

终极目标 第一卷

The Ultimate Goal

Volume 1

中英文字版

更新说明

有缘的朋友：

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

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

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

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

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 Ultimate Goal Volume 1》音频制作了本文档，你们可以到 b 站找到原音频，如果看到我有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。

本系列音频收录了莱斯特在 1964 年到 1972 年间的 11 次演讲，但请不要因为这是早期教导就忽略甚至拒绝它们，课程的最后依然指向了圣多纳释放法。在历史长河中困扰人类数千年的问题，莱斯特在课程中用三两句话就能解释清楚，并给出了实际且简单易用的方法。风虽然总结了莱斯特的教导，但实际上他对整个教导的全貌十分清晰，我们也应该为自己做好这件事。

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 6 月 28 日

目录

莱斯特的常用词	1
01.终极真理 The Ultimate Truth 1	2
02.终极真理 The Ultimate Truth 2	15
03.体验真理 Experiencing Truth 1	26
04.体验真理 Experiencing Truth 2	35
05.释放小我 Letting Go of Ego 1	47
06.释放小我 Letting Go of Ego 2	57
07.释放小我 Letting Go of Ego 3	67
08.完美的身体 The Perfect Body 1	76
09.完美的身体 The Perfect Body 2	87
10.心镜 The Mind Mirror 1	106
11.心镜 The Mind Mirror 2	118
12.心镜 The Mind Mirror 3	125
13.通往幸福的道路 Your Path to Happiness 1	138
14.通往幸福的道路 Your Path to Happiness 2	152
15.创造你想要的一切 Creating All You Desire 1	167
16.创造你想要的一切 Creating All You Desire 2	178
17.创造你想要的一切 Creating All You Desire 3	188
18.毫不费力的奇迹 The Effortless Miracle 1	199
19.毫不费力的奇迹 The Effortless Miracle 2	211

20.毫不费力的奇迹 The Effortless Miracle 3	218
21.静默、爱和恩典 Silence, Love and Grace 1	227
22.静默、爱和恩典 Silence, Love and Grace 2	235
23.静默、爱和恩典 Silence, Love and Grace 3	243
24.拥有一切 Having It All 1	253
25.拥有一切 Having It All 2	262
26.拥有一切 Having It All 3	271
27.个人达成自由的关键 The Key to Individual Freedom 1	276
28.个人达成自由的关键 The Key to Individual Freedom 2	287
29.个人达成自由的关键 The Key to Individual Freedom 3	295
30.莱斯特的发现 Lester's Discovery 1	304
31.莱斯特的发现 Lester's Discovery 2	316

莱斯特的常用词

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

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

Givingness: 拥有状态;

Doingness: 行动状态;

Beingness: 存在状态;

Self: 真我;

Truth: 真相、实相、真理;

amness: 存在、是;

Isness: 存在、是;

Inness: 我;

Otherness: 其他;

Heaven: 天堂;

God: 上帝、神;

01.终极真理 The Ultimate Truth 1

磁带旁边：1952年，一位名叫莱斯特·利文森的物理学家发现了一种脱离所有限制的方法。在此之前，他已经非常成功，但却饱受伴随世俗成功而来的身体和情绪方面的疾病困扰。但自从他有了这个发现之后，他一直享受着完美的健康、内在的平和以及幸福。直至今日，了解他的人都能明显感受到他的平和与快乐，他对生活的掌控已经成为了传奇。而他对他人的慈悲之心促使他帮助许多人也获得了他所享有的那种平和与幸福。在1964年到1972年间，莱斯特向许多团体发表过演讲。其中一些团体录制了他的演讲内容，这个特别的盒式磁带节目包含了其中的11次演讲。这些演讲的表达方式是经过精心设计的，在录制这些演讲的时候，莱斯特已经学会了用一种能让人们将注意力集中到他所传达的信息上而非他本人身上的方式来进行演讲。如果你聆听他所传达的信息，并开始将其运用到日常生活中，你会发现它有着超乎你最高期望的特质和力量。

In 1952, a physicist by the name of Lester Levenson discovered a way to free himself from all limitation, prior to that time, he had been very successful, but he suffered from the physical and emotional ills that so often accompany worldly success, but since his discovery, he's enjoyed perfect health, peace and happiness right up to this day, his peace and joy are very evident to those who know him, his mastery of life has become legendary and his compassion for others has led him to help many people toward achieving the same peace and happiness that he enjoys, Between 1964 and 1972, Lester spoke to many groups, some of whom recorded his talks, this special cassette program includes 11 of those talks, the delivery style of the talks is deliberate, by the time these

talks were recorded, Lester had learned to speak in a manner that would draw attention not to him, but to his message, as you listen to his message and begin applying it in your everyday life, you will discover it to have a quality and power well beyond even your highest expectations.

第一次课程的标题是“终极目标”，录制于1964年9月28日。

The title of this first session is “The Ultimate Goal”, it was recorded September 28th, 1964.

莱斯特：我们每个人在这个世界上寻找的东西都是一样的，我们都在寻找什么呢？

The thing that every one of us is looking for in this world is exactly the same thing, and what is it that we are all looking for?

没有悲伤的幸福，没被任何悲伤污染的、持续的幸福。

Happiness with no sorrow, a continuous happiness with no taint whatsoever of sorrow.

好吧，这就是目标。

All right, this being the goal.

为什么这是目标呢？

Why is this the goal?

之所以这是目标的原因，是因为无限的幸福是我们最基本的本性。

The reason why this is the goal is because unlimited happiness is our very basic nature.

在我们给它加上各种限制之前，这是真正的自然状态。

This is the real natural state before we encumber it with limitations.

现在，为什么我们大多数人都没有这种持续的、没有悲伤的幸福呢？

Now why is it that most of us don't have this continuous happiness with no sorrow?

只有一个原因，无限存在、拥有无限幸福的无限存在，我们摒弃了这种幸福，通过宣称：

There is only one reason, Beingness, infinite being with infinite happiness, we do away with this joy, this happiness by saying:

首先，我是一个个体；

First, I am an individual;

然后，我有一个心智；

Then, I have a mind;

接着在这个只有想法的心智中，我们开始积累限制性想法——我有一个受限的、有着诸多麻烦的心智、身体。

Then, with this mind which is nothing but thoughts, we start accumulating thoughts of limitation, I have a limited mind, body with all sorts of troubles.

用这种方式，我们把自己的无限存在限制到了极致。

In this manner, we take our unlimited Beingness and we limit it to the extreme.

如今，我们在这个地球上唯一真正的目的就是去学习或者忆起我们没有限制的、最初的自然状态。

Now, the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitations.

一旦我们开始认识到这就是我们的自然状态，接下来我们就会着手放开所有的限制。

Once we are led to seeing that this is our natural state, then we proceed to let go of all the limitations.

首要的、排第一的限制就是“我是一个与整体相分离的个体”，

The prime number one limitation is “I am an individual separate from the all”,

消除它，你就消除了所有的麻烦、所有的限制、所有的疾病和所有的贫穷。

eliminate that, and you eliminate all trouble, all limitation, all sickness, all poverty.

从相反的角度来说就是“放手，让上帝接手”，

Saying that on the opposite side is saying “Let go and let God”,

不是我，而是天父通过我在运作。

it is not I but the Father who worketh it through me.

我们必须释放小我感，只是允许我们自然的存在仅仅只是存在，

We must let go of the ego sense, and just allow our natural being just to be,

然后一切就都会落入完美之中。

and then everything falls perfectly into line.

现在，这一切都非常、非常简单。

Now, this is all very, very simple,

如果你想要复杂，你就永远都看不到简单。

If you want complexity, you'll never see simplicity.

但首先必须接受这一点，一旦这种方式被整体接受，我们会发现做到这一点并不容易，

But this must first be accepted, once this is accepted as the overall way, we do not find it easy to accomplish it,

我们之所以发现它并不容易，是因为过去成千上万年来养成的习惯，

we don't find it easy because of past habits that have been established over thousands and thousands of years,

而且由于某些愚蠢的原因，我们喜欢这些带来麻烦的、过去的习惯，于是我们延续着它们，我们以拒绝去看这些习惯的方式做到这一点，我们称之为无意识行为；

and for some silly reason, we like these past habits of trouble, and so we continue them, we do it a manner that we refuse to look at, we call it unconscious behavior;

无意识或潜意识的，我们不断地、自动地重复着所有这些限制性行为，还称之为无意识。

unconscious or subconscious, and we go on and on and on repeating all this behavior of limitation automatically, calling it unconscious.

现在，这个无意识心智只是我们拒绝去看的那部分心智。

Now, the unconscious mind is only that part of the mind we refuse to look at.

当我们的渴望足够强烈时，我们就会挖掘出这个无意识习惯，并开始释放它。

When our desire is strong enough, we will dig up this unconscious habit and begin to let go of it.

我们无法成长为我们所是的那个自然的存在，此时此地，那个存在就是完美的。

There is no growing into the natural being that we are, that being is perfect here and now.

只是释放相反的观念，比如我们有麻烦、我们有限制。

There is only letting go of concepts to the contrary that we have troubles, we have limitations.

任何说“我有麻烦”的人，麻烦只存在于他们的心智里，那是它唯一存在的地方。

Anyone who says “I have trouble” is just in their mind, that's the only place where it is.

因为除了在你的心智里，你在其他任何地方都看不到任何东西，无论你看到什么、听到什么、感觉到什么，都是通过你的心智，那是一切所在的地方。

Because you can't see anything anywhere else but in your mind, whatever you look at, whatever you hear, whatever you sense is through your mind, that's where everything is.

改变你的心智，外界的一切都会发生改变，改变你的想法，你就能为自己改变世界。

Change your mind, and everything out there changes, change your thinkingness, and you change the world for you.

所以，方法很简单。

So, the way, the path is simple.

但消除它的方法并不容易，由于过去的习惯，我们需要一个非常强烈的渴望来开始放下这些过去的错误习惯。

The method of undoing it is not easy, because of the past habit, we need a very strong desire to begin to let go of these wrong habits from the past.

没有这种渴望，就不会有成长，这个渴望必须比让这个世界真实存在的渴望更强烈，而这个世界不过是我们想象中的虚构。

Without the desire, there is no growth, this desire must be stronger than the desire to make this world, real rather than, it's a fiction of our imagination.

当你看到真相时，它确实是虚构的。

It really is a fiction when you see the Truth.

事实证明，这是一场从未存在过的梦。

It turns out to be a dream that never was.

但首先你会把它看作是一个梦，然后你会看到这个梦从未存在过，就像在夜间的梦中发生的那样。

But first you'll see it as a dream, then you'll see that this dream never was, exactly as happens in a night dream.

当我们在夜梦中时，我们有一个身体，还有其他的身体，有行为、有互动，

有好有坏。

While we're in a night dream, we have a body, there are other bodies, there's action, interaction, there's good and there's bad.

然而只要我们还停留在那个夜梦中，那里的一切对我们来说就是真实的。

And so long as we remain in that night dream, everything there is real to us.

当我们从夜梦中醒来时，我们会说：“天哪，那只是一场梦，根本没发生过。”

When we awaken from the night dream, we say: “My gosh, it was just a dream, it never happened.”

就像我们从这个被称为清醒状态的梦中醒来一样，我们看到这只是我们想象中的虚构，它只是一场梦，然后我们释放它，即故障、卡住、障碍。

And exactly the same way we awaken from this dream called the waking state, we see that it was only a fiction of our imagination, it was only a dream, and we let go of it, bug, stuck and barrel.

然后，我们称自己已经完全觉醒了。

Then we call ourselves fully realized.

实际上，我们一直都是完全觉醒的，我们是完全觉醒的存在，却声称自己没

有觉醒。

Actually, we are fully realized all the time, we are fully realized beings saying that we are not.

所以，我们要做的就是释放我们所不是的，剩下的就是我们所是的、完全开悟的存在了。

So, all we do is let go of we are not, what's left over is the fully realized being that we are.

对我刚才讲的有什么问题吗？至少在理性层面，大家都理解了吗？

Are there any questions on what I've said so far? Everyone understands this at least intellectually?

好吧，如果你在理性上理解了它，但却无法运用它，那是因为你没有真诚地、真实地、带着深切的渴望来了解你自己。

All right, if you understand it intellectually, and you are not able to use it, it's because you're not looking at yourself honestly, truthfully, with deep desire to see yourself.

在这个过程中，你把所有你不想看的东西都设置成了潜意识心智。

In the process of which you have set up as the unconscious mind all the things you don't want to look at.

然而，其实没必要深挖这个潜意识心智。

However, it's not necessary to dig into this unconscious mind.

事实上，试着让心智安静下来会更好。

In fact, it's much better to try to quiet the mind.

当我们能够让心智完全安静下来时，剩下的便是无限的真我。

When we are able to get the mind totally quiet, what's left over is the infinite Self.

每一个想法都是一个限制性的东西。

Every thought is a thing of limitation.

**所以，当我们让心智安静下来时，我们所是的那个无限存在就会清晰地呈现
在我们面前。**

Therefore, when we quiet the mind, this infinite being that we are becomes self-obvious to us.

我们看到了这一点，我们意识到我们从来都不是那个心智、那个身体，

We see it, we recognize that we never were that mind, that body,

从那一刻起，心智和身体就对我们没有任何影响了，它们只是按照它们自己的方式继续着，它就像在一场朦胧的梦境中穿梭，但对我们不会有任何影响。

and from that moment on, the mind and body has no influence upon us, it just goes its way, it just keeps floating through life in sort of a hazy dream that has no effect upon us.

所以，所有方法中最好的方法就是让心智安静下来，去探寻你所是的那个存在，去问那个问题——“我是谁？”，

So, the very best method of all method is to quiet the mind, to seek the being that you are, to pose the question--“Who am I?”

如果有其他想法出现，就问：“这是谁的想法？” 答案是：“我的”，好吧，那么“我是谁？”，然后你就回到正轨了。

And if other thoughts come in, ask to “Whom are these thoughts?”, And the answer is “To me”, well “Who am I?”, and you're back on the track.

“我是谁”是每个人都会回答的最后一个问题，

“Who am I?” is the final question that everyone answers,

那么，为什么不从最后一个问题开始呢？

So why not begin with the final question?

当我们向顶端移动时，所有的方法都是一样的；

All methods get to be the same as we move toward the top;

我们只需让心智安静下来，消除想法，让心智越来越安静，直到心智完全安静下来，

We simply quiet the mind, eliminate thoughts, get the mind quieter until the mind gets totally quiet,

剩下的就是我们辉煌的、无限的真我了。

what's left over is our glorious infinite Self.

02.终极真理 The Ultimate Truth 2

成长有两种方式，一种是消除消极面，进入心智，看到问题的根源——问题源于过去某个时刻的某个想法或多个想法，

There are two ways of growing, one is the eliminating the negative, going into the mind, seeing the cause of the problem, which originates in a thought sometime in the past or many thoughts,

当我们察觉到这个念头，当我们把它带入意识中时，我们自然会放下它，我们会看到持有它是多么愚蠢，并纠正那种行为。

and when we see this thought, and when we bring it up into the consciousness, we naturally let go of it, we see how silly it is to hold it, and correct that behavior.

然而，更好的方式是让心智安静下来，看看你是谁、是什么。

However, the better way is to quiet the mind, and to see who and what you are.

我就是我，我就是祂。

I am that I am, I am He.

好了，现在我从我刚才说的地方开始。

All right, now I'll take up a step below where I was talking.

这个所谓的幻象叫世界，世界只是我们创造的一个幻象，

This so-called apparency called the world, the world is only an illusion that we created,

有一天你会发现你创造了整个宇宙。

someday you'll discover that you created this entire universe.

创造的方式，首先是创造一个我们所谓的“心智”，

The method of creating is by first creating what we call a mind,

我们创造了我们的心智，它只不过是所有想法的集合，

we create our mind with, which is nothing but a composite of all our thoughts,

而想法创造了物质世界，

and thoughts create the material world,

我们每个人身上发生的每一件小事都是由我们的思想创造出来的。

every little thing that happens to each and every one of us is created in our thinking.

我们设置了一个叫做“时间”的东西，它让我们看清事物变得愈发困难。

We set up a thing called time which makes it even more difficult to see things.

因为我们现在思考的东西可能好几年后才会发生。

Because we think now and things might happen years later.

但唯一的创造工具就是心智，你的心智。

But the only creator there is, is the mind, your mind.

上帝是一个创造者吗？

Is God a creator?

是的，因为“你是”，你就是那。

Yes, because you are, THOU ART THAT.

你设置了一个心智，然后心智产生创造。

You set up a mind and a mind creates.

发现一切正在发生的事情都是由我们的思想导致的，这很不错。

It is good to discover that everything happening is caused by our thinking,

我们所经历的一切都是由我们自己的想法创造出来的，这是迈向认识到我们是创造者的一块垫脚石。

everything that happens to us is created in our own thought, it's a stepping stone toward realizing that we are the creators.

首先你发现你创造了你的麻烦，然后你发现你可以创造美好的事物，接着你发现你可以创造任何你想要的东西。

First you discover that you created your trouble, then you discover that you can create good things, then you discover that you can create anything you desire.

在发现没有什么是你不能创造的之后，你仍然不快乐。

After you discovered that there is nothing that you cannot create, you are still unhappy.

原因在于你已经将自己与“一”分离了。

The reason being that you have separated yourself from the One.

所以当你试图控制心智时，你已经控制了物质。

So then you try to control the mind, you have already gained control over matter.

你可以通过以下的方式控制心智：

You control the mind in ways like:

如果你有疼痛，你不会感觉到它；

If you have pain, you don't feel it;

如果外面很冷，你却感觉温暖；

If it's cold outside, you feel warm;

如果天气炎热，你却感到舒适；

If it's hot, you feel comfortable;

这些都可以在心理上完成，这属于获得心理控制力的范围。

This can be done mentally, this is in the line of getting mental control.

当心智真正被控制时，你就会消除心智。

When the mind is really controlled, then you'll eliminate the mind.

当心智被消除时，除了你所是的无限真我外，什么也不会剩下。

When the mind is eliminated, there's nothing left over but the infinite Self that you are.

因此，我们从成为物质的主宰开始，然后我们成为心智的主宰，最后我们成为大师。

So we start by becoming masters over matter, then we become masters over mind, then we become masters.

所以如果还有任何问题存在，那只是因为你在抓着它们，

So if there are any problems that remain, they only remain because you are holding on to them,

当你释放它们的时候，它们就会消失。

the moment that you let go of them, they are gone.

如果你告诉我那对你来说不是这样的，那不是事实，事实是你仍然在抓着它，还告诉我它行不通。

If you tell me that isn't so for you, that isn't true, the truth is you're still holding on to it, telling me that it doesn't work.

现在，试图摆脱一个问题就是在抓着它，任何我们试图摆脱的东西，都会保留在心智中，从而使那个问题持续存在。

Now trying to get rid of a problem is holding onto it, anything we try to get rid of, we are holding in mind and therefore sustaining that problem.

所以解决问题的唯一方式就是放手，不要只看到问题，只看你想要的。

So the only way to correct a problem is to let go of it, see not the problem, see only what you want.

要是你从这一刻起就只看你想要的，那么你得到的就会全是你想要的。

If you would only from this moment on see what you want, that is all that you would get what you want.

但你却非常强烈地在心智里抓着你不想要的东西，你努力消除你不想要的东西，这反而在维持着它们。

But you hold in mind the things you do not want very strongly, you struggle to eliminate the things you don't want, thereby sustaining them.

你应该只有一个渴望，那就是一个完全解脱、完全开悟的渴望。

You should have only one desire, a desire for complete liberation, complete realization.

任何其他的渴望都会让你陷入麻烦，我们应该试着释放所有的欲望。

Any other desire will keep you in trouble, we should try to let go of all desires.

我们不应该试图满足任何欲望。

We should not try to fulfill any desires.

每当我们满足一个欲望时，我们便强化了这个欲望，而不是削弱它，我相信这对我们所有人来说都是显而易见的，我们永远无法满足欲望，我们越试图

满足它们，我们就越想要更多。

Every time we fulfill a desire, we strengthen that desire rather than weaken it, which I believe is obvious to all of us, that we never satiate desires, the more we try to satisfy them, the more we want them.

所以最好不要满足欲望，这么做，会让心智安静下来。

So it's better to not satisfied desires, and by doing so, the mind gets quieter.

当心智安静时，我们更有机会看到真相，当我们看到真相时，我们就能烧焦欲望。

When the mind is quieter, we have a better chance to see the Truth, when we see the Truth, we scorch the desire.

这是更好的方式，实际上也是摆脱欲望的唯一、真正有效的方法。

And this is the better way, actually the only really effectual way of getting rid of desire.

当你看到了真相，欲望就被烧焦了。

When you see the Truth, desires are scorched.

因为欲望是试图通过某种间接的方式、通过某个人、通过某件事来成为你自

己的真我。

Because a desire is trying to be your own real Self through some indirect means, through some person, through something.

当你看到这一点时，你就会放下这些愚蠢的欲望。

When you see this, you let go of these silly desires.

因为为什么要通过一种间接的方式来挣扎着成为你自己呢？间接的方式无法让你成为你之所是。

Because why struggle through an indirect means to be that what you are, the indirect means cannot uh make you what you are.

所以这是徒劳的，而且极其令人沮丧，因此我们才有了这个令人沮丧的世界，他们都在试图满足欲望，这是绝不可能做到的，他们一生又一生地重复着，直到我们认识到欲望是我们的敌人。

So it's fruitless and extremely frustrating, therefore, we have this frustrated world, they are all trying to satisfy desires, it's absolutely impossible to do it, they go on and on, lifetime in lifetime out, until we recognize that desires are our enemy.

欲望是对匮乏的承认。

Desire is an admission of lack.

如果我是无限的“一”，我便什么也不想要，我是一切。

If I am the infinite One, I desire nothing, I am the all.

你必须回到那个状态，像在那个状态下的人那样行事，我们能做的最伟大的行为就是像一个完全开悟的存在那样生活。

You must get back to that state by behaving as one would in that state, the greatest behavior that we can perform is living as a fully realized being would live.

试着达到无欲的状态，试着达到这种着迷的状态——没有贪恋，没有厌恶；

Try to attain the desirelessness state, try to attain the state of dispassion, no attachments, no aversions;

试着达到一个平静的状态，对每件事、每个人都抱有平等的心态。

Try to attain a state of equanimity, a feeling of equal mindedness toward everything, everyone.

这样做会推动我们朝着那个方向发展。

Acting this way will push us toward being that way.

通过消除外在的影响，有助于我们消除根源。

By eliminating the effects out there, we help to eliminate the cause.

03.体验真理 Experiencing Truth 1

本次课程的主题是“体验真理”，录制于1965年2月4日。

The title of this session is “Experiencing Truth”, recorded February 4th 1965.

我们所需要的就是释放限制性概念，剩下的就是自然的、无限的、没有限制的存在。

All we need to do is to let go of our concepts of limitation, and what's left over is the natural, infinite, unlimited being.

这个主题有时被称为“真理”，有时被称为“上帝”，或“形而上学”。

Sometimes this subject is called Truth, sometimes God, metaphysics.

但实际上，无论他是否意识到这一点，这是每个人都在努力学习的课题。

But actually, it's a subject that every human being, whether he's aware of it or not, is trying to learn.

这就是为什么我喜欢用“幸福”这个词，而不是“上帝”、“无限”、“真理”。

That's why I like the word Happiness instead of God, Infinity, Truth.

这个被称为“幸福”的东西正是这个无限存在的本质。

This thing called Happiness is the very nature of this unlimited being.

每当我们感到幸福时，我们就是在让这个无限存在多展露一点、多流露一点，或者说，是在消除加诸于这无限存在之上的某种程度的限制，然后我们说“我很幸福”。

And every time we're happy, we're allowing a bit more of this unlimited being to express itself, to come out, or we're cutting off a certain amount of limitation of that infinite being, and we say "I am happy".

所有幸福都是你内在真我的感受，幸福就是如此。

There is no happiness that isn't a feeling of your real inner Self, that's what it is.

因此，我有时称这个主题为“幸福”，目标是获得一种持续的、绝对没有任何悲伤的幸福；

Therefore, I call the subject sometimes Happiness, that the goal is to attain a continuous happiness with absolutely no sorrow whatsoever;

当我把这个主题定义成“真理”这个词时，我说真理是永不改变的；

When I define the word Truth, I say truth is that which never changes;

这种持续幸福的状态永远都不会改变。

This constant state of happiness never changes.

正如我之前所说的，我喜欢让这一点变得实用些，什么是永不改变的呢？

And as I said before, I like to make this practical, what is it that never changes?

存在就是存在，它不会改变。

Beingness just be, it doesn't change.

存在只是存在着，它不会改变。

Existence just exists, it doesn't change.

所以，真理就是存在。

So, Truth is Beingness.

但是，存在是一切的存在。

But, it's Beingness being all Beingness.

当你使用“我”这个词的时候，没有任何东西附加给它，只有“我”这个词，

那种“我”的感受，

It's the very Beingness that you are when you use the word "I", with nothing added to it, just the word "I", that feeling of I,

那就是你的存在，那是无限的，那是没有限制的，直到你用限制性概念覆盖它，并把它遮蔽起来。

that's your Beingness, that's infinite, that's unlimited, until you put concept of limitation over it and hide it.

因此，最高目标是存在，是一切的存在。

So the top goal is Beingness, being all Beingness.

当我们认识到“你就是我”或“我就是你”、“我就是一切存在”，随着你释放限制的概念，这件事会自然地发生。

When we recognize that "You are me" or that "I am you" "I am all beings", as you let go of the concepts of limitation, this thing comes about naturally.

另一个不变的东西是觉知，即一切觉知的觉知，

Another thing that doesn't change is awareness, that is aware of all awareness,

那就是终极，无法再改变了。

that's the ultimate, can't change anymore.

意识，是所有意识的意识。

Consciousness, conscious of all consciousness.

看，这个无限存在，有些人称之为上帝，

See, this infinite being, which some people call God,

仅仅通过体验我们的存在，我们每时每刻都在体验，

we are experiencing all the time, every moment, by just experiencing
our Beingness,

但我们把它限制在了这个身体和这个心智里，

but we limited to this body and this mind,

但那种存在实际上是无限的，那个觉知是无限的。

but that Beingness is actually infinite, that awareness is infinite.

而我们所需要做的就是释放那些限制的概念。

And all we need to do is let go of the concepts that limited.

现在我们犯的第一个重大错误就是说：“我是一个个体，与所有的存在相分离”。

Now the first major wrong step we make is to say “I am an individual separate from all Beingness”,

然后我们必须创造一个分离的工具，

Then we have to create an instrument to be separate with,

那就是心智。

and that's the mind.

心智会按我们的意愿，把这种无限存在尽可能多地反射给我们，

The mind reflects back to us as much as this infinite Beingness as we want it to,

这种反射被切断得越来越多，我们接受的限制性概念也就越来越多。

that reflection is cut more and more, the more we take on concepts of limitation.

我们无法成长为这个无限存在，

We cannot grow into this infinite being.

因为我们此时此地就已经是了。

because we are that here and now.

但我们可以放下一切与之相反的概念。

But we can let go of all concepts to the contrary.

现在，为什么你们中的一些人在短时间内非常快乐，然后突然之间好像天塌下来了一样，

Now the reason why some of you have been so happy for a short period of time, and then all of a sudden it seems as though the sky fell in,

这只是因为你能够感知到你所是的这个无限存在，但你无法阻止所有在过去积累的限制性概念时不时地出现，

it's only because you were able to perceive this infinite being that you are, but you weren't able to keep out all the accumulated concepts of limitation from the past that pop up every now and then,

每次限制性概念出现时，你就不再是无限的，你会很痛苦。

every time a concept of limitation comes up, you're not infinite anymore, and you're miserable.

不幸福是对完全自由、对无限的一种束缚。

Unhappiness is a restriction upon being totally free, unlimited.

因此，这些过去的思维模式现在成为了一种倾向和习性，即使在我们非常深刻、非常深地了解了我们所是的内在存在之后，它们仍然会冒出来。

So these patterns of thought from the past are tendencies, predispositions now, they prop up even after we've seen very deep very deeply this inner being that we are.

所以，我们需要做的就是——当它们突然出现时，我们不断地摆脱这些限制，直到没有任何限制，

So what we need to do is to keep throwing off these limitations as they prop up until there are no more,

到那时，剩下的就是我们所是的这个无限存在。

Then what's left is the infinite being that we are.

但要做的就是不断地把它们扔出去，直到全部清除为止。

But the thing to do is to keep throwing them out until there are no more.

现在，我们有些人已经积累了数万年这些东西，所以它们很难根除，它们不

容易消失。

Now some of us have been accumulating these things for tens of thousands of years, so they die hard, they don't go very easily.

然而，作为没有限制的无限存在，凭借纯粹的意志力，少数人可以把它全都扔出去，

However, being unlimited, infinite beings, by sheer power of will, a few people can, just like that, throw them all out,

这种情况偶尔会发生，每个时代，全世界或许有几十个人能做到这一点，
it happens occasionally, or maybe a few dozen people each generation do it in the entire world,

他们就是所谓的大师，

they are the so-called masters,

他们认识到自己不受身体和心智的限制，当他们死亡时，他们有意识地离开自己的身体，这让他们可以选择是否回到身体里。

they recognize that they are not limited by the body, mind, they consciously exit their body when they die, which allows them to come back in a body or not to come back in a body as they choose.

伟大的领袖，伟大的精神领袖是那些选择回到自己身体里的人，其实他们本不必回来的。

The great leaders, the great spiritual leaders, are those who have chosen to come back in a body, they didn't have to come back.

