你，但我最喜欢我刚才听到的“我是我、我是我、我是我，我、我、我”。（学生笑）

Lester: I gotta be me, I don't know how that would fit for you, but the one I like best I just heard I am I, I am I, I am I, I, I, I.

是的，试试看，养成只对自己哼唱“我是我”的习惯，而不是最后的那部分，“一”、“一”、“一”、“我就是我”、“我就是我”、“我”、“我”、“我”、它是“我”、“我”、“我”。

Lester: Yeah, try it, get the habit of just singing to yourself I am I, not the last part, the one, one, one, I am I, I am I, I, I, I, it's I, I, I.

(学生说的听不清)

莱斯特：所以我们决定坐这个过山车。(下图是课程的板书，我会用“红色”标记出莱斯特新写下的内容)

So this roller coaster that we decided to take a ride on.

存在状态BEINGNESS

我们从仅仅是存在开始，你能想象那是是什么样子的吗？

We start off in being only Beingness, if you can imagine what that's like?

但你不能，心智无法看到超越心智的东西，心智是从存在中降下来的，所以当你试图想象它时，这是不可能的。

And you cannot, the mind cannot see beyond the mind, mind is a come down from Beingness, so when you try to imagine it, it's impossible.

但你们中有多少人已经体验过仅仅只是你的存在？

But how many of you have experienced just being your Beingness?

我看到有人举手，那是.....几乎我们所有人都经历过了，哈哈哈哈哈。

I could see a show of hands, that's... Almost all of us, ha-ha-ha-ha.

没有一刻你不是的，没有一刻你不是在体验你的存在，而这就是你在寻找的，在你生命的每一个行为中，你都是在寻找你的存在。

There isn't a moment when you're not, there isn't a moment when you're not experiencing your Beingness, and this is what you're looking for, in your every act in life, you're looking for your Beingness.

那么，它是什么？

And what is it?

你称它为你的真我 (Self), 我会把它写成大写的 S。

You call it your Self, I'll make it a capital S.

真我 Self

存在状态BEINGNESS

当我只是我的真我时, 我是我的存在, 你无法不成为你的真我, 你无法不成为你的存在。

When I am just my Self only, I am my Beingness, and you can't help but be your Self, you cannot help but be your Beingness.

那么我们做了什么?

So what do we do?

我们在这个美好、平静、完美、奇妙的地方坐了个雪橇、坐了个过山车。

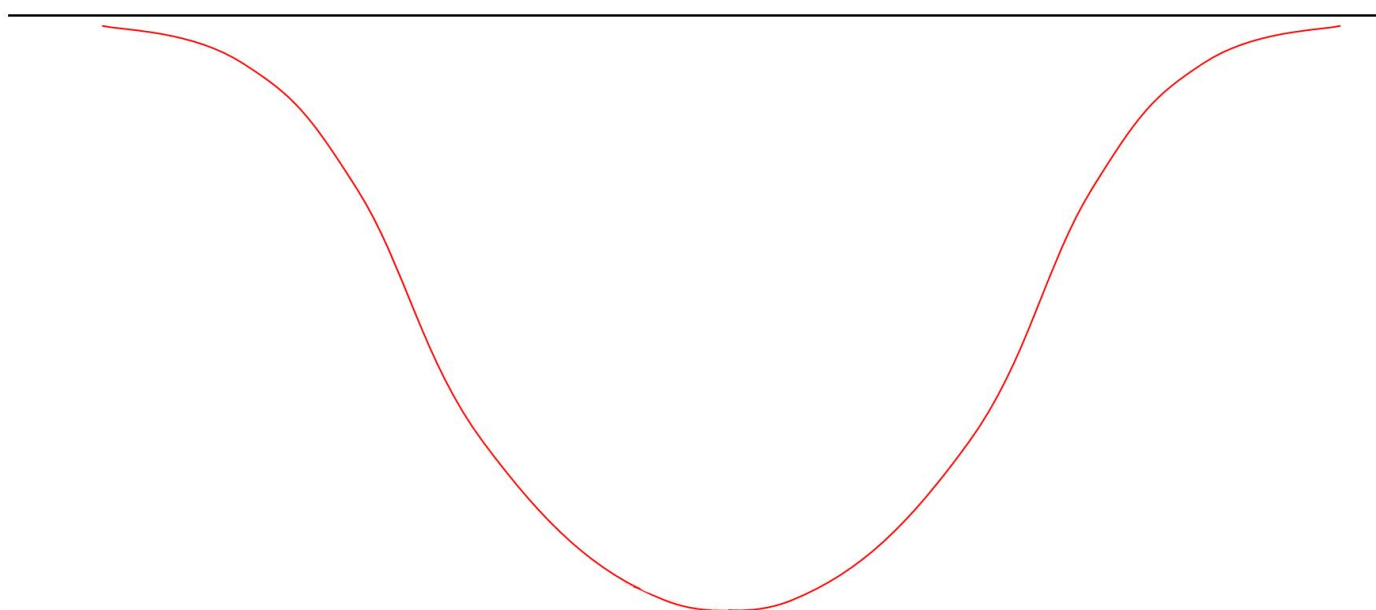
We take a sleigh ride, coaster ride, at this nice, even, perfect, wonderful spot.

我们开始向外移动，然后我们真的向下移动，到达底部，然后再回来。

We start moving out, and we take a real downward ride, go to a bottom, and then, right back again.

真我 Self

存在状态BEINGNESS

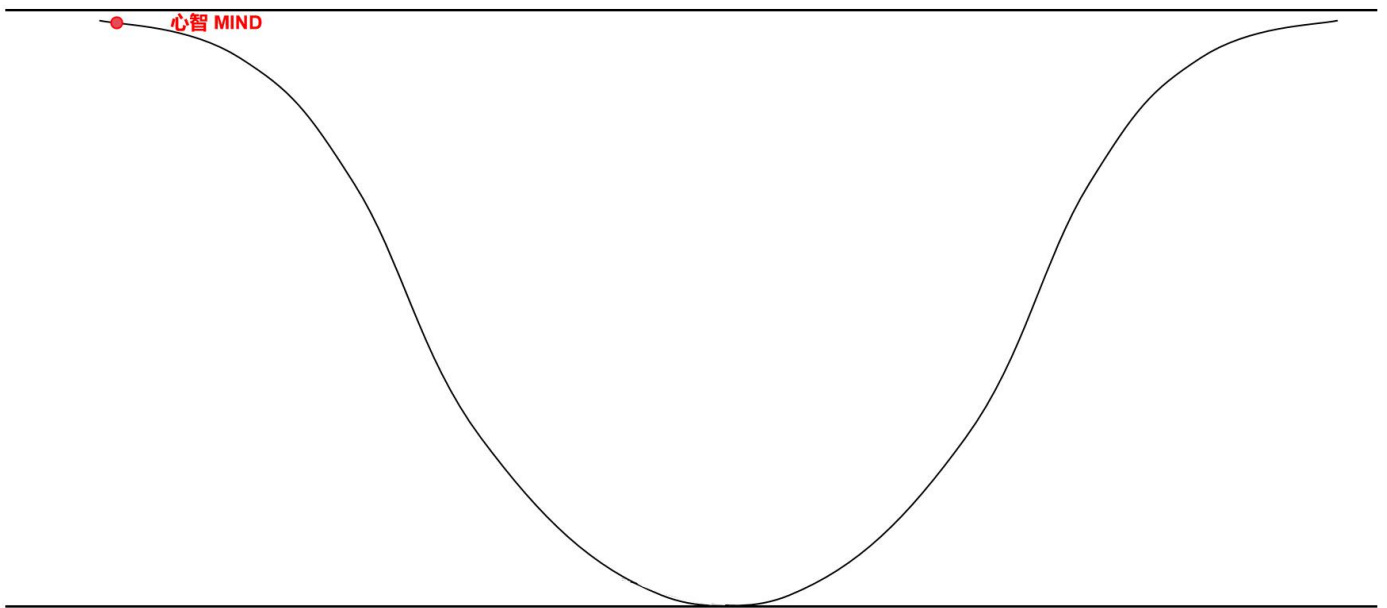


在这个全然完美的“存在状态”中，为了陷入困境，我们创造了我们所谓的“心智”。

In this all-perfect state of Beingness, in order to get into difficulty, we create what we call our mind.

所以，从一开始，在这里，我们就建立了一个心智。

So right at the beginning here, we set up a mind.



心智只是一个分离的工具，只是一个主要创造“差异”和“不完整”的工具，在这之后，我们创造的不完整越多，就越痛苦。

It's only an instrument to separate, only an instrument to create differences, parts primarily, after which the more parts we create, the more it hurts.

所以，在创造了这个心智之后，我们用心智做一切事以回归“存在状态”，但心智无法做到这一点。

So after we create this mind, we do everything to get back to the Beingness with the mind, but the mind cannot do it.

因为它低于存在。

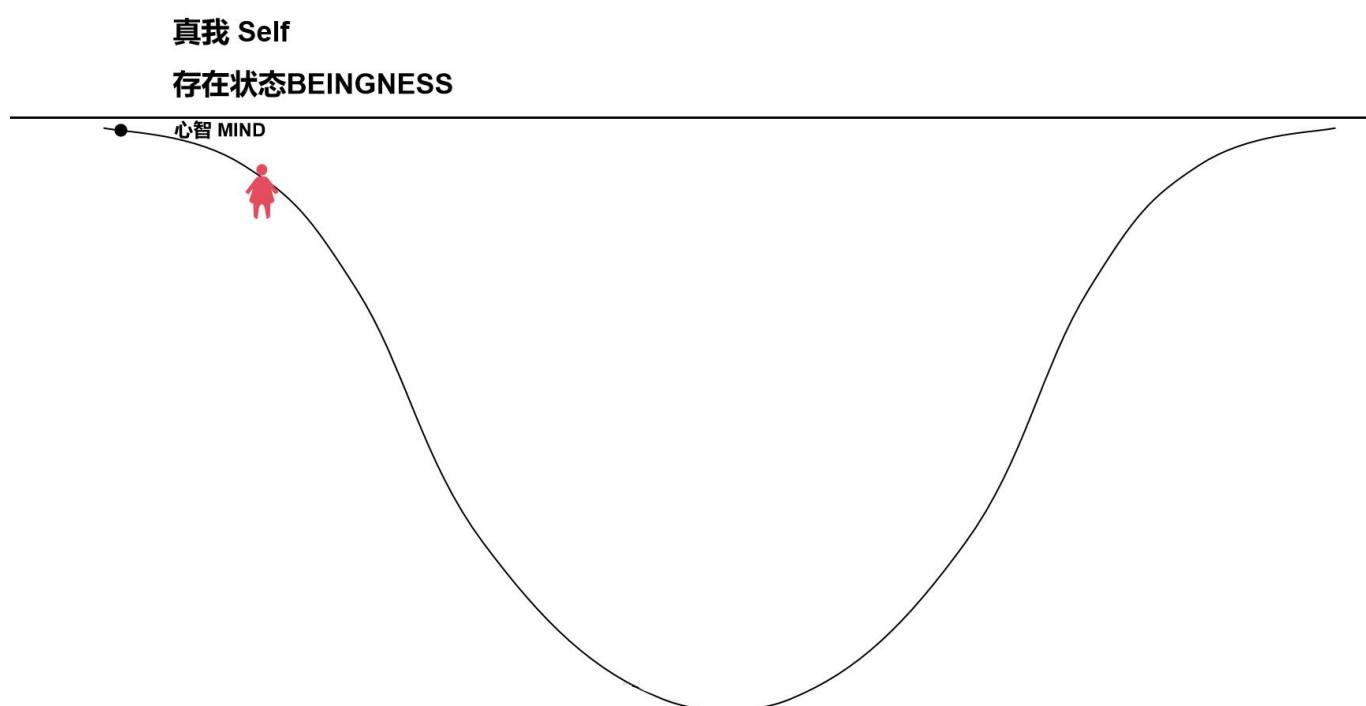
Because it's lower than Beingness.

但心智能做的是引导你朝向放下心智的方向，这样你就能只是存在。

But what the mind can do is direct you toward letting go of the mind, so that you can just only be.

但一旦我们开始了，这还不够，我们构建了一个身体。

But once we start out, that's not enough, we set up a body.



第一个身体是因果体，一个令人愉悦的身体。

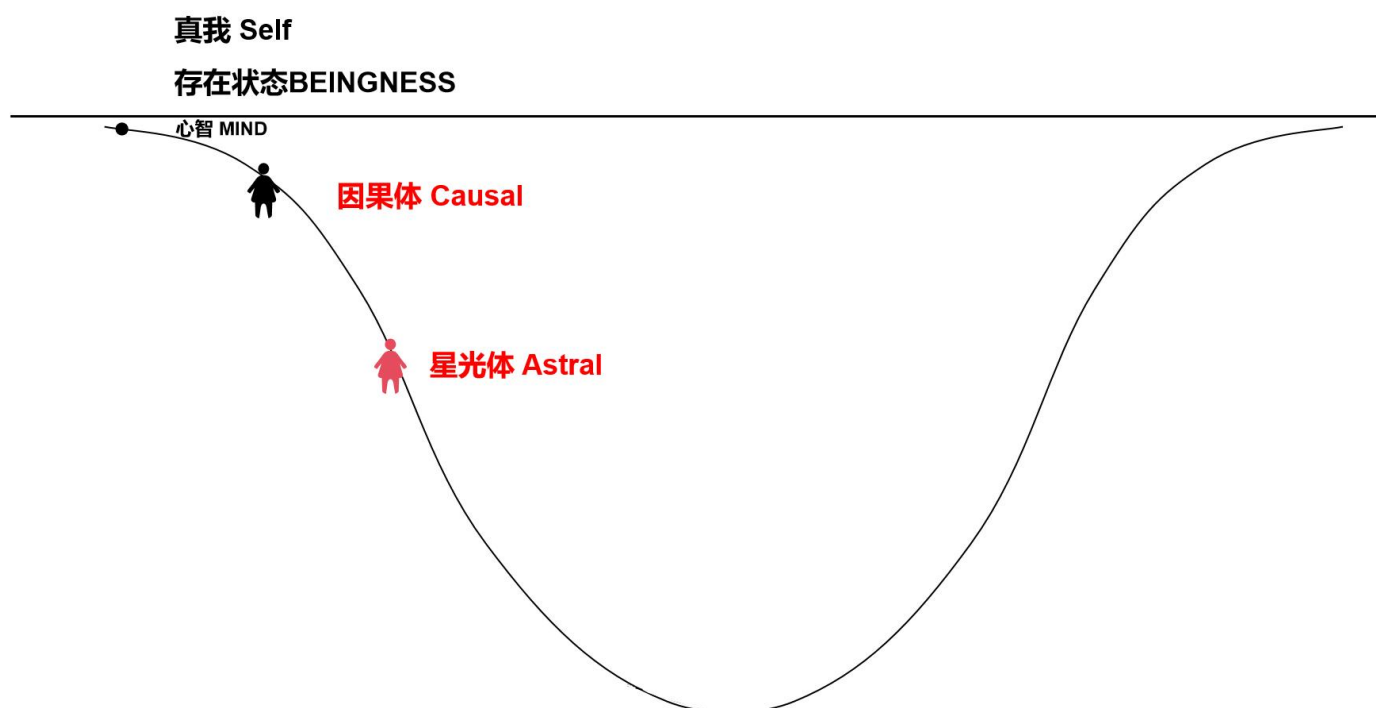
The first body is a causal body, it's a delightful body.

因为在那里，我们的每一个概念、每一个想法都会瞬间被满足，每一个概念都会立即实现，而且我们没有太多的动力去摆脱那个因果体，然而向上回归是相对容易的。

Because there, every concept, every idea we have is instantaneously fulfilled, every concept is instantaneously fulfilled. And there is not too much motivation to get out of that causal body, and yet it's relatively easy to do it to go back up.

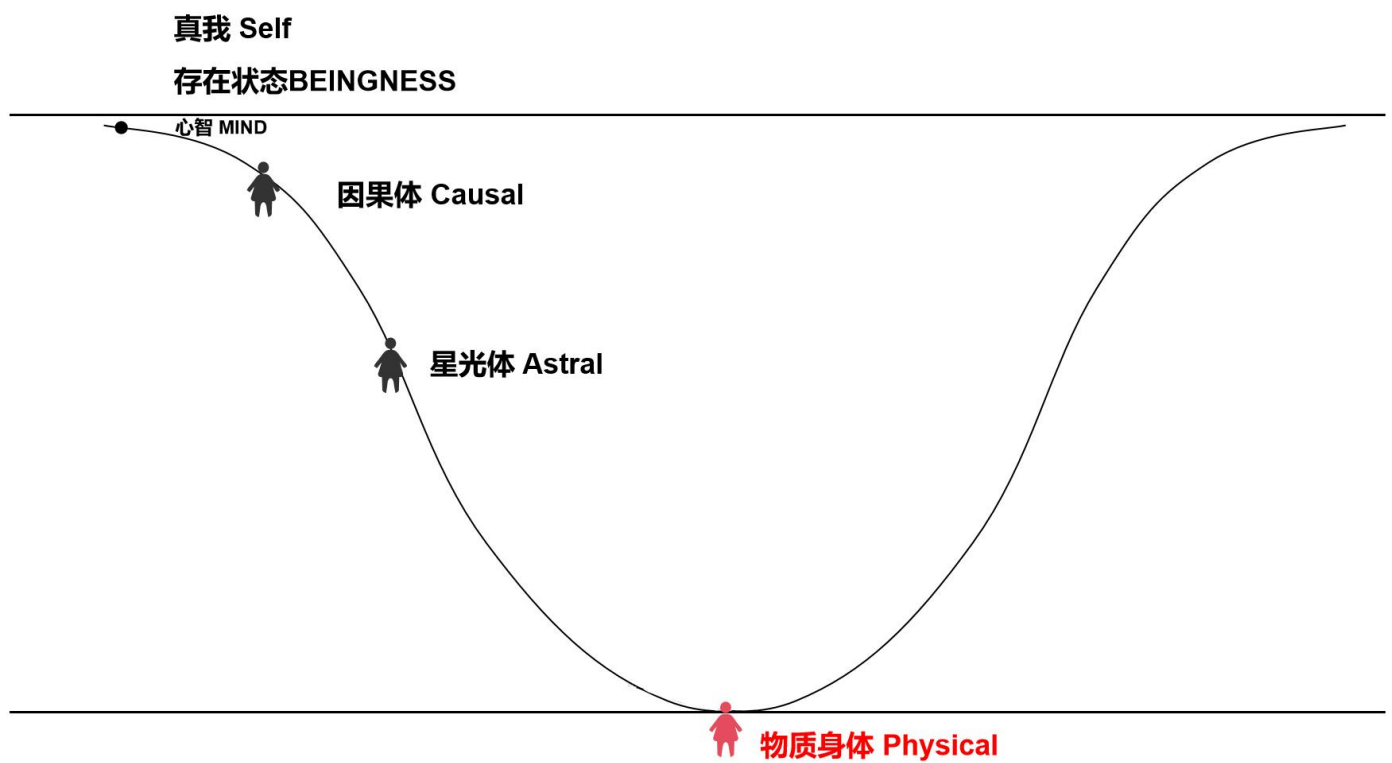
但我们做的是创造了一个更稠密的身体，叫做星光体。

But what we do is we make a denser body called astral.



而这里才是我们真正上吊的地方，我把脖子放在那条线上，当我们向下到达物质层面。

And here's where we really hang ourselves, I'm putting the neck right around that line, when we get down to the physical.



在时间的领域里，这始于亿万年前，在时间的领域中，我们进入物质世界已经数亿年了，我们就是这么固执。

in the realm of time, this was started eons ago, in the realm of time, we've been hundreds of millions of years into the physical, this is how stubborn we are.

理论上，任何人随时都可以选择直接回到顶端。

And theoretically, any time anyone should choose that one can go zip right back up to the top.

但正如你所注意到的，你太沉迷于你的玩具、沉迷于你的外部事物，你就是不想放手，所以我们越来越多地发展了所有的这些外部事物。

But as you have noticed, you get so caught up in your toys, in your

externals, you just don't want to let go, so we develop all these externals more and more and more.

我们发展得越多，就感觉越沉重，我们也变得越迟钝、移动得越慢，直到你触底，也就是我们所处的这个状态——物质领域。

And the more we develop, the heavier we feel, the slower we get, the slower we move, until you hit bottom, the state we are in, the physical.

这是宇宙中任何地方的存在所能达到的最慢、最稠密的状态，我们不可能比现在更慢、更低、更稠密了。

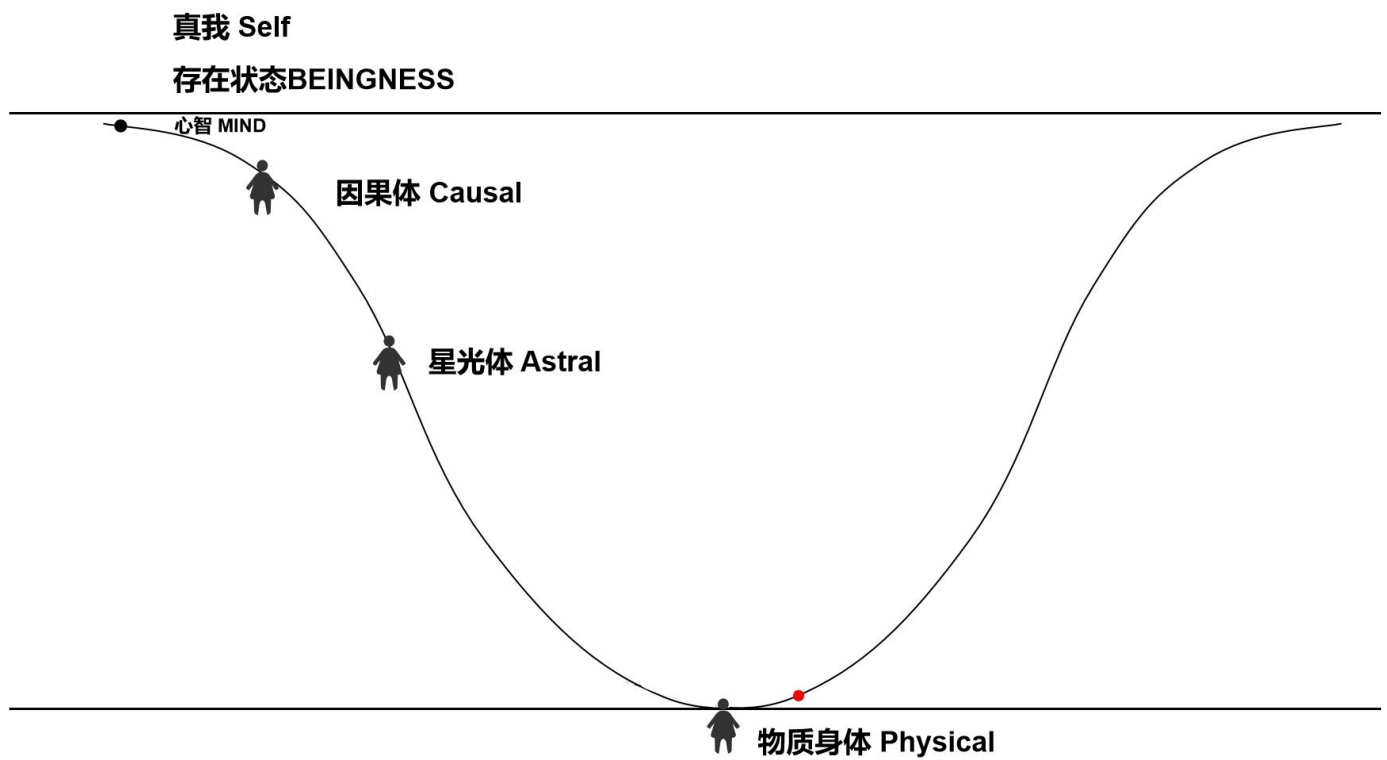
It's the slowest, densest state possible until beings everywhere in the universe, we cannot go slower, lower, denser than we are right now.

