

**正确的道路**

**The Right Path**

**中英文字版**

## 更新说明

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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。

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穿肚子

2025年8月21日

我根据 b 站 up 主 (Rosiemee) 上传的《The Right Path》音频制作了本文档，你们可以到 b 站找到原音频。

## 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；

(以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来)

莱斯特：我不知道该说什么。

I don't know what to say

(学生说的听不清)

莱斯特：我想说的是，你们这些人喜欢什么？你们想要什么？你们的目标是什么？你们的目标是什么？你们想要达到什么？但你们知道你们想要达到什么吗？

What I feel like saying is, what would you people like? What would you want? What are your objects, your goals? What would you like to achieve? But do you know what you would like to achieve?

学生：我知道。

Student: I do.

莱斯特：我知道鲍勃想达成什么成就，他每时每刻都在告诉我们，好吧，你们没有告诉我。

Lester: I know that Bob would like to achieve, he tells us all the time, well you don't tell me.

**我告诉你们，我们全都想要的，是终极幸福。**

I'll tell you then, what we all want is the ultimate happiness.

**我们都已经被给予了方向，但是为什么我们还没能拥有它？**

We've all been given the way to it, but why don't we have it?

**这是我看到的大问题：为什么在这间房子的所有人不是完全觉醒的存在？为什么我们不能立即地获得任何以及每一件我们想要的东西？为什么我们不能超越死亡？**

That's the big question, as I say, why aren't we all in this room fully realized beings? Why don't we instantaneously get anything and everything we want? Why don't we transcend death?

**学生：莱斯特，你说那是容易的，我认为我知道我想要的那最终的部分，你告诉了我们怎么做，但我自己并没有发现那是简单的。**

Student: Well, Lester you say it's so easy, not, I think I know the end part of what we want, and and you told us how, but I don't find it for myself that simple.

**莱斯特：不，那是简单的，**

Lester: No, it is simple,

**你所做的事情是复杂的。**

what you do is complicated.

**你说你没有发现它很简单，如果你发现了，它就是简单的，明白吗？**

You say, I don't find it simple, if you find it, it's simple, see?

**你现在说的其实是我没有真正地发现它。**

What you're saying is I don't find it, really.

**学生：所以我没有做得很好，我知道，我没有像我说的那样给它足够多的时间。**

Student: So apparently I'm not working well, I know I'm not giving as much time as I should.

**莱斯特：你每天给它多少时间？**

Lester: How much time every day do you give to it?

**学生：我在冲刺，但我却没有冲刺起来，因为尝试去驾驭我的心智时，我仍然没有掌控它.....**

Student: I go in spurts, and then I get discouraged, because I'm trying to harness my mind, I feel haven't mastered that harnessing my mind...

**莱斯特：现在你给我你的答案了吗？**

Lester: Are you giving me your answer now?

**你刚刚已经给我了。**

See, you just gave it to me.

**这很简单，但你所做的却非常复杂和困难。**

It's simple, but what you're doing is very complicated and very difficult.

**你想要的是世界的梦幻。**

You want the dream allusion of the world.

**因为你花了所有时间在那上面。**

Because you spend all your time working at it.

**如果你想要香蕉，你不会致力在吃苹果上，就是这么简单。**

If you wanted bananas, you wouldn't work at eating apples, it's simple as all that.

**当我们想要什么，我们就为了它而工作，我们就为了它而努力，不是吗？**

When we want something, we work for it, we work at it, don't we?

**学生：我没有做出足够努力的工作。**

Student: I'm not working hard enough at it.

**莱斯特：你给了它百分之多少的时间？**

Lester: Well, what percentage of the time do you give to it?

**也许 1%。**

Maybe 1%.

**你给出 99%的时间给 x，1%的时间给 y，那么你就会达到 x。**

If you're giving 99% of your time to X and 1% to Y, you're going to achieve X.

**你把大多数时间给什么，你就会拥有什么。**

You give most of your time to it, that's what you'll have.

**学生：但是你也说过我们可以那样做。**

Student: But you also said we could do it like that.

**莱斯特：这很简单，这很容易，这真的很简单。**

Lester: Right, it's simple, it's easy, it really is easy.

**当你去做，你会看到这是你从未做过的最容易的事情。**

When you do it, you'll see it's the easiest thing you've ever done.

**学生：只是花 99%的时间在那上面？ ？**

Student: Does that take 99 percent of your time too?

**莱斯特：是的。**

Lester: Yes.

**如果你把 99%的时间放到那个方向上，你就会得到它。**

If you put 99% of your time in that direction, you'd get it.

**然后你会发现，它的困难程度仅仅如同你现在去找出你是什么性别一样。**

Then you'd discover the difficulty would be just as difficult as it is for you now to start searching for what sex you are.

**你会花多长时间去发现你是一个女性？**

How much time would it take you to discover that you're a female?

**学生：为什么不这样做呢？**

Student: Why not that?

**莱斯特：你会花多长时间，如果你只是扔掉知识，并开始去探求？**

Lester: How much time would it take you if you just dropped the knowledge and started looking for it?

**不需要花时间，对吗？**

It takes no time, right?

**你需要花多长时间去发现你的真实存在？**

That's how much time it takes to discover your real being?

**并不需要什么时间。**

It doesn't take any time.

**但是你要去寻找它，你要去探究它，你要去做那些把你带离反方向的事。**

But you should get to look for it, you should get to dig for it, you should get to do those things that will take you away from the opposite.

**让我们用一个词，并在这上面进行工作。**

Let's take one word and work on it.

**我给你们一个比较好的：最高的状态，是完全的无私 (selflessness) 。**

The top state, I'll give you a good one, the top state is total selflessness.

**你有多无私？**

How much are we selfless?

**如果我们在顶端，我们是完全无私的。**

If we're at the top, we're totally selfless.

**我们可以有一个测量刻度，自私是底端，无私是顶端。**

Now, I can take a gradient scale on it, selfishness is the bottom and selflessness is at the top.