我们其余的人则是出于习惯的力量被迫回来，

The rest of us must come back by force of habit,

因为我们对这里的事物有渴望，所以我们回到了这里。

we have a desire for things here, and so we come back here.

04. 体验真理 Experiencing Truth 2

欲望是唯一能让我们回到这种生活状态的东西，这种状态对于任何生物来说都是最困难的，这就是我们现在所处的状态。

Desire is the only thing that keeps us coming back to this state of life, which is the most difficult possible state to any being, is the state we are in now.

但正如我所说的，正因如此，它才能够带来最大的成长。

But as I've said, because of that, it affords the greatest of growth.

这是门研究生课程，我们通过了这门课程，我们就能获得毕业资格、拿到我们的学位。

It's the postgraduate course, we pass this course, we get our wings, our degrees.

因此，尽管这极其困难，但来到这里是一个巨大的优势，尽管你在理解这一点之前，它看起来并不像这样。

So even though it's extremely difficult, it's a tremendous advantage to be here, although it doesn't look that way until you understand this.

它看起来更像一个地狱而不是天堂。

It looks more like a hell than a heaven.

这是因为过去自我强加的限制，现在已经被归到我们无意识的那部分里了，

That's because of limitations, self-imposed in the past, that have now been relegated to the unconscious part of us,

我们把它放入我们暂时不去看的心智背后。

We've put it in the back of the mind where we don't see it for the moment.

但所有这些限制的概念依然存在，并且发挥着作用，它们持续地限制着我们、

压迫着我们、禁锢着我们；

but all those concepts of limitation are there and are effective and keep us confined, pressed down, bottled;

而我们有意识地想要自由，比鸟儿更自由；

And consciously we want to be free, freer than a bird;

因此，这种有意识的渴望自由与无意识的限制性概念之间存在着冲突，

And so there's a conflict between this conscious desire to be free and the unconscious concepts of limitation,

然后你就会感觉不开心，

and you feel unhappy,

但你看不到这种冲突，因为它是无意识的。

you don't see it, because it's unconscious.

解决这个问题的方法有两种，一种是把无意识的变成有意识的，当你看到它时，把它扔掉。

There's two ways of licking that, one is make the unconscious conscious, and when you see it, throw it out.

更简单、更快、更好的另一种方法就是——安静下来，把你的心智转向你自己的内在，问：“我是谁？我是什么？这个世界是什么？我和它是什么关系？”

It's an easier, faster, better way by getting quiet, by turning your mind within yourself, asking: "Who am I? What am I? What's this world? What's my relationship to it?"

如果你坚持探寻这些问题，你就会看到你所是的这个无限存在。

If you will stick with those questions, you will see this infinite being that you are.

由于那是一个已经持续了千年的习惯，要做到这点并不容易，

It's not easy because of the habit that's been going on for millennium.

我们需要对这个真理或我们所追求的任何东西有强烈的渴望才能实现它。

it takes a tremendous desire for this Truth or whatever we're seeking to accomplish it.

我们大多数人都是因为被这个世界狠狠打击后才产生了这种渴望，这让我们最终鼓足劲头想要自由。

Most of us get the desire from being beaten so hard by the world, we finally get up enough gumption to want this.

接下来，当它开始让你的生活更幸福时，你就会想要它，因为你知道这就是你想要的。

And then when it begins to make your life happier, then you want it, because you know this is it.

幸福和快乐没有上限。

There's no top limit to happiness, to joy.

当你体验到这种从内在获得的快乐时，你总是会想要重建那种非常快乐的状态，而这正是自然的状态。

When you experience some of this joy gotten from going within, you will always want to reestablish that very happy state, which is the natural state.

无论你离开了它多久，你都会回到道路上，试图建立这种恒久不变的幸福。

No matter how much you'll get away from it, sooner or later, you'll be back on a path, trying to establish the constancy of this happiness.

宇宙的基本法则是和谐。

The basic law in this universe is harmony.

上帝是绝对的和谐。

God is absolute harmony.

当我们与宇宙合拍时，我们的生活是完全和谐的，做任何事情都不需要努力，一切都会完美地步入正轨。

When we are in tune with the universe, our life is completely harmonious, no effort is required to do anything, everything falls perfectly into line.

当我们视上帝为一切时，我们知道上帝是和谐。

When we see God as all, and we know God is harmony.

现在一切都在和谐之中，在某种程度上，我们接纳这一点的速度也正在其中。

Everything is in harmony right now, and to the degree, we accept that is the quickness thereof.

我想，另一种表达方式就是看到上帝在万事万物中、在每个人身上、也在每个地方。

Another way of putting that, I guess, is to see God in everything, in everyone, everywhere.

上帝是美丽、和谐、正义、美好的一切。

God is beauty, harmony, rightness, everything good.

接受这一点，

And accept that,

然后允许上帝的法则为你安排一切。

and then allow this God principle to arrange things for you.

我们必须摆脱我们的小我，“我是一个分离的个体，我必须做一些事情”的小我感是造成所有问题的根源。

We have to get our little selves out of the way, the sense of egoity “I am an individual, separate, and I've got to do things” is what makes all problems.

当我们释放小我感的那一刻，让世界成为上帝的世界，

The moment we let go of that sense of egoism, let it be God's world,

让上帝来安排，祂知道该怎么做。

let God do it, He knows how.

当我们这样做的时候，一切都会井然有序，无论是法庭审判，还是任何事情，或是一具病体。

When we do that, everything falls into line, it can be a court trial, be anything, it can be a sick body.

一旦我们接受了这个法则，一切都会变得和谐。

The moment we accept that principle, everything harmonizes.

完全信赖上帝就会做到这一点，

Radical reliance upon God will do it,

放手，让上帝接手。

let go and let God.

我进展得异常快，是因为我要么得到答案，要么完蛋。

I moved unusually fast, because either I got the answers or I was finished.

但我用的方法恰好是最高方法“我是谁？”，这是一个强有力的问题——我是谁？我是什么？

But the method I used happened to be the very highest possible method “Who am I?”, that was the driving question, “Who am I? What am I?”

我是如此地下定决心，我的心智是专注的。

I was so determined, my mind was concentrated.

当你的心智专注时，答案就在那里。

And when your mind is concentrated, the answers are there.

一个专注的心智可以排除杂念，只专注你感兴趣的事情，

A concentrated mind is a mind that keeps out extraneous thoughts, holds only the thing you're interested in,

当你这样做的时候，答案就来了。

and when you do that, the answer comes.

会有想法出现，当想法出现时，问“这个想法是谁的？”“好吧，这个想法是我的。”“好吧，我是谁？”然后你就又回到正轨了。

Thoughts will come in, when a thought comes in, say “To whom is this thought?” “Well, the thought is to me.” “Well, who am I?” And you're back on a track again.

通过这种方式，你就可以不断地消除这些想法。

In this manner, you can keep knocking out these thoughts.

如果你继续这样做，你就会到达一个不再有想法涌入的状态，

If you continue that, you'll reach a place where the thoughts don't come in anymore,

然后你就从想法中解脱出来了。

and you're free of thoughts.

我们中的许多人都有过这样的经历，这是一种与万物完全合一的感觉，是一种别无他物的感觉，是一种非常深刻的平静，即使有活动，你也看不到任何行动，一切都只是存在。

Many of us have experienced it for a certain length of time, it's a feeling of complete at oneness with everything, it's a feeling of no otherness, it's a thing, feeling a very profound peace, even though there's activity, you see no action, everything just is.

最顶端的状态是一种极其深邃的平静状态。

The very top state is one of very profound peace.

看，起初，这是一种令人兴奋的愉悦，

See, first it's an exciting joy,

接着，这是一种非常旺盛的喜悦，你无法抑制它，它开始让人难受，

then it's a very exuberant joy, you can't contain it, it begins to hurt,

因为它只是一直在膨胀、涌出，这可能会变得有些烦人，

because it just swells up and wells up all the time, it can get to be annoying,

然而，这并不是因为它涌现出了巨大的喜悦，然后，它会进入一种更高层次的平静状态。

and yet it isn't because it's tremendous amounts of joy coming up, then it moves to a higher state of peace.

这就是为什么《圣经》说，这种平静是超越一切理解的。

That's why the Bible says that the peace that passes all understanding

这是一种非常深邃、美妙、深刻的平静，这是最美妙的东西，

It's a very deep, wonderful, profound peace, it's the most delicious thing there is,

但是无法描述它，平静是最接近它的词。

but you can't describe it, peace is the word that comes closest to it.

你会发现，由于这些状态不是通常所能体验到的，因此没有对应的词汇来描述它们。

You see, because these states are not ordinarily experienced, there are no words for them.

首先，它是感觉，它是感受，

First, it's feelingness, it is feelingness,

然后，当这种状态持续下去时，它就变成了存在。

then when it goes on, it turns to Beingness.

当你刚开始对这条道路感兴趣的时候，一切都是想法、想法，贯穿整个心智的都是思考；

When you first get interested in this path, everything is thought, thought, through all mind-thinking;

然后，想法会带有一定的感觉，就像想法和感受同时存在，这是“想法-感受”的层次；

Then thoughts take on a certain feeling, it's like a thought and a feeling at the same time, the thought-feelingness;

随着你的移动，你会进入感受的层次；

And as you move, you get into the realm of feelingness;

接下来，再上一层就是存在的层次。

And then the step above that is the realm of Beingness.

所以，这取决于你所处的状态，它是感觉状态还是存在状态，

So, it depends on where you are as to whether it's feelingness or Beingness,

其实，每个人在他的每一个行为中都在寻找他的真我，

actually, everyone in his every act seeking his real Self,

除非我们达到完全了解我们自己的状态，否则我们永远都不会满足。

we will never ever be satisfied until we reach that state of knowing our Self completely.

05.释放小我 Letting Go of Ego 1

本次课程的主题是“释放小我”，录制于1966年5月19日。

The title of this session is <Letting Go of Ego>, recorded May 19th 1966.

我想开场的最好方式是从我们方向的整体图景开始，这样它就可以包括那些已经在这里待了一段时间的人和初次来到这里的人。

I guess the best way to start is with an overall picture of our direction, in

such a way that it embraces those who have been here for some time and those who are here for the first time.

我认为哲学家们提出并试图解答的所有问题，心理学家也会问，甚至医学领域和宗教领域也会问，实际上所有人都在从不同的角度切入问同一个问题。

I think all the questions that the philosophers ask and try to get the answer, to that the psychologist ask, but even the field of medicine asks, and the world of religion are really all asking the very same thing, approaching it from different angles.

每个人都在寻找答案。

Everyone is seeking the answers.

如果我们梳理出我们都在追寻的东西，我们给它赋予了不同的名字，有些人称之为“灵性”，有些人称之为“真理”，有些人称之为“哲学”、“智慧”、“理解”。

And if we sift out what is it that we're all seeking, we put different names to it, some people call it spiritual, some truth, some philosophy, wisdom, understanding.

但每个人在寻求的基本东西非常简单，

But the basic thing that everyone is seeking is very simple,

它是幸福，它只是终极幸福。

it's happiness, but it's the ultimate Happiness.

它不神秘，不遥远，也不复杂。

It's nothing mystical and nothing far, and nothing complex

每个生命都在以一种没有任何悲伤的方式寻求着纯粹而简单的幸福。

Every being is seeking pure and simple happiness in a way that there is no more sorrow.

所以，我最喜欢用“终极幸福”这个词来形容我们所谓的道路。

So the word I like best for our so-called path is the ultimate Happiness.

终极幸福当然就是我们存在的终极真理，是宇宙的真理，

The ultimate Happiness, of course, is the ultimate Truth of our Beingness, Truth of the universe,

而且最终证明，终极真理只有一个。

and there is only one ultimate Truth, is the way it turns out to be.

所以我们所有人都在寻求这种持续的、没有丝毫悲伤的幸福。

So all of us are seeking this continuous happiness with never a taint of sorrow.

当然，世界上大多数人都犯了一个错误：他们在它所不在的地方寻找它，因此没有得到它，反而变得极度沮丧。

Most people in the world, of course, are making the error of seeking it where it is not, and therefore not attaining it, and becoming extremely frustrated.

因为他们越想从他们自认为有幸福的地方获得幸福，他们越会发现幸福不在那里，他们没有找到幸福，反而发现越来越多的不满、越来越多的痛苦。

Because the more they try to get of it where they think it is, the more they discover that it isn't there, in place of the happiness, they're finding more and more discontent, more and more misery.

我们从来没有像现在这样拥有如此多的物质，而且我认为我们从来没有像现在这样不快乐过，至少在过去的 50 年里，我们从未如此。

We never had so much material as we have now, and I don't think we've ever been so unhappy, at least in the past 50 years we haven't as we are today.

因此，在追寻这种终极幸福时，最重要的事情之一就是：有人为我们指出这

种幸福是什么以及如何获得它。

So in seeking this ultimate happiness, there's one most important thing necessary and that is to have pointed out to us what this happiness is and how to get it.

正如我所说的，这非常简单。

Now, as I said, it's very simple.

真理、幸福、上帝是简单的。

Truth, Happiness, God is simple.

如果它不是简单的，它就不是神圣的，它就不是真理，它就不是幸福，它是由人类的无知而建立起来的人为的复杂。

If it's not simple, it's not godly, it's not Truth, it's not Happiness, it's an artificial complexity set up by man's ignorance.

因此，我再说一遍，我们所处的整个方向非常简单。

So again, I say this whole direction we're in is very simple.

现在，阻碍我们看到终极幸福的首要因素是我们的小我感，它与这个终极幸福的真正目标背道而驰。

Now, the number one thing preventing us from seeing what this

ultimate happiness is is our sense of egoity, so opposed to this ultimate happiness, which is really the goal.

而唯一阻止我们拥有这种没有悲伤的持续幸福的东西,就是这种分离感——“我是一个与整体相分离的个体”。

And the only thing stopping us from having this constant happiness with no sorrow is the sense of separation, “I am an individual separate from the all”.

一旦我们产生了这种分离感,我们似乎就会越来越发展它,并且不断远离那个终极幸福,远离我们最初所处的那个终极状态。

Once we take on this sense of separation, we seem to develop it more and more, and we keep pulling away from that ultimate happiness, the ultimate state, which in the beginning we were all in.

我们越来越开始相信,我们是一个受限的心智、一个受限的身体,受限到我们需要一种叫做氧气的东西才能生存,或者需要食物等等等等。

And more and more we begin to believe that we are a limited mind, a limited body, so limited that we need a thing called oxygen to survive, or food, and so forth and so on.

这个终极幸福是我们的目标,它永远不会离开我们,它一直在我们的内在,

This ultimate happiness that is the goal, is something that never ever

really leaves us, it's right within us all the time,

但是我们用限制和分离的概念掩盖了它，

but we cover it over with concepts of limitation, of being separate,

而且我们越这样做，我们建立的概念就越多，直到我们到了今天的地步，我们被限制性概念压得不堪重负。

and the more we do it, the more concepts we build up until we get to the point where we are today, extremely overloaded with concepts of limitations.

现在我们所追求的终极快乐是我们的自然状态，

Now, this ultimate joy that we are seeking is our natural state,

这是全人类的自然状态。

it's a natural state to all mankind.

为了获得这种自然状态的终极幸福，我们需要做的就是释放我们设置的障碍，看清这种幸福是什么。

To get this ultimate happiness, which is our natural state, all we need to do is to let go of the obstructions that we have set in the way of seeing what this happiness is

我们在我们所是的自然存在的无限存在之上建立了无数的限制性概念。

We have built up endless concepts of limitation over this unlimited being that we are naturally.

因此，这个方向很简单：我们是自然的、没有限制的存在，现在就拥有无限的快乐，但却被一种被称为小我的限制感掩盖了。

So the simplicity of the direction is this: We are that natural unlimited being, possessing right now that unlimited joy, but covering it over with a sense of limitation called the ego.

我们需要重新发现我刚才所说的内容，我们需要重新去发现它，

We need to rediscover what I just said, we need to rediscover it,

它就在那里，它一直都在那里。

it's there, it's there all the time.

那么，我们如何重新发现它呢？

Well, how do we rediscover it?

首先，我们需要有人告诉我们方向是这条道路，

First, we need someone to tell us that the direction is this way,

必须有人指出那个方向；

someone must point out the direction;

其次，我们必须朝那个方向看，

Secondly, we must look in that direction,

而且我们必须自己去发现它，

and we must discover it for ourselves,

没有人能把它给我们，我们必须看到它，我们必须通过我们自己的心灵之眼看到它。

no one can give it to us, we must see it, we must see it through our own mind's eye.

当我们这样做的时候，我们就会认识到我们一直都是拥有无限喜悦的无限存在。

And when we do, we re-recognize that which we always were, an unlimited being with unlimited joy.

现在方向必须是向内的，

Now, the direction must be inwardly,

它不是向外的。

it is not outwardly.

我们在外面发现的一切，都是我们想象出来的，然后还给它贴上了“真实”的标签。

Everything out there, we discover, is something that we have dreamed up and then put a tag on it as being real.

这个世界、这个宇宙都是我们幻想出来的，由于长期接受这个幻想，我们便以为它是真的。

This world, this universe, we have dreamed and through accepting this dream for so long, we think it's real.

所以我们需要做的是将注意力转向内在，重新审视，重新发现一切的真相。

So what we need to do is to turn our attention inwardly to re-examine, rediscover what is the Truth of everything.

当我们这样做的时候，我们开始看到世界的虚假或幻觉，

And as we do that, we begin to see the falsity or the illusion of the world,

通过专注于内在，我们看见了我们所是的这个无限存在。

and by getting concentrated in the inward direction, we see this infinite being that we are.

所以，这条道路就归结成两点：

So the path resolves itself into two:

一、看到我们所是的这个无限存在；

One, seeing this infinite being that we are;

二、看到我们强加在它之上的限制，并释放它们。

And two, seeing the limitations that we have superimposed over it and letting go of them.

06.释放小我 Letting Go of Ego 2

因此，我再重复一遍，要获得这种无限的幸福，方向已经为我们指明了，我们必须深入内在，重新发现我们所是的这个奇妙的、无限的、永远快乐的存在。

So to repeat what I said, to attain this unlimited Happiness, the direction is pointed out to us, we must take it by going inwardly and rediscovering this wonderful, unlimited, ever joyful being that we are.

我们做这件事所花的时间只取决于一个东西，那就是——我们对它的渴望有多强烈。

The time it takes us to do this is determined by one thing only, the intensity of our desire for it.

如果我们坚信我们的快乐存在于这个世界之中，我们将永远无法获得这种幸福，我们将永远充满痛苦。

If we are convinced that our joys lie in the world, we will never ever attain this happiness, we will always be with much misery.

但是，当我们接受并开始验证快乐只是我们的自然状态，且不依附于任何外在的东西时，我们的生活就会开始变得更加快乐，我们也能更坚定地朝着那个正确的方向迈进。

But when we accept and then begin to prove that the joys are just our natural state, are not attached to anything out there, then our life begins to become more joyful, and we can with more conviction take the right direction.

一开始，驱使我们走向这个方向的似乎是所谓的痛苦，

It seems at first the thing that drives us in this direction is the thing called misery,

我们在错误的方向上走得太远了，我们再也无法忍受它了，

we go so far in the wrong direction, we just can't stand it anymore,

由于这种痛苦，我们被迫到世界之外的其他地方去寻找幸福。

and because of the misery we are driven to seeking happiness elsewhere than in the world.

当我们开始收获探索的果实时，我们开始感受到这些曾经从未体验过的快乐，

when we begin to receive the fruits of our search, we begin to feel these joys that we never experienced before,

接下来，仅仅是这条道路上的喜悦就能给予我们朝着正确方向前进的强大动力。

Then the mere joy of the path is what will give us the intensity of the drive in the right direction.

我们还发现，如果我们真的想在这条道路上成功，这条路就不能只是业余的事情。

We also discover that this path can not be a part-time thing if we really want to make it.

我们花了那么多个世纪、那么多的时间走在错误的方向上，

We have spent so many centuries, so much time going in the wrong direction,

现在需要超凡的努力才能将我们引向正确的方向。

that it takes a superhuman effort now to redirect us into the right direction.

所以，再说一遍，整个事情很简单，

So, again, the whole thing is simple,

我们就是我们所追寻的那个无限的、没有限制的快乐，我们就是我们所追寻的上帝，

we are that infinite unlimited joy we are seeking, we are that God that we are seeking,

我们必须转向内在，并发现这一点，

we must turn within and discover that,

当我们这样做的时候，我们就会知晓它，并抓住它不放。

when we do, we know it and we hold on to it.

然后，我们继续经历消除所有限制性概念、所有小我概念的过程，直到我们完全立足于那个崇高的“存在状态”中。

Then we go through the process of continuing the elimination of all the concepts of limitation, all the ego concepts, until we are fully established in that high exalted state of Beingness.

我相信我来到这里的唯一原因就是提供帮助，如果我无法提供帮助，我就没有理由待在这里了。

I believe the only reason why I should be here is to help, that if I can't help, there's no reason for my being here.

我相信我们每个人都已经在这条道路上走了相当长的时间了，

I believe every one of us have been with the path quite some time,

我不想处于一个谈论这个话题的状态，谈论这个话题会成为这条道路上的阻碍。

I wouldn't like to be in a position where I'm talking about the subject, talking about the subject is an obstacle on the path.

这里应该发生的是：每个人都在向前迈进，而且是切实地取得进展。

What should happen here is that each one moves forward and very definitely moves ahead.

如果这没有发生的话，我认为我在这里没有任何意义。

If that doesn't happen, I see no reason for my being here.

因为我们都会阅读，几乎我说的每一句话，你都能在书里读到、在某个地方找到，关于真理，这没什么新的东西，

Because we can all read, almost everything I'll say, you can read it in books, it's found somewhere, there's nothing new on the subject of Truth,

它是永恒的，过去是、现在是、将来也永远都是。

it's eternal, it always was, it always will be the same.

所以，不同的是，或者我希望不同的是，这里有些东西受到影响，有些东西产生了影响，让我们比来到这里之前能获得更多的领悟。

So the thing that's different or I hope is different is that there is something affected here, that something will happen to give us more realization than we had before we came here.

我相信我所秉持的对这个主题的总体方法被称为“不二论”，或者在英语中叫“非二元性”，也可以翻译为“合一”，

I believe the general approach to the subject that I have is called Advaita,

or in English non-duality, which can also be translated as oneness,

而只有一种独特的成长方式，那就是放下我们的小我。

and that there's only one singular method of growth, that that one method of growth is letting go of our ego.

现在，小我是一种分离感，即“我是一个个体”。

Now, egoity is a sense of separation, "I am an individual".

一旦我成为一个个体，我就是与整体或一切相分离的，

And once that I become an individua, I am separate from the whole or the all,

这种小我感正是我们一切麻烦和妄想的根源。

this sense of egoity is what starts all our trouble, all our delusion.

所以我们必须回到那个地方，再次看到我们是“一”。

So we must get back to the place where we again see that we are the only One for the capital O.

事实上，不存在逐步实现完全开悟这回事，这是因为我们现在是、我们一直是、我们也将永远是那个被称为上帝或真我的无限存在，

In Truth, there's no such thing as growing into full realization, and that is because we are now, we always have been, we always will be that infinite being called God or the Self,

这一点我们无法逃避，我们是那，我就是我，这是我们不变的那部分。

that's one thing we cannot get away from, we are That, I am that I am, that's the changeless part of us.

我们用一个分离的个体感觉来掩盖这一点。

We cover that over with a sense of being a separate individual.

所以成长仅仅在于释放我们的小我。

So growth consists only of letting go of our ego.

我希望通过这些聚会，我们能更多地做到这一点，比以前做到更多。

And I hope that through these meetings we do that more, more so than we have done before.

此时此地，我们就是那无限的存在。

We are that infinite being here and now.

我们在蒙蔽我们自己，宣称：我、这个无限的存在是一个被限制的小我；我、

这个无限的存在是与无限相分离的。

We are blinding ourselves to it by saying: I, the infinite being, am a limited ego, I, the infinite being, am separate from the infinity.

我们必须改变这些观念，

We must change those concepts,

释放它们。

let go of them.

我希望找出觉察小我在我们之内运作的方法和途径，

I hope to bring out ways and means of sensing the ego operating in us,

我们能用方法和途径来指出我们什么时候在被小我驱动，

ways and means that we can use to point out to ourselves when we are being ego motivated,

每当我们被小我驱动时，如果我们释放它，我们就是在释放一点小我。

and each and every time that we are if we let go of it, we are letting go of a bit of ego.

如果我们从现在开始，一直保持这样做，直到最后，我们最终会到达一个不再有小我剩下的地方，在那里，小我不存在，上帝就在那里，无限的真我会以其纯粹、原初的存在状态留存下来。

If we keep this going from here until the end, we eventually get to the place where there's no more ego left, and where the ego is not there, god is there, there the infinite Self is left in its pure pristine Beingness.

所以，我们要做的就是移除遮蔽物，

So all we do is remove the cover,

如果我们失去了小我感，在我们现在所处的状态下，我们会免去在更高维度上数百万年的成长历程，

If we lose our sense of egoity, in the state we're in now, we save ourselves millions of years of growing on the higher planes,

即便身处更高的星光界、因果界或最高界，我们仍然需要一种分离感、一种小我感，

to be in a higher astral realm or a causal realm or the highest of realms, we still need a sense of separation, a sense of egoity,

我们需要一种更高层次的体感。

we need a sense of a higher body.

关于我们现在所处的状态，最伟大、最美妙的事情之一就是——它能让我们走完全程，直接回家，直达顶端。

And one of the greatest and most wonderful things about the state we are in now is that it allows us to go all the way back home, right to the very top.

即使是小写“g”的神灵和天使也无法做到我们所能做到的事，

Even the gods with the small g, the angels cannot do what we can do,

我们可以通过彻底丢掉成为小我的意识来走完全程。

we can go all the way by completely losing the sense of being an ego.

07.释放小我 Letting Go of Ego 3

我试着提出最高的教导，我喜欢从顶端开始，

I try to bring out the very highest of teachings, I like to start from the top,

如果我们希望知道真相，就必须从真相出发，并以此开始推理，

if we ever expect to know the Truth, we must start with the Truth and reason from there,

我们无法从虚假、谎言和大多数世人看到的世界现实中获得真相，

**we can't get to the Truth from the falsity, the lie, the reality of the world
as most people see it,**

如果我们试图从这个世界出发去探寻真理，它行不通的。

if we try to grow from this world up to the Truth, it just won't work.

因为我们是在从谎言开始，并试图以此进行推理，

Because we're starting with the lie and trying to reason from there,

我们必须从真理出发进行推理。

We must start reasoning with the Truth.

真理是绝对的“一”，不会改变，永不改变的就是真理。

**Now the truth is the absolute One, the changeless, that which never
changes is true.**

如果它变了，那它一开始就不是真的，因为它发生了变化。

If it changes, it wasn't true in the first place, it changed.

因此，我们将真理定义为永不改变的东西。

So we define Truth as that which never changes.

所以，如果我们进行推理，我们应该从“一”、从是一切的无限开始，并由此进行推理。

So if we reason, we should start with the One, infinity as being the all, and reason from there.

现在，随着我们继续，我相信将会出现各种洞察我们小我的方法，

now as we go on, I believe the various methods of seeing our ego will come out,

我们通常采用的总体方式不是我一味地讲述，而是更多地回答问题，

and the general method we have used has not been my talking as much as my answering questions,

如果我回答一个问题，我总是试着让答案从内在呈现出来，

and if I answer a question, I always try to answer by letting the answer come from within

如果我这样做，它会带出提问者背后的小我，或者有时会把问题直接放入真我之中，

and if I do that, it will bring out the ego behind the questioner, or sometimes will put the question right into the Self,

我用这种方式回答往往是为了引发思考，而不是回答问题。

and very often the answer is put in such a way as to provoke thinking rather than answer the question.

不幸的是，我们都知道问题实际上无法由他人为我们解答，每个人都必须自己回答问题。

Unfortunately, we all know that questions can't really be answered for us that, each one must answer the question himself or herself.

所以，我回答问题的方式可能经常看起来有点奇怪，它不是直接的，它有点迂回，或者说带有启发性，

So my method of answering questions very often might seem kind of odd in that it's not direct, it's round about or it's provoking,

但目的是让提问者明白小我动机或小我，

but the purpose is to make obvious to the one asking the ego motivation or the ego,

这样他就能看到它，如果他愿意，他就可以释放它。

so that he may see it, and if he chooses to let go of it.

当我走进来，坐下，我只知道，我确信“你就是那”，

When I come in, I sit down, I just know, I have a conviction that THOU
ART THAT,

我在多大程度上确信这一点，就能在多大程度上帮助你进入那种心境、那种状态。

and to the degree that I have this conviction, to that degree I help you
be in that mood, in that state.

现在，当我们处于那种状态中时，我们应该认出它，我们应该明白那是一种非常高的状态，

Now when we are in that state, we should recognize it, we should get to
know that that is a very high state,

我们不应该试图把它和小我的世界联系起来，它和小我根本就不相关，

and we shouldn't try to relate that to our ego world, it just doesn't relate
to it.

它是一种平静、一种平和、一种非常愉悦的状态。

it's a calmness, it's a peace, it's a very delightful state.

当我们处在这种状态中时，不会有“行动状态”、“拥有状态”的感觉，
And there's no sense of doingness, havingness when we are in that
state,

它只是存在。

it's just Beingness.

但这是我们需要越来越多地建立的体验，直到它是完全的、完整的、唯一的，
But that is the experiencing that we need to establish more and more,
until that is full, and complete, and only,

这就是所谓的“完全证悟”。

that's what's called full realization.