所以这是一个很好的地方，我们已经走过一半了。

So that's a great place to be, we're halfway through.

我们实际上.....我们这些使用方法（释放法）的人正开始向上移动并脱离物质领域，我们已经选择了这个进入的时机，这个时候摆脱物质领域的动力将是最大的，这太好了。

We're actually... Those of us using the method are beginning to move up and out of the physical, we've chosen the time to come in, when the incentives to get out of the physical are going to be the greatest, that's great.

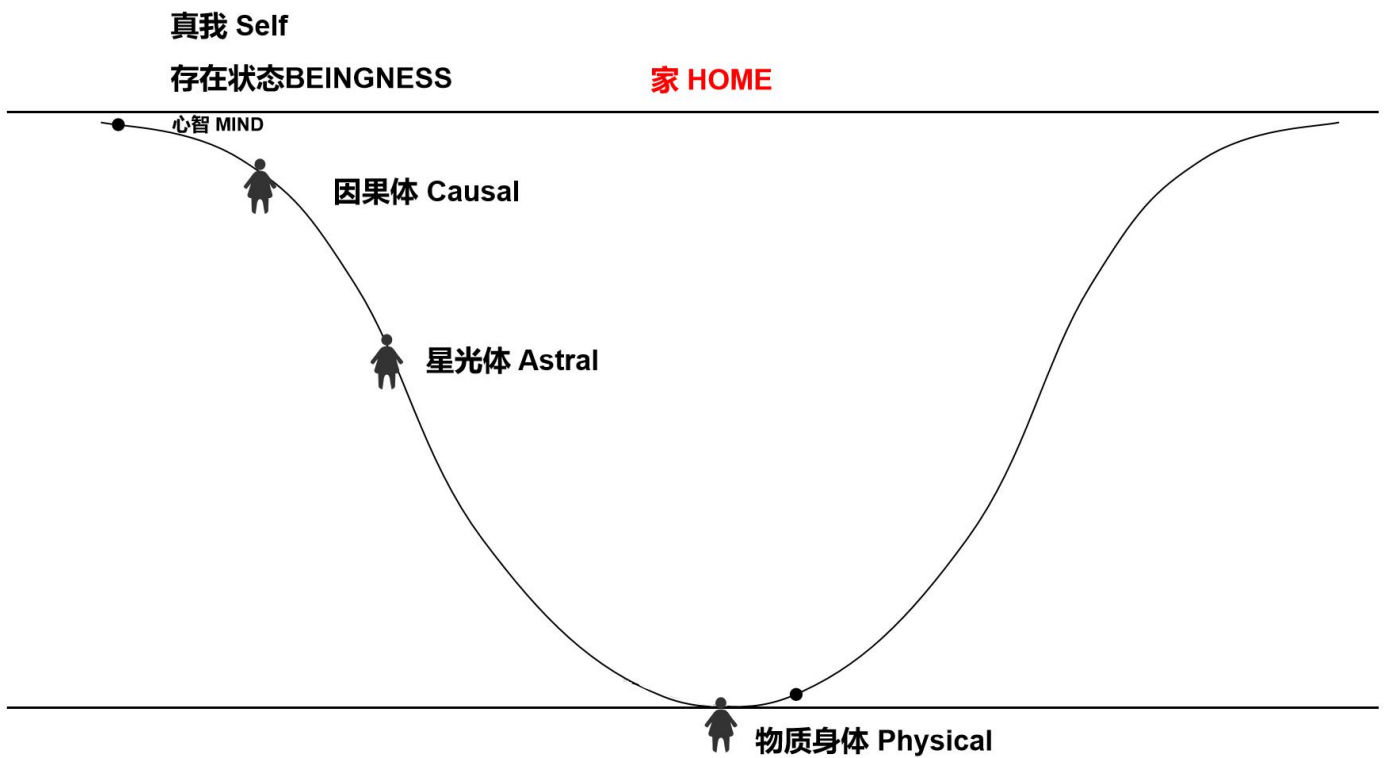


因为当所有支柱都被击倒、所有的外部支柱都被摧毁时，然后我们说“够了”，然后我们就回家了。

Because when all the props are knocked out, all the external props are knocked out, then we say “enough”, and we go back home.

家在上面那里。

Home is up there.



所以，你已经选择了一个绝佳的时机，你不可能选到一个比这更好的时机进入物质领域了。

So you have chosen a wonderful time, you couldn't have chosen a better time to come into the physical realm.

因为我们无意识地设定了它，最初是有意识地，这样我们就不会被永远困在这种沉重、痛苦和限制之中了。

Because unconsciously we set it up, originally consciously, so that we will not be forever caught up in this heaviness, in this misery, in this limitation.

当我们设定它的时候，我们可以提前看到你变得如此盲目，你不知道自己要去哪里，所以我们设置了自动保护停止机制，也就是这个物质领域，设定成

在物质层面行不通，接着我们就不得不向上回归。

And when we set it up, we could see ahead of time that you get so blinded, you don't know where you're going, and so we set up the automatic protective stops, that's the physical, set up so that the physical can't work anymore, then we have to go back up.

当所有支柱都消失时，便只有一条路可走——向上。

There's only one way to go, up, when all the props are out.

我不知道该不该提，但我还是会提，世界上被认为最具灵性的国家之一的领导人今天早上去世了。

I don't know whether to mention it or not, but I will, the leader of what's considered one of the most spiritual countries in the world died this morning.

学生 1：谁？

Student 1: Who?

学生 2：甘地？

Student 2: Gandhi?

莱斯特：（点头）英迪拉·甘地。

Lester: Indira.

学生：被暗杀了？

Student: Assassinated?

莱斯特：(点头) 是的，被谁杀的？

Lester: Yeah, by whom?

她的两个警卫，他们是锡克教徒，她的两个私人警卫是锡克教徒。

Two of her guards, they were Sikh, two of her personal guards who were Sikhs.

学生：什么是锡克教？

Student: What is Sikh?

莱斯特：锡克教是印度的一个组织，他们脱离了印度教在寻求自己的道路，锡克教的拼写不是“寻求 (S-E-E-K)”，而是“锡克教 (S-I-K-H)”，他们在当地是一个庞大的组织，试图将他们的那片土地从印度分割出去，所以当时发生了一场战争。

Lester: Sikh, a group in India that kind of stepped aside from Hinduism and are seeking their way, but it's not spelt S-E-E-K, it's S-I-K-H, they're a big group there and they're trying to separate their part of the land

from India, so there was a battle going on.

讽刺的是，这是谁干的？

But the irony of it, who did it?

她最亲近的贴身警卫。

Her closest personal guard.

我想告诉你们的是，这个世界上没有安全。

What I'm saying to you is there are no safeties in this world.

而你每天在做的是试图让世界变得安全，即使你成为了最具灵性、最大国家之一的首脑，你仍然无法是安全的，除非你认同你的存在。

And what are you doing every day is trying to make it safe, even if you get to be the head of the one of the most spiritual, one of the largest countries, you still can't be safe, until you identify with your Beingness.

当你做到认同你的存在，你会拥有绝对的安全，你是不可触及、不朽、完整、完美的。

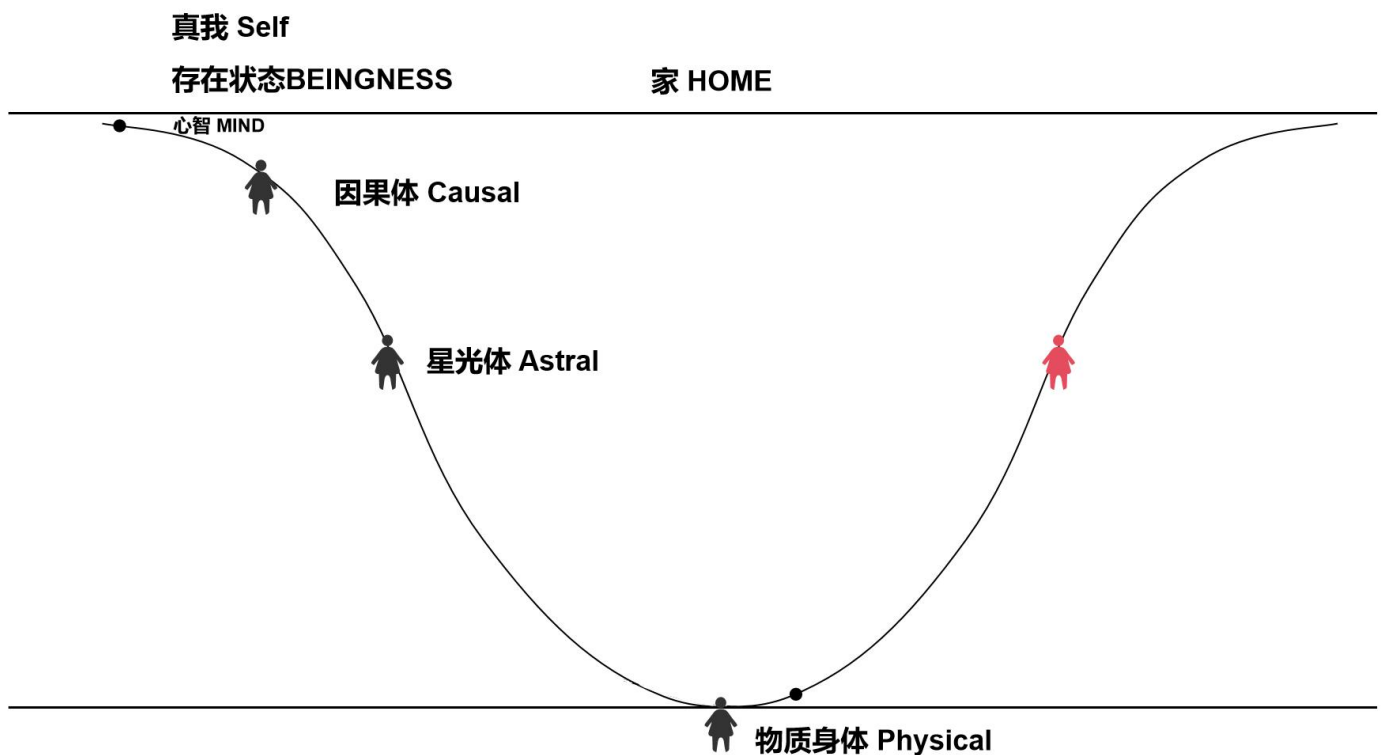
And when you do, you'll have the absolute safety there is, you're untouchable, immortal, whole, perfect.

所以，尽量不要以你现在所做的那样、紧紧抓住这个物理车架子不放了。

So, try not to hold on to this physical carcass with the intensity that you do,

开始朝着向上移动，你会回到星光界。

Start looking towards moving up, you'll move back into the astral.

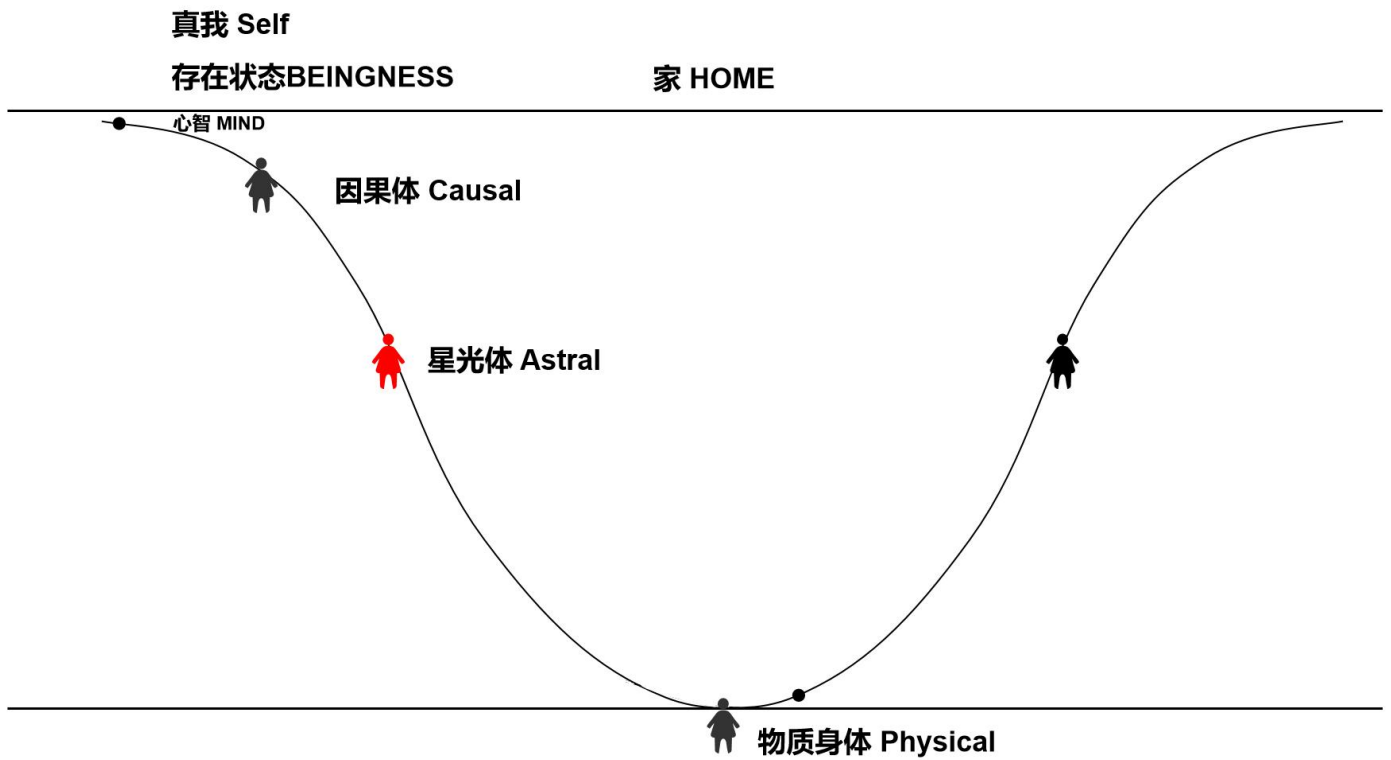


当你向上到达那里时，它和这里是不一样的：

When you get up there, it is different from here:

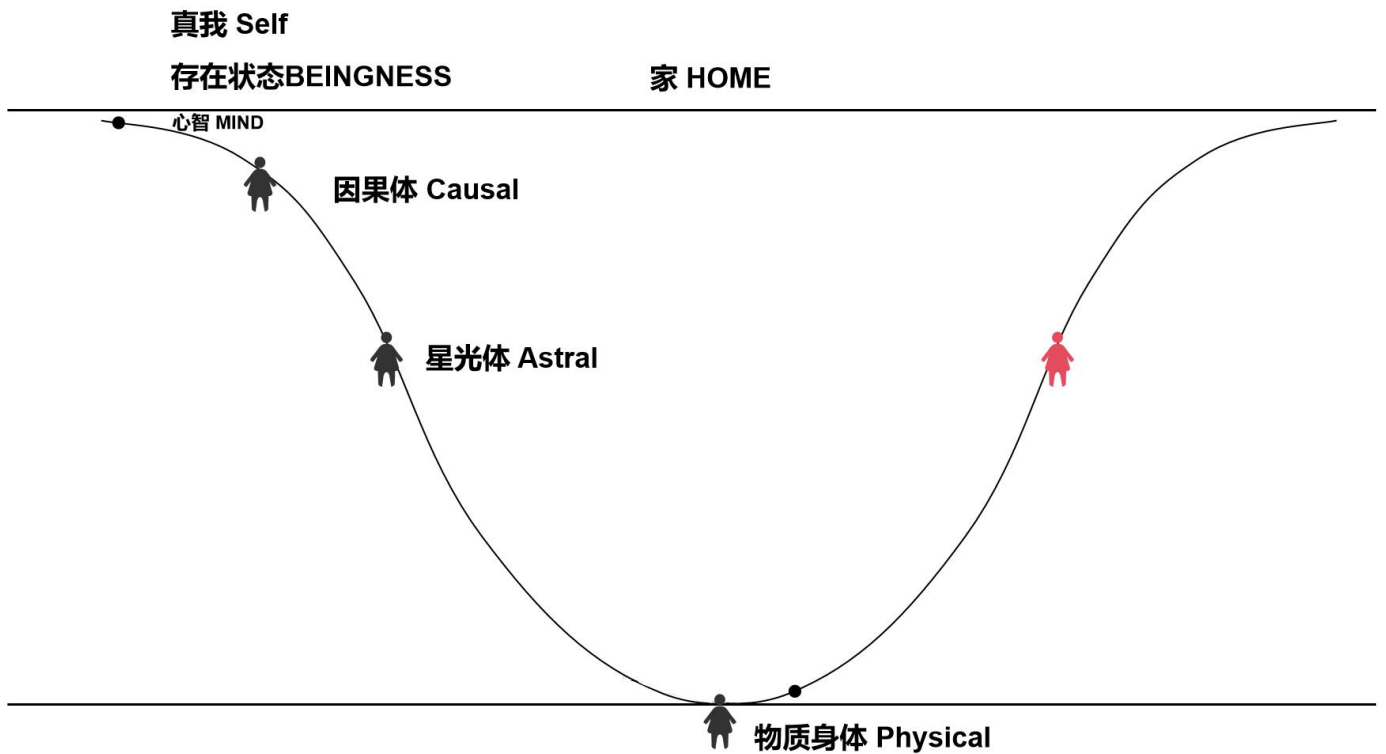
在这里（下图红色的位置），你总是朝向下的方向看；

Here, you are looking in a downward direction all the time;



而在这里 (下图红色的位置), 你保持你的方向向上。

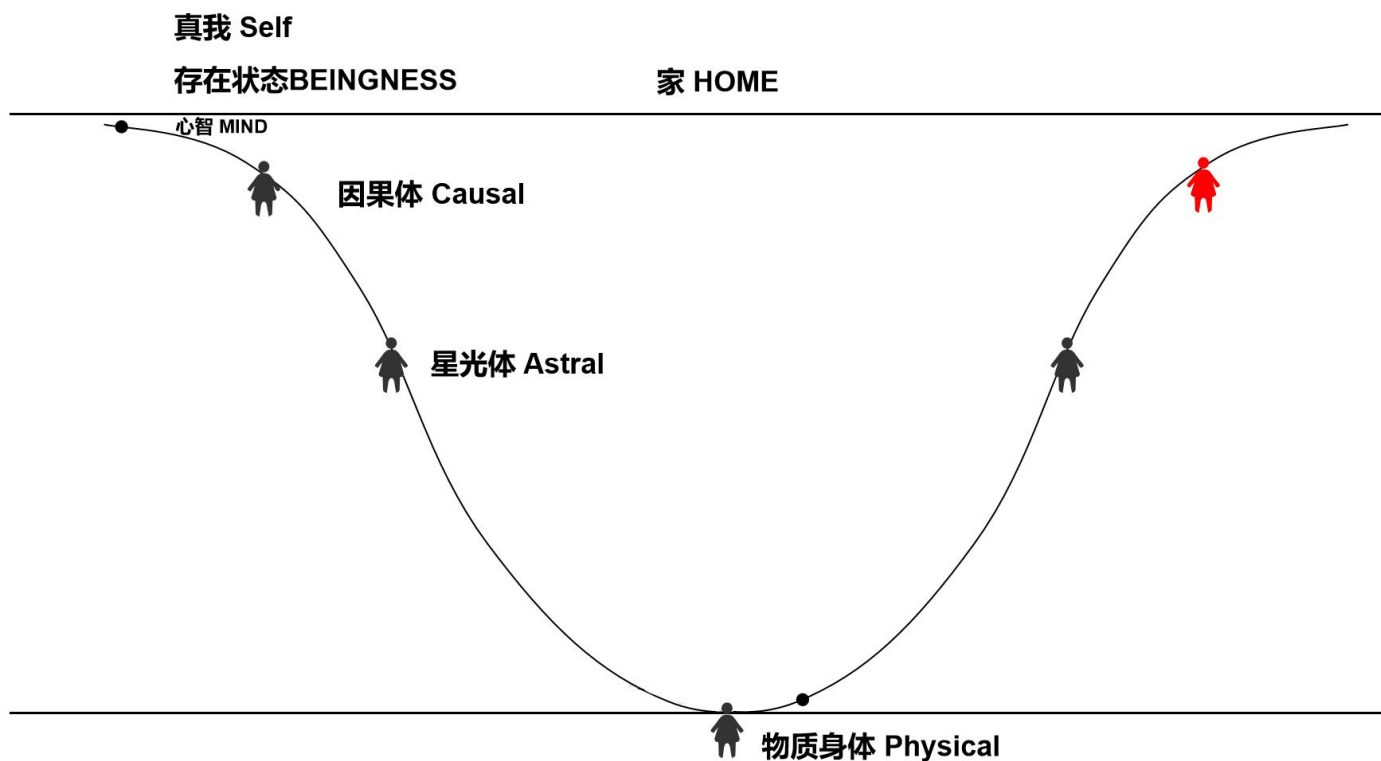
Here, you keep your direction up.



当你做得足够多, 你会成为一个基督、一个佛陀, 回到因果界, 那是祂们所

在的地方，他们所是的地方与只是存在仅有一线之隔。

And when you do it enough, you get to be a Christ, a Buddha, back in the causal, that's where they are and where they are is such a thin line from just Beingness only.



如果他们选择跨越这条线，他们可以做到，但他们被想要帮助世界拖住了，他们那些开始助人的“一们”似乎在那里徘徊了成千上万年之久，但他们在在一个非常舒适的身体，也就是因果体里做这件事，所以这就是原因。(笑)

Should they choose to go over the line, they can do it, but they get caught up in wanting to help the world, so that they Ones who start helping seem to hang around for thousands and thousands of years, but they do it in a very comfortable body, the causal body, so be cause.

学生：那你呢，莱斯特？你在因果体里吗？

Student: So what about you, Lester? Are you in the causal?

莱斯特：呃，如果我在因果体里，我就不会和你交谈了。

Lester: Mm hmm, if I were in the causal, I wouldn't be talking to you.

当我说“你”时，我指的是“这个世界”，我待在因果体中很多年，然后出来履行我的职责，保卫我的国家（学生笑），遵循所有的法则并做好事。

When I say "you", I mean "the world", I sat in it for years, and then came out to do my duty, to guard my country, obey all the laws and do good.

