

方法-萊斯特·利文森

The Way with Lester

Levenson

中英文字版

更新说明

有缘的朋友：

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

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

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

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

有缘的朋友：

遇到释放法，我们是幸运的，也很荣幸在这里见到你。

我根据 b 站 up 主 (zh_vhkh) 上传的《The Way with Lester Levenson》音频制作了本文档，你们可以到 b 站找到原音频，如果看到我遗漏或者错误的地方，请指正出来，在小红书搜索“穿肚子” (小红书号：onlyafeeling) 可以找到我。

这部课程的前 6 节，我基本保留了风的翻译，然而为了便于对方法的操作和理解，我依然调整了部分内容，但我对调整的部分做出了标记，这样你们可以直接看到是哪些地方发生了变化，并选择适合自己的方式来操作使用它们。

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

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

最后，祝我们都能走完全程，加油！

穿肚子

2025 年 7 月 27 日

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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;

1 - 1

(以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来)

磁带旁白：感谢你订购这些莱斯特·利文森的珍贵录音，前三盘磁带录制于1989年夏天，当时莱斯特正在静修中心对一小群工作人员讲话。最后一盘磁带是1973年在一个名为“真我避风港”的地方录制的。接下来的这段录音录制于1989年5月21日，请欣赏。

Thank you for ordering these rare recordings of Lester Levenson, the first three tapes were recorded in the summer of 1989, Lester was speaking to a small group of staff at the retreat center. The last tape was recorded in 1973 at what was called Self Haven. The following session was recorded May 21st, 1989, enjoy.

莱斯特：按照你们一直以来的做法，要走到终点几乎得花上无穷无尽的时间。

Lester: The way you've been doing it, the track record is going to take almost forever.

因为，完成一个三个月的工作需要多长时间？

Because how long should it take to do a three month job ?

三个月，或者更少的时间。

Or three months or less?

换句话说，你们并没有真正在做这件事，你们只是在敷衍它、玩弄它，利用它来改善你们真正想要的东西——这个世界。

In other words, you were not doing it, you were toying with it, playing with it, using it to better what you really want, the world.

如果你们用它来达到你们的无限存在，你们现在已经自由了。

If you were using it to go to the infinite being that you are, you already would have been free.

这讲得通吗？

Does that make sense?

所以，缺失的是你的“想要”。

So, what's missing is your “want to”.

你的“想要”是这个世界，而当你想要世界时，它是你的“无限存在”的反面。

Your “want to” is the world, and if it's the world, it's the opposite of your unlimited Beingness.

每个星期天我都会尝试给你们一些真正实质性的东西去操作，

And each Sunday, I've been trying to give you something really substantial to work with,

你们记得第一个是什么吗？有人记得吗？

can you remember what the first one was? Anyone here remember?

学生：记得，第一个是放下这个世界，专注在自由上。

Student: Yeah, the first one was let go of the world, and focus on freedom.

莱斯特：对，那是第一步，而且是方法的第一步，不是吗？

Lester: Right, that's step number one, and it's step number one of the Method, isn't it?

你必须想要自由超过你想要这个世界。

You've got to want freedom more than you want the world.

让我稍微改变一下说法，但这的确是它一开始的样子，

Let me change that around a bit, that's the way it was originally.

因为它看上去对人们没有实质意义，所以我们修改了它，改成“你必须想要自由超过想要被认同和控制”，因为被认同和控制等同于这个世界。

It seemed to be meaningless to people, so we changed it to “You must want freedom more than you want approval or control, well, approval or control equates to the world”.

但我认为更好的是用 “你必须想要自由超过想要世界” ，

But I think it's better put “You must want freedom more than you want the world”,

如果你做到了，那么从那时起，你的行为会是什么呢？

and if you do, then what's your behavior from there on:

调转你朝着世界的方向，专注回你（you）自身，做那些从世界出离需要做的事，允许你的无限存在仅仅是存在于此。

Turning your head away from the world and focusing it back on you, doing that which is required to detach you from the world, and allow your infinite Beingness just to be.

所以第一步是你必须想要自由超过想要这个世界。

So step number one is “You've got to want freedom more than you want the world”.

第二个星期天是什么，谁记得？

What was the second Sunday on? Do you remember?

学生：摆脱对死亡的恐惧，全力去做。

Student: Freedom to fear death, go for it.

莱斯特：那不是最后一次说的吗？

Lester: Wasn't that the last time?

学生：你说了不止一次。

Student: You did more than once.

莱斯特：OK，我们第一个压抑着的便是想要作为一具身体而生存的欲望，作为“对死亡的恐惧”而出现，它发展出了所有其他的感受。

Lester: Okay, the number one hold down is the wanting to survive as a body, which comes out as the fear of dying, out of that evolves every other feeling.

如果我得到所有人的认同，我就安全了，我就可以作为一具身体而生存下来；

If I get everyone's approval, I'm safe, I'll survive as a body;

如果我不能得到他们的认同，我就想要使他们变得认同我，于是我就能安全和生存了——这就是控制。

If I can't get their approval, I want to make them approve of me, so I'll be safe and survive, and that's control.

但是，因为你是那样的恐惧于允许这些对死亡的恐惧的感受浮现，

But because you are so fearful of allowing the feelings of the fear of dying to come up,

你需要去先处理想要被认同和想要控制，

you need to work with approval and control first,

当你释放了那些，在它们底端的“对死亡的恐惧”，就会自然地、明显可察觉地浮现出来，给你去释放。

and when you release that appreciably, naturally up comes the bottom fear of dying for you to release.

但是我认为你们已经释放了足够多的想要被认同和想要控制，足以去向着对死亡的恐惧发起直接进攻。

But I think you've done enough on approval and control to directly attack the fear of dying.

去做，持续去做，

And work on that, and work on that,

当你卡住的时候，使用指引（六步骤）和方法（释放技巧），

and when you get stuck, use the how-to and the Method,

放开想要改变卡的感受的欲望。

let go of wanting to change the feeling of stuckness.

如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，

If it's a vague feeling, let go of wanting to change that vague feeling,

当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。

and it releases, and then you can attack the fear of dying feeling.

起初对它的一点小小的释放，会允许你移到那个能够辨别和意识到“对死亡的恐惧仅仅是一种感受”的状态，

That first little release will allow you to move up to the place where you'll discriminate and realize the fear of dying is only a feeling,

而你现在则是把它等同于实际的死亡，这就是为什么你不允许它出来。

and that right now you are equating it to actual death, and that's why you don't allow it up.

如果不将对死亡的恐惧等同于死亡本身，你就能让它出来，在大约一到两个星期就能获得自由。

If you didn't equate the feeling of the fear... If you didn't equate the fear of dying to death itself, you'd let it right up, and you'd go free in a matter of a week or two.

它努力地推动着自己，想要出来，想要离开，所以它是我们最为压抑的感受。

And it is pushing hard to get up and get out, it's the most suppressed feeling we have.

你将压抑和把它保持在底部这项工作完成地极其漂亮。

And you're doing a beautiful job of suppressing it and holding it down.

所以上一次我们第一次专注在对死亡的恐惧上做释放，我通常是会回避它的。

So last time we did something that's been done for the very first time, focus in on the fear of dying feeling, I generally avoid it.

因为多数人并不会很顺利地完成释放，而是会堵塞在这上面。

Because most people jam on it rather than carry it through.

但是我认为你们已经准备好了，如果你们像你们说的那样坚定，你们会去允许那些对死亡的恐惧的感受浮现，允许它们离开。

But I think you're ready, if you're committed as you say you are, to allow the feelings of the fear of dying up and allow them to go out.

你们注意到了“允许”这个词吗？

Did you hear that word “allow”?

这就是它发生的方式。

That's just the way it happens.

你不再把它们维持在底下，你允许它浮现上来，以及离开。

Instead of holding it down, you allow it up and out.

因为它也时时刻刻试图将自己推上来、推出去——每一个被压抑的感受都是这样。

Because it's trying to push up and out all the time, every suppressed feeling is.

所以当你去做，这是非常轻松容易的，它们就像波浪一样浮现并离开，直到波浪停止，你也就完成了。

So when you do it, it's easy, it comes up in waves and goes out until the

waves stop, and then you're finished.

我想给你们另外一个能够帮助你们自由的非常实操的东西，那就是：

I want to give you an another very practical thing that will help you go free, and it is this:

无论你现在做什么、想要什么，仅仅通过释放来得到。

Whatever you do, whatever you want now, get it by releasing only.

无论你想要什么，仅仅通过释放来得到，我把“仅仅”这个词划重点。

Whatever you want, get it by releasing only, I'm underlining "only".

这可能会让你欲仙欲死，因为它太容易了，事物会掉到你的膝盖上。

Now it might kill you, because it's so easy, it drops into your lap.

学生：这可能会让你欲仙欲死。（笑）

Student: It might kill you.

莱斯特：这里有还没体验过通过释放毫不费力地得到某样东西的人吗？

Lester: Is there anyone who has not experienced getting something with no effort through releasing?

所以, 这里的所有人都已经体验到仅仅通过释放来得到东西, 没有付出精力, 没有行动, 只是释放, 然后它就掉到你的经验中了。

So, every one of you has experienced getting something just through releasing, no effort, no doing, just releasing, and it drops into your experience.

这有什么问题吗? (笑声)

What's wrong with that?

莱斯特: 耶~这有什么问题吗?

Lester: Yeah! What's wrong with that?

你已经做到过了, 你们已经做到过不止一次,

You've done it, you've done it more than once,

只要你用这种方式来做, 所有事情都是可能的。

and all things are possible when you do it that way.

学生: 我只是不想让大象掉到我腿上。

Student: I just don't want an elephant to fall into the lap.

莱斯特：OK，所以我现在提出的是从现在开始，任何你想要的东西，都通过释放来得到它。

Lester: Okay, so the point I'm making now is from here on, everything you want, make it a point to get it via releasing.

你们不去把它写下来吗？

Do you think you ought to write that down?

我怕当我停止和你们讲话的时候，你们就会忘记这一点。

I'm afraid you'll forget it the moment I stop talking to you.

这件事意味着你的人生从现在开始会变得非常美丽。

That means your life is gonna be beautiful from here on.

学生：噢上帝。

Student: Oh God.

莱斯特：噢上帝，这是对的。（笑）

Lester: Oh God, it's right.

学生 1：我们可以把所有的工作服和旅行用品都收起来。

Student 1: We can put away all of our work clothes and travels.

学生 2：你得到了柠檬水。

Student 2: You got the lemonade.

学生 3：柠檬水来了。

Student 3: Here comes the lemonade.

莱斯特：从现在开始，用释放获得你想要的一切。

Lester: From here on, get everything you want by releasing.

好的，这有什么作用呢，它会让你养成释放的习惯，

And now what will that do, it'll get you into the habit of releasing,

会让你越来越多地使用释放，直到它像呼吸那样自然。

it will get you to use it more and more and more, until it's natural, like breathing.

最大的奖励并不是你将要获得的那些你想要的东西，而是你会进入存在的状态，你会移到一个很高很高的状态。

Now your greatest prize is not going to be the getting of the things that you want, but in your state of Beingness, you'll move into that high, high, high state.

因为当你放手，通过释放，你是在让事情自行运转，让上帝来做。

Because when you let go, by releasing, it's letting go and letting god.

上帝能够做到吗？

Can God do it?

你需要金钱？

You need money?

上帝有没有金钱？

Does God have money?

只要你让祂做，祂能明天就给你十亿美金。

He could give you a trillion dollars tomorrow, if you would let him.

这只是一次准许，

It's just a letting,

基本上就是放开了你的自我感——我在我的身体和心智里。

and basically it's a letting go of the ego sense, "I'm in my body mind".

放开这个自我感，让上帝来做。

Letting go of the ego sense is letting God do it.

这是在让你身为上帝的那部分——你的存在——来做这件事。

It's letting the God part of you, your Beingness do it.

到目前为止我所说的都很简单，不是吗？

That's simple, isn't it, what I've said so far?

好吧，你们需要的是中国当局昨天在北京试图驱散聚集的民众时所使用的电击棒。

Okay, what you need is a one of these electrical prods that the Chinese authorities used yesterday on the mobs in Beijing to try to break them up.

学生：电击棒？

Student: Cattle prods?

莱斯特：电击棒，它们是电击的，是的，这是一个办法。

Lester: Cattle prods, they're electric shocks, yeah, it's an idea.

学生：这让我想起了他们在《星际迷航》里使用过的那种办法，在那部电影里，那些控制器是装在玻璃罐中的大脑，控制着这些人，而且他们给每个人配备了一个小装置，还有那个人，如果他们产生了错误的想法，它就会.....

Student: It just reminded me that they used that idea on one Start Trek movie where the controllers, which were brains in a glass jar, controlled this population, and they had hooked up to every person a gadget and the person , if they thought a wrong thought , it would...

莱斯特：弄清楚他们在哪里买的。（笑）

Lester: Find out where they bought them.

学生：好的，我觉得这会很有用，真的，哈哈.....

Student: Okay. I think that would be very useful, I really do ha ha...

莱斯特：家得宝？

Lester: Home Depot?

（学生笑）

莱斯特：也许我们在这里需要建一个大写字母 H 开头的家得宝 (Home Depot), H 代表“天堂”，代表“最高”。

Lester: Maybe that's what we need to set up here is a Home Depot with a capital H, H for Heaven, Highest.

这是一项任务，从现在开始，通过释放创造所有你想要的，直到这成为永久的模式。

But this is an assignment, from here on, produce everything you want by releasing until it gets to be permanent.

当它成为永久不变的模式时，你就有希望接近自由。

When it's permanent, that you're awfully close to being free.

学生：我不知道你说不行动是什么意思，你是说身体上不行动吗？

Student: I'm a little confused that means we take no action physically?

莱斯特：不，在你的心智中，你没有采取任何行动。

Lester: No, in your mind, you take no action.

当你释放并让它发生时，你的身体会经历这些动作，

When you release and you let it happen, your body goes through the

motions,

但是你是一个不是“做者”的感觉。

but you have a sense of being not the doer.

不是我在做，而是天父透过我在做，就是这个感觉。

It's not me, but the Father who worked it through me is the sense.

这是放开我的自我感，让上帝运作这具身体。

It's letting go of I, me, ego sense and letting god run the body.

(学生说的听不清)

莱斯特：在所有的时候都这样做。

Lester: And do it all the time.

事情会变得毫不费力，你会感到十分惊喜。

Things get to be effortless, you'll be surprised.

几乎就是像这样，如果现在你要抬起你的手臂，它需要耗费一些精力，

And it's almost like this, now to lift your arm takes effort,

但当你释放，你的手臂会自然漂浮起来，不费任何精力。

if you release, your arm floats up with no effort.

这适用于所有事情。

And that applies to everything.

当你释放了自我感，就不需要任何努力，事物会掉进你的经验中。

There's no effort when you let go of the ego sense, there's no effort, it drops into your experience.

当你做得足够多，你将学会怎样去瞬间创造，

When you do it enough, you'll learn to create instantly,

这意味着物质化和反物质化事物。

that means materializing and dematerializing things.

在这个过程中你将学会显化物质，甚至是黄金。

Through this process, you'll learn to materialize, even gold.

当然，当你掌握了制造黄金的公式，你并不想把它带在身上，它太重了。

Of course, when you got the formula for making gold, you don't want to carry it around with you, it's heavy.

你唯一思考的只会是你想要的和你需要的，你为了使用而创造它们，而不是为了储蓄。

The only thing you think of is what you want, what you need, you produce things for use, not to store up.

储蓄体现了不确定，体现了“我不能拥有”的感觉，

Storing up just shows uncertainty, a feeling “I can't have”,

因为不能拥有，所以最好为了未来做打算。

so I better build it up for the future.

学生：我们的社会就建立在这样的基础上，存钱、存钱。

Student: That's what our society is based on, save money, save money.

莱斯特：对，巴巴吉身上有多少个口袋？

Lester: Yeah, how many how many pockets does Babaji have in his...

学生 1：腰布？（笑）

Student 1: Loin cloth?

(后面学生说的听不清)

莱斯特：能做到物质化的人，他们从不会把东西背在身上，如果他们想要什么东西，他们就物质化它。

Lester: They never carry things with them, if they want something, they materialize it.

所以，再一次地说明，从今天开始，我们通过释放来获得我们想要的一切。

So, again, starting today, we get everything we want through releasing.

我建议你们放一张图表、一个标识在房间里，

And I suggest you put up a chart, a sign in your room,

“仅仅通过释放获得一切”。

“Get everything only through releasing”.

我认为你们真的需要把它放在镜子上，或其他显眼的地方，这样至少每天早晨的时候你们会看到一次。

And I think you need to really put it up over your mirror when you look at least once in the morning, or wherever it's obvious.

把它放在非常显眼的地方。

Put it up in a very obvious place.

因为它太明显了，所以尽管你不止一次地使得一些东西成功地掉落到你的经验中，你也不想记住它。

Because it's obvious that even though you have released more than once and achieved something dropping into your experience, you don't want to remember it.

你情愿去用困难的方式做事情，喜欢去陷入困惑。

You prefer to do things the hard way, you love to grovel.

而这会带你从困惑的小屋中走出来，

And this will take you out of your hovel of grovel,

帮助你解决所有的问题。

and help you solve all problems.

学生：关于我们热爱困惑这件事，几个星期前我曾经有一次觉察。为什么我们不让上帝来做？为什么我要挣扎呢？我得到了答案。因为如果是上帝来做，我们不会得到认同。所以我们不想让祂来做，这样我们就能得到认同：

看，是我做的。看，我在挣扎.....

Student: The thing about we love to gravel, I had an awareness a couple weeks ago, I was asking myself "Why don't I let God do it? Why am I struggling?", and the answer came, "Because if God does it, then you won't get the approval", so that was a very good eye-opener, we don't want Him to do it, so we get different, look what I did, look how I struggled to do this...

莱斯特：每一次你在某件事上完全地释放之后，不论之前它看起来有多不可能，它都会立即变成可能。

Lester: Every time you've released completely on something, no matter how impossible it was before you released, it became immediately possible when you released.

不管那是什么，不管那是什么。

No matter what it was, no matter what it was.

我在说的是，你应该敢去想得大一点。

I'm saying that to dare you to think big.

我已经说了很多，到目前为止我对你们说了这么多，我想是时候打住了，好让你们继续停留在那个要点上。

I've said so much, and what I've said to you so far, I feel like cutting it now and letting you stay with that.

你们有任何的问题吗？

Do you have any questions?

学生 1：我有一个关于第二周讲了什么的问题，我们讨论了第一周、第三周和第四周的内容，那周我在那里，那是第五周，你谈到了几件事，我当时不在，我不知道那是什么，我去加州了。

Student 1: I have a question about what the second week was, we covered the first, third, and fourth, I was there that week, it was the fifth week, there were several things you talked about, one of the weeks I was gone, I don't know what it was... I went to California.

莱斯特：当我们决定直接释放对死亡的恐惧时你在吗？

Lester: Were you there when we decided to release directly on the fear of dying?

学生 1：在，那是上周的事。

Student 1: Yeah, that was last week.

学生 2：不，是那个周末，那周你回答的问题是如何更快地到达那里，如何

增加你的想要。

Student 2: No, that weekend, and the question you were answering that week was how to get there faster, how to increase you want to.

莱斯特：那个问题的答案是什么来着？

Lester: and what was the answer to that question?

学生 3：直接做。

Student 3: Just do it.

学生 4：这是一个决定。

Student 4: It's a decision.

莱斯特：没错，就是这样。

Lester: All right, that was it.

(学生笑)

学生 5：我觉得你才是问这个问题的人。

Student 5: I think you're the one that asked the question.

学生 6: 回答得太好了, 我完全没想起来。

Student 6: Answered it so well, I totally forgot.

莱斯特: 当你做了去往自由的决定, 它就会来得十分迅速。

Lester: When you make the decision to go free, it comes rapidly.

学生: 我有一个关于释放对死亡的恐惧的问题, 我没有理解你在研讨会上的意思——我们应该进一步用“这是想要生存吗?” 替代问“这是被认同还是控制?” ?

Student: Another question I have is about releasing on the fear of dying, I didn't understand you to mean that in our workshops, that we should even go as far as instead of asking is that approval or control, is that survival?

莱斯特: 是的, 在释放想要被认同和控制之后, 研讨会的指导员海尔会要你们去看底下的对死亡的恐惧。

Lester: Yes, under the approval and control, the workshop leader, Hale, will then ask you to look at the fear of dying underneath it.

你之所以想要被认同和控制的原因是因为这样你就能生存了,

The reason why you want approval or control is so that you'll survive,

所以研讨会的指导员会指导你们走得更远更深。

so it's up to the workshop leader to lead you further down.

现在，如果他们堵塞了，那就释放他们被堵塞的感觉，

Now, if they jam, then release them on their feeling of being jammed,

当他们释放掉这个之后，就能够再一次面对对死亡的恐惧。

and when I... When that's let go of, then they can confront again the fear of dying.

如果他们堵塞了，那只是在逃避对死亡的恐惧，就好像这种感觉等同于死亡一样。

If they jam, it's just running away from the fear of dying as though the feeling is tantamount to death.

你要持续地提醒“它们只是一股感受”，

You keep reminding them “It's only a feeling”,

对死亡的恐惧仅仅是一股感受。

the fear of dying is only a feeling.

感受并不会咬你、不会对你开枪、不会击中你的头。

And feelings don't bite, they don't shoot you, they don't hit you over the head.

学生：它们只会束缚着我。

Student: They just keeps me bound.

莱斯特：不，是你在束缚自己。

Lester: No, you do.

它只是一股和其他感受一样的感受，

It's only a feeling like every other feeling,

但是这个逃避它的倾向非常强烈、惯性很大，

but the tendency to run away from it is very strong and very habituated,

所以现在你要努力去让它浮现、让它离开。

so now you've got to make the effort to get it up and get it out.

只要你开始让它浮现和离开一次，你就会发现每次这股感受出来时你并不会死，你依然活着，

And once you start letting it up and letting it out, you'll discover you don't die each time the feeling comes up, you survive,

所以你能一次又一次地看着它。

so you can look at it again and again.

学生：而且它们杀不了你。我突然想起恩里克在一个很棒的工作坊里说过的话，那个人正在对他的邻居进行释放，他说这是针对邻居的释放，他释放不了，于是她说：“好吧，那就释放桌上的这个纸杯吧。”然后他照做了。她说：“这是一回事，它只是一个感受，不管它是关于什么的，都是一样的东西。”

Studnet: And they can't kill you. It came to mind as Enrique said in one workshop that was very good, this guy was releasing on his neighbor, he said it was for a neighbor and he couldn't do it, so she said: "Well, release on this paper cup on the table, and then he did, and she said: "It's the same thing, it's just a feeling, it doesn't matter what it's on, it's the same thing."