关于我们的教导，另一点是——我们想要去除其中所有的神秘色彩。

Another point about our teaching is we like to get all the mystery out of
it.

因为它本质上非常简单，“你就是那，别再试图成为不是那的”是基本教义。

Because it is basically so simple, “THOU ART THAT, stop trying to be not
THAT” is the basic teaching.

如果我们能认清那种状态是什么， 我们就会到达那种持续存在的状态，
If we can recognize that state for what it is, we will get to the place
where that remains,

接下来我们会自然地行动、自然地拥有、自然地交谈等等，
and then we automatically do, have, talk and so forth

我们不再把自己和“行动状态”、“拥有状态”等等联系在一起。

and we no more associate ourselves with the doingness, havingness and
so forth.

但是无声教导才是最有效的教导， 这是所有古鲁所给予的教导，

But the silent teachings are the most effective of teachings, and this is
the teaching that all the gurus give,

这就是为什么他们大多数不选择进入身体的原因之一。

this is one reason why they're mostly not embodied.

因为当他们在身体里时， 我们大多数人会认为他们有小我的特质，

Because when they are embodied, most of us attribute egoity to them

因为对我们来说，祂们有一个身体，祂们吃饭、祂们也睡觉等等。

because they have a body to us, and they eat and they sleep and so forth.

当祂们没有身体的时候，我们会给予祂们更多应得的信任，

When they don't have a body, we give them more credit that is due them,

祂们试图通过无声的方式教导我们，

and they try to teach us via the silent methods,

我们在多大程度上能接受这一点，就会在多大程度上从祂们那里接收到它。

and to the degree that we can accept it, to that degree we receive it from them.

它是思想漩涡的平息，它是平息念头，

It's the stilling of the whirlpools of thought, it's quieting thought,

当不再有念头的时候，这就叫开悟。

when there is no more thought, that is called realization.

所有的念头都是被小我驱动的，

All thought is motivated by the ego,

当不再有小我时，就不再有念头了。

when there is no more ego, there is no more thought.

正是那个与一切分离的小我认为它需要各种东西，

It's the ego that being separate from the all thinks it needs things,

当我们是一切时，我们就什么都不需要了。

when we are the all, there is nothing we need.

如果还有一个欲望，就还有我们所没有的东西，这就是小我，

If there's a desire, there's something we don't have, that's the ego,

所以我们需要释放的是小我。

so it's the ego we need to let go of.

08.完美的身体 The Perfect Body 1

本次课程的主题是“完美的身体”，录制于1965年10月。

The title of this session is “The Perfect Body”, recorded October 1965.

如果我们没有完美的身体而又想要一个完美的身体，这就意味着我们不相信或没有信心觉得我们能让身体变得完美，

If we don't have a perfect body and we want a perfect body, that means we do not believe or have a conviction that we can make the body perfect,

这意味着我们在心智中正抓着一个不完美身体的意识。

it means we are holding in mind a consciousness of an imperfect body

因为身体是心智的精确复制，身体是我们向外投射的意识。

Because the body is an exact copy of the mind, the body is our consciousness projected outwardly.

现在有必要拥有完美的身体吗？

Now is it necessary to have a perfect body?

没必要，

It's not,

但有必要的是拥有一个完美的认知。

it's necessary to have a perfect understanding.

在其他条件相同的情况下，如果你无法拥有一个完美的身体，那就让自己的身体变得完美。

Everything else being equal, if you can't have a perfect body, make your body perfect.

然而，通过获得“我不是这个身体”的灵性理解，你可以超越一个完美身体的必要性，

However you can go beyond the necessity of a perfect body by getting the spiritual understanding of “I am not the body”,

因此，身体不会影响我。

therefore, the body does not affect me.

这是一个更高的状态，事实上，我认为这是最高状态之一，

And this is a much higher state, in fact, I think this is one of the highest of states,

无论身体发生了什么，你都能保持灵性上的平静。

to be able to maintain your spiritual equanimity regardless of what happens to the body.

因为我们不是这个身体，

Because we are not this body,

这个身体不是无限的，

this body is not infinite,

它是一个极其受限的车架子，非常、非常脆弱，

it's an extremely limited vehicle, very very delicate,

温度改变一百度，它就死了；

change the temperature hundred degrees, it dies ;

在身体中放入许多微量的化学物质，它就死了；

Put many tiny amounts of chemical in it, it dies;

切断氧气，它就死了；

Cut out oxygen, it dies;

所以这个身体是一个极其受限的车架子，最好不要成为这个身体。

So this body is an extremely limited vehicle, and it is much better to not be the body.

拥有一个不完美的身体并且不被它打扰的灵修是一种非常高的灵性训练，

The spiritual discipline of having an imperfect body and not having it bother you is a very high spiritual discipline,

许多完全了悟的大师将带着病体度过一生，树立了一个不看重身体的榜样。

many fully realized masters will go through life with a sick body, setting an example of non-emphasis on the body.

因为身体是我们陷入限制的最大、最大的陷阱——“我就是这个身体”。

Because the body is our biggest, biggest trap into limitation, “I am this body”,

身体不止是限制，而且与之相关的还有成千上万的其他限制。

Not only is the body is the limitation but associated with it are thousands of other limitations.

所以，鲍勃，就我自己而言，现在我更喜欢不修正这具身体，不管它发生了

什么，我都不让它影响到我，哪怕是一点点。

So, Bob, for myself, I prefer not to correct the body now, but to have it touch me not, not even in the slightest, regardless of what happens to it.

完美的身体并不是最高的状态，

A perfect body is not the highest state,

身体是一个限制，即使它是完美的，即使它是一个完美的身体，它仍然只是一个完美的身体而已。

a body is a limitation even when it's perfect, it's a perfect body, it's still a body, but perfect.

更高状态是不成为身体。

A higher state is not being the body.

你现在正摇头，回答.....

You're shaking your head now, and by answer...

学生：现在你要进入的是.....

Student: Now, what you're getting in...

莱斯特：看，所以再强调一次，这是水平的问题。

Lester: See, so again, it's a matter of level.

但是因为我们进入了一个很高的水平，我必须保持在那里，

But because we're into a level that is high, I've got to stay up there,

不要做身体，做你真正的自己，成为无限。

be not the body, be what you really are, be infinite.

完美不是做一个完美的身体，

Perfection is not a perfect body,

完美是绝对完美，

perfection is absolute perfection,

哦，你有一个把它归结为完美事物的倾向，

oh, you have a tendency to bring it down to perfect things,

完美与事物无关，

perfection does not relate to things,

没有什么事物是完美的，

no thing is perfect,

一切事物都有其局限性。

everything is a thing of limitation.

所以最高状态，即绝对状态，是一种无物的状态，

So the top state, the absolute, is a state of no things,

它只是存在、或者纯粹的意识、纯粹的觉知、最高的状态，

it's just Beingness, or pure consciousness, pure awareness, the top state,

它不是一个东西、一个身体，

it's not being a thing, a body,

它只是存在。

it's just being.

所以总结一下，我们当然应该拥有完美的身体，

So to sum it up, of course we should have perfect bodies,

如果身体一直分散着我们的注意力，那么冥想就会很困难，

if we have bodies that pull on our attention all the time, it's difficult to meditate,

所以摆脱对身体的需求，尽可能地让身体完美。

so rid yourself of body demands, make the body as perfect as you can.

然而，它是一种更高的状态，因为我们不认同身体，所以身体就不再影响到我们。

However, it is a higher state, when the body does not affect us because of not identifying with the body.

但最高状态只是存在，只有存在，或者说是意识，只有意识，

But the top state is just Beingness, only Beingness, or consciousness, only consciousness,

它是意识，是所有意识的意识；

it's consciousness, conscious of all consciousness;

它是存在，是一切存在的存在；

It's Beingness, being all Beingness;

在最高处，意识和存在是同一个东西。

And consciousness and Beingness means the same thing at the top.

成为任何事物都是一种限制。

Being anything is being a limitation.

要明白，幸福是我们与生俱来的自然状态。

See, happiness is our natural inherent state,

我们就是一切，

We are the all,

我们人为地创造了匮乏，

we artificially create a lack,

然后产生了消除这个匮乏的渴望，当这个渴望得到满足时，我们会感觉更好，

and then a desire to undo that lack, which when that desire is fulfilled,

we feel better,

它就像是把针扎进你的身体里，很疼，然后你把它拿出来，说：“哇，感觉真好！”

it's like sticking a pin into you, and it hurts, and you take it out and say:
“Gee, that feels good!”

这正是享受事物和人的本质——我们伤害自己, 在消除那个痛苦后, 说: “这感觉真好, 这让我快乐!”

This is exactly what enjoying things and people is, we hurt ourselves, remove the pain and say: “That feels good, that makes me happy!”

每当你感受到幸福的时候, 你或多或少都是在感受你的真我,

Every time you feel happiness, you feel only your real Self more or less,

越快乐, 你就越能感受到你的真我,

be happier, the more you feel your real Self,

然而你把它归因于外面的事物和人。

And you attribute it to things and people out there.

它的机制是, 当我们创造匮乏时, 我们会产生 “我需要这个人、这个东西让我快乐” 的想法, 那种需要、那种匮乏就导致了一些痛苦, 当我们从那个想法中解脱出来时, 我们就会回归做我们自己, 这就是我们所说的幸福。

The mechanism of it is that when we create the lack, we start up thoughts “I need this person, this thing to make me happy”, that causes

a bit of pain, that need, that lack, which when we are relieved of that thought, we return back to being ourselves which is what we call happiness.

这是人生中值得实现的伟大目标。

This is something great to be achieved in life.

当你看到你的快乐是与生俱来的，而你一直所说的快乐其实是——消除它，然后恢复它，还把它归因于人和事。

When you see that your happiness is inherent, and that what you have been calling happiness is doing away with it, and then restoring it and attributing it to people and things.

所以如果你想享受身体，那是你的权利。

So if you want to enjoy a body, that's your privilege.

如果你想要更多的快乐，就不要享受身体，

If you want more joy, don't enjoy the body,

只是做你自然所是的快乐，那是自然的状态，

just be joy which you naturally are, that's the natural state,

当你看到你就是一切的时候，就没有必要再需要什么东西了，什么都不缺，
it's not necessary to need things when you see that you are the all,
there's nothing lacking,

所以直接拿取你的喜悦吧，
so take your joy directly,

做你自己，
be yourself,

那是存在的无限喜悦。
that's being infinite joy.

09.完美的身体 The Perfect Body 2

我发现在这个身体里的生命和一块木头里的一样多，身体和一块木头的化学成分一样，都是碳水化合物，

I saw that there's as much life in this body as there is in a piece of wood,
it's carbohydrates, the same chemicals as a piece of wood,

这身体里唯一的生命就是“我”，我赋予了这个身体生命，
that the only life in this body is me, I put the life in the body,

我看到身体就是我的意识，而我的意识赋予了这个世界生命。

I saw that the body is my consciousness and my consciousness puts the life in the body.

当你意识到你创造了身体，你就可以改变它，你就可以在心理层面改变它。

When you see that you make the body, you can change it, you can mentally change it.

现在，我们当下所拥有的身体，是迄今为止我们在身体层面所积累的“教育成果”，

Now, the body we have right now is the education body-wise that we have accumulated up to date,

这是我对身体的认知，

this is my concept of a body,

那是你对你的身体的认知，

that's your concept of your body,

它现在处于极深的潜意识层面，

it is deeply subconscious right now,

这就是为什么这件事很难,

this is why it is difficult,

这个完美身体的画面一定得比所有过去不完美身体画面的总和更强有力,

This picture of the perfect body must be with more powerful than the sum total of all the pictures in the past of an imperfect body,

现在你必须有一个完美身体的画面, 这个画面所带有的念头得比过去所有不完美身体的念头的总和更强有力,

right now you have to get that picture of a perfect body with a thought that's stronger than the sum total of all the thoughts of imperfect body of the past,

当你能够做到这一点时, 你的身体会立即依照这个完美身体的新念头而发生改变, 因为这个新念头比过去所有的念头都更强有力,

when you are able to do that, your body will immediately change to this new thought of perfect body which is more powerful than all the past thoughts,

明白了吗?

does that make sense?

这就是它的机制。

This is the mechanics of it.

好吧，那么现在，什么是一个强有力的念头？

All right, now, what's a powerful thought?

一个强有力的念头是一个专注的念头，越专注，这个念头就越有力量。

A powerful thought is a concentrated thought, the more concentrated, the more powerful the thought.

专注的念头，就是一个在当下没有其他无关杂念的念头。

A concentrated thought is a thought without other extraneous thoughts present at the time.

获得最强有力的念头的最佳方式就是释放你自己，释放你的小我，

The very best way to get a most powerful thought is to let go of yourself, your little self,

释放你的感受——“我是鲍勃，我有这个，我有那个”，

let go of your feeling, “I am Bob, I have this, I have that”,

然后说：“是的，只有完美存在，包括这个身体。”

and say: “Yes, there is only perfection, including this body.”

如果你能放下这个世界，所以你...我意思是，你那思维心智是你最大的障碍，

If you can let go of the world, so you... I say your thinking mind is your biggest obstacle,

无论你是否意识到，你的心智一直都比光速还快地运转着，

your mind is going uh faster than the speed of light all the time, whether you're aware of it or not,

如果你没有意识到它，它也会在潜意识层面运作，

if you're not conscious of it, it's going on subconsciously,

你已经把自己养成了不断思考的习惯。

you've trained yourself to think think think think...

你被所有的这些想法搅得团团转，

you've got it spinning with all these thoughts,

在过去，你非常重视这种思考，

you've put a lot of importance upon this thinking in the past,

它的重要性也是在潜意识层面的，

the importance of it is also subconscious,

所以，要放下思考的重要性并不容易，

so it's not easy to let go of the importance of thinking,

这些都是你放下思考的障碍，

and these are obstacles to your letting go of thinking,

如果你能放下思考，只留下一个简单的、没有其他杂念的念头——“我很完美”，（莱斯特打了个响指）你马上就是完美的，我在说的是身体。

which if you could let go of thinking and just one easy thought with no other thoughts around, "I am perfect", instantly you'd be perfect, I'm talking about the body.

因此，你得不断努力，直到你实现目标为止。

So it will take a continuous trying until you achieve it.

在某一天，那种感觉就像是仅凭一个几乎毫不费力的想法，它就发生了，
And some day through an almost effortless thought is the way it feels,

因为那时你的心智非常安静，

because your mind is so quiet at the time, it'll happen,

当它发生时，你甚至可能都没有意识到，

and you might not even be aware of it when it happened,

你可能之后才有所察觉。

you might become aware of it later on.

我刚想起一个我听说过的例子，一个坐了轮椅很多年的男人，我忘记有多少年了，房子着火了，他收拾了两个袋子，然后跑了出去，然后他坐在袋子上，在他坐下之后，他才意识到自己做了什么，他已经忘记自己无法行走了。

I'm just reminded of a case I heard of a man who was in a wheelchair for so many years, I forget how many, house caught on fire, he packed two bags and ran out and sat down on them, it was after he sat down on the bags he had realized what he had done, he had forgotten that he couldn't walk.

你看，当这种情况真的发生时，你如此欣然接纳积极的一面，以至于那消极

的部分被暂时忘记了。

See, when it does happen, you're accepting the positive so much that negative thing is forgotten for the time being.

所以总结一下，影响完美身体的是一个非常强烈的信念——“我是一个完美的身体”，

So to sum it up, the thing that will affect a perfect body is a very strong conviction “I am a perfect body”

或者换句话说是一个专注的念头，这是一个在当时不受其他念头干扰的念头，此时你的心智里没有其他的念头，

or a concentrated thought, which is saying in another way, which is a thought undisturbed by other thoughts at the moment, that your mind is clear of other thoughts at the moment,

这种感觉是一种放手的感觉，

and the feeling is a feeling of let go,

你只是放手，然后让身体呈现出完美状态。

you just let go and let the perfection be about the body.

现在我认为看到这一点最佳方式是通过夜间梦境，这就像一个梦境，就像一

场夜间的梦境，

Now the best way to see this I believe is through the night dream, this is like a dream, just like a night dream,

当你在那场夜梦中时，你身处其中，那里还有其他的角色，那里有一个世界，那里有各种事情在发生，

while you're in the night dream, you are there, there are other characters, there's a world there and things are going on,

当你身处其中、当你梦到它的时候，它是真实的，对吧？

and while you're in it, it's real, right? While you're dreaming it.

只有当你从梦中醒来时，你才会说：“它从未存在过。”

It's only when you awaken from the dream, that you say: "It never was."

这就是这场梦所发生的事情。

That's what happens to this dream.

当你从中醒来时，你会发现它从未存在过，从来都不存在任何东西，

When you awaken from it, you'll see that it never was, that there never was anything,

但一直存在着完美，

but perfection all the time.

所以这是一个从梦中觉醒的过程。

So it's a process of awakening from this dream.

要想明白这一点，你必须亲自去经历，我无法把它给你。

To see this, you're going to have to go through it, I couldn't give it to you.

但如果你坚持下去，你就会到达一个状态，那时你会发现：“天哪，这只是一个梦！”

But if you continue, you'll reach a point, where you'll see that: “My gosh, it's just a dream!”

然后你会发现，它本就是一个从未存在过的梦，其实一直以来都是完美的。

And then you'll see that it's a dream that never was, that there had always been perfection.

但是，只有亲自体验它，你才能理解这一点，

But, again, you can't comprehend that until you experience it,

你可能会在某一瞬间有所领悟，很多人都这样，
you might get it momentarily, many people do,

你会会有一个瞬间的画面，整个事情就像一场梦，
you get a momentary picture of the whole thing as being a dream,

在那里什么都不存在，只有完美，
that there never was anything but perfection,

然而下一刻，你又骗自己陷入了错觉中，认为它是真实的。
and then the next moment, you trick yourself into the delusion again, of
thinking that it is real.

你看，在这个世界上，我只想做一件事，那就是让所有人都知道我所知道的，
You see, there's really only one thing I want to do in the world is to have
everyone know what I know,

与此同时，我不会把这件事强加给任何人，
at the same time, it's not for me to push this on anyone,

但如果他们确实想要它，我真的希望他们能够拥有它，

but if they really want it, I really want them to have it,

这样双方就达成一致了。

so that two get together.

所以我没看到这有什么大胆之处，我认为这是正确的事。

So I don't see the boldness, I see it doing the right thing

当你看到完美的時候，就没什么需要做的了。

When you see the perfection, there's nothing to do.

实际上，我真的觉得自己不是一个老师，我从来都没有在教导，我仍然无法习惯那个被称为老师的概念，

And I actually, I really feel that I am not a teacher, I am never teaching, and I still can't get used to the concept of being called a teacher,

弗朗西斯让我现在比以往任何时候都更能接受这一点，我已经可以更多地
说：“哦，是的，我是在教导。”

now, Francis has got me to accept it more now than ever before, I can do it more readily say: "Oh, yeah, I'm teaching."

但在我的意识里，我并没有在教导，

But in my consciousness, I'm not teaching,

我怎么能教导一个全知的完美存在呢？

how can I teach a perfected being who is omniscient?

在这个最高状态中，你会把这个世界看作你真正的“我”（大写的“我”）。

In this top state, you perceive this world as nothing but your very own Self, with a capital S,

除了真我，什么都没有；

there is nothing but the Self;

或者除了上帝，什么都没有。

Or there is nothing but God.

上帝是一切，

God is all,

你所看到的一切都是上帝，

everything you see is God,

你就是它，

and you are it,

这是你看待世界的方式，

that's the way you see the world,

而其他人看到同样的事物后会说：“呃呃，恰恰相反。”

Others look at it and say: “Uh-uh, it's just the opposite.”

你看着它，它是完美的，它是上帝，它是我，它就是我。

You look at it, it's perfect, it's God, it's me, it's I.

因此，当你处于最高状态中时，在别人眼中，你和他们一样轻松自在地生活，这并不矛盾；

So there's no contradiction when you're in a top state, and you, to the eyes of others, float through life the way they do;

但在你看来，它不是他们看到的那样，

But in your perception, it's not the way they see it,

而那个真正的最高状态，是既处在顶端状态中，又置身于这个世界之中。

and the very top state is being in that top state and in the world at the same time.

呃...总有一天你会笑，所有这些巨大的努力都是为了成为你本来的样子、一直以来的样子，这真是一个笑话。

Uh... Someday you'll laugh and all this tremendous effort to be exactly what you are and have always been, it's such a joke.

经历巨大的挣扎，只是为了成为那个你一直都是、永远都是的样子，创造出所有这些迂回的方法，只为了假设你没有无限的快乐、甚至放弃了所有的快乐，然后再付出巨大的努力试图重建无限的喜悦，

To go through a tremendous struggle only to be what you are, always have been, always will be, creating all these devious means of assuming you don't have infinite joy, even giving up all joy, and then going through a tremendous effort of trying to establish infinite joy again.

但这是个笑话。

but it's a joke.

在实相中，根本不存在时间这种东西，

In Truth, there is no such thing as time,

时间是一个变量。

time is a variable.

实相是永恒不变的，

Truth is that which never changes,

完美就是永远完美的，它不会改变，

perfection is always perfect, it doesn't change,

任何会改变的事物都是不完美的，是不真实的，

anything that changes is imperfect, is unreal,

时间只不过是一个心理概念。

time is nothing but a mental concept.

你晚上做了一个梦，你可能经历了 80 年，

You have a dream at night and you cover maybe 80 years,

现在当你在梦里的时候，那是 80 年的时间，

now while you're in that dream, it was an 80-year period,

在你醒来后，它花了你多长时间？

how much time was it to you after you awakened?

80 年可能变成了几分钟。

That 80 years becomes maybe minutes.

我只是想说明时间只不过是一个心理概念，

I'm just trying to bring out how time is nothing but a mental concept,

在梦里，它是 80 年，

in the dream it was 80 years,

你醒来后说：“天哪，它才几分钟！”

you awakened say: "Gee, it was just minutes."

当你从这场梦中觉醒，你就会明白，没有时间，它一直都存在，过去和将来的一切都在这里。

you awaken out of this dream, you'll see it was no time, it was always there, everything that was or will be is here now.

时间就像拿着一卷电影胶片，一次只看一帧，说：“前一帧是昨天，后一帧

是明天。”

Time is like taking a movie reel, and looking at one frame at a time, and saying: “The frame before it is yesterday, and the frame after it is tomorrow.”

一切都在那里。

It's all there.

你现在就可以看到一切。

You can look at it all now.

但在时间方面，我们选择只看一帧，

But in time, we choose to look at one frame,

然后说：“这边的这个是过去，那边的那个是未来。”

and then say: “The one on this side is the past, and the one on that side is the future.”

如果你看整个胶片，你可以看到你从开始到结束的整个一生。

If you'd look at the whole reel, you could see your entire life from beginning to end.

但在心理上层面，你选择按照你现在的方式去做。

But mentally, you choose to do it the way you're doing.

时间只是一个心理概念。

Time is only a mental concept.

但为了接受这一点，你必须亲自看到它，

But in order to accept this, you've got to see it yourself,

你必须感知到这一点，

you've got to perceive it,

你必须意识到这一点，

you've got to realize it,

深入思考它，总有一天你会意识到：“哇，它只是一个心理概念！”

thinking on it deeply, you'll get the realization someday: "Wow, it's just a mental concept!"

永恒就在当下，

Eternality is now,

它是一个永恒存在的当下，

it's an ever-present now,

没有过去，没有未来，一切都在此时此地，

there's no past, no future, it's all here now,

在实相中只有当下。

there's only a nowness in Truth.

10.心镜 The Mind Mirror 1

本次课程的标题是“心镜”，录制于1966年5月31日。

The title of this session is “The Mind Mirror”, recorded May 31st 1966.

那么为什么我们比其他人更深入这个主题呢？

Now why do we, who are more with this subject than others?

为什么我们不能一直处于只有快乐而没有悲伤的状态中呢？

Why are we in a position where we don't have joy all the time with no sorrow?

为什么在研究了主题，追随了大师们之后，为什么我们仍然无法得到我们在寻找的东西？

Why after having been with this subject and following the great masters, why can't we get that thing we are looking for?

哪里出了问题？

What is wrong?

我相信如果你仔细研究一下，你会发现只有一个东西出了问题，

Well, I believe if you look into it, you will discover that there's only one thing wrong,

只有一个东西——我们对成长的渴望不如我们对这个世界的渴望那么强烈，不如我们对小我认同的渴望那么强烈。

only one thing, our wanting this growth is not as strong as our wanting this world, as our wanting ego approval.

因此，我尽可能地讲求实际，为你提供一些你每天都能运用的成长方法。

Therefore, I try to be as practical as can be by presenting you with methods that you can use every day to grow by.

生命中没有哪个时刻不能用作成长的机会。

There is no moment in life that cannot be used as an opportunity for growth.

生命中没有哪个时刻不能用作成长的机会。

There is no moment in life that cannot be used as an opportunity for growth.

现在，唯一的成长，我强调的是“唯一”这个词，唯一的成长就是放下小我。

Now the only growth and I'm underlying this word "only", the only growth is letting go of ego.

当小我为零时，上帝就是全部。

When the ego is zero, God is all.

如果我们还没有找到足够的上帝或足够的幸福，那只是因为我们在抓着小我的渴望不放。

If we are not finding enough of God, or enough of Happiness, it's only because we are holding on to our ego desires.

所以我想在每次研讨会上，我都介绍一种我们在日常生活中可以使用的具体方法，来帮助我们释放我们的小我。

So I think at each meeting, I'll present one particular method that we can use in everyday life to help us let go of our ego.

我想今天我想说的是：你所看到的世界，也是你。

I think today I would like to say this: As you see the world, so are you.

现在，我要引申一下，“一个人心里相信什么，他就是什么”，这是对的，

Now I'm taking off on "As a man believe in his heart, so is he", which is correct.

但我认为这是一种更进一步的看待它的方式：

But I say this is a much more advanced way of looking at it:

你所看到的世界，也是你。

As you see the world, so are you.

现在，每天当我们起床睁开眼睛，我们开始看着这个世界，我们遇到一些人，我们看到的那些人，也反映出我们自身的样子。

Now every day when we get up and open our eyes, we start looking at the world, we meet people, and as we see those people, so are we.

我们不可能在别人身上看到我们自己没有的缺点，

It is impossible to see a fault in anyone else that we don't have in ourselves,

如果我们身上没有这个缺点，就不可能在外界的任何人身上看到它。

if the fault is not in us, it's impossible to see it out there in anyone else.

这几乎和为了理解希腊语，你必须懂希腊语是一样的。

It's almost the same as, in order to understand Greek, you must know Greek.

我们在外界理解的任何东西，我们在内在也知道它。

Anything we understand out there, we know within.

所以每次我们看到一些我们不喜欢的东西，有人在做一些我们不喜欢的的事情，这让我们很困扰，

So every time we see something out there that we do not like, a person who is doing something that we don't like and it bothers us,

这只是因为同样的东西也存在于我们的内在，

it is only because that very same thing as in us,

这是一个强有力的成长方式。

now this is a powerful method of growth.

因为不幸的是，我们大多数人看到的都是这个世界上错误的东西，

Because most of us unfortunately see things that are wrong in this world,

当一个大师看这个世界的时候，他除了完美，什么都看不到，

when a master looks at the world, he sees nothing but perfection,

我们也应该试着获得相同的视角。

we should try to get the same viewpoint.

如果我们只坚持这一点，就会有巨大的成长。

If we will hold on to just this one thing, there will be a tremendous growth.

每次你看到某人身上有什么不对的地方时，在自己身上找找它，

Every time you see something wrong in someone, look for it in yourself,

当你看到它的时候，释放它，保持释放，

and when you see it, let go of it, keep letting go,

每次你释放它的时候，你就是在释放一点小我。

and every time you let go of it, you're letting go of a bit of ego.

整个事情非常简单，

The whole thing is very simple,

此时此刻，你就是那，

THOU ART THAT, here and now,

移除小我的遮蔽物，释放小我，

remove the covering of the ego, let go the ego,

当小我完全消失时，唯一剩下的就是无限的真我，

and when the ego is completely gone, the only thing left is the infinite Self,

在小我不会升起的地方，就有真我。

where the ego rises not, there is the Self.

所以在日常生活中，当我们与人交往、遇到各种情况时，每当我们看到自己

不喜欢的事物时，我们都应该转向内，看看我们自己的内在，释放它。

So in everyday life, as we meet people, situations, every time we see something we don't like, we should turn within, see it within ourselves, let go of it.

现在，这不是在一天或一周之内就能解决的，

Now this will not clear us in one day or one week,

因为有太多的东西需要清理了，

because there's an awful lot to be cleared,

历经累生累世，我们已经发展了如此之多对小我的依恋和欲望，

we have developed through many lifetimes ego attachments and desires,

它们不会一两天就消失的。

and they don't go in one or two days.

当我们开始释放小我时，有时看起来好像小我变得越来越强大、越来越膨胀，

When we start letting go of the ego, it appears sometimes as though the ego is getting stronger and stronger and bigger and bigger,

事实并非如此。

that's not true.

它永远不会比现在更强大。

It will never get any bigger than it is right now.

那是发生了什么呢？

What happens is that?

当我们释放它的时候，它会更多地显现在我们面前，

As we let go of it, more of it presents itself to us,

我们在更多地看着它，

we are looking at it more,

有时看起来好像是小我在变得越来越强大，

and it appears sometimes as though the ego is getting bigger,

实际上，我们只是在面对更多的小我，它一直都在那里。

actually, we're just facing up to more of it, that was there all the time.