**我们在这个无私度数的哪一度？**

Where are we on this scale of selflessness?

**我们为了谁而活？**

Whom do we live for?

**我们为了什么而活？**

What do we live for?

**这里有人完全无私吗？**

Are any of us totally selfless here?

**你想要仅仅通过一个念头就拥有一切吗？**

Do you want to have everything just for the mere thought of it?

**只要做到完全地无私就可以。**

Just be totally selfless.

**如果你不相信，你相信那个相反的方向才是方向，你就被困住了，这就是我们所谓的困难。**

If you don't believe it, you believe the opposite direction is the way, and you get caught up in a thing called difficulty.

**学生：呃，莱斯特，无私实在是一个大词，当我们来到这个世界时，我们基本上都是如此地自私，我们必须先无私，然后才能知道它是什么。**

Student: well, selflessness is a pretty big word Lester, when come into this world basically so selfish, that we would have to be selfless before we can know what it is

**莱斯特：不，**

Lester: No,

**在你决定无私的那一刻，你就是无私的。**

You'll be selfless the moment you decide to be selfless.

**我给你们一个更容易的词：最高的状态是无欲。**

I'll give you an easier word, the top state is desirelessness.

**你取消了你所有的欲望吗？**

Have you undone all your desires?

**你每天都在做取消欲望的工作吗？**

You work every day undoing desires?

**任何无欲的人都可以瞬间物质化他想要的任何东西。**

Anyone who is desireless can instantaneously materialize anything he wants.

**如果你们相信这一点，你们会不去做吗？**

If you believe that, wouldn't you do it?

**学生：well，如果你无欲了，那么无论如何，你会不再想要任何事情，这样你就不会有.....那么我该怎么办，你永远不知道自己能不能做到。**

Student: Well, if you were desireless, if you... then you wouldn't want anything anyway, so what am I going to do? You never know if you could or couldn't do it.

**莱斯特：是“不必要”。**

Lester: Not necessarily.

**你在不饿的时候吃过东西吗？**

Did you ever eat when you weren't hungry?

**你不需要欲望就可以吃，那就是不带欲望地吃。**

You ate without desire, so that's eating without desire

**任何人有尝试过变得无欲吗？**

Has anyone ever tried to become desireless?

**你们有没有特别注意去持续释放欲望，放走更多、放走更多、放走更多，直到没有更多？**

Have ever made a point of it to keep letting go of desire more and more and more until there is no more?

**这会造成非常迅速的成长。**

That makes for very rapid growth.

**当你致力于释放你的欲望，你必须同时释放嗔恨，而这两者是同一回事。**

And if you're working on letting go of desire, you have to also let go of aversion which is the same thing.

**学生：贪爱和嗔恨。**

Student: Attachment, the aversion.

**莱斯特：贪爱和嗔恨，是的。**

Lester: Yeah, attachments and aversions.

**要知道，你有一个欲望、一个贪爱，你就想要把它保持在这儿；**

You know, if you have a desire and an attachment, you want to hold it in here;

**你有一个嗔恨，你就想离它很远。**

You have an aversion, you want to hold it out there away from you.

**所以贪爱和嗔恨是同一种东西，只是方向不同。**

So, attachments and aversions are the same thing, the direction is different.

**当你想要有它，你把它拉近；**

When you want to have it, you pull it into it;

**当你不想要它，你把它推开。**

When you don't want it, you want to keep it away from you.

**为什么我们不致力于去做这些像是无欲的事情呢？**

Why don't we work on some of these things like desirelessness?

**当你变得无欲的时候，你能拥有任何一件你想要的事情，仅仅是通过一个念头。**

You can have anything and everything you want just for the mere thought of it by becoming desireless.

**你们听我说过，当你无欲的时候，你可以获得远远超过你有欲望时候的享受。**

And you've heard me say that when you're desireless, then you can enjoy by far more than you could when you had desire.

**你们不相信我，你们从未尝试过，或者你们在试过特定的次数后就不做了、忘记了。**

You don't believe me, you've never tried it, or you tried it for a certain amount and then let go of it, forget about it.

**但这些事情很简单：变得无欲，仅仅是一个念头，任何事情你都可以瞬间拥有它。**

But these things are simple, Francis, become desireless and the mere thought of anything, you can have it instantaneously.

**学生：我认为我们都体验过思想投射——事情发生，比如有一个车位，或者其他什么。所以显然地，我们需要做的是让我们的视野更高，把它带到存在中去。**

Student: I think we've all experienced that an increase in thought projection and things happening, be it a parking place or, you know, whatever, so evidently, all we have to do is set our sights a little higher and bring this into being too.

**莱斯特：是的，为什么你们停下了？**

Lester: Yeah, why do you stop?

**为什么不走完全程？**

Why don't you go all the way?

**学生：我不知道，一定是有什么地方被忽略了，你这位大师还没有展示给我们。**

Student: I don't know, there must be a missing link somewhere, you, the master hasn't shown us?

**莱斯特：（笑声）你是大师，你没有展示给你自己。**

Lester: You're the master, and you haven't shown yourself yet.

**你不认为事情是这样的，你不认为事情可以是这样的。**

You don't think it's so, you don't think it can be so.

**学生：well.....我知道所有事情可以是这样，我的意思是，正如一个人所想的，我猜.....**

Student: I know that all things can be so, I mean as a man thinks I guess...

**莱斯特：智性上、理论上你接受了。**

Lester: Intellectually, theoretically you accepted so.

**如果你真的这样想，你不会停下来，直到你变得无欲。**

If you really thought that, you would never let go until you became desireless.

**接着你就会瞬间物质化任何你需要的事情。**

And then you would instantaneously materialize anything and everything you need.

**为什么你以困难的方式来做？像你现在做的那样。**

Why would you do it the hard way, the way you do it now?

**为什么需要工作来维持生活？**

Why work for a living?

**为什么要打卡上下班？**

Why punch a time clock?