莱斯特：然后他就释放了对邻居的感受？

Lester: And then he released on the neighbor?

OK，这是其中一种引导别人进行释放的方法，

Okay, that's one of the ways of a leader taking a person through a release.

如果你无法在任何东西上释放，你对墙壁做释放，你喜欢这个颜色吗，你不喜欢这个颜色吗？

If you can't release on anything, you release on the wall, you like the color, don't you like the color?

所以你和我说的是她用了一个流程，然后有了效果。

So, what you're telling me is that she's using a process that works.

学生：所以我们可以把同样的方式用在对死亡的恐惧上，你知道，当对死亡的恐惧浮现时，我们变得难以承受，然后开始释放一些房间里的东西。

Student: So we can use the same thing on death, you know, when it comes up, and becomes overwhelmed, and you start releasing something in the room.

莱斯特：不是，现在你混淆了我说的话。

Lester: Well, no, now you're contradicting what I said.

所以现在你在下降，降低到释放的小学形式。

See, now you're going way down to the elementary way of releasing.

我在试图把你保持到研究生水平。

I'm trying to hold you up at the post-graduate level,

我在带你离开初中、高中、大学，然后把你放在研究生的层面。

I'm taking you out of grammar school, high school, college, and putting you into the post-graduate college work.

不，释放卡住的感觉，

No, release the feeling of stuckness,

就像我告诉你的，看看你有多想要改变那些事物。

see how you want to change things that I tell you?

学生：是的，的确如此。

Student: Yeah, I sure do.

莱斯特：仅仅释放卡住的感觉，或者甚至是模糊不清的感觉，你可能甚至都看不到它，

Lester: Release only the feelings of the stuckness or even the vagueness of the feeling, you might not even see it,

因为你正在试图逃避它，

because you're trying to run away from it,

释放“想要改变这个模糊不清的感受”——不管它是什么。

release wanting to change that vague feeling, whatever it is.

它离开之后，你就有能力再次走进对死亡的恐惧。

That goes out, then you're able to approach the fear of dying again.

现在同样也需要把自己抛入对活着的恐惧中，它和对死亡的恐惧是一体两面。

Now also needs to be thrown in the fear of living, which is the opposite side of the same coin.

学生：她还帮我做了我想做的事，为什么呢？

Student: She also helped me as to what I'm wanting to do, why?

莱斯特：因为我们有一大批人想要通过去死来摆脱所有事情。

Lester: Because it is in a lot of us wanting to die to get away from everything.

所以想要活着、想要去死、对死亡的恐惧、对活着的恐惧，这四个东西可以被放在一起考虑。

So wanting to live, wanting to die, fear of dying, fear of living, those four things can be played with.

也许你可以把它们写下来，还是说你们觉得自己已经记住了？你们每个人应该都有一个令人震惊的.....

Maybe you ought to write them down or do you think you got them?

You should have an astounding...

学生：我知道，我需要了解所有这些东西，当我有这种经历时，他给我灌输了那些东西。

Student: I know, I needed to learn about all the stuff, he installed those on me when I had that experience.

莱斯特：这会使你们每一个人发生令人震惊的改变。

Lester: This ought to lead to an astounding change in every one of you.

如果你把这个流程持续进行下去，你正在做会迅速带给你自由的事情。

And it will if you carry it through, you're being asked to do that which will get you free rapidly.

在这儿你能够做到，是因为并没有一个世界来告诉你相反的方向。

You can do it here, because you don't have the world telling you just the

opposite, pulling you in just the opposite direction.

在这儿，世界没有拉扯你，所以你能够和它待在一起。

Here you don't have the world pulling you, so you can stay with it.

学生：有一次我去操作释放这个对死亡的恐惧，我带出了一些很沉重的身体疼痛，所以我一定是有什么做错了，但是这花费了很长时间去搞定它。

Student: I was working on the fear of dying one time, I brought up a lot of heavy physical pain, so I must have been doing something wrong, but it took a long time to work through it.

莱斯特：你没有把感受释放掉，而是把它表达在了身体上。

Lester: Instead of releasing it, you were expressing it on the body.

你在让你的身体走向死亡。

You were making the body die.

痛苦是指向死亡的。

Pain is towards death.

所以，你并没有释放它，而是让它表达在身体上。

So, instead of releasing it, you were expressing it into the body.

学生：所以如果我再次陷入这种情况，不得不说我认为这拖慢了我的释放，在那之后，我仍然没有把它全部释放掉，所以我要做些什么才能再次度过这个难关？

Student: So if I get into that again, I'd have to say I think that slowed down my releasing when that happened, after that, I still haven't let go of all of it was, so what can I do to get through that again?

莱斯特：和研讨会的指导员谈一谈，让他带你经历它。

Lester: Talk to the workshop leader, let him take you through it.

或者你持续释放卡住的感觉，

Or keep releasing the stuck feelings,

看，你没有释放卡住的感觉，反而让它继续运作，你被那种卡住的感觉困住了，这会导致你持续地卡住。

See, instead of releasing the stuck feeling, you kept it going, you were stuck with the stuck feeling, and you kept it stuck.

学生：卡在了疼痛上。

Student: Stuck with pain.

莱斯特：你能看到这有多简单吗？

Lester: Can you see how simple it is?

如果你愿意这样做的话，它真的很简单。

It's really simple if you'll do it.

现在，有我支持海尔，海尔会支持你，我们将来都会走上正轨。（笑）

Alright, now, you got me propping Hale, and Hale will prop you, and we'll all be proper in the future.

释放对死亡的恐惧，仅仅经由释放获得我们想要的一切，

Which means releasing the fear of dying, getting everything we want via releasing only,

毫不费力地去做，

doing it without effort,

不要成为“做者”。

be not the doer.

再强调一次，要抛开你的智力，

Again, to end your intellect,

仅仅是放开让上帝来做。

it's just letting go and letting God.

我认为你能够接受上帝可以做到一切，

I think you accept that God can do it,

如果祂做不到，我会给你另外一个能做到的上帝。

if He can't, I'll get you another God who can.

但是这是一个放手并让上帝接手的经验，事物会毫不费力地会掉落到你的经验中、掉到你的膝盖上。

But it's a let go and let god experience, and it drops into your experience, right into your lap with no effort.

学生：我有一个关于认同程序和控制程序的问题，如果我们想要被认同，我们并不会得到认同，然后我们想要控制，这样就能获得认同，是这么说的吗？
好吧，比如，你坐在房间里，有只虫在那，你想要控制它，这要怎么操作呢？

Student: I have a question about the approval program and the control program, if we're wanting approval and we can't get approval, then we

want to control, so we can get approval, is that what we said? Okay, how does that work when, okay, you're sitting in your room and there's an insect and you want to control that...

莱斯特：为什么你不自己回答这些问题呢？

Lester: Why don't you answer these questions yourself?

为什么你必须由我来回答像这样的问题？

Why do you have to have me answer a question like that?

你能看到你为什么想要我来回答它吗？

Can you see why you want me to answer it?

学生：没看到。

Student: No.

莱斯特：你想要我的认同，你想要我的注意。

Lester: You want my approval, you want my attention.

一个像这样的问题，你自己可以回答。

A question like that you can answer.

看，你现在感到烦恼了，

See, now you're bothered,

因为你可能感觉我在打压你，我不会认同你，

because you feel maybe I'm putting you down, I won't approve of you,

但是这些小小的智性问题你自己也可以回答，

But all of these little intellectual questions you can answer yourself,

它们不能快速地带你到任何地方。

and they get you nowhere fast.

它们会占据释放的位置，你在询问这些东西，而不是在释放，

They take the place of releasing, instead of releasing, you're questioning things,

这些关于事物的“为什么”从不能给你任何答案，

the whys and wherefores of things never give you any answer,

它们仅仅是满足了你的智力，而智力是你想要摆脱的东西。

they just satisfy the intellect, which is a thing you want to get rid of.

所以，请仅仅去释放，

So, please release only,

不要问为什么，不要问为什么这样、为什么那样，

don't ask whys, why this, why that,

这些首先就是愚蠢的问题，

it's a dumb question in the first place,

因为询问为什么其实是在说“为什么它不是我认为它应该是的那样”，

because asking why, now, why isn't it the way I think it should be?

而这就是你正在说的。

that's all you're saying.

**无论何时，当你问为什么，你在要某人去给出一个适应你固有知识的解释，
它比大学水平低很多，下降到了小学水平。**

Whenever you ask why, you're asking someone to explain it, so it fits in with your knowledge, which is lower than college, that's down in

elementary school.

所以，试着摆脱“问为什么”的习惯，只是去做。

So, try to get out of the habit of why questioning, just do it.

抛出这些“为什么”实际上是在刻意逃避做释放。

Throwing up whys is specifically avoiding doing it.

所以，保持明智，杀掉这些“为什么”，

So, get wise, kill the whys,

保持 W-I-S-E (明智)，杀掉 W-H-Y-S (为什么)。

get w-i-s-e and kill the w-h-y-s.

OK，我觉得我们可以结束课程了.....

Okay, I think we can end the session now...

1 - 2

莱斯特：不要做半途而废的工作，

Lester: Don't do halfway jobs,

你发现一个自由的人做事时，无论自由的人做什么，他（她）都会很自然地做得很完美。

you'll discover a free one does that naturally, whatever the free one does, He or She does it to perfection.

所以这是一个非常实用的工具：不管你做什么，不管它是什么，只要这样做，那么你在短时间内就自由了。

So, it's a very practical tool, whatever you do, no matter what it is, you do it, so that you're a free in no time flat.

你需要多长时间去成为你现在所是呢？

How long should it take to be what you are right now?

这就是自由所需要的时间。

That's how much time it should take to go free.

“你现在在你的存在中是自由的，你被束缚在你的自我感中”，这话是我从拉玛纳·马哈希那里看到的。

You're free right now in your Beingness, you're bound in your ego sense, I took out from Ramana Maharshi.

我可以现在就给你们一些我准备下次给你们的东西。

Something I thought that I'd give you maybe next time, but I'll give it to you now.

工作不是觉醒的障碍，做事情并不妨碍你觉醒。

Work is no hindrance to realization, doing things does not block you from realization.

错误的认同感才是你所有麻烦的根源。

It is the sense of wrong identification that is the source of all your trouble.

摆脱错误的认同感。

Get rid of the false identification.

那错误的认同感是什么呢？

What's the false identification?

你是“做者”。

You are the doer.

你们都会从释放中体会到，当你释放的时候，事情发生了，你不是“做者”。

And you've all experienced from releasing that when you're released, it happens, you're not the doer.

就像尤迦南达坐在床上的时候，床很高，他试着保持平衡，把手抬起来，不费吹灰之力就上去了。

As I told Alan, like when Yogananda was sitting in a bed, it was very high, he did try to get his balance, raise his hand and it went up effortlessly.

当你不是“做者”，你想让你的手举起来时，它就会毫不费力地漂浮起来。

When you're not the doer, and you want your hand to go up, it just floats up with no effort.

而你所做其他任何事情也是一样的，不需要精力，不需要努力。

And everything you do, the same thing happens, no energy, no effort that is necessary.

所以，在行动中是没有障碍的，

So, being in action is no hindrance,

障碍是认同有限的身体和心智，认同小我。

the hindrance is identifying as being the limited body, mind, as identifying with the ego.

如果你试着不进行任何行动，你不会成功。

If you tried to do no action, you wouldn't succeed.

因为你的业力现在正在驱使你行动。

Because your karma is driving you now into action.

所以如果你想不进行任何行动，你不会成功，不管你的业力是什么，你都会去做的。

So, if the you tried to do nothing, you wouldn't succeed, whatever your Karma is, you would do.

所以想要什么都不做是没有用的，

So, trying to do nothing doesn't help,

只有释放才有用，

only releasing helps,

只有释放才会给你所有的道路，你做多快，它就来得多快。

and only releasing will get you all the way, as fast as you will do it.

所以，行动与其说是阻碍，不如说是真正的帮助，

So, the action, rather than being a hindrance is really a help,

因为当你在行动的时候，你被感受推着走，而感受在你行动的时候又会带来更多的感受，给你去释放掉所有的感受。

because as you are in action, you are being pushed by your feelings, which bring up more feelings while you are in action, for you to release all your feelings.

所以你必须在这个世界中做，你必须在行动中做，你不能隔离尘世来做。

So, you must do it in the world, you must do it in action, you cannot do it isolating.

当你隔离的时候，你只会逃避。

When you isolate, you'll just escape.

所以下一个关键点要写在你的纸条上，或者任何东西上：无论你做什么，都要把它做得完美。

So, the next major point to write down on your slips of whatever you got is whatever you do, do it to perfection.

这就是像一个大师一样的行为。

That's behaving like a master.

表现得像个大师，会在你释放时，把与之相反的东西勾出来。

Behaving like a master brings up the objections to it while you're releasing.

如果你没有把事情做到完美，实际上是因为你的破坏性。

If you don't do things to perfections, it's because actually your destructiveness.

你的非建设性程序导致你做得不够完美。

Your non-constructiveness causes you to do it not to perfection.

但如果你决心做到完美，那么在你释放时，这些反对的感受就会浮现出来。

But if you make it a point to do it to perfection, up will come these feelings that are anti while you're releasing.

因此，无论你正在做什么，一定要确保做得非常成功。

So, make it a point to do whatever you are doing very successfully.

“完美”这个词可能不被人理解，“成功”可能更好理解，

That word “perfection” might not be understood, “success” might be better understood,

无论你做什么，你都应该成功地去做。

whatever you do, you should be successful in doing it.

OK，我认为我今天给了你们足够多，这些东西非常强有力，其中每一个都能极大地加快你获得自由的速度。

Okay, I think I gave you enough for today, these points are so potent, any one of them that we've had will extremely expedite your going free.

它们非常实操，非常接地气地阐述了你在日常生活中应该怎样去做。

They're very practical, and write down to earth how to behave in your everyday life.

相比你们现在做的那些，你们要在每天生活里做那些会让你自由的事情。

You'll be doing in your everyday life, the things that get you free rather than what you're doing now.

你们现在做的事情是把你们束缚在一个圆圈里面，你不断地在圆圈中循环着。

What you're doing now keeps you bound in the around, and around and

around you go.

你们在一个旋转木马上,但如果你们做这些事,你们就会从旋转木马上下来,你们会停止旋转。

You're on a merry-go-round, but if you do these things, you get off the merry-go-round, you'll stop spinning.

磁带旁白: 接下来的课程录制于 1989 年 6 月 4 日。

The following session was recorded June 4th, 1989.

学生: 莱斯特, 私教课程?

Student: Lester, private session?

莱斯特: 我可以从现在开始把它给你们了, 每次我推迟的时候, 你们都想要杀了我。(笑)

Lester: Okay, I could give it to you from here on every time I meet you if you won't kill me.

我总是可以指出那些你们正在做的、让你们保持在错误的限制方向上的那些事情。

I could always keep pointing out things that you're doing that keep you going in the wrong direction of limitation.

学生：我想.....我们为什么不试试呢？我不知道其他人是否同意，但你在做自我展示的时候总是提到这一点，人们成长得很迅速，那么，我们为什么不试试自我展示呢？那是能帮助我们成长的东西吗？

Student: I would like to... Why don't we try that? I don't know if anybody else is in agreement, but you always talked about it in the days when you were giving ego presentation, people grew rapidly, so, why don't we try that? Is that something that would help us grow?

莱斯特：哇哦，我很高兴你把它提出来。

Lester: Ooh, I'm glad you brought that up.

我并不认为它有帮助。

I don't think so.

因为之前发生的事是所有人都停止了成长，停下来了，废弃了，外面有一整帮这样的人。

Because what happened before was that every one of them stopped growing, stopped, dead, there's a whole gang that was out there.

学生：他们没有一个释放技巧，是吗？

Student: They didn't have a release technique either, did they?

莱斯特：啊哈哈.....好吧，他们没.....是的，其实他们有。

Lester: Hmm... Right, they didn't have... Yes, they did.

我没有让他们进行正式的课程，不过始终一对一地给了他们这些技巧，在我们分开的时候，他们都有了释放法。

I gave it to them one-on-one all the time without putting them through the formal course, yeah, they all had it before we broke up.

学生：是的，之前，但就在不久之前.....

Student: Yeah, before, but not long before...

莱斯特：OK，他们本可以释放的，

Lester: Okay, they could have released,

(学生说的听不清)

但是他们没有。

Lester: They didn't, now.

我知道发生了什么，当它发生后，我可以看到原因。

I know what happened, after it happens, I can see the cause of it.

如果我给你的自我展示超过了你想要的程度，过一段时间后，你会无意识地对我所说的话产生抵触。

If I give you ego presentation more than you want it, you unconsciously build up a resistance to hearing anything I have to say after a while.

你停止了成长期。

You stop growing period.

所以这里有一个微妙的平衡，我可以轻柔地做，就像我现在做的一样，它并不像过去的自我展示那样重。

So, there's a delicate balance, I can do it lightly, like the way I'm doing it now, it's not as heavy as the ego presentation used to be.

不过我们可以试试看，看看会发生什么。

But I'll try it, let's see what happens.

学生：我们需要更多的工作坊。

Student: I'll need more workshop.

学生：这就是你所说的去尝试一下，但我得说，在过去一个月左右的时间里，

你相比之前确实加大了力度，所以，事实上.....

That's what you talk about trying it, but I'd have to say over the last month or so you've definitely turned the heat up from what you had before, so, as a matter of fact...

莱斯特：那是另一个问题，那是另一个问题。

Lester: That's another problem, that's another problem I have.

我认为我想要做什么时，那个更高力量却不这么认为。

I think I'm going to do something, a higher power says otherwise.

当你自由之后，你的思考机制被我们称之为上帝的最高存在重置了。

When you go free, your thinking mechanism is overridden by the highest Beingness called God.

你原本想问什么？

What were you going to ask?

学生：问一下，就像我说的，谁是最好的，比如，更高的真我？

Student: Ask, like I said, who is the best, like, higher Self?

莱斯特：最底部的那条线，是你（真我）。

Lester: The bottom line, it's you.

拉马纳·马哈希多次说没有上帝，只有你。

Ramana Maharshi says at times, there is no God, there's you.

给我看看你的上帝？这里有人能把上帝展示给我吗？你们见过上帝吗？收到过他的信吗？握过他的手吗？

Show me God, can you show... Anyone here can show me God? Have you ever seen God? Ever get a letter from him? Ever shake his hand?

所以他说没有上帝，只有你。

So, he says, there's no God, but there's you.

在你的存在中，你就是那个你在脑海中想象的上帝。

And in your Beingness, you are that God that you're conjuring up.

你的存在就是这个世界叫作上帝的东西，

Your Beingness is what the world calls God,

当你释放你的自我感，把自己抛入存在中时，你是全知的，你是全能的，你

无处不在。

and when you release your ego sense and drop into your Beingness, you are all-knowing, you are all-powerful, and you are everywhere present.

这是不是很简单？

Isn't that simple?

是不是很棒？

Isn't that nice?

我给你们了一件多好的礼物：你是上帝，你是上帝，你是上帝你是上帝你是上帝。

What a present I gave you? You're God, you're God, you're God, you're God, you're God, you're God.

但是你们可以看到为什么我能这样说。

But you can see why I can talk that way.

有一个上帝吗？

Is there a guy?

当然，我正在看着祂，那就是你一直在看着的，

Sure, I'm looking at Him, and that's what you're looking at all the time,

但你说着其他的话，说他能判谁下地狱，希望那里有那些不好的事情。

Saying otherwise, I can condemn him to hell, wish him every bad thing there is.

但那不是真的。

But not really.

因为它是我，是我的存在。

Because it's me, my Beingness.

所以当我和你们这样说时，我没有任何不敬的意思。

So, when I voice it to you, I really don't mean it anything derogatory.

有一个上帝吗？

Is there a God?

是的，你就是那，用西方的话来说，我是我所是。

Yeah, THOU ART THAT, from the east; from the west, I am that I am.

我仍然不确定这是不是圣经中唯一大写的句子。

I'm still not sure if that's the only capitalized sentence.

(有学生敲门)

莱斯特：进来，那就是上帝。

Come in, that's God.

学生：让他把门关上。

Student: Let's get him close the door.

莱斯特：嘿乔治，关门。

Lester: Hey, George, you burned, close the door.

(噔~~关门声，学生笑)

Pen~~~ Ha ha ha ha ha

莱斯特：我只是想证明上帝是“一”，而不是我和乔治·伯恩斯。（学生笑）

Lester: I just want to prove God is one, not me and George Burns.

他仅仅是像“一”那样行动，

Lester: He's just acting like One,

当然，尝试通过物理身体来保持他的永恒，

Sure, trying to hold on to his eternity through the physical body,

他现在已经90多岁了，他仍然在舞台上进行特别的演出，他仍然在站起来歌唱和舞蹈，至少他认为自己在跳舞，他只是在动。

He's in his 90s now, and he still gets on stage on special shows, he still gets up, talks, sings, dances, at least he thinks he's dancing, he just about moves.

无论如何，上帝是宇宙中唯一的无限存在，因此它必须包含我们，

Anyway, God is a one, single, infinite Beingness of the universe, therefore, that must include us,

它是我们的一部分，是我们的无限存在。

it's the part of us, that's our Beingness.

学生：有一辆车来了，一直闪着光。

Student: It's a car coming, been shining by for almost.

莱斯特：所以我被打断了，我不想让摩托车在这附近出现，杂七杂八的我们
已经够多了，没必要再来摩托车了，现在我在想怎么才能用适当的标志阻止
外面的人进来。

Lester: So I got thrown off, I don't want mopeds around here, dopeds we have enough, it doesn't have to you don't have to any mopeds to it, now I was thinking how to stop outside people from coming in with the proper sign out of the cattle guard.

学生：那么你的行动是？

Student: End your radioactivity?

莱斯特：“小心有狗”怎么样？不管谁说“我是狗”（笑），我们干嘛不装个
电子系统在那儿？立个牌子，写着“当心狗”，要是他们走进来就会阻断电
子束，然后会播放出很大的狗叫声，我们得把真狗的叫声录下来。总之，等
哪天车流量变大了，我们得在入口处安排个接待员。

Lester: What about beware of the dog? Whoever talks and says, I am the dog, why don't we put up an electronic system? Put up a sign, beware of the dog, and if they walk in, they break an electronic beam which plays a very loud barking, we'd have to get a real dog on tape, anyway, someday we'll have to have a receptionist out at an entrance point when the traffic gets heavier.