把目光从小我身上移开并不能消除它，它只会留在那里，

looking away from ego does not dissolve it, it just remains there,

直到有一天，我们被迫释放它。

until the time comes that we are forced to let go of it.

所以，在每一天中，如果我们只是看着这个世界，并且意识到我们是通过自己的眼睛、我们自己的意识、我们自己的理解来看待它的，意识到我们所看到的外部世界只不过是我们自己而已。

So daily, right through the entire day, if we will just look at the world and realize that we are seeing it through our own eyes, through our own consciousness, through our own understanding, that what we see out there is nothing but ourselves.

这可能会促成一个快速的、正向的成长，并且效果立竿见影，第一周你就会感觉好很多。

This can affect a rapid positive growth that will show results immediately, the first week you'll feel better.

随着你继续这样做，你会变得越来越轻松、快乐会越来越多、悲伤越来越少。

And as you keep doing this, you'll get lighter and lighter and lighter, happiness will get more and more and more, sorrow will get less and

less.

但我给你的主要提醒是，不要指望它在一夜之间发生。

But the main warning I give you is don't expect it overnight.

如果小我似乎显得愈发强大，那只是因为你正在面对它，而在此之前你却在回避它。

And if the ego appears to loom up larger, it's only because you're facing it, whereas before you were looking away from it.

南希刚刚问：“你是怎么做到的？”

Nancy just asked: “Well, how do you do it?”

你看到有人在试图成为派对上的主角，成为头号人物，你不喜欢这样，我举的是一个很明显的例子，

Well, you see someone out there who is trying to be the life of the party, the number one, you don't like it, I'm taking a very obvious thing,

如果我们不喜欢别人争当第一，那只是因为我们想成为第一。

if we don't like the other one trying to be the number one, it's only because we want to be the number one.

好吧，那么我们该怎么办？

All right, so what do we do?

你必须向内，寻找它，坚持下去，直到你看到它。

You have to go within and look for it, and stay with it, until you see it.

如果你愿意深入内在，冥想它，让你的心智安静下来，答案总会出现的。

If you will go within, meditate on it, quiet your mind, the answer will always come.

你会明白为什么，“是的，我也想成为第一，我很不满，因为另一个人也在试图成为第一”。

You will see why, “Yes, I too want to be the number one and I was resentful, because the other one was trying to be the number one”.

然后当你发现自己想要成为第一时，对自己说：“我必须释放。”

And then when you see that you want to be the number one, say to yourself this: “I must let go of.”

带着一个放手的意愿，仅仅是带着放手的意愿，

With a wish to let go, and just by the wish to let go,

你就释放了一点小我。

you are letting go of a bit of ego.

11.心镜 The Mind Mirror 2

没有比我们从家庭中学到的更好的功课了，你会发现家庭是成长的最佳途径。

There are no better lessons than those we get from our family, you'll find family the best means of growing.

主要原因是我们选择了父母，我们选择了和我们有着相似特质的父母，

And the main reason for that is that we choose our parents and we choose parents who have similar characteristics to our own,

所以，正因如此，父母和孩子之间总会有相互的影响和互动。

and so there's always a to and fro between parent and child because of this.

父母告诉孩子们要做什么，孩子们一直在反抗、反抗，来来回回，没完没了。

Parents are telling the children what to do, the children are fighting right back, up and back, up and back, all the time.

大多数时候，父母和孩子在一起时，在我们所谈论的事情上，这种你来我往的情况一直持续着。

Most of the time, a parent and child are together, there's a constant to and fro on the thing we're talking about.

因为我们自己身上就有这种特质，所以我们能在父母身上看到它，或者在我们的孩子身上看到它，

Because we have it in ourselves, we see it in our parent or we see it in our child,

而他们也能在我们的身上看到这一点，

and they see it in us,

这就导致了很多的矛盾。

it causes a quite a lot of friction.

现在，这也可以是相反的关系，

Now, that can be the opposite relationship too,

如果我们的父母有我们喜欢的东西，父母和孩子一起在某事上达成一致，我们会有一种小我的提升，

we can have an ego lift, if our parent has the things that we like, if

parent and child together on something that they both agree on,

并且会有一种兴奋感，对小我的支持也一直在持续，这也是可能的。

and there's an elation, a support of the ego going on all the time, that's possible also.

同样的道理，小我在遭到拒绝时受挫，在受到赞美时扬升，

Now, ego, the same way goes down on rebuff, goes up on praise,

所以我们应该从两方面来看待这一点。

so we should look for two ways.

记住，任何能被赞美之词捧起的东西，都能被相反的话语迅速摧毁。

And remember, anything that can be lifted by words of praise can be as quickly dropped by the opposite word.

我们想要达到的状态是一种平静，在这种平静的状态下，我们总是快乐的，或者我们的快乐不依赖于我们自己之外的事物和人。

The state that we want to attain to is one of equanimity where we are always happy, or where our happiness that does not depend upon things and people outside of ourselves.

真正的幸福是我们的自然状态，是独立于人和事物的。

The real Happiness with a capital H is our natural state and is independent of people and things.

任何时候，当快乐依赖于我们自身之外的任何事物时，都是一种小我的快乐，之后必然伴随着小我的痛苦。

Any time it's dependent upon anything outside of ourselves, it's an ego pleasure, which must necessarily have an ego pain after it.

然而，我们在这个世界上感受到的所有快乐，或多或少都只是真我的感觉，即使我们将其归因于外部的某人或某物。

And yet all joy that we feel in this world is only the feeling of the Self more or less, even though we attribute it to someone or something outside.

我们所感受到的那种喜悦的感觉，只不过是真我本身。

That feeling of joy that we feel is nothing but the Self.

所以我说，我们感受到的所有快乐都源于真我，我们感受到的所有痛苦都源于小我。

And so I say, all joy that we feel has its source in the Self, and all misery that we feel has its source in the ego.

还有另外一种方式可以放下小我，

And there's another way of letting go of ego,

每当我们感觉不快乐时，就寻找小我的动机。

every time we feel unhappy, look for the ego motivation.

有一些我们想要的东西，于是我们很沮丧、很不开心，

there's something we want and we're frustrated and we're unhappy,

寻找小我的源头，你会看清它，

seek the ego source, you'll see it,

你就自然会释放它，

you'll automatically let go of it,

然后你会再次感到快乐。

and you'll feel happy again.

换句话说，外面除了我们的意识之外，什么也没有。

Another way of saying it is, there is nothing out there but our

consciousness.

无论我们看到外面有哪里不对，问题其实出在我们之内。

Whatever we see wrong out there, the moat is in our I.

一位大师所看到的你、每个人以及每件事都是完美的。

A master sees nothing but perfection in you, in everyone and in everything.

如果祂不这么说，祂只是在为了听众的利益而说话，以便进行沟通。

If He says otherwise, He's just talking for the benefit of the hearer in order to communicate.

只有真理，那绝对的永恒、无限、没有限制、喜悦、全知，全在，一切都是荣耀的，这就是真理的全部。

There is only the Truth, the absolute eternal, infinite, unlimited, joy, omniscience, and omnipresence, all glorious, that's all there is in Truth.

除此之外的一切都只是虚假、表象、错觉、幻象。

Anything other than that is a falsity, the appearance, the delusion, the Maya.

所以你问的是：“玛雅不是真的吗？”

So what you ask is: “Well, isn't this Maya true?”

我唯一能说的就是：“不，它不是真的。”

So the only thing I can say is: “No, it isn't.”

看清真相，你就会发现一切都是绝对完美的。

See the Truth, and you'll see that everything is absolutely perfect.

每个人都在努力地回归完整的真我，释放他们的小我，

Everyone is trying to return to the full Self to let go of their ego,

我们中的一些人在这个方向上犯了错误，越往小我的方向走，我们表面上就会陷入越来越多的麻烦等等，这是一种表象，

some of us make errors in that direction, by going further into an ego direction, we get more and more apparently in trouble and so on, that and it's an apparency,

直到这种表象变得如此难以明了，我们才开始看向另一个方向。

until the apparency gets so difficult, we start looking in the other direction.

如果你想了解光明，就不要盯着黑暗；

If you want to know light, don't look at the darkness;

如果你想知晓真理与善，就不要看向邪恶。

If you want to know Truth good, don't see evil.

小我是与一切相分离的感觉，

Ego is the sense of separation from the all,

在我们陷入这种表面上的幻觉之前，就是我们现在所追寻的无限存在。

before we got ourselves into this apparent delusion, we were that infinite being that we are now seeking.

12.心镜 The Mind Mirror 3

通过一些奇思妙想和“存在状态”，我们决定玩一场游戏，真的是一场受限的游戏，

Through some quirk and Beingness, we decided to play a game, really a game of limitation,

我们只是决定稍微受限一点，

we decided to be just a little limited,

现在为了做到这一点，我们必须摒弃“一切”，“一切”是没有限制的。

now, in order to be that way, we had to move away from the All, the All is unlimited.

所以我们在我们的周围画了一个很大的圈，那一刻我们几乎是无限的，

And so we drew a wide circle around us, we were nearly unlimited at that moment,

然后我们想再次体验无限的感觉，

and then we wanted to play with the feeling of becoming unlimited again,

但是当我们开始朝着那个方向发展时，我们掉入了一个陷阱，

but when we started that direction, we fell into a trap,

在限制的游戏里，我们没有回到无限，反而走得更远，在自己周围画了一个更小的圈，变得更加受限，并试图摆脱那种限制，

in the game of limitation, we instead of going back to the unlimited, we went further and drew a less wide circle around ourselves and became more limited and tried to get out of that,

我们一直在这样做，这个主要的分化过程是：首先我们处于一个被称作“因果体”的状态，

we kept doing that, and the main divisions of it is first we were what is called a causal body,

我们创造了一个分离的身体，

we created a body to be separate in,

在因果体中，对我们来说，它是观念形成的领域、观念的领域，

and in the causal body, it's the realm of ideation to us now, the realm of ideas,

在那个因果体中，当我们有一个想法的那一刻，它就完全实现了，

and in that causal body, the moment we had an idea, it was completely fulfilled,

这几乎就像是伤害了自己，然后停下来说：“哇，感觉真好~”

it's almost like hurting yourself and stopping and say: “Gee, that feels good~”

你创造了一个小的分离，然而每次朝着“一切”迈进，都能让你感觉很好。

You create a little separation, and it feels good to go toward the All each

time.

所以我们首先创造了因果体，当我们有了一个想法、一个愿望的时候，它就立即实现了。

So we first created the causal body, and the moment we had an idea, a thought, a wish, it was immediately fulfilled.

然后我们尝试通过一个星光体进行更受限的游戏，对于我们这些现在处于物质世界的人来说，这是一种天堂般的生活，

Then we tried playing more limited through an astral body which to those of us who are now in the physical is a heavenly life,

在星光体中，无论你想到什么都会立即产生影响，

in the astral body, whatever you think is immediately affected,

在那里，我们不受时间的限制。

we are not limited by time there.

然后我们从星光界进入物质界，这是对宇宙中的任何生命来说最慢、最密集的领域，

Then we moved from the astral into the physical, which is the slowest, the most dense realm possible to any being in the universe,

这是可能达到的最低状态——物质状态，

this is the lowest state possible, the physical,

只有一种更低的可能性，那就是在物理层面上更低，

There's only one possibility of going lower, and that's lower in the physical,

但物质状态是最低的状态，

but the physical state is the lowest state,

这是我们可能遇到的最死寂的状态，

this is the deadest state that's possible unto us,

当你知道这一点时，你就不会再害怕死亡了。

when you know this, you'll never fear death.

因为死亡就像是一种美妙的解脱，所以在你经历死亡之后的体验是非常奇妙的，而不是在经历死亡之前，

Because death feels like a wonderful freeing, it's a tremendous experience after you do it, not before.

因为在此之前，我们认为我们只不过是这个身体，当这个身体消失时，我们也就消失了。

Because before we think we are nothing but this body, when this body goes, we go.

即使是死亡痛苦也远不如你在生活中所遭受的痛苦，

And even the pain in death is not nearly as much as the pain you suffer through life,

你遭受着偏头痛、头痛和疾病，还有家庭、心碎和爱情带来的精神痛苦，这比死亡更难熬，

you have migraine, headache, and diseases, and mental agonies with families and heartbreaks and love, that's more severe than dying at death,

因为死亡通常只是一时的痛苦，随后就会有巨大的解脱感。

because dying at death, generally is just a pain for a moment and then this tremendous feeling of freedom.

所以我们进入了这个被称为物质界的最受限且最致密的状态。

So we came down to this most limited and densest state called the

physical.

而现在我们所有人都在回归的路上，这是毋庸置疑的，我们正处于一个世界振动频率相对较低的时期，非常艰难，非常物质化，

And now all of us are on the way back, and there's no question about that, we're in a period of the world that is relatively low in vibration, very difficult, very physical,

而我们这些已经走上这条道路的人，肯定是在走向解脱，

and those of us who are on the path are definitely on the way out,

因为要是我们能在当今生活的泥沼中找到正确的方向，

because if we can get the right direction in this morass of livingness as it is today,

是因为我们很久以前就踏上了这条道路，而且可以说，无论世界如何变化，我们都会继续下去。

it's because we started on this a long time ago, and we're continuing it in spite of the world, so to speak.

我们可以从物质界出发，在物质界毕业后长出翅膀，飞向星光界，你可以在星光界度过更漫长的千年时光，然后你在这里继续，因为那是一种更轻松的

生活方式，然后我们就可以从星光界毕业，进入因果界。

And we can go from the physical, we can graduate, get our wings and fly off into the astral, and you can spend far more millenniums in the astral, than you do here, because it's an easier way of life, and then we can graduate into the causal.

但如果你理解了小我是什么，你就可以从我们现在所处的最低状态走完全程，

But if you understand what the ego is, you can go all the way from the lowest realm that we are in now,

通过消除小我感，直接回到最高处。

back to the highest by eliminating the ego sense.

当我们失去所有的小我感时，我们会完全觉醒，我们走完了全程，我们会回归到“全者”。

When we lose all of our ego sense, we are fully realized, we go all the way, we return to being the All.

在这个领域，做到这点的机会比其他任何领域都要多，

The opportunity to do this exists more in this realm than any other realm,

因为它太艰难了，所以在这个领域中的动力是最大的。

Because it is so difficult that the incentive is greatest in this realm.

而生活越容易，成长的动力就越小。

as life gets easier ,the incentive to grow gets less.

但当你想到你要没饭吃了，整个世界都在崩塌等等，而你的身体生病了，还有所有的这些麻烦，你就会有一个巨大的动力去摆脱这种困境，而且这种动力在这个领域中会强大得多，

But when you think you are not going to eat, and the whole world is going to collapse on you and so forth, and you have a sick body and all these troubles, you have a tremendous incentive to get out of that, and the incentive being some much stronger in this realm,

超越所有的领域、直接回到“一”或者“全者”是有可能的。

it's possible to transcend all the realms and go right back to the one, or The All.

所以这种小我感是非常基本、非常重要的，它是一切麻烦的开始，

So this sense of egoity is very basic and very important, it's the start of all trouble,

释放它就是在消除所有的麻烦。

and letting go of it is the elimination of all trouble.

它是一种不是“全者”的感觉，不是我们所是的那个上帝的感觉。

It's the sense of not being the All, not being that God which we are.

如果你不是一切，就缺少了一些东西，然后你会努力地去得到它，首先是 100 美元、接着是 1000 美元、然后是 100 万美元、再然后是 10 亿美元，之后是地球、接着是月亮、再之后太阳系、然后是银河系.....

If you're not the All, there's something missing, and you're trying to get it, first \$100, then a thousand, then a million, then a billion, then the earth, then the moon, then the solar system, then the galaxy...

直到你觉醒于“你努力获得的一切都是你自己”的这个事实。

Until you wake up to the fact that everything you're trying to get, you are.

一旦你看清这一点，就再也没有什么可以得到的了，你就是它。

And once you see that, there's nothing to be gotten anymore, you are it.

当你看到人们为了获得他们所是的微小部分而苦苦挣扎的全貌时，这真的是

一个笑话。

It's really a joke when you see the overall picture of how people struggle to get tiny bits of what they are.

所以每当你看到这个世界上有什么不对劲的事情时，把它当作一面镜子，这就是全部了。

So every time you see something wrong in the world, look upon it as a mirror, and that's all it is.

它正在向你反映你的意识。

It's reflecting to you your consciousness.

如果你接受这一点，你就可以利用它来消除你的小我。

And if you accept this, you can use it to undo your ego.

外面除了我们的意识，什么都没有。

There is nothing out there but our consciousness.

如果你想知道你的意识是什么，只要检查一下你周围的事物，你所看到的、以及你每天在生活中经历的事情，那就是你的意识。

If you ever want to know what your consciousness is, just take a check on what is around you and what you see and what you go through every

day in life, that's your consciousness.

这就是读报纸、听广播的危险所在，

This is the danger in reading newspapers, listening to the radio,

总的来说，这个世界有着非常消极的意识，

the world in general has a very negative consciousness,

如果你跟着它走，它就会把你往那个方向拉。

if you go with it, it helps you in that direction.

现在有人告诉你那是逃避，其实不是。

Now, someone tells you that, that's escape, but it's not.

当你在任何时候认可世界上的任何事情时，你都是在支持它。

Any time you acknowledge anything in the world, you're supporting it.

如果你认可战争、死亡和苦难，你就是在支持它，你就是在向外发出这类心理念头。

If you acknowledge war and death and misery, you're supporting it, that's the mental thoughts you're sending out.

看看，我们所有人都在发出念头。

You see, we all send out thoughts.

每当我们有一个念头时，我们以为它是我们内心的一个小秘密，

Every time we have a thought, we think it's a secret little thing within ourselves,

但实际上，它会散发到宇宙中去。

it goes out to the universe.

所以大师们在支撑着这个世界，

So the masters support the world,

他们仅仅坐在山洞里，发出美好的、完整的思想、建设性的思想、合一的思想，以此来抵消所有明显的、消极的东西。

they counterbalance all the apparent negativity by just sitting in a cave and sending out the good, whole thoughts, constructive thought, thoughts of Oneness.

所以我们能够真正帮助整个世界的唯一途径就是帮助我们自己，

So the only way we can give real help to the entire world is by helping

ourselves,

我们的意识越积极，我们就越能将这种积极传递给每一个人。

the more positive our consciousness is, the more we send that out to everyone.

13. 通往幸福的道路 Your Path to Happiness 1

本次课程的主题是“通往幸福的道路”，录制于1966年6月7日。

The title of this session is “Your Path to Happiness”, recorded June 7th, 1966.

有两条法则可以涵盖所有的行为，

There are two laws that will cover all behavior,

我说，如果你能运用这两条法则，它将把你引至完全开悟。

and I say, if you'll use these two laws, it will lead you to full realization.

第一条是对所有生灵都无害的态度；

The first is an attitude of harmlessness toward all beings;

第二条是互惠法则，即任何行为，如果双方达成共识，就是正确的，如果一方不同意，另一方就不应该试图强迫对方去做。

And the second is the law of mutuality, that any behavior, if agreed to by both, is correct, if one doesn't agree, the other should not try to make the one do it.

比如我想去看电影，我说：“走，我们去看电影吧。”你说：“不去。”我说：“为什么不去？走吧，你应该去看看。”诸如此类的事。

For instance, I want to go to the movies, I said: "Come on, let's go to the movies." And you say: "No." And I say: "Well, why not? Come on, you should go." And so forth and so on.

那是我的错。

That's wrong on my part.

如果你不想去，我就不该勉强你去，

If you don't want to go, I shouldn't want you to go,

只有双方都达成一致，它才是互惠的。

it's only mutual if we both agree on it.

没有什么行为是不能用来帮助一个人在道路上成长的，

There is no act that cannot be used for helping one grow on the path,

如果我们想要获得开悟，它就必须是一件全职的事情，

and it must be a full-time thing if we want to get realization,

它不可能是一个周末、或者晚上一小时、或者早上一小时的事情，

it can't be a weekend or one hour in the evening or one hour in the morning thing,

相对而言，除非每时每刻、日复一日都在持续这个主题，否则不会有什么进展。

it must be all the time, relatively speaking, there's little growth and until the subject is every minute, every day.

我们越快乐，我们就越能安住于神、安住于真我之中。

The happier we are, the more we are dwelling in God, in the Self.

我们错误地将幸福归因于外面的人或事物，

We falsely attribute the happiness to the person out there or the thing out there,

但实际情况是，当外界的人或事满足了我们的欲望时，我们会停止思考。

but what actually happens is, is when the person or thing out there satisfies our desire, we stop thinking.

当我们停止思考时，我们感觉很好，

when we stop thinking, we feel good,

当我们停止思考时，我们就是我们自己的真我。

when we stop thinking, we are being our own Self.

总有一天我们会发现，世界上唯一的快乐就是我们的存在、我们的真我，而我们之前却把它归因于人和事物。

Someday we all discover that the only joy there is is the joy of our Beingness, of our Self, which we before attributed to people and things.

好了，明白这一点，当我们明白这一点时，那个唯一的快乐就是我们自己的真我。

All right, knowing that, when we know that point, that the only joy is our very own Self.

那么与之相反的痛苦就只是小我，更具体地说是小我的挫败感，

It follows that the opposite, misery is just ego, and more specifically,

ego frustration,

我们有欲望，我们想要东西，但我们无法得到它们，我们就感到不快乐。

we have desires, we want things, we can't get them, we feel unhappy.

所以，所有的痛苦都源于小我，

So, all misery has its source in the ego,

所有的快乐都源于真我。

all happiness has its source in the Self.

现在，这一点可以在一天 24 小时都用来成长，

Now this can be used 24 hours a day for growth,

正如我之前所说，唯一的成长就是做我们现在是、过去一直是、将来也永远都是的这个无限真我，它是永不改变的、完美的。

as I said before, the only growth there is, being that we are now, we always have been, we always will be this infinite Self, it is changeless, perfect.

所以唯一的成长是我们无法成长为真我，因为我们就是那个真我。

So the only growth is we cannot grow into the Self, because we are That.

但我们确实摆脱了小我，

But we do grow out of the ego,

唯一的成长就是释放小我。

the only growth there is is letting go of the ego.

所以，运用幸福与痛苦的这个概念，

So to use this concept of happiness versus misery,

每当我们不开心的时候，如果我们只是假定这种痛苦的根源是小我，

every time we are unhappy, if we just assume that, well, this has its source in the ego,

我们也许就可以去寻找痛苦的根源，

we may then look for the source of the misery,

当我们发现它时，我们自然会放手。

and when we discover it, we automatically let it go.

我们无法摆脱痛苦的唯一原因是我们没有看到痛苦的根源。

The only reason why we don't let go of misery or can't is because we don't see the cause of it.

当任何人看到了痛苦的原因时，他自然会释放它。

When anyone sees the cause of the misery, he lets it go naturally.

所以，如果我们坚持这个观念，即“所有痛苦的根源都在于小我”，我们就可以通过审视痛苦而把它当作一个成长的方法。

So, if we hold on to that concept that all misery has its source in the ego, we can use this as a method of growth by looking at.

每当我们不开心的时候，看着它，但要带着放手的渴望。

Every time we are unhappy, looking at it, but with the desire to let it go.

好吧，现在，看着它并不是那么容易，

All right, now, looking at it is not so easy,

因为我们必须学习如何看着它。

because we must learn how to look at it.

当我们不开心的时候，我们应该向内寻找受挫的欲望，

When we are unhappy, we should look within for a frustrated desire,

这是一切痛苦的根源。

this is the source of all misery.

我们有一个欲望，而且它是自私的，

We had a desire, and it's selfish,

我们想要某样东西，却无法得到它，因此我们不快乐。

we wanted something, we couldn't get it, therefore, we're unhappy.

所以每当我们不开心的时候，我们应该坐下来，看着它，看到它在小我中的根源，

So every time we are unhappy, we should sit with it, look at it, see its source in the ego,

当你看到它的根源，当你看到那个欲望，那个受挫的欲望，你自然而然就放下它了。

and when you see the source of it, when you see that desire of being frustrated, you automatically let go of it.

通过这样做，你就释放了一点小我。

And by doing so, you're letting go of a bit of ego.

继续这样做，你会获得彻底的开悟，你会消除小我。

Continue this, and you'll get full realization, you'll eliminate the ego.

这个方法每天都能用，

This can be used every day,

如果你试一试，你会发现它能带来非常快速的成长。

if you try it, you will discover that it affords very rapid growth.

当你痛苦的时候，安静下来，向内看，

When you're miserable, get quiet, look within,

寻找它背后的欲望，

look for the desire behind it,

当你看到它时，你自然就会放手了。

when you see it, you're automatically let go.

欲望还有另一面，叫做厌恶，

There's another side to desire called aversion,

对我们不喜欢的东西，我们有厌恶，

things we dislike, we have aversions to,

但厌恶是一种不想拥有的欲望，

but an aversion is a desire not to have,

即使是厌恶也是一种欲望，

even an aversion is a desire,

它是一种不想拥有的欲望。

it's a desire not to have.

所以，总结一下我刚才所说的，一个非常快速的成长方式，一个能让我们完全觉醒的方法——只是简单地审视我们的快乐和痛苦。

So to sum up what I've just said, a very rapid means of growth, one that could give us full realization, is simply looking at our joys and sorrows.

看着痛苦，我们寻找它的小我根源，即欲望和它的挫败感，

Looking at the sorrows, we look for the ego source of it, the desire and its frustration,

当我们看到它时，我们自然会放手，

and when we see it, we automatically let go of it,

通过这样做，我们就释放了一点小我，

by so doing, we let go of a bit of ego,

我们持续下去，

we keep it up,

最终将不再有小我。

and eventually there's no more ego.

现在从另一个角度来看待它，从幸福的角度来看待它也是件好事，

Now it's also good to approach it, on the other side, on the happiness side,

如果你研究一下你的幸福，你会发现你越是与真我在一起，或者你越是与上帝在一起，你就越幸福。

if you'll study your happiness, you'll see that the more you are with the Self, with a capital S, or the more you are with God, the happier you are.

当我们看到我们的幸福不过是做我们自己时, 我们自然会更努力地做更真实的我们自己。

When we see that our happiness is nothing but being that which we are, we will automatically try to just be what we are, more so.

所以我们可以看看幸福, 发现它是什么, 然后发现它只是我们自己的存在,

So we may also look to the happiness, discover what that is, and find that it's simply our very own Beingness,

这将鼓励我们越来越多地做真正的自己。

and that will encourage us to just be what we are really, more and more.

所以生活中的这两大方面, 即快乐和痛苦, 每天都能用来成长。

So these two big things in life, joy and sorrow, can be used every day for growth.

现在我们都知道了这一点,

Now we, since we all know it,

如果我们不使用它，我说这只是因为我们对世界的渴望、对痛苦的渴望超过了对无限快乐的渴望，

if we don't use it, I say it's only because our desire for the world, our desire for misery, is greater than our desire for this infinite joy,

而我们仅仅是出于习惯才执着于那种欲望。

and that we hold on to that desire merely by habit.

我还想重复一下我说过的另一件事：

And I also want to repeat something else that I said, that:

这条道路必须是全职的，不能是兼职的，

This path has to be a full-time occupation, it cannot be part-time,

我们必须每天 24 小时都和它待在一起，

we must be with it 24 hours a day,

如果我们期待开悟，无论我们现在的生活有多忙，如果我们有正确的态度，如果我们一直有这种追寻的态度，我们就会做那些能带领我们走出这种束缚的事情，走出我们已经陷入的陷阱。

if we expect realization, it matters now how busy we are in life, if we have the right attitude, if we have that seeking attitude all the time, we

will be doing those things that will be leading us out of this confinement, out of the trap that we've gotten ourselves into.

它必须是一天 24 小时不间断的，

It must be 24 hours a day,

现在，当我说一天 24 小时的时候，这包括了睡觉，

now when I say 24 hours a day that includes sleep,

我们会带着白天的意识流进入睡眠中，

we carry into our sleep the stream of consciousness of the daytime,

当我们入睡时，意识流是什么样，它在夜间就会保持什么样。

what the stream of consciousness is when we fall asleep, it so remains during the night.

如果我们在白天专注在这条道路上，实际上我们在夜间也会成长。

If we're intensely on the path during the daytime, we actually grow during the night.

我们的梦境会改变，不再是噩梦，而是会做好梦，甚至能在我们的睡眠状态中、在我们的梦境中遇见更高层次的圣人和智者，

Our dreams will change, instead of having horrible dreams, they'll become good dreams, we'll even meet higher saints and sages in our sleep state, in our dream state,

在那种状态下，我们会从他们那里得到教诲，有时这比清醒状态下更容易。

we will get lessons from them in that state, sometimes more easily than in the waking state.

但是，如果我们在清醒状态下做出了足够的努力，我们确实会在睡眠中继续成长。

But growth does go on during sleep if we make enough effort in the waking state to make it all the time.

所以，成长可以是一天 24 小时全天候的，也应该是这样的，

So growth can be 24 hours a day, and should be,

如果我们想要开悟，它就必须是这样的。

and if we want realization, it must be.

14.通往幸福的道路 Your Path to Happiness 2

我们想从头开始，我们只能帮助我们自己，

We can only help ourselves, thy want to take it from the top,

帮助别人，其实只是在帮助自己，

and helping the other one, you're only helping yourself,

你会看到，到最后只有你自己，

there only is yourself in the end, you'll see,

从分离的角度来看，每个人都要对发生在他或她身上的事情负全部责任。

And looking at the separation, each one is fully responsible for what happens to him or to her.