**为什么生活中会有那么多困难？**

Why have difficulties in life?

**(风的翻译到此结束)**

**从某种程度上说，你确实不得不去上班，对吧？**

In a way, you do, you have to go to work, right?

**学生：是的，跟很多人相比，我的情况可能算是最自由的了。**

Student: Yeah, I probably have about the freest situation of a lot of people.

**莱斯特：好吧，它没有自由。**

Lester: well, it doesn't free

**“最自由”并不是自由。**

Lester: Freest is not free.

**不，自由真的是.....不，我，呃.....自由其实并不在于你在做什么。**

No, freedom is really... No, I uh... Freedom is really not in what you're doing.

**学生：我们的收入基本上是一种概念、一种我们认为自己能够拥有的东西，或者是任何不需要努力就能维持的东西。**

Student: All of our income is basically one of concept, of the way we, you know, what we feel we can have, or whatever that should be able to be sustained without this effort.

**莱斯特：是的，宇宙中的大多数生命都是以我所说的那种方式生活的。**

Lester: Yeah, life in most of the universe has lived the way I'm speaking about.

**学生：罗宾仍然在摸索这个词，不是吗？**

Student: Robin is still going at the scratch of the word, though, isn't he?

**莱斯特：他和我们一样，只是没有那么束缚而已，他自由得多，从不担心生计问题，但他也身处于一个物质领域里，处于一个最缓慢、最稠密的领域之中。**

Lester: He's like we are, only not nearly so bound, he's far freer, he never worries about making a living, but he's in a physical realm too, he's in the slowest, densest realm there is.

**学生：这是最难应对的情况。**

Student: The hardest one's hand in the mouth.

**莱斯特：所以我在这里要强调的是，为什么我们不走完全程，让事物立即发**

**生，拥有一种没有任何悲伤的、持续的喜悦状态？**

Lester: So I'm making a point here of why don't we go all the way and have things happen instantaneously, have a constant state of joy with never any sorrow?

**我们为什么不这样做呢？**

Why don't we do this?

**学生：就我而言，我有一个家庭.....我自己本可以走得很远，但我不能.....我不会走到离开自己的家人并独自追求这种生活的地步。**

Student: In my case, I've got a family that's... I could go so far myself, and I can't... I'm not going to go to the point of leaving my family and pursuing this life solitarily on my own.

**莱斯特：不，在我们的团体中，没人说过你必须这样做，对吧？**

Lester: No, one ever said you had to in our company, did they?

**学生：既然你问了原因，而且我确定.....**

Student: Since you asked why, and I'm sure that...

**莱斯特：所以，你认为，为了做到这一点，我就得离开我的家人，这不是真的。**

Lester: So you assume that in order to do it, I have to leave my family, that's not true.

**你在你所在的地方就能做。**

You can do it right where you are.

**学生：好吧，让我们想一下这些厌恶等等之类的东西。**

Student: Well, let's think of these aversions and so on.

**莱斯特：是的，我试图提出这些要点。**

Lester: Yeah, I'm trying to bring these points out.

**因为如果你看到了它们，就有可能放下这些你给自己设置的障碍。**

Because if you see them, the chances are you'll let go of these obstacles that you're setting up for yourself.

**总有一天你会做到的，你正在努力做到这一点。**

You'll do it someday, you're trying to do it.

**你知道，你的每一个行为都在试图让事情变得更容易、更好、完成得更多等等。**

You know, in your every act is trying to get things done more easily, better, more of it and so forth.

**但在你释放“你不想要它”之前，你必须先看到“你不想要它”。**

But you've got to see you're not wanting it, before you let go of your not wanting it.

**这就是我想表达的重点。**

This is the point I'm trying to make.

**如果我们没有“不想要它”，那么它很快就会出现。**

If we did not not want it, it would very quickly be.

**但我们一直抓着“不想要它”，这就是为什么我们得不到它的原因。**

But we're holding on to not wanting it all the time, and that's why we're not getting it.

**理解了吗？**

Does that make sense?

**我们紧抓着“不想要它”，也就是不想要那种完美的生活方式。**

We're holding on to the not wanting of it, of this perfect way of living.

**学生：我看到了障碍，我看到了限制。**

Student: I seen obstacle, I seen limitation.

**莱斯特：因为我们觉得自己是受限的，因此无法立即拥有一切。**

by seeing that we are limited and therefore cannot have things instantaneously.

**哪怕是一条小虫，他们把它切成两半，我猜这是一条沙蚕，把它切成两半，它会再生出你从它身上切掉的那部分身体。**

Even a little worm, they cut it in half, I suppose it's a blow worm, cut it in half and it grows the part of the body that you cut away from it.

**现在，在我们获得永生之前，我们都得学会如何做到这一点。**

See, now we all have to learn how to do that before we gain our immortality.

**在我们不再被迫通过子宫、历经 9 个月的孕育、然后以一个完全无助的婴儿状态回到身体里之前，我们必须学会摆脱这个身体。**

we have to learn to be free from this body before we are not compelled to come back in the body through the womb, through 9 months

incubation and then starting off as a totally helpless infant.

**这绝对是这个宇宙中最愚蠢的典型例子。**

There's a prime example of probably the grossest stupidity in this universe.

**一个本质是无限的婴儿变得丧失了能力，我们还能有多傻呢？**

For an infant, who is basically unlimited to be that incapacitated, how silly can we get?

**但我们却一次又一次、一次又一次地重复着.....**

But we do it again and again and again...

**如果你回想一下自己生命最初的几天，你会发现那极其难受，这太不可思议了，哦，是的，你无法站起来，完全失去了自由。**

And if you remember back to your first days of life, you'll find it extremely uncomfortable, it's amazing, oh yeah, you can't get up, you you're totally unfree.

**然而，我们这辈子却都这样做过，我们让自己完全丧失了几乎做任何事的能力，除了食物被放进嘴里，然后吃下去。**

And we've all done it this lifetime, we made ourselves totally incapable

of doing almost anything except when food's put in our mouth, we take it.