学生：我们可以很容易地安装一个电子门和一个可以对讲的语音装置，如果

你想进来就按一下它, 否则, 知道的人甚至不用下车就可以轻松地进来, 所以.....

Student: We could easily put up electronic gate and a little voice thing that you have to intercom, you press it if you want in, otherwise, people that know could get in easily without even getting out of their car, so...

莱斯特: 也许更好的主意是, 把它交给弗兰克和他的人。

Lester: Maybe that's a better idea give it to Frank and his people.

学生: 好, 这扇门要花四五百美元。

Student: Yep, cost four or five hundred dollars for the gate.

莱斯特: 哎, 我们喜欢浪费钱的方式, 我搞不懂。

Lester: Well, the way we like to waste money, I don't know.

学生: 层次太低了?

Student: Too low?

莱斯特: 上周那两个印度人呢?

Lester: Who was... What did the two Indians want last week?

学生：他们没再回来过了。

Student: They never came back.

莱斯特：那我的战利品就是我自己的了。

Lester: My scalp is my own then.

我必须解除这个，南希昨天还是前天告诉我，除非解除这个文件，否则保险无法获批，所以，当我回到镇上时，我会着手处理这件事，把它解除，但我确信这可以从头到尾地扭转过来。

I've got to lift that, Nancy told me yesterday or a day before, insurance cannot be granted unless that paper is lifted, so when I get back to town, I'll go to work at it and try to lift it, but I sure can shift from the top to the bottom.

我们现在到底在说什么？

What were we talking about?

学生 1：（笑声）上帝，对。

Student 1: God, yeah.

学生 2：上帝，狗。

Student 2: God, dogs.

莱斯特：对，有上帝吗？

Lester: Yeah, is there a God?

我说“有”，我正在看着它，但是，对，但是我看着你们，我看到了上帝。

I said, yeah, I'm looking at it, but yeah, but I look at you and I see God.

你们说：“不，莱斯特，你是个骗子，我是一个极端限制的车架子，

You say: “No, Lester, you're a liar, I'm an extremely limited carcass,

如果我的温度抬高 10 度，我就死了；

if my temperature goes up ten degrees, I die;

只要给我一点化学药剂，我就死了；

If I get a chemical in me, I die;

如果我不放一些植物进去发酵，制造一些垃圾排出去，那我就死了。”

If I don't put in vegetation to ferment it and make garbage out of it, I die.”

这是你们所说的：“不，我不是个无限制的存在，我是一个车架子。”

This is what you're saying: "No, I am not the unlimited being, I am a carcass."

有一天，你们会看到，你们在心智中想象了它，想象你们需要所有这些小小的限制。

And someday you'll see you imaged it in your mind, needing all these little limitations.

所以，你们需要做的是什么？

So, what do you need to do?

我在之前四天的课程中总结了一下，

I summed up the four days sessions we had before,

第一个是你想要自由超过想要世界。

the first one was, you want the world more than you want freedom.

随之，你应该从你自己那里获得所有的快乐，通过释放，从你的内在获得。

And with it, you should take all your joy from yourself, from within, by releasing.

这是课程 1。

That was session number one.

课程 2 是：你必须做出自由的决定，接着你去做。

Session number two was, you must make the decision to go free and then do it.

然而如果你做出了自由的决定，你就会去做它。

However, if you make the decision to go free, you will do it.

这很简单。

It's that simple.

如果你没有自由，那你就没有做出自由的决定。

If you're not free, you have not made the decision to go free.

因为一旦你做出了决定，之后你所做的一切都是朝着获得自由的方向。

Because once you make the decision, everything you do after that is orientated toward going free.

最基本的就是持续释放。

The prime thing of it is making releasing constant.

第三个课程是直接面对对死亡的恐惧，并且释放它。

The third session was, go directly to the fear of dying and release it.

直接释放对死亡的恐惧。

Release directly the fear of dying.

如你们所知，在被认同和控制下面，是对死亡的恐惧。

As you know, underneath approval and control is the fear of dying.

所以，摆脱这个最底层的驱动者，你就完成了。

So, get rid of the bottom motivator and you're finished.

第四个是，从现在开始，通过释放获得你想要的一切。

The fourth one was, get everything you want from here on by releasing.

我猜这是这四个里面最实用的。

I guess that is the most practical of the four.

你有多成功？

How successful have you been?

多数时候你还在以小我的角度做事情吗？

Or are you still doing it mostly ego-wise?

记得，当我们通过释放来做事情时，是毫不费力的。

Remember, when you do it by releasing, it's effortless.

如果你在努力，那是被小我驱动的。

If you're making an effort, that's ego-motivated.

学生：我想我对关于它的行动部分感到困惑，你只是说它是毫不费力的，但你仍然通过身体行动来获得它，但它不含有.....

Student: I guess I get confused about the acting part of it, you're just saying it's effortless, you still, the body acts to get it, but it's without...

莱斯特：是的，不含有努力。

Lester: Yes, it's without effort.

它就像是漂浮在空气中，像是漂浮着穿过事物，

It's like floating through the air, floating through the thing,

就像我解释的，如果你想抬起你的手臂，它不需要任何努力，就会飘起来，不需要任何精力。

as I explained, if you wanted to lift your arm up, it takes no effort, it just floats up, no energy is required.

所以，毫不费力是当我说“我不是做者，我让它发生”。

So, effortlessness is when I say “I am not the doer and I let it happen”.

另一个用来表达的方式是“放手，让上帝来”。

Another way of expressing it is “letting go and letting God”.

但你的实际体验是没有努力。

But your actual experience is no effort.

学生：这样就清楚多了，因为我们实际上可以通过身体来完成一天中的所有行动，做各种事情，但如果我们保持释放，就会毫不费力？

Student: That makes it a lot clearer, because we could actually go through the body could go through all the actions of the day, doing things, and yet be effortless if we stay released?

莱斯特：对，就是这样。

Lester: Right, that's it.

我想上一次我读了一些拉马纳说的话：“行动不会阻止一个人觉醒，认同你是“做者”会。

I think the last time, did I read something that Ramana said: “Action doesn't stop one from realization, identifying as the doer does”.

所以最底下的那条线是“我是我的存在”。

So, bottom line, it sums up to I am my Beingness.

当你处于你的存在时，你仅仅是看着那些身体在周围漂浮，包括你自己的身体，就像你在电影屏幕上看着它们一样。

And when you come from your Beingness, you'll just watch the bodies float around, including your own, exactly as you would watch them on a movie screen.

当电影屏幕上的身体开始射出子弹并互相消灭的时候，你知道那是什么，那只是一个想象出来的东西。

And when bodies on a movie screen start shooting even bullets and wiping each other out, you know it for what it is, just an imagined thing.

不存在死亡。

There's no death.

你可以想象、描绘一种死亡，但实际上，根本不存在死亡这种东西。

You can imagine, image a death, actually, there is no such thing as death.

摆脱想象，摆脱心智，所有我对你说的这些都是很明显的。

Get rid of the imaging, get rid of the imagination, get rid of the mind, and all I'm saying to you is very obvious.

再说一次，除非你这样做，真正走完自由的全程，否则你永远不会停止挣扎。

And again, you'll never stop struggling, until you do, go all the way to freedom.

这四个课程是那样有力量，我决定不再添加了，我可以继续添加一些更多像这样的东西，但我觉得这也许会变得更加令人迷惑。

These four sessions, the first four sessions are so powerful, I decided not to add to it, I could go on with more things like that, I think it'll get to be maybe a little more confusing.

我就让它保持现在这样，这会更容易理解和去做。

And if I leave it as it is, it's simpler to understand and do.

所以我们继续讨论与它们相关的事情，而不是新的东西。

So, we can go on talking about things related to this rather than new things.

我不想过度复杂化，

I don't want to overcomplicate it,

因为这是你们的一个严重的问题，你们现在已经把一切都变得过于复杂了。

because that's one of your serious problems, you've got everything overcomplicated right now.

生命是简单的，是永恒的，是完美的，是完整的。

Life is simple, it's eternal, it's perfect, it's whole.

这简单吗？

Isn't that simple?

为什么要在你的头脑里面堆积东西，让你离开我刚刚说的这些？

Why why pile things into the head, that take you away from what I just said?

每一个念头都是一个限制。

Every thought is a limitation.

每一个念头都是在计算如何保持你的身体生存。

Every thought is calculated to keep your body surviving.

每一个念头都让你被束缚。

Every thought keeps you bound and around.

所以你必须停止思考。

So you must stop thinking.

怎样做到？

How?

释放对死亡的恐惧，你就不必再为生存而挣扎了。

Release the fear of dying and you don't have to struggle for survival anymore.

释放对死亡的恐惧，你会发现自己是永恒的，

Release the fear of dying and you discover you are eternal,

所有那些你想象出来的痛苦都是荒谬的。

and all that misery you conjured up was ridiculous.

OK, 我觉得可以停止了, 因为我已经和你们讲了太多。

Okay, I feel like stopping it right there, because again I'm saying so much to you.

把它变得简单些。

Making it so simple.

现在我告诉你们“你们所是”, 而你们对此无能为力,

So telling you you are it, and you can't do anything about that,

我在告诉你们, 不要再去往别处、以其他方式寻找了,

I'm telling you to stop looking otherwise, elsewhere,

把自己放进存在里。

put into your own Beingness.

阿门, 阿门, 阿门, 阿门, 阿门。

Amen, Amen, Amen, Amen, Amen.

2 - 1

磁带旁白：这盘磁带接下来的四面都有背景噪音，如果莱斯特的声音不失真，就无法把这个噪音编辑掉，接下来的课程录制于1989年6月18日。

The next four sides of this tape have a sound in the background of the swamp cooler, there was no way to edit that out without distorting the sound of Lester's voice, the following session was recorded June 18th, 1989.

莱斯特：也许我们应该继续我们昨晚的话题。

Lester: Maybe we ought to take off where we left off last night.

你们获得了一些深刻的领悟，我不知道你们是否觉察到了。

You guys got some deep realizations, I don't know whether you're aware of it.

我可以把它撇在一边，如果我谈论它，可能的结果是它和昨天所说的有不同的含义。

And it's... If I have it, it could be put aside, and if I talk about, it'll probably come out different anyhow than it did last night.

这真的很棒，问问那些人，我会告诉你们那是什么。

It was real good, ask the guys, I'll tell you what it was.

不要做行为者，

It was... Oh, be not the doer,

谁想做一个行为者？（笑声）

who wants to be a doer?

我说不要当一个行为者。

So I say, be not the doer.

学生：那我可以是一扇窗户吗？

Student: Is that I could be a window?

莱斯特：你可以透过它看到.....你可以透过窗户看到光。（笑声）

Lester: You can see through it... You can see the light through the window.

通常来说，你会有很多疑问，“不要做行为者”是什么意思？

And in general, there was a lot of question on what does it mean be not

the doer?

所以我想我先要说的是，我告诉过你去释放，去获得你想要的一切。

So, I think I start off by saying, well, I told you to release, to get everything you want.

当你释放了，你就没有行为者的感觉，所有东西都会掉到你面前，对吗？

When you are released, you have no sense of doership, everything falls into line, right?

这就是了。

That's it.

当你释放了，你会体验到自己不是行为者的感觉。

When you are released, you experience the sense of being not the doer.

所以这和你们所有人都有关系。

So that ought to connect for every one of you.

当你完全释放了，事情仅仅是毫不费力地发生。

When you're completely released, it just happens with no effort.

所以，你只是坐下来，观看这一切发生，这是你所经历的经验。

And so you sit back and watch it happen, it's the experiencing you go through.

这就是不做行为者。

That's being not the doer.

你无法停止行动，因为你的业力，你无法不行动。

Now, you can't stop action, you cannot go into inaction because of your karma.

但是你应该运用你的行动来成长。

But you should use the action to grow by the action.

其中一个很大很大的行动就是“不要做行为者”。

And one of the biggies is being not the doer.

学生：你看着它发生？

Student: Watch it happen?

莱斯特：你的感觉是，当你不是行为者时，你坐在剧院里观看一场演出进行。

Your sense is, you're sitting in the theater watching a show go on when you be not the doer.

对于这个观念，还有什么疑问吗？

Do newer ones to this idea have any question on it?

我认为你们三个昨晚对“不做行为者”意味着什么有了很好的体验。

I think the three of you last night had a real good experience of what it means to not be the doer.

你们三个.....你们对于“没有行动”和“不做行为者”的这种感觉有什么疑问吗？

The three of you.... Do you have any questions on the sense of being inaction and being not the doer?

学生：我不知道为什么我有一个问题，因为这就是我昨晚正在研究的。

Student: I don't know why I have a question, because this is what I was working on last night.

莱斯特：抢我的台词，哈？

Lester: Stealing my show, huh?

学生：也许我是在远处听到了你的讲述。

Student: Maybe I was hearing your show from afar,

莱斯特：你可以这么做。

Lester: You could.

学生：但是我到了这个阶段，这是令我感到困惑的地方，在这个阶段，甚至我的意愿似乎都没有意义了。

Student: But I got to the point where, and this is what confused me, where even my will seems senseless.

莱斯特：确实如此。

Lester: It is.

学生：但关键是……

Student: But at that point...

莱斯特：这里的关键在于你是否可以不做行为者。

Lester: If you can be not the doer.

如果你不能做到“不做行为者”，那么意愿就是有用的。

But if you cannot be not the doer, then will is usable.

意愿就是努力，努力去取消努力，

Will is effort, efforting to undo the effort,

但是有一个力量在里面，这是意愿力量，你可以用它来消减意愿。

but there's a power in you, it's a will power, where you can decree if you will.

意愿是好的。

Now, willing is good.

因为如果你下定决心，你可以把全部都意愿出来。

Because you could will out the whole thing if you so decided.

我还没见过第一个这样做到的人。

I've yet to see the first one do it.

OK，所以，你现在的问题是什么？

Okay, so, what's your question now?

学生：你刚刚回答我了。

Student: You just answered it, thank you.

莱斯特：看，和艾伦交流时，我可以结合当时正在发生的事情来解释这一点。

Lester: See, with Alan, I was able to explain it relative to something that was going on.

他想要为了一些人做一些准备——他想要让他们去做一些事。

He wanted to make a preparation for somebody to do something that he would like them to do.

他问我“我是否要打电话给那群人”，我说不。

And he asked me “If I'd call that party?”, and I said no.

好吧，按照他的想法，你得做充分的准备。

Well, in his idea, you had a good to get ready for.

我的概念是，在 30 秒内，当我看到这个人时，我会完成整件事。

My concept was, in a matter of 30 seconds, I'll have the whole thing completed when I see this person.

因为我不是行为者。

Because I'm not the doer.

如果我继续不做行为者，事情会立即发生。

It happens right away if I continue to be not the doer.

如果我是行为者，那么我就要做准备，我得去说服别人、我得去询问别人，很多迂回的事。

If I am the doer, then I've got to make preparations, I've got to do convincing, I've got to do asking, a lot of roundabout stuff.

当你不是行为者时，这就是一个放手并让上帝去做的感觉。

But when you're not the doer, it's the sense of letting go and letting god do it.

你实际上坐在那儿看着身体的行动进行着，

You actually sit by and watch the body action go on,

就像你看着自己身体的动态图像一样。

just as you would a moving picture of your body.

我认为你们都体验过几次，当你不是个行为者时，事情就发生了，对吗？

I think you've all experienced times when you were not the doer and you saw things happen, right?

对，所以你们都体验过。

Right, so you've all experienced it.

而体验是我们用以学习的最主要的方式。

And experience is the main thing that we need to use to learn.

我们无法通过心智、通过头脑在智性层面学会。

We cannot learn intellectually through the mind, through the head.

心智是敌人，

The mind is the enemy,

心智是障碍，

the mind is the obstacle,

我们可以学习的唯一方式是通过体验。

the only way we can learn is through experiencing.

你们每六个人中就有一个人体验过“不做行为者，看着事物毫不费力地掉到面前”。

And each and every one of the sixth of you has experienced being not the doer and watching the thing fall into line without effort.

好，现在，要达到让这样的事一直发生的状态。

Alright, now the thing to accomplish is to have that happen all the time.

当这发生了之后，它会很痛苦吗？（笑声）

When it did happen, was it miserable?

但每次你努力的时候，你就不快乐，你在奋斗，你在挣扎。

But every time you effort, you're unhappy, you're striving, you're struggling.

每次你努力，你就不快乐。

Every time you effort, you're not happy.

但在你放开把自己认同作一具身体的那一刻，事情就毫不费力了。

But the moment you let go identifying yourself as being the body, things are effortless.

我说，加上心智、身体，这是同一枚硬币的两面，身体和心智，心智在身体里，或者心智说有一个身体在那儿。

I say, add body mind, opposite sides of the same coin, the mind in the body, the mind says the body is there.

所以，体验是你应该了解的东西，要明白智力和体验之间的区别。

So experiencing is something you should know, the difference between the intellect and experiencing.

任何你积累的智性的东西，你都必须去扔掉它，去使你的理智、你的心智完全地静止。

Everything you accumulate even now in the intellect, you're going to have to drop, to get that intellect, that mind, totally quiet.

任何你从生活中学会的东西，你都要扔掉。

Everything you've learned in your lifetimes, you're going to dump.

在此之后，你就是全知的。

After which, you're omniscient.

在此之后，你就接触到了你的存在，那就是全知的。

After which you're in touch with your Beingness, which is omniscient.

全知需要进行什么思考吗？

And what thinking would omniscience require?

如果一切都已经知道了，还有什么要思考的？

If everything is known, what is there to think about?

所以，你要从使用你的头脑，也就是你的障碍，转变为让头脑安静下来，这样你就只是保持着你的“存在状态”。

So you shift from using your head, which is your block, to quieting that head, so you just remain as your Beingness.

所有事情都毫不费力，

And everything is effortless,

所有事物都完美地掉落到面前，

everything falls perfectly into line,

并且你会处于完美的幸福之中。

and you're in the perfect happiness that there is.

这是你真正的天然本性。

That's really your basic nature.

(有学生弄出了弹射的声响)

莱斯特：你不觉得你是在向我射击吗？

Lester: Don't think you're shooting at me?

学生：这是掌声，是掌声，对吧？

Student: It's applause, it's applause, right?

莱斯特：掌声引起了停顿。

Lester: The applause caused a pause.

你们知道吗，我认为我在这里说的东西是一个非常重要的有力的点，我感觉如果我进一步地谈论，就会冲淡它。

You know, I feel like stopping there, it's such an important, powerful point, I feel if I talk on further, I just dilute it.

所以我们就把它作为这次会面的关键点。

So, let's stick to that as being the point of this meeting.

你们能够持续记录每次会面的主要话题吗？前四个你们已经记录下来，对吧？

Could you keep a record of what the major topic was of each meeting?

You've got the first four, have you not?

嗯，最初的五个，你们就把这个作为第六个。

The first five and make this number six.

因为某天我们会想要再做一次。

Because someday we'll want to do it again.

学生：还有，这磁带真要命。（笑声）

Student: Also, the hell of the tape.

莱斯特：我们错过了大部分内容。

Lester: We missed most of it.

学生：不，我有总结。

Student: No, I had the summary.

学生：结尾处写着，我想我应该在这里停下来。

Student: The end, where it says, I think I should stop here.

莱斯特：我记得早些时候，他们会开一台录音机，我会说：“哦，我希望那些没在上面。”

Lester: I remember in the early days, they'd put a tape recorder on, and I'd say: "Oh, I wish that were not on."

(学生说的听不清)

莱斯特：不，它会继续，但是当你重播时，它是空白的。

Lester: No, it would go, and when they'd replay, it was blank.

在你之外没有任何东西，除了你所想的图像。

There's nothing out there but your picture.

有好几年的时间，每当有人给我拍照的时候，我都不会出现在照片上。

And for some years, when anyone took a picture of me, I wasn't on the

picture.

如果是一个合照，所有人都会出现，除了我。

And if it was a crowd, everyone would come out but me.

直到内瓦德尔来到镇上并在这里举行一个全国会议，她把我抬得很高，“噢，我必须要在照片里出现了”，于是我说：“哦，上主，这次就让它出现吧。”
从那时起，现在人们拍摄的时候，我的照片就会出现了。

Until Nevadel came to town and had a national conference here, she kind of put me up high, and: “Oh, I must be in the picture”, so I said: “Oh, Lord, let it come out this time.” From that time on, my picture comes out now when people shoot it.

这只是另一个“外面除了你的意识之外别无他物”的例子。

But it's just another example, “there's nothing out there but your consciousness”.

我知道是什么做到了这样的事，

I know what did it,

哦，我不是那具身体，

oh, I'm not that body,

这个身体只是一个想象，

that body's just an imagination,

所以它没有出现在底片上，连正面也没有。（笑声）

so it didn't come out on the negative nor the positive.

OK，所以，把它关掉？

Okay, so, turn it off?

海尔：我有一个问题，这听起来可能有点好笑，但是你怎么让自己达到那个不做行为者的状态呢？有没有.....

Hale: I have a question, this is going to sound like a funny question, but what do you how do you get yourself into the place of none being the doer? is there...

莱斯特：我吗？我只是说“我不是行为者”，就是这样。

Lester: Me? I just say "I'm not the doer", and that's it.

海尔：那是你，我要怎么做到呢？

Hale: That you, how did I do it?

莱斯特：练习。

Lester: Practice.

海尔：练习？

Hale: Practice?

莱斯特：当然最好的方式就是我之前说过的，释放，当你释放了，你就不是个行为者。

Lester: Of course, the very best way, as I said before, is releasing, when you're released, you're not the doer.

有时候这个回答让你们感到困扰（笑声）。

That bothers you sometimes.

海尔：不过看起来像是事情发生，你没有真正的.....

Hale: But seems like things happen, we don't really...

莱斯特：就是这样，事情发生，你不需要去做它们，它们把你“做”进去了。

Lester: That's it, things happen, you don't have to do them, they just do you in.

但这个感觉是释放的感觉，你放开，然后它就发生了，在一个“放手让上帝来”的感觉中。

But the senses is that release sense, you let go and it happens, in the sense of letting go and letting God.

你并不需要做这件事，

You don't have to do a thing,

你只是观看它发生，

you just watch it happen,

你不是行为者。

you're not the doer.

这回答了你的问题吗？

did that answer your question?