学生 1：换句话说，你是被征召入伍了。（学生笑）

Student 1: In other words, you were drafted.

学生 2：他是自愿的。

Student 2: He is volunteered.

莱斯特：（点头）但我是自愿的，你本来就应该是自愿的。

Lester: But I volunteered for it, you have to volunteer originally.

（学生笑，学生说的听不清）

莱斯特：但是一旦你处于那种安静的状态，它就永远不会离开你，而且与噪音待在一起是极其困难的。

But once you sit in that quiet state, it never leaves you, and it's extremely difficult to stay with the noise.

我仍然必须使用收音机、新闻、阅读报纸，了解世界上正在发生的事情等等，因为如果我不这样做，我就会自动飘上去。

I still have to use radio, news, read the newspapers, know what's going on in the world and so forth, because if I don't, I just automatically float up.

如果你们问我问题，我会看着你们并只是微笑，因为你们问的那些问题真的没有答案。

And if you would ask me questions, I'd look at you and just smile, because there are really no answers to the questions you're asking.

你会问我：好吧，为什么我们不该这样被限制？为什么我们不该有所有的这些麻烦？为什么我们不该有这个沉重的身体？为什么我们不该受苦？为什么我们不该.....

You're asking me: Well, why shouldn't we be limited the way we are? why shouldn't we have all these troubles? why shouldn't we have this heavy body? why shouldn't we suffer? why shouldn't we...

你们问我的每一个问题听起来都是这样的。

That's the way every question that you put to me sounds like

早年间我也是这么回答问题的，我甚至都没有意识到这一点，直到有一个和她丈夫一起在佛得谷学校工作的非常可爱的女孩对我说：“哦，莱斯特，你太没礼貌了。”我说：“我吗？”她说：“当然是你。”我不知道为什么，所以我不得不问她：“为什么？”她说：“几分钟前我刚问了你一个问题，你看着我笑了笑，根本没有回答我，然后我问了你第二个问题，你还是做了同样的事，然后我问你第三个问题，你依然那样，这太没礼貌了。”

And in the early days that was the way I used to answer questions, I wasn't even aware of it until an awfully sweet girl who worked with her husband at the Valley Verde school, said to me: "Oh, Lester you're so rude." I said: "Am I?" she said: "You certainly are." I didn't know why, so I had to ask her: "Why?" she said: "I just asked you a question a few minutes ago, and you looked at me and smiled, you didn't even answer me, then I asked you a second question, you did the same thing, then I asked you a third question, you did the same thing, that is rude."

我说：“哎呀，她说得对。”但我还是不相信这是没礼貌，我说：“我们可以再问一遍吗？”她不想问了（学生笑），但我还是尽量回答了她的问题，然后我就回来了，这件事发生在凤凰城的一家餐馆中。

and I said: "Gee, she's right." but I still don't think it's rude, I said: "Could we ask them over again?" she didn't want to, but I did try to answer her questions more so, and then I came back, this happened in

Phoenix in a restaurant.

我回到圣多纳，问了身边更亲近的人：“当你们问我问题的时候，是不是有时候我只是看着你们笑？”他们说：“是的。”我说：“你们为什么不说这件事呢？”这是林赛牧师，他说：“噢，我理解。”另一个人也跟我说了同样的话，直到那时我才意识到，绝大多数问题我都没回答，但我用微笑回应了，要明白，那个微笑是“你就是那”、完美的存在。

I came back to the Sedona, I asked closer ones: “When you ask me questions, sometimes do I just look at you and smile?” And they said: “Yeah.” I said: “Why don't you say something about it?” This was Reverend Lindsey, he said: “Oh, I understand.” And another fellow told me the same thing, it was only then that I realized I was not answering the great majority of questions, but I was answering, see, where I was coming from with a smile, that's... That smile is THOU ART THAT, perfect being.

当然，当你把“那”投射给别人时，它往往会提升他们，但当然，我无法让他们提升到与我一致的高度。

Of course, when you project That to the other person, it tends to lift them, but of course, I couldn't lift them high enough to agree with me.

所以他们想在坑里找到答案，于是我不得不重新学会如何说坑里的语言。

So, they wanted an answer down in the pit, so I had to learn how to talk

pit language again.

(学生笑)

学生 1：那很好。

Student 1: That's good.

学生 2：所以这都是坑里的交流。

Student 2: And so this is all pit talk.

(莱斯特点头)

学生 3：那是你搬到纽约的时候发生的吗？那是你搬到纽约的时候发生的吗？

Student 3: Is that when you moved to New York? is that when you moved to New York?

莱斯特：哦不不，早在 60 年代初，我开始.....我想实际上是 1968 年，我开始连续几个小时地看电视，一个节目接着另一个节目，直到我得到了自己的第一个感受，当我有了第一个感受时，我的眼角泛起一小滴泪水，我跳起来鼓掌，但直到 1968 年，从 1952 年到 1968 年我才能做到这一点。

Lester: Oh no no, back in the early 60s, I began I think it was really 68, I

began watching TV hour in hour out, one program after another, until I could get my first feeling, and when I got the first feeling, I got a little tear in the corner of my eye, I just jumped up and I applauded. but it took me until 1968 before, I could do that from 52 to 68.

现在回到 1952 年，我知道自己会做现在正在做的事，我有了完整的画面。

Now back in 52, I knew I would be doing what I'm doing, I had the whole picture.

当你在那里时，不存在时间，你可以回溯到一百万年前，也能往前看到一百万年后，或者看到明天。

When you're there, there's no time, you can see back a million years, forward a million years or tomorrow.

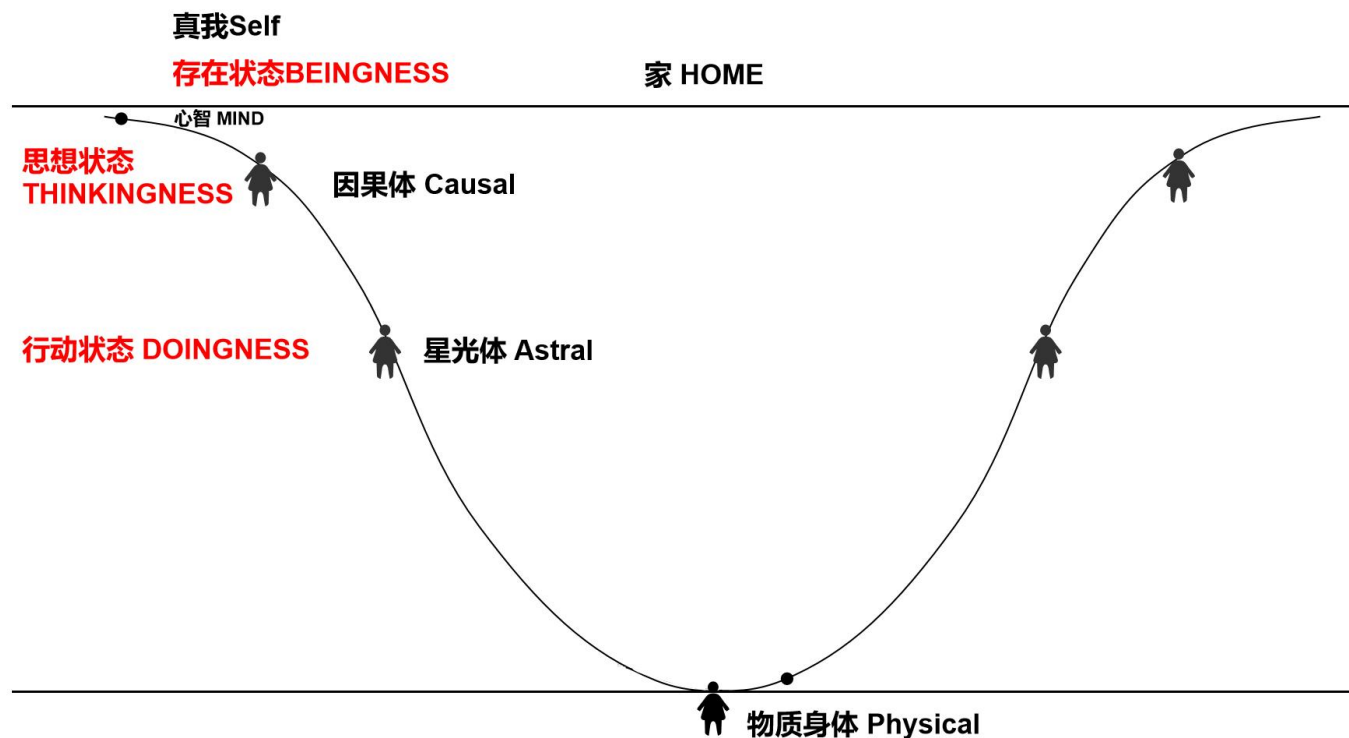
但我看到了那个画面，我知道我需要回来，我花了 18 年才进入这种思维的领域，而摆脱它却只用了三个月。

But I saw the picture and I knew I needed to come back, and it took me 18 years to get into the realm of thinkingness, whereas it took me three months to get out of it.

瞧，这里是“存在状态”，这里是“思想状态”，这里更多的是“行动状态”，你在那里非常活跃。

See, this is Beingness, this is thinkingness, this is more of doingness,

you're quite active there.



顺便提一句，当你做梦时，你看到了自己的身体，那是你的星光体，而星光体是物质身体的母体，所以它看起来和物质身体一模一样。

And incidentally when you dream, and you see your body, that is your astral body, and that astral body is the matrix for the physical body, so it looks exactly like it.

学生：母体是什么意思？母体中心？

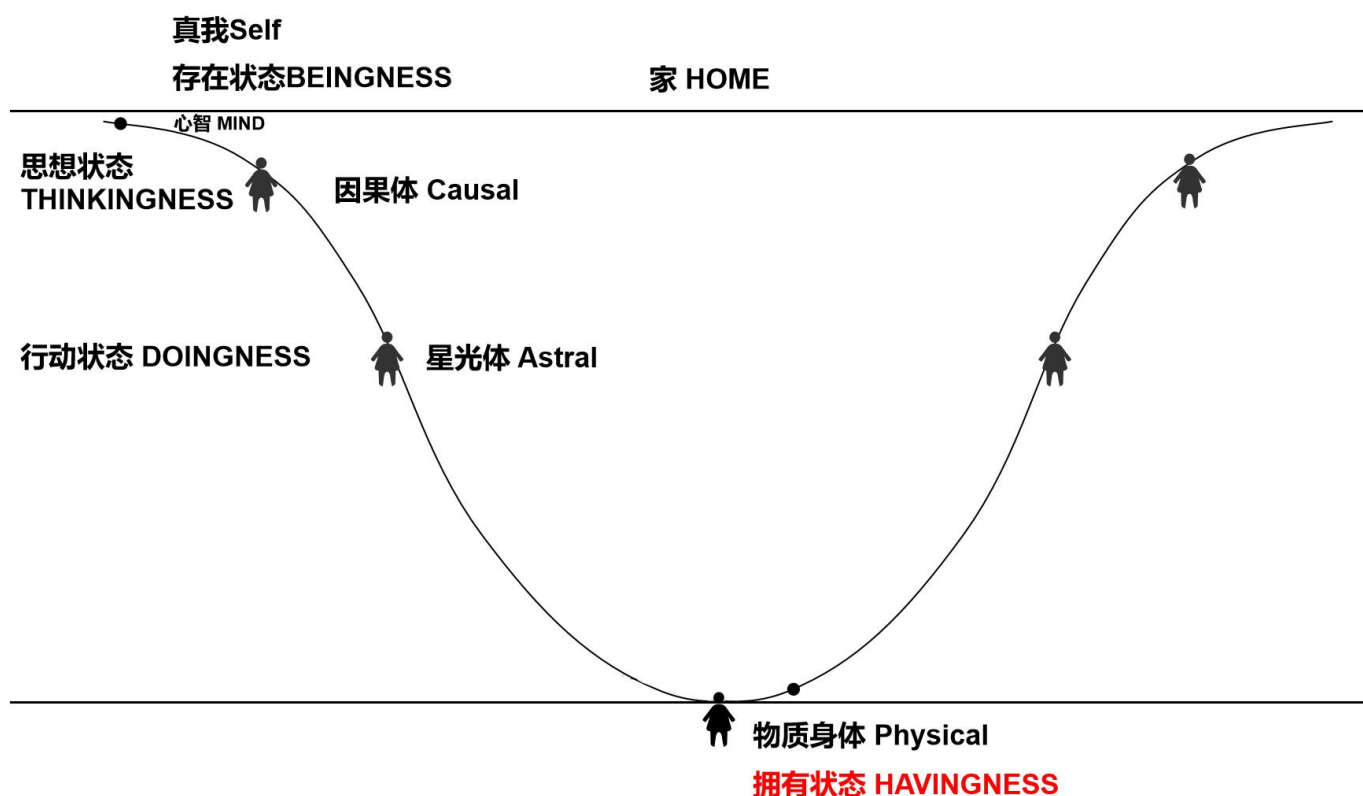
Student: Matrix means what? Matrix center?

莱斯特：母体，母体，它是这个身体的母体，它形成了这个身体。

Lester: Mother, mother, it's the mother of this body, it forms this body.

而下降到这里，我们认为我们必须拥有才能存在。

And down here, we think we have to have in order to be.



我们开始通过试图拥有一块海滨，把无限的宇宙重新聚集在一起，然后试着拥有越来越多。

We start gathering the infinite universe back together by trying to own one place, then more and more and more.

当我们认为我们拥有了这个世界，就像我们的一些领导人做的那样，他们想要征服月球。

Then when we think we have the world, like some of our leaders do, they want to take in the moon.

这周，美国国家航空航天局在讨论火星，他们认为俄罗斯人可能会先于我们到达那里。

And this week, NASA was talking about Mars, they think the Russians will probably get there before us.

如果你得到了火星，你会想要整个太阳系，在那之后，当你处于一种“拥有状态”的领域中时，你会想要其余的部分。

If you get Mars, and you want the whole solar system, after that you want the rest of it when you're in a realm of havingness.

现在，当你处于“拥有状态”，你开始去做，它会让你向上移动到星光界。

Now, when you're in havingness, you start to do, it moves you up towards the astral.

现在，这里（板书中左边的顶端位置）和这里（板书中右边的顶端位置）的区别在于：

Now, the difference between here and here:

当我们处于那种顶端状态时，我们是以一种被动的方式存在于那里；

When we're up in that top state, we're up there in sort of a passive way;

而当我们经历过所有的这一切之后，我们会以一种积极的方式回归那种状

态。

Now, when we run the gamut of all this, we come back to it in a positive way.

我想我能解释这一点的最好方式就是用疾病来打比方：

I think the best way I can explain that is like sickness:

如果你生来健康，你一生都是健康的，你珍惜健康，你会喜欢它，这很好，但你并没有意识到健康的价值；

If you're born healthy, you're healthy all your life, you appreciate health, you'll like it, it's nice, but you are not aware of the value of the health;

然而，当你病了十年或者二三十年，然后你恢复了健康时，你会一直珍惜那种健康的状态，这是对健康是什么的积极认知。

However, when you are sick for a decade or two or three, and then you become healthy, you will always appreciate the state of health, that's the positive knowing of what is health.

然而，如果你生来健康并一直都保持健康，这是对健康状态是什么的消极认知。

Whereas if you're born healthy and remain healthy all the time, it's a passive knowing of what the state of health is.

所以，当我们经历了这一切，我们便不再会离开那种状态了。

So, when we run the gamut, we go out no more.

因为我生活在一个地狱中，这是我们所处的状态，这是各种生物所能陷入的最有限、最地狱的状态。

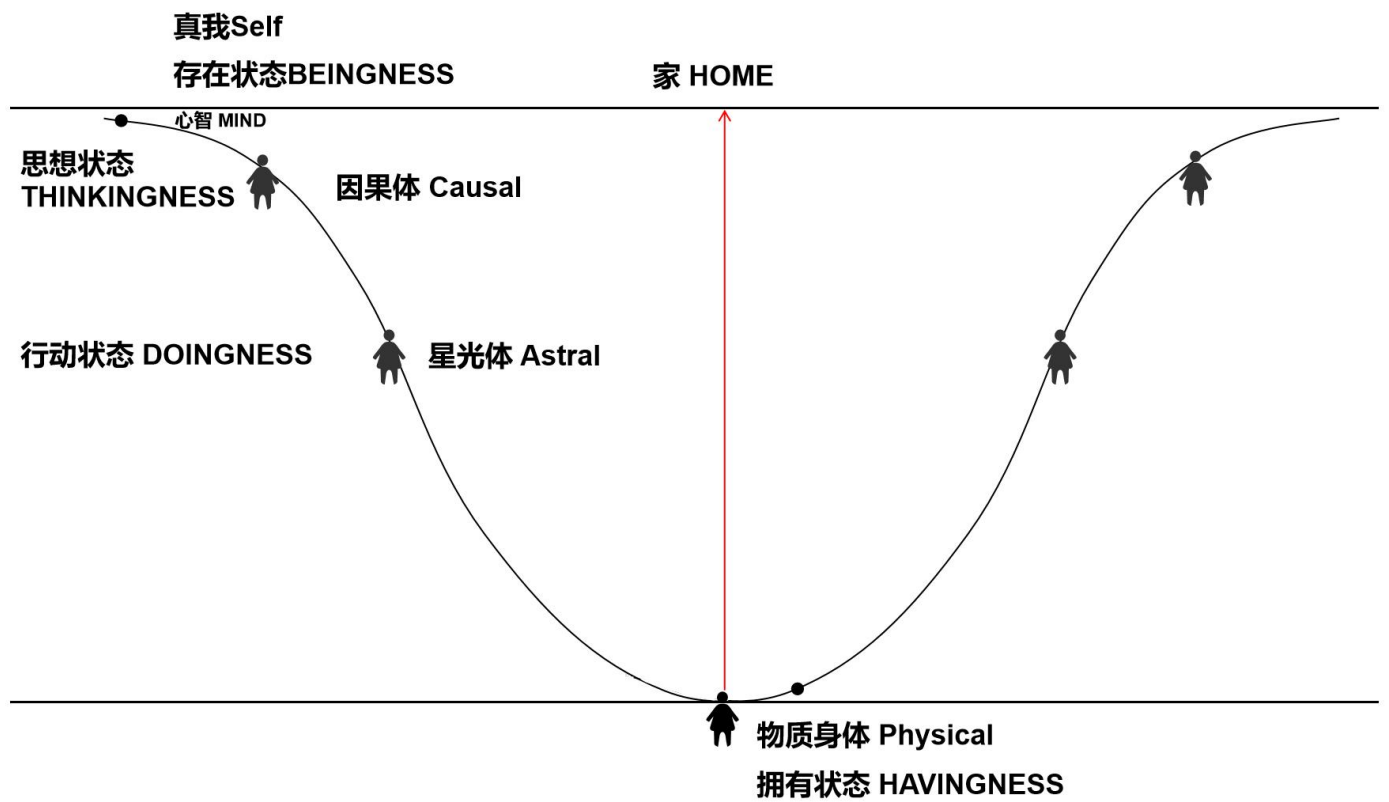
Because I live in a hell and that's the state we're in here, the most limited, most hellish state beings can ever get themselves into.

因为我们下降到了这里，我们有巨大的优势，当你身处地狱，优势就是有摆脱它的动力，我们一直饱受它的折磨，就像被子弹击中一样，要摆脱这种状态。

Because we are down here, we have a tremendous advantage, when you're in hell, the advantage is the incentive to get out of it, and we're plagued with it, peppered like with bullets all the time to get out of this state.

正因如此，从这里，当我们下定决心，我们就能直接一路回家。

And because of that, from here, we can go straight all the way back home when we so decide.



我告诉你这一点：一旦你进入这些更美好的领域，你将需要花上永世的时间来走完全程，那里一切都很美好，所有事物都完美有序，你意识到自己正在上升却没有动力去做这件事的事实，所以旧有程序会持续存在，并让我们在漫长的时间里停留在这种美好的状态中。

I'll tell you this, once you get up into these nicer realms, you'll take eons to go all the way, things are nice, everything falls into line, you're conscious of the fact that you're going up without incentive to do it, and so the old programs hang on and keep us in this nice state for eons.

然而，在我们回到那里之前，这些状态的任何一种都不会让我们感到完全舒适，我们总是被最初它所是的那种记忆所驱使。

And yet we're never fully comfortable in any of these states until we get back there, we are always prodded by the memory of what it was at the

beginning.

所以为了避免无休止的.....你看，当你处于这些状态中时，大多数时候你会极其敏感，一切都很美妙。

So to avoid the endless... you see when you're in these states, you're highly sensitive the majority of the time, everything is wonderful.

但当事情不是这样的时候，你会比现在更强烈地感受到它们，

But when things are not, you feel them far more intensely than you can feel now,

当你上升到那里时，无论那个感受是什么，你的感觉都会完全集中在那个感受上，

your feeling is totally concentrated on whatever that feeling is when you're up there,

而且与你所处的和谐相比，它是极端的，它不会持续，

and by comparison to the harmony you're living in, it's extreme, it doesn't last,

但当你碰上它时，你会碰上它的，它是极端的，所以你偶尔会陷入一种糟糕的感受中。

but when you hit it and you will hit it, it's extreme, and so you're occasionally going into a terrible feeling.

有多少人读过《一个瑜伽行者自传》？我可以用那本书来提示下这些事情。

How many people have read the <Autobiography of a Yogi>? I can use that book to allude to these things.