我根本帮不了你，

I can't help you one iota,

我在帮助你只是一个表象，

it's only an apparency that I'm helping you,

要是你得到了任何帮助，那也是你自己做到的，

if you get any help, you do it,

你会听他的话，然后你会说：“哦，我喜欢那个，我要采用那个方法。”

you'll listen to what he says, and you'll say: "Oh, I like that and I'm going to use that."

但是是你做到的，没有人能帮你。

But you do it, no one can help you.

如果没有人能帮助你，那么就没有人能伤害你，知道这个也很好。

If no one can help you, no one can hurt you, that's also nice to know.

好的，我会从顶端把它给你，正如《圣经》所说：在你们祈求之前，要相信你们已经得到了。

All right, I'll give it to you from the top, "Before ye asked, believe that ye have already received", that's the way the Bible puts it.

当我们祈祷时，如果我们知道我们的祈祷已经得到了回应，那么事实就会如此，无论我们想要什么都会立即实现。

When we pray, if we know that our prayers are already answered, so it is, whatever we want would be ours instantaneously.

如果你对上帝也这么有信心，你的祈祷就会立即得到回应；

If you've got that much faith in God, your prayer will be answered

immediately;

如果我们没有那么强的信心，那我们就必须竭尽全力，用你最擅长的方式去祈祷。

If we haven't got that much faith, then we must do our best, pray how you best know how to pray.

现在，在所有祈祷中，我们最应该做的一个祈祷就是祈求智慧。

Now, the one prayer that we should have, above all other prayers, is to pray for wisdom.

心智只有创造性，它创造了我们持有在心智中的东西，

Mind is only creative, that creates what we hold in mind,

它无法识别“没有”或“不”这样的词，

and it doesn't recognize the word "not" or "no",

如果我不想去想一只猴子，那我满脑子就都是猴子；

if I don't want to think of a monkey, I'm only thinking of a monkey;

如果我不想生病，如果我不想发生意外，其实我是在想着意外，并且在促成它发生。

If I do not want to be sick, if I do not want an accident, I am thinking of accident, intending to create it.

因此，我们不应该想着不发生意外，我们必须想着安全；

So instead of thinking of no accident, we must think of safety;

我们不应该想着疾病，而应该想着健康。

Instead of thinking of sickness, we must think of health.

这就是在所谓的“显化”中最大的问题，

This is the greatest weakness in so-called demonstration,

人们总是消极地思考，他们不想要这个，他们不想要那个，然后他们就创造了那些他们不想要的。

people think in negatives, they don't want this, they don't want that, and that's what they create.

所以我们必须只想我们想要的，而不是我们不想要的，

So we must think only what we want, never what we do not want,

如果我们只想着我们想要的，那我们最终得到的就会是这些。

and if we would think only what we want, that is all we would ever get.

它就是这么简单,

It's as simple as all that,

不容易, 但很简单。

not easy, but it's simple.

如果我们只想着我们想要的, 那就是我们所能得到的一切。

If we would think only what we want, that is all and everything that we would get.

业力是一种自动的行为模式,

Karma is the automatic behavior,

业力是过去的习惯,

Karma is past habit,

业力是我们的潜意识心智等等。

Karma is our unconscious mind, etc, etc.

作为无限的存在，我们可以超越业力，

Being infinite beings, we can transcend karma,

但解决业力是不可能的。

it's impossible to work out karma.

因为当你在解决一个行为时，你就是在为未来创造一个类似的行为，

Because as you are working out one act, you're creating a similar act for the future,

从定义上来说，业力是无法解决的，

by its very definition, it's impossible to work out Karma,

现在的每个行为都会在未来引发相应的行为。

every act now creates an act in the future.

因此，当我们试图解决所有过去的行为时，我们是在为未来创造行为，

So while we're trying to work out all the past action, we're creating action for the future,

所以解决业力是不可能的。

so it's impossible to work out karma.

业力为小我而工作，

Karma works for the ego,

业力是小我的法则。

karma is a law for the ego.

一旦我们知道了我们是谁、我们是什么，业力就无法运作，业力就不存在了。

Once we know who and what we are, karma does not operate, karma does not exist.

总有一天，当我们看到这一点的时候，我们就会跳出来超越业力，业力便不再存在了。

Someday we get to the point where we see this, and we just step out and above karma, and there is no more.

要明白，如果你从顶端来看，这些事情非常简单，

See these things are so simple if you look at it from the top,

我使用“从顶端”这个词，

I use the word "from the top",

任何时候我们推理，都应该从真理、从一个真实的陈述开始推理，

any time we reason, we should always start reasoning with truth, with a true statement,

接下来，一切就都简单了。

then everything is simple.

作为真理的表述，我们可以认为上帝是一切、上帝是完美的，

As statements of Truth, we may take God is all, God is perfect,

从那里开始推理，看看你的麻烦在哪里，它们会消失的，它们必须消失。

start reasoning from there, and see where your troubles are, they'll disappear, they have to.

但当我们从真理出发时，一切都很简单。

But when we start with the Truth, everything is simple.

如果它是复杂的，那它就是错的，

If it's complex, it's wrong,

它很复杂，那就是深陷进了小我的范围，

it's complex, it's steeped in the realm of ego,

小我越强大，就越复杂。

the greater the ego, the greater the complexity.

上帝是简单的，小我是复杂的。

God is simple, the ego is complex.

业力是在我们的念头中产生的，行动只是念头的的一个结果，

Karma is created in our thought, the action is just an aftermath of thought,

你不可能在做出任何行为之前没有相关的想法，对吧？

it's impossible for you to commit any act without a thought of it prior to it, right?

行动是创造...业力是在念头中产生的，

The act is create the... Karma is created in the thought,

重要的是我们的想法，而不是行为，

it's the thoughts we take with us, it's not the acts,

行为一旦发生便已经结束，但念头仍然存在，

the act is gone through and finished, but the thought remains,

就我们所处的时代，这是个卡利时代，

in the era that we're in, it's called Kali Yuga,

这是一个很低的时期，

it's a low period,

大多数人处于惰性状态或昏睡的状态，

the majority of people are in the Tamasic or in the state of lethargy,

注：《吠陀经》描述的三种心智状态，它们的梵语(古印度语)名称是 Tamasic(惰性状态)、Rajasic(变性状态)和 Sattvic(悦性状态)。

当一个人身处其中时，它看起来就像一个非常平和、温顺的状态，

it looks like a very peaceful, docile state when one is in there,

但它是一个万念俱灰的状态。

it's a state of apathy.

而变性状态，这个活跃的状态要高很多，

The Rajasic, the energetic state is much higher,

当我们开始进入那个活跃的状态时，我们开始表达这些潜意识的欲望和愿望，

when we start to move into that energetic state, we begin to express these subconscious desires and wishes,

所以它们冒出来了，我们发现它们比一开始更糟了，

and so they come out, and we see them beginning worse,

而之前我们是无意识在思考它的，现在我们想要将它付诸行动，我们想打人，我们很生气，我们开始打架.....

whereas before we were thinking it unconsciously, now we want to carry it out, we want to hit somebody, we're angry, we start fighting...

而且它看起来就像我们正在朝着错误的方向前进，

And it looks as though we're going in a wrong direction,

但它是一个更高的状态。

but it is a higher state.

阿朱那不想战斗，他完全是被迫战斗的。

Arjuna did not want to fight, he was totally had to fight.

注：阿朱那是印度古代梵文史诗《摩诃婆罗多》中的人物。

如果你不能战斗，你必须战斗；

If you can't fight, you must fight;

如果你能战斗，你就不必战斗；

If you can fight, you don't have to fight;

事情就是这样。

The way it comes out.

如果你能战斗，你就已经超越了变性状态，即那个活跃的状态，你正在进入悦性状态，即灵性上的平和状态。

If you can fight, you're already moving above the state of Rajasic, the energetic state, and you're moving into the Sattvic, the spiritually peaceful state.

当你迈向那个灵性平和的状态时，你有能力去战斗，但你不愿战斗，所以你不会那么做。

when you're moving toward that spiritually peaceful state, you're able to fight, but you don't want to, so you don't.

所以当你摆脱那个昏睡状态时，看起来你的性格有时会变得更糟，

So when you move up out of the lethargy state, it looks as though your character sometimes is becoming worse,

其实并非如此，你只是表达得更多了，它表露出了之前在无意识中的东西。

it isn't, you're just expressing more, and it's showing what before was unconscious.

愤怒的情绪比万念俱灰的情绪更高，

An anger mood is a higher mood than the mood of apathy,

最高的情绪是平和、幸福，

the highest mood is that of peace, bliss,

在这三种状态之间有着不同的程度。

and it's all degrees between those three states.

一个完全觉醒的大师, 耶稣或者任何你敬仰的大师, 你都可能一直与祂为伴,
A fully realized master, a Jesus, or any master to whom you look to, it's possible to keep His company all the time,

你可以通过验证它来积极地了解这一点。

you can learn that positively by testing it out.

这些大师们无处不在, 他们无时无刻不在我们身边, 他们很容易接触到, 也不难接触,

These masters are omnipresent, they are right where we are all the time, they are readily contacted, they're not difficult to contact,

因为他们对我们的推动远比对我们的推动要大得多。

because they are pushing toward us much more than we are pushing toward them.

但是我们必须敞开心扉,

But we must open ourselves to it,

我们必须建立这种联系。

we must make the contact.

所以最好的神圣伙伴是一个完全开悟的人，

So, the very best of holy company would be a fully realized being,

其次是圣人，依此类推。

next best would be a saint and so forth on down.

回到日常生活中，好的伙伴是那些与我们一起在道路上的人，是那些与我们想法一致的人。

Coming down to everyday life, it would be people who are on the path with us, people who think the way we think.

但最好的伙伴是那些在最高处的人，他们是能被接触到的，但不是在你与人们待一起的时候，而是你独处的时候。

But the very best is the highest, the highest can be contacted, not with people, but when you're by yourself.

因此，你越能独处就越好。

Therefore, the more you can be by yourself, the better.

15. 创造你想要的一切 Creating All You Desire 1

本次课程的主题是“创造你所想要的一切”，录制于1966年6月14日。

The title of this session is "Creating All You Desire", recorded June 14th 1966.

当然，主题是“真理”、“上帝”，我更喜欢称之为“幸福”。

The subject, of course, is Truth, God, and I preferably like to call it Happiness.

因为最终我们会发现，我们所寻求的上帝是没有任何悲伤的终极幸福，

Because in the end we discover that the God we're seeking is the ultimate happiness with no sorrow whatsoever,

这使得上帝比仅仅使用“上帝”这个词或其他一些曾经被使用过的词更亲密、更易懂。

this makes God far more intimate, more knowable than just using the word God or some of the other words that have been used.

大写的“我”这个词对我们所有人来说都比“上帝”这个词更亲近、更有意义，

The word Self, with a capital S, is a much closer, a more meaningful word to all of us than the word God is,

上帝对我们每个人来说都是一个我们所拥有的概念，而人们心目中的上帝往

往是我们自己概念中所能想到的最伟大的人、是一切事物中最伟大的那个，
God, to each one of us, is the concept that we have, and more often than
not, God in people's minds is the greatest person we could think of
within our own concept, just the greatest of everything,

然而上帝并不完全是那样的。

and God is not exactly that.

上帝，我们称之为“我”，

God, we call the Self,

因为我们每个人内在的真我就是我们所追寻的上帝，我们所追寻的上帝给予
了我们终极幸福。

because the inner Self of each one of us is that God that we are seeking,
the God we are seeking gives us the ultimate happiness.

因为它是没有限制的，我们每个人此时此刻都是没有任何限制的无限存在，
却表现得好像我们是受限的，并且我们大多数人还深信自己就是受限的。

Because it is without limitation, each and every one of us, here and now,
is that unlimited being with no limits whatsoever, acting as though we
are limited, and fully convinced, most of us, that we are limited.

因为上帝、真我或者我们所是的存在本质就是永不改变、也是永恒的。

And since God, or the Self, or the very being that we are, is changeless and eternal.

我们只能是那，别无其他。

We can only be That and nothing else.

我们现在就是那个被称为上帝的无限存在，但我们假装我们不是，我们建立了一个被称为世界的表象，一个被称为多元化、他者性的表象。

We are right now that infinite being called God, pretending that we are not, setting up an apparency called the world, an apparency call diversification, otherness.

然而，我们忘记了这样一个事实：是我们建立了这个叫做世界的虚妄。

And we have lost sight of the fact that we have set up this falsity call the world.

我们开始真的相信，我们建立的这个虚假投射是真实的。

And we began to really believe that this real false projection we have set up is real.

但是我们永远都无法放弃做我们真正所是的那个无限真我。

But we can never ever let go of being that which we really are, the infinite Self.

现在所有的麻烦都源于无知、源于不接受我们所是的那个无限存在，

Now all troubles stems from not knowing, from not accepting the infinite being that we are,

所以，我来到这里的目的是帮助你们释放这个错误观念——我们是受限的存在。

so the purpose of my being here is to help you let go of the false concepts that we are limited beings.

我所做的方式是尽可能简单地向你展示，唯一能掩盖我们所是的无限存在的东西就是小我感，即“我是一个与全者相分离的个体”的小我感。

And the way I do that is to keep it as simple as possible by trying to show you that, the only thing that covers up this infinite being that we are is the sense of egoity, the sense of ego, that “I am an individual separate from The All”.

而在我们开始分离的那一刻，我们就开始了所有的麻烦。

And the moment we start that separation, we start all trouble.

所以真实除了我们所是的那个无限真我，什么都不是。

So the reality is nothing but the infinite Self that we are.

所有的麻烦都在说：“我是一个与‘一’、与无限、与所有的存在相分离的个体。”

All trouble is saying: “I am an individual separate from that one, infinite all being.”

因此，唯一可行的方法是帮助我们释放这种“小我”、“分离”的错误观念。

Therefore, the only practical methods there are are those which help us let go of the false concept of being an ego, of being separate.

当然，除非我们拥有“我们并非如此”的那种智慧，否则在一天中，我们无时无刻不是在践行做一个小我，

There isn't the moment during the day that we are not practicing being an ego unless of course we have the wisdom that we are not,

所以，我推荐的方法是那些可以而且应该每天、全天都能使用的方法。

and so the methods I propose are those that can and should be used all day, every day.

到现在为止，我们已经把自己彻底搞糊涂了，

We have so confounded ourselves so thoroughly by now,

以至于为了消除“我们是受限的”这个错误的信念，我们需要全职投入到这个主题中，以便认识到我们的真正所是，

that in order to undo this false belief that we are limited, we need a full time givingness to this subject in order to realize what we really are,

为了摆脱所有的错误观念，即我们基本上认为“我们是一个有着有限心智的、受限的身体”。

in order to let go of all the false ideas, we have conceived of basically that we are a limited body with a limited mind.

现在，第一天，我抛出的关键是：一个人所看到的那个世界，也是他。

Now the first day, the key that I sort of threw out was as one sees the world, so is he.

你所看到的外部世界，也是你。

As you see the world out there, so are you.

现在，一开始这可能会让人很震惊，我们小我的那部分会抵触它，

Now at first, this might be quite shocking, the ego part of us rebels against it,

但这可以每天、全天地用来审视我们自己的意识是什么。

but this can be used every day, all day for checking ourselves to see what our consciousness is.

我们不可能在外面看到不在我们心智里的东西，

It is impossible to see something out there that is not in our mind,

外面除了我们自己的意识之外，什么都没有。

there is nothing out there but our own consciousness.

一个大师、一个完美的人，看到的只有完美。

A master, a perfected being sees only perfection.

因此，如果我们掌握了这个关键点，在一天中审视我们自己，尤其是所有尤为消极的想法，

So, if we would take this key and check ourselves during the day on all the especially negative thoughts,

然后开始向内看，去发现这些想法的源头，我们会看到这些想法就在我们之内，它们是我们的想法，

and start looking within to discover the source of this, we will see that

these thoughts are right in us, they are our thoughts,

我们原以为存在于外面的那些可怕事物，其实就在我们之内，

that the horribleness that we thought was out there is right in here,

因为我们处在一个相对低的世界状态中，我们大多数人的思维都比较消极，

because we are in a state of the world that is relatively a low state, most of us are far more with negative thinking,

因为我们接纳了消极，

because we accept negativity,

因此，我们可以通过面对它来消除这种消极，通过首先学习如何发现这种消极，通过说“如果我们在外面看到了它，那它就正在我们之内，否则我们无法看到它”，

and therefore we can undo that negativity by facing it, by first learning how to discover this negativity, by saying that if we see it out there, it's right within us, otherwise we couldn't see it,

然后利用这一点来放下它，

And then using it to let go of it,

现在，最重要的事就是利用这一点来释放它，

now using it to let go of it is the most important thing,

所以我们看到外面有任何不对的东西时，我们转向内，我们在我们自己的内在寻找这个东西，

so we look out there and anything and everything we see that is not just right, we turn inwardly, and we look for this very thing within ourselves,

如果我们诚实地检视，我们会发现那个想法就在我们之内，

and if we look honestly, we'll discover that that thought was right within us,

这个观念是我们的观念，它并不适用于其他人，只适用于我们，

that that concept is our concept, that it doesn't apply to the other one, it applies right to us,

接下来，当我们看到它时，我们自然会释放它。

and then when we see it, we automatically let go of it.

因为我们在追求真理，我们在追寻幸福，

Because we are seeking Truth, we are seeking happiness,

所以抓着那些让我们痛苦的东西是荒谬的。

and it's ridiculous to hold on to the things that keep us miserable.

所以，第一点是：你所看到的这个世界，也是你。

So, the first one was as you see the world, so are you.

因为快乐和悲伤可能是我们每天最关心的事情，

Since happiness and sorrow is probably the thing that we are most concerned with every day,

快乐和悲伤都可以作为成长的方式。

happiness and sorrow can be used as a means of growth.

我想在这里插一句，这些实用方法中的任何一种，如果持续不断地使用，都能让任何人获得彻底的开悟，

I want to interject here that any one of these practical methods, if used constantly will give anyone full realization,

因为这指向了引发所有麻烦的根源，

because there leads on to the very thing that's causing all the trouble,

如果我们消除了那个根源，开悟就会随之而来。

if we undo that, realization results.

这些方法中的任何一种，如果持续不断地使用，都会导向彻底的觉醒。

Any one of these methods, if used constantly will lead to full realization.

16.创造你想要的一切 Creating All You Desire 2

关于幸福和悲伤，所有的幸福都不过是我们所是的无限真我。

On happiness and sorrow, all happiness is nothing but being the very infinite Self that we are.

一切的幸福都源于真我。

All happiness has its source in the Self.

每当我们快乐的时候，我们只是更多地感受到了我们所是的这个无限真我，

Anytime we are happy, we are merely feeling this infinite Self that we are a bit more,

我们感受到的越多，我们就越快乐。

and the more we feel it, the happier we are.

我们错误地将幸福归因于外面的事物或人，

We falsely attribute the happiness to the thing or the person out there,

但是当我们向内看时，我们发现这种幸福的根源就在我们自己的存在中，它并不依赖于人或事物，

but when we turn within, we discover that this happiness has its source right in our very own Beingness and is not dependent upon people or things,

我们建立了一个错误的观念，认为它依赖于人和事物。

that we have set up a false concept that it is dependent upon people and things.

所以，所有幸福、所有快乐的源泉都是真我。

So the source of all happiness, of all joy is the Self.

但你必须转向内，你必须亲自看到这一点，

But you must turn within, you must see this yourself.

我所说的任何东西，如果你只是相信它，那对你没有任何帮助，

anything I say, if you believe it, it helps you none,

但如果你能亲自验证它，那么你就会了解它，

but if you will prove it out for yourself, then you will know it,

这才是最有用的。

and it will be most useful.

所有的知识都必须经过验证，没有老师能传授给你知识，

All knowledge must be proven out, no teacher can give you knowledge,

你得自己把它挖掘出来，

you have to dig it out yourself,

你必须看到它，你必须把它变成你的知识。

you have to see it, you have to make it your knowledge.

老师只能指出道路，我们每个人都必须自己去探索它。

A teacher can only point the way and each one of us must take it by himself or herself.

所以对于那些第一次来到这里的人，我想我应该强调一点：永远不要因为我

说了就接受我说的任何东西，只接受那些你能亲自证实的东西，只有这样，它才对你有意义、才有用。

So for those who are here for the first time, I think I ought to make a point of that: Never accept anything I say because I say it, only accept that which you can prove out for yourself, only then is it meaningful and useful to you.

所以你必须转向内在，直到你能看到所有快乐的源泉都是你自己，

So you must turn within until you can see that the source of all joy is your very own Self,

当你看到这一点的时候，这是一件意义非凡的事情。

this is a tremendous thing when you see it.

所有的事情都无法再束缚你，所有你认为离开他们就活不下去的人，你都不再需要了，

And all things lose their hold upon you, all people that you thought you couldn't live without, you need no more,

你自己就变得完整而圆满。

you become whole and complete onto yourself.

当你发现你所有的快乐都源于你自己的真我时，相反，所有的痛苦、所有的悲伤都源于小我。

When you discover that all your joy has its source in your very own Self, now on the opposite side, all misery, all sorrow, has its source in the ego.

所有的痛苦都不过是小我的挫败感，

All misery is nothing but ego frustration,

所有的痛苦都不过是小我在宣称：“我的快乐取决于他或她，或拥有那个东西，如果我得不到，我会很痛苦。”

all misery is nothing but the ego saying that my joy lies upon him or her or that having that thing, and if I don't get it, I'm miserable.

现在如果我们使用这一点，每次我们不开心、任何我们不满意的时候，如果我们寻找这个不快乐的根源，我们会发现它是基于“我是一个小我，我想要这个，我必须拥有那个等等”的小我概念，

Now if we will use that, every time we are unhappy, any time we are dissatisfied, if we will seek the source of this unhappiness, we will discover that it's based on a concept of egoity that “I am an ego, and I want this, and I must have that, and so forth and so on”,

我们没有得到它，所以我们会很痛苦。

and we are not getting it, and therefore we are miserable.

当我们真正得到它时， 我们就会感到很开心，

Then when we do get it, we feel happy,

这只是因为我们已经放下了需要某个东西的限制，

only because we have let go of the limitation of needing something,

然后我们就回归到了我们所是的真我， 而我们称之为幸福。

and we fall back into the very Self that we are and we call that happiness.

所以， 我再重复一遍， 所有的快乐都源于真我， 所有的痛苦都源于小我，

So to repeat, all happiness has its source in the Self, all misery has its source in the ego,

通过追溯快乐或悲伤的源头，

and by tracing either the joy or the sorrow back to the source,

我们获得了一点智慧， 一点真理， 并迈向开悟。

we gain a bit of wisdom, a bit of truth, and move toward realization.

现在我觉得好像我已经把我们的新人带到了上周的所处的进度，

And now I feel as though I've brought the new ones of us up to where we were last week,

当你看到真相时，想出方法就很容易了，

when you see the Truth, it's very easy to come out with methods,

因为你看到每个人每时每刻都在寻求真理。

because you see everyone spending every moment of his time seeking Truth.

世界上只有两种人，一种是有意识地追寻真理的人，另一种是无意识地追寻真理的人。

And there are only two kinds of people in the world, those who are consciously seeking it and those who are unconsciously seeking it.

我们在座的都在有意识地追寻真理。

We here are consciously seeking it.

我想我会进入心智的领域，试着给你一个关键点，这是一个非常强大、非常了不起的东西。

I think I'll go into the realm of mind and try to give you a key, that is a very powerful and a very tremendous thing.

我这么说吧，想着你想要的，你就会得到你想要的一切。

And I'll put it this way, think what you want and that is all that you will get.

想着你想要的，你就只会得到你想要的。

Think what you want and that is only what you will get.

当我们进入这个被称为“心智”的工具时，我们发现心智只有创造性。

When we go into this instrument called the mind, we discover that the mind is only creative.

心智只有创造性。

The mind is only creative.

心智创造了我们持有在心智中的东西，

The mind creates what we hold in mind,

当我们创造出不喜欢的东西时，我们称之为破坏性的；

when we create things that we don't like, we call it destructive;

当我们创造出我们喜欢的东西时，我们称之为建设性的；

When we create things we do like, we call it constructive;

但创造过程是一样的，

But the process is just the same thing,

心智只有创造性。

mind is only creative.

我们当中有太多人总是想着这些事情：我们不想要，我不想要这个，我不想要那个，我担心我会出事，我可能没有足够的钱买这个，我不希望这样的事情发生。

Too many of us hold in mind the things: We don't want, I don't want this, I don't want that, and I'm afraid I'll have an accident, and I might not have enough money to buy this, and I don't want this to happen.

心智不理解“不”这个词，

The mind doesn't understand the word "not", n-o-t,

心智是通过图像思维来运作的，

the mind works on picture thinking,

当我说“桌子”这个词时，每个人脑海中都会浮现出一个桌子的画面，而不是“桌子”这个词的画面；

when I say the word “table”, everyone gets a picture of a table, they don't get a picture of the word “t-a-b-l-e”;

如果我说鞋子，你就会浮现出一只鞋子的画面；

If I say shoe, you get a picture of a shoe;

如果我说“不是鞋子”，你就会想着不是鞋子的画面，然后你就会创造鞋子。

If I say “not shoe”, you're thinking not the picture of a shoe, and you will create a shoe.

这是大多数人在试图显化、试图创造某些东西时所犯的基本错误——把许多他们不想要的东西保持在了心智中。

This is the basic error that most people make when they try to demonstrate, try to create something, so hold in mind many things they do not want.

顺便提一句，这就是恐惧的可悲之处，我们所恐惧的事情会降临，只是因为我们把它保持在了心智里，然后创造了它。

And incidentally this is the sad thing about fear that, which we fear, we bring on, only because we hold it in mind, and create it.

17.创造你想要的一切 Creating All You Desire 3

所以，如果我们想要幸福的生活，如果我们有任何事情在困扰着我们，而且我们不喜欢它，

So, if we want a happy life, if we have anything that's bothering us and we don't like it,

我们所要做的就是放下关于那件事的想法，

all we need to do is to let go of the thoughts of that thing,

然后它就会消失。

and it is gone.

这甚至在身体层面也同样适用。

This goes to the extreme of the body.

在没有无意识地持有疾病念头的情况下，要拥有一个病体是不可能的。

It is impossible to have a sick body without unconsciously holding the thought of sickness.

纠正一个病体的方法不是去想疾病，而是只持有着健康的念头，

The way to correct a sick body is not to think on the sickness, but to hold only the thought of health,

当我们这样做的时候，当我们只想着健康的时候，就不会再有疾病了，疾病会立即消失。

and the moment we do that, the moment we have only a thought of health, there is no more sickness, it'll drop away instantly.

所以，关键在于只去想你想要的，然后你就会朝着你所想的方向改变自己的生活。

So, the key is to think only what you want, and you'll change your life in that direction that you are thinking.

我想我应该补充一点，我们不应该对其设限，我们不应该限制我们想要的东西，我们永远不应该说“通过谁、通过什么手段、用什么方法得到我们想要的东西”，

I guess I ought to add, we shouldn't qualify it, we should not limit what we want, we should never say “Through whom, by what means, through what method, we would like to get that which we want”,

一旦我们这样做，我们就是在掺杂小我，我们是在试图控制我们想要的东西以特定的方式来到我们身边。

once we do that, we are interjecting the ego, we are trying to direct the way this thing that we want is to come to us

我们应该放手，让上帝接手，让无限找到把我们想要的东西带给我们的方式。

We should let go and let God, let go, let the infinite find the way of getting to us that which we want.

我们应该只想我们想要的，而不是通过谁或者用什么方式得到它。

We should think only what we want, not through whom, or by what means.

同时，我们必须用“现在时”来想着它，

And also, we must think in present time,

任何时候当我们期望在未来得到某样东西时，我们就是在未来创造它，而它只会停留在未来，

any time we expect to get something in the future, we are creating it in the future, and that's where it remains in the future,

我们无法得到我们期望在未来得到的东西。

we cannot get things that we expect to get in the future.

因为具有创造性的心智会在未来创造它，而未来总在我们的前方，它永远都不会到来。

Because the mind being creative will create it in the future, and the future is always ahead of us, it's never here.

因此，当我们想要创造某个东西时，我们必须接受已经得到它了这一点。

So that when we want to create something, we must accept it as having been already received.

正如《圣经》所说：在你祈求之前，要相信你已经得到它了。

As the <Bible> says: Before you ask, believe that you have already received it.

无论我们想要什么，我们都必须感觉到它现在就是我们的，不是明天，也不是未来，

Anything we want, we must get the feeling that it is ours now, not tomorrow, not in the future,

现在它就是我们的，

it is ours now,

接着我们只是放手，并期待着拥有它。

and then we just let go, and we expect to pick it up.

任何带有未来概念的显化行为，都会让它永远地停留在未来。

Any demonstrating done with concept of the future and it will always keep it in the future.

更具体地说，如果它是一个事物，我们应该视觉化想象它，看着它，感受它，品尝它，闻着它，就好像它现在是我们的了一样，完成，掉落。

To be more specific, if it is a thing, we should visualize it, see it, feel it, taste it, smell it as though it is and is ours now, period, finished, dropped.

许多学派建议你一次又一次地重复，好吧，如果你第一次没有接受它，那重复是必要的，

Many schools suggest that you repeat again and again and again, well, repetition is necessary if you don't accept it the first time,

但最好的显化方式是知道它现在就在这里，然后释放，接着它很快就会到来。

but the very best way to demonstrate is to know that it is, here and now, and let go, then it comes very quickly.