这是体验式的，

It's experiential,

你不会从头脑中得到它，

you're not going to get it in the head,

但你会从体验中得到它。

you're going to get it in your experience.

我说完了。

I'm dead.

所以从体验中得到它，不是从头脑中。

So you get it in the experience, not in the head.

如果你想要理解它，即便一百万年后再来，你仍然不会理解它。

If you want to understand it, come back in a million years, you still won't understand it.

海尔：嗯，我不理解它，但我有体验，所以我就继续下去吧。

Hale: Well, I don't understand it, but I have experiences, so I'll just keep going with it.

莱斯特：那就是了！

Lester: That's it!

这是体验。

It's the experience.

我必须告诉你们，一个朋友和我说那是理解，我说“不，理解会让你远离自由”。她看着我。那是在之前，昨天她和我说“我认为我理解了你的意思”。

(笑声)

I had to tell you, a friend told me that she said: "it's understanding", I said: "no, understanding will keep you from being free", well, did she look at me, this was two times ago, so yesterday she said: "I think I understand what you mean",

她不是很肯定，但无论如何她都这么认为。

She wasn't positive, but she thought so, anyhow.

“理解”存在于二元世界中，存在于幻象的领域里，我“理解”某个事物。

Understanding is in the world of duality, in the realm of Maya, I understand something.

当你在存在的领域中，那里没有理解，一切都已经知道了，没什么是需要理解的。

When you're in the realm of Beingness, there is no understanding, everything is known, no needs to be known.

那么有什么是需要被知道的？

But what needs to be known?

只有一件事，只有一件事。

One thing only, one thing only.

你需要花多长时间去知道一件事？

How long would it take you to know one thing?

那就是你是你的存在。

That you are your Beingness.

这是你需要知道的全部。

That's all you need to know.

但你仅仅是成为你的存在，这是你的体验，它涵盖了一切。

That you just only be your Beingness, that's the experience, that covers everything.

当你看到时，你说：“哦，我的上帝，我一直是全知、全能、无处不在的”。

And you say: “Oh my gosh, I've always been omnipotent, omniscient, and omnipresent”.

你现在已经是了。

You are so right now.

所以展开你的翅膀，不要做行为者，仅仅是高高地飞起来。

So spread your wings, and being not the doer, just fly high.

还有问题吗？

Any question?

学生：是的，我只是感觉，感觉就像我试图让自己不做行为者，这仍然是被小我支配的。

Student: I did, it was just the sense of, it feels like I try to make myself be not the doer, that's still ego dominated.

莱斯特：控制，你在试图控制自己。

Lester: Control, you're trying to control you.

不，你只是.....你能，所以放手，这不是强迫自己，而是一种放手，让它是的感觉。

No, you just... You can, so let go, it's not a make yourself to, so it's a sense of letting go and letting it be.

再一次说明，这是体验式的，你体验过它。

It's experiential again, you've experienced it.

学生：就像刚才走到这里一样。

Student: Just walking over here.

莱斯特：你看，试图解释一种体验，就像试图告诉你们如何开飞机，甚至开一辆车一样。

Lester: See, trying to explain an experience would be like trying to tell you how to fly an airplane, or even drive a car.

你从来没有坐过汽车，我说：“只要插入钥匙，挂上驾驶档，踩油门，然后你就可以行驶了，你想向右走，你把方向盘转向右，你想往左开.....”

You've never been in an automobile, I say “just put the key in, put the shift into drive, step on the gas, and you go, you want to go right, you turn the wheel right, you want to go left...”

你们能开车了吗?

Could you drive?

我刚才已经把开车所需要知道的一切都告诉你了, 但你能开车了吗?

I've told you everything you need to know just now about driving a car, but could you drive it?

不能, 你需要体验。

No, you need the experience.

在开飞机上就更是如此了, 我告诉你们怎么开飞机, 你飞上去, 快速地降下来。

A little strong would be an airplane, I can tell you how to fly an airplane, go up there and come down here quickly.

体验, 这才是最重要的。

Experience, that's what counts.

你可以骑在一张自行车上做到这一点。

You can do it on a bicycle.

我可以告诉你如何骑自行车，但在你亲自体验到它之前，你永远都不会知道怎么做。

I can tell you how to ride a bicycle, but you'll never know how until you experience it.

而且一旦你有了这种体验，你也无法在智性层面把这种体验转移给别人。

And once you experience it, you can't intellectually transfer and experience to someone else.

他们必须自己来体验。

They must experience it for themselves.

所以，体验和智性理解之间存在着明显的区别。

So, there's a distinct difference between experience and intellectual understanding.

智性理解不会给你体验的能力，

The intellectual understanding will not give you the ability to experience,

它会把你引向体验，

it will lead you toward the experience,

但是它不会给你一个体验。

but it will not give you an experience.

因为它本身不是体验，它存在于头脑中，它是思维层面的东西，它不是体验。

Because it isn't, it's in the head, it's thinkingnesss, it's not experiencing.

海尔：莱斯特，最近我看着所有我拥有的概念，包括那个灵性的概念——我不是这具身体。然后，有一件我现在正在做的事情，我想让你帮我核实一下是不是在正确的方向上。我想跟着那个信念走，因为当我放走那个信念，我经常感觉更差，关于这个概念的内在体验变成了“这仅仅是个概念”。

Hale: Lester, I've been recently just looking at all the concepts I have up here, including the spiritual ones, like "I'm not the body" and one thing, one way of working on it, I want to make sure I'm going in the right direction, is even letting go of that belief, because when I let go of the belief, I very often get worse, and in the inner experience of that concept as opposed to just a concept.

莱斯特：“我不是这具身体”，这是在承认一具身体吗？不是吗？

Lester: "I am not the body", is it admitting a body? Isn't it?

这是心智的诡计，心智只会欺骗你、破坏你、挤压你，让你持续相信你是无穷小的身体。

That's the trickiness of the mind, or into mind... The mind will just trick you, prick you, shove you, keep you believing you're an infinitesimal body.

心智的功能就是限制。

The function of the mind is limitation.

所以当你放走你的心智，剩下的就是你的存在。

So, when you let go of the mind, what's left over is your beings.

这就是了。

That's it.

而且它现在就在这儿，没有限制。

And it's there right now, unlimited.

也许我们需要一条横幅，上面写着“无限”，挥舞它。

Maybe we need a banner, unlimited on it and wave it.

学生 1: 有人说“我不是那个行为者, 我没有做它”。

Student: One says, I'm not the doer? I didn't do it.

海尔: 哈哈, 他就是那个行为者。

Ha ha ha he's the doer.

学生 1: 我不是那个行为者, 是他干的。

I'm not the doer, he did.

莱斯特: 是凯迪干的。

Lester: It's Kedy did.

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磁带旁白: 以下课程录制于 1989 年 6 月 25 日。

The following session was recorded June 25th, 1989.

莱斯特: 此刻我不会给你们更多指引, 我已经给了你们太多, 你们感觉如何呢?

Lester: I get the feeling that I shouldn't at this point time give you any more, and I'm getting you too much, how do you feel about it?

目前为止，你们对我给你们的那些感觉如何？

How do you feel about what I gave you so far?

这是关键。

Well, here's the points.

第一个是你想要自由超过想要世界。

The first one was on you want the world more than you want freedom.

第二个是通过释放从你的内在得到所有的快乐。

The second, take all your joy from within by releasing.

下一个是做出自由的决定，然后去做。

Next, make the decision to go free and then do it.

再下一个是直接释放对死亡的恐惧，

Next one, release directly the fear of dying,

对你们来说这是最困难的一个，

that's a tough one for you,

因为你们觉得如果你们释放，你们就会死。

because you think if you release it, you'll die.

接下来的一个是从现在起，仅仅通过释放得到所有你想要的。

The next one is get everything you want from here on by releasing.

我认为这是我最喜欢的一个。

Now I think that's the one I like best.

从实践的角度来说，它会比其他的指引带给你们更多，

Practically, it'll do more for you than anything else,

你们知道为什么吗？

can you see why?

你会在每一刻都释放。

You'll be releasing every moment.

因为你的想要已经过载了，想要、想要。

Because you are overloaded with wants, want and wants.

你在“从现在起，通过释放获得你想要的一切”这件事上有多成功？

How successful have you been on getting everything you want from here on by releasing?

“任何你现在想要的一切，你释放它，让它进入你的经验中”，这条指引对你们中的任何人起作用吗？

Is it working for any of you that everything you want now you let go and let it come into your experience?

谁体验过仅仅通过释放得到所有你想要的事物？有人吗？

Who's experiencing getting everything you want by releasing?
Anybody?

(学生说的听不清)

所有事物！所有事物的意思就是所有事物。

Everything, everything means everything.

什么？你说什么？

What? Said you something?

学生：凯文说，说吧，佐拉。

Student: Kevin said, say it, Zora.

莱斯特：说吧，佐拉。

Lester: Aay it, Zora.

学生：对我来说，我想说很多。

Student: I would have to say pretty much to me.

莱斯特：很多。

Lester: Pretty much.

学生：是的。

Student: Yeah uh.

莱斯特：好吧，很多只是很多。

Lester: Well, much is much.

学生：它看上去就像是事情发生。

Student: It just seems like things happen.

莱斯特：这就是它应该的样子，事情只是发生。

Lester: That's the way you should seeing, things just happen.

所以我必须加上最后一个：不做行为者。

So, I left out the last one, be not the doer.

因为当你这样做的时候，你不是个行为者。

Because if you do that, you're not the doer.

学生：这是我最近花了很多精力去做的。

Student: That's the one that I've been doing a lot of work with.

莱斯特：不做行为者？

Lester: Be not the doer?

学生：当然，我一直在释放我所参与的工作，我总是觉得自己必须这样做，所以我提醒自己，这样做很重要。

Student: Sure, I've been releasing the work that I'm involved in, I always feel that I have to do it, so I catch myself and that's so much.

莱斯特：你放手，然后不做行为者。

Lester: You let go, and you're be not the doer.

学生：这很困难。

Student: It's rough.

莱斯特：这是释放“想要成为小我”。

Lester: It's releasing wanting to be the ego.

这就是为什么我们把它打开的原因，让行为者出门去，柔和的风吹向他的脸颊。（笑）

That's why we have it open, the doer goes out the door, and the gentle winds are off to his check.

这些是很强有力的东西，非常有力，

But these are powerful things, very powerful,

如果你们能够把其中一个形成长久的习惯，其中任何一个都会带你们走完全程。

if you can make a constant habit of one of them, any one of them will get you all the way.

学生：还有另外一个，像个大师那样行为，无论你做什么，都把它做到完美。

Student: There's another one, just behave like a master, whatever you do, do it to perfection.

莱斯特：这是我在这里给它留的空位，我忘记了它，我能借一下你的笔吗？

Lester: That's the one I got space for here, I forgot it, can I borrow your pen?

但那是一堂完整的课，还是只是课程中的一部分？

But it was that a full session or just part of a session?

学生：那是一堂带有总结的、完整的课。

Student: It was a full-on lesson with a summation.

莱斯特：让你的行为像大师那样。

Lester: Make your behavior that which a master would do.

这是正确的英语吗？

Is that correct English?

让你的行为.....无论如何，你理解这一点，让你的行为像一个大师会做的那样行事。

Make your behavior that which... Anyway, you understand it, a master would behave like or do it.

学生：之前你说的是行为像一个大师，无论你做什么，把事情做到完美。

Student: I think it's just to say behave like a master, whatever you do, do it to perfection.

莱斯特：是的，我说的更加直接了。

Lester: Yeah, but that's... See, I'm more direct.

我说的是，让你的行为，你要明白这其中的区别，你所说的方式和.....

I say make your behavior, you see the difference between the way you put it and what...

学生：仅仅表现得像一个大师。

Student: Just behave like a master.

莱斯特：是的，表现得像一个大师，唱歌，我是个傻瓜，但是..... (笑)

Lester: Yeah, behave like a master, and sing song, I'm a silly guy, but...

我给你们的方法.....

The way I give it to you...

学生：更直接了。

Student: More direct.

莱斯特：我给你们这个更直接：让们的行为，我应该像大师那样说吗？

Lester: Yeah, it's direct, make your behavior, should I say like that of a master?

学生：莱斯特，你也说过大师在整个过程中做得完美，你指出过，或者你补充过，不论你做什么，把它们都做成功。

Student: Lester, you also said that in regards to the work or perfection, that kind of process, you indicated, or you added, whatever you do, do it successfully.

莱斯特：是的，这是一位大师做事的方式。

Lester: Yeah, well, that's the way a master does things.

这是我要去做的事情之一，去做事情如同一个大师会去做的那样。

That's one of the things I would apply to doing it as a master would do it.

我们做得越不完美，我们就在越低的水平，不管我们正在做的是什么事情。

The more imperfectly that we work, the lower down the scale we are, no matter what the thing is that we are doing.

你最喜欢的是哪个？

So the one you like best is the... Which one?

学生：我没说我最喜欢它，我只是说那是最常用的一个。

Student: I didn't say I liked it best, I just said that was one using most.

莱斯特：用得最多。

Lester: Using the most.

学生：我最常用的是通过释放得到所有想要的，我最喜欢这个。

Student: The one I use most is get everything through release, I like that the best.

莱斯特：我也最喜欢这个。

Lester: I like that the best too.

学生：因为它确实让事情更有可能实现了。

Student: Because it does make it more possible.

莱斯特：因为你可以看到为什么，这是你走向自由需要做的行为。

Lester: Because you can see why, it's the action required to go free.

最直接的通向自由的行为是释放所有的障碍。

The most directed action to go free is releasing all the obstruction.

所以今天我们要上释放 102，第一次是释放 101，如果你上过大学，你就知道我说的意思（笑声），我不知道你们的大学是什么样（笑声），但是.....

So today we are going to have releasing 102, the first time it was releasing 101, if you've gone to college, you know what that means, I don't know what they did in your college, but...

学生：一样的。

Student: Yep.

莱斯特：在我那个时候，第一个课程是 101，第二个是 102，他们一直没有改掉这一点。

Lester: Even back in my days, the first course was 101, and the second course 102, they never let go of it.

所以，今天是释放 102，这意味着，到下次的时候，所有人都要释放 102 次，否则就降一个等级（笑声）。

So today, we're releasing 102, that means, by next time, everyone has to release 102 times, or it gets put back one grade.

建议你们做任何能够提醒你们的声明。

Can you suggest anything that would keep you reminded of that dictum.

通过释放得到一切。

Get everything you want by releasing.

学生：是的，电探针。

Student: Yes, electric probe.

莱斯特：电探针？

Lester: Electric probe?

(学生说的听不清)

莱斯特：你们房间里都有那个标识吗？

Lester: Do you all have in your room the sign?

这是走向自由最有效率的方式。

It is a most effective way of going free.

(学生说的听不清)

莱斯特：瞧，我们现在有一个间谍，确保你能自由。

Lester: See, we've got a spy here now, make sure you go free.

好了，现在，你们所有人都能不努力就获得各种事物了吗？

All right, now, is it working for all of you that you're getting things without effort?

学生：它已经加强了。

Student: It's stepped up.

莱斯特：努力逐步减低，但获得事物这一点在加强。

Lester: The effort is stepped down, but it is getting it stepped up.

你有任何时候毫不费力地得到事物吗？完全没有努力，仅仅是掉到你膝盖

上。

Was there any time you got it effortlessly? No effort at all, just dropped into lap.

学生：是的，但是并不持续。

Student: Yep, yep, it's not constant.

莱斯特：OK，这是一个成为你大写 S 的真实自己的体验，成为你的存在。

Lester: Okay, now, that's the experience of being your Self of a capital S, of being your Beingness.

当你成为你的存在时，它必然是毫不费力的。

It has to be effortless when you're being your beingness.

但是你接受这些事情，因为它会帮助你、鼓舞你去做更多，直到整个世界毫不费力地掉到你的膝盖上。

But recognize these things, because it will help you and encourage you to do it more so, until the whole world drops into your lap effortlessly.

这不是很好吗？

Wouldn't that be nice?

现在，一旦这成为你的习惯，你就会发现，只需仅凭毫不费力的念头，你就能创造任何事物，然后它会掉到你的膝盖上。

Now, once that gets to be your habit, then you discover you can create anything by mere effortless thought, and it drops into your lap.

学生：你必须有个更大的膝盖。

Student: You have to get a bigger lap.

莱斯特：嗯，我们可以在这里铺一块垫子，这样所有东西都可以掉进去，我们这里有很大的地方呢。

Lester: Well, we'll set out a pad out here where everything can drop into, we've got lots of acreage here.

但我们最好把它称为“膝上垫”，这样我们就可以接收这个世界了。

But we'd better call it a lap pad, so we can lap up the world.

当你这样做的时候，这是一种非常非常愉快的体验，你们注意到了吗？

It's a tremendous a tremendously delightful experience when you do it that way, have you noticed that?

学生：这也带来了更多的感受。

Student: It brings up more feelings, too.

莱斯特：是的，因为当你走向自由，你对于允许那些剩下的东西浮现的抗拒变得更少了。

Lester: Yeah, because as you go free, your resistance to allowing the rest of it to come up gets less.

当你变得更自由，你对于允许那些剩余的垃圾浮现出来的抗拒变得更少了。

As you get freer, your resistance to allowing the remaining garbage to come up gets less.

直到某一天，所有的对死的恐惧浮现和跑出去，它推着自己出去，

Until some day all the fear of dying will come up and run out on its own push,

但是你必须打开门，按下按钮，邀请它们浮现。

but you have to open the door, press the button, ask it to come up.

因为每一分被压抑的感受都在压力下想要展现它自己。

Because every piece of suppressed feeling is under pressure to expend itself.

所以你走得更高，你对被压抑的能量的抗拒就越少，AGFLAP，它们会更多

地浮现。

So, the higher you go, the less you're resisting the remaining suppressed energy AGFLAP, and the more it'll come up.

当它开始浮现，请让它离开。

But when it starts coming up, please let it go.

你唱那首歌：“让它走，让它走，上帝保佑它。”

You could sing that song: “Let it go, let it go, God bless it.”

你把握住这些指引，你就能完成整个旅程，始终如一的是回到你现在所是的地方，这意味着你真的不用再远行了。

You catch these things, you might complete the journey, which consists of getting right back to where you are right now, which means you'll really stop journeying away.

你会一直停留在一个很棒的地方，最好的地方。

You'll stay in the nice place all the time, the best place.

如果你不需要工作和为了生存挣扎，也不需要依赖空气、水和食物，这会是一个美好的世界。

It would be a nice world if you didn't have to work and scratch for a

living and depend on air, water, food.

仅仅是坐在那儿，存在、存在、存在、存在。

Just sit back and be, and be, and be, and be.

所以我们会是 4b 人（注：这里的“b”是英文单词“存在”的首字母），

So we will be the 4b people.

我们就只是存在、存在、存在、存在。

We will just be, and be, and be, and be.

当莎士比亚这位杰出的人物说“存在或者不存在，那是个问题”，他把它弄颠倒了。

And when Shakespeare who was a very high individual said “to be or not to be, that is the question”, he had it upside down.

“存在或者不存在”是答案。

To be or not to be is the answer.

答案是“存在”，存在、存在、存在。

And the answer is to be, and be, and be, and be.

这是终极的状态，我们仅仅存在。

And that's the ultimate state, we're just being.

你现在就处于这种状态中，但却用极大的努力把目光从它身上移开，试图去成为一个有限的身体，心智。

Which you're doing right now, but using tremendous effort to look away from it, and trying to be a limited body, mind.

所以，提醒你，放开你的心智、放开你的身体，仅仅存在、存在、存在、存在。

So, mind you, let go of the mind, let go of the body, and just be, and be, and be, and be.

如果你听到嗡嗡声，那是“唵”的声音，它不会杂乱，而是悦耳且流畅的。

If you hear the buzzing, that's the aum sound, it won't bumble, it will be nice and smooth.

注：“唵”是《吠陀经》中提到的“aum”的音译，风在《自由的风声 5》中也提到过最初的振动是 aum。

我感觉我应该在这儿停下了。

Now I feel as though I ordered to stop here.

因为我说的东西非常深、也非常有力量，你们正在感受它。

Because what I'm saying is so deep and so powerful, and you are feeling it.

对我来说，进一步谈论只会带你们离开那个存在、存在、存在、存在，这就是 bingo 这个词的由来，

And for me to talk further would just take you away from your just being, and being, and being, and being, that's where the word bingo comes from,

当你们只是存在，bingo，就是这样。

when you're just being, bingo, that's it.

所以我要来做一个结论：坚持下去，直到你们能够仅仅存在、存在.....

So, I'm going to conclude with saying, keep it up until you can just only be, and be, and be, and be...

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磁带旁白：以下课程录制于 1989 年 7 月 30 日。

The following session was recorded July 30th 1989.

莱斯特：你不需要做任何事就能获得彻底的自由，你觉得怎么样？

Lester: There's nothing you have to do to be totally free, how do you like that?

为什么？

Why?

你现在就是完全自由的，你是全能的，你是全知的，你是全在的。

Right now, you're totally free, you're all-powerful, you're all-knowing, you're everywhere present.

你当下就是完整、完全、完美的，你不需要为此做任何事。

You're whole, complete, perfect right now, there's nothing you have to do for that.

所以说，我为什么要付出这么多努力去成为不自由的、限制的、痛苦的？为什么呢，为什么为什么为什么呢？

So says I why all this effort to be unfree, limited, and miserable? Why, oh why, oh why, oh why?

你唯一需要做的，是让这些被压抑的能量浮现——我是有限制的、我是被束

缚的、我是痛苦的。

All you need to do is let up these suppressed energies, "I am limited, I am in bondage, I am miserable".

通过让它们浮现，让它们离开（想要认同、控制、安全）。

By letting up and letting out approvals, control, security.

你们已经做了一些。

You've done it.

但你为什么不把所有的都做完、走完全程呢？

But why don't you do it all and be done with it?

你会到一个你做梦都想不到的无比幸福的状态，你从未品尝过这个终极状态。

You'll be in a happy state that you never dreamed existed, you've never tasted the ultimate state yet.

你不需要做任何事情去达到自由。

You don't have to do a thing to be free.

因为你们已经自由了。

Because you're already free.

你们必须停止这些愚蠢的信念：你相信你是受苦的身体，正在走向死亡，并且你不断尝试着去维持它生存，直至它死亡。

You have to stop this asinine conviction that you're a suffering body, that's going to die, and you've got to keep trying to keep it alive until it dies.

你一无所获，你不会赢的！

You draw a blank, you don't win!