以尤迦南达为例，他在出生前就已经是自由的，有一次，他要去拜访一位远离尘世的圣人，他遇见了这位圣人，突然，他倒在地上，哭喊着：“噢，请给我一个上帝的体验吧。”

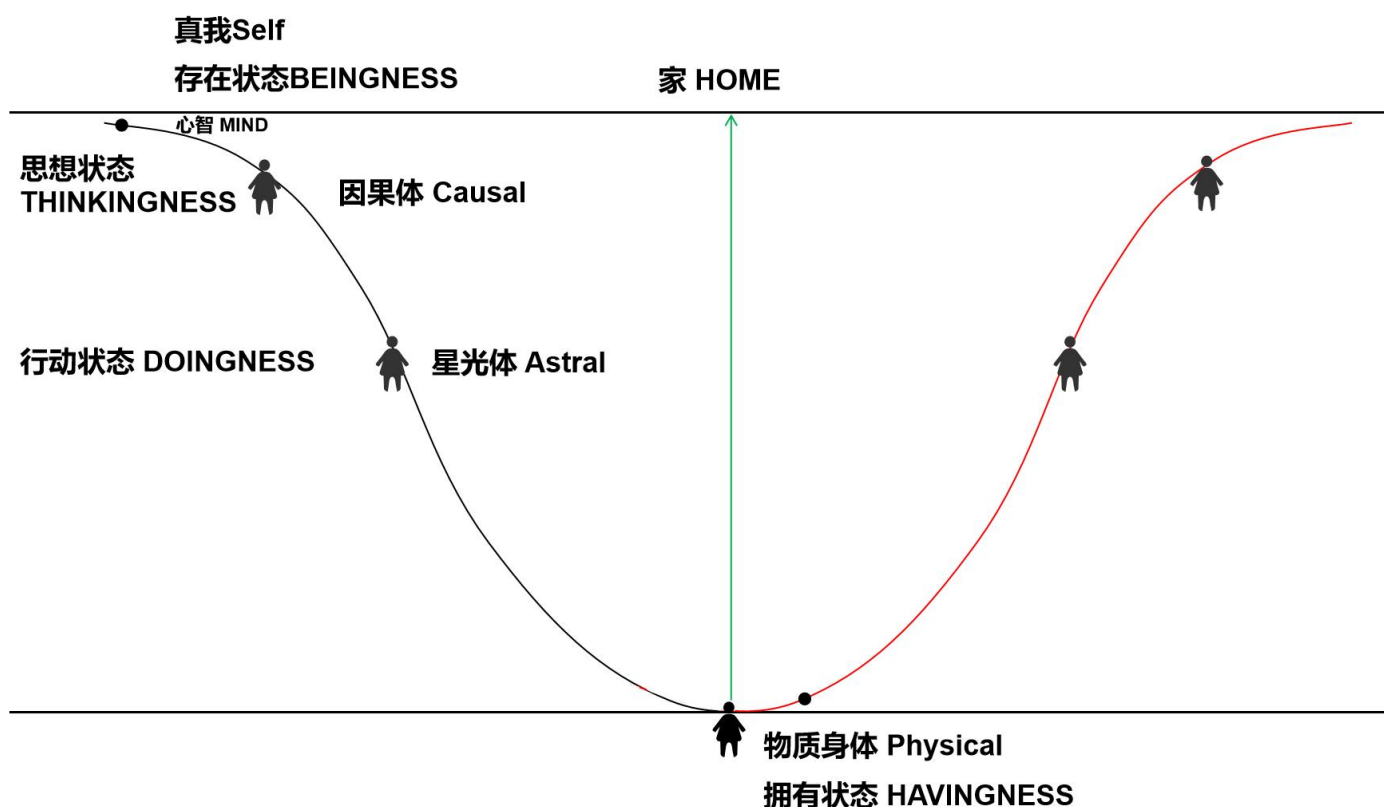
Here you take Yogananda, He was free before he was born, and at one time he's going to visit one of the saints who was way out, and he meets him and all of a sudden, he drops down on the ground, and he's crying and screaming: "Oh, please give me an experience of God."

从那种高层次状态，当你进入非神性状态时，是极其痛苦的，他扑倒在地，翻滚、尖叫，因无法与神合一而痛苦万分，这些是我们处于这些更高的状态中会经历的事情。

From the high state, when you go into that non-godly state, it's excruciatingly painful, he threw himself on the ground with screaming, he was writhing with the agony of not being one with God, those are the things we go through in these higher states.

所以我想说的是，这些状态非常有诱惑力，随着你上升，一些角色会邀请你进入（下图中标红的部分），我的建议是绕开这一切，走这条道路（下图中标绿的部分），从过山车上下来，直接回家。

So, what I'm trying to say is these states are awfully tempting, and as you move up, some of these characters will invite you into it, my recommendation is bypass it all, take this, get off the roller coaster, go right back home.



就我们所处的状态，我们当中的任何人都能做到这一点。

Being in the state we're in, any one of us can do it.

记住，这是身处物质领域的巨大优势，我们可以直接回家，你能在几个月、几年、这一世、许多世中做到这一点，这取决于你，由你做出选择。

Remember, that's the tremendous advantage of being here in the physical, we can go straight back home, you can do it in a few months, a few years, this lifetime, for many many lifetimes, it's up to you, you make the choice.

现在，这个地球上大多数没有这个圣多纳释放法的人，将花费数百万年的时间，通过不断试错，通过粉碎一切的艰难方式发现它并不存在于事物之中。

Now, the majority of people on this earth who do not have this Sedona Method are going to take millions of years through the trial and error, through the hard way of smashing up everything to show us that it doesn't lie in things.

我想你可以看到我们如今的困境，我们拥有了物质，我们从未如此不快乐过。

I think you can see that as our trouble today, we have materiality, we were never so unhappy.

在我小时候、青年时期，几乎没有人有足够的食物，你可以想象，我们的东西都是定量配给的，像水果、甜点这些是很昂贵的，像汽车、电视、收音机、飞机、船等这些东西，在那个年代只有很少的一部分、可能不到百分之一的人才拥有这些东西。

Back in the days when I was a boy, a youth, hardly anyone had enough food, you can imagine that, we were doled out to things, like fruit, desserts they were expensive, things like cars TVs, radios, airplanes,

boats, a very small percentage, probably less than one percent of us had those things back in those days.

但今天，每个人拥有的都比当时最富有的人还多。

But today everyone has more than what the wealthiest man had back then.

然而我们认为物质会带来幸福，并且现在依然这样认为，我们仍在追逐它们。

And we think material things will bring happiness, and we still do, we still go after them.

要发现幸福在哪里，它不在事物之中，它在于放下“没有它”的痛苦。

Discover where the happiness is, it's not in the thing, it's in letting go of the agony of not having it.

欲望是一种匮乏的痛苦，放下对拥有它的欲望，这会暂时让我们的心智安静下来，在那一刻，我们只是存在。

Desire is an agony of lack, it's letting go of the desire for having it, that momentarily quiets our mind, and at that moment we're just being.

发现你的幸福在哪里，你就不会再浪费时间，也不会再用脑袋撞墙，你会直接去往它所在的地方，这也正是你所在之处，这只是你认同了你的存在。

Discover where in lies your happiness, you'll stop wasting your time, you'll stop pounding your head on brick walls, and you'll go direct for where it is right where you are, it's just you identifying with your Beingness.

你能明白为什么我说它很简单吗？

Can you see why I say it's simple?

成为存在是宇宙中最简单的事，你本来就是了，就这么简单。

It's the simplest thing in the universe to be, you are, that's how simple it is.

现在，当我说这很容易时，你需要做什么才能成为你自己？

Now, when I say it's easy, what does it take for you to be you?

什么都不需要。

Nothing.

你需要什么才能成为你自己？

What does it take for you to be you?

什么都不需要。

Nothing.

要花多大的努力才能成为存在？

What effort does it take to be?

什么努力都不需要。

None.

但是看看你选择的是什么，付出巨大的努力去成为相反的，去受限、去生病、去追逐世间微小的尘埃，而整个宇宙都是你的。

But look what you're choosing, a tremendous effort to be otherwise, to be limited, to be sick, to be chasing after specks in the world when the whole universe is yours.

所以它很简单，它就是你，你的存在，它很容易。

So, it is simple, it's you, your Beingness, and it's easy.

因为你现在就在那里。

Because you're there now.

努力与我所说的无关，努力是你为了成为你所不是的——一个极其有限的身体，而经历的所有混乱，花费几乎你所有的时间来试图让它生存下来，尽管

很明显这个身体无法存活下去。

Effort has nothing to do with what I'm talking about, effort is all the commotion you go through to be what you are not, an extremely limited physical body, spending almost all your time trying to keep it surviving, even though it's so obvious that the body does not survive.

每个人都在花 99%的时间来试图维持身体的生存，这是一个注定失败的命题，但我们仍然还在追逐它。

Everyone's spending 99% of that one's time trying to keep the body surviving, it's a no-win proposition, and still we go after it.

你看我们的心智有多“聪明”？

You see how brilliant our minds are?

放开心智，通过摆脱所有想法的驱动（被称作“感受”）停止想法，没有任何感受，你就在那里了。

Loose the mind, stop the thought by ridding yourself of the motivator of all the thoughts called feelings, no feelings and you're there.

看看它有多么简单！

See how simple it is!

现在，当你下定决心释放你的感受时，这很容易。

Now, when you so decide to let go of your feelings, it's easy.

保持住感受是一个需要付出巨大努力的过程，现在变得毫不费力，你就自由了。

It's an accretion that takes tremendous effort to hold on to it, become effortless right now and you're free.

放下你所有的努力，每一分努力都是在试图被限制，在试图成为你所不是的样子。

Let go of all your effort, every ounce of it is trying to be limited, trying to be what you are not.

它很简单，你就是它，而且它很容易，不需要努力。

It is simple, you are it, and it is easy, it takes no effort.

你付出的每一分努力都在试图成为一个受限的身体，在试图让它生存下去，尽管你没聪明到明白它无法永存。

Every ounce of effort you use is trying to be a limited body, trying to keep it surviving, even though you're not smart enough to know that it doesn't.

如果你明白了，你会只给它应有的关注，然后你会转向，把你所有的注意力都集中在获得自由上，你会把你所有的注意力都转向内，从你自身拿取所有的快乐，从一开始，这才是快乐唯一存在的地方。

If you were, you'd just give it its just due, and you'd turn, focus all your attention on going free, you would turn all your attention inward, take all your joy from you, which is the only place where it is in the first place.

所以这很简单，也很容易。

So it's simple and it's easy.

每个人都在这一点上反对我，我认为这是我最危险的地方，我想更多的人想杀了我，因为我说这比其他任何事都简单、容易。

Everyone fights me on that, I think that's my biggest danger point, I think more people want to kill me, because I say it's simple and it's easy than anything else.

好吧，是什么想要杀了我？

All right, what is it that wants to kill me?

学生 1：努力？

Student 1: The effort.

学生 2：小我？

Student: The ego?

莱斯特：（点头）是的，小我、努力、心智，它们都是一样的东西。

Lester: Yeah, the ego, the effort, the mind, they're all one of the same thing.

小我等于心智，心智等于小我。

Ego equals mind, mind equals ego.

你是如此地想成为一个受限的小我，以至于当我建议你不要这样做时，你想要杀了我，这不是很傻吗？

You're so wanting to be a limited ego that when I suggest otherwise, you want to kill me, isn't that silly?

学生：从小我的角度来看并非如此。

Student: Not from the ego point of view.

莱斯特：好吧，事实上，小我，必须离开。

Lester: All right, in fact, ego, e must go.

我不知道为什么每个人都选择紧紧抓住痛苦不放。

I don't know why everyone chooses to hang on to the misery.

只要你还试图从这个世界获取快乐，你所得到的每一盎司快乐，都会带来数磅的痛苦。

And as long as you're trying to get your joy from this world, for each ounce of pleasure you take, you get pounds and pounds of pain.

注：1 盎司=1/16 磅=28.35 克

你所得到的每一盎司快乐，你都会承受数磅的痛苦。

For each ounce the pleasure you take, you get pounds of pain.

换句话说，你每享受一盎司的快乐，就会受到痛苦的重击。

Putting it another way, for each ounce of pleasure you take, you get pounded with pain.

你们或多或少都经历过这种情况，为什么不现在就做出决定获得自由，并在几周或一个月内让它只是存在呢？

And you're all experiencing this, more or less, why not make the decision here and now to go free and let it be in a matter of weeks, month?

然后，为了引诱你，我说，如果你想要拥有，只要你是自由的，你就能毫不费力地拥有任何事物；

And then to bait you, I say, if you want to have, have anything without effort if you're free;

如果你想要去做，只要你是自由的，你就能毫不费力地做到任何事。

If you want to do, you can do anything without effort if you're free.

所以，不存在放弃，只是不断地拿到更多、更多、更多，直到你是无限的。

So there is no giving up, there is only a taking on more and more and more until you are infinite.

你们中的许多人都认为自己会放弃，就像你放弃食物那样。

So many of you think you're going to give up, you give up like you do with food.

你放弃了你的痛苦，这才是你所放弃的东西。

You give up your misery, that's what you give up.

但你们还没有说服自己相信我现在所说的话。

But you have not convinced yourself yet to what I'm saying now.

因为一旦你们相信了，只需要几个月的时间，你就会倾倒所有的感受，然后只是成为你的存在。

Because once you do, it's just a matter of months, and you'll dump all the feelings and just be your Beingness.

好的，我正在带你坐最大的一个过山车。

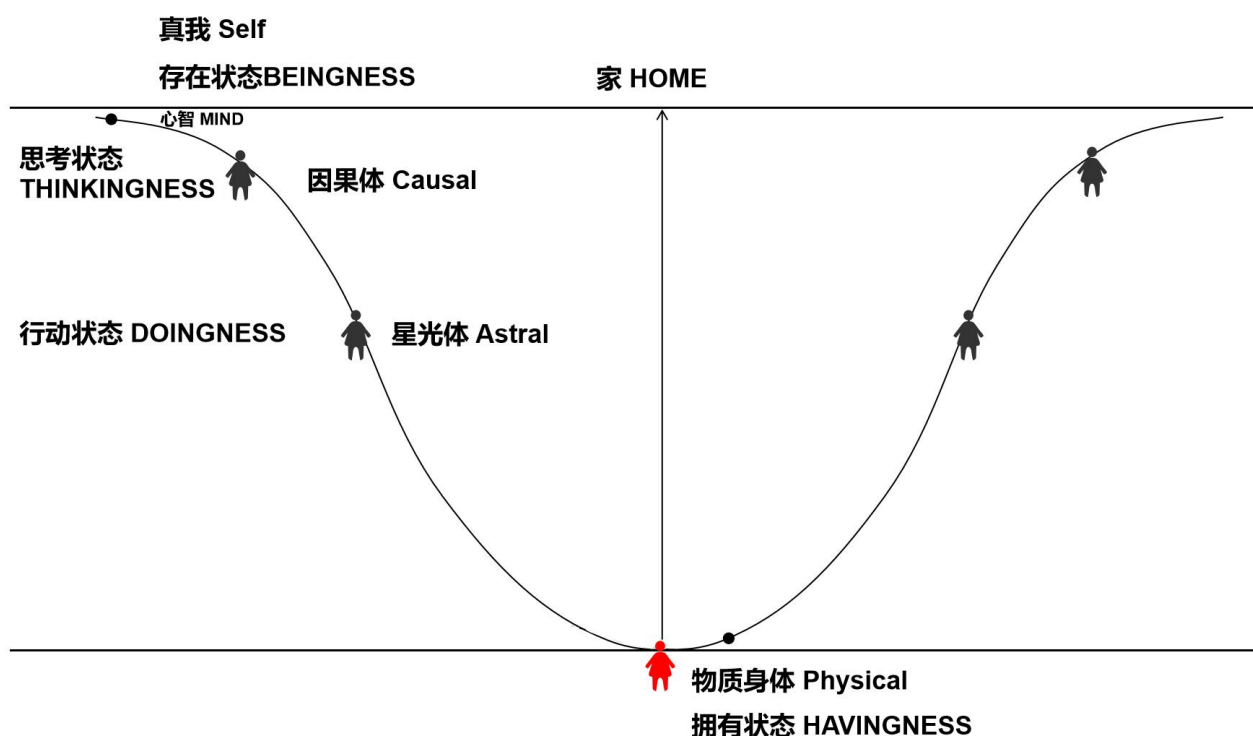
Okay, I'm taking you on the roller coaster ride, the main one.

当然，我们在这些旅程中所做的就是我们加了另一种过山车。

Of course, what we do on these rides is we impose another roller coaster.

低到这个位置（下图中标红的部分），它真的很陡峭。

Down here, it's really sharp.



学生：所以在我们上升的过程中，我们会看到我们有进入星光体和因果体的选择吗？

Student: So on our way up, we're going to see that we have a choice to go into the astral and the causal?

莱斯特：你现在还看不出来吗？

Lester: Can't you see it now?

学生：看不出来。

Student: No.

莱斯特：你不认为你有选择。

Lester: You don't think you have a choice.

学生：我的意思是我对星光体和因果体一无所知。

Student: I mean I don't know anything about the astral and the causal.

莱斯特：这一切都在心智中，你现在就在同时体验着它们二者。

Lester: It's all in the mind, you're experiencing both both of them right now.

当你有一个想法，在你有那个想法的那一刻，你看到它完成了，这是由你的因果体部分完成的；

When you have an idea, and you see it through the completion, the moment you have it, that's done by the causal part of you;

当事情立即发生时，那是由你的星光体部分完成的，就像在一个夜间梦境中一样，无论你想到什么都是立即实现的；

When things happen immediately, that's done in the astral part of you, like in a night dream, whatever you think is immediate;

当事情需要花费时间、耗费数年才实现时，你就处于物质身体中。

And when it takes time and years, you're in the physical.

【与莱斯特的谈话】【Talks with Lester】第三、四卷 Volume 3-4

分离 Separation

早上好，我想和你们谈谈分离，并带你们坐驶离那里的过山车，然后返回出发点。（板书如下图，我会用“红色”标记出莱斯特新写下的内容）

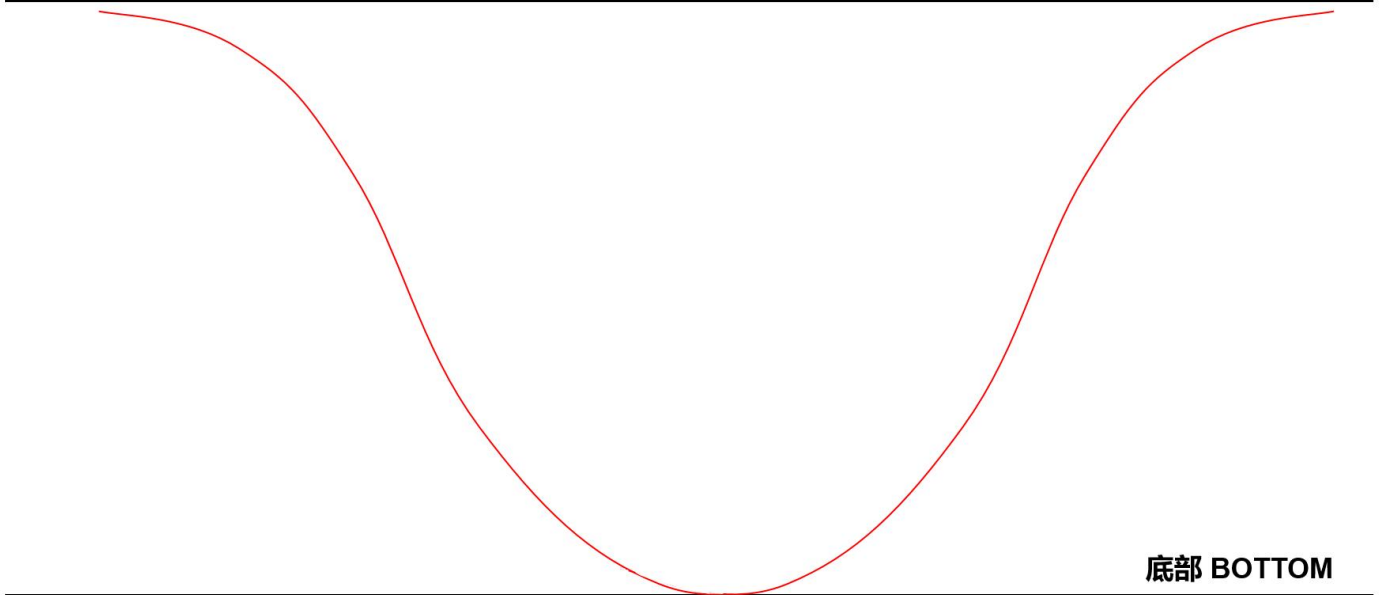
Good morning, I want to talk to you on separation and take you on the roller coaster ride as we ride away from, then the get back.

我们最初开始于只是存在的领域，完整、完全、完美，不需要任何东西，不需要改变任何东西，不需要添加任何东西去改变，一切都只是 100%的全然的完美。

We originally started in the realm of Beingness only, whole, complete, perfect, nothing needed, nothing to be changed, nothing to be added to change, everything was just 100 percent all perfect.

这是存在的状态，我们曾经在那上面，然后下降到底部，然后我们正一路返回上升到顶端。

And that's the state of Beingness, we were up there, came down to the bottom and we're on our way back up to the top.

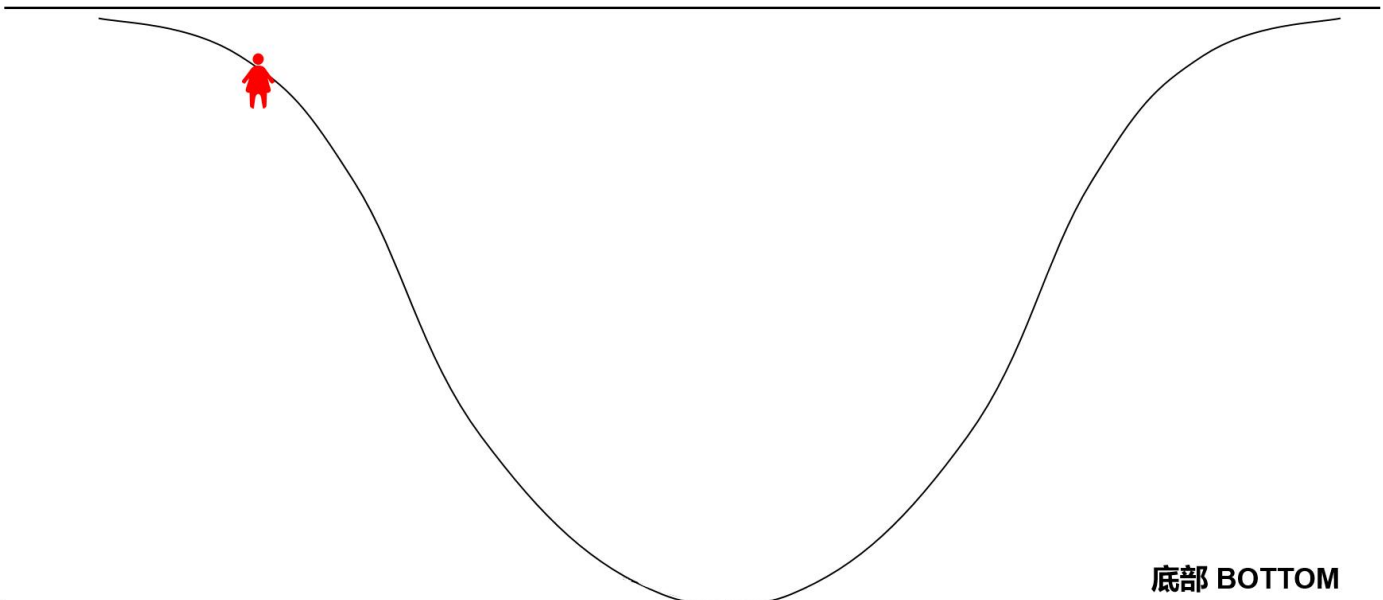


为了与“一体性”分离，最初我们开始创造了现在所谓的“心智”，

Originally we started off creating what we now call the mind and in order to have a separateness from the Oneness,

你用心智构建了一个身体，被称作因果体，

with the mind you set up a body called a causal body,

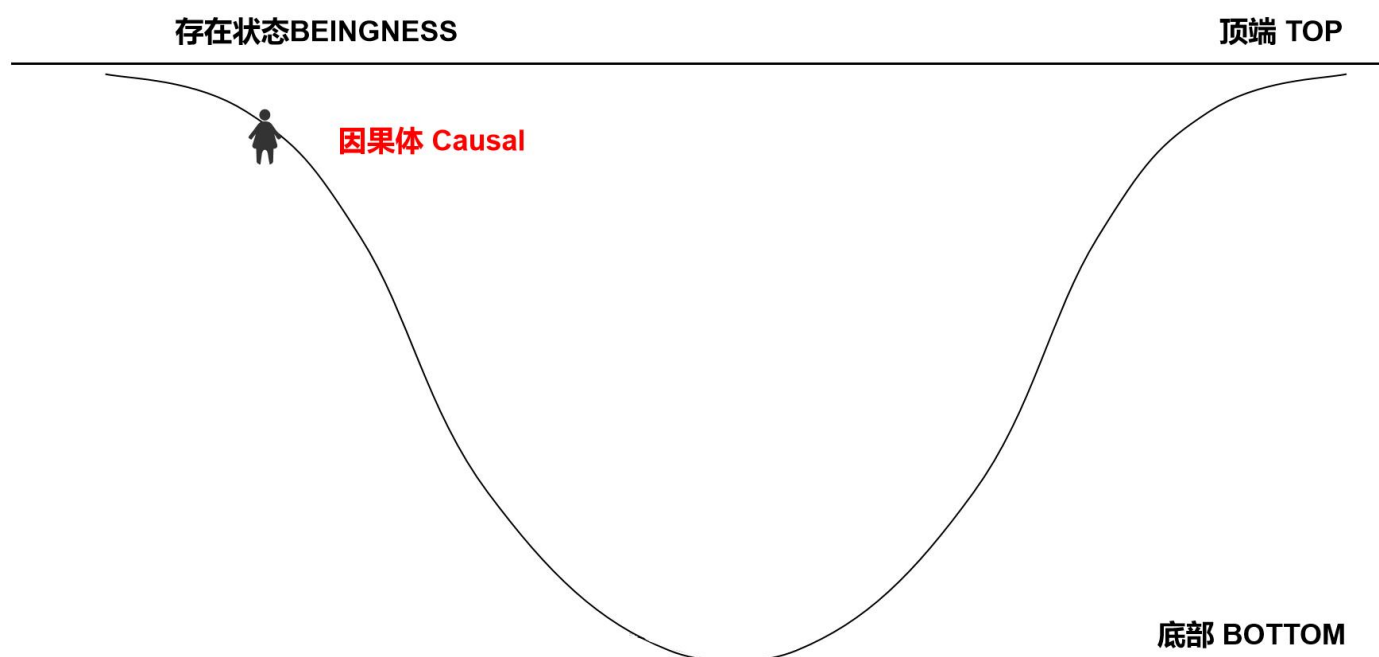


我们此时此刻就处于三个主要的状态中。

there are three major main states we in here in right now.