**现在，我在说的是，面对这些东西，面对这些东西，也许你就能放它们离开，走完全程，然后你很快就会实现它。**

Now, what I'm saying is face these things, confront these things, and maybe you'll let go of them and go all the way, and you'll do it very quickly.

**因为你现在就是无限的，你假设了所有的这些限制。**

Because you're unlimited right now, you are assuming all these limitations.

**你看，我想让你明白的是，我想要你有走完全程的渴望。**

You see, I guess the thing I'm trying to get into you is the desire to go all the way.

**因为我们的成长与我们走完全程的渴望成正比。**

Because our growth is directly proportional to our desire for it.

**如果我们真的.....如果我们渴望无限能像我们渴望在这个世界受限的程度一样，我们很快就能得到它。**

If we had a real... If we desired to be unlimited as much as we desire to be limited in the world, we'd get it very quickly.

**你待在这个世界的渴望非常强烈。**

Your desire to be in the world is very intense.

**我不知道我在这个群体里提出了什么，但我说过，如果你想知道自己对这个身体有多贪恋，就想象一下把它扔到汽车前面，你感觉如何？**

I don't know what I brought out in this group, but I've said if you want to find out how attached you are to this body, how would you feel about throwing it in front of a automobile?

**然后你会发现你多么认为自己是这个身体。**

Then you'll discover how much you think you are this body.

**但你必须面对这些东西，你必须看着它们。**

But you've got to confront these things, you've got to look at them.

**如果你抓着这些东西，并且不去看它，你就永远都看不到它。**

If you hold these things, and you don't look at it, you'll never see it.

**我在试着帮你挣开这些如此极端的束缚和限制。**

I'm trying to help you pry loose these bondages and limitations that are so extreme.

**正如你一路上听到的那样，噢，天哪，你都已经听过一千遍了，却还坚持做一个极其受限的身体。**

As much as you have heard the entire way, oh my gosh, you've heard it a thousand times, you persist in being a very limited physical body.

**仅仅是因为你不直面“你认为自己是一个受限的物理身体”这个事实。**

Only because you don't confront this fact that you consider yourself a limited physical body.

**所以如果我能让你看清这一点，如果我能让你去做，去把它挖出来，当你不去看它时，它是潜意识的，把它从你的潜意识里挖出来，看着它，你就会放下它，就能移除这个障碍，或者说移除所有那些走完全程的障碍。**

So if I can get you to see this, if I can get you to go to work and dig it out, when you don't see it, it's subconscious, dig it out of your subconscious, look at it, you'll let it go, you'll remove the obstacle, or the obstacles to going all the way.

**遗憾的是，我们大多数人都利用逆境来产生前进的动力。**

Unfortunately, most of us use adversity to produce to move forward.

如果你尽快养成这个习惯，也许这将是天赐良机，也许我们就能实现它了。

If you find a habit soon, well maybe it'll be a godsend, maybe we'll do it then.

你在看到的外面这个世界会变得越来越艰难，回头看看，想想最后那扇门，生活变得愈发艰难，愈发紧张，愈发痛苦，世界从未像现在这样拥有过这么多东西，我们在这个国家得到了一切，然而我们却从未如此不开心，对吗？

What you see out there in the world just gets more and more and more so, look back with your feet and think to the last door, life is getting more difficult, more tense, more miserable, the world never had so much as it has now, we've gotten everything in this country, and we were never so unhappy, right?

随着岁月的流逝，我们变得越来越不快乐，这种情况将一直持续下去，直到我们把自己撕裂。

We get less happy as the years go by, this will keep on going until we rip ourselves apart.

我现在把这个世界当作一个整体，在这个过程中，你也许能用它来逼迫自己、直面自己，去看清你正试图紧紧抓着的这个既珍贵又糟糕的身体，这是你曾经所设想过的最极端的限制。

I'm taking the world as a unit right now, in this process, you might be

able to use it to force yourself, to confront yourself, to see that you're trying to hold on to this precious, awful body, which is the extremist limitation you've ever assumed.

**我想这就是我们安排这些即将发生之事的**原因**，我想需要一场正面的碰撞才能唤醒我们。**

I guess that's the reason why we arrange these things that are about to come about, I guess it takes a head-on collision to wake us up.

**但是当它来临时，你可以利用它。**

But when it comes, you can use it.

**然而，我的建议是，现在就做。**

However, what I'm suggesting is do it now.

**当碰撞来临时，你会笑，你会一直笑个不停。**

And when the collision comes, you'll laugh, and you'll laugh all the time.

**当你释放了束缚，你就不会不快乐了，你只会时刻都感到极度幸福。**

When you let go of the bondages, you can't be unhappy, you can only be extremely happy all the time.

**唯一导致不快乐的东西就是限制。**

The only thing that causes unhappiness is a limitation.

**所以，挖出这些原因，把它们从潜意识中拉出来并面对它。**

So, dig out these reasons, pull them out of the subconscious and confront it.

**“我想成为这个身体，我认为自己是这个身体，而且这个身体很棒”，接下来，当你直面它时，就能对它做些什么了。**

“I want to be this body, I think I'm this body, and this body is great”, and then when you confront it, then you are able to do something about it.

**在那之前，你是自动化的，并且你无法改变那种自动模式。**

Until then, you are on automatic, and you can't change the automatic pilot.

**你可以用我之前提到过的一些建议，变得无欲，为之努力，直到你实现它。**

You can use some of these suggestions I mentioned before, become desireless, work at it until you achieve it.

**一旦你达成了这一点，就会发现自己彻底自由了。**

You achieve that, and you will discover that you're totally free.

**但再说一次，基本上，我们之所以无法成功的原因是，我们紧抓着这些限制、这些束缚，坚持把这个身体当作是自己。**

But again, basically, the reason why we don't make it is because we hold on to these limitations, to these bondages, to this body as being me.