所以，放开“我是限制性的车架子”这样的概念。

So, let go of all this concept of "I'm a limited carcass".

这需要花多长时间？

How long should it take?

一到两个月，如果你贯彻六步骤。

A month or two if you carry out the Six Steps.

我认为你们最缺乏的一步就是第一步。

I think the step steps that you're lacking most in are the very first step.

你们知道第一步是什么吗？

Anybody knows what the first step is?

你必须想要自由超过你想要世界。

You've got to want freedom more than you want the world.

在你们之中，没有人想要自由超过想要这个世界。

None of you want freedom more than you want the world.

如果你做到了，你就会自由了。

Were it so, you'd be free.

就是这么简单。

It's that simple.

成为你所是，就是那样简单。

To be what you are is so easy.

但如果你们当中有谁想要自由超过想要世界，你就会是自由的。

But if any one of you wanted freedom more than you want the world, you'd be free.

所以，你们要持续操作第一步，你们不能忘记第一步去走接下来的五步。

So, you run on step one, you can't get over the first step to go the next five.

但当受够了痛苦，你会释放足够多以摆脱那种痛苦。

But when the hurt is enough, you release enough to get rid of that hurt.

所以，你可以试着继续在这个世界中寻找你的绝对安全，但你绝不会在世界中找到它，你只能在你之内找到。

So, you can try going on looking to the world for your absolute security which you will never find in the world, which you will only find in you.

所以，变得聪明点！

So, get smart!

成为你所是。

Be what you are.

为什么要付出这些努力和痛苦去成为你所不是的？

Why all this effort and misery to be what you are not?

你所处的方向是 100%的损失。

There's a 100 percent loss in the direction you're in.

这些身体在一百年后会变得如何呢？

Where are all these bodies going to be a hundred years from now?

你所做的所有事情是试图让身体保持运作。

Everything you're doing is trying to keep the body going.

如果我要给你们一个诅咒，我能想到的最大的诅咒就是去成为一具物理身体。

And if I were to wish you a curse, the greatest one I could think of was to be a physical body.

我想另外一个说过这话的人只有拉玛纳·马哈希。

I think the only other one who says that is Ramana Maharshi.

最糟糕的诅咒，就是判处你从现在起，成为一具物理身体——这就像是判处

你从现在起被束缚到约束衣中。

That the worst purse would be to condemn you into being a physical body from here on, it's like condemning you into being in a straightjacket from here on.

所以我试图给你们那些东西，那些在第一次会面时、在我们开始这个主题时就有的东西，非常实践性的、能够快速地带给你们自由的东西。

So, I try to give you in all those first meetings we had when we started this project, very practical things that can get you free quickly.

而最后一个指引，是那样强有力的一个指引。

And the last one is such a powerful one.

我认为我不会再给你们更多的实践性的东西去做了。

I think I'm not going to give you any more practical things to do.

因为这样会混淆和混杂你们已经有的那些。

Because it'll confuse and jumble what you've already gotten.

你们得到了什么？

What have you gotten?

那些在你们房间里的标识。

Those signs in your room.

仅仅通过释放得到所有你想要的一切。

Get everything you want only by releasing.

这起作用吗，凯文？

Has it worked, Kevin?

你得到你想要的一切了吗？

Are you getting everything now?

但所有你想要的一切，你都应该通过释放来获得。

But everything you do want, you should get by releasing.

你在恰当的时候拥有它了吗？

Do you have that in place?

OK，当你在恰当的时候拥有一件事物时，你没有作为行为者的感觉。

Okay, when you have everything in place, you have the sense of not being the doer.

当你通过释放得到一切时，你变成了一个见证者，而在此之前，你是一个做着它的行为者。

When you're getting everything by releasing, you become a witness, whereas before you were a doer of it.

你仅仅见证着你的身体运行着那些动作，你有着完全的“不作为感”
(non-doership)，它应该用字母 t 来拼写而不是 p。

You just witness your body going through its motions with a complete sense of non-doership, it should be spelled with a t instead of a p.

看，这让事情变得毫不费力了。

See, that makes it effortless.

当你不是行为者时，这其中便没有任何努力（零努力）。

When you're not the doer, there's zero effort in it.

事情和谐地发生，且立即发生。

And it happens harmoniously and immediately.

在我给你们最后一个之前，我给你们的三步或者四步是哪些？你们还记得它们是什么吗？

What are the other three or four steps I gave you before that last one?
do you remember what were they?

学生：要成功。

Student: Be successful.

莱斯特：是的，这些都是实践性的东西。

Lester: Yeah, these are practical things.

不管你在做什么，让它成功。

Be successful in whatever it is you're doing.

这条指引正在挖一个洞，拉出一些石头。

It's digging a hole, pulling up some rocks.

无论那是什么，无论在做什么，都要让它成功。

Whatever it is, be successful in whatever it is you do.

另外一个是什么？

What was another one?

学生：第一个是.....从内在获取你所有的幸福和欢乐。

Student: The first one was... Get all your happiness and joy from within.

莱斯特：是的，识别出所有你得到的欢乐，都是来自于通过满足欲望让你的心智安静下来，让你仅仅成为你的存在。

Lester: Yeah, recognize that all the joy you'll get is from getting your mind quiet by satisfying a desire and just being your Beingness.

只有一个单一的快乐，那就是成为你的存在。

There is only one single joy, that's when you're being your Beingness.

然而你设置了一个缺乏、想要、欲望去搅动你的心智，

But you set up a lack, a want, a desire to agitate the mind,

当你填补了这个欲望，心智变得安静起来，

and when you fulfill the desire, the mind goes quiet,

从而你仅仅是存在时，这就是你所感觉到的快乐，不存在其他的快乐。

and you're just being, and that's the joy you feel, there is no other joy.

所以，从你的存在中获得所有快乐。

So, get all your joy from your Beingness.

我们依然还有一个没说到吗？

Is there still one more?

学生：对死亡的恐惧。

Student: The fear of dying.

莱斯特：什么？

Lester: What?

学生：带出对死亡的恐惧。

Student: Bring up the fear of dying.

莱斯特：我只是在想，带出对死亡的恐惧，是不是太过强烈了。

Lester: I'm just wondering if that isn't too forceful, bringing up the fear of dying.

如果你去做，它就会帮助你完成。

That'll do it for you, if you'll do it.

但是你现在不自由，所以你没有去做（笑声）。

But you're not free now, so you didn't do it.

要明白，所有被压抑的对死亡的恐惧，现在正在试图把自己推上来并推出去。

See, all the suppressed fear of dying, right now is trying to push up and push out.

你只要停止把它紧抓在里面，它自己立刻就会走出去。

You just stopped holding it in, on its own, it would all go out, pronto.

我仍然推荐你们在能够使用的程度上去使用它。

But I'd still recommend using it to the degree you can use it.

当你没有了对死亡的恐惧时，你的心智变得安静，你就会认同你的存在，然后你就自由了。

When you have no more fear of dying, your mind goes quiet, you're identifying with your Beingness, and you're free.

这不是美好而又简单吗？

Nice and simple?

美好，而且是容易的。

Nice and easy.

唯一的困难是试图去成为一个限制性的车架子。

The only difficulty is trying to be a limited carcass.

这是你全部的困难、所有的痛苦。

That's where all your difficulty is, all your misery.

你所不想要的一切都与试图成为一具限制性的身体有关。

Everything you do not want is involved in trying to be a limited body.

圣尤蒂斯瓦尔对离开后又回来时的尤迦南达说：“辨别它，我的孩子”。

“So discriminate, my son”, Yukteswar said to Yogananda when he left him after his return.

辨别出这个世界是一场梦，这就是它的全部。

Recognize the world as a dream, that's all it is.

你梦见了这些所有事情。

You're dreaming this whole thing.

我当然可以在晚上做梦，醒过来，就看到梦是什么了，于是就会变得无限快乐。

Exactly I could be dreaming in a night dream, wake up and see it for the dream that it is, and be infinitely happy.

对我目前所说的有任何问题吗？

Are there any questions on what I just went through?

这真的是以一种你们能做到的最实用的方式，给了你们非常顶端的知识。

It's really given you the very top knowledge in the most practical way you could ever get it.

因为不同的步骤都是非常实践性的。

Because different steps are very practical.

当然，来到这里是其中的另一个步骤。

Of course, being out here is another one of the steps.

和释放的人们生活在一起，与那些你能够对他表达并且双方都释放的人生活在一起。

Living with people who release, living with people that you can express

on and both of you release.

我一遍又一遍地说，我确信你们在这个世界中不会获得自由。

As I said again and again, I'm convinced you'll never go free in the world.

这个世界太过强有力地把他人都拉下来，进到世俗的生活方式中。

The world is too powerfully pulling everyone down into the worldly way of things.

你们需要摆脱那种拉力，以一个团体的形式在一起工作，用你们的表达去释放。

You need to get away from that pull, work together as a group, use your expressing for releasing.

在世界中，当你想要外出时，你必须去压抑，否则你就会被杀死。

In the world, anyone of you go out there, you have to suppress, otherwise you'll get killed.

如果你对错误的人表达了愤怒，他就会射杀你，甚至打你，这种情况每天都在变得更严重。

you express your anger to the wrong person, and they'll shoot you, if

not beat you up, it gets better that way every day.

他们派出数百名加州警察在街上巡逻以制止帮派杀人，昨天，洛杉矶发生了三起帮派杀人事件。

They got hundreds of Policemen in California patrolling the streets to stop the gang slayings, yesterday, there were three killings by the gangs in Los Angeles.

你无法在外面停止它。

You can't stop it out there.

但你在这里有一个绝佳的机会去表达、释放、前进和向上移动。

But you have a wonderful opportunity here of expressing, releasing, and moving onward and upward.

再问一遍，对我说的内容，有任何问题吗？

Again, any questions on anything I've said?

既然你们都理解得如此好，我下周回来的时候，希望能见到 2、4、6、8 个自由的人，或者其他数量的自由的人。

Now that you all understand it so well, I'll come back next week, expect to see two, four, six, eight free people or else.

学生：我会离开。

Student: I'll be gone.

莱斯特：什么？

Lester: What?

学生：我会离开。

Student: I'll be gone.

莱斯特：你知道“离开”这个词在语言中的意思吗？

Lester: You know the word "gone" means in the language?

(学生说的听不清)

莱斯特：离开，顶端。

Lester: Gone, tops.

好了，没有问题的话……

Okay, there's no more...

(学生说的听不清)

莱斯特: 好吧, 捷径很简单, 就是这个路径。

Lester: Well, the shortcut is simply this way.

仅仅是你的心智在说这里有一个莱斯特, 那里有一个斯图尔特, 对吗?

It's only your mind that says there's a Lester here and a Stuart there right?

学生: 好吧, 让我稍微回顾一下, 当你处在夜间的梦境中时, 你感觉不到物质, 但在白日梦里, 事物有形态, 触摸它们.....

Student: Well, let me just back up a little bit, when you're in the night dream, you don't sense materiality, but in daydream, things have form, touch them...

莱斯特: 在夜梦中你有形态, 你有自己的身体, 你还有其他身体。

Lester: You have form in the night dream, you've got your body, you've got other bodies.

学生: 但我感觉不到我有那种感觉, 我在心智中有那些图像, 但我并没有感觉自己是灵体。

Student: But it doesn't feel like I have it, I have an image of it in my mind,

but I don't feel like I am the spirit.

莱斯特：当你处于一个梦境状态中时，你是在一个梦境身体里，你当然不在那个物理身体中，你并不处于那个状态，这正是你所说的。

Lester: When you're in a dream state, you're in a dream body, of course, you're not in the physical body, you're not in that state, this is what you're saying.

学生：这就是为什么我很难把这视为一个梦境状态，因为它有这个问题。

Student: That's why I have a problem seeing this as a dream state. Because it has this problem.

莱斯特：不，你确实从夜晚的梦中醒了过来，但你没有从白日梦中醒过来，这就是问题。

Lester: No, and you do wake up from the night dream, you do not wake up from this daydream, this is the problem.

因为你是如此确信这个白日梦是真实的，你身处其中，不愿放手。

Because you're so convinced that this daydream is real, that you're in it and won't let it go.

释放它，接着你会看到这个物质世界的梦境本质。

Release it, then you'll see the dream nature of this physical world.

释放它。

Release it.

如果你像现在这样紧紧抓着你亲爱的生活不放，你就没有释放它，你在做相反的事。

If you're holding on it for dear life like you are, you're not releasing it, you're doing the opposite.

这就是为什么你没有看到那是一个梦境。

That's why you don't see it as a dream.

在夜晚的梦境中也一样，当你为生存而挣扎时，梦境还在继续，它就是真实的。

The same in a night dream, when you're struggling for your life, and the dream is going on, it's real.

只有当你从梦中醒过来时，你才知道那是不真实的。

It's only after you wake up from the dream that you know it's unreal.

你要从这个梦境中醒过来，通过放开你对它的紧抓，通过释放它，

You've got to wake up from this dream by letting go of your tight holding onto it, by releasing it,

那么你就会非常明显地发现，这个所谓的“清醒状态”就像夜间的梦境一样真实。

then it would be very obvious to you that this so-called waking state is exactly as real as a night dream is real.

但你必须醒过来。

But you've got to wake up.

(学生说的听不清)

莱斯特：释放它后面的部分，诸如此类，它会永恒地保持着。

Lester: Release the back part of it, and so on, it will remain permanently.

或者，释放一件事物：对死亡的恐惧，这会照顾好所有事情。

Or release one thing, the fear of dying, that will take care of everything.

只有一个东西你必须释放，只有一个东西，那就是对死亡的恐惧。

One thing only you've got to release, one thing only, the fear of dying.

你不去做吗？

But don't do it?

你可以发现自己全知全能，你可以通过一个毫不费力的念头拥有你想要的任何事物。

You could... You discover your omnipotent, omniscient, you can have anything you want from your effortless thought of it.

你可以物质化、反物质化，你可以瞬间移动，你可以讲述道路，你可以讲任何你想讲的。

You can materialize, dematerialize, you can teleport, you can tell the path, you can tell anything you want.

学生：这看起来像与做行为者直接相反，我正在释放，朝着不做行为者而去。

Student: That seems like it's in direct opposition to being doer, which I'm releasing towards being not.

莱斯特：好吧，存在于那个状态中，只有当你知道自己不是行为者时，你才能处于这种状态中。

Lester: Okay, to be in that state, you can only be in it when you know you're not the doer.

学生：好的，现在，假设我明天早上醒来，你说我不能说“我要做一个见证者”，或者我不能……

Student: Okay, now, say tomorrow morning I wake up, and you say I can't say I'm going to be a witness to or I cannot...

莱斯特：你不能“说”，你只能是它。

Lester: You can't say it, you can be it only.

要明白，去做你的存在，最高的状态是你仅仅是你的存在。

See, to be your Beingness, the top states being your Beingness only.

你不能“说”出它。

You can't say it.

任何你说出的事物，都是在二元性中，都是在梦境中。

Anything you say is in duality, is in a dream.

学生：在日常行动中，我可能处于见证的过程中，也许有一些目标我可能完全释放了，然后它可能会进入我的经验，没有……

Student: In a day-to-day action, then I might be in the process of witness, there might be some goal that I might release on totally, and it

may will come in without...

莱斯特: 是的, 你正在释放你对世界的贪爱和嗔恨, 一小口一小口。

Lester: Yeah, you're letting go of your attachments and aversions to the world bit by bit by bit by bit.

但你需要来一大口, 而不是这样一小口一小口。

What you need is a big bite instead of a bit of a bit.

所以你用你正在做的事来释放。

So, you use what you're doing for releasing.

要明白, 你唯一需要的努力就是去摆脱你的努力, 这就是你在这个世界上所做的事, 你在用努力来摆脱努力。

See, the only effort you need is to get rid of your effort, this is what you're doing in the world, you're using effort to get rid of the effort.

但是在你的存在中, 你不需要任何努力,

But in your Beingness, you need no effort.

事物会立即物质化和反物质化。

Things materialize and dematerialize instantly.

然而，如果你试图在你的脑子里去搞明白，你做不到的。

But if you're trying to figure it out in your head, you cannot.

因为你的头脑、你的心智、你的智力是障碍，是限制性概念的累积。

Because your head, your mind, your intellect is the obstacle, it's an accumulation of concepts of limitation.

所以无法在你的头脑中搞明白。

So you can't figure it out in your head.

你可以成为你的存在，你现在就是你的存在了。

You can be your Beingness, you are being it right now.

你不必成为一个限制性的车架子，而这正是你在工作和日常中要释放的。

But you don't have to be a limited carcass, and this is what you're releasing as you work and go through the day.

通过摆脱把你和它联系起来的情绪，你就释放了所有的贪爱和嗔恨。

You release all attachments and aversions by getting rid of the emotion

connecting you to it.

我回答了你的问题吗？

Did I answer your question?

学生：是的，实际上，我想我没有在试着去搞清楚它，但是我能明白我不能跳进坑里，你确实回答了我的问题。

Student: Yes, essentially, I don't feel like I'm trying to figure it out, but I can see I can't jump in the puddle, you did answer.

莱斯特：不，你无法搞清楚。

Lester: No, you can't figure it out.

学生：通过一天接一天的释放，一刻接着一刻的释放，或者我可以通过释放对死亡的恐惧来缩短整个过程，是吗？

Student: By day to day, by my releasing moment to moment, or I can shortcut the whole thing by releasing the fear of dying, that's pretty much so?

莱斯特：对，释放想要认同和控制也是捷径，而不是释放认同和控制之下的所有那些情绪。

Lester: Right, releasing approval, control is also short cutting it, instead

of going through all those emotions below approval, control.

当你没有想要认同和控制之后，所有在它们之下的情绪就都离开了。

When you have no more either approval or control, all the emotions below that are gone.

但直到你释放对死亡的恐惧之前，你依然有想要认同和控制。

But you'll still have approval of control until you release the fear of dying.

你想要每个人的认同的唯一原因是因为这样你就能获得安全和生存了。

The only reason why you want everyone's approval is so you'll be safe and survive.

如果我们得不到认同，你就想让他们认同你，这样你就能安全了，这个就是控制。

If you can't get that, you want to make them approve of you, so you'll be safe and that's control.

但当你释放想要认同和控制，所有在它之下的感受就都离开了。

But when you let go of approval or control, all the feelings underneath it are out.

接下来剩下的仅仅是想要认同和控制，通过释放对死亡的恐惧，你就把它们都释放了。

Then left is just approval or control which is let go of by letting go the fear of dying.

当你走到那里时，你会非常容易地让对死亡的恐惧浮现。

But when you're that far, it's easy to let the fear of dying come up.

你到达了一个点，在那时，它会把自己推上来，推出去。

You'll reach a point where it'll just push up and push out.

而你坐在那儿，完全地观看着它，它自己就会把自己排出去。

And you'll sit back and watch it complete, itself discharging itself.

然后你会大笑，你的头脑被关闭了，那真是一个愚蠢的笑话，它在你的真我上玩耍，认为你是受限制的，但你从来都不是。

And you'll laugh, your head off, what a silly joke, you played upon your Self to think that you were limited when you never were.

明白了吗？还有其他问题吗？

Okay? Any other questions?

好的，所以，我们就称它为永恒之日吧。

Okay, so, we'll call it a day of eternity.

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磁带旁白：以下课程录制于 1989 年 8 月 13 日。

The following session was recorded August 13th, 1989.

莱斯特：我们的基本哲学非常简单，那就是我们中的每个人都是无限制的，除了那些我们在心理上保持的。

Lester: the basis of our philosophy is very simple and is each one of us has no limits whatsoever except those that we hold on to mentally.

当我们释放心理的约束、限制和束缚后，我们发现我们一直是无限制的，我们一直是全能、全知，是完美的。

If we release the mental restrictions, limitations, bondages, we discover we have always been unlimited, we have always been all-powerful, all-knowing, perfect.

因为我们的基本天性是完美的，我们对此不能做任何事。

Because our basic nature is perfect, there's nothing we can do about it.

除了一直把目光从它身上移开，“它在哪儿？它在哪儿？我是谁？我是谁？”。

Except look away from it all the time, “Where is it? Where is it? Who am I? Who am I?”.

我们就像是酩酊大醉的醉汉，试图去发现我们是谁、是什么。

We're like a bunch of drunks trying to discover who and what we are.

然而，蒙蔽我们、使我们看不到这个固有而天然的无限存在的那部分，是我们所谓的“心智”，心智一天 24 小时无意识地在外部的世界中寻找着绝对安全，但它不在那儿。

However, the part of us that's blinding us from seeing this unlimited being that is inherent and natural is what we call our mind, which 24 hours a day, unconsciously, is looking for the absolute security out there in the world where it is not.

所以，每个人每天都在错误的方向上无意识地占用了 24 小时，寻找我是什么、我是谁、我在哪里、我的安全在哪里，这是一个 100% 无望、徒劳、充满挫败感的方向。

So, everyone is engaged 24 hours a day, subconsciously, in the wrong direction, looking for what am I, who am I, where am I, where's my security, in a 100% hopeless, fruitless, but very frustrating direction.

如果你的基本天性是完整的、完全的、永恒的，为什么你每天花那么多时间，去为了生存而缠斗？

If your basic nature is whole, complete, eternal, why do you spend every day scratching for a living?

比较好听的说法是，你对我之前给你讲的这些事实一无所知，

Well, the kind word would be ignorance of the factual stuff that I gave you just before this,

任何聪明的人会说：“天呐，如果我就是那样的，我会马上成为它。”

any smart one would would say: “Gee, if I'm all that, I'm going to be that pronto.”

成为你所是，并不需要花时间。

It doesn't need to take time to be what you are.

成为你所是，所需要付出的努力是零。

It takes zero effort to be what you are.

但成为你所不是的、成为有限制的，会花上无尽的努力、费劲的挣扎、不快乐和挫折等等。

But to be what you are not, to be limited, takes endless effort, struggle, unhappiness, frustration, etc.

现在，你们中的所有人都听过我所说的，在这个房间内有多少聪明人已经释放了对它所不存在的地方的挣扎，仅仅是允许你的无限存在去存在。

Now, all of you have probably heard what I said, how many smart ones do we have in this room who have let go of struggling for where it is not and have just allowed the infinite Beingness that you are to be.

这样的话，你在每一刻都会有一个毫不费力的，极度快乐的生活。

So that you have an effortless, extremely happy life every moment.

我们当中有多少人做到了这一点？

How many of us have done it?