最上面的状态是因果领域，在这里你假设了一个心智，然后这个心智假设你有一个身体，但这个身体的限制微乎其微，你几乎看不到。

And the top state is the causal, where you assume a mind and the mind assumes that you have a body, but the limitations on the body are so minimal you hardly see.



当你在因果界有任何想法时，因果领域在你有想法的那一刻就实现了。

And any idea that you have when you're in the causal realm, causal realm is fulfilled the moment you have the idea.

现在，当你向上回到那里时，同样的事情也会发生，

And now when you get back up there, the same thing will happen,

这是那些伟大的“一们”、基督、佛陀、奎师纳现在所处的领域，

it's the realm that the great Ones, Jesus, Buddha, Christian are in right now,

在你有任何想法的那一刻，它就实现了。

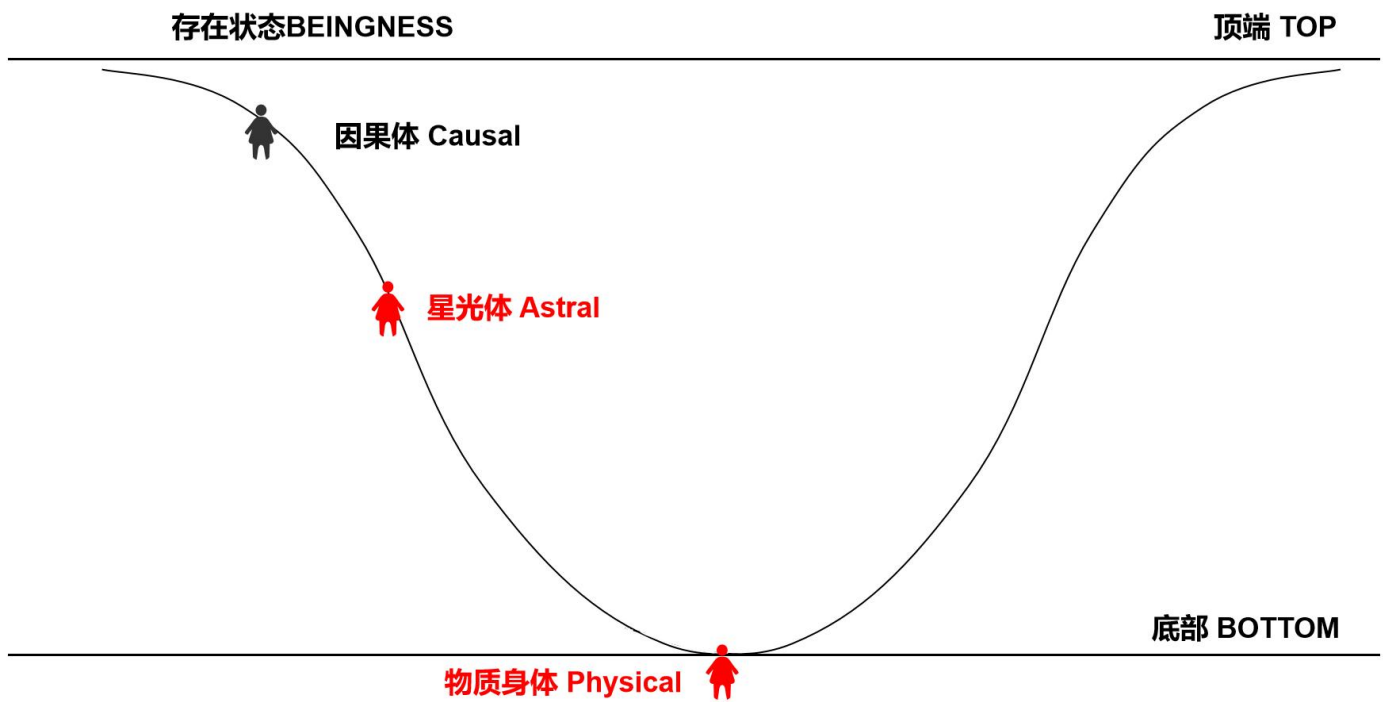
any idea is fulfilled the moment you have it.

但一旦我们出发，就会走上这整个旅程。

But once we start out, we make that whole trip.

然后我们变得更稠密，我们从因果体发展到星光体，再到物质体。

And we get denser, we go from the causal to the astral to the physical.



在星光领域中，我们有一个密度更大的身体，比上面这里的身体稍微受阻一些，我通过联系、动作、意义等等一步一步实现我们的想法。

In the astral realm, we have a denser body, a little more obstructed than up here, our ideas I carried out in steps through connections and motions and meanings and so forth.

在星光界中，当你处于星光领域时，你与人打交道，跟你在物质世界与人打交道相同，但事情会立即发生。

In the astral realm, when you're in the astral realm, you're dealing with people, same people you deal with in the physical, but things happen immediately.

当你下降陷入物质界，在这里你真的伤害自己最深，完成每件事都伴随着困

难，伴随着你所能想到的最大的阻碍，你必须做到这个才能得到那个，而且你会受到无数事物的影响等等等等.....

When you come down into the physical is where you really bang yourself up the most, everything is done with difficulty, the greatest of obstaclation you could think of, you got to do this to get that and you're subject to a thousand things and so on and so on...

无论你想要什么，在这里实现的最慢。

And it is the slowest way of achieving whatever it is as you wish.

现在这个过程（莱斯特示意从顶端下降到底端）经历了数百万年。

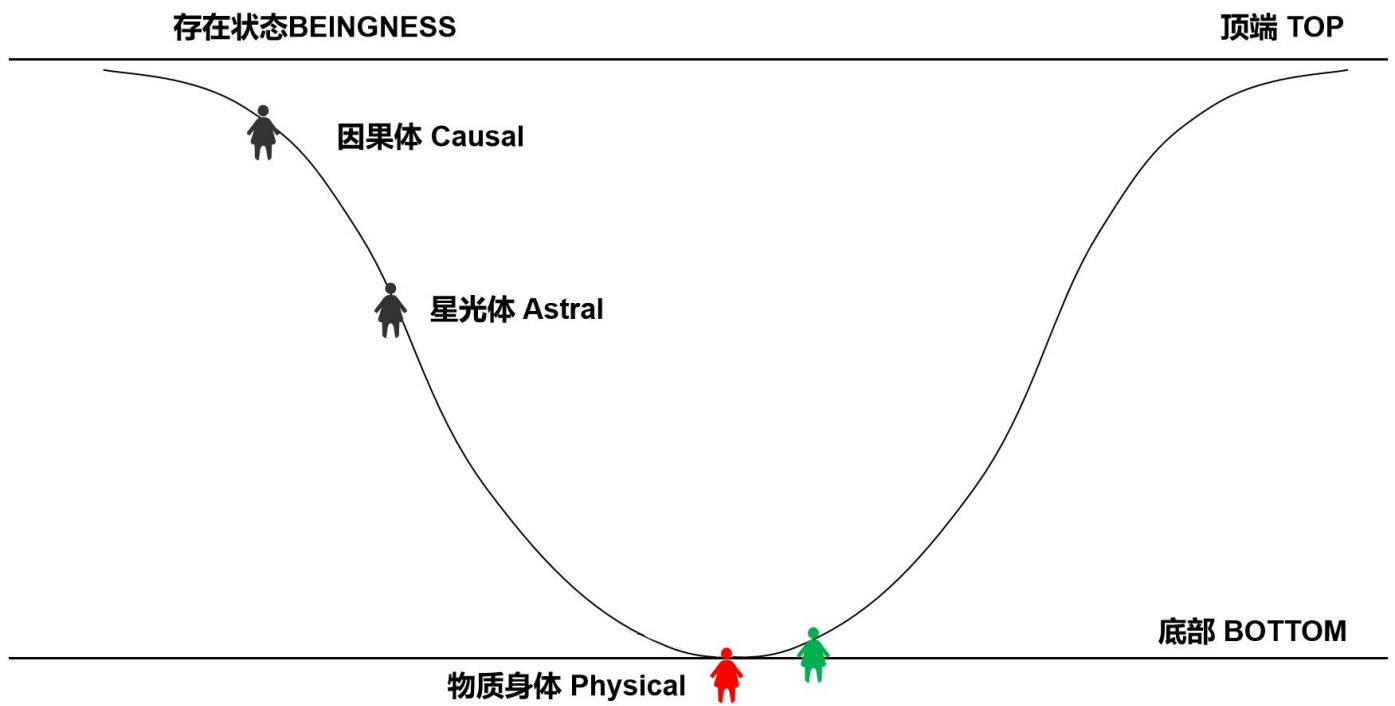
Now this is multi millions of years.

你是否想知道我们在哪里？

And if you want to know where we are?

我们不在那里（下图中标红的位置），现在我们在这里（下图中标绿的位置）。

We are not there, we are right here.



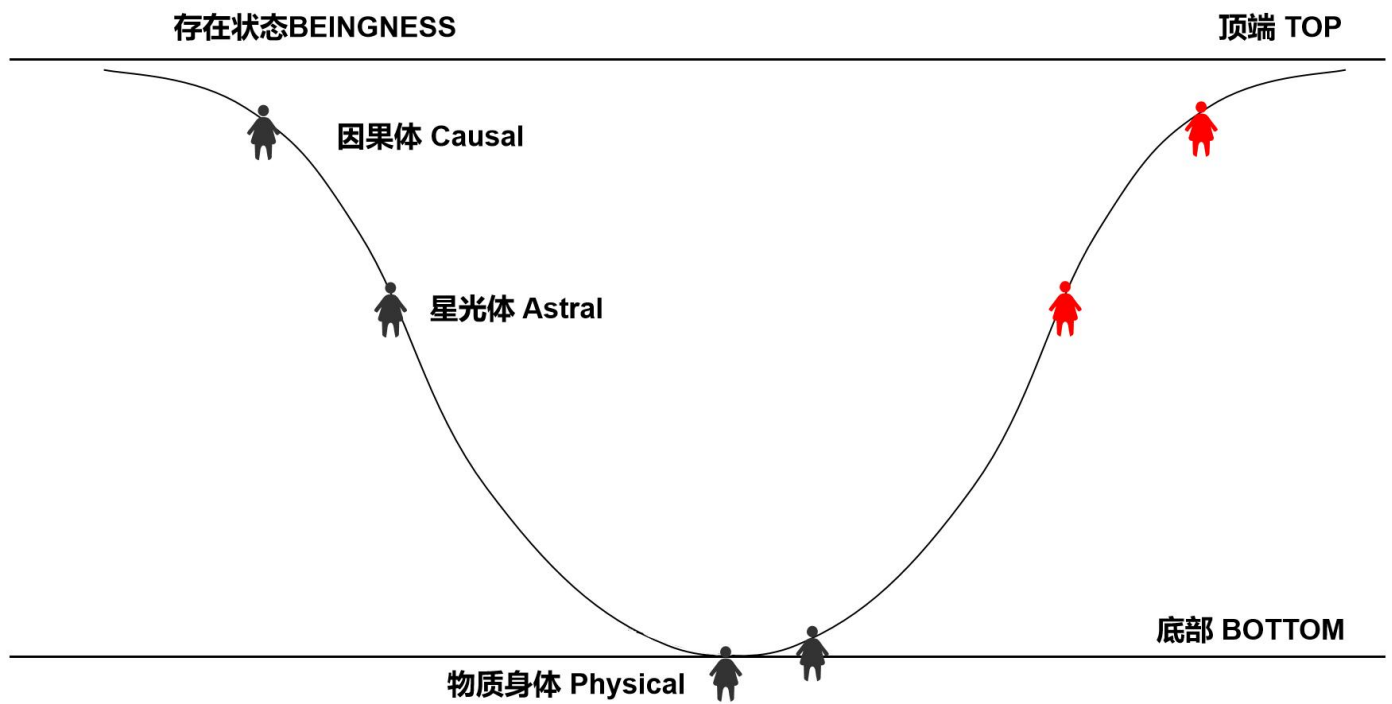
(学生笑)

你们已经开始了，你们已经开始脱离这个最稠密的状态，这可能是宇宙中任何地方、所有角落所存在的最稠密的状态。

You have begun, you have begun getting out of the densest state possible through beings anywhere, everywhere in the universe.

你们大部分人会回到星光体、因果体中，然后回家。

And most of you will go back into the astral, causal and then go home.



我希望这不会吓到你，但是当你彻底自由的时候，你不会被因果体的任何东西所困住、差不多这个尺寸大小（[视频里莱斯特比划了下大小](#)）。

I hope this doesn't scare you, but when you're totally free, you're not confined by anything causal, something this size.

当你彻底自由时，你不会被任何身体限制，你认同你的存在，你让你的存在从无限到无限地在整个宇宙中流淌，你的存在只是延伸至整个宇宙的存在，只存在一个唯一的“一”。

When you're totally free, you're not limited to anybody, you identify with your Beingness, you let it flow out over the entire universe from infinity to infinity, your Beingness just moves out into the total Beingness of the universe, and there is only a single Oneness.

但是你确实要释放被称作“身体”的限制，

But you do let go of the confinement called the body,

你可以看到，它是一种限制，身体就这么大，遍布整个宇宙的不是身体，而是你的存在。

you can see, it's a limitation, it's this much, the body's not spread out over the universe, but your Beingness is.

然而，现在你把这个身体视作是你，因此，你的宇宙就这么点大。

And now you look at the body is being you, and therefore that's how big your universe is.

随着你放手，随着你释放，随着你脱离身体，你的存在会不断扩展，直到最终，你仅仅只是你的存在。

As you let go, as you release, as you detach from the body, your Beingness spreads out, until eventually you just be your Beingness only.

那是终极状态，在你走完全程之前，你永远不会被满足。

And that's the ultimate state, you will never ever be satisfied until you go all the way.

无论生活多么美好，你总会渴望得到一些东西，

You'll always be scratching for something no matter how heavenly life gets,

这里（星光界）如天堂般美好，那里（因果界）更是。

it gets heavenly here, more so there.

在这趟旅途中，我们已经走了一半多的路程，你就要出来了。

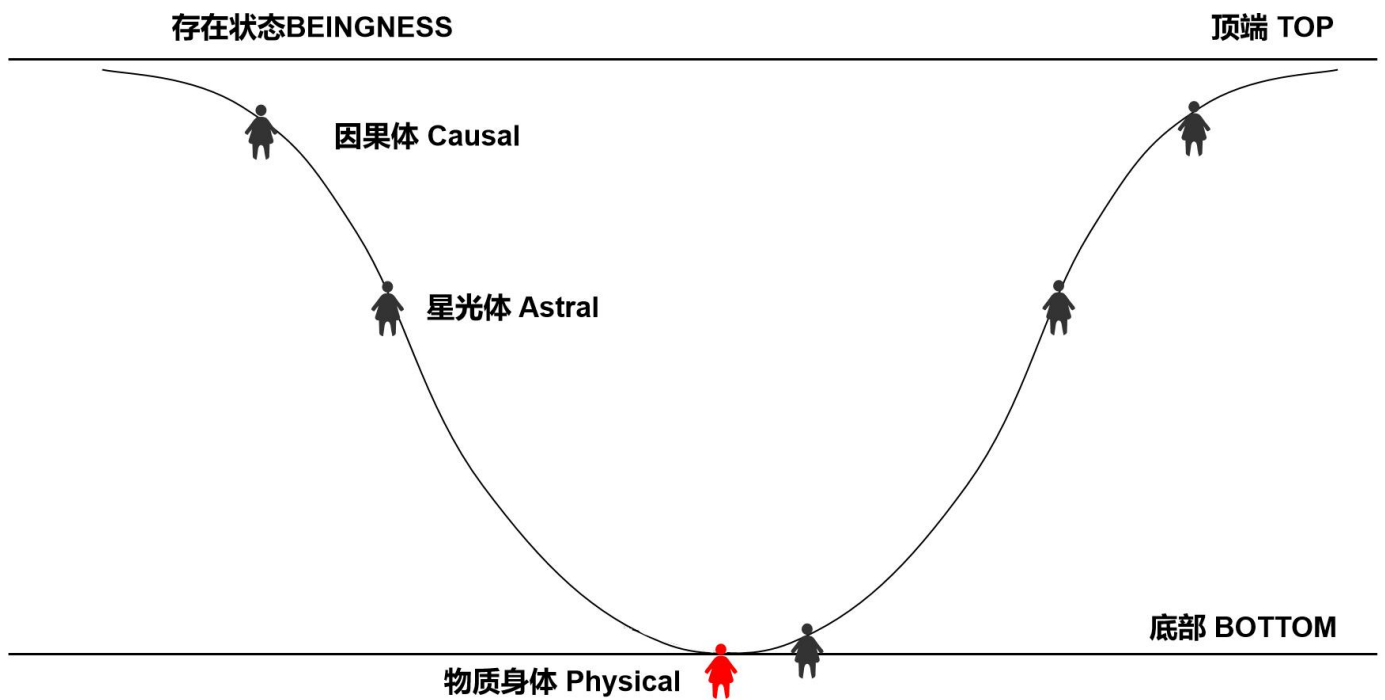
On a trip we've gone more than half the way, you're coming out.

但这里有一个实用的东西可以把握住，当我们处于最沉重、最稠密的状态时，我们处于最受限、最封闭、最痛苦和最悲惨的状态，因此，当我们处于物质界中，离开的动力是最强的。

But here's a practical thing to hold on to, being in the heaviest, densest state, we are in the most confined, cribbed, crunch state, and the most miserable state, and therefore, the incentive to get out is greatest where we are in the physical.

在这里（如下图标红的位置），你有最大的动力离开，只有在这里，你才能立即回到那里。

Right here, you have the greatest incentive to get out, and it's only here that you can go immediately right back to there.



如果你释放对物质界的所有贪恋和厌恶，从而从物质界毕业，你会走上这条路（莱斯特示意历经星光界、因果界），你会成为一个圣人、大师，然而这需要漫长的时间。

If you graduate out of the physical by letting go of all attachments and aversions to the physical, you'll get on this path, you'll become a saint, a master and this takes eons.

获得自由 Go free

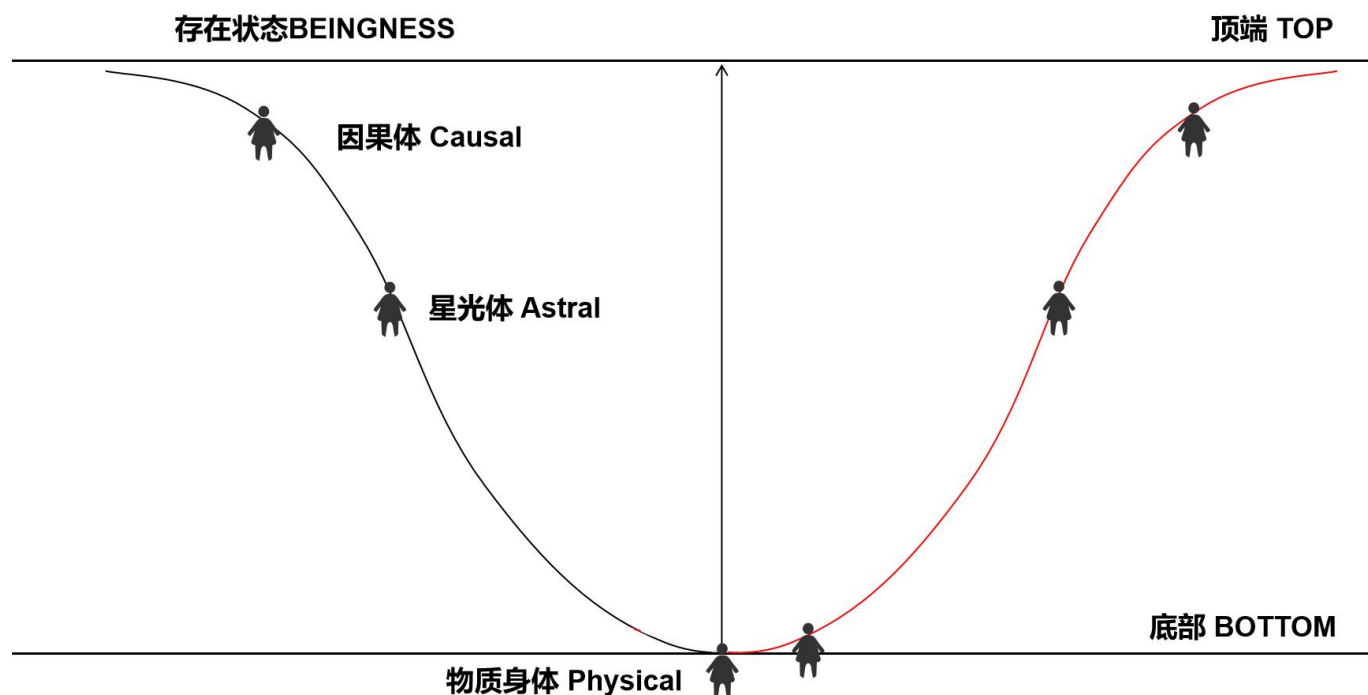
尽管这里是美好的天堂，但总有一些东西缺失，缺失的正是顶端状态。

As heavenly as it is, there's always something missing, there's always something lacking which is the top state.