**之前和之后的唯一区别是：**

The only difference before and after is:

**之后，当你审视自己的身体时，不再将自己视作一个身体，你会把自己视作每一个身体、每一个原子；**

When you look through your body after, you no more see yourself as one body, you'll see yourself as every body, every atom;

**当你更进一步，你会发现你不是任何人，你从未受到过限制，你从未移动过，你一直都是无所不在的，你怎么可能移动呢？**

And you go a step beyond that, you'll see that you're not anybody, you were never limited, that you never moved, that you were always omnipresent, how can you move?

**身体的游戏只是一种想象、一种幻觉。**

That the play of bodies was just an imagination, an illusion.

**在那之后，你在这个世界中行走，但不会陷入认为自己是一个身体的想法中了，你知道这个世界的本质只是一场梦。**

And after that, you move in the world, but you don't get caught up in thinking you're a body, you know the substance of the world as being just a dream.

**然后你会看到越南战争就像电影里的战争画面一样，这些他们编造的故事每天都在电视上播放着，他们有这些战争故事。**

Then you'll see the Vietnam War just as much a war as the moving pictures of wars are, these stories that they make up, they have them on TV every day, they have war stories.

**电视上的那些战争故事就像越南战争一样真实，越南战争会像一场战争电影那样困扰着你。**

Those war stories on TV are exactly as real as the Vietnam War is real, the Vietnam War will bother you as much as a moving picture of a war would bother you.

**你会让自己的身体自然运转。**

You'll let your body run its course.

**我想给你一点小诱饵：不过不用担心，在你开悟之后，你无论如何都不会失去这个身体，它会按照你预先设定的时间运行，它会经历和你没开悟时完全一样的事情。**

I'm trying to give you a little bait by saying: Don't worry though, you're not going to lose the body anyhow after your realization, it will go exactly as long as you predetermined it to go, it will go through exactly the same things, it would have gone through had you not gotten realization.

**你的身体将要经历的一切，无论如何它都会经历。**

What your body's going to go through, it will go through anyway.

**所以，身体永远不应该成为获得觉醒的障碍。**

So, that should never be a deterrent in getting realization.

**当你明白这一点时，它就不再是障碍了。**

When you know that, it isn't.

**学生：我们不需要那些行善者的表面行为，所以主日学校的课程或任何的这些东西真的都只是形式。**

Student: We don't need any visual activity of the do-gooders, so Sunday school class or whatever this is really the version.

**莱斯特：对，那是一种束缚。**

Lester: Right, that's a bondage.

**好与坏，你必须在幻象中平等地来看待。**

Good and bad, you have to see as being equally in the illusion.

**它是一场梦。**

It's a dream.

**如果你行善，你会做个好梦；**

If you do good, you have a good dream;

**如果你作恶，你会做个噩梦。**

If you do bad, you have a bad dream.

**现在，你无法只有其中一个而没有另一个。**

Now, you can't have one without the other.

**如果有好的，就必定有坏的；**

If there's good, there must be bad;

**如果有坏的，那就一定有好的。**

If there's bad, there must be good.

**学生：你的意思是说心智能将二者等同起来吗？**

Student: You mean if the mind equates that?

**莱斯特：不，你、你.....一个伴随着另一个，就像贪恋和厌恶，它只是同一枚硬币的另一面。**

Lester: No, you you... One goes with the others, it's like attachment and aversion, it's just the other side of the coin.

**学生：只是同一枚硬币。**

Student: Just one coin.

**莱斯特：我想说，贪恋，就是用这种方式抓着某个东西；**

Lester: Attachment is holding on to, I'd say, something this way.

**厌恶，则是用那种方式抓着它。**

Aversion is holding it that way.

**好，是这场梦境幻觉里我喜欢的一部分，**

Good is part of the dream illusion I like,

**坏，则是这场梦境幻觉里我不喜欢的一部分，**

bad is part of the dream illusion I don't like,

**但它们都是同一个东西，它们都必须.....**

but they're both one and the same thing, they both have to...

**你无法只有好而没有坏，所有的词必然都是相对的，一个与另一个相关。**

You can't have good without bad, all words are necessarily relative, one relates to the other.

**如果一切始终都是好的，就不会存在“善”这种东西了，你会无法理解它，你必须体验过坏，才懂得什么是好；**

If everything was all good all the time, there'd be no such thing as goodness, you couldn't understand it, you have to have badness to know what goodness is;

**你得经历过糟糕的境遇，才能珍惜美好的境遇。**

You've got to have a you got to have a bad stake in order to appreciate a good stake.

如果你生来就处在优渥的环境中，并且一生都顺风顺水，就不会知道什么是好的境遇，也就不存在所谓的好的状态了。

if you're born into good stakes and had good stakes all your life, you wouldn't know what a good stake is, there wouldn't be any such a thing as a good state.

你必须经历过糟糕的境遇，才会明白什么是好的境遇。

You've got to have bad stakes to know what a good stake is.

但你现在明白什么是善了吧，哈利？

But you see what goodness is now, don't you, Harry?

学生：是的，如果我这么说，你会说这个，你会说，嗯，现在，真的什么都没有，因为你知道这只是你认为的方式，我更倾向于……我认为我已经能看透好坏、积极及其对立面了。

Student: Yes, now, if I would have said this, you'd say, well, now, there's there really is none, because you know it's just the way you would think of it, and I prefer to... I think I've pretty well been able to see through this thing of good and bad, positive polarities and.

莱斯特：如果你正在做梦……

Lester: if you're having a dream.

**学生：放手，真正地让它存在。**

Student: Let go and let be really.

**莱斯特：好吧，你的哪个部分是这种终极状态呢？如果你一直都是“那”，你现在也是“那”，对吗？**

Lester: All right, what is the part of you that is this ultimate state? If you're always That, you're That right now, right?

**你的哪个部分是无限的？**

What part of you is unlimited?

**学生：我的存在。**

Student: My being.

**莱斯特：对，就是这样，保持住，就是这样，我的存在。**

Lester: Right, that's it, hold it, that's it, my being.