你情愿去变得痛苦，你情愿去做那些在我的眼中最愚蠢的事情。

You're preferring to be miserable, you're preferring to be, in my eyes, as stupid as you can be

如果你可以仅仅通过一个念头拥有任何事物，这些所有的挣扎是为了什么呢？

If you could have anything for a mere effortless thought, why all the

struggle?

我说你们是愚蠢的，因为这可能会帮助到你们。

I'm calling you stupid, because I think it might help you.

这里有谁是不想变聪明的吗？

Is there anyone here who does not want to be smart?

所以，聪明一点！

So, get smart!

如果你需要世界，通过毫不费力的念头来运作，允许它掉到你的膝盖上，放走你的所有痛苦。

If you need the world, work it by effortless thought, allow it to drop into your lap, let go of all your misery.

如果你去做，它很容易、很简单、而且很迅速。

It's easy, it's simple, and it's quick, if you do it.

如果你不去做，它就是复杂的、几乎不可能实现、挫败的、痛苦的。

If you don't do it, it's complicated, extremely unattainable, frustrating,

miserable.

但选择权在你。

But the choice is yours.

你可以成为你现在所是的样子，完整、完全、完美；

You could be the being that you are right now, whole, complete, perfect;

或者你可以选择一天 24 小时都不去看它。

Or you can choose to look away from it all the 24 hours of the day.

那么，你在接下来的一两个月里打算做什么呢？

So, what are you going to do in the next month or two?

是选择聪明，还是选择愚蠢？

Be smart or be stupid?

我会给你们答案。

I'm going to give you the answer.

我希望我是错的：我认为你们会选择愚蠢。

I hope I'm wrong, I think you're going to be stupid.

但我不明白你们为什么选择愚蠢。

But I cannot figure out why you choose to be stupid.

因为在我追寻答案的时候，我所认识到的第一件事情就是我是愚蠢的，我说了不止一次，我说：“莱斯特，你真是太愚蠢了！愚蠢！愚蠢！”，说了三次，而且我是认真的。

Because the first thing I recognized in me was when I was looking for the answer that I was stupid, but I said it not once, I said “Lester, you are stupid, stupid, stupid”, three times, and I meant it.

所以，你们听到我谈论愚蠢，我并不想要变得愚蠢，而这是我调转方向的关键。

So, you hear me talking about stupidity, I didn't want to be stupid, and that was the bottom line of turning me around

接下来的一件事当然就是看向正确的方向。

Of course, the next thing is looking in the right direction.

我知道它不在那里，我花了40多年的时间试图在外面得到它，但最终却跌入了谷底。

I know it wasn't out there, I spent 40 some years trying to get it out there, ended up at the bottom.

所以只剩下一个方向了，向内。

So there was only way left to go, inward.

我是什么？这个世界是什么？我和它的关系是什么？智者到底是怎么回事？

What am I? What's this world? What's my relationship to it? What's it all about Alfie?

没有用任何方法，答案就出现在我面前了。

And without the method, the answers came to me.

然而，在一切结束后，我可以看到我采取的步骤，并将其打包进这个方法中，这是一个非常高效的技巧。

However, after it was over, I could see the steps I took, packaged it into the Method, which is a very effective technique.

但你只是部分地、最小限度地使用它，而不是充分地、最大程度地使用它。

But you use it partially, minimally, instead of fully, maximally.

如果你最大程度地运用它，它只会花上你几个月时间，然后你就不再有压抑的感受了。

If you use it maximally, it'd only take you a few months and you'd have no more suppressed feelings.

横在你和你的终极幸福之间的唯一事物就是被压抑着的感受。

The only thing between you and the ultimate happiness is suppressed feeling.

所以你应该做出决定，停止愚蠢，变得聪明起来，在一两个月内释放所有这些被压抑的感受。

So it behooves you to make the decision, to stop being stupid and getting smart and releasing all these suppressed feelings in a month or two.

我不认为我可以给你们比这任何更好的启示了。

I don't think I could give you a better message than that.

我可以说你能在一个或者两个世纪内做到，但为什么不是现在？

I could say you could do it in a century or two, but why not now?

你现在就是无限的存在。

You are this unlimited being right now.

为什么不仅仅是放它们离开？

Why not just let go of?

释放所有的遮蔽物，这些遮蔽物都被聚集在了感受中。

Release all the blinders which are all held together in the feelings.

对我所说的有任何问题吗？我已经说完了我要说的。

Okay, are there any questions on when I've said? I'm terminating what I have to say to you right there.

学生：你会和那些表现得有灵性但实际上却没有的人坐在一起吗？当你说这话的时候知道自己是什么意思吗？

Student: Do you sit with people acting like they're spiritual rather than being spiritual? Do you have any sense of what you mean when you say that?

莱斯特：是的，我四处走动，在脸上挂在一个美好的微笑，每个过来的人我都给他一个拥抱，然后，我说我属于一个灵性组织，然后.....blablabla。

Lester: Yeah, I walk around a nice smile on my face and everybody I meet I give a hug, and I say I belong to a spiritual organization, and

da-da-da-da...

这一切都是表演，都是假装。

It's all that acting, it's pretense.

而且你会发现，这种情况几乎遍布了整个形而上学的圈子。

And you'll find it almost solidly throughout the metaphysical community.

圣多纳是一个对那些圈子来说非常好的聚集地，但这种情况在哪里都有。

And Sedona is a good gathering in place for that community, but you have it everywhere.

这用一个词来归纳就是——自尊自傲。

It really comes under one word, "pride".

形而上学的、灵性的人们迷恋于自尊自傲：我知道的比别人多，我离上帝更近，我知道能量的漩涡在哪里。

Metaphysical, spiritual people get hung up in pride, "I know more than the others, I have a closer tie to god, I know where the vortexes are of energy".

但这是错误的。

And that's wrong.

所有能量的漩涡在你的“我”中。

The vortex of all energy is in the I of you.

我请别人带我去贝尔岩漩涡，当时我和佐拉在四处走，我说：“哦，它在哪儿？”她说：“你就在那上面。”我说：“哪里？”，她说：“那块石头上。”我说：“噢，我的天哪。”

I asked somebody to take me to the Bell Rock vortex, I'm walking around with Zora here, and I said: "Well, where is it?" She says: "You're on it," I said: "Where?" She says: "The rock." And I said: "Oh, my gosh."

我想要去体验，但我从那块石头上没有得到任何提升的感觉，我说：“好吧，要是相信这个，你肯定是脑子里有石头。”

I wanted to experience, and I couldn't get any feeling of any lift from the rock, I said: "Well, you've got to have rocks in your head to believe that."

这是真的。

That's true.

当你说“我是”时，宇宙中所有的力量都在你的“我”中。

All the power in the universe is in the I of you, when you say "I am".

不要把它给石头，你会在石头和坚硬的地方之间(习语：你会陷入进退两难)。

(笑声)

Don't give it away to rocks, you'll be between the rock and the hard place.

我回答了你的问题吗？

Did I answer your question?

学生：你知道，我想，当我想到我仅仅释放六个月后就热爱这件事的感受，与之前我热爱它的感受之间的差异，我非常肯定能看到很大的不同。

Student: You know, I guess when I think about the difference between these feelings that I have now about loving this after having been releasing for only six months, I think about how that was before for me in terms of how I thought about loving it. And I can see a big difference, pretty sure after.

莱斯特：是的。

Lester: Yeah.

学生：所以，释放已经.....

Student: So the releasing has been...

莱斯特：释放你的非爱的感受。

Lester: Releasing your non-love feelings.

所以，你此刻的基本天性是基督式的，这是我们每个人的天性，它被“非爱的感受”的面纱遮蔽了。

So your basic inherent nature is Christ-like, that's the nature of every one of us, and it's covered over by the veils of non-love feelings.

每一个关于爱的感受都是“非爱的感受”。

Every feeling about Love is a non-love feeling.

所以你必须放走所有这些感受，剩下的就是纯净的爱。

So, you must let go of all those feelings, and what's left over is pure Love.

你并不需要一个博士学位去理解这些，事实上他们是错误的、是装饰。

You don't need a PhD to understand it, actually, the thuds become duds.

因为他们试图通过头脑去得到它，而心智是障碍。

Because they're trying to get it via the head, and the mind is the obstacle.

心智维持着所有的限制。

It's the mind that holds all the limitations.

在你的存在中，你是无限制的。

But in your Beingness, you're unlimited.

我说：“是你吗？”你说：“是的。”我说：“那就是了。”

I say: "are you?" You say: "Yes", I say: "That's it."

为什么有那些麻烦？因为成为了一个极度的限制性的车架子。

Why all this trouble? Being an extremely limited carcass?

我现在回答了你的问题吗？

Did I answer your question now?

还有别的问题吗？

Any other question?

学生：所以，当我听你这么说的时候，我感觉胃里一阵紧张。

Student: So, as I listen to you say that, I get this tense feeling in my stomach.

莱斯特：别释放它。（笑声）

Lester: Don't release it.

你们明白我在对杨做什么吗？

You see what I'm doing to Young?

你本应该释放它的。

You should have released it.

为什么你不释放它？

Why didn't you release it?

学生：我猜是因为你让我感到惊讶，或者因为你没叫我释放它。

Student: I guess because you surprised me, or because you didn't tell me to release it.

莱斯特: okay, 你想要变得痛苦, 想要抓紧这些感受。

Lester: Oh, okay, you want to be miserable and hold on the feelings.

上帝保佑你, 这是我唯一能说的话。

God bless you, it's the only thing I can say.

但这就是答案。

But that's the answer.

不论你要问什么问题, 现在问我吧。

Whatever question you're going to ask, and now ask me.

学生: 实际上, 这就是下一个问题的答案, 我有时候会思考措辞, 我满脑子都是它, 然后我就没释放它了.....

Student: Actually, that's the answer to the next question. I was thinking about sometimes wording, just my mind grabs it and I don't release it,
(最后一句没听清)

莱斯特: 言语是你的阻碍。

Lester: Words are in your way.

谈论它，会替代去做它，“去做它”是你要做的事。

Talking about it is in place of doing it, and this is what you are about to do.

所以我说 “别释放”。

So I said, “don't release”.

忍着吧，那种感觉糟透了，受苦。

Suffer, it feels awful, suffer.

当我说“受苦”的时候，他冲我微笑，而不是生气并想杀了我。

He smiles at me as I said suffer, instead of getting angry and wanting to kill me.

因为他知道我的意思。

Because he knows what I mean.

这是个选择，去受苦，还是成为你的终极幸福，终极幸福是你的基本天性。

It's a choice to suffer or to be the ultimate happiness, which is your basic nature.

你的存在就是上帝的存在，上帝的全宇宙的无限存在。

Your Beingness is God Beingness, God's the infinite Beingness of the universe.

因此，它必须包括你的存在。

Therefore, it must include your Beingness.

当你认同你的存在，你是在认同你的上帝的部分。

So when you identify with your Beingness, you are identifying with the God part of you.

作为上帝，上帝能做到任何你希望的事情吗？

And that being God, can God do anything you wish?

祂有一个给你的秘密，祂有一个比美联储还大的银行。

He has a secret for you, he's got a big bank, bigger than the Fed.

学生：我想，说到这又回到了我早先的问题，因为我花了很长时间来肯定我的真实存在、我是谁、以及来自“我是”的那个地方，但是从通过我的头脑、理性角度来这么做，因为……怎么去通过其他方式去做？

Student: I guess this just talking about that goes back to my original

question, because I spent a long time affirming my true being, who I am, and coming from that place of I am, but doing so from my head, doing so from the intellectual standpoint, because how to do it from the other way?

莱斯特: 你有那个释放技巧吗?

Lester: You've had the release technique?

学生: 就在最近, 我最近才学的, 我说的是 25 年前的事。

Student: Just, just recently, I just took it recently, I'm talking about 25 years ago.

莱斯特: 你什么时候完成那个课程的?

Lester: When did you finish the course?

学生: 一月份。

Student: In January.

莱斯特: OK, 你现在应该自由了。

Lester: Okay, you should have been free by now.

我说: 如果你贯彻六步骤, 它应该只会花费你三个月或更短的时间。

I say, it should take you three months or less if you carry out the Six Steps.

我知道这个，因为我花了三个月时间，而我没有六步骤，它们是在我进行的过程中发展出来的。

I know that, because it took me three months, and I didn't have the Six Steps, they evolved as I went through it.

我认为如果我从六步骤开始，我可以在一个月内完成它。

I think I could have possibly done it in one month's time had I the Six Steps to begin with, not to end with.

这不需要花时间，因为你就是那个无限的存在。

It doesn't need to take time, because you are that unlimited being.

它在哪里？

Where is it?

它是你的存在。

It's your Beingness.

是的，但我完全沉浸在做一具身体当中了。

Yes, but I'm totally involved in being the body.

使用这个方法 (释放法), 让你的心智安静, 你的真我对你就非常明显了, 事实上你是无限的。

Use the Method, get the mind quiet, and your Self obvious to yourself, as to the fact that you are unlimited.

仅仅是你的感受, 聚集了"我不能"。

It's only the feelings that gathering the I cannots.

现在, "肯定" 是试图在不好的东西之上编程更多好的东西, 这给了你更多需要摆脱的程序。

Now, affirmation is trying to program further good stuff on top of bad stuff, give you more programs to get rid of.

不管怎样, 除了 5% 的人以外, 它都不起作用。

Doesn't work anyhow, except for maybe 5%.

它对你起作用吗?

Has it worked for you?

学生: 它确实对身体的疗愈有作用, 我一直都在用, 我 25 年来都没看过医

生。

Student: It did for physical healing, I used it all the time, I've never went for a doctor for 25 years.

莱斯特: OK, 物理治疗当然比物理疾病要好。

Lester: Okay, well, physical healing, of course, is better than physical ailment.

但是你处理它的方式, 是宇宙中有可能的最具限制性的方式——一具物理身体, 确认它, 然后把你自己囚禁在里面。

But what are you dealing with the most limited vehicle possible in the universe, a physical body and validating it and keeping yourself imprisoned.

所以, 那种“肯定工作”卓越地让你保持着束缚, 然后一圈一圈地不断循环下去。

So that “affirmation work” was excellent to keep yourself bound and around and then round and round you go.

如果你想要一个完美的身体, 在体内释放, 仅凭一个毫不费力的念头, 你的身体就会是完美的。

Release in the body by a mere effortless thought will be perfect if you

want a perfect body.

身体是你心智的精确复制。

The body is an exact copy of the mind.

心智是你构建起来的东西，它是你所有念头和感受的总和。

The mind is something you set up, it's a sum total collection of all your thoughts and feelings.

所以摆脱你所有的感受，你的心智就安静了，然后你就会维持在你所觉知到的无限存在中。

So rid yourself of all your feelings, your mind goes quiet, and you will remain in the infinite Beingness that you are conscious of it.

简单，如果你去做，就非常容易；

Simple, easy if you do it;

如果你不去做，那就不可能。

If you don't do it, it's impossible.

还有别的问题吗？

Any other question?

OK, 所以, 讲道结束了。

Okay, so the sermon is over.

害虫仍然存在, 我们必须做的就是释放它。

The vermin remains, and all we have to do is release it.

(风的翻译到此结束)

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磁带旁白: 以下课程录制于 1973 年 4 月。

The following session was recorded in April of 1973.

在复活节那天, 我们非常愉快地庆祝耶稣基督的复活, 对吧?

On Easter Sunday we very happily celebrate the resurrection of Jesus the Christ, right?

对我来说, 这是耶稣教义的精髓。

Which to me is the epitome of the teachings of Jesus.

祂给我们的最高指引是：我们应该像祂所做到的那样获得永生。

At the highest point that He had to make to us was that we should attain immortality as He did.

祂是领路人，是榜样。

He was the way-shower, He was the example.

就耶稣和祂的教义而言，如果说有什么是我们应该努力去做，那就是效仿耶稣，信耶稣所信的。

And if there's anything that we should try to do with respect to Him and His teachings, it is to emulate Jesus, to believe as Jesus believed.

不是相信祂然后说“是的，是的”，而是要相信那些祂教导我们应该相信的。

Not to believe in Him and say, "yea, ye", but to believe as He taught we should believe.

我们应该把另一边脸转过来，我们应该做比祂所做之事更伟大的事。

That we should turn the other cheek, that greater things than these that He did, we should do.

祂说过这一点：你们要做比这些更伟大的事，难道你们不知道你们是神吗？

He said that, greater things than these, ye shall do, know ye not that ye

are Gods?

因此，“复活”在他的教义中是至高的关键点，指出了我们应该做什么，我们必须在这个时候认识到我们是不朽的存在。

So, the resurrection is the highest point in his teachings and points out what we should do, we must learn at some time that we are immortal beings.

在我们做到之前，我们会不断地回到这个唯一的地狱，也就是这个地球生活，一次又一次，直到我们获得永生。

And until we do, we keep coming back into the only hell there is, this earth living, again and again and again until we achieve our immortality.

获得永生是指当身体的历程结束时，有意识地离开你的身体，而不是因为疾病、意外或类似的那些原因而被扔出身体。

Achieving immortality is consciously leaving your body when you are through with it, it is not being thrown out of your body by a disease or an accident or something like that.

实际上，永生是在你完全有意识的状态下，按照你自己的意愿，就像脱下一件厚重的衣服、一件厚重的大衣那样，直接从身体里走出去。

It's actually on your own wish, under full consciousness, you step right out of the body, just as you would be stepping out of a heavy garment,

a heavy overcoat.

当然，为了做到这一点，你必须知道身体对你来说意味着什么，它就像是你穿着的一件衣服。

And of course, in order to do that, that's how much a body must mean to you, it's like a garment you're wearing.

有一天，当你看到真理时，那件衣服几乎就像一件束身衣，它禁锢着灵魂，它是如此地限制着我们的行动和动作。

And someday, when you see the Truth, that garment is almost like a straightjacket, it's got a soul confined, so limited in our actions and movements.

但当你从更高的视角看待它时，它实际上就是一件约束衣。

But when you see it from a higher point of view, it is very much a straightjacket.

幸运的是，因为它迟早都会促使我们想要摆脱它，以走向更广阔的自由。

And luckily so, because sooner or later it causes us to want to move out of it into a much greater freedom.

所以，耶稣树立的榜样是学习如何变得不朽，以摆脱所有的身体限制。

So, the example that Jesus set was to learn how to become immortal, to get free of all the physical limitations.

这意味着也要摆脱食物和空气的限制。

And that means getting free of the limitations of food and air also.

如果我们接受这些事情是不可能的，除非我们摆脱这些“它们是不可能”的概念，否则它们将一直不可能。

If we accept these things as being impossible, they'll remain impossible until we get rid of the concept that they are impossible.

事实上，它们比吃饭和呼吸容易得多，不需要空气或食物的生存要容易得多。

In reality, they are far easier than eating and breathing, it's much easier to live without needing air or food.

我想我们都知道吃东西的困难，包括我们的饮食、消化、消化不良以及与之相关的所有问题。

I guess we all know the difficulty of eating food, with our diets and our digestion and indigestion, and all the problems that go with it.

直接获取我们的能量便不会存在任何的问题，你永远不会因为使用普拉纳（生命能量）而让胃不舒服。

Taking our energy directly, there's no problem, you never get a bad stomach from using prana.

所以，当我们庆祝复活节时，这是美妙的一天。

So, it's a wonderful day when we celebrate a resurrection.

如果你们对耶稣、祂的教义、祂生命的意义等等有任何的疑问，如果可以的话，我很乐意解答，我更希望你们提问，这样我们才能导向你们所想要的。

If you people have any questions on Jesus, His teachings, the meaning of his life and so forth, if I could I'd be very happy to answer them, I'd rather you ask questions, so we can get more direct to what you want.

学生：我有个问题，关于你提到过的在十字架上的一些东西有很多争议，“父啊，父啊，你为什么离弃我”，或者类似的话，这似乎完全不符合祂当时的感受。

Student: I have a question, there's a lot of controversy about something you said on the cross, "Father, Father, why have you forsaken me", or something like that, that seem completely out of keeping with His feeling at the time.

莱斯特：是的。

Lester: Yeah.

学生：是误译吗？

Student: Mistranslation?

莱斯特：我非常坚信祂从未说过这句话，基督，甚至耶稣，怎么可能会说“我的上帝，我的上帝，你为什么离弃我”呢？尤其是当祂经历被钉在十字架上和复活的时候。

Lester: I very strongly believe He never said it, a Christ, and even Jesus, could not say “my God, my God, why hast thou forsaken me?”, especially when He's going through the crucifixion and the resurrection.

我相信还有其他人也这么认为。

and I believe there are others who think that way.

祂真正说的是——祂在呼唤以利亚。

That what He really said was, He was calling for Elias.

在称呼上，这个词和“上帝”非常相似。

And the word is very similar, God, in the name.

以利亚的意思是上帝。

Elias means God.

上帝，任何带有这个词的名字都是上帝的名字。

God, any name with that in it is a God name.

我不相信祂说过这句话，也不相信祂会这么说。

I don't believe he said it, I don't believe he could say it.

有人研究过我们《圣经》的演变过程吗？

Has anyone studied the evolution of our Bible?

好吧，如果你研究《圣经》的起源，你会发现，它们只是一堆手抄本，然后他们只是随机地把它们放在一起。

Well, if you study the way our Bible came about, you'll hit one point where they just had a bunch of manuscripts and they just at random threw them together.

这些抄本经历了很长一段必须被藏于地下的时期，如果你被抓到持有《圣经》，你会丢掉性命。

It went through a long period of having to be put out underground, if you were caught with a Bible, you would have lost your life.

为了避免与当局发生冲突，所有的信息都被加密了，而且从未被译解过。

Things were coded, so as not to get into trouble with the authorities, and never decoded.

就像《启示录》这一章，它实际上是《圣经》中最重要的一章。

Like the chapter on revelation, which is really the most important chapter in the Bible.

因为《创世记》记载了神人降世为人类，而《启示录》则记载的是人类回归神人、回归上帝。

Because Genesis is the descent of God-man down into human-man, and revelation is the ascent of human-man back into God-men, back to God.

所以，《圣经》中存在错误。

So, there are mistakes in the Bible.

但仍有许多人说这是上帝最后的话，他们不知道，这其实是那些整理和解读《圣经》的人们最后的话。

And yet many people say it's the last word of God. they don't know that it's the last word of the men who were putting it together and interpreting it.

先生，这些内容我不能放到公开的磁带里。

And these are things I couldn't put on a public tape sir.