如果你意识到这一点，你就可以避开我们大多数人做的事情，大多数人会这

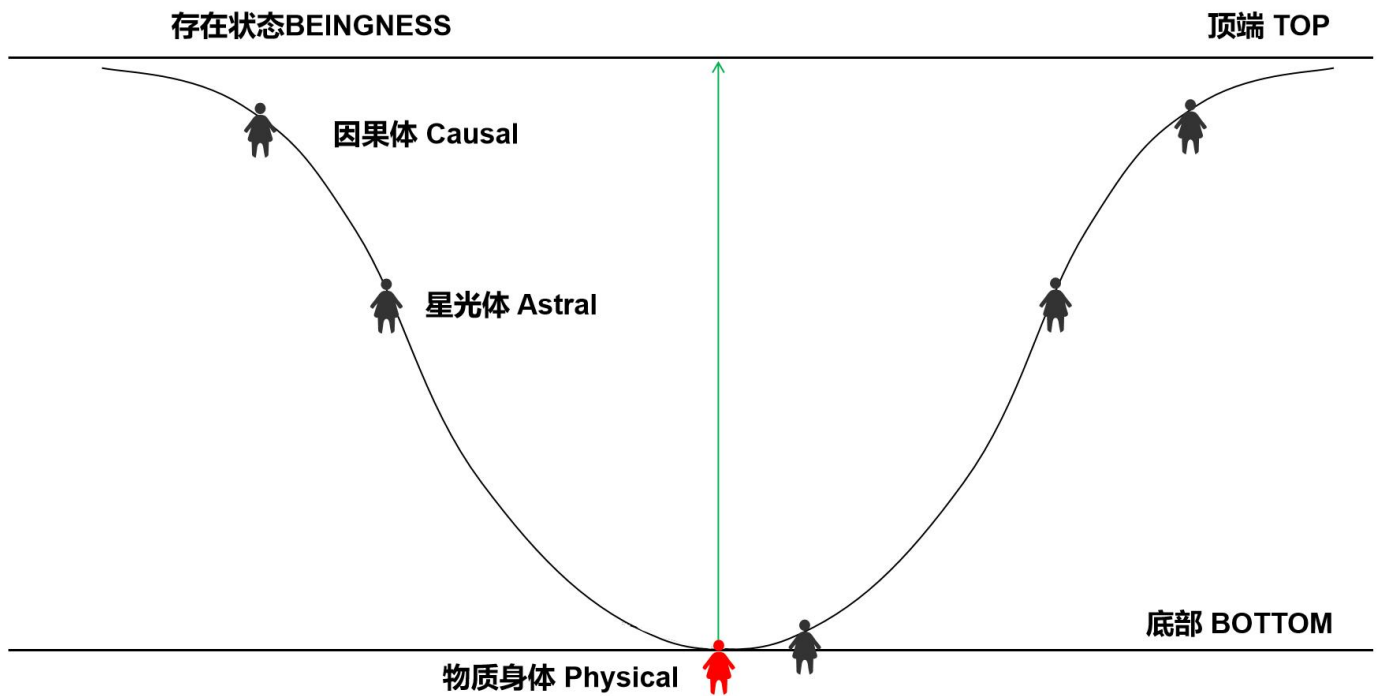
样做 (下图标红的部分),

If you're aware of this, you can bypass what the large majority of us do, the large majority will do this,



然而我们当中的任何一个人, 在这里 (下图标红的部分), 在此生或更短的时间内 (下图标绿的部分), 如果你愿意贯彻释放法的《六步骤》, 就能在几个月内走完全程到达顶端。

however any one of us here in this lifetime or less, in a matter of months if you will carry out the Six Steps of the Method, you can go all the way to the top.



我们身处物质界有巨大的优势，因为有动力去摆脱那个地狱。

Tremendous advantage being where we are in the physical, because the motivation to get out of that hell is there.

我注意到在其他世界里，他们的生活方式是如此和谐，每个人都爱着彼此，生活如此轻松，大自然生产了过于丰盛的一切，那里没有离开它的动力。

I have noticed in other worlds where they their way of life is so harmonious, everyone loves everyone, life is so easy, nature produces an overabundance of everything, the incentive to move out of it isn't there.

他们可以看到还需要什么，但他们没有动力去那样做（莱斯特打了个响指），但他们没有完全的自由，每个人不时地都会想起“祂们”的那部分，所以他们最终会逐渐回归、回到只是存在的状态。

They can see what is needed, but they're not motivated to do it like that, but not being totally free, everyone's in a while thinks part of Them, and so they'll gradually eventually go back home to Beingness only.

所有所谓的“生命”最终都会回到那里 (莱斯特示意顶端状态), 包括动物、昆虫, 动物会逐渐进化成为人类。

All so-called life eventually goes back there, including the animals, the insects, the animals graduate into being, human beings.

而且如果你观察一下非洲等地那些“冷血”的生物, 你就会发现他们的生活方式与动物的很像, 他们没有野心, 如果食物生长或从树上掉下来, 他们就吃, 如果没有这样, 他们大多数人就饿死了, 就像动物那样。

And if you look at our cold beings in Africa and so forth, you can see that they live very much like an animal lives, they have no ambitions, if the food grows or drops off the tree, they eat it, if it doesn't, most of them starve in dead, just like the animals.

所以很有可能我们这个星球上的很多人是刚从动物进化而来的。

So, the chances are that a lot of our people on this planet are recently up from being animals.

同时, 正是这种极低的状态, 它提供了获得自由的最佳途径。

At the same time, because it's such a low state that provides the very

best avenue to go free.

真感谢这个地狱!

Thank god for the hell!

因为它把我们推向天堂。

Because it pushes us to the heaven.

所以如果你记得的话，在这里自由的机会是非常大并且非常罕见的。

So, if you remember, the opportunities here are the very greatest and rare to go free.

相比之下，其他世界宛如天堂一般，而我们要走完全程，还需要数百万年的漫长历程。

Other worlds are heavenly compared to this and puts us on a long track of multi millions of years before we go all the way.

上升到这里 (因果界的位置)，在你有想法的那一刻，它就实现了；

Up here, an idea is completed totally the moment you have the idea;

在这里 (星光界的位置)，你做事情会很快；

Here you do things quickly;

这里（物质界的位置）是我们现在做事的方式，挣扎、挣扎、不停挣扎，无尽的麻烦、麻烦、麻烦。

Here we do it the way we do it now, for struggle ugly ugly ugly struggle, endless trouble trouble trouble.

而且只有一条向上的路，那就是释放所有的限制、所有的程序。

And there's only one way up, it's letting go of all the restrictions, all the programs.

本质上就是释放感受，这些感受都是程序。

Basically letting go of the feelings which are programs.

作为自动化程序被放入的所有感受，都是为了维持这个身体的生存。

All the feelings were put in as automatic program to keep the body surviving.

释放你所有的感受，你的心智就会安静下来，然后我对你说的这些就显而易见了，

Release all your feelings, your mind goes quiet, and what I said to you becomes self obvious,

你看到你一直都是完整的、完全的、完美的、全知、全能。

you see that you've always been whole, complete, perfect, all knowing, all powerful.

你通过认同这具物质身体蒙蔽你自己，认为你是受限的、并且受制于这个身体，你认同这个世界，把自己作为这个世界的受害者，然而实际上是你创造了这个世界。

And that you blinded yourself by identifying with the physical body, thinking you are limited and subject to it, identifying with the world as being a victim of it, whereas you actually created the world.

外面除了你的意识之外，别无他物。

There's nothing out there but your consciousness.

你所看到的一切都在你的心智里，

Everything you see is in your mind,

掌控你的心智，消除它，你就自由了。

you take your mind, you get rid of it, you're free.

你的心智是你成为你的无限的首要障碍。

Your mind turns out to be the number one obstacle for your unlimitedness.

但是它太不舒服了，我们压抑了它，我们称它为潜意识。

But it's so awful, we have suppressed it, we call it unconscious.

但是现在你有一个消除那种潜意识心智的方法。

But now you have a way of undoing that unconscious mind.

每一个感受都是为了这个物理身体，作为生存程序被放入的，

Every feeling was put in as a pro-survival program for the physical body,

但是每个感受实际上都是反生存的。

and every feeling is actually anti-survival.

释放所有那些感受，

Release all those feelings,

然后“你”对你自己来说就会变得非常明显，你一直是全能、全知的。

and You, You become very obvious to yourself that you were always all-powerful, all-knowing.

这需要花多长时间？

And how long does it take?

只要你能去做就能做到。

As long as you make it.

它有多快？

How quick is it?

你做多快它就来多快。

As quickly as you do it.

这里没有人不能在几周或几个月里做到这件事的，因为你们已经有了方法。

There isn't anyone here who couldn't do it in a matter of weeks or months, because you've got the way.

不再有感受，你的心智就安静了，你的真我就会显现。

No feelings, your mind is quiet, your Self obvious to yourself.

感受，（总是驱动）你在做一些事情试图维持这个身体的生存，

Feelings, you're always doing something to try to keep the body surviving,

为了维持这个身体的生存，我们是如此关注这个身体。

we are so centered in on this body to keep it surviving.

我们正在阻止自己立即获得自由。

We are preventing ourselves from going free immediately.

现在开始我想说点实用的，

I want to get practical from here on,

我们怎么从这里（底部的位置）上升到那里（顶端的位置）？

how do we go from here up that way?

给予 Giving

一个很好的方式就是围绕“给予”这个主题。

Well, one excellent way is on the theme of Givingness.

当你处在顶端时，你是完全的给予，你是基督，你唯一的想法就是去帮助别人，帮助他人，

When you are up at the top, you are all giving, you are a Christ, your only thought is to help others, to help others,

你有多自由，就有多想给予。

you're as free as you are in your wanting to give.

你必须开始给予，通过释放想要拥有、想要索取和想要被照顾，

You must start giving by letting go of the wanting to have and take and take care of me,

你的意识必须延伸到他人那里，

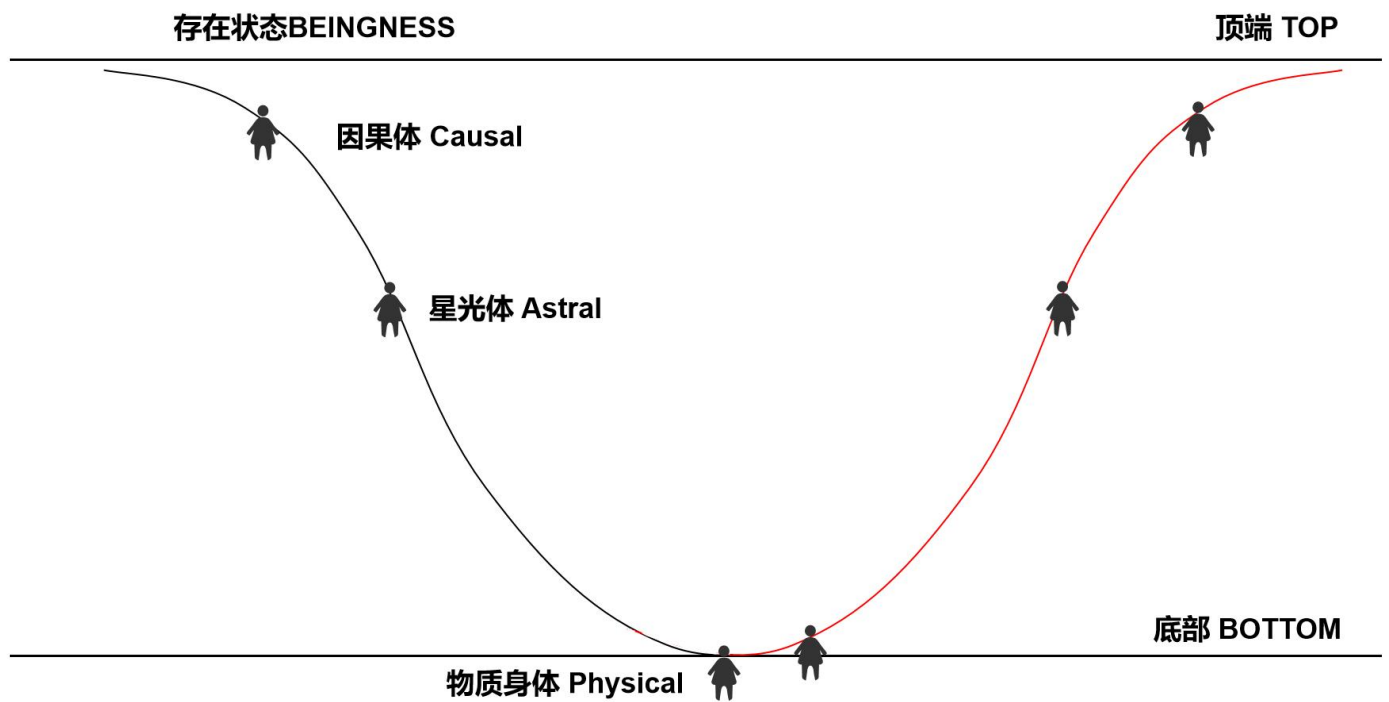
your consciousness has to go out to others,

你应该想要帮助每一个人，

you should be wanting to help everyone,

实际上如果你在生活中能秉持这一点，你就会开始沿着这条路往上走（如下图标红的部分）。

and practically if you make this point in your living, you're going to start moving out up this way.



你必须成为耶稣基督，如果祂在这里，祂会做什么呢？开一家大型宗教企业或其他的什么来赚钱吗？

You've got to become a Jesus Christ, if He were here, would He come what would He be doing? Opening up a grand religious business or something to make money?

祂唯一的兴趣就是帮助我们，祂唯一的兴趣就是帮助他人。

His only interest would be to help us, His only interest is to help others.

我们必须成为那样的人。

we must become that way.

实际上你可以通过练习做到这一点，使其成为一个目标。

And practically you can do it by practicing it, making it a point.

我们的情绪表是一个衡量“给予”的刻度，

Our chart is a scale of givingness,

我们越往左走，就越想要拥有、拥有、拥有，

the more we're to the left, the more we're wanting to have, have, have,

我们越往情绪表的右边走，我们就越想要给予，

the more we're to the right on the chart, the more we're wanting to give,

当你正好处于中间无畏的状态，你是一半在给予、一半在索取，

right in the middle of courageousness you're equally giving and equally taking,

在这里（指无畏的状态），向左是 50%的自私，向右是 50%的无私。

right there, your fifty percent selfish to the left and to the right you're fifty percent selfless.

你必须变得完全无私才能获得自由，

You've got to become totally selfless to go free,

你必须让自己向上超越 AGFLAP，并上升进入 CAP，

you've got to get yourself up over the AGFLAP and move into the CAP,

在无畏以上，你所拥有的内在能量能让你迅速地向上移动，

above courageousness, you have the inner energy to move up rapidly,

在无畏以上，你能往深处挖掘出你对死亡的恐惧的感受，允许它们浮上来并出去（莱斯特双手在胸腹处做了示意：向上、出去），

above courageousness, you can dig down deep into your feelings of the fear of dying and allow them to come up and out,

你不再害怕“如果我让我对死亡的恐惧浮现出来，我就会死”这个想法了。

you lose the fear that “if I let my fear of dying come up, I'll die”.

你一直在压抑你的感受，

You keep your feelings suppressed,

因为你觉得如果它们进入你的意识里，它们就是真实的。

because you think if they come into your consciousness, they are actual.

它们只是些感受而已，对死亡的恐惧也仅仅只是一种感受罢了，
They are only feelings and the feeling of dying is only a feeling,

事实是你不会死。

the truth is you cannot die.

但是你必须上升到“给予”的感觉里，

But you've got to move up in your sense of givingness,

我觉得比告诉你要越来越无私，“给予”是一个更实用的词，

I think that's a more practical word than telling you to be more and more selfless.

但是在“给予状态”中，我们会走得又快又高。

but it's in givingness, that we'll go fast and high.

自由的状态 Free state

不再思考，自由的状态根本不需要思考，

No more thinking, the free state is no thinking whatsoever,

自由的状态只有直觉在运作，

the free state is working intuitively only,

你不再思考了,

you don't think anymore,

你不再去适应这个世界,

and you don't fit in with the world,

这个世界充满了超负荷的限制。

the world is loaded overloaded with limitation.

所以, 你会很自然地去到一个地方, 在那里你不会打扰到其他想要像他们这样受到限制的人,

So, you naturally load off to a place where you're not annoying the others who want to be limited like they are,

这就是为什么那些自由的人倾向于避世, 不是为了他们自己的利益, 而是为了不打扰那些想让自由的人也受到限制的人, 并且不再有交流。

this is the reason why the free Ones tend to isolate, not for their own benefit, so as not to annoy the others who want the free Ones to be limited, and there's no communication.

那些不自由的人会说：“你说的这个世界指的是什么？它不是真实和痛苦的吗？”

The non-free Ones are saying “What do you mean this world? Isn't it real and miserable?”

小我 Ego

现在，小我。

Now, the ego.

什么是小我感？

What is the ego sense?

你睡着了，就没有身体了，没有世界，也没有困难了，对吧？

You were asleep, there's no body, there's no world, there's no difficulties, right?

你醒了，然后你说：“哦，那有一个世界。”接着说：“哦，我是这个世界里的这个身体。”这就是你的麻烦所在。

You wake up and you say: “Oh, there's a world there.” And second: “Oh, I'm this body in this world.” And therein lies on your trouble.

当你获得自由的时候，你不会认同你的身体。

When you go free, you cannot identify with your body.

看看拉玛那·马哈希的说话方式，我觉得祂真的不会说“我”并写进书里，祂会提到薄迦梵，薄迦梵是被尊敬的“一”，这就是它的意思。

See Ramana Mahashi talks that way, He really doesn't say "I, I think", put in the book, He would talk about Bhagavan, Bhagavan is a revered one, but is what it means.

祂无法再认同自己是这个身体，那就是当你自由的时候，你会做的事。

He could never see himself as that body, and that's what you do when you're free.

首先你看到你的身体对你来说是客观的，就像其他任何人的身体一样，

First, you see your body is objective to you, like every other body,

最后你看到没有身体，所以你所看到的一切都是存在。

and in the end you see no body, so all you see is the Beingness.

你不是看，你只是成为了你所是的存在，

You don't see it, you just be to Beingness that you are,

那就是终极状态。

that's the ultimate state.

你必须只是你的存在。

You've got to be your Beingness only.

怎么做呢？

How?

释放对死亡的恐惧，下一步释放与“一”的分离感就没那么困难了。

Release the fear of dying and then the next step is not as difficult the feeling of separation from the Oneness.

一致性 Agreements

有天你会发现外面除了你的画面，什么都没有。

Someday you will discover there's nothing out there but your picture.

而且你的画面不是任何其他人的画面，

And your picture isn't everyone else's picture,

这有很多一致性。

there are a lot of agreements.

当一场事故发生时就很明显了，6个人看到了，却会给出6份关于它不同的报告，尽管他们看到的是同一件事，

And so obvious when an accident happens, half a dozen people see it, there is a half a dozen different reports on it, they're all looking at the same thing,

但我们看到的是我们自己的画面。

but what we see is our picture

所以，如果你看不到破坏，对你来说这里就永远不会发生任何破坏性事件，

So, if you see no destruction, there will never be any destruction for you,

你看到的只有完美，这就是你所能遇到的全部了。

you see perfection, that's all you ever meet.

所以不管外面看起来有什么，你必须在当下看似不完美之处看到完美。

So, regardless of what seems to be out there, you've got to get the, you've got to see the perfection where the seeming imperfection now seems to be.

不完美是一种表象，是一种非常表面的现象。

The imperfection is a seemingness, very seeming.

但是你必须要在当下看似不完美之处看到完美。

But you've got to get to see the perfection where the present seeming imperfection seems to be.

那将会是你的画面。

And that will be your picture.

通往顶端的路 Way to the top

现在，在通往顶端的路上，

Now, as to the way to the top,

重要的问题是：为什么我不现在就做呢？

big question, why don't I do it now?

答案是你不想要它，你想要这个世界。

The answer is you don't want it, you want the world.

大多数人释放是为了把这个世界变成一个更好的世界，大多数人释放是为了

摆脱痛苦，而不是为了进入终极状态而释放，他们释放是为了摆脱困境。

Most people release to make the world a good world, most people release to get out of misery, instead of releasing to get into the ultimate state, they release to get out of the problem.

但是如果你愿意做《六步骤》，有两步你们没有做到，你没有持续释放（第四步），也没有做到第六步来让它一直是一段愉快的旅程。

But if you will do <the Six Steps>, the two that you're not doing are making it constant and the sixth step making it a delightful trip all the way.

但是需要持续去做，才能让这趟旅程始终愉快。

But it takes constancy to make it a delightful trip all the way.

你们大多数人都在你们的垃圾里像坐过山车一样荡上荡下，再上去一点，又掉进你们的垃圾里，但是低谷一直在不断升高，

Most of you are roller coating up down in your garbage, up a bit higher, down in your garbage, but the bottoms keep moving up,

所以当你陷入低谷时，就不会像以前那么糟糕了，

so when you hit bottoms, it's not as bad as it was before,

然后某一天你会到达一个状态——你的低谷处于快乐之中。

and someday you reach a point where your bottoms are in happiness.

在你走完全程之前，不要停下来。

Should not stop until you're all the way.

我想我们中大多数的毕业生都到了一个阶段，这个世界变成了一个好的世界，他们理顺了他们的关系，他们的财务状况，然后他们试图去享受美好的生活。

I think the majority of our graduates get to the point where the world turns out to be a good world, where they straighten out their relationships, their finances, and then they try to enjoy that good life.

你们不能停下来，就像迈克一样，好吗？

You can't stop as Michael, okay?

迈克尔所做的就是他停下来了，

What Michael did was he stopped,

他在高处时什么都有了，他说：“哦，我有答案了，只要一直持续释放。”还记得你跟我说过吗？

and he was up having all that, he said: "Oh, I got the answers just keep

releasing all the time.” Remember you told me that?

但是你停下了，

But you stopped,

如果你继续，你会到一个很高的状态，你会到达可以立即在心里层面创造的地方，

and you continued, you were at a high point, you got to the place where you would have created mentally instantly,

但是你停下来了。

but you stopped.

不，这给你上了一课。

No, that give yourself that lesson of it.

快乐不在于我所创造的物质，而在于我创造的能力。

It's not the materiality that I created, it's in my ability to create that the happiness is.

他在创造这方面做得非常漂亮，我记得我刚认识迈克尔的时候，他连一杯咖啡都买不起，

He did a beautiful job on creating I remember, am I right when I say when I met Michael, he could hardly buy a cup of coffee,

好吧，他很长一段时间都是消极的，然后突然他开始列目标。

well, it was negative quite a while and all of a sudden he set out goals.