**你的存在是你无限的那部分。**

Your Beingness is the unlimited part of you.

**现在，有限的那部分正在试图成为某种东西。**

Now, the limited part is trying to be something.

**所有的形式必然都是受限的，都在试图成为一种形式、一个身体，致使我们成为受限的身体。**

All form is necessarily limited, trying to be a form, a body, causes us to be limited bodies.

**然后，选择成为每一个原子；**

Then choose to be every atom;

**接着，你就离看到“你的真实状态仅仅是存在”只有一步之遥了。**

And then you're a hairline away from seeing that your real state is only Beingness.

**学生：我知道，我知道，比如说开悟。**

Student: I know, I know, it's realization, let's say.

**莱斯特：但为什么不呢.....为什么不是每个人都变得无限呢？**

Lester: But why don't... Why doesn't everybody become unlimited?

**仅仅是一个想法，你就能拥有任何东西。**

It's a mere thinking, you can have anything.

**学生：你看，当你这么说的时侯，这似乎很矛盾。**

Student: You see that, that seems very contradictory when you say that.

**莱斯特：为什么？**

Lester: Why?

**学生：你在说要变得无欲等等，然后你反过来，你说如果你无欲了，你就能拥有一切，你似乎在引诱我们去到那里拥有一切，而实际上.....**

Student: You're saying be desireless and so on, and then you turn around, you say if you are desireless, you can have everything, it seems like you're baiting us to get out there to have everything and really...

**莱斯特：对。**

Lester: Right.

**学生：你想让我们一无所有。**

Student: You want us to have nothing.

**莱斯特：不，我想让你拥有一切，不，我想让你成为一切。**

Lester: No, I want you to have the all, no, I want you to be the all.

**学生：这件事是.....**

Student: This thing is...

**莱斯特：不是。**

Lester: No.

**学生：消散了，它就像是海市蜃楼一样。**

Student: Evaporate, it's like a mirage.

**莱斯特：不，你在消散。**

Lester: No, you're evaporating.

**学生：你以为自己会拥有一切，但是当你达到这种状态时，你拥有了一切，却什么都不想要了，你知道，我的意思是.....**

Student: You think you're going to have everything, but when you when you achieve this state, you have everything, and you don't want anything, you know, I mean...

**莱斯特：这是你的话，不是我的。**

Lester: These are your words, not mine.

**学生：反正我也不是为了那个在努力。**

Student: I'm not working for that anyway.

**莱斯特：你成为了一切，就像我之前说的，你成为了每一个原子。**

Lester: You become the all, you become every atom, as I said before.

**学生：但事实并非如此，你不能.....**

Student: But it isn't, you can't...

**莱斯特：现在.....**

Lester: Right now...

**学生：我们坐在这里，秉持着世俗的价值观，换句话说，拥有一切，而我只是说，你知道，坐在这里，我们会.....我们会做到这一点，也就是拥有一切，你知道的。**

Student: We're sitting here taking worldly values, in other words of having things, and and I just say, you know, sitting here, we would... We would do this, equating having everything, you know.

**莱斯特：是的，我在谈这件事，你现在有一个身体，你能拥有无限多个身体。**

Lester: Yeah, I'm talking about it, you've got one body now, you can have an infinite number of bodies.

**我在说的是你所谓的世俗意义，通过成为越来越多，你变得越来越不受限制。**

I'm talking what you call a worldly sense, by becoming more and more and more, you become less and less limited.

**然后，当你看到你是宇宙中的每一个原子时，那么，距离终极目标就只有一小步了。**

And then when you see that you are every atom in the universe, then it is just a tiny step to the ultimate.

**所以我建议你拿到更多，成为百万富翁、成为亿万富翁、成为万亿富翁，继续、继续下去……不要限制自己。**

So I'm suggesting you take on more, be a millionaire, be a billionaire, be a trillionaire, and go on and on, and undo limit yourself.

**学生：我们刚刚说，如今的美国比以往任何时候都更加富裕繁荣，但同时也存在着最大的不幸福，所以这确实不是解决问题的办法，不是吗？**

Student: We just got done saying that the world United States today is

more fluent and prosperous than has ever has been, and yet the greatest unhappiness so, this really isn't the way to go, is it?

**莱斯特：嗯，幸福不是你拥有什么，而是你对它的贪恋或不贪恋决定了你的幸福。**

Lester: Well, it's not what you have, it's your attachment or non-attachment to it that determines your happiness.

**人们拥有各种各样的东西，然而因为贪恋，他们痛苦不堪。**

People have things, and because of attachment, they're miserable.

**作为一个国家来说，我们在 20 年代远比今天要幸福得多，即便在 30 年代，我们也更幸福，你可以通过我们 30 年代的歌曲来检验这一点。**

We were far happier in the twenties as a country than we are today, even in the 30s we were happier, and you can check this out by the songs that we had in the 30s.

**所以，重要的不在于你是否拥有，决定你幸福的，是你对所拥有或未拥有的东西的贪恋或者不贪恋。**

So, it's not whether you have or whether you don't have, it's your attachment or non-attachment to what you have or don't have that determines your happiness.

嗯，这是真的，我在试图引诱你拿到一切，轻松地获得，没有挣扎地拿到它，我只是想一想就得到了它。

Well, it's true, I'm trying to bait you into taking the all, to take it with ease, to take it without struggle, to take it I'm merely thinking of it.

如果你想知道我为什么不这样做，那是因为你们这些人，如果我在你们眼面前那样生活，这会是对你们的一种冒犯。

If you wonder why I don't do it, it's because of you people, it would be in an affront you if I live that way in front of your eyes.

我曾经经历过，当我独自住在圣多纳的时候，我经历过。

I've had it, when I was living alone up in Sedona, I had it.

然后，人们开始涌入，我不得不继续放手、放手、放手，直到去年，我才放下了其中最主要的部分。

And people started coming in, I had to keep letting go of it, letting go of it, letting go of it, until this past year, I've let go of the major major part of it.