但我们必须有“现在”的概念——它现在就是我们的。

But we must have the concept of the present, it is ours now.

所以我们应该永远只想着我们想要的，永远不要想我们不想要的。

So we should always think only what we want, never think that which we do not want.

这很简单。

this is so simple.

如果你这样做，你的生活就会如你所说的那样。

If you will do this, your life will be exactly the way you said it.

“想着你想要的”，把它当作一个标语，当作一种生活方式，然后你就能掌控自己的生活，你会得到自己所想要的东西。

“Think what you want”, use that as a slogan, as a way in life, and you will become master over your life, you will have exactly what you are thinking.

大师看到的只有完美，听不到邪恶，看不到邪恶，也不想邪恶，就不再会有邪恶。

A master sees only perfection, hear no evil, see no evil, think no evil, and there will be no evil.

你就是那。

THOU ART THAT.

释放“试图成为其他的”，

Let go of trying to be otherwise,

你可以为你创造的所有消极的一切负责，这也是非常有帮助的。

you can take credit for all the negativity you're creating, and that's very helpful too.

**当我们在生活中创造了一些消极的东西时，我们不喜欢它，我们应该看着它，
在我们的心智中寻找导致这件事发生的想法，**

When we create something that's negative in our life, we don't like it, we should look at it, look for the thoughts in our mind that cause this thing to happen,

如果你把这培养成一种方式、一种习惯，它很快就会起作用，

and then if you develop this as a way, as a habit, it'll come very quickly,

你会说：“现在，我做了什么导致了这件事？”

you'll say: "Now, what did I do cause this?"

然后这个想法会立刻浮现出来，你说：“噢嚯~”

And immediately the thought will come up, and you say: "Oh ho~"

你会微笑着，然后你会放下它。

You'll smile, and you'll let go of it.

但这也在教导我们，我们只不过是创造者。

But that too is teaching one that we are nothing but creators.

当你发现自己能够创造疾病、意外、贫穷时，它会给你“你有能力创造”的信心。

And when you discover that you're able to create sickness, accidents, poverty, it'll give you confidence that you can create.

如果我们在生活中遇到困难，我们可以用这种方式来应对这些困难，发现一切事物的根源都是过去某个时候在我们心智中的一个或一些想法，

If we're having difficulties in life, we can use those difficulties just this way by discovering that the source of everything is a thought or thoughts in our mind at some time previous,

当我们看到这一点时，我们就知道是我们创造了这个负面的事物，
and when we see that, we know that we have created this negative
thing,

然后我们就会想到：“好吧，如果我能创造一些负面的东西，我所要做的就是扭转它，然后我就能创造一些正面的东西。”

and then it will occur to us: “Well, well, if I can create something
negative, all I have to do is reverse it, and I can create something
positive.”

但是每个人每时每刻都在创造，

But everyone is creating every moment of his life,

因为他一直在思考。

because he is thinking all the time.

如果事情没有发生，那是因为我们有时会想“是”，而有时又想“不是”，然后相互抵消了，

If the things do not occur, it's because one time we can think yes, and
the next time no, and balance it out,

但这些“是”比那些“不是”更强有力，它终将发生。

but the yeses are stronger than the noes, it'll come into being.

每个人在他思考的每一个时刻都在创造。

Everyone is creating every moment that he's thinking.

你无法不是一个创造者，

You cannot help but be a creator,

只要一个人思考了，他就会创造。

so long as one thinks, he creates.

不幸的是，我们深信自己只能非常缓慢地进行创造。

Unfortunately, we are convinced that we can only create very slowly.

如果我们坚信我们能够即刻创造，事情就会立即发生。

If we were convinced that we could create instantly, things would happen immediately.

但对我们所创造的消极事物负起责任，这向我们表明，我们才是创造者，

But take credit for all the negativity that we create, it shows us that we

are the creator,

然后我们就能有意识地做出决定，停止创造我们不想要的东西，并开始创造我们想要的。

then we can consciously make a decision to stop creating that which we do not want, and to start creating that which we do want.

这将与“上帝是创造者”的概念相冲突，

This will conflict with the concept that God is a creator,

在终极真理中，上帝不是创造者，只有人类才是。

in the ultimate Truth, God is not a creator, only man is.

在绝对的完美中，没有什么可以创造，也没有什么可以毁灭，一切都是绝对完美的，

In an absolute perfection, there is nothing to be created, nothing to be destroyed, everything is absolutely perfect,

所以，在终极中，没有创造。

so in the ultimate, there is no creation.

在上帝所在的最高处，既没有创造，也没有毁灭，

Where the top God is there can be no creation and no dissolution,

唯一的创造者是不知道自己是上帝的人类。

the only creator is man when he doesn't know that he is God.

18. 毫不费力的奇迹 The Effortless Miracle 1

本次课程的主题是“毫不费力的奇迹”，录制于1966年7月12日。

The title of this session is “The Effortless Miracle”, recorded July 12 1966.

总结一下整件事，它很简单，就像那句古老的格言：你就是那。

To sum up the whole thing, it's very simple, it's the old dictum: THOU ART THAT.

而知道这一点的方法就是保持静止，静止就是心智的平息，直到不再有任何念头。

And the way to know that is to be still, being still is simply stilling of the mind until there are no more thoughts.

因此，我们只要让心智安静下来，就能发现我们所是的那个无限存在。

So, this infinite being that we are, we discover by just quieting our mind.

当我们这样做的时候，无限真我就会自行闪耀，在没有念头的地方，我们找到了上帝，找到了我们的无限真我。

And when we do that the infinite Self shines on its own and where no thought rises, there we find God, our infinite Self.

好吧，那么我们怎么达到这个状态呢？

Alright, well how do we get to this state?

我们大多数人踏上这条道路已经有一段时间了，但还没有获得开悟，为什么？

Most of us have been on the path for some time, and we have not attained for realization, why?

既然我们这些完全觉醒的存在知道自己内在有无限的力量，也知道我们想要它，为什么我们还没有完全觉醒？

Why aren't we fully realized beings knowing that within us is the infinite power, knowing that we want it, why aren't we fully realized?

答案还是很简单，

Again the answer is simple,

事实上，此时此地我们就是完全觉醒的，我们都处于涅槃、三摩地、狂喜的

状态中，或者不管我们用任何词汇来形容这个状态，

in reality we are fully realized here and now, we are all in the state of Nirvana, Samadhi, ecstasy or whatever word we use for it,

但我们将目光从那个状态中移开，通过心智转向“我们不在那个状态”的念头和概念中，

looking away from that state, looking away via the mind into thoughts and concepts that we are not in that state,

所以我们的注意力就从我们完全觉醒的自然状态中偏离了。

so our attention is pointed away from our natural state of full realization.

此时此地我们就是完全觉醒的，我们只是把目光从它身上移开了而已。

We are fully realized here and now, we are simply looking away from it.

我一直在努力做的是通过给你提供每天、整天都能使用的方法，把我们的注意力、我们的目光转向那个状态，

What I have been trying to do is to turn our attention, our eye back toward that state by giving you methods that can be used every day, all day,

无论你在做什么，你都能使用这些方法，

no matter what you're doing, these methods could be used,

它们只是将我们指回那个方向，让我们能看到我们是谁、我们是什么。

and they simply point us back in the direction wherein we can see who and what we are.

我想第一个是.....第一个方法是：你所看到的这个世界，也是你。

Believe the first one was... The first method as you see the world, so are you.

通过观察这个世界上我们不喜欢或喜欢的种种事物，

By looking at all these things that we don't like or do like about the world,

如果我们将注意力转向内在，我们会发现它只不过是我们自己的意识，我们在外面看到的就是我们的内在，

if we will turn our attention inward, we will discover that it's nothing but our own consciousness, that what we see out there is within us,

我们可以利用这一点让自己从外面的事物中解脱出来。

and we can use this to free ourselves from the things out there.

我想第二个是：我们感受到的每一丝喜悦都只是我们自己的真我、我们或多或少地允许它展露出来的那个无限真我。

I believe the second one was every bit of joy that we feel is nothing but our very own Self, the infinite Self, which we allow to express more or less.

当我们允许它更多地展露出来时，我们会更快乐；

When we allow to express more, we are happier;

当我们压抑它时，我们就没那么快乐。

When we squelch it, we are less happy.

但每一丝幸福都只能是我们自己存在的感觉、是我们所是的真我的感觉，

But every bit of happiness can only be the feeling of our very own Beingness, of the Self that we are,

如果我们追溯所有幸福的源头，就会发现这一点，

that if we trace all happiness to its source, we discover just that,

通过发现这一点，我们也为自己证实了这个事实：所有的快乐都只不过是我們自己的真我。

and by discovering that, we confirm this fact for ourselves that all joy is nothing but our very own Self.

相反，所有的痛苦、所有的不幸都源于小我感，小我是与一切相分离的感觉，即“我是一个与一切相分离的个体”，

On the opposite side, all misery, all unhappiness, has its source in the ego sense, the ego being the sense of separation from the all, “I am an individual separate from the all”,

在我们这样做的那一刻，我们无法拥有一切，我们想要得到一切中的一部分，于是我们会感到沮丧，我们把这叫作不快乐。

the moment we do that, we don't have the all, we have want to get some of that all, we have frustrations and we call that unhappiness.

所以如果我们追溯所有痛苦的源头，我们会发现它源于受挫的小我欲望。

So if we will trace the source of all misery, we will discover that it has its source in ego desires frustrated.

我们还有另一个意思是“想你想要的”，

Another meaning we had was on think what you want,

只想你想要的，这样你就会得到你想要的一切。

think only what you want and that is all that you will get.

心智只是一个创造工具，无论我们在心智中持有什么，我们都会创造它。

The mind is only a creator, whatever we hold in mind, we create.

如果我们仔细研究这一点，就会发现确实如此。

If we look into this, we discover this to be so.

当我们亲自看到它的时候，我们就成为了主宰。

And when we see it for ourselves, then we become masters.

我们所做的就是把我们想要的东西保持心里，这就是我们会得到的。

And all we do is just hold in mind the things we want, and that is all we get.

我们开始释放心智中持有的消极想法，

We begin to let go of holding negative thoughts in our mind,

我们开始释放接受的负面事物，

we begin to let go of receiving negative things,

但是心智只有创造性，它创造了我们持有在心智中的一切。

but mind is only creative, it creates whatever we hold in mind.

当我们不喜欢它时，我们称它为负面的；

When we don't like it, we call it negative;

当我们喜欢它时，我们称它为正面的。

When we like it, we call it positive.

所以如果我们练习只想着我们想要的，那就是我们所能得到的。

So if we would practice thinking only what we want, that is all that we would ever get.

我想今晚我要讲的与自由、解放、解脱有关，

I think the one that I suggest for tonight is related to freedom, liberation, moksha,

存在的至高状态被称为解脱，

the very top state of Beingness is called liberation,

我们想要从什么中解脱出来呢？

what is it we want liberation from?

我们想要从中解脱的东西，本质上就是今天这个世界所说的潜意识心智，《吠陀经》称之为习气、倾向、习惯。

The thing we want liberation from is essentially what the world calls today the unconscious mind, that the <Vedas> call Vasana, tendencies, habits.

因此，我们在追寻的这种自由，就只是从我们自己的思维习惯中解脱出来。

So this freedom that we are seeking is simply freedom from our own thought habits.

现在任何人都能很容易地使用这个方法，

Now this method can be used very easily by anyone,

它确实是一个简单易用的方法，

it's really a simple method to use,

我们从释放或改变一个非常简单的习惯开始。

we start by letting go or changing a very simple habit.

例如，如果我们总是走某条路去上班，那么明天我们就改走另一条路；

For instance, if we always go to work on a certain street, tomorrow we start going to work on another street;

或者，如果我们想改变一个更深层次的习惯，我们可以选择一种我们一直在吃但知道不吃会更好的食物，我们在心里说：“好吧，从今天开始，我不吃这个了”，然后我们就不吃那种食物了。

Or if we want to take a deeper habit, we can choose a food that we have been eating that we know we would be better off not eating, and we mentally say: “Well, this, I let go as of today,” And we stop eating that food.

打破那个习惯就是在打破一种束缚，

Breaking that habit is breaking a bondage,

打破那个习惯就是打破一种在运作的、潜意识的东西，就是打破一种先前想法的无意识奴役。

breaking that habit is breaking an unconscious thing that's going on, an unconscious enslavement to prior thoughts.

任何习惯都会奴役我们。

Any habit whatsoever enslave us.

一个大师是自由的，他根据当时所遇到的情况决定当下的任何事情，

A master is free, he determines anything on the moment in accordance with the circumstances that he meets at that moment,

而我们大多数人却是通过我们的感受和过去发生的事情，即我们的习惯来做决定。

whereas most of us we determine things by our feelings and things that have happened in the past by our habits.

因此，从开始打破习惯起，我们开始打破那些无意识的束缚。

So, by beginning to break habits, we begin to break bondages that are unconscious.

我认为这是一个非常好的方法，每天都可以用它来解放我们，最终它会带我们一路走向完全的觉醒，

I think this is a method that's excellent and can be used every day to free us, and eventually it would carry us all the way to complete realization,

我们将变得彻底自由，

we would become totally free,

不再有潜意识心智，

there would be no more unconscious mind,

不再有过去的倾向，

there would be no more past tendency

我们会掌控着一切。

we would be in control.

正如我所说的，这是一个相对简单的方法，因为你可以从你选择的任何习惯开始，

As I said, this is a relatively easy method, because you can start with any habit you choose,

你可以从一个简单的习惯开始，

you can start with an easy habit,

随着你的练习，它会变得更容易去做，

as you practice it, it becomes more easy to do,

然后你就可以打破更深层次的习惯、然后是更更深层次的习惯.....

then you can go after deeper habits and deeper habits...

我再说一遍，它是一个非常简单实用的方法，能让我们走得非常、非常远。

Again, I say it's a very simple and practical method that can take us very very far.

19.毫不费力的奇迹 The Effortless Miracle 2

现在，一个大师的身体是一个纯能量体，

Now, a master's body is a body of pure energy,

而我们看着它，它看起来跟我们的身体一模一样，

and we look at it, and it looks exactly like our body,

但在构成上，它不一样。

but in composition, it isn't.

如果一个科学家能够观察到它，他将看到一种更加纯净的能量状态，身体的所有细胞都处于和谐之中，一切都在非常和谐地运作着。

And if a scientist were able to look at it, he would see a far more purified state of energy, where the total cells of the body are all in harmony, everything is functioning together very harmoniously.

我们的身体现在存在着大量的不和谐，疾病、痛苦、不适、沉重都证实了这一点。

As our bodies are now, there's a tremendous amount of disharmony, which is evidenced by sickness, pain, discomfort, heaviness.

当我们有一个轻盈的身体、一个纯净的身体时，我们就感觉不到身体的重量了。

When we have a body of light, a body of purity, we feel no weight in the body.

如果我们想要移动它，它立刻会毫不费力地瞬间移动。

If we want to move it, it moves instantly without effort.

如果你抬起手，不会消耗任何能量，感觉就像是它自己漂浮起来一样。

If you lifted your hand up, there would be no energy, it would feel as though it just floats up on its own.

因此，身体中发生了一种物理层面的转化，它从粗糙的物质转化为纯粹的能量。

So, there is a physical change that goes on in the body, it goes from gross matter into pure energy.

现在每个大师都有一个轻盈的身体，为了不吓到我们，为了不与我们拉开太大的距离，他们不会向我们展示他们所能做到的事情，

Now every master has a body of light, so as not to startle us, so as not to put themselves too far away from us, they don't show us what they can do,

但他们可以带着那个身体立即出现在他们想去的任何地方，或者他们可以随心所欲地立即造出跟那个身体一样的许多身体。

but they can instantly be anywhere they want to with that body, or they can instantly make as many bodies just like that one as they choose.

但我还是要说，他们不会这么做。

But again I say, they don't do it .

因为这会让他们显得高出我们太多，然后我们往往会说：“哦，对于你们大师来说这么做没问题，你是一个大师，你是上帝，但我们这些可怜的凡人怎么办呢？”

Because it puts them too far above us and we tend to say: “Oh, that's alright for you master, you're a master, you're God, but what about us poor mortals?”

而大师看着我们，明白我们和他一样都是大师，只是表现得好像我们不是一样。

And a master looks at us and sees that we are masters just like he is, just acting as though we are not.

所以，为了不让我们之间产生隔阂，大师不会展示他用那个身体所能做到的事情，

And so, as not to put a gap between us, a master doesn't show what he can do with that body,

但因为那个身体是一个纯能量体，因为处于和谐的状态，所以他能毫不费力地用那个身体做任何事情。

but because that body is a body of pure energy, because it's in a state of harmony, he can do anything with that body without effort.

相反，我们越远离那种和谐状态，我们在移动身体时所付出的努力就越多、也越困难，

On the other extreme, the more we go away from that state of harmony, the more effort, the more difficulty we have in moving the body,

最极端的情况是疾病等等.....

the extreme of which is sickness and so forth and so on...

学生：说到疾病，你能给我们举例说明一下，如果我生病了，我该怎么想我

的身体呢？

Student: Speaking of sickness, could you illustrate to us how if I felt sick, for example, I would think of my body?

莱斯特：是的，如果我们感觉不舒服，只有当我们有“我生病了”的想法时，我们才会有这种感觉。

Lester: Yes, if we feel sick, we can only feel that way, if we have the thought “I am sick”.

任何事物在出现之前都会事先有一个念头。

Nothing but nothing manifest in this world without a thought prior to it.

如果不抱有关于疾病的念头，就不可能生病。

It is impossible to hold on to a sickness without holding on to the thought of that sickness.

一旦你放下了生病的念头，不管病得有多严重，那个疾病都会消失。

And the moment you let go of the thought of that sickness, no matter how severe it is, that sickness is gone.

我相信我们大多数人都经历过这样的情况：我们真的疼痛难忍、病得很严重，然后发生了一些引起我们强烈兴趣的事情，我们暂时忘了那个病，然后就感

觉好了起来。

And I'm sure most of us have gone through situations where we were really aching and sick, and something came about that took our interest intensely, we forgot about the sickness for a moment and felt fine.

任何时候，只要有比疾病更让我们感兴趣的事情出现，我们就会忘记它，然后疾病就消失了，我相信我们大多数人都有过这样的经历。

Any time anything comes in that's of much more interest than the sickness, we forget it, and the sickness is gone, I believe most of us have had experiences of that sort.

宇宙中最容易做的事情就是奇迹。

The easiest thing in the universe to do is a miracle.

原因在于，奇迹是毫不费力的，

And the reason for that is it is effortless,

只有当我们到达能够毫不费力的地步时，奇迹才会发生在我们身上。

it's only when we get to the point where we can be without effort, that miracles happen to us.

正因为它是毫不费力的，所以这是最容易做到的事情。

And because it's effortless, it's the easiest thing to do.

我们现在没有这么做的唯一原因是：我们坚信自己做不到。

And the only reason why we don't do them now is the strong conviction that we cannot.

因此，我们需要做的是释放所有的这些限制性信念，剥去覆盖在我们所是的那个无限真我上的面纱。

So what we need to do is to let go of all these concepts of limitation, peel off the cover over this infinite Self that we are.

即使是南海群岛的当地人都能创造奇迹，创造奇迹不需要一个大师，也不需要一个像上帝一样的人，

Even natives the South Sea Isles perform these miracles, it doesn't take a master, it doesn't take a godlike person to do a miracle,

我们知道，这些当地人赤足奔跑在红热的煤上，然而并没有被烧伤，

we know that these natives run over red hot coals with their bare feet and are not burnt,

有些当地人使用心灵感应在岛屿之间进行交流，

there are natives that use telepathy to talk from island to island,

有人用负面的方式使用魔法，他们称之为黑魔法、巫毒术，有人能够在精神上杀人。

there is magic used in a negative way, they call black magic, Voodoo, where people are able to kill people mentally.

我应该说，除非我们接受别人可以在精神上对我们做任何事情，否则没有人可以做到这一点。

I should say that no one can do anything to us mentally unless we accept that they can do it to us.

如果你能让我相信，你仅凭一个念头就能伤害我，而我也接受了这一点，那么你就能做到；

If you can convince me that with a thought you can hurt me, and I accept that, then you can;

如果我不接受这一点，你在精神上就什么也做不了。

If I don't accept it, there's nothing you can do to me mentally.

20.毫不费力的奇迹 The Effortless Miracle 3

现在，那些对真理一无所知的当地人之所以能够使用奇迹，是因为我们每个

人都扎根于神性，我们每个人都是无限的、没有限制的存在，

Now, the reason why natives who have no understanding of Truth can use miracles is that each one of us has our base in God, each one of us is the infinite, limitless being that we are,

因此，任何人都能挖掘出这种力量。

and therefore, anyone can tap that source.

但随着我们逐渐迈向大师的境界，我们会越来越意识到这一点，

But as we grow towards mastership, we become more and more conscious of this,

然后我们就能更轻松地把它用在一个更好的方向上。

and then we can use this with far more ease and to a much better direction.

但我想回到今晚的基本点上，为了获得这种开悟，我们必须剥去成千上万层认为“我们不是大师”的负面想法。

But I want to get back to the basic point of the evening, to get this realization, we must peel off the thousands and thousands of layers of negative thoughts that we are not a master.

所有这些限制性概念现在都存在于我们所谓的潜意识中，

All these concepts of limitation are now with us in what we call our subconscious mind,

潜意识心智只不过是所有我们现在拥有却没有在看的念头。

the subconscious mind is nothing but all the thoughts we have that we are not looking at right now.

出于方便的需要，我们建立起了一种机制，把我们当下不感兴趣的所有念头都推到我们称之为潜意识心智的背景中，

Through necessity for convenience, we have set up that mechanism of taking all the thoughts we are not interested in at the moment and pushing them to the background, which we call the subconscious mind,

但不幸的是，无论我们是否看它，潜意识心智都是活跃的、都会对我们产生影响，并且在阻碍着我们，

but unfortunately, the subconscious mind is active whether we look at it or not, and is effective, and is holding us down,

即使我们知道我们想要彻底自由，但由于积累的所有这些被我们推到背景中的、被称为潜意识心智的想法，我们无法立即实现自由。

even though we know we want to be totally free, we are not able to

move into it immediately because of the accumulation of all these thoughts, that we have pushed into the background and called the unconscious mind.

正如我所说的，消除这种状况的方法是从一个习惯开始，明天开始打破那个习惯。

Now the way to undo this, as I said, is start with one habit, begin breaking that habit tomorrow.

当你成功地打破了一个习惯，再继续打破另一个习惯.....

When you succeed with one habit, take another habit...

你会发现我们被无数的习惯奴役着，

You'll discover that there are hundreds and hundreds and hundreds of habits that we are enslaved to,

每当我们释放了一个习惯，我们就会更自由一点、就会离完全的自由更近一步。

and that each time we let go of one habit, we are a bit freer, we are one step closer to full freedom.

我喜欢这个打破习惯的方法，因为它没有什么神秘之处，

I like this method of habit breaking, because there's nothing mysterious about it,

这很简单，也很容易。

it's simple and it's easy.

因为小我的层面，我们不喜欢攻击我们的小我，我们不喜欢释放小我。

Because ego-wise, we don't like to attack our ego, we don't like to let go of the ego.

但我们总能挑一个小习惯，然后开始改变它。

But we can always take a habit that it is a small habit and begin changing it.

当我们这样做的时候，我们就摆脱了一点小我，因此，驱使我们追求真我的动力就会变得更强。

And the moment we do that, we are doing away with a bit of ego, and therefore the drive in us for the Self becomes a bit stronger.

当我们坚持使用这个方法时，我们会获得动能、获得力量。

And as we go along with this method, we gain momentum, we gain strength.

然后我们进入所谓的苦行戒律阶段，我们可以开始在饿的时候不吃东西，然后在不饿的时候吃东西；在累的时候不睡觉，在完全清醒的时候睡觉；这是我们可以攻克的更深层次的习惯。

And then we move into what is called tapas, discipline, where we can start not eating when we're hungry, and then eating when we are not hungry, not going to sleep when we are tired, and going to sleep when we are wide awake; this is a deeper layer of habit that we can attack.

使用这种方法却备受煎熬是不对的。

To use this method and to suffer under is wrong.

如果我是一个有烟瘾的人，我说：“好吧，我不抽烟了”，但它却无休无止地困扰着我，那我还不如抽，总比一直陷入想要抽烟却不能抽的持续困扰、挣扎和负面想法中要好，因为那样只会让我消沉而不是上升。

If I am a habitual smoker, and I say: “Well, I'm not going to smoke.” And it just bothers me no end, I would be better off smoking than going through a constant trouble and struggle and negativity of thought of wanting it and not having it, it would put me down rather than up.

但是当我从这些小习惯开始，走一条不同的路、做一些小事、摒弃一个小习惯，

But when I start with a small habit of taking a different street, of doing

something small, doing away with a small habit,

我会发现我有能力改掉一个习惯，

then I find out that I am capable of breaking a habit,

每次我改掉了一个习惯，改下一个习惯就更容易了，

and each time I break one habit, it's easier to break the next,

接着，某一天我就能戒掉吸烟的习惯。

and then someday I can attack the smoking habit.

我认为我们今天讨论的方法是目前为止最简单的一个，也是每个人每天都
可以使用的，

I think the one we're on today is the easiest one so far, and it's one that
everyone can use every day,

如果我们从今天开始做，我们就是在通往自由的道路上迈出了明确的一步。

and if we start today, we are starting with definite steps on the road to
freedom.

通过转向内，我们开始发现我们所是的那个伟大的存在，

By turning inward, we begin to discover this great being that we are,

然后当我们发现这一点再向外看时，我们看不到任何区别，当我们发现真理时，内外之间没有什么区别；

and then when we discover that and we look outward, we see no difference, there is no difference between in and out when we discover the Truth;

当我们发现绝对真理时，精神和物质之间并没有区别；

There is no difference between the spiritual and the material when we discover the absolute Truth.

一切都是“一”，都是一样的，所有的差异都被全部消除了。

It is all One and the same, there's a total elimination of all differences.

最高状态是无差别、无分化的状态。

The top state is a state of non-difference, no differentiation.

但我再次强调，我们每天所能做的最重要的事情是：朝着自由的方向迈进，朝着释放一点小我的方向迈进。

But again, I repeat, the prime thing we could do is daily do something toward becoming freer, toward letting go of a bit of ego.

小我不再升起的地方，就有无限的真我。

Where the ego rises not, there is the infinite Self.

任何时候，当你处于小我不再升起的状态时，你就是一个无限的、没有限制的、全知的、全能的、全在的存在。

Any time you're in a state where the ego rises not, what there is the infinite, limitless, omniscient, omnipotent, omnipresent being that you are.

但是每天我们都必须开始释放这个小我，

But daily we must begin to let go of this ego,

每天我们都应该释放习惯，

daily we should let go of habits,

每天我们都必须变得越来越自由，

daily we must become freer and freer,

直到我们到达一个我们能看到“我们就是这个无限存在”的地方，

until we get to the point where we see these things that we are this infinite being,

然后我们就一次性把所有东西都扔掉了。

and then in one lump sum we drop the whole thing.

起初，它是逐渐消失的，一点一点地消除，

At first, it's a chipping away, doing away with bit by bit,

直到我们足够清楚地认识到我们是谁、我们是什么，

until we get a clear enough sight of who and what we are,

这样我们就能用我们的意愿摆脱整个限制，从那一刻起，我们就永远自由了。

so that we use our will to drop the whole thing of limitation, and from that point on we are eternally free.

21. 静默、爱和恩典 Silence, Love and Grace 1

本次课程的标题是“静默、爱与恩典”，录制于1966年7月26日。

The title of this session is "Silence Love and Grace", recorded July 26th 1966.

我相信，虽然我们这个房间里的大多数人都接触过形而上学，但对所谓的无声教导却知之甚少，然而它们却是所有教导中最强有力、最有效、最好的。

I believe that most of us in this room although every one of us has been with metaphysics, has not heard much about the so-called silent teachings, and yet they are the most powerful, the most effective and the very best of all teachings.

它们是一直都在进行的教导，无论我们是否接受它们，但它们始终都在发挥作用，

They are the teachings that go on all the time, in spite of our not accepting them, they are going on just the same,

它们是由所有最伟大的大师们在传递的教导，

and they are the teachings that are being projected by all the greatest of masters,

我们观念中的每一位伟大的大师仍然存在于实相中，并一直在默默地传递着这些教导。

every great master that in our concept has been in Truth still is, and is sending out the teachings all the time in silence.

解释这种方法并不容易，大致是这样的：

It's not easy to explain the method, but something like this:

对于一个大师来说，祂拥有无限可用的力量，并能加以运用，

A master has the infinite power available to him and he uses it,

一位大师能够同时联结到地球上的 40 亿人，

a master is able to contact every one of us 4 billion people on this planet at the same moment,

如果一位大师愿意，祂甚至可以用物质身体分别出现在 40 亿人面前，与每个人交谈，并满足每个人的需要。

if a master wanted to, He could even appear in a physical body to 4 billion people individually with 4 billion bodies, and talk to each one and satisfy the need of that one.

大师是没有任何限制的。

A master is one who has no limits.

如果祂能创造一个身体，祂就能创造 40 亿个身体，但祂不会这么做。

If he can create one body, he can create 4 billion, but he doesn't do it.

因为，首先没人请求祂这么做；其次，如果祂这么做了，祂吓到的人会比祂帮助到的人还要多。

Because first, He's not being asked; Second, if He did it, He would

frighten more people than He would help.