我还记得其中一个大目标是要在百老汇演个重要的角色，他拿到了，并且做得很好；期间他写了一个目标，拿到一部电影中的重要角色，后来有个剧组来纽约拍摄，迈克尔演了一个不错的角色；接下来下一个目标我记得是赚到6位数的钱，然后他轻松漂亮地做到了；然后他追求极致，在汉普斯顿的大房子、跑车和其他东西。

I remember right, one of the big ones was to get an important part on Broadway, and he got it; And was very good in it, during which he wrote a goal to get it an important part in a movie, so they brought cruising into New York and Michael was given a good part in that; And then I think the next goal was to make six figures, and he made it nice and easily; And then he went the extreme, house in the Hamptons and sports car and everything else.

他有了答案——持续释放。

And he had the answer is that make it constant.

之后我说：“你有没有想过加入我们？”问他说：“迈克尔，你不觉得你现在

应该去帮助别人吗？这样你才能走得更远。”

After which I said: “Ever think of joining us?” That's just saying: “Michael, don't you think you ought to get with helping others now? So you can move further.”

他说：“不。”

And he said: “No.”

然后他卡住了。

And he gets stuck.

他拥有自己所创造的那个物质游乐园。

And he had that material wonderland that he created.

然而你不能静止不动，你不是在上升，就是在下降，

And you can't stand still, you're not going up, you'll be going down,

没有静止不动，你不是在向上移动，就是在向下移动。

no standing still, you're not moving upwards, you're going downwards.

这就是迈克尔必须亲自去面对的教训。

That was the lesson Michael had to meet himself.

你不能停下来，

You can't stop,

持续释放。

keep releasing.

如果你继续的话，迈克尔，你现在已经自由了。

As you continue to, Michael, you'd have been free by now.

我的意思是，有能力物质化和反物质化这个身体，通过毫不费力的念头立即创造任何事物。

And by that I mean the ability to dematerialize that body and re-materialize it to create anything instantly by effortless thought.

你需要这些标准来衡量自己。

You need these yardsticks to judge yourself by.

波澜不惊是没有什么任何事物能够打扰到你的状态，我的意思是，即便是死亡，当拥有波澜不惊的时候，哪怕正在面临死亡也不会打扰到你。

Imperturbability where nothing can anymore disturb you, I mean even death, facing death is doesn't disturb you when I own them.

莱斯特视频 3-庆祝莱斯特 100 周年 年纪念日 1、2

注：此部分根据 b 站 up 主 (go-free 无限) 上传的“莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2”制作，建议对照原视频更容易理解。

很高兴见到大家，

Nice to see you all,

灵魂深处，你就是我。

and soul to soul you are me.

如果没有完全自由的话，我希望 1986 年是个几乎完全自由的年份。

I hope 1986 is the year of almost total freedom if not total freedom.

当你达到完全自由的境界后，所有的这些挣扎都会百分之百地离开，

When you get to that place a total freedom, all these struggles is 100%

gone,

你没必要为了谋生而工作；

you don't have to work for a living;

你甚至没必要吃东西，但是你会去吃；

You don't even have to eat, but you will;

你没必要呼吸，但是你会呼吸。

You don't have to breathe, but you will.

你只需安坐一旁，处于那种终极状态之中，你只是看着世界在你眼前路过，知道那个唯一、绝对的真理，它是永不改变的、它是永恒的。

You just sit back and in that greatest of all states, you just watch the world go by, knowing the one and only absolute Truth, that which is ever changedless, that which is forever.

其实它就是当下所拥有的存在状态，但你却把目光从它身上移开了。

And it is simply your Beingness which you have right now, but are looking away from.

这不是很简单吗？

Isn't that simple?

你就是你正在寻找的“你就是那”。

THOU ART THAT which thou are seeking.

到那时，你们也听我说过你们没得选，

By that point, you have heard me say you have no choice,

你是完整的，你是圆满的，你是无限的，你是全能的，你是全知的，你是全在的，再一次强调，在这点上，你没得选。

you are whole, you are complete, you are infinite, you are omnipotent, you are omniscient and you are omnipresent, and again, on that point you have no choice.

但是你可以选择不看它，一天 24 小时、一年 365 天，并且只要你想、你希望、你渴望、你愿意，无论多少年不看它都可以。

But you do have a choice to look away from it, 24 hours a day, 365 days a year and as many years thereafter as you want, wish, desire, prefer.

你不需要做任何事去成为这个完美的你所是的存在。

There's nothing you have to do to be this terrific being that you are.

你必须放下成为你所不是的，仅仅只是让魔鬼——AGFLAG 上来，然后只是允许它离开。

You do have to let go of being otherwise, which is simply getting up the devil AGFLAP and just allowing it out.

当你这样做的时候，你的心智就会安静下来，

And when you do that, your mind goes quiet,

然后你就会不由自主地一直认同你的存在。

and you just cannot help but identify with your Beingness all the time.

只要你还有 AGFLAG 和 CAP，心智就会无意识地一天 24 小时都活跃地保持防卫状态——只为了让你活下来。

So long as you have any AGFLAP and CAP, the mind unconsciously is active 24 hours a day on guard in order that you might survive.

当然，当你释放掉它们，一个天大的玩笑是：你没得选，你是永恒的。

Of course, when you let go of it, the big joke is you have no choice, you are eternal.

然后你看这整件事就是一个超级玩笑，这是你给你自己开的玩笑。

And you see that this whole thing is just one grand joke that you played

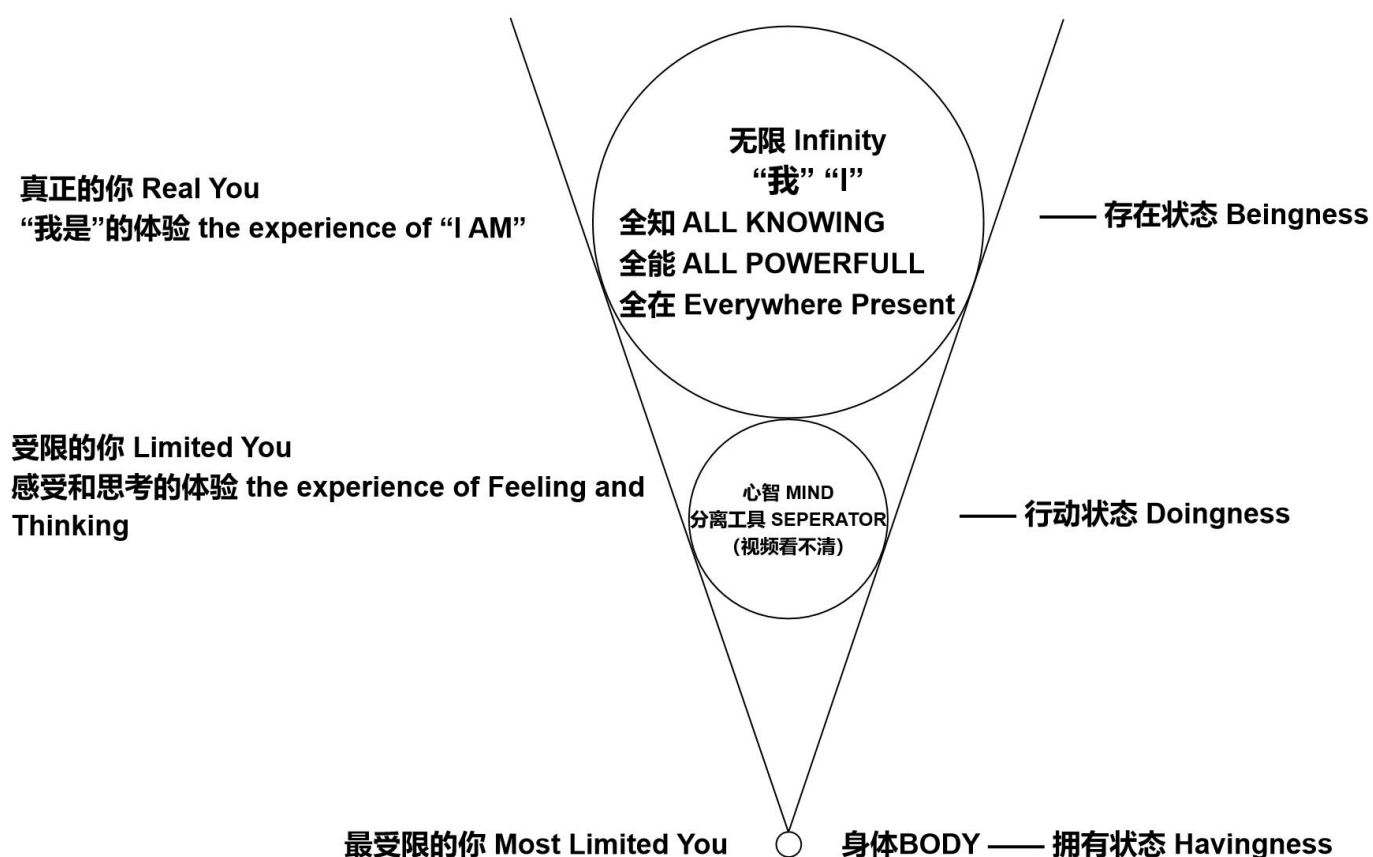
upon yourself.

我，这个无限存在，构建了我的心智，心智构建了身体，这让我忘记了是自己做了这件事，然后我觉得自己是心智、身体和心智所创造的一切的受害者。

I, the infinite Beingness set up my mind, which set up the body, which cause me to forget that I did it and then I think I am victim of the body, the mind and everything the mind is creating.

我这里有个图表（如下图），我知道你们有些人可能之前看到过，

I've got a chart here, which I know some of you have seen before,



但是，在你能保持在这里（指自由的状态）之前，它值得一遍又一遍地重复，直到所有的这些知识都是你的知识。

but until you can just remain up here, it bears repeating again and again until all this knowledge is your knowledge.

我刚才所说的这个美好伟大的存在是真实的你，

This wonderful great thing I was just talking of is the real You,

它是“我是”的体验。

it's simply the experience of I am.

如果我对你说：“是你吗？”你说：“是的。”我说：“那就是它。”

If I say to you:“Are you?” You say:“Yes.” I say:“That's It, for the capital I.”

不要再做其他事了，仅仅成为“那”，仅仅成为你的“存在”。

Don't do anything else, just be That, just be your Beingness.

但是你不会那样做，因为你被一个叫“心智”的电脑程序化了，所有的这些程序都是感受——它们驱动你所有的想法，它们是人造的、不自然的，它们不应该在那里。

But you don't do it, because you have programmed in to the computer called mind, all these programs that are feelings that motivate all your thinking, that are artificial, unnatural and should not be there.

你在生活中为之挣扎的一切，所有这些幸福，就在“我是”所在的地方。

Everything you're struggling for in life, all this happiness is right here where I am.

你拥有的每一盎司快乐都是当你放下一个欲望时，这样足以让心智安静下来，于是你就可以只是存在，那就是你所感受到的快乐。

Every ounce of joy you have is when you let go of a desire enough so that the mind goes quiet, so you can just be and that's the happiness you're feeling.

不是因为那个人帮你满足了你的欲望，所以你的心智变得安静了，

It's not the person who help you fulfill the desire, so your mind could go quiet,

而是心智安静下来了，这就是快乐。

it's the quieting of the mind, that's the happiness.

让你快乐的不是那个事物，

It's not the thing,

你创造了一个匮乏，然后你消除了这个匮乏，

that you created a lack of and then undid the lack,

你的心智安静下来，关于那个事物，你感到非常开心，

your mind went quiet and you felt very happy about it,

不是因为那个事物，而是你让你的心智安静了下来，

it was not the thing, it was you quieting your mind,

这样你就能只是认同你的存在。

so that you could just identify with your Beingness.

这不是很简单吗？

Isn't that simple?

问题是：你们为什么不都这么做呢？

Question, why don't you all do it?

想要我回答吗？

Want me to answer it?

学生：愚蠢、愚蠢、愚蠢、愚蠢、愚蠢。

Student: Stupid, stupid, stupid, stupid, stupid.

莱斯特：比这个更甚。

Lester: More than that.

你只是抓住所有的限制不放，

You're just holding on to all all the limitation,

你在说：“我是这个身体、我是这个心智，我是它所创造的一切的受害者。”

you're saying: "I'm this body, I am this mind and I am a victim of everything it has created."

你只是紧抓着它不放，

You're just holding on to that,

如果你能完全释放它，你就自由了。

if you could just totally let go of it, you'd be free.

从理论上讲，瞬间获得自由是可能的，

Theoretically it's possible to go free in an instant,

我不知道有没有人这么做过。

I don't know if anyone who's done it.

但如果你愿意，你可以在几个月内完成，

But you could do it in a matter of months if you would,

《六步骤》在几个月内会带你走完全程，

<the Six Steps> in a matter of months will take you all the way,

最重要的一步是第一步，

the most important step is the first,

你必须想要自由超过想要世界上的任何其他事物。

you've got to want freedom more than you want anything else in the world.

想要自由 WANTS FREEDOM

这个世界是完全不自由的，

The world is totally non-freedom,

有人把它形容为夹竹桃花，美丽却每一寸都有毒，

someone described it like an oleandra flower, beautiful but every bit poisonous,

你试图从这个世界上拿到的每一分快乐，都会让你受伤，

every ounce of pleasure or joy you try to take from this world, you get hurt with,

而你却一次又一次地这样做.....

and you do it again and again and again...

所以，不要再到它所不在的地方寻找了，

So, stop looking for it where it isn't,

发现你的快乐是什么——当你的心智安静下来，你就只是存在。

discover what your joy is, when your mind goes quiet and you're just being.

从这点开始，从你的存在开始，你可以用你的意愿把剩下的感受全部拉出来。

And from that point, from your beingness point, you could will out all the rest of it.

当你说“我”的时候，宇宙中所有的力量都在你的中心，但你却给它添加了

其他东西。

All the power there is in the universe is right at your center when you say I, but you add to it aye aye.

但是当你说“我”的时候，那儿就有宇宙中所有的力量，这种力量足以把所有剩下的程序感受都扔出去。

But when you say I, right there is all the power in the universe, which is enough power to throw out the totality of remaining programming feelings.

我想对你说的是——一种叫做“意愿力量”的东西是可以使用的。

What I'm saying to you is a thing called will power can be used.

意愿力量就是只使用这个无限力量，它一直是你的，只是使用它。

And will power is just using this unlimited power, that's yours all the time, it's just using it.

正如你很可能已经发现的那样，你释放得越多，你就能释放越多，你就越能往下深入并拉出更沉重的垃圾；

And as you have most likely discovered, the more you release, the more you can release, the deeper you can go and pull up heavier garbage;

你释放得越多，你就越能接受你可以使用这种意愿力量。

The more you release, the more you accept that you can use this will power.

**但是通过你的辨别力，你可以投入这种意愿力去获得自由，这强大到足以倾
倒一切垃圾，**

But through your discrimination, you could put in this will to go free, strong enough to dump the whole thing,

如果不是马上，一个月左右，我建议你这样做。

if not instantly, in a month or so, I recommend it.

无限的你，存在 INFINITE YOU, BEINGNESS

所以，这里就是无限的你，无所不知的、无所不能的、无处不在的，

So, here is the infinite you, all-knowing, all-powerful and everywhere present,

这就是你的存在，

and it's your beingness,

这是“我是”的体验，

and it's the experience I am,

就是这样。

that's all it is.

但你所做的是你构建了一个有限制的心智，

But what you do is you set up a mind which has limitation,

而心智是分离器，它把你从宇宙的“一”中分离出来，

and the mind is the separator and does all your separating from the Oneness of the universe,

为了做到这一点，它构建了一个身体、所有的物质以及所有其他的东西。

and in order to do that, it sets up a body and all matter and all other things.

所以，你本是无限的你，但在你思考的那一刻，每个想法都有限制性，在你思考的那一刻，你在限制你自己，你思考得越多，你就越限制自己。

So, you take the unlimited you, the moment you think, every thought has limitation, the moment you think you are limiting yourself, the more you think, the more you are limiting yourself.

总有一天，你会释放你的整个心智，包括所有的记忆，

Someday you release the totality of your mind, which includes all the memory,

记忆只是为了生存而保持守卫，

the memory is just on guardness in order to survive,

你释放掉这些。

and you let that go.

从那时起，你只从你的“全知状态”中交谈，这被称为“直觉”，

And from there on you talk from your Knowingness only, it's called intuition,

你可以和任何人谈论任何话题，帮助他或她在自己的领域取得进步，

and you can talk to anyone on anyone subject and help that one advance in his or her subject,

当你体验到这一点的时候，你听到自己在说一些事情，你对自己说：“哇！这太棒了！”

and when you experience it, you hear yourself saying things and you say to yourself: “Wow! that's terrific!”

(学生笑)

当你听到它从你的内在出现的时候，你可能已经体验到了其中的一些。

You listen to it as it's coming out of you, you'll probably experience some of this already.

但在全知中不需要记忆，

But there's no memory needed in omniscience,

在全知中不需要思考，

there's no need to think in all knowingness,

如果你愿意，你唯一能做的就是把它说出来。

the only thing you can do is voice it if you so choose.

这个三角形是一种灵性象征，它们通常代表着上帝下降成为人类，

This triangle is a spiritual symbol, they usually represented as god descending down into man,

然后更有灵性的人会将它反转过来，这样就变成了人上升为上帝。

and then the more spiritual ones reverse it, this way and then its man ascending into God.

这两个三角形（一正一反）组成了一颗六角星，这是一种灵性的、形而上的象征。

And the two of them make up the star, six sided star which is a spiritual, metaphysical symbol.

自由状态 FREE STATE

现在，在一个自由的状态里，你的心智变得安静，除非必要，你不会有任何念头，

Now, in a free state, your mind goes quiet, you have no thoughts unless necessary,

你把它们灌输进你的心智，并通过你的心智传达给别人。

you feed them into your mind and through your mind to others.

但是，当什么都没有发生的时候，你就没有念头，

But when nothing's going on, you have no thoughts,

你花时间只是存在，

you spend your time being,

这是最美好的事。

and it's the nicest thing there is.

这就是对你来说，当你释放并到高处时感觉如此美好的状态。

And that's what feels so good to you when you release and go high.

往高处走只是存在，就是这样。

Going high is just Beingness, that's all it is.

没有念头、没有感受，

And there is no thoughts, no feelings,

所有的知识对你来说都是完全可用的，

all knowledge is totally available to you,

你的心智是完全安静的。

and your mind is totally quiet.

但是，尽管我们有时我们去到那里了，但我们认为这还不够好，

But as much as we get this at times, we don't think it's great enough,

我们紧抓着这个受限的状态，

we hold on to this limited state,

因为它对我们来说太熟悉了，

because it's so familiar to us,

我们的垃圾闻起来很香，我们已经习惯了，

our garbage smells good to us, we're used to it,

我们不想释放它，

and we don't want to let go of it,

它很熟悉，感觉就像家一样，

it's familiar, it feels like home,

所以我们抓着这个带有很多很多想法和感受的受限状态。

and so we hold on to this limited state with many many thoughts and feelings.

我们所知道的一切都是如此有限，

And everything we know is so limited,

我们无法得到关于任何事物的答案，

we can't get the answer to anything,

你学习的每一门科学，

you take every science there is,

它一直在变化，

it's changing all the time,

我们无法得到一个单一的、一直不变的答案。

we can't get one single answer that remains.

不管哪门科学，它一直在不断变化，

Whatever the science is, it keeps changing all the time,

你知道哪门科学是不变的吗？

you know of any science that does not change?

人类自身的科学，你说得对。

The science of man himself, you're right.

只要明白你只是存在，

Just understanding that you are Beingness only,

当你认同了这点时，就不会再有改变了。

and when you identify with that, there's no more change.

当你看着世界的时候，它只是远处的一部电影，一块屏幕，屏幕永远不会改变，但你能看到屏幕上那些闪烁的幻影，

When you look at the world, it's just a distant movie out there, a screen and the screen never changes, but you see those glittering shadows on that screen,

但你知道，外面那里的只是屏幕，

but you know, it's the screen that is out there,

它永不改变，

and it never changes,

这就是这个世界所发生的。

and that's what happens to this world.

你是这样看待世界的：

You see the world that way:

你所看到的这块宇宙屏幕，所有的这些画面都是从我们的心智中投射出来的，

You see this screen of the cosmos on which all these pictures are projected from our minds,

但你知道，它只是个充满了这些闪烁和图像的外部空间而已。

but you know, it's just space out there with all these flickerings and diagrams.

因此，在这种有限的认知下，我们的心智非常活跃，

So, with this limited knowing, our mind is very active,

我们有快乐的时刻，但背后总是有不满、悲伤和痛苦。

and we have moments of pleasure with a constant background of discontent, sorrow and misery.

那些快乐的时刻是当你满足了你的欲望，心智安静下来了，

Those moments of pleasure are when you satisfy the desire, and the mind goes quiet,

其余所有时候，你都有一种沉重感，内心真的一直都很沉重。

all the rest of the time you got this heavy, real heaviness within all the time.

每个人都有这种沉重的感受，无论他们在世界上多么成功，他们都感受到了这种沉重感，并正在寻求摆脱它的方法。

Everyone has it no matter how successful they are in the world, they feel this heaviness and are seeking a way out of it.

当然，在我们到达顶端之前，我们永远不会放手。

Of course, we never ever let go until we get to the top.

但来到这条道路上，你会得到持续的、没有悲伤的快乐，一直会有一种彻底且永恒的满足感。

But to come this way, you get the ultimate joy constant with no sorrow, with a sense of total fulfillment all the time and permanent satisfaction.

不要以为永恒的满足感是一种无聊的状态，

And don't think permanent satisfaction is a dull state,

恰恰相反,

it's just the opposite,

它是最美妙、最令人满足的状态, 是一种完全的合一,

the greatest, most fulfilling state there is, a total association,

这是一个美丽的歇息地,

it's a beautiful resting place,

但这并不是变成一具行尸走肉,

but it is not being a zombie,

也不是丧失了所有的野心,

it is not losing all ambition,

恰恰相反, 是成为一切,

it's just the opposite, of becoming the All,

当你是一切的时候, 你就不必每天为之奋斗了。

and when you are the all, you don't have to scratch for it every day.

最终，你只会改变你的认同和视角，

And in the end, you change only in identity and point of view,

只有在那之后，你才会认同你的存在。

you identify with your Beingness only after that.

你对世界的视角就像我之前所描述的那样，它是一个动态画面，投射在了一个叫做“宇宙”的恒定屏幕上，

And your point of view of the world is as I describe before, a moving picture projected way out there on a constant screen called cosmos,

而且你会意识到屏幕永远不会改变，

and you're aware that the screen never changes,

那些闪烁的东西只是光和影，就像电影里的一样，在那个永恒的屏幕上，屏幕是真实的，而光和影不是。

that the flickerings are just light and shadow, like in a movie on that permanent screen which is the real thing, not the light and shadow.

你选择经历的一生，也许是做你以前做过的事，也许投身于一个帮助他人的

领域，也许只是坐在那里完成这个物理身体的生命历程。

And you choose to go through life, maybe doing what you did before, maybe going into a field of helping others and maybe of just sitting out the duration of the physical body.

即使你只是在坐在那里完成这个物理身体的生命历程，如果你坐在海角或山顶上，你都在向其他人完全地投射他们无限的存在，并且在无意识地支持着他们，支持他们去获得自由。

And even if you're just sitting out the duration of the physical body, if you're sitting in a cape or on a mountain top, you are fully projecting to everyone else their infinite Beingness and unconsciously supporting them and they're going free.