就我的生活方式而言，我现在几乎和其他人一样了，我涉足商业，参与进各种事物中。

I'm just almost as human as anyone else now, the way I live, got involved in business, got involved in everything.

**所以这并非是为了冒犯你们，如果你们看到我瞬间就把事情完成了，你们会憎恶这一点。**

So it's not to affront you people, if you saw me doing things instantaneously, you'd resent it.

**好吧，你认为你不会，但事实也不会改变，我知道你会，我已经经历了。**

Well, you think you wouldn't, it doesn't change it, I know you would, I've been through it.

**唯一能接受这些事情的人，是那些自己也能做到的人。**

The only people who can accept these things are those who themselves do it.

**那些做不到的人，就算不是有意识地，也会无意识地憎恶能做到这种事的人。**

Those who don't do it, resent the other one doing it, subconsciously, if not consciously.

**我还能再激怒你吗？**

Can I bait you anymore?

**但我所说的一切都是真的。**

But this is true everything I say.

**学生：你说什么？你想让我们做什么？**

Student: What do you say? What do you want us to do?

**莱斯特：走完全程。**

Lester: Go all the way.

**学生：在这个世界中？成为百万富翁？**

Student: In the world? Be a millionaire?

**莱斯特：完全觉醒。**

Lester: To full realization.

**不，那是诱饵的部分。**

No, that's the bait part.

**玩不花钱就能得到东西、拥有你想要的一切的那种游戏，拿到你想要的一切，拿到最好的，然后继续前行。**

Play the game of getting things without money, of having anything everything you want, take all you want, take the best, and then move on.

学生：相对而言，从我从俄亥俄州来后，你知道，事情是……你知道，只是……但就像你说的。

Student: Relatively speaking, from Ohio, you know, things are... you know, just... but like you're saying.

莱斯特：哈利，你开启了这个进程，我知道你现在的的生活比我第一次见到你时要好得多，也幸福得多，你已经在用它了。

Lester: You started this process, Harry, I know you're living far better with much more happiness than when I first met you, you've used it.

现在我要说，走完全程，你仍然会在这里，你仍然可以做你正在做的那些事。

Now I'm saying, go all the way, you'll still be here, you can still do the exact same things you're doing.

唯一的区别是：你将彻底自由，你将拥有一种波澜不惊的喜悦和平静，你将通过你正在做的事和还没有做的事，完成你一直试图完成的，而这主要被称作幸福。

The only difference will be, you'll be totally free, you'll have a joy and peace that's imperturbable, you will have accomplished what you're trying to accomplish through what you're doing now and not

accomplishing, and the thing is called mainly happiness.

**学生：换句话说，如果我能达到无欲的状态，换句话说，我的障碍是冥想，我无法在心里找到冥想的感觉。**

Student: In other words, if I could get desirelessness, in other words, my hang-up is meditation, I can't find it in my mind to meditate.

**莱斯特：那不是你的障碍，障碍是你有欲望。**

Lester: That's not your hang-up, the hang-up is you've got desire.

**这是一个更好的选择——摆脱欲望，然后你就在那里了。**

That's a better one, get rid of desires and you'll be there.

**学生：你不必冥想吗？**

Student: You don't have to meditate?

**莱斯特：不用。**

Lester: No.

**学生：我已经问“我是谁”很久了，这让我对知道“我是谁”都厌倦了，我第一次问这个问题。**

Student: I've asked who I am for so long that I'm tired of knowing who I am and the first time I asked it.

**莱斯特：摆脱欲望，彻底摆脱欲望，然后你就完全自由了。**

Lester: Get rid of desires, completely rid of desires and you're totally free.

**然后你会把自己视作宇宙中的每一个原子，而且你放入心智中最细微的念头都会瞬间实现。**

Then you'll see yourself as every atom in the universe, and the slightest thought you put in your mind instantaneously comes about.

**难道你没看到一个欲望在说“我没有某样东西”，并使它如此吗？**

Don't you see a desire saying "I don't have something", and making it so?

**欲望是一个非常消极的东西。**

A desire is a very negative thing.

**现在，当你无欲时，如果你选择享受某样东西，你会比之前对它有欲望时更享受一千倍。**

Now, when you're desireless, if you choose to enjoy something, you

enjoy it a thousand times more than you did before when you had a desire for it.

**因为你是自由的，你自由地享受，而此前你是带着一种匮乏的感受在享受。**

Because you are free, you enjoy with freedom, whereas before you were enjoying with a feeling of lack.

**明白了吗？**

Does that make sense?

**学生：对，一切就在这里，这就是全在的所在之处，一切，就是这种对它真实存在的领悟，就是.....就是它，除了此地，再也没有其他中心了。**

Student: Right, everything's right here, and this is where omnipresence is, everything, it's this realization that it truly is so, it's where the... this is it, there's no other center other than right here.

**莱斯特：那么，它就是我所是的“我”。**

Lester: Then I, it's the I that I am.

**学生：对，这就是每个人之内的“我”。**

Student: Right, this is the I in everybody.

**莱斯特：把你拉离它的东西是欲望，是“我”之外的东西。**

Lester: And the thing that pulls you away from it is desire, something other than I.

**学生：欲望，或者我想说是问题，它看起来像.....**

Student: Desire, or I'd like to say problems that it seems like...

**莱斯特：那是欲望的反面——厌恶。**

Lester: That's the opposite of desire, aversion.

**学生：但我们之内的那个东西，我喜欢叫作“我们之内的天堂”，我总是这么叫它。**

Student: But that thing within us is what I like to call heaven within us, I always call that's what.

**莱斯特：它在我们的内在，也不在我们的内在，它是我们，它是“我”，它不在内，也不在外，它就是它，这就是它所是的全部了。**

Lester: It is and it's not within us, it is us, it is I. it's not within, it's not without, it just is, that's all it just is.