因为太多人毫不质疑地接受《圣经》是上帝的最后话语，但实际上我同意他们的观点，《圣经》应该是最后的话语，但它不是最初的原话。

Because too many people without question accept that our Bible is the last word of God, but really I agree with them, and it should be the last words, but not the first.

因为如果你去读《圣经》，就会发现其中大部分内容根本说不通，而将上帝的至高智慧与《圣经》里的文字智慧相提并论，是对上帝的严重亵渎。

Because if you read it, it just doesn't make sense, the majority of it, and to put up God the highest intelligence with the intelligence of the words of that Bible is a terrible insult to God.

如果你不相信我，那就打开《圣经》读一读，就像你读任何的普通故事或书籍那样，你会发现它根本读不通。

And if you don't believe me, open the Bible and read it, read it like you would any ordinary story or book, you'll see it doesn't make sense.

这就是为什么我们的牧师会从某一章引用一句话，又从这边引用另一句话，从那边引用另一句话。

And that's why our ministers quote one sentence from one chapter and another sentence from over here, another sentence from way over

there.

如果你浏览《圣经》，就会发现它根本不符合逻辑。

It's just not logical if you go through it.

所以，《圣经》里存在错误，而且我确信耶稣从未说过那样的话。

So, there are mistakes in the Bible, and I feel sure that Jesus never said that.

我认为另一件被恶劣渲染的事是耶稣被钉十字架。

I think another thing that is very badly played up is the crucifixion.

比如你去圣十字架教堂，你会看到耶稣在那里的十字架上是多么恐怖，鲜血、荆棘，这并不神圣。

Like you go in the Chapel of the Holy Cross, you see how horrible Jesus is on the cross there, you know, blood, thorns, that's not godly.

即使当耶稣被钉在十字架上的时候，祂也是处于一种极高的极乐状态。

Even when Jesus would be on the cross, he would be in a very high state of bliss.

最糟糕的是，他们不宣扬复活，却宣扬受难。

And the worst thing of it is they do not play up the resurrection, they play up the crucifixion.

为什么？

Why?

在过去的两千年里，我们所在的这个星球处于相对较低的时期，处于低意识状态中的人类热衷于血腥和杀戮。

In our relatively low period on this planet that we've been in for the past 2,000 years, man being in a low state of consciousness loves blood and killing.

所以他们把耶稣描绘成了那样，而不是把他描绘成一个光芒四射、荣耀、复活的基督。

And so they have Jesus pictured that way instead of a radiant, brilliant, resurrected Christ.

他们给我们呈现出这些糟糕的复制品，这些复制品符合的是人类的意识，而不是基督的意识。

They give us these awful reproductions that are in accordance with man's consciousness, not the consciousness of a Christ.

还有其他问题吗？

Any other questions?

人们走到高处，你就不会有任何疑问。

People go to high, you won't have any questions.

当你到达那里的时候，便不存在问题了。

When you get up there, there are none.

我还是继续吧。

I let it talk down.

学生：你觉得《宝瓶福音书》怎么样？

Student: What do you think of the Aquarian Gospel?

莱斯特：这是一本值得读的好书，你读过吗？

Lester: It's a nice book to read, did you read it?

学生：是的。

Student: Yeah.

(另一个学生说的听不清)

莱斯特：我觉得这是一本通过灵媒传递过来的书。

Lester: I feel that it's a book that came through mediumship.

如果你去探究通过灵媒传递过来的东西，其中有些是准确的，也有些是不准确的，所以你根本无从知晓。

If you investigate things that come through that way, there's some accuracy in them and there is also some inaccuracy in them, so you just don't know.

但它读起来比我们的《圣经》要好，不是吗？这是一本鼓舞人心的书，不是吗？

But it reads better than our Bible does, doesn't it? It's an inspiring book, isn't it?

学生：是的。

Student: Yeah.

莱斯特：我明白这一点。

Lester: I've got it.

学生：我知道。

Student: I know.

莱斯特：最好的宗教是去了解真理，真理必会使你们自由。

Lester: The best religion is to know the Truth, and Truth shall make you free.

所以，最好的宗教是去获得自由。

So the best religion is to go free.

你们对耶稣的地位以及与自我了悟联谊会（SRF）大师们的关系有什么疑问吗？

Do you have any question on the place of Jesus and with the SRF gurus?

(学生说的听不清)

莱斯特：问题是什么？

What's the question?

学生：耶稣和自我了悟联谊会有什么关系？

Student: What is Jesus' connection with SRF?

莱斯特：这个星球的灵性指引是一个非常有组织的东西。

Lester: The spiritual guidance of this planet is a very well organized thing.

因为它是由我们地球上最优秀的人来掌管的。

Because it's run by the very best men on our planet.

一个人的灵性层次越高，智慧就越卓越，智能就越高。

The higher the spiritual spirituality of a being, the greater the wisdom, the greater the intelligence.

所以，灵性层次最高的人们都是极其有组织、极其有智慧的人们。

So, the top spiritual men are very well organized and very knowing men.

我想，大概从公元前 3000 年开始，我们的知识和历史就非常支离破碎了，我们甚至说，在那之前人类是穴居人，并且一切都处于心灵层面。

Our knowledge and our history is very fragmented from, I guess, 3000 B.C. on. We even say before that, man was caveman, and all this is in soul.

这个星球有一个灵性方向，

There is a spiritual direction of this planet,

有一个意识在引领着这个星球，

there is one mind guiding this planet,

有一个意识在引领着我们的太阳系，

there is one mind guiding our solar system,

然后，在那之上，还有一个意识在引领着我们这个小宇宙的灵性进化，

and there's a mind above that guiding the spiritual evolution of our small universe,

接着，在那之上，还有另一个意识在引领着更大的宇宙，

and then there's another mind above that guiding the larger universe,

然后，在那之上，还有一个意识在引领着全宇宙的演化。

and then there's a mind above that guiding the evolution of the omniverse.

如果存在一个全宇宙，它从无限延伸到无限，但有一种智能、一种意识在引领着灵性方向，这才是真正的方向，这才是每个星球真正的演化方向。

If there's an omniverse, it goes from infinity to infinity, but there is an intelligence, a mind guiding the spiritual direction, which is the real direction, which is the real evolution of every planet.

所以，这个星球的方向是极其唯一的，只有一个意识在那上面引领着它，在祂之下的人们结成了一个团体，祂们不会说“我的宗教是对的，你的宗教是错的”。

And so the direction of this planet is very singular, there's one mind up there guiding it, and those who are under Him are all one group, and They don't say “My religion is right and your religion is wrong”.

对祂们来说，上帝有什么宗教吗？有没有人知道？不管它是什么，也许我们都可以加入那个宗教。

To Them, now what religion does God have? Anybody know? Maybe we can all join that religion, whatever it is.

上帝没有宗教，上帝拥有的是人们，每一个人都是上帝的孩子。

God doesn't have religion, God has people, and every person is a child of God.

所以，处于最高处的群体非常团结一致且方向唯一。

So, the group at the top are all very united and singular in direction.

然而，祂们试图降下来迁就我们中一些人的接受程度。

However, they try to come down to meet the acceptance levels of some of us.

如果我们把自己划分成——比如说，一边是印度教徒，另一边是基督教徒，那么祂们就会派出两位领袖，一位给印度教徒，一位给基督教徒。

If we divide ourselves up into, say, Hindus on one side and Christians on the other side, so They got to send out two leaders, one for the Hindus and one for the Christians.

如果还有其他的群体，祂们会派出第三位和第四位领袖。

If there's others, They'll send out a third and a fourth.

但顶端的团体都是一致的，耶稣、尤迦南达、圣尤蒂斯瓦尔和其他大师们一次又一次回来，以帮助这个星球进行灵性进化。

But the top group is all united, Jesus, Yogananda, Yuktswar and the others have been coming back again and again to help in the spiritual evolution of this planet.

就祂们而言，祂们是一个团体，彼此认识且携手共进。

And as far as they're concerned, they are one group who know each

other and work together.

我相信耶稣、巴巴吉、拿希里·玛哈赛、圣尤蒂斯瓦尔和尤迦南达的这个群体是这个星球灵性进化中的最高领袖，他们正在一个高度统一的计划中携手合作。

And I am convinced that this group of Jesus, Babaji, Lahiri Mahasaya, Yukteswar and Yogananda are the top leaders in the spiritual evolution of this planet, and that they are working together in a very unified plan.

我同样坚信，在 25 到 30 年后，当地球开始真正地被灵性方向而非金钱方向引领时，这个计划将会为人所知。

Which I am also convinced, will become known another 25-30 years, when the earth starts really being guided by a spiritual direction rather than a monetary direction.

即使是那些走在这条道路上的人，也没有意识到我们有多么地崇拜物质。

Even those on the path don't realize how much we worship materiality.

如果我们不像现在这样过多地崇拜物质，我们就会获得自己的灵性毕业证，我们会获得复活的能力。

And if we didn't worship materiality as much as we do, we would get our spiritual diploma, we would get our resurrection.

唯一阻碍我们的是：我们崇拜物质超过了崇拜灵性。

The only thing that stops us is that we worship materiality more than we worship spirituality.

但当你到达那个你想要灵性和想要物质同样多的位置，你就会获得灵性。

But when you get to the place where you want the spiritual as much as, equally as much as you want the material, you'll get the spiritual.

因为灵性方向始终在你之内，这才是你真正追求的，你称它为“幸福”。

Because that spiritual direction is always in you, this is what you are really driving for, you call it happiness.

当你有意识地想要灵性和想要物质同样多时，内在灵性方向的驱动力只会将重心放在灵性的一边，然后你会飞速上升。

And when you consciously want the spiritual as much as you want the material, that inner drive which is in the spiritual direction only puts the weight on the spiritual side, and you'll zoom up.

所以，这些人是一个团结一致的群体，他们将世界视为一个整体，并引领着这个世界从他们那里获取最强的能力。

So, these men are a united group, they see the world as a unit, and are

guiding it to the best ability that the world will take from them.

他们之中没有任何人死去，他们现在远比被束缚在物理身体中要活跃得多。

None of them are dead, they're far more alive now than they were when they were limited to a physical body.

只要他们愿意，他们中的任何一个人都可以使用物理身体，而且如果这不会把我们吓死的话，他们可能会比现在更多地使用物理身体。

Any one of them could use a physical body if they wanted to, and probably would use it much more than they do if it wouldn't scare us to death.

但如果他们以物理身体的形式出现在我们面前并开始和我们说话，我们大多数人都会非常害怕，我们大多数人都会处于一种震惊和恐惧的状态，我们将无法接收到他们想传达给我们的灵性信息。

But most of us would be terribly frightened if they appeared to us in a physical body and began talking to us, most of us would be in a state of shock and being frightened, we would be unable to receive the spiritual message that they would have for us.

如果你曾经见过一位大师显现，并想知道这是否是真实的，你只需通过这一点就能简单地判断——他们永远不会让你保持原样。

If you ever have a vision of a master and you want to know whether it

was true or not, you can tell whether it is so simply by this point, they never leave you the same.

他们先会把你高高地托举起来，然后用物质喂养你，不是物质，不是物质干的，物质是一个贬义词，而是灵性知识，灵性知识给了你领悟，这种领悟会让你提升到比之前更高的状态。

They first lift you sky high and then feed you with material, not material, it isn't the material that does, it's a bad word, with a spiritual knowledge that gives you a realization that lifts you to a higher state than you were in before.

这是一个简单的检验，判断你是否见到了一位真正的大师——你在他们的帮助下获得了灵性层面的成长。

And that's a simple test as to whether you had a vision of a real master, you've been raised spiritually with their help.

他们从不会来社交，他们到来只是为了帮助我们在灵性上成长。

They would never come in to socialize, they'll come in only to help us grow spiritually.

我回答了那个问题吗？这其中还附加了很多其他的内容。

Did I answer the question? which a lot of other things thrown in?

学生：这很好。

Student: That's fine.

莱斯特：他们是一个团体，在当今这个时代之前，他们就已经在一起了，在这个时代他们携手合作，并且在下一个时代他们也会共同合作。

Lester: They are a group, they have been together before this present era, they're working together in this era and they'll be working together in the next era.

学生：我们，巴巴吉会成为领袖吗？我的意思是当他是领袖者时，每个人都会知道，他现在就是。

Student: Will we, Babaji be the leader? I mean everybody will know when He is the leader, He is now.

莱斯特：等到 2000 年的时候，你就会知道了，你会知道的，你不必听我的，知道这一点也不错，不是吗？

Lester: Hang around to 2000 and you'll know, you'll know, you won't have to listen to me, that's better knowing, isn't it?

学生：嗯，啊，有些人相信基督会二次降临，基督会来吗？还是当他和统治者们一起到来时才是二次降临？

Student: Well, ah there's been uh some other people believe in the second coming of Christ, is Christ going to come? Or is the second coming when He comes with the rulers?

莱斯特：基督的二次降临就是基督的到来。

Lester: The second coming of the Christ is the coming of the Christ.

祂的第二个名字不是基督，我不知道它是什么，但我想应该是“约瑟之子”，就像“女士”并非你的名字一样。

His second name was not Christ. I don't know what it was. but I imagine it would be son of Joseph, any more than your name is Miss.

“基督”这个词是一个称谓。

The word Christ is a title.

所以，基督再临实际上是我们成为基督的时刻，也是我们觉醒于自己的基督身份的时刻。

So, the second coming of the Christ is really the time that we become a Christ, when we awaken to our Christhood.

我不相信耶稣会用物理身体回来，然后说：“来吧，伙计们，我们要登顶了。”

I do not believe that it'll be Jesus coming back in a body and saying:

“Come on gang, we're off to the top. ”

如果祂能做到这一点，祂会愿意这么做的，但祂无法让我们成为基督，我们必须自己做到它。

He would if He could do it, but He cannot make us be a Christ, we have to do it for ourselves.

所幸如此，如果祂能让我们成为基督，那么别人也能让我们成为“非基督”。

Fortunately so, if He could make us a Christ, someone else could make us an un-Christ.

但当我们做到它的时候，它就永远在那里了。

But when we do it, it's there forever.

学生：谁在掌管我们的星球呢？

Student: Who is the mind that oversees our planet?

莱斯特：这会让我陷入争议中，我相信是奎师那（也音译成“克里希纳”），耶稣正与他携手合作，但你想信什么就信什么。

Lester: That would throw me into a controversy, I believe it's Krishna, Jesus is working hand in hand with him, but you can believe whatever you want.

学生：我们仍然可以触及那个力量，或者向那个力量伸出手。

Student: We can still touch the force or reach out to the force.

莱斯特：当然，它们都是同一个力量，只是被冠上了不同的称呼，比如耶稣、克里希纳、佛陀、穆罕默德等等。

Lester: Sure, it's all the same force with different tags on it, called Jesus, Krishna, Buddha, Mohammed, etc.

当你看到真理只有一个，只有一个存在，而你的“我”就是它，就像耶稣或克里希纳是它一样，在那个最高状态中，你们是完全平等的。

When you see the Truth is just one, there's only one Beingness, and the I of you is it, just as much as Jesus or Krishna is it, you are exactly co-equal in that top state.

因为只有一个“一”，所以我们就是它。

Because there's only one, so we are it.

我们生活在一种与它、以及彼此之间是相分离的幻觉中。

Living under an illusion that we are separate from it and from each other.

但当你看到真相时，你会看到一个独一无二的“一”，宇宙之神就是我所是的“我”。

But when you see the Truth, you'll see a singular oneness, that the God of the universe is the I that I am.

你就是我，每个人都是其他人。

And that you are me, and everyone is everyone else.

但我们必须消除分离的幻觉才能看到它，你必须这样做才能获得你的基督身份。

But we have to remove the illusion of separateness in order to see it.

And this you must do to get your Christhood.

(学生说的听不清)

莱斯特：通过祂们的“我”，祂们都把自己视作同一个大写S的“我”(Self)，祂永远不会用“我”来称呼自己。

Lester: Through their Is, They all see themselves as the same Self with a capital S, He would never speak of Himself as I or me.

由于这一点，也因为人们的天性各有不同，我们需要不同性质的教导，就像祂的专长是“参究真我”，这实际上是所有教导中最高的。

Because of that, and because there are so many different natures of people, we need different natures of teaching, like his specialty was Self-inquiry, which is really the very highest of all teaching.

因为最终每个人都必须获得“我是谁”的答案。

Because in the end everyone has to get the answer to what am I.

但它是如此之高，我至今还未遇到第一个用这个教导觉醒的人。

But it's so high, I have yet to meet the first person who was successful with it.

一个人发现他自己需要花多长时间？一秒钟？一周？一个月？一年？

How long should it take one to discover himself? A second? A week? A month? A year?

成功地运用“参究真我”应该需要一两个月，但有多少人成功了？

Successful using self-inquiry should take a month or two, but how many people have succeeded?

因此，他的教导只是给少数人的，极少数人，最少的人。

Therefore, his teachings are for the few, the very few, the fewest.

当你往下走，你会获得智慧之道，也就是智性的方法，它是下一个最高、最快、最直接的方法。

When you come down, you get the the wisdom way, which is the intellect way, which is the next highest, fastest, steepest way.

今天，我会把王瑜伽的方法归为科学方法，克利亚瑜伽是王瑜伽的改进。

And today I would classify the scientific method way of Raja Yoga, of which Kriya Yoga is a refinement.

事实上，你不需要任何的信仰，只需完成那八个步骤，然后你就在那里了。

In fact, you don't need any beliefs, you just do those eight steps and you're there.

接下来最快的方法是对上帝的爱和奉献，这是基督教的方法。

Then the next fastest way would be love and devotion to God, which is the Christian way.

我想接下来的方法也是基督教的——服务的方法，业力，做不图其结果的无私的服务。

I guess the next way is Christian also, the service way, karma, doing selfless service with no interests in the fruits thereof.

如果你将只是给予无私的服务，那么这两个方法会带你走完全程直达顶端。

That's two will get you all the way to the top, if you'll give only selfless service.

所以那些是这些教义的主要途径、核心本质。

So, those are the main avenues, the main natures of the teachings.

在不同的方法中，你会看到不同的变化。

And within them you get variations.

最极致顶端的是拉玛那·马哈希和商羯罗·查尔雅的教义。

To the extreme at the top is Ramana Maharshi and Sankara Charya.

再往下则是爱与奉献，过去有很多位伟大的大师在教导。

Get down into love and devotion, there are many great ones in the past.

然而不同的导师适合不同性质的人们。

And different teachers are to suit different natures of people.

所以对一个人来说最好的教导就是最适合他的教导，他最喜欢的教导对他来说就是最好的。

So, the best teaching for one is the teaching that suits him best, one that he likes best is the best for him.

你可以通过任何一条道路觉醒，只要你沿着那条道路一直走下去。

You can make it through any one of the paths if you would just go all the way on that path.

最适合一个人的道路，是他前世所经历过的道路。

And the one that suits one best is the path he was on before this lifetime.

他在此生遇到的这一切，对他来说似乎很自然、轻松且美好，因为他前世经历过这些。

He meets at this lifetime, it seems natural and easy and good to him, because he was on it before.

姑娘们，请原谅我用“他”这个词，但这是一个二元社会，他们仍然没有.....他们还有一个统称女士和夫人的词，叫做“女士”.....你们怎么发音？女士？

Pardon me for using the word "he", all you girls, but this is a dual society, they still don't have a... They have a word for Ms and Mrs is called M-s... How do you pronounce it? Ms?

“女士”这个称呼也不对，因为它不包括男性，这和“先生”或“女士”一样带有性别倾向。

Ms. but that's wrong too, because it doesn't include the men, that's just as chauvinistic as Mr or Ms.

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“我觉得我需要某样东西或某个人来让自己快乐”，当你放下它的时候，痛苦就消失了，你会更快乐。

“I think I need something or some person in order to make me happy”, the moment you let go of that, that agony is gone and you're happier.

因为是你的欲望和你的心智在思考“我还没有得到，我怎么才能得到”，这导致了不开心。

Because the unhappiness is caused by your wanting and your mind thinking “I haven't got, how can I get”.

你心智的混乱掩盖了这种你所是的极乐的存在，用一种需求掩盖了它。

And the disturbance of your mind covers up this very happy being that you are, covers it up with a need.

然后当你获得了对那个需求的满足时，你只会短暂地拥有片刻的快乐。

And then when you get say the fulfillment of that need, you only have a

moment of pleasure shortly.

之后，同样的东西又出现了，对吗？

Afterwards, that same thing is there, right?

所以，你永远无法满足任何欲望。

So, you can never ever satisfy any desire.

满足欲望是不可能的。

It's impossible to satisfy a desire.

如果你能满足欲望，你就再也不会想要它了，对吗？

If you did, you'd never want it again, right?

任何你曾经满足过的欲望，你都不会再想要了，对吧？

Any desire you'd satisfy, you'd never want it again, right?

所以，我们再一次想要它的事实证明了我们从未满足过它。

So, the fact that we want it again proves that we never satisfied it.

所以，你把自己置于一种持续渴望的状态中，这就是为什么我说这是一种痛

苦。

So, you put yourself in a state of a constant hunger for, that's why I say it's an agony.

而摆脱它的唯一方法就是放下“想要”，放下对它的贪恋。

And the only way to rid yourself of it is to let go of the wanting, let go of the attachment for it.

当你这么做时，你会感到更快乐、更自由、更轻松。

And when you do, you'll feel happier, freer, lighter.

放下你所有的贪恋，你会变得如此轻盈，轻盈到你真的无法保持在地面上。

Let go of all your attachments, you'll be so light, you won't be able to stay on the ground really.

你不再有任何欲望，只要你往心智中放入一个念头，无论它是什么，都会立即实现。

You have no more desire, should you just put a mere thought in your mind, it would instantly materialize whatever it is.

因为你的内在是全能的，然而它被掩盖了。

Because within you is all-power and it's covered over

我们背后的这个巨大力量被我们的欲望掩盖了，而这些欲望实际上是痛苦，我们在这个地球上想要的那些小东西都是虚无。

This tremendous power behind us is covered over by our wants, which are really miserably, the little things we want in this earth are nothingnesses.

所以，如果你放下了所有的欲望，你会突然处于一个你已经抵达了的终极幸福中。

So, if you let go of all the desire, you'd suddenly be in a place where you've reached the ultimate happiness.

如果你想要某样东西，在你有那个念头的时刻，它就会出现。

And should you want something, the moment you have the thought of it, it would appear.

我回答你的问题了吗？

Did I answer your question?

学生：是的。

Student: Yes.

莱斯特：所以，要做的事就是试着放下所有的欲望、所有的贪恋、所有的厌恶，然后立即自由地做任何你想做的事。

Lester: So the thing to do is to try to let go of all desires, all attachments, all aversions and be free to have you do whatever you want instantly.