所以，即使是那些获得自由、但在生活中不活跃的人，也确实是在提供帮助，

So, even those who go free and don't become active in life are really helping,

事实上，他们帮了大忙。

in fact, they're helping so much.

如果不是因为这些极少数被称作“大师”的人，这个地球会分崩离析。

If it weren't for these few so-called masters, this earth would fly apart.

为什么？

Why?

我们 99% 的意识是如此的.....它真的是有破坏性的，

The consciousness of 99 percent of us is such... It's really destructive,

每一盎司的 AGFLAP 都是具有破坏性的，

every ounce of AGFLAP is destructive,

我们的 AGFLAP 会断开这个世界上所有原子的链接，导致一切分崩离析。

our AGFLAP would disconnect all the atoms of this world and would fly apart.

只有少数自由的人才能保持一切完美，将这个世界的原子凝聚在一起。

It's only a few free Ones who are holding the perfection of everything that hold the atoms together in this world.

但是随着我们不断向上移动，就像这个世界正发展的那样，我们进入愤怒的状态，这正是当前世界所发生的。

But as we move up the scale, as the world is doing, as we move into anger, and this is what's happening in the world.

我们开始表达我们的愤怒，这就是你所看到的，

We begin to express the anger and that's what you're seeing,

如果我们能跨越愤怒，并进入自尊自傲，我们就不会经历破坏一切的这个阶段了。

if we could just step over the anger and get into pride, we wouldn't go through this stage of disrupting everything.

我告诉你将会发生什么，因为你不必经历那些在别人看来具有破坏性的事情。

I tell you what's going to happen, because you do not need to go through what others will see as destructiveness.

我们清理过往，穿过我们的愤怒等情绪，我们推倒所有的支柱，从而获得进驻内在并向上移动的动力。

We clean up the old, through our anger and so forth, we knock out all the props and thereby get the incentive to go within and move up.

所以接下来会发生的是一种美妙且向上的进化。

So, what's coming about is a beautiful evolution upward.

如果到那时你还没有获得自由，你就会让自己获得自由，

If you don't go free by then, you're going to make yourself go free,

因为，你，就像发生在我身上的事一样，你被枪顶着脑袋，

because you like happened to me, you have a gun against your head,

不想被毁灭的渴望足以激励你走完全程，

and the wanting not to be destroyed is incentive enough to make you go all the way,

这样你就能超越物质的束缚，不仅能在炭火上行走，哪怕是滚烫的炭火，还能在水面上行走、在空中行走，如果需要的话，甚至能在物质中穿梭。

so that you can transcend matter, not only walk on coal, hot coals, but walk also on water and walk on air and walk through matter should you need it.

通过让一切变得不安全、没有安全感，你将学会如何释放它，

By everything being made unsecure, insecure, you'll learn how to release on it,

然后你就能掌控它，

so you master over it,

如果你释放所有关于它的“不可能”，释放 AGFLAP，你可以穿过火，你可以踏过水，你可以在水下行走，

you can walk through fire, you can walk through water, you can walk underwater if you release all the cannots on it, release the AGFLAP,

所以这是一件即将发生的美好的事情。

so this is a wonderful thing that's about to happen.

记住，要利用它来超越它。

Remember to use it to transcend it.

这类事情正在逐渐显现，比如在火上行走诸如此类的事情，你在电视上也能看到。那些瑜伽修行者，我见过一个瑜伽士，让大象站在他的胸口上，要知道，人的肋骨根本承受不住大象的重量；我还见过他们躺在钉床上，有人坐在他们身上。有一次，我看到他们让一个印度人躺在钉床上，一大块非常重的混凝土压在他身上，另一个人拿着大锤直接砸向混凝土，等他站起来的时候，他身上没有任何钉子或尖刺留下的伤痕。这类事情开始出现了。

It's coming out and bits fire walking and things like that and you see on TV, these yogis, I saw one with an elephant standing on his chest, now the ribs can't take the weight of an elephant; I saw them on nails and somebody sitting on top; I once saw them put a man, he was an Indian from India, on a bed of nails, a big heavy chunk of concrete on top of

him, and another man with a sledgehammer broke the concrete right on him, when he got up, he had no marks from the nails, from the spikes, these things are beginning to come in.

因为我们需要在不久的将来超越它们，在本世纪末，也就是 14 年后，

Because we will need to transcend them in the not too distant future, in the by the end of the century which is only which is 14 years,

一切旧有的东西都将被彻底清除，

the whole thing will be cleaned out all the old,

我们将开始一种新的生活方式，我们把对方看作自己，我们都是“一”，

and we will start the new way of life where we all look at each other with you are me, we are all One,

这将是一种美丽和谐的生活方式，

it will be a beautiful harmonious way of life,

与现在的生活方式相比，它将是天堂。

it will be heavenly compared to the way it is now.

但一旦你到了那里，你仍然没回到家，所以仍会有一些事情困扰着你，但不

会像现在这样。

But once you get there, you're still not home, so there will be things bothering you, but not nearly like they are now.

我们一直处于一个持续遭受打击的状态，当然，这只是我们的想法。

We're in a constant state of being battered all the time, it's only our thoughts of course.

当我们到达那里，我们会停止攻击自然、破坏自然之类的行为，

When we get there, we stop attacking nature, destroying it and so forth,

我们与它和谐相处，

we get in tune with it,

一切都来得很轻松。

and everything comes our way with ease.

我们充分意识到我们的“存在”部分，即世界上大多数人称之为我们的上帝的那部分，

We are fully aware of the Beingness part of us, which most of the world called the God part of us,

我们有意识地朝那个方向前进，但比你现在走得要慢得多，

and we move in that direction consciously, but far more slowly than you're moving now,

因为你身后有火，你必须走得更快，

because there's a fire behind you, you're going to move much faster,

这就是我们现在所面临的，我们身后有一团火在驱动着我们。

and that's what we have behind us now, there is a fire behind us, driving us.

所以，好好利用这个世界的沉重吧，

So, take advantage of the heaviness of this world,

释放它，

release it,

直到没有任何沉重。

until there is no heaviness.

现在，当你释放时，你会发现这个世界上再也没有了沉重，

Now, when you release, you will see no heaviness in this world,

你只会一直看到美妙的和谐。

you will see nothing but beautiful harmony all the time.

表面上看似糟糕的一切，其实恰恰是促使那个人朝着正确方向迈进所必需做的事。

Everything that formally looked bad was just the right thing that was needed to do something to that person to make the move in the right direction.

所以即使这个世界看起来很沉重，

So, even as heavy as this world looks,

当你释放了，对你来说它看起来会很和谐，

when you are released, it looks harmonious to you,

确实如此。

and it really is.

但在下一阶段，它将对每个人而言都是和谐的。

But in the next phase, it will be harmonious to every one of us.

选择向上移动 CHOOSE TO MOVE UP

现在，如果我们选择向上移动并进入更好的世界，我们可能需要数亿年的时间才能到达这里（行动状态），上升到这里（终极状态），

Now, if we choose to move up and get into nicer worlds, it could take hundreds and hundreds of millions of years for us to only get here, to move up to here,

你上得越高，就越没有推动你超越自己限制的动力。

the higher you go, the less the incentive seems to impel you to move out of your boundaries.

当你看到这里（行动状态），感觉很好，

When you look here, it feels good,

因为无论你想什么，都会发生，

because whatever you think, happens,

但它仍然是限制，它永远不会满足。

but still it's limitation, it'll never satisfy.

你一生中大部分时间都在寻找“上帝”、“一切”、“一”，无论你称那个终极状态是什么，我们称之为“自由”，

You spend your life mostly seeking God, the All, the One, whatever you call the ultimate, we call it freedom,

你可以在这里（行动状态）度过漫长的岁月，

and you can spend eons here,

但这是一种更容易、更好的生活方式，你的痛苦要少得多，

but it's a much easier, nicer way of living, you suffer far less,

但当痛苦来临，你的感受会很强烈，

but when you do, it's very intense,

但你不会一直待在里面，

but you don't stay in it,

你可以轻松地走出它，把它推下去，

you can easily step out of it, push it down,

但它总是会促使你向上到达这里（存在状态）。

but it will always prod you toward going up to here.

全在 OMNIPRESENCE

所以从你的全在，你可以看你的身体就像你现在看所有其他的身体一样，

So, from your omnipresence, you can see your body like you see, like you now see all other bodies,

你的身体对你来说变得客观，而你现在非常受制于这个身体，

your body becomes objective to you, whereas now you're very subject to the body,

所以，你会把你的身体看成是外面的一个木偶，就像其他人的身体一样，

so you'll see your body as one of the puppets out there, like everyone else's body,

但你不会离开这个身体，

but you don't go out of the body,

你切断了作为一个身体的限制，你认识到了你的全在，

you cut the limitations of being a body and you recognize your

omnipresence,

现在，在这个宇宙中，你无处不在，

right now you are everywhere present in this universe,

你别无选择，除非你不去看它——这就是你现在所做的。

you got no choice, and on except to look away from it and that's what you're doing.

所以当你进入全在，你可以坐在这里看到整个圣多纳，你也可以同时看到凤凰城，同时看到通往纽约的每个城市，看到每一个地方发生的每一件事，

So, when you move into omnipresent, you could sit here and see the whole town of Sedona, you could also at the same time see Phoenix and at the same time see every city all the way to New York, and see everything that's going on everywhere,

因为你的全在是在每一个点上。

because your omnipresence is at every point.

我推荐过你们中的一些人读《一个瑜伽行者的自传》，

I have recommended that some of you who read <the Autobiography of a Yogi>,

因为祂谈到了这些事情，尤迦南达体验了这些经历，并谈到了这些，

because He talks about these things, Yogananda went through these experiences and talks about them,

按照祂所描述的，当你放手时，你的中心无处不在，没有边界。

the way he described it, when you let go, your center everywhere, circumference nowhere.

因此，如果你的中心无处不在，你可以同时看到一切，而不是局限于这里的渠道（莱斯特示意眼睛）。

So, if you're centered everywhere, you see everything at the same time, you're not centered right through tubes here.

除了我们强加给自己的限制外，我们没有任何限制。

There are no limitations except those that we impose on ourselves.

如果你想知道它是什么样子，释放所有的限制，你就会看到。

If you want to know what it's like, let go of all limitations, you'll see.

Agflap 是破坏性的 AGFLAP IS DESTRUCTIV

AGFLAP 完全是破坏性的,

AGFLAP is all destructive,

每一个 AGFLAP 都是具有破坏性的。

Well every bit of AGFLAP is destructive.

我们为什么不到处揍每个人呢?

And why don't we go around punching everybody?

因为我们会被摧毁。

We'll get destroyed

所以我们在压抑自己的破坏性,

So, we suppress our destructiveness,

世界上大多数人、95%的人都在万念俱灰、悲苦和恐惧中度过;

the majority of the world rides in apathy, grief and fear, 95% of the world;

5%的人上升到了贪求、上升到了无畏, 这 5%的人统治和管理着世界;

5% gets up into lust, up into courageousness, that's the 5% that rules and runs the world;

极小极小一部分的 1%的人会上升到平和。

A tiny tiny fraction of 1% will get up into peace.

所以，如果你问为什么，那是因为我们已经被所有的这些垃圾淹没了，

So, if you say why, it's because we have overwhelmed ourselves with all this garbage,

这个世界是一个独特的地方，因为相比于大多数其他世界，我们有更多的垃圾，

this world is a unique place in that we have more garbage than most other worlds,

但这很好，

but that's good,

不然你也不会来这里寻求出路。

you wouldn't be here otherwise looking for the way out.

身体和心智 THE BODY & MIND

你的注意力一天 24 小时都在那个身体上，

Your attention is 24 hours a day on that body,

它是 AGFLAP，

it's AGFLAP,

每一个感受都是一种为了生存的感受，

every feeling is a pro-survival feeling,

你看到这一点了吗？

have you seen that?

学生：更多，更多……

Student: More, more than ...

莱斯特：一天 24 小时，你都在为了生存而处于守卫状态，

Lester: 24 hours a day, you're on guard in order to survive,

当你想要生存时，你的心智永远都不会安静下来，

your mind is never ever quiet when you're trying to survive,

一直都是生死攸关。

life or death all the time.

但我们不去看它，我们将它称为“无意识”或“潜意识”，

But we don't look at it, we call it unconscious or subconscious,

但每一个感受都是为了生存。

but every feeling is pro-surviving.

当你向上移动时，你会释放对这个身体的贪恋，维持身体生存的重要性也随之降低，你会更多地停留在一种心智状态中。

As you move up, you let go of attachment to this body, the importance of keeping the body surviving lets up and you dwell more in a mind state.

记住，你现在正处于所有这些状态中，你的大部分意识都集中在这个身体上。

Remember, you're in all those states right now, spending most of your awareness on the body.

对死亡的恐惧 THE FEAR OF DYING

真正的底线是对死亡的恐惧，

Really the bottom line is the fear of dying,

当这些感受出现时，释放它们，直到不再有任何对死亡的恐惧。

and when the feelings come up, release them, until there are no more.

不过，我提醒你，如果你被淹没了，释放认同和控制，直到你能够面对你对死亡的恐惧。

I warn you though if you get overwhelmed, release on approval and control, until you're able to confront your fear of dying.

但如果你视觉化想象自己从悬崖上摔下来、在飞机上坠毁、走在一辆卡车前面、被火车撞到、头部被流星击中、哈雷彗星逼近，这对激起对死亡的恐惧是有帮助的，

But it is a help in bringing up the fear of dying if you visualize yourself falling off a cliff, crashing in an aeroplane, walking in front of a truck, getting hit by a train, in the head with a meteor, Halley's comets coming close,

我认为这两条建议，如果你能使用它的话，它将帮助你摆脱大量的垃圾。

I think those two things if you're able to use it, it'll help you get rid of

big chunks of garbage.

关于业力 ON KARMA

如果说这个业力，这有业力，

If you say this karma, there is karma,

正如我们所设定的，它是作用和反作用。

and as we set it up, it's action and reaction.

你无法解决它，因为解决业力就是为未来创造新的业力，你可以超越它。

You can't work it out, but working it out is creating karma for the future, you can get above it.

看到外面除了我的想法，什么都没有。

See that there's nothing but my mind out there.

释放它，你就超越了业力，你不是在解决它。

Let it go, you transcend karma, you don't work it out.

换句话说，业力决定了你的 AGFLAP。

Karma is taking the dictates of your AGFLAP in another way to speak of.

你的 AGFLAP 决定了你所有的想法，

Your AGFLAP dictates all your thinking,

你的想法决定了你的行为。

your thinking dictates all your actions.

学生： 所以呢？

Student: So?

莱斯特： 不， 我不知道心理学家.....

Lester: No, I don't know (听不清) a psychologist...

家人与释放 FAMILY & RLEASING

你认同这是我的母亲、这是我的父亲、这是我的妹妹、这是我的兄弟，因此我对他们负有责任，他们对你也抱有同样的想法。

You agree to say this is my mother, this is my father, this is my sister and this is my brother, and I am obligated to them because of that, and they say the same thing with you.

当你获得自由的时候，你对你的家庭没有任何贪恋，就像你对其他人一样，

没有任何贪恋。

When you get free, you have no attachments to your family, any more than you have to anyone else.

你会发现，你如此执着地惦记一个人，下次会让你与那个人相遇，这可以是爱，也可以是恨。

See a holding someone in the mind so intently will bring you to that someone next time around, it can be love and be hate.

我们只通过爱来联系。

We relate through love only.

我们把自己的心智投射出去，以自己的方式看这个世界，你以为其他人看到的和你一样，然而他们看待世界的方式与你不同。

We are projecting our minds out, seeing the world as we see it and no one else sees it the way you see it, you think they do.

但如果你想和他们在一起，是因为你理应和他们在一起，或者是因为妈妈要求你这样做，那这种关系不是相互的，

But if you want to be with them because you're supposed to be with them or because Mama is demanding it, that's not mutual,

妈妈也需要释放我们。

Mama needs to release us too.

鸟类知道这一点，它们把幼鸟推出巢外。

The birds know that, they push their young out of the nest.

学生：我们对兄弟姐妹们没有强烈的责任感吗？

Student: We don't have a strong responsibility to brothers and sisters?

莱斯特：对，就像你对其他人一样，

Lester: Right, any more than you have to anyone else,

你应该爱他们，

you should love them,

你只是纯粹地想让他们得到他们想要的，比如想象拥有 93 辆劳斯莱斯，那就享受他拥有这 93 辆劳斯莱斯吧。

you're purely want them to have what they want, or have illusions 93 Rolls Royces, enjoy his having 93 Rolls Royces.

学生：但是其中也有一些，呃.....谈到获得自由和进化.....

Student: But in that there's also some kind of um... Talk about going free and evolving in...

莱斯特：谈论，你说得很对。

Lester: Talk, you have the right word to talk about it.

学生：我想我的问题是关于辨别能力，就是分辨这世上哪些人发表的东西是值得听的。我知道你释放了，也能对这些内容进行分辨，但我也说不好，我甚至都不确定自己到底想问什么。

Student: I guess my question is about the discrimination of you know who's putting stuff out here in the world, I mean that's worth listening to and I know that you release and you discriminate on it, but I don't know, I just not even sure what the question is.

莱斯特：这是个好问题，你在问我.....

Lester: It's a good question, you're asking me...

学生：我在问你，你怎么知道、你怎么知道谁有了好的灵性成果？

Student: I'm asking you how do you know, how do you know who's got the good stuff?

莱斯特：我知道你得到了好的灵性成果，不是拉杰·利基，你已经获得了。

Lester: I know you got it, not Raj Niche, you've got it.

他想剥削别人，你比拉杰·利基的境界更高，

He wants to exploit people, you're higher than Raj Niche,

你会做他所做的事吗？

would you do what he did what he did?

有人写了一本书，如果你在道路上遇到你的古鲁，杀了他，

Someone wrote a book, if you meet your guru on a path, kill him,

如果你想获得自由，你必须这么做。

if you want to go free, you got to do that.

如果你需要帮助和支持来帮助你保持残疾，那你就寻找一位古鲁、一位大师。

If you want help and support that helps you remain crippled, you look for a guru, a master.

但你就是大师，

But you are the master,

我只是个诱饵。

I'm just a baiter.

(学生笑)

Ha ha ha...

(学生说的听不清)

莱斯特：好吧，我来回答你的问题，

All right, I'll answer your question,

你可以通过祂的平等心来识别出一个大师，你不再仰望祂们。

you can recognize a master by His equal mindedness, you stop looking up to them.

关于大师 ON MASTER

大师们和所有人都一样，

They're the same as anyone and everyone,

每个人都仅仅只是存在，

everyone turns out to be Beingness only,

他们所拥有的贪恋和厌恶比普通人更少，

they have less attachments and aversions than the average person,

他们所拥有的 AGFLAP 比普通人更少，

they have less AGFLAP than the average person,

学生：像耶稣那样的人？

Student: Someone like Jesus?

莱斯特：称得上掌控物质的大师，已经掌控了他们的身体，

Lester: The called masters of mastered matter, have mastered their bodies,

无论他们以何种方式，他们都有意识地放下了他们的身体，

they have consciously let go of their bodies in whatever manner they did it,

他们这样做通常是为了帮助别人获得一些领悟。

they usually do it to help others get some understanding.

在睡眠中 IN SLEEP

你在你的精微体里，你在梦中使用的身体就是你的精微体，

You're in your subtle body, the body you use in dream is your subtle body,

这是你的心智，不是你物质的那部分，

it's your mind, not physical part of you,

不论你想什么都是在梦里。

whatever you think is in dream.

帮助自己和他人 HELPING YOU & OTHERS

你越是帮助自己，就越是无意识地帮助他人。

The more you help you, the more you help others unconsciously.

如果你爱他们，你就会让他们拥有他们所想要的。

If you love them, you'll let them have what they want.

学生：我有最后一个问题，莱斯特，我应该释放掉想要弄清楚这些吗？

Student: I have this last question, Lester, should I let go of one figure out what that was?

莱斯特：是的~

Lester: Yep~

(笑)

Ha ha ha...

如果没有改变的话，那就没有意义了，那种改变是要摆脱你的想法。

It don't mean a thing if it ain't got that swing that swing is up to get out of your thoughts.

学生：好的，好的。

Student: Okay, alright.

莱斯特：我们想要超越思考领域，

Lester: We want to transcend the thinking realm,

你已经听我说了一遍又一遍，

you've heard me say again and again,

思考，每个想法都有我们强加给自己的限制，

thinking, every thought has limitation that we impose upon ourselves,

当你处于最高状态时，你不用思考，你就只是存在，

when you're in your highest stage, you're not thinking, you're just being,

你已经体验过了，

you've experienced it,

留在那里，

remain there,

或者释放 AGFLAP，这样你就可以保持在那里了。

or release the AGFLAP so that you can remain there.

在那之后，整个世界变得完全不费力，毫不费力。

After which the world becomes totally effortless, totally effortless.

所有的努力都源于心智，

All effort originates in the mind,

超越心智，就无需努力了。

beyond mind, it's effortless.

获得自由 GO FREE

当你下定决心，你就可以获得自由，这是基本哲学。

When you so determined, you can go free, basic philosophy.

但我决心要得到全部的美好。

But I resolved that I wanted the totality of the good.

如果你这样做了，你就释放了所有的束缚、所有的限制。

If you do that, you let go of all the band, all the limitations.

学生：你必须相信这一点。

Student: You have to believe that so.

莱斯特：不是相信它，是这么决定。

Lester: Not believe it, decide so.

意愿它，

will it,

意愿它就可以。

will it to be.

好的，每一个低谷对我来说都是上升的绝佳机会，

Okay, every down to me was a wonderful opportunity to go up,

你们这些人看到低谷，就陷在低谷里，

you people look at downs and you hang on to the downs,

但每一个低谷都是上升的绝佳机会。

but every down is a marvelous opportunity to go up.

我只了解我能做什么，而不是说什么，这一点也能帮助到你们。

I only know that which I can do, not say, it's another one that helped you.

我发现我们有多么自欺欺人，

And I discovered how much we kid ourselves,

如果我能做到，那么我就知道自己掌握它了。

if I could do it, then I knew I had it.

学生：请再说一遍。

Student: Just say that again please.

莱斯特：我只了解我能做的，而不是我所说的。

Lester: I only know that which I can do not that which I say.

但你是否意识到，每一次低谷都是向上的机会，这对你有用吗？

But do you realize what every down is an opportunity to go up, would do for you?

如果你用这样的方式面对每一次低谷，你只会释放每一个低谷。

If you coast every down that way, you just release every down

学生：就像一个朋友一样。

Student: Like a friend.

(莱斯特点头)

莱斯特：最重要的是第一步——你必须想要它超过你想要世界上的任何事物，

Lester: And the first thing is step number one: You've got to want it more than you want anything else in the world,

我不会很快地把其他步骤都讲完。

I don't really take you through all the other steps very quickly.

每个人都拥有他或她想要的东西，

Everyone has exactly what he or she wants,

你喜欢自己所拥有的吗？

you like what you have?

如果你不喜欢，

If you don't,

释放它。

release it.