**除非你想限制它，否则你无法说任何关于它的东西，任何你所说的关于内在和外在的东西都限制了它，你难道没能理解吗？**

And you can't say anything more about it unless you want to limit it, anything you say about within and without limits it, can't you see that?

**它就是它，就是这样。**

It just is, period.

**你无法说任何关于它的东西，它是你所能体验到的最伟大、最奇妙的体验。**

And you can't say anything more about it, and it is the greatest, the most terrific experience you can ever experience.

**你为什么不让那种状态持续下去呢？**

And why don't you make that all the time?

**学生：我冥想的时候.....你知道，严格来说我没有冥想，但你知道，我总是想知道真相是什么，在这背后的是什么。**

Student: I meditation when you're... you know, I don't meditate per se, but yet, you know, I always wonder what's the truth, what's behind this.

**莱斯特：别冥想了。**

Lester: Don't meditate.

**学生：你知道，总有这种对这件事的意识，你知道，我确实得放手，并让这**

**件事指引我。**

Student: You know, there's always this consciousness of this thing that you know, and I really do let go and let this thing direct me.

**莱斯特：要知道，冥想对初学者来说是不错的，但你们这些人已经远不止是初学者了，冥想就是让自己安静下来，比这更棒的是探寻你的存在，探寻远远超越了冥想。**

Lester: See, meditation is fine for beginners. but you people are way beyond beginners. meditation is just getting quiet, much greater than that is seeking your Beingness, seeking is way beyond meditation.

**学生：哦，我想我们一直都在这么做，我的意思是，这难道不是持续不断的吗？**

Student: Oh, I think we do that all the time, I mean isn't that just constant.

**莱斯特：不，就像之前说的那样，你是在持续地追寻世界。**

Lester: No, you're constantly seeking the world as came out before.

**如果你是持续不断地在追寻你的真我，最多几周，你就能找到它，不会超过几周的。**

If you were constantly seeking your Self, you'd find it in a maximum of

weeks, it couldn't take more than weeks.

**如果你在寻找你的性别，找到它需要花你多长时间，那么找到你自己就需要花你多长时间。**

If you were seeking your sex, would take you how long to find it? and that's how long it's going to take you to find you?

**你这样做（莱斯特打了个响指）。**

You do it like that.

**但我知道你可以在几周内做到这一点，如果你保持寻找自己并只持续地寻找自己，在几周内，你就会找到你自己。**

But I know you can do it in a matter of weeks, if you keep looking for you and only keep looking for you, in weeks, you'll discover you.

**当你做到的时候，它就像那样（莱斯特打了个响指），瞬间发生。**

And when you do, it's like that, it's instant.

**现在，你为什么没有找到自己的原因是，你把自己阻挡在了这里，你在向外寻找它，而它就在这里，你却说着“我无法找到它”。**

Now, the reason why you don't discover you is you hold you back here, and you're looking out there for it and here it is, you're saying I can't

find it.

**但一旦你这么做，它就是瞬间的。**

But the moment you do that, it's instant.

**当你看着你自己的那一刻，你会看到你自己。**

Moment you look at you, you'll see, you'll see you.

**但你每时每刻都在看向你自己之外，你在看着外部的幻象，你在看着那具身体，你在说：“我、这个无限存在是这个身体。”**

But you're every moment looking at other than you, you're looking at the illusion out there, you're looking at the body, and you're saying: "I, the infinite being am this body."

**你每时每刻都在这么说，除了你睡觉的时候。**

And you're saying that every moment, except when you go to sleep

**有时你会说：“我、这个无限存在是一具梦境中的身体。”然后你在夜间的梦境状态中演绎人生。**

Then sometimes you say: "I, the infinite being am a dream body." And then you play act of life in the night dream state.

但你每时每刻都在说：“我是一个身体。”

But your every moment saying: "I am a body."

看，这是你必须得明白的事情。

See, this is the thing you've got to get to see.

我知道哈利之前描述的是一种不是这具身体、只是存在的体验。

I know what Harry described before was an experience of not being the body, of just being.

当他感到完全满足时，一种全然的满足，他只是存在，他不是一个人身体。

When he felt fulfilled, a total satiation, he was just being, he wasn't being a body.

他以为自己是一个身体，他就无法感受到它的美好、它的伟大。

He thought he was being a body, he couldn't feel that goodness of it, the greatness of it.

所以，弗朗西斯，检查这些东西，看着它，你会发现自己每时每刻都在追逐这个世界，并认为自己是一个需要被细心呵护、精心照料的身体。

So, examine these things, Francis, look at it, you'll see that you're every moment chasing after the world, thinking you're a body that must be

pampered and taken care of.

**圣经说“不要为身体忧虑”，就是这个意思。**

The Bible says “take no thought for the body”, that's what it means.

**那么，该怎么做呢？**

So, the thing to do is what?

**像哈利做的那样，体验它，更多、更多地体验它，直到它成为唯一的体验，你不会消失的。**

Like Harry did, experience it, make it more and more, until it's only, you won't disappear,

**然后你有一个选择，你可以立即获取事物，或者像其他人那样获取它们，无论你选择哪种方式，对你来说都不重要，都是一样的，你达到了那种同一、平等的状态。**

Then you have a choice, you can take things instantly or like other people are taking them, it doesn't matter to you which way you take them, it's all the same, you achieve that state of sameness, equal mindedness.

**它是一个梦，你在几年内得到它还是立即得到它，有什么区别呢？**

It's a dream, what's the difference whether you get it in a matter of years or instantaneously?

**一旦你知道了它是一个梦，那就无关紧要了。**

Once you know it's a dream. it doesn't matter.

**但最大的区别是：你是自由的。**

But the big difference is you're free.

**如果你能立即做到这一点，你就已经获得了超越一切理解的平静和幸福，你已经放下了所谓的痛苦、不开心、困难和问题，你已经拿到了目标。**

If you can do it instantly, you've attained the peace and happiness that passes all understanding, you've let go of so called miseries, unhappiness, difficulties, problems, you've attained the goal.