你可以通过实践来证明这一点。

You can prove this to yourself by doing it.

你越放下所有的贪恋，你会越快乐，获得东西也会越容易。

The more you let go of all attachments, the happier you get, and the easier it is to get things.

还有其他问题吗？

Any other questions?

学生：我们最初为什么要创造这一切？

Student: Why did we create this in the first place.

莱斯特：如果你接受你创造了这一切，那我应该问你这个问题，但不管怎样，我还是会回答它。

Lester: If you accept that you created it, I should ask you that question. but I'll answer it anyway.

我们一开始处于全知全能的状态，然后开始玩一个限制的游戏，只是轻微地受限，然后放开那种限制，并且感觉很好。

We started off in the state of all knowingness, all power, and started to play a game of limitation, just to be slightly limited and then let go of it and feel good.

接着，我们尝试进一步限制，更多的限制，然后无法放开它了。

And then we tried further limitation, more limitation, and then couldn't let go of it.

因为这种限制在困扰着我们，我们便把它推进无意识、潜意识心智里。

Because the limitation was bothering us, we push it to the unconscious, subconscious mind.

任何我们不喜欢的东西，我们都推到了自己的心智背景中。

Anything we don't like, we push to the background in our mind.

就像现在，你的心智中有如此多的想法在运作着你的身体，它们在保护你免受这一切的影响。

Like right now you have so many thoughts going on in your mind that are operating the body, they're protecting you from this.

你所有的欲望现在都在你的潜意识里，它们没有全部都表达出来，不是吗？

And all your desires are in your subconscious now, they're not all expressing themselves, are they?

所以它们全部都在背后。

So they're all back there.

所以，这种建立起来的潜意识机制让我们看不到自己正在做什么。

So setting up this subconscious mechanism got us to the place where we lost sight of what we were doing.

然后我们以为自己从外部事物中得到了快乐，所以我们越来越多地追求外部事物，直到你看见如今我们在这个世界上所拥有的样子——真正疯狂的局面。

And then we thought we were getting our joy from the things external to us, and so we go for that more and more and more until you see what we have in the world today, real mad situation.

至少在这个国家，每个人都拥有了各种事物，他们却不这么认为，但每个人都有充裕的食物和衣服，即使处于贫困水平，他们的食物也绰绰有余。

Well, in this country at least, everyone has everything, they don't think

so, but everyone has more than enough food, clothing, even in the poverty levels they have more than enough food.

当我说“充裕”时，我的意思是能满足他们的饥饿感，然而我们从未像现在这样痛苦过。

When I say more than enough, I mean to satisfy their hunger, and we were never so miserable as we are now.

当我们陷入再也无法忍受的境地时，我们会开始往回走。

When we get far enough down where we can't take it anymore, then we start going back the other way.

我们开始质疑，这一切究竟是怎么回事？为什么我这么痛苦？我应该是世界上最幸福的人。

We start questioning, what is this all about? Why am I so miserable? Here I should be the happiest person in the world.

就像你，你应该是世界上最幸福的人，对吧？你拥有美满的家庭、要好的朋友，你永远不用担心吃饭问题，你已经拥有了一切，对吧？所以你应该是最幸福的人。

Like you, you should be the happiest person in the world, right? You've got a nice family, nice friends, you never have to worry about eating, you've got everything, right? so you should be the happiest person.

但我们并不是，为什么？

But we're not, why?

因为事物确实不能给予我们幸福。

Because things do not give us happiness.

我们忘记了幸福是什么。

We lost sight of what happiness was.

幸福是我们纯粹的“存在状态”，仅此而已。

Happiness is our pure state of Beingness, that's all.

如果你能只是存在，你就会处于终极幸福之中。

If you could just only be, you would be in the ultimate happiness.

所以，我们从玩一个游戏开始，却陷入了一个认为幸福存在于我们自身之外的思维陷阱中。

So, we started out playing a game and we got caught up in a trap of thinking that happiness lies outside of ourselves.

然后我们越来越多地追求它，直到现在我们束手无策。

And we went for it more and more and more until we're at wit's ends right now.

然而，痛苦会把我们推回到正确的方向上，去往我们最初出发的地方。

However, the suffering drives us back into the right direction to where we came from originally.

当你遭受痛苦时，你必须寻找一条摆脱它的出路。

When you suffer, you have to look for a way out of it.

但我们就是这样陷入困境的。

But that's how we get caught up.

现在只是对幸福是什么一无所知，对我们真正想要什么一无所知，这让我们陷入了困境。

It's just ignorance right now of what happiness is, ignorance of what we really want, that keeps us bogged down.

但既然你知道了，你就可以选择方向。

But now that you know, you can take the direction.

你可以放弃所有的这些向外寻找幸福的愚蠢行为，也可以向内探寻，然后你会发现它就在你所在之处，然后你会是幸福的。

You can drop all this silly looking for happiness outside of yourself, dig for it within and you will discover that that is right where it is, and you will be happy.

我回答你的问题了吗？

Do I answer your question?

学生：是的。

Student: Yes.

莱斯特：是也不是

Lester: Yes and no.

(学生说的听不清)

莱斯特：因为你忘记了自己做过我所说的我们做过的事。

Lester: Because you don't remember having done what I said we did.

如果你记起来了，你会说：“噢，天哪，这太荒谬了，我要直接回到我当时所在的地方。”然后它会马上在那里了。

If you remembered it, you'd say: "Oh boy, this is ridiculous, I'm going right back to where I was." And immediately it'd be there.

但你知道的，我们是如此地深信不疑，觉得幸福存在于人和事物中，我们如此地确信这一点，以至于不想放手。

But we have so convinced ourselves that you know, it's out there in people and things that our happiness lies, we have so convinced ourselves of that, we don't want to let go of it.

学生：分离，现在有不同的人，你能先讲讲吗.....

Student: Separation, now these are different people, could you go into first...

莱斯特：他们的存在没有分离，你的心智没有真正地分离，所有的心智都是相关联的。

Lester: Their Beingness is not separate, your mind is not really separate, all minds are locked in.

我一想到你，你就会立刻拾取到这个念头，但你显出它的速度和我想起你时一样快。

I can't think of you without you picking up a thought of it, but you'll throw it out as quickly as I think of you.

但所有的心智之间都是相互关联的。

But minds are all connected.

但在这背后，我们的存在全都只是一个存在。

But behind that, our Beingness is all just one Beingness

它就像一片浩瀚的海洋，身处其中的每一个水滴都在说：“我与下一个水滴是相分离的。”

It's like a vast ocean, in which each drop says: "I am separate from the next drop."

我们都像这些水滴，你在说：“所有的这些水滴都是分离的。”

We're all like these drops, you're saying: "All these drops are separate."

而我要说：“呃，它们都是同一片海洋。”

And I'm saying: "Uh-uh, it's all one ocean".

但这种一体性是我们的存在、本质、生命和意识，这些都是“一”，却呈现出众多……而且是虚假地呈现出众多的样子。

But the oneness is the Beingness of us, the isness, the life, the consciousness of us, that's all one, appearing as many... Falsely

appearing as many.

现在，当你看到真理时，你会觉得，你所看到的每个身体和那个身体一样，都是你的身体。

Now, when you see the Truth, you'll think, every body you see is your body just as much as that one is.

因为你会看到这一切的“一”，所以你的视角彻底改变了，你不再看到分离，只会在每个人身上都看到你的真我。

Because you'll see the oneness of it all, and so your point of view changes completely, you don't see separateness anymore, you'll just see your Self in everyone.

但要让这一点对你来说有意义，你必须亲自体验它。

But for that to make sense to you, you have to experience it.

学生：有什么方法可以开启这种领悟吗？

Student: Is there a way to start the feeling out?

莱斯特：开启这种领悟？

Lester: To start the feeling?

有，把你的注意力转向内，回到“我是什么”这个问题上。

Yeah, turn your attention inward, back on “what am I”.

你越是发现你之所是，你就越会发现你的存在就是宇宙的存在，当你发现这一点时，这会让你与宇宙合一。

The more you discover what you are, the more you'll discover that your Beingness is the Beingness of the universe, that will unite you with the universe when you discover that.

所以你必须带着“我是什么”的这个问题把注意力转回内在。

So, you must turn your attention back in with the question “what am I”.

假设我不是这个身体、我不是这个心智，那拥有这个身体、拥有这个心智的是谁？

Assuming I am not this body, I am not this mind, who am I that has this body, who has this mind?

获得关于这个问题的答案。

Get the answer to that.

你是谁？谁拥有那个身体？谁拥有那个心智？

Who are you? Who has that body? Who has that mind?

通过将你的注意力转向内，你就找到了正确的方向。

By turning your attention inward, you have it in the right direction.

如果你保持专注于此，你会看到答案，而那是你唯一能获得答案的地方。

If you keep it there, you'll see the answer, and that's the only place you'll get it.

你无法从书本上得到它，也无法从听任何人的讲话中得到它，你只有通过将注意力转向内，亲自探索它，才能得到它。

You won't get it from a book, you won't get it from listening to anyone, you'll get it only by turning your attention inward and discovering it for yourself.

当你做到的时候，你会发现自己没有任何限制。

And when you do, you discover that you have no limitation.

只有当你做到的时候，这才是唯一能让你真正信服的东西。

That's the only thing that will ever convince you is when you do it.

所以，去做，然后就明白了。

So, do it and see.

如果你不朝这个方向走，你注定会遭受所有的痛苦，这是被世界上的每个人都证明了的。

If you don't take this direction, you're guaranteed all the misery there is, which is proven by everyone in the world.

每一个在世界上追寻幸福的人都是痛苦的。

Everyone looking for happiness in the world is miserable.

每个人都在药丸里寻找幸福，我不是说毒品，就拿医学领域来说，一群医生聚在一起抱怨说他们开的药实在太多了，原因是病人需要它，病人们认为有一种药能治愈他们所有的毛病，并不断地向医生索要这种药，但医生们知道它起不到这种作用。

Everyone's looking for happiness in pills, and I don't mean dope, take the field of medicine, a group of doctors got together and complained that they're dispensing just too much of medicine, the reason for it is that the patients are demanding it, they think there is a medicine that will cure all their troubles, and keep demanding it from the doctors and doctors know it won't do it.

但医学领域凸显了我们是多么想要在外部寻找幸福。

But the field of the medicine points up how much we're looking for happiness external to ourselves.

某种程度上，我们以为某些小小的化学物质会给我们带来幸福，然而它并不能。

To the degree we think some little chemical is going to give it to us, and it doesn't.

于是我们感到沮丧，接着我们开始服用那些让我们失去知觉的化学物质，比如酒精、巴比妥酸盐类，或者那些让我们神志不清的化学物质——迷幻剂。

Then we get frustrated, then we take the chemicals that knock us out, like alcohol, barbiturates, or chemicals that'll knock us out of our mind, the psychedelics.

我只是在指出，我们试图从自身之外寻找幸福，已经走向了多么极端的境地，然而我们无法找到它。

I'm just pointing up how far we've gone to the extreme in trying to find happiness external to ourselves, and we can't do it.

因此，世界正趋向一个危机时刻，它要么必须朝着正确的方向发展，要么就会自我毁灭，但世界仍在继续。

So, the world is getting to a point of crisis where it will either have to go in the right direction or it will destroy itself, but the world goes on.

学生：有什么最快的方法能让你的心智安静下来？

Student: What's the fastest way of quieting your mind?

莱斯特：最快的方法取决于你有多想要自由和幸福。

Lester: The fastest way is determined by how much you want your freedom, your happiness.

如果你想要出离世界与你想要进入世界一样强烈，你就会很快摆脱它，你的心智会安静下来。

If you are wanting out is as strong as your wanting in this world, you will quickly get out of it, your mind will quiet.

所以，关键在于你对它的渴望程度。

So, the key is the intensity of your desire for it.

如果你的渴望足够强烈，你能在一秒钟内完成整件事。

If your desire is strong enough, you can do the entire thing in one second.

如果你对它的渴望等同于你对这个世界上的幸福的渴望，那么在几个月内你就会得到它，心智会彻底安静。

If your desire for it is equal to your desire for happiness in the world,

you'd get it in a matter of months, total quietness of mind.

因为心智只是一种试图获得、设置匮乏并试图满足它的机制。

Because mind is just a mechanism of trying to get, setting up the lack and trying to fulfill it.

当你看到你是什么，当你看到你是一切时，所有的念头都会消散。

When you see what you are, when you see that you are the all, all thoughts drop away.

当你是一切时，你便对任何事物都没有需求了，所以你的心智就被放下了，你可以一下子把全部都扔掉。

There's no need for anything when you're the all, and so your mind is dropped, you could drop it all at once.

学生：这就是我需要的，你如何真正地放下它呢？

Student: That's what I need, how do you really drop it?

莱斯特：答案是想要它超过你想要世界。

Lester: The answer is wanting it more than you want the world.

是“想要它”做到的这一点，这是关键。

It's wanting it that does it, that is the key.

现在，如果你问我，你怎样才能想要它更多，我只能说：通过想要更多。

Now, if you ask me how do you want it more, I can only say by wanting it more.

没有人能替你打开“你的想要”，你必须自己去做。

No one can turn your want on for you, you have to do it.

当你实现了某些事物，并开始意识到这个方向是正确的时候，这会有所帮助，你会越来越坚定信心，然后随之增加的快乐会让你越来越想要它。

It helps when you accomplish something and begin to see that this direction is correct, you get more convinced, then the added happiness should make you want it more and more and more.

虽然大多数人一旦过上了更轻松的生活，他们就会放弃，然后他们想在这个世界中去运用它。

Although most people once they get an easier way of life, they quit, then they want to use it in the world.

但“想要它”是关键。

But “wanting it” is the key.

我们拥有这个痛苦的世界，唯一原因是我们想要它，嘴上说着没有，但我们确实想要它。

The only reason why we have this world of misery is we want it, saying we don't, but we do.

因为心智只有创造性。

Because the mind is only creative.

我们所经历的一切都是我们想要的。

Whatever we experience is what we have wanted.

所以，或许审视你自己的内在，去发现你想要这个东西，也许这首先能帮你放手。

So, maybe looking within yourself to discover that you want this thing might first help you to want to let go of it.

看，我们表现得好像我们不想要它。

See, we act as though we don't want it.

因为我们大多数的欲望都是潜意识的。

Because most of our wants are subconscious.

所以，再说一次，“想要它”才是关键。

So, again, "wanting it" is the key.

学生：如果你真的想要它，你会直接放下一切。

Student: If you really wanted it, you would just plain drop everything.

莱斯特：说得好，就是这样。

Lester: Touché, that's it.

如果你真的想要它，你会放下一切并只去做，然后你会很快、非常迅速地得到它。

If you really want it, you'd drop everything and go only for it, and you'd get it quickly, very quickly.

这能向你展示完整的道路，只要坚持下去。

That can show you the entire way, just stay with that.

如果我真的想要它，我会放下一切，并只管去做。

If I really wanted it, I would drop everything and just go only go for it.

这其中有很多种程度，我们在多大程度上摆脱了我们所接受的限制，就能获得多大程度的自由。

There's a lot of degrees of it, to the degree we free ourselves of our accepted limitations, to that degree we attain our freedom.

所以，你越是没有欲望，就越自由。

So, you are as free as you have no desires.

学生：我原以为也许事情会按照我们想要的方式发展。

Student: I thought maybe it worked out the way we wanted.

莱斯特：理论上，这能在一秒钟内就完成。

Lester: Theoretically it could be done in one second.

因为宇宙的所有力量就在你之内。

Because all the power of the universe is right within you.

如果你愿意运用它，你能在一秒钟内做到。

If you would use it, you could do it in a second.

怎么做？

How?

通过释放这种在世界上想要各种事物的持续性干扰，即使我们入睡了，这些搅扰也在占用我们一天 26 小时的注意力。

By letting go of this constant distraction of wanting things in the world, that's a 26-hour-a-day preoccupation even when we're sleeping.

我们每时每刻都在想要这、想要那，一旦它们都在我们的心智中，我们就不会去看所有的这些“想要”了。

All the time we're wanting this, wanting that, and once they're all in our mind, we don't look at all these wants.

如果它们一下子全部涌现出来，我想我们会崩溃的。

If they all came up at one time, I guess we'd explode.

这真的很简单。

It's really simple.

如果我们去做，这就很容易。

And it's easy if we do it.

如果你去做，就很容易。

It's very easy if you do it.

如果你不做，就不可能。

If you don't do it, it's impossible.

这条道路并不难。

The path is not hard.

它要么容易，要么不可能。

It's either easy or impossible.

学生：我的意思是，当我第一次听到你这么说，或者可能是我读到这句话时，当我第一次听到或读到它的时候，我就觉得，嗯，不，我现在不会放弃。我也听过其他人这么说，但我想我现在明白你真正的意思了，呃.....我该怎么解释它呢？

Student: I mean, when I first heard you say that, or probably I read it, when I first heard or read that, I felt, well, no, I won't give up now. And I've heard others say that, but I think I understand what you really mean now, uh... How would I translate it?

莱斯特：你意思是现在指的哪方面？

Lester: You mean now with respect to what?

学生：你说要么容易，要么不可能。

Student: That you say it's either easy or impossible.

莱斯特：容易，或者不可能。

Lester: Easy or impossible.

它真的很容易。

It's really very easy.

它变得不可能，是因为每时每刻我们的心智都充满了相反的、贪恋和厌恶的念头，我们对此紧抓不放。

It becomes impossible because our mind every moment is peppered with thoughts of the opposite, of attachments, aversions, that we hold on to.

你的心智时时刻刻都在喋喋不休胡言乱语，所有的这些噪音正在掩盖你简单的存在，“存在状态”没有所有的那些贪恋和厌恶。

In all moment your mind is blah, blah, blah, blah, blah, blah, blah, all that noise is covering up you just simply being, without all that attachment and aversion.

所以，如果你去做，如果你放下所有的这些潜意识垃圾，当你去做的时候，它很容易。

So, if you do it, if you drop all this unconscious garbage, it's easy when you do it.

但如果你不去做，就不可能。

But if you don't do it, it's impossible.

人们说“它太难了”，它不是难，是不可能。

People say “it's hard”, it's not hard, it's impossible.

所以，再次强调，归根结底还是我们之前说的，这取决于你有多想要它。

So, again, it boils down to what we said before, it's how much you want it.

人们说：“是的，噢，我想要上帝，哦，但首先是我的妻子，其次是我的工作，然后是我的孩子……我的孩子第二位，我的工作第三位，然后才是上帝。”

People say: “Yeah, oh, I want God, oh, but my wife first, and my job second, and my children second, and my job third, then God.”

然而，这些事情只会让我们远离它，让我们看不到我们就是它。

And those things just keep us away from it, from seeing that we are it.

现在，任何真正按你所说的去做、或者放下一切只追求它的人，都会非常迅速地得到它，这整件事也就几周，或许几个月。

Now, anyone who does what you said, or drops everything and just goes for it, gets it very quickly, weeks, maybe months as a whole thing.

所以，只是坚持下去，也许某个星期你就会完成它，那不会是一个脆弱的时刻。

So, just hold that, and maybe some week you'll do it, and it won't be a weak moment.

这就是我不再四处游说的原因，它很容易，任何想要它的人都能得到它。

This is why I stopped going around talking, it's easy, anybody wants it can get it.

我一次又一次地给很多人指明方向，然而他们当中有多少人做了呢？他们中有多少人走完了全程呢？

I've given the direction again and again and again to so many people, and how many of them took it? How many of them went all the way?

对大多数人来说，让生活变得更轻松，然后试着在这个世界上使用它并停在那里，而不是保持.....

To the majority and made life easier, and then try to use it in the world and stay there, instead of staying there (最后一个词听不清)。

如果你不往前走、不更加自由，你就是在走这条路，而这几乎发生在每个人的身上。

If you're not going freer, you're going this way, and this is what happened to almost everyone.

但他们让我意识到，他们并不想要它。

But they made me realize they don't want it.

当我不断地把它强加给他们、推动他们时，我是在强迫他们，这真的是一种强迫。

That I'm imposing when I keep pushing it on them, pushing it on them, it's really an imposition.

这就是为什么你再也看不到我出现在加州了，这是唯一的原因，我没有权利把我的观点强加给人们。

That's why you don't see me in California anymore, that's the only reason, I've got no right to impose my ideas on people.

当然，现在谁都想要它，白纸黑字清清楚楚。

Of course, anyone wants it is all in black and white now.

你所需要的只是一次课程，让你一路走下去，或者《真理》中的一句话也能帮你做到这一点，前提是如果你理解了它的全部含义并贯彻下去。

All you need is just one session to take you all the way, or one sentence in the Verities can do it for you too if you get the full meaning of it and carry it through.

所以，在某一天、某个时刻、某个地方，我们每个人最终都会做出那个决定，然后我们就迅速地做到了。

So, someday, sometime, someplace, every one of us finally makes that decision, and then we do it quickly.

在那之前，我们有点玩弄它，一次只来一小口，一小口、一小口，我们不断地取用它，我们一小口一小口地尝试它，直到最终我们决定“管它呢，我要去做”，于是我们做了，我们就自由了。

Until that time, we sort of play with it, taking a tiny bit of it at a time, tiny, tiny bits of it, we keep taking it and taking it, we play around with that taking bits of it, until we finally decide what the hell with this, I'm going to do it and we do it, we go free.

但我们必须把自己的方向转向不再从外部世界寻找它。

But we must turn our direction away from looking for it out there in the

world.

我们必须调转方向、彻底地转向内在，并在那里寻找它。

We must turn the direction totally within and look for it there.

我现在很想问这些问题，而我只有一个问题想问：你们为什么不这么做呢？

I feel like asking the questions now, and there's only one question I would ask: why don't you do it?

一个无限存在给自己堆积无限的麻烦，这太愚蠢了。

It's so silly for an infinite being to heap upon himself or herself infinite trouble.

真是太愚蠢了。

It's so silly.

为什么不只做你所是的存在，并拥有终极幸福呢？

Why not just be what you are and have the ultimate happiness?

我可以替你回答，为什么你不这样做的原因是，你想要世界超过了你想要发觉自己的限制性匮乏。

I can answer it for you, the reason why you don't is you want the world more than you want to discover your lack of limitation.

但每个人都会有这样做的时刻。

But everyone does it sometime or other.

因为在我们走完全程并持续做下去之前，我们永远都不会满足。

Because we're never satisfied until we go all the way and keep doing it.