但是，凭借祂所有的无限力量，祂在把绝对真理投射到我们每一个人身上，

But with all His infinite power, He is projecting the absolute truth to each and every one of us,

祂在投射着他的信念，即“我们就像祂一样是一个无限的存在”。

He is projecting His conviction that we are just like He is an unlimited being.

而体验那种无限的唯一方式就是在静默中，

And the only way to experience that limitlessness is in silence,

如果有任何声音、如果有任何景象、如果有任何除了单一的“一”之外的其他东西，我们就无法体验到绝对。

if there's any sound, if there's any vision, if there's anything other than the single one, we are not experiencing the absolute.

因此，大师用祂的力量向每个人投射“我们是什么”的真理，

So the master projects with His power to each and everyone, the Truth of what we are,

祂每时每刻都在向我们传达着这一点，祂无时无刻不在这样做。

He is at every moment sending that to us, there is no time when He is not doing that.

问题出在我们这边，我们把自己封闭起来，不愿接受这些教导，

The difficulty lies on our side, we have ourselves closed off to it,

我们更愿意相信自己是有着有限心智的、受限的身体。

we prefer to believe that we are limited bodies with limited minds.

这是上帝赋予我们的权利，

And this is the God given right that we have,

我们拥有自由和权利，基本上，作为上帝，我们选择被限制，我们这样做已经很久了，以至于我们确信我们自己就是受限的。

we have the freedom and the right being basically the Gods that we are to choose to be limited, and we have done it for so long a time that we have convinced ourselves that we are.

我们内在关于限制的声音，淹没了这些一直在向我们传递的、最高层次的无声教导。

So that the noise goes on within us of limitation, it drowns out the

highest of these silent teachings that are being sent to us all the time.

因此，接受这个最伟大教导的途径就是安静下来。

So the way to receive this greatest of all teachings is to get quiet.

当我们安静下来的时候，我们开始感受到最高层次的教导，我们开始感受到我们所说的更高、更平和、更快乐，我们有一种幸福的感觉，我们的所有问题都消失了。

When we get quiet, we begin to feel this highest of teachings, we begin to feel what we call higher, more peaceful, happier, we get a feeling of well-being, all our problems disappear.

我们大多数人没有意识到，每次我们朝着那个方向前进时，我们都得到了伟大的“一们”的支持。

Most of us don't recognize that we are being supported by the great Ones, every time we move in that direction.

一旦我们体验到来自大师的助力，我们就应该明白发生了什么。

Once we experience an assist from a master, we should be convinced of what happened.

很多时候，我们得到了助力，却认为这是偶然的，或者只是碰巧发生的，

Very often we get an assist, and we think it's accidental or just something that happened,

我们越是认清助力的来源，我们就越能更多地得到同样的帮助。

the more we recognize the source of it, the more we will receive of the same thing.

没有哪个大师不这么做的，

There isn't any great master that doesn't do this,

我们越向祂们敞开自己，祂们就越能更多地进入我们，就越能让我们认识到我们是什么。

the more we open ourselves to them, the more they come in, the more they establish us in the knowledge of what we are.

总而言之，所有教导中最伟大的就是无声教导，而获得这些教导的途径就是安静下来，接受它，并认识到自己正在接收它。

So to sum it up, the greatest of all teachings is the silent teachings, and the way to them is to get quiet and receive it and recognize that you are receiving it.

让自己达到这种状态的一个实用方法是保持静默，练习安静，不说话，

One of the practical methods of getting oneself to this place is the method of silence, of practicing quietude, of not talking,

尤其是在你的休息日，一整天不说话、不写字，

especially on your days off, spend an entire day without talking or writing,

如果可能的话，一整周都这样。

spend an entire week if possible.

但我们应该尽量保持安静，

But we should try to keep as quiet as we possibly can,

我们唯一应该进行的交谈，仅限于维持身体所需以及与道路相关的东西。

the only conversation we should engage in is only that which is necessary to maintain the body and also anything pertaining to the path.

如果我们不是在谈论道路或维持身体，我们就是在表达我们的小我，

If we are not talking about the path or about sustaining the body, we are expressing our ego,

每次我们表达小我，我们都会让它变得更强。

and each time we express the ego, we make it stronger.

保持安静，

Keeping quiet,

不要强化小我，

does not strengthen the ego,

因此，这是一种极好的成长方式，

and is therefore an excellent method of growth,

最终会引领我们中的任何一个人到达能够接受最高教导、无声教导的地方。

that will eventually lead any one of us to get to the place where we are able to receive the very highest of the teachings, the silent teachings.

22. 静默、爱和恩典 Silence, Love and Grace 2

人类的爱与神圣的爱。

Human love versus divine love.

人类的爱就是我们所认为的爱；

Human love is what we think love is;

神圣的爱是持续不断地接纳宇宙中的每一个生命，完全、完全、全然地接纳另一个生命所是的样子，爱他们，因为他们就是他们所是的样子；

Divine love is a constant, persistent acceptance of every being in the universe, fully, fully, totally as the other being is, and loving them, because they are the way they are;

神圣的爱允许另一个人成为他想要成为的样子；

Divine love is allowing the other one to be the way the other one wants to be;

神圣的爱是平等地看待每个人，

Divine love is seeing everyone equally,

我认为这是对我们的爱有多神圣的考验。

and I think that is the test of how divine our love is.

我们对每天遇到的每个人的爱都是一样的吗？

Is it the same for every person we meet every day?

我们对反对我们的人的爱，和对支持我们的人的爱，是否一样强烈？

Is our love for those who are opposing us as strong as our love is for those who are supporting us?

神圣的爱是无条件的，对每个人都是一样的。

Divine love is unconditional and is for everyone alike.

我想最好的例子就是基督，

I guess the greatest example of it is Christ,

那些耶稣的教导 “有人打你的右脸，连左脸也转过来由他打” “爱你的敌人” 等等。

but those teachings of “Turn the other cheek” “Love your enemy” and so forth.

如果我们整个国家都能践行这一点，我们就能通过爱他们，使我们表面上的每一个敌人完全无能为力，他们将再无力伤害我们。

If we as a nation were to practice this, we can make every apparent enemy of ours completely impotent just by loving them, they would be powerless to do any harm to us.

但是我们必须整个国家都这样做，至少这个国家的绝大多数人必须这样做才

行。

But we would have to do it as a nation, at least the great majority of the people would have to do that.

爱本身不是我们可以开启或关闭的东西，我们要么有，要么没有。

Love itself is something we can't turn on and turn off, either we have it or we don't have it.

我们不可能爱一个人而恨另一个人。

And it's impossible to love one person and hate another.

我们对任何人的恨的程度，就是我们对其他人的爱的程度。

To the degree that we hate anyone, to that degree we love the others.

我们对任何一个人的爱都不会大于我们对他的恨。

Our love is no greater than our hatred is for any one person.

我们所谓的爱，只不过是那个人的需要。

What we call love is simply need for that person.

如果我们说，我爱这个人，但我不爱那个人，我们感觉我们需要这个人，因

此而对这个人好，这样我们就能得到我们想要的，

If we say I love this person but not the next, we feel that we need this person and therefore we'll be nice to this person, so we can get what we want,

但那不是爱。

but that's not love.

人类的爱是自私的，

Human love is selfish,

神圣的爱是完全无私的。

divine love is completely selfless.

我们采用的应该是最适合我们、我们喜欢且能从中获益最多的方法，

The methods we use should be the ones that suit us best, the methods that we like, we are able to gain most from,

因此，每个人都应该遵循自己最喜欢的方法。

therefore, each one should follow that method which he likes best.

所有的方法最终都会导向这个探究真我的方法：我是谁？我是什么？

All methods will eventually lead to the one method of Self-investigation:
Who am I? What am I?

当这个问题得到圆满的回答时，那就是终点，再没有别的地方可以去了。

And when that question is fully answered, that is the end of the line,
there's nowhere else to go.

一旦我们发现了我们是谁，我们就会发现我们是无限的存在，全能、全知、全在。

Once we discover who we are, we discover that we are infinite beings,
omnipotent, omniscient, omnipresent.

因此，外在的导师引导我们走向内在的导师，内在的导师只不过是我们在向自己展示真正的“我”，

So the outer teacher pushes us toward the inner teacher which is
nothing but we revealing our real Self to our self,

那是我们几个世纪以来一直在外界寻找的东西，其实一直与我们在一起，比肉体更亲近，

that which we have been seeking over the centuries outwardly in the
world has always been right with us all the time, closer than flesh,

它一直都是我所是的我。

it's always been the I that I am.

我们一直愚蠢地自己把目光从它身上移开，

We foolishly have been looking away from it,

当我们开始把注意力转向它的那一刻，当我们开始向内看的那一刻，我们开始发现我们是谁、我们是什么，

the moment we start turning our attention toward it, the moment we start looking inwardly we begin to discover who and what we are,

我们应该持续这样做，直到完全彻底地发现真我，发现我们是谁就等于发现我们不是小我、等于发现我们不是那个受限的存在。

we should continue this until it's full complete, and discovering who we are is the same as discovering that we are not the ego, we are not that limited being.

因为我们已经偏离绝对认知太远了，所以我们几乎有必要从消除小我的消极面开始，把它清除到足够的程度，这样我们才能开始看到我们所是的真我。

Because we have strayed so far from the absolute knowledge, it's almost necessary for us to start on the negative side of eliminating the ego to

get enough of it out of the way, so that we can begin to see the Self that we are.

如果我们致力于消除小我，我们应该始终在保持安静、崇敬大师、进驻真我、阅读鼓舞人心的作品之间取得平衡。

If we work on ego elimination, we should always balance that with getting quiet, worshiping the masters, dropping into the Self, reading inspirational writings.

如果我们在小我上花了太长或太多时间，我们会被它缠住，它对我们来说变得真实，它变得过于真实了，

If we work too long or too much on the ego, we get caught up with it, it becomes real to us, it becomes too real,

然后，我们就不是在释放它，反而开始试图维系它。

and then instead of letting go of it, we begin to try to sustain it.

所以，无论何时，当我们在采用任何消除小我的方法时，我们都应该用一种积极的方法来平衡它，这种积极的方法就是进驻真我、进入宁静或进入极乐的

So, anytime we are working on any method of eliminating the ego, we should always balance it with a positive method of dropping into the Self, into the quietness, into the feelings of bliss,

这样我们就不会过度认同小我了。

so that we don't validate the ego too much.

23. 静默、爱和恩典 Silence, Love and Grace 3

唯一的成长就是消除小我，直到小我消亡，然后无限的真我就在那里，

The only growth there is is ego elimination, die until the little self, then the infinite Self is there,

无限的真我一直在那里。

the infinite Self is always there.

你永远都是一个圆满的大师，这是完美的，这是永恒的，这是永远不会改变的。

There's never a time when you are not a full master, that's perfection, that's eternal that can never be changed.

但是你的观点、你对它的认同，可以改变。

But your point of view, your identity with it, you can change.

因为身为无限存在，你无限制，所以你可以假设自己有限制，

Because being infinite, you have no limitations and therefore you can assume limitation,

但它只是一个假设、只是一种表象，它不是真的。

but it's only an assumption, it's only an apparency, it's not real.

所以，我们应该让小我消亡。

So, we should die to the little self, the ego.

当我们消除它时，我们所是的这个无限存在就变得显而易见了，

When we eliminate that, this infinite being that we are becomes self-obvious,

它一直都在那里，

it's there all the time,

只是被限制性概念遮蔽了，而这些概念只是小我的概念。

just covered over by concepts of limitation which are only ego concepts.

我说，永远不要忘记，上帝永远在背后。

I say, never forget, God, always keep in the background.

如果没有上帝的感觉，把这个“我是谁”的问题、或者“我不是做者”、“是身体在行动”、“我是见证者”、“成为见证者”等保持在背景中，

If not the feeling of God, the question “Who am I?” or always keep in the background “I am not the doer” “It's the body that doing this” “I am the witness” “Be the witness”,

这样，成长就会一直持续下去，

and in that way, growth goes on all the time,

无论一个人在工作中做什么，总有空间让我们专注在上帝、专注在道路、专注在特定的方法上，

no matter what one is doing at work, there is always room to keep our mind on God, to keep our mind on the path, to keep our mind on a particular method,

如果我们希望摆脱自己陷入的困境，就应该这样做。

and this should be done if we expect to get out of the mess we got ourselves into.

如果我们期望获得证悟，就需要全职的时间来做这件事，因为我之前说过，我们在错误的思考上投入了太多、太多、太多的努力，

It requires full time if we expect to get realization, because of what I said before, we have tons and tons and tons of effort put into wrong thinking,

既然我们走上了正确的方向,

now that we're in the right direction,

要消除它也需要付出同样多的努力。

it's going to take that much effort to undo it.

除非我们认识到, 作为无限的存在, 我们确实有意愿力, 如果我们愿意这么做, 我们就能瞬间开悟。

Except if we recognize that being infinite beings, we do have the will power, we could will instant realization if we would just do it.

一个无限存在需要多长时间才能认识到他是无限的?

How long does it take an infinite being to know that he is infinite?

我们每个人都是无限的, 只要我们运用我们全部的意愿力, 我们就能在瞬间做到这一点。

And each one of us being infinite could do it in an instant if we would but apply our full will power.

但我们在那个方向的意愿并不强烈，

But our will is not that strong in that direction,

我们的意愿仍然在说：“我们是身体、心智，需要这个，需要那个，想要这个，想要那个……”

our will still says: “We are bodies, minds, need this, and need that, and want this, and want that...”

但那并不能改变这个事实——在我们付诸行动的那一刻，就可以瞬间实现开悟。

But that doesn't take away the fact that realization can be instantaneous the moment we do it.

我是我所是，你就是那。

I am that I am, THOU ART THAT.

所以真正的恩典不是外在的，而是内在的，

So the real Grace is not external but internal,

真正的恩典永远在那里。

the real Grace is always there.

你永远不会停止尝试回到这种没有悲伤的无限快乐中，

You will never ever stop trying to return to this unlimited joy with no sorrow,

因为那是真我的自然状态，那是恩典一直在起作用，

because that is the natural state of the Self, and that is the Grace operating all the time,

你总是被推动着去寻找幸福，也就是寻找真我，

you're always being pushed towards seeking happiness which is seeking the Self,

所以恩典每时每刻都在运作着。

so the Grace is operating every moment.

但如果我们期望别人替我们做这件事，它就永远都不会发生。

But if we expect someone other than us to do it for us, it will never happen.

但我相信这点很明显，当你看到大师和周围的人在一起时，他们周围的人并没有获得瞬间开悟，不是吗？

But I believe it is obvious when you look at masters with people around them, people around them are not being given instantaneous realization, are they?

不是因为大师不想，而是因为我们必须自己去做。

Not because the master doesn't want it, because we have to do it.

导师所做的唯一的事就是指出我们必须走的方向，

The only thing the teacher does is point the direction that we must take,

每个人都必须为自己去做。

and each one must do it for himself or herself.

从某种意义上说，臣服于大师、臣服于上帝是好的，

Now in a sense, it's good to surrender to a master, to God,

但什么是臣服？

but what is surrender?

臣服就是说：你的旨意，而非我的旨意，不是我的小我的旨意，而是整体的神圣旨意。

Surrendering is saying: Thy will but not my will, not my little ego will but the overall divine will.

如果从那一刻起你的小我完全臣服了，一切都会变得完美。

And if you surrendered your ego, from that moment on, everything would be perfect.

但是我们大多数自认为在臣服的人，都是有条件地在臣服，一次只做一点点，然而必须彻底臣服才会有效。

But most of us who think we are surrendering are doing it very conditionally, just a little bit at a time and it must be complete to be effective.

如果只是一点点，那就是.....我们得到的好处也只是一点点。

If it's just a little, that's... All the benefit we receive is just a little.

神圣的恩典总在运作着。

So divine Grace is always operating.

这是你的真我想要你释放小我、释放限制的概念，它驱使你朝着追寻幸福、朝着真我的方向前进。

It's the Self of you wanting you to let go of the ego, concepts of

limitation and it drives you toward the Self in the direction of seeking happiness.

总有一天，你会发现唯一的快乐就是真我或多或少地在展露、或多或少地在闪耀，

Someday you'll see the only joy there is is of the Self expressing more or less or shining forth more or less,

我们更多地揭开一点它的面纱，我们感觉就会更快乐。

we uncover it a bit more, and we feel happier.

所以每次你在寻求幸福的时候，都是恩典在运作。

So every time you're seeking happiness, that's Grace in operation.

所以恩典总是在那里。

So the Grace is always there.

但是除了你自己，没人能为你做到这一点。

But no one will do it for you, but you.

因为你就是那。

Because you are That.

如果我们想要完全觉醒，就必须对发生在我们身上的一切负起全部责任。

It's necessary to take full responsibility for everything that happens to us if we want realization.

上帝本身无法赐予我们证悟，

God himself cannot give us realization,

因为我们都拥有它。

because we would all have it.

他不能的原因，是因为我们就是我们所追寻的上帝，

The reason why He can't is because we are that God that we are seeking,

它对我们来说并不是外在的东西，

it's nothing external to us,

因为上帝就在我们之内，比在肉体更亲近，

because God is right within us, closer than flesh,

因为我们是上帝，所以我们是做到这一点的人。

and since we are that God, we are the ones who do it.

24.拥有一切 Having It All 1

本次课程的主题是“拥有一切”，录制于1966年7月4日。

The title of this session is “Having It All”, recorded July 4th, 1966.

我们所走的道路是从这里开始直到我们达成目标，这是我想说的第一点，

The path we're on is from here on until we make the goal, that's the first point I'd like to make,

我们将沿着这条道路一直走到无限；

we are on this path until we are infinite;

第二，我们可以在此生做到这件事。

Second, we can do this this lifetime.

一般来说，绝大多数人要花很多很多世才能做到，

Now generally, it takes many, many, many lifetimes for the great, great majority of people to make it,

然而，我们可以在这一世就做到。

however, we can do it this time.

有两个原因：

For two reasons:

首先，我们是一个不同寻常的群体；

First, we are an unusual group;

其次，我们有正确的方向在此生实现它。

Second, we have the right direction to make it this lifetime.

所以如果我们将来回来了，那是我们的选择，而非必要。

So that if we ever come back in the future, it's by choice, it's not by necessity.

通常我们中那些想要帮助别人的人会回来帮助别人，

Usually those of us who want to help others to that point will come back just to help others,

但这是我们个人选择的问题，

but that's a matter of individual choice what we do,

最重要的是要达到那个状态。

the main thing is to achieve that state.

现在，掌控生活真的是一个基本且必要的步骤，通过这个步骤，我们知道自己不是生活的受害者，而是主宰。

Now becoming master over life is really a basic and necessary step, through which we learn that we are not the victims in life, but we are the masters.

在我们掌握了让环境如我们所愿的方法和手段之后，我们就要看得更远。

After we master the ways and means of making our environment the way we want it, then we look beyond.

无论我们让自己的生活变得多么幸福，只要它还局限于生活本身，它就永远无法满足我们，

No matter how happy we make our life if it's involved in livingness itself, it'll never satisfy it,

因为我们真正的状态是无限的，而在生活和生存中获得快乐是有限制的。

because our real state is that of being infinite, and being happy in life and living has limitations.

对此还有什么疑问吗？

Are there any questions on that?

这差不多让我们了解了目前的情况，现在我将谈谈我认为的我们未来的方向。

That sort of brought us up to date, now I'll go into what I think should be our direction in the future.

我们必须变得更加普世，

We have to become more universal,

我们应该放下我们自己的生活，到我们能更多地为他人而活的程度。

we should let go of our own livingness to the point where we can live outwardly more for others.

如果我们都是普世的人，我们就必须是普世的存在，

If we are universal beings, we must be universal being,

每一个人都是我，这是我们应该有的感觉，

every human being is me, is the way we should feel,

你就是我，是我们对待所有人都应该有的态度。

you are me is the attitude we should have toward all people.

现在我用“态度”这个词，

Now I use the word “attitude”,

我们无法通过给他们物质来帮助这个世界，

we can't help the world by giving them things,

需要的太多了，

it's just too much needed,

但我们能给他们更多高于物质的东西，

but we can give them that which is much more than things,

我们可以开始给他们那些我们正在获得的知识，

we can begin giving them the knowledge that we are getting,

我们的态度应该是帮助每一个需要帮助的人，

and our attitude should be one of wanting to help everyone who wants help,

而我们绝不帮助那些不想要帮助的人，这是强加给他们的，

and never helping those who don't want it, that's imposing upon them,

我们应该尽力帮助那些与我们在道路上相遇的人，

we should try to help just those who cross our path,

我们不需要将自己扩展到各个方向，

we don't have to extend ourselves into directions,

因为人们会自然地进入我们的生活，

because people will just fall into our lives,

他们会问我们问题，当我们给他们答案时，我们发现某些人会觉得你给了他们正确的答案，你在帮助他们，然后他们会问更多的问题，

they'll ask us questions, and as we give them the answers, we find that certain people will feel that you are giving them the right answers, that you are helping them, and they'll ask more,

对于那些真诚地来找你寻求正确方向的人，回答他们的问题真的是一种义

务。

and it's really an obligation to answer questions of people who come to you sincerely, seeking the right direction.

当我们开始为他人而活，更少地考虑自己、更多地考虑他人时，我们帮助的不是别人，而是自己。

As we begin to live outward, and think less of our little self and more of the other, we are helping no one but ourselves.

世界会有不同的看法，他们可能会把它理解为我们在帮助另一个人，

The world sees it differently, they would probably interpret it as we helping the other one,

但没有人需要帮助，除了我们自己。

but there's no other one to help but ourselves.

事实上，我们通过帮助别人获得的最大好处是，除非我们对每个人都有这种合一的悲悯感、希望他们也知道我们所知道的，否则我们永远都无法达成目标。

And actually we get the greatest benefit, and we'll never make it unless we have this feeling of compassion of oneness with everyone with a wish that they too know what we know.

所以再重复一遍：我们已经学会了如何掌控生活并让它更幸福，现在我们应该试着帮助那些想要做到这一点的人。

So to repeat, we have gotten to the point where we have learned how to control life and make it happier, now we should try to make it happier for others who want it.

这并不意味着停止我们自己的成长，我们永远不能停止，

This does not mean stopping our own growth, that we never stop.

我们不断为自己的进一步成长而努力，但同时我们也要帮助他人。

We keep working for our own further growth, but at the same time we help others.

每一个活着的灵魂都渴望平静，

Every living soul wants peace,

他们都在寻求幸福、平静。

they're all seeking it, happiness, peace.

因此，只要你愿意，它就会降临。

Therefore, if you would expect it, it would come to you.

学生：期待平静，然后我拥有……

Student: Expect peace, then I have the...

莱斯特：不，希望能帮助人们找到这种平静。

Lester: No, expect to want to help people find this peace.

学生：定义一下你所说的爱和慈悲，定义一下它对你来说意味着什么。

Student: Well, define you spoke of love and compassion, define what it means to you.

莱斯特：嗯，只有当你在爱的时候，你才会理解爱。

Lester: Well, love is only understood when you love.

慈悲就是理解他人正在经历的事，

Compassion is understanding what the other one is going through,

慈悲就是理解他人正在体验的事，

compassion is understanding what the other one is experiencing,

但情绪的共鸣是自然而然产生的。

but the emotional part sort of comes automatically.

如果你活着是为了看到别人幸福，那么践行这样的生活方式将会带来巨大的幸福。

If you live to see the other one's happy, practicing that way of life would bring tremendous amounts of happiness.

25.拥有一切 Having It All 2

我想要表达的基本观点是，既然生活变得更快乐了，现在我们该做什么？

The basic point I tried to get across was what to do now that life has become happier?

如果可以的话，下一步就是活得更慷慨，为别人而活，更多地为别人而活。

And the next step is to live more outwardly if you can, live for others, live more for others.

这是另一种说法：“在每个人身上看到神性。”把他们视为完美的存在，那么你就最大程度地帮助他们。

This is another way of saying: "See God in everyone." See them as perfect, then you help them most.

要感觉每个人都是你，

Feel that everyone is you,

因为只有你，只有上帝，

because there is only you, there is only God,

而上帝才是我真正的所是。

and God is that which I am, really.

基本的绝对真理是什么？除了绝对完美的“一”之外，什么也没有，那就是“我”。

The basic absolute Truth is what? There is nothing but an absolute perfect Oneness, that is I.

所以总有一天你会到达一个境界：你只是想一想，事情就会发生。

So some day you reach a point where you just think and things happen.

再往后，你会超越这一点，你只知道完美，没有什么是需要思考的。

Some day you go beyond that, you just know the perfection, and there's nothing to think about.

一切都是完美的，因此不需要思考。

Everything is perfect, therefore is no thought required.

每个人都会达成目标，所有人都会，

Everyone makes, everyone does,

但就我们目前所知道的时间而言，绝大多数人将在一百万年后才能实现这个目标，

but in terms of time as we now know it, the great, great majority will make it in over a million years from now,

而我们就在此生就能做到，我们也应该做到。

we can do it this lifetime, and we should.

我们都在朝着那个方向前进，最伟大的圣人仍然在这里，他们有的在身体里，有的不在身体里，无论我们是否意识到这一点，他们都在引领着我们。

We're all moving in that direction, the very greatest of the sages are still here, some embody, some not embody, leading us on whether we're aware of it or not.

我们所需要的就是敞开心扉接受他们的帮助，这是最强有力的助力。

And all we need to do is to open ourselves to their help which is the

most powerful help there is.

然后专注在此生的完全觉醒上。

And look at full realization this lifetime.

我努力追随他们，如果你追随我，你就是在追随他们，

I try to follow them, if you follow me, you're following them,

我从他们那里得到指引，再通过我传递给你，

I take my guidance from them, through me to you,

所以我们都朝着那个方向前进，

so we are all moving in that direction,

但是这个群体的前进速度比绝大多数人要快得多、得多、得多。

but this group is moving much, much, much faster than the great majority of people are.

波澜不惊是我们已经取得了多大进步的一个标志。

Imperturbability is an indication of how far we have gotten.

我会被打扰吗？

Can I be disturbed?

我会被惹恼吗？

Can I be annoyed?

如果会，我就必须消除它。

if I can, I must eliminate that.

我们应该达到一个没有人、没有事能打扰我们的境界。

We should get to the place where no one and no thing can annoy us.

但毫不费力确实表明了我们在这条道路上走了多远。

But effortlessness does show how far we have gone on this path.

但我认为更好的衡量标准是平和。

But I think a better indicator is peace.

我有多平和？

How peaceful am I?

你越平和，你就前进得越远。

Greater your peace, the further you've gotten.

你应该以同样的态度对待我们的好与坏，

Your attitude should be the same to all good and bad,

不管它是好的还是坏的，它在哪里呢？

if it's good or if it's bad, where is it?

它在这个有限的世界里。

It's in the world of limitation.

我们想要超越限制，

We want to transcend limitation,

好事物是硬币的另一面、是坏事物的另一面，

the good thing is the other side of the coin of a bad thing,

好和坏都在这个梦幻的、充满限制的虚幻世界里。

it's all in this dream world, illusory world of limitation, good and bad.

所以在我们学会如何让我们的生活变得美好之后，

So after we learn how to make our life good,

我们应该把好和坏视作同一个东西，视作同一枚硬币的两面，

then we should look upon good and bad as the same thing, as the opposite side of the same coin,

这一切都是虚幻世界的一部分。

it's all part of the illusory world.

但我们对世界的态度表现在最高层次，

But our attitude toward the world is expressed in the highest,

当我说关于身体，我说过以同样的方式接受好与坏，

when I said about the body, what I said about accepting good and bad the same way,

它对这个身体有什么好处？它对这个身体有什么坏处？

what is it good for, what is it bad for this body?

好的东西和坏的东西都是针对这个身体而言的，不是吗？

Things that are good and bad are for this body, are they?

但我们远不止是这个身体，

But we are so much more than this body,

我们是不朽的，我们是完美的，

we are immortal, we are perfect,

所以这些东西不会影响我们。

so these things don't touch us.

我们对待好与坏的态度应该是一样的，要有一种“它不会影响到我”的态度，

Our attitude should be the same toward good and bad, have an attitude

“It doesn't affect me”,

我是永恒的，我是不朽的，没有什么能影响我，

I'm eternal, I'm immortal, nothing can affect me,

对待漏气轮胎的态度应该一直延伸到对待身体上。

so that an attitude toward the flat tire should be applied all the way up to the body.

我们一直在让生活变得更好，

We have been making life better,

既然我们能够做到这一点，我们就不应该在意生活是变好还是变差，

now that we can do that, we shouldn't care what is better or worse,

因为我们不是它，所以我们不受它的限制，

because we are not it, we are not limited by it,

这是一个重大的进步。

this is a big step.

我们对待好与坏的态度应该是一样的，对吗？

Our attitude toward good and bad should be the same, right?

不要认同外面发生的事情，一切都在我自己的意识里。

Do not identify what's happening out there, it's all in my own consciousness.

所以，我做个好梦还是噩梦有什么区别呢？

So, what's the difference whether I think a good dream or bad dream?

一切都在我的意识里。

It's all in my consciousness.

26.拥有一切 Having It All 3

你必须实践你所学到的东西，

It's necessary that you apply what you learn,

你必须这么做，我无法替你做，

you have to do it, I can't do it for you,

我只是为你指出你应该走的路，

I'm just pointing out the way you should go,

你必须自己走这条路。

you have to go it.

因此，我必须退到一旁，这样你就可以自己游了，

Therefore, I have to step away, so that you can swim on your own,

我在告诉你如何游向正确的方向，你必须自己去做。

I'm telling you how to swim in the right direction, you have to do it.

如果我留下来，你就会发展出依赖关系，

If I were to stay, you would develop a dependency relationship,

当我在你身边的时候，你会感觉很好，

you would feel good while I'm around,

你会无意识地把那种感觉和我联系在一起；

you would unconsciously attach that to me;

当我离开你时，你自己就不会做那么多；

you would not do on your own nearly as much as when I leave you;

接着我回来了，你再次进入那种状态；我走了，你又从那种状态中出来，反反复复.....

Then come back in and out...

我给你理论，

I give you the theory,

当我离开时，你在这个世界中进行实践，

you get your lab course when I leave in the world.

我离开了你，这个世界在冲击你，

I leave you, the world bumps you,

每当它冲击你的时候，它都会让你思考，让你朝着这个方向思考。

every time it bumps you, it makes you think, you think in this direction.

但你读到的内容也是真的，如果你确实需要帮助、确认、重建基本的真理和方向，而每次我来的时候你都会得到这些。

But what you read is also true, if you do need the assist, the confirmation, the re-establishing of the basic truths and directions, but you get that each time I come.

总有一天，你将不再需要听任何人的话。

Someday there will be no need to listen to anyone.

而且我们每次只能吸收一定量的知识。

Also there's only a certain amount that we absorb at a time or each time.

现在因为时间的原因，我离开之前都会把所有内容都告诉你，很多时候我把所有内容讲了，但它需要时间来消化，在实践中去运用也需要时间。

now there isn't the time that I don't give you the whole thing before I leave, many times, right? The whole thing, but it takes time to digest, it takes time to work it out in practice.

所以我说，我这样来来去去对你来说是一种绝佳的方式，它不会建立起依赖关系。

so I say, you're getting an excellent way of my coming and going, there's no dependency relationship set up.

而当人们一直和老师在一起的时候就会产生这种依赖关系，这会阻碍他们。

And this dependency relationship is a thing that happens when people are with the teacher all the time, which holds them back.

现在我所说的可能不是百分百都这样，

Now what I'm saying might not be 100% so,

如果我们安排大家在某个时候都住在一起，实际上就是都住在同一个地方，这样教导就可以一直持续下去，

if we had a... Say it's set up where we all live together at one point, actually all live together right in the same place, this teaching could go on all the time,

你们可以像吉尔和肯有时做的那样，相互配合着进行练习，

you would get your practice working with each other, like Gill and Ken sometimes would,

你会练习释放那些反对的感受，直到它们完全消失。

you would practice letting go of those feelings of opposition until there was none.

换句话说，你和你的朋友会觉得世界是好的，要看到走出这个世界的方法就是穿过它，与世隔绝并不好。

In other words, the world would be right with you, in your friends, see the way out of the world is through it, isolation isn't good.

除非你彻底摒弃了这个世界，除非你到了这个“在这世界上再也看不到任何你想要的东西”的地步，除非你知道你的幸福并不存在于这个世界，那么，与世隔绝才是可行的。

until you have completely renounced the world, until you have gotten to the place where you see nothing in the world that you want anymore, you know that your happiness does not lie in the world, then isolation is

alright.

你对这个世界不再有任何欲望，你便可以与世隔绝了。

You have no more desires for the world, then you may isolate.

但在此之前，在这个世界中的成长会更快、更好。

But until then growth is faster and better in the world.

如果你在达到这一点之前就与世隔绝，你是在逃避，你是在从这个世界中逃离，这非常糟糕。

Should you isolate before you reach that point, you are escaping, you are running away from the world, and that's very bad.

但如果有一天看到我们所有人都生活在同一个地方，并且这种成长也一直在持续，我不会感到惊讶。

But it wouldn't surprised me someday to see us all living together in one place and this growth going on all the time.

27. 个人达成自由的关键 The Key to Individual Freedom 1

本次课程的标题是“个人达成自由的关键”，录制于 1972 年 7 月 8 日。

The title of this session is "The Key to Individual Freedom", recorded July 8th, 1972.

我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

摆脱一切的自由，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，我们当中极少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the Inness of us, the isness of us, the amness of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not “I am something”, “I am a body”,

而只是存在，仅仅存在。

but just the amness and that alone.

当我们看到这一点时，我们就会明白，我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

然后我们在我们所是的这个无限存在上，叠加了我们称之为“想法”的概念，即“我是这个身体，我的名字是某某”，名字和形式无处不在，还认为这是真实的。

And that we superimpose upon this unlimited being that we are mental concepts which we call thoughts that “I am this body, and my name is such and such”, and the name and form is everywhere, and that is the real.

我们创造了整个宇宙，却忘记了是我们创造了它，还说它是真实的，而且与我相分离，

We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me,

它实际上只是我们心智中的一幅画面，

and all it really is a picture in our mind,

你唯一能看到这个世界的地方就是在你的心智中。

the only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界就永远不再出现了，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做心智的东西，它只不过是我们所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲眼看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的，

And so by now we have millions, if not billions, of thoughts of limitation that we accept as being real,

所以我们要做的就是消除这些念头，消除心智，

so what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯然的“存在状态”，在这种状态下，我们拥有这种深邃的、极为深远的平静的终极状态，

Everyone, all life is seeking to return to that state of just pure Beingness, and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成了的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here, could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see, they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than one second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to

go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you're free of it.

但重要的是，无论我们身处何种境地，我们每天都有机会丢弃这些倾向，

But the important thing is every day, no matter what we're in, we have this opportunity to drop these tendencies,

丢弃一个倾向，你就丢弃了过去的数百万个想法，

drop one tendency, and you're dropping millions of thoughts from the past,

这是在座的每个人都能做的事情。

this is something everyone here can do.

28.个人达成自由的关键 The Key to Individual Freedom 2

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say “I am through with this”, it's dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在，要是几个星期也太长了，

Okay, alright now if weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotions come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts

underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在，

what remains over after the mind is let go of is the infinite being that you are here and now,

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

you will have removed the total covering over the infinite being that you are.

我认为利用欲望的一种更简单的方式是使用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an

aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel as he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两件事会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心会做到任

何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内就把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做，并养成习惯，它只需要几个月、最多几年的时间，你就会完全自由。

and if you'll do it and make a habit of it, it will only take months, the most a few years to become totally free.

但这必须是每天都要做的事情，

but it must be a daily thing,

它不能是“哦，我有这种倾向，我明天、下周或下个月再去做”，

it can't be "Oh, I have this tendency, I'll work on it tomorrow or next week or next month",

现在你必须当场就做,

now you've got to do it right there and then,

因为它只需要不到一秒钟的时间,

because it only takes less than a second,

然后下一秒你就可以丢弃另外一个,

and then the next second you can take another one,

下一秒又是另一个.....

and the next second another one...

因此, 不是 2、3 个月做一次, 你可以在 4 秒钟内完成一整年的工作, 而不是花一年的时间。

So, instead of doing it once every two or three months, you can get a whole year's work accomplished in four seconds instead of a year.

所以我在强调的是每天做这件事的价值。

So, I'm emphasizing the value of getting into doing it every day.

当它出现的时候你去做，
then you do it as it happens,

然后你一个月内就能完成普通人许多世才能完成的事情。
and then you're doing in one month what the average person does in many lifetimes.

你在以一种你能很快获得自由的方式做这件事，
And you're doing it in a way in which you can get your freedom very very soon,

它应该是几个月，
it should be months,

但如果你进展慢，你可以在几年内做到，
but you could do it in a few years if you're slow,

我的意思是，我不是在开玩笑，你可以在几个月内完成。
I mean this I'm not kidding, you can do it in months.

我怎么知道的？

How do I know that?

像我这样对这条道路一无所知的人，我在三个月内就做到了我现在所说的这些，

A guy like me who knew nothing about the path, I did in three months that's what I'm talking about,

如果我知道方向的话，不会超过一个月，

had I known the direction, it would not have been more than one month,

因为这就是我最后一个月发生的事，

because that's when it really happened was the last month,

我知道这是可以做到的，

I know it can be done,

你所需要的只是你自己，以及对自由的渴望和决心。

and all you need is you and the desire for it, the determination.

29. 个人达成自由的关键 The Key to Individual Freedom 3

现在，这条道路很容易，

now, the path is easy,

它并不难，

it is not difficult,

如果你觉得这很难，那是因为你看向相反的方向，说“这不可能做到”，

if you think it's difficult, it's because you're looking in the opposite direction and saying "It can't be done",

这就是为什么我要强调“要么简单，要么不可能”。

and that's why I'm emphasizing "It's easy or impossible".

事情就是这样，要么简单，要么不可能。

and that's just the way it is, it's either easy or impossible.

如果你做，就很容易；

if you do it, it's easy;

如果你不做，它就不可能。

if you don't, it's impossible.

我一直在强调处理倾向，我看到每个人都能做到，每个人，

And I've been emphasizing working on tendencies of late, and I see everyone can do it, everyone,

那些和我一起实践的人中，谁还没有丢弃过一个倾向？

There isn't anyone who's been working with me who hasn't dropped a tendency?

你可以丢弃 1 个，你就能丢弃 2 个；

You can drop one, you can drop two;

你能丢弃 2 个，你就能丢弃 4 个；

You can drop two, you can drop four;

你能丢弃 4 个，你就能丢弃 8 个.....

You can drop four, you can drop eight...

它们全都离开了。

They're all gone.

现在你丢弃得越多，你就会变得越自由，这让你能使用更多的力量丢弃更大、更难的倾向。

Now the more you drop, the freer you become, which allows you more power to use than dropping bigger and more difficult tendencies.

所以现在就丢弃一些东西，先丢弃一个，你就能成功。

so just drop something now, drop one thing, you'll succeed.

当你丢弃 1 个，你就能丢弃 2 个、你丢弃了 2 个，你就能丢弃 4 个、然后无限个.....

When you drop one, you can drop two, you drop two, you can drop four and infinitum...

但重要的是每天都这样做。

but the important thing is to do it every day.

我们应该完全接纳一切，

we should be totally accepting of everything,

如果我们没有，我们就是在做出反应。

if we're not, we are reacting.

所以随着时间的流逝，我们必须接纳一切，坏老板、坏人、炎热的天气、寒冷的天气、好吃的食物、难吃的食物.....

So as the day goes by, we have to accept everything, bad bosses, bad people, hot weather, cold weather, good food, bad food...

完全接纳这个宇宙就是完全的自由，这意味着接纳它本来的样子，让它是它所是的样子，除了你自己，不想改变任何东西。

Total acceptance of this universe is total freedom, that means accepting it the way it is, letting it be the way it is, not wanting to change anything but yourself.

完全接纳意味着你没有欲望，你既不希望它这样，也不希望它那样。

Total acceptance means you have no desires, you don't want it to be this way, you don't want it to be that way.

我想最容易看到的事情之一就是你对人们的反应，

I guess one of the biggest and easiest things to see is your reaction to people,

当你和人们在一起时，这种情况总在发生，

that's going on all the time when you are with people,

放下你所有的反应行为，并获得自由。

drop all your reactive behavior and be free.

丢弃 1 种东西，然后你就彻底自由了——丢弃欲望，

Drop one thing, and you're totally free, drop desire,

丢弃 8 种东西，你就完全自由了——丢弃你的 8 种情绪，

drop eight things and you're totally free, drop your eight emotions,

第一，接受你能丢弃它们；

Number one, number one, accept that you can drop them;

第二，下定决心丢弃它们，

Number two, be determined that you will drop them,

然后你会发现这很容易。

then you'll find it's easy.

真正的爱是成为另一个人。

The real love is being the other one.

你了解某个人吗？

You want to understand someone?

成为那个人。

Be that person.

如果你能体会到他们所经历的一切，你就能理解那个人。

Will you understand that one if you can experience what they're experiencing.

同一性是真正的神圣之爱，

Identity is the real divine love,

成为另一个人，与另一个人合一，

being the other person, oneness with the other person,

所以真正的爱与世人所认为的爱相去甚远。

so the real Love is so far from what the world considers as love.

记住，如果你是一个完整的无限存在，你不需要别人，

And remember, if you are a whole infinite being, you need no other,

你自己就是完整的、圆满的、无限的。

you're complete, total, infinite by yourself.

只要我们认为我们需要别人，我们就是受限的。

So long as we think we need another, we are limited.

所以，不要需要别人，成为别人，

So, don't need the other one, be the other one,

通过认识到你是什么，你认识到你是每个人。

by recognizing what you are, you recognize that you are everyone.

通过把你的方向转向你自己，发现你真正是什么，你会发现你真的是每一个人。

By turning your direction back on yourself and discovering what you really are, you discover that you are really every being.

这就是通往它的道路，

And that's the way to it,

我只能指出如何到达那里的方向，

I can only point the direction on how to get there,

我不能为你做这件事。

I can't do it for you.

但你可以体验它，

But you can experience it,

我确定你过去在某种程度上已经体验过它了，我知道你有过，

and I'm sure you've experienced it to a degree in the past, I know you have,

然后你对这个世界的整个画面就会发生改变，

then your whole picture of this world changes,

接着你会看到完美。

then you see the perfection.

当你看到真相时，你看到的只有美好的完美，

When you see a right, you see nothing but beautiful perfection,

这就是真正的真实画面。

and then this is the true, true picture.

当我们看到不完美时，我们的认知是有缺陷的。

When we see imperfection, our sight is defective.

在现实中，一切都是绝对完美的。

in the Reality, everything is absolutely perfect.

这就是为什么他们说“上帝是完美的、上帝是一切”，

That's why they say “God is perfect, God is all”,

如果上帝是一切，上帝是完美的，那也包括我们。

and if God is all, and God is perfect, that includes us.

如果我们看到不完美，我们的认知是有缺陷的，

If we see an imperfection, our sight is defective,

如果我们看到不完美，那是不完美在我们之内。

the imperfection is in us if we see it.

在看似不完美的地方看到完美，

See the perfection where the seeming imperfection seems to be,

这种不完美只是一种表象、是表面上的。

the imperfection is a seemingness and seeming.

不要把我看作是这样~（学生笑）

Don't see me as it~

在你看到完美之后，你就自由了。

After you see the perfection, you're free.

30.莱斯特的发现 Lester's Discovery 1

磁带旁白：从 1952 年到 1974 年初，莱斯特与成千上万的人共事，以你刚刚听到的方式帮助他们。然后在一次深刻领悟和完全臣服的瞬间，莱斯特取

得了突破，他看到了一种方法，能将自己 1952 年的发现，通过一种任何人都能使用的技巧传达出去，让人们快速回归完全的自由。圣多纳释放法就是那个技巧，圣多纳释放法是一个强有力却又简单的技巧，一整天里都能随时使用，能轻松快速地释放覆盖在我们所是之上的感受。一旦从体验层面学会这个技巧，它就会向每个人展示他们如何从根源上释放这些感受。圣多纳释放法课程的毕业生所取得的成果非常显著，全球已经有成千上万的人参加了这门课程。圣多纳释放法是莱斯特送给世界的礼物，这最后一盘录音带是莱斯特本人在讲述他的发现。

Lester work with thousands of people from 1952 until early 1974, helping them in the manner that you have just heard, then in a moment of profound understanding and total surrender, Lester had a breakthrough, he saw a way of communicating what he'd discovered in 1952, through a technique that anyone could use to quickly gain their own complete freedom, the Sedona Method is that technique, the Sedona Method is a powerful yet simple technique that can be used moment to moment all day long to easily and quickly let go of the feelings that cover who we really are, this technique once experientially learned shows each person how they can let go of these feelings at their roots, the results achieve by graduate of the Sedona Method course have been so profound that thousands of people around the world have taken the course, the Sedona Method is Lester's gift to the world, this final tape is Lester himself describing his discovery.

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

Lester: I was born July 1919 in Elizabeth New Jersey into a middle class family as a very shy person,

我试着做应该做的事，做正确的事，我接受了良好的教育，成为了我所在领域的佼佼者。

I try to do things as things were supposed to have been done, doing the right thing, getting a good education, being the best in my field.

我天生就对科学感兴趣，尤其是对世界和人类本质的科学。

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

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

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

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

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

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

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

我实际上还进入了与工程相关的各种行业，包括餐馆、木材、建筑和石油，我想赚钱，想在世界上有所成就。

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

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

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

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

除非绝对必要，我甚至不能走楼梯。

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

我非常害怕死亡，

I was extremely fearful of dying,

但我意识到了，我对自己说：“你还在呼吸，莱斯特，你还有机会。”

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

于是我坐下来，开始全天候地思考。

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

我一直被认为是一个非常聪明的男孩，我总是获得荣誉，在发放奖学金不多的年代，我获得了罗格斯大学的四年奖学金。

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

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

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

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

I had studied Watson's behavior, Watson's behaviorism in the 30s, Freud in the later 30s and early 40s, I had studied the philosophies, I had studied logic, I studied economics, I studied all the major fields of man.

当我掌握了所有这些知识之后，当我走到生命的尽头时，我才意识到，人类所积累的知识是没有用的。

And with all that knowledge, there I was at the end of the line, making

me realize that the accumulated knowledge of man was of no use.

所以我决定从头开始，忘记所有这些知识，从零开始，看看自己能找到什么。

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

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

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

我开始问自己：“我想从生活中得到什么？”

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

答案是幸福。

And the answer was happiness.

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

Investigating further, I went into the moments when I was feeling

happiest, and I discovered something which to me was startling at the time, that it was: When I was loving, that I was happiest.

这种幸福等同于我去爱的能力，而不是被爱的能力。

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

这是一个起点，

That was a starting point,

我开始纠正我所有的想法和感觉，从想要被爱的方向到爱的方向。

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

在这个过程中，我发现了另一件令我震惊的重要事情。

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

我发现我想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

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

当我意识到我是多么想改变这个世界的时候，我看到它是如何让我成为这个世界的奴隶的。

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

我做出了扭转这种情况的决定。

I made a decision to reverse that.

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

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

我发现自己变得更快乐、更自由、更轻松，总体上感觉更好。

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

当我看到这个方向是好的，我做了一个决定：如果一块馅饼的味道这么好，我想吃整个馅饼。

On seeing that this direction was good, I made the decision that: If a

slice of the pie tastes as good, I want the whole pie”.

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

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

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

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

我相信如果我能做到，任何人都可以做到，只要他们有强烈的想要。

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

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个一直快乐而没有悲伤的状态。

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

并不是说世界停止了对我的推动，它仍在继续，而是我处于一个几乎可以立即解决问题的状态。

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

清除所有负面的恐惧，所有负面的“我不能”，

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

我会专注于每个问题的答案，并很快得到答案。

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

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

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

在这个过程中发生的一件事是我对他人的认同。

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

我看到我们都是相关的，我们都是相互联系的，我们的心智是相互联系的。

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

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

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

当那些大量的被压抑的能量得以释放时，这点对我们来说就变得很明显了。

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

一旦我们对其他人产生认同感，我们自然就会希望其他人也能发现我们所发现的，

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

生命本应是美好的、本应是一直快乐没有悲伤的，本应是拥有完美的

健康的。

That life was meant to be beautiful, meant to be happy all the time with no sorrow, meant to be with perfect health.

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

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

31. 莱斯特的发现 Lester's Discovery 2

莱斯特：谢谢大家，向你们每一个人致以问候与爱。我想今晚我才是收到最大惊喜的人。直到八点差十分，我才知道我要上场讲话，当时我被告知我要作为“惊喜”出场。

Lester: Thank you, greeting and love to each and every one of you, I think the biggest surprise tonight was to me, I didn't know I was going to talk until about 10 minutes before 8 this evening when I was told I was going to be the surprise.

于是我开始思考我该说些什么呢？谈谈你们，或是说说我自己？

So I began thinking, you know, what am I going to talk about, talk about

you? Or talk about me?

然后我意识到，这又有什么分别呢？

And I realized, what's the difference?

我们都在同一条叫做“生活”的船上，

we are all in the very same boat called life,

在我看来，我们都在做着和我曾经所做的一模一样的事情。

we're all doing, in my eyes the exact same thing that I did.

我们都在寻找至善、寻找最高的善、寻找终极之处、寻找最大的幸福，我们一直为此追寻，为之挣扎，为之奋斗，到处找了又找，找了又找，想知道它究竟在哪里。

We are all looking for the Summum bonus, the highest good, the ultimate place, the greatest happiness, and we're about it all the time, struggling for it, struggling for it, looking for it, looking for it, wondering where is it.

早在 1952 年我就宣称我找到了这个地方，

Well, back in 1952 I claimed I found the place,

它就在我所在的地方， 它就在你所在的地方，

it's right where I am, it's right where you are,

所有那些日复一日、年复一年的寻找，真是浪费时间。

and all this looking for it everywhere, every day, year in and year out is such a waste of time.

为什么？

Why?

它就在你所在的地方。

It's right where you are.

我们都在这个叫做地球的教室里， 试图发现一些终极的东西，

We're all here in this classroom called earth, trying to discover something the ultimate,

我们总是在它所不在的外界寻找它，

and we're all looking for it externally where it isn't,

如果我们只是把方向转回到我们自己身上， 我们就会发现， 它就在我所在的

地方，就在你所在的地方，就在你自己的存在中。

if we will only turn our direction back upon ourselves, we will discover it's right here, where I am, where you are, right in your very own Beingness.

我说：“是你吗？”

I say: "Are you?"

你说：“是。”

You say: "Yes."

我说：“就是这样。”

I say: "That's it."

除了存在，你什么也不要做，你会处于至善和幸福的终极状态中。

Do nothing else but that, and you'll be in the ultimate good and the ultimate state of happiness.

但你为什么不这么做呢？

But why don't you do it?

你太习惯于在那里、在这里、在他身上、在她身上、在这份工作中寻找它，但它从来都不在那里。

You're so habituated into looking for it over there, over here, in him, in her, in this job and it never is there.

所以我们都在经历同样的旅程，试图发现这一切是怎么回事、我的幸福在哪里。

So we are all going through the same trip of trying to discover what is this all about, where is my happiness?

当我们不再去外界追逐它，而是转向内在，我们会发现所有这些难受的、消极的、糟糕的感受都只是一种感觉，

And when we stop chasing after it out there, and we turn inward, we discover that all these hard, negative, terrible feelings are only a feeling,

可以通过释放它们来摆脱这些感受，

and that it is possible to get rid of these feelings by releasing them,

所有的这些感受都是潜意识的程序，

and all these feelings are subconscious programs,

每一个都是为了生存而设定的，

every bit of them put in as pro-survival,

他们所说的“战斗或逃跑”不仅仅只是恐惧，也是为了生存。

it's not only fear that they say as fight or flight that is survival.

我们所有的感受都被自动设定为维持我们生存下去的程序，

All our feelings have been programmed in to automatically keep us surviving,

它们让我们一直在向外看，努力生存，让我们的心智在潜意识里一天 24 小时都保持着活跃，

they keep us all the time looking out there, trying to survive, keep our minds active subconsciously 24 hours a day,

因此，我们从来没有一刻停止思考，去发现我们是什么。

so never for even one moment do we stop thinking and discover what we are.

如果你能有片刻在停止思考，你就会经历最奇妙的体验，

if you could just stop your thinking for one moment, you will go through the most tremendous experience there is,

在你的存在中，你就是整个宇宙的全部。

that you are the totality of this universe in your Beingness.

当你的心智安静下来时，你会自然地看到——我是这个宇宙中最了不起的存在，我是完整的、圆满的、完美的，我过去是、现在是、将来也永远是。

That when your mind goes quiet, you automatically see, I am the most terrific being there is in this universe, I am whole, complete, perfect, I always was, I am now, and I always will be.

那么，是什么阻碍我们处于那最愉悦的状态呢？

So, what is it that keeps us from being in our most delectable state there is?

简单地说，就是那些被称为“感受”的累积的程序。

Simply the accumulated programs called feelings.

所有这些负面感受让我们不断地为生存而挣扎，让我们持续地将目光从我们所是的那个了不起的存在上移开。

All these negative feelings have us constantly struggling to survive, have us constantly looking away from this tremendous thing that we are.

我们所要做的就是让那个心智安静下来，

And all we need to do is to quiet that mind,

然后我们所是的这个了不起的、充满爱的存在，对我们自己来说就变得显而易见。

and we become Self-obvious to ourselves of this tremendous loving being that we are.

我们该怎么做呢？

How do we do it?

我说这很简单，

I say it's simple,

它就是圣多纳释放法，

it's the Sedona Method,

它恰好是到达这个存在的至高状态最快、最有效的方法，

it happens to be the fastest, the most effective way there is to achieve this high state of being,

在那里，我们完全控制着我们的宇宙；

where we are in total control of our universe,

在那里，每时每刻都是美妙的；

where every moment is a wonderful, wonderful moment,

在那里，不可能不快乐。

where it is impossible to be unhappy.

当这些负面情绪被释放时，那便是我们的自然状态。

And I say that's our natural state when these negative feelings are released.

总有一天你会这么做的，你们在同一条船上，你在挣扎，你在做一切的事来获得那种幸福，

Some day you're going to do it, you're in the same boat, you're struggling, you're doing everything to achieve that happiness,

但总有一天你会得到它的，

but someday you'll get it,

因为在你到达那里之前，你永远都不会停下来。

because you will never stop until you get there.

但如果你想更快地做到这一点，试试我们的方法，

But if you want to do it faster, try our way,

我向你保证，你会非常惊喜的。

I promise you, you'll be very pleasantly surprised.

你所寻找的一切都在你所在的地方，

Everything you're looking for is right where you are,

你所需要做的就是摘下眼罩，

all you need to do is to take off the blinders,

你的视野非常模糊，你在透过所有这些潜意识程序来看，

your vision is very blurred, you're looking through all these
subconscious programs,

当你释放它们时，你的视野会变得清晰起来，你会发现你是最伟大的，你是完整的、圆满的，你是永恒的，你所有对死亡的恐惧都消失了。

when you release them, your vision becomes clear, you discover you are

the greatest, you're whole, complete, you're eternal, all your fear of dying disappears.

之后的生活会变得无比惬意，当你让这些消极感受都上浮并离开，就没有挣扎了，不再有任何挣扎。

And life is so comfortable after that, and there's no struggle, no struggle whatsoever when you get these negative feelings up and out.

所以我强烈建议你们使用这个方法（圣多纳释放法），它是一个工具。

So I urge you to take this method, it's a tool.

在一周之内，你会有一个很大的变化，变得更好。

In one week's time, there will be a big change in you for the better.

从那以后，你会持续变得越来越好、越来越轻松、越来越快乐。

And from there on, you will continue to get better and better and better, lighter and lighter, happier and happier.

这个被称作“爱”的东西是你的本质，

And this thing called love is your basic nature,

宇宙中所有的爱都存在于你的本质之中，

all the love there is in the universe is right in your basic nature,

你会发现，你的幸福等同于你爱的能力，

and you'll discover that happiness, your happiness equates to your capacity to love,

相反，你所有的痛苦都等同于你对被爱的需要。

and conversely, all your misery equates to your need to be loved.

只是去爱、爱、爱，你就会非常幸福、健康和富足。

Just love, love, love, and you'll be so happy and healthy and prosperous.

但是再强调一遍，你需要消除那些非爱的感受。

But again, you need to lift out these non-love feelings.

所以我再次建议你尝试我们的方法，我保证你会非常满意。

So again, I urge you to try our way, I promise you, you'll be very satisfied.

试试吧，你会喜欢的。

Try it, if you'll like it.

非常感谢你们的到来。

Thank you so much for coming.

(演讲在掌声中结束。)

磁带旁白：现在，有请莱斯特最后说几句话。

And now, here's Lester with a few final words.

莱斯特：你好，我是莱斯特，发自内心地与你交谈，

Greetings, this is Lester talking to you from his heart,

如果你听过的录音带对你有帮助，那么还可以获得更多的帮助，

if the tapes you have heard have helped you, there is much more help
that is available,

在这些磁带中，我以一种激发你内在思考的方式与你对话，

on the tapes, I talk to you in a manner that is oriented to provoke
thinking in you,

这会让你有新的领悟，

that leads you to a new realization,

我以一种试图触及那部分“真正的你”的方式与你对话，那部分的你远比你目前的智性能力理解得更本质、更直觉，

I talk to you in a way that attempts to reach the part of You that inherently and intuitively understands more than your present intellectual ability,

这一切都把你导向智慧，智慧是高于现在的智性知识的。

all this leads you to wisdom, wisdom that is higher than present intellectual knowledge.

我已经发展出一个自己做的办法，这可以告诉你如何每天增加你的理解，

I have evolved a do-it-yourself method that can show you how to everyday increase your understanding,

它被称为圣多纳释放法，

it is called the Sedona Method

这将大大提高和促进你自己的成长，从现在开始继续下去。

it will greatly enhance and increase your self growth and keep it going from here on.

圣多纳释放法的哲学很简单，我们每个人都没有限制，除了那些我们在潜意识里紧抓不放的东西，

The philosophy of the Sedona Method is simply that each one of us has no limits except those that we hold on to subconsciously,

当我们释放我们的潜意识限制时，我们发现我们在健康、幸福、富裕和物质方向的潜力是无限的，

and that when we let go of our subconscious limitations, we discover that our potential is unlimited, unlimited in the direction of health, happiness, affluence and materiality,

圣多纳释放法是能每天最有效地实现上述所有目标的操作方法，

the Sedona Method is the how-to to achieve all the former in a most effective way on a daily basis,

圣多纳释放法是你听过的这些磁带的研究生课程，它能让你实现你在生活中所期望的终极目标，

the Sedona Method is the postgraduate course to the tapes you have heard and will allow you to achieve the ultimate of that which you wish in life,

我强烈建议你参加这门课程,

I strongly recommend that you take the course,

谢谢。

thank you.