

终极目标第二卷

The Ultimate Goal Vol 2

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》、《终极目标第二卷》（即本文档）、《莱斯特的存在课程第一卷》、《莱斯特杂谈》、《莱斯特·利文森教导合集中英文字版》。

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

<p>1、小红书搜索“穿肚子”： 进入主页-加入群聊-置顶网盘获取百度网盘地址-打开百度网盘；</p>	<p>2、打开微信扫下图的网盘二维码：</p>	<p>3、打开百度网盘扫二维码进百度网盘群获取资料。</p>
	 <p>原始圣多纳...料免费分享</p> <ul style="list-style-type: none">莱斯特教导中英文字版 2025-08-21 17:20风 2025-08-07 01:29《决定自由》+《莱...特》(2022新译版) 2025-06-14 00:58  <p>微信长按识别二维码获取文件 该分享永久有效</p>	 <p>1992年圣多纳释放法 群号：974917555 群成员：17/200</p>  <p>打开百度网盘，扫码加入该群</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 Vol 2》音频制作了本文档，你们可以到 b 站找到原音频，如果看到我遗漏或者错误的地方，请指正出来，在小红书搜索“穿肚子”（小红书号：onlyafeeling）可以找到我。

我们都知道“传话”中的信息歪曲有多普遍，一句话经过任何人的理解再传出来，会和原话出现偏差甚至完全相反。这条道路也一样，不论是和觉者多亲近的弟子，经其心智理解后再“吐”出来的“指导”必定和觉者的原始教义有差异甚至是背道而驰，他们给出的“指引”，很可能会耽误自己几年、一生甚至很多世轮回。

克利亚南达尊者在《与尤迦南达的对话》中提到过尤迦南达对弟子们的警告。有一个弟子曾经受到上师的严重警告：“如果你此生离开这里，还要花上两百次转世才能回来。”另一个弟子迪那南达后来站到了反对他的古鲁的一边，上师在一封信中提到过他，“如今，还要花上三世他才能解脱。”

在此引用风的一句话：“你的要求是不偏，我的要求是正确的地图，失之毫厘，差之千里。”对于真正追求真理、真相的同伴们，直接看觉者本人的教导，对自己负责一些，别再吃未觉醒人类的心智垃圾。

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

最后，祝我们都能走完全程，加油！

穿肚子

2025 年 7 月 6 日

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莱斯特的常用词

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

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

Givingness: 拥有状态;

Doingness: 行动状态;

Beingness: 存在状态;

Self: 真我;

Truth: 真相、实相、真理;

amness: 存在、是;

Isness: 存在、是;

Inness: 我;

Otherness: 其他;

Heaven: 天堂;

God: 上帝、神;

01.幸福就是爱 Happiness is Love 1

好吧，我回到了纽约，这是我一生中最低落、最糟糕的状态，我手头有大把时间，却满心沮丧，没有出路，也无法得到答案。

Well, I'd back to New York, in the lowest and worst state I had ever been in my entire life, and with time on my hand and totally frustrated, no way out anymore, incapable of getting the answer.

我大声呼唤着寻求答案，却始终得不到，我伤透了心，最终心脏病发作了。

I cried out for the answer and I couldn't get it, and it broke my heart, in the form of a heart attack.

心脏病发作后，医生告诉我，除非万不得已，否则一步都不要走动，因为我随时都有可能倒地而死。

After a heart attack I was told not to take a step unless I absolutely had to, because it was a possibility that I'd drop dead at any moment.

当然，这是一件可怕又令人震惊的事情，我一生中那么活跃，突然被告知我不能再这样了，这太可怕了。

Of course, this is a terrible shocking thing, I haven't been so active all my life and suddenly being told that I cannot be active any more, it's a horrible thing.

而且.....而且，那种对死亡的强烈恐惧笼罩着我，我觉得自己随时都可能倒地而亡，这种感觉持续了好几天。

And it... And also that intense fear of dying overwhelm me, that I might drop dead any minute, and this stayed with me for days.

那真是一段非常可怕的低谷期，我被死亡的恐惧强烈地笼罩着，我害怕自己余生都会是个残废，害怕自己再也无法好起来，我该如何照顾我自己？

It's a real horrible low spinning period there, being an intense grip of fear of dying, of being a cripple for the rest of my life and that I wouldn't be able to be active, how could I take care of me and all that?

这样过了几天后，我说：“嗯，我能做的一件事就是，我还活着，得想办法以摆脱它，或许还有出路。”

And after several days of that I said: "Well, one thing I can do is still alive, try to get out of it somehow, maybe there's a way out."

怀着极度渴望摆脱困境、不想死的绝望心情，我开始质疑“这一切到底是为了什么？”，并开始反思“生命究竟是什么？”。

And with the extreme desperation of wanting out, not wanting to die, I began to question "What the hell is it all about?", and began to review "What is life?".

我必须从头开始，我必须把这一切都抛到一边。

I must happen scratch, I must put all this aside.

于是我开始思考：我是谁？这个世界是什么？我和它有什么关系？我想从这个世界得到什么？

And I began to look see: What am I? What is this world? What's my relationship to it? What do I want from it?

幸福。

Happiness.

什么是幸福？

What is happiness?

是被爱。

Be in loved.

我想到所有这些想嫁给我的女孩，这些美丽迷人、聪明的女孩，而现在，身边我不仅有这些女孩，不仅有想嫁给我的女孩，而且我还赢得了朋友们的尊重，但我却很痛苦。

And I thought of all these girls who wanted to marry me, these beautiful charming intellectual girls, and that right now I have not only these girls, not only girls wanting to marry me, but I do have the esteem of my

friends, and yet I'm miserable.

我所感受到的最接近幸福的東西就是愛。

The closest thing I sensed as a way to happiness was love.

于是我开始回顾并重温过去的恋爱经历，审视那些我曾经拥有过的幸福的点点滴滴。

So I began reviewing and reliving my past love affairs, looking at the points where the happiness the little happiness that I had.

突然间，我隐约意识到，当我在爱她们的时候，我才会有最美妙的感受。

Were and all of a sudden, I got an inkling that it was when I was loving them, that I had the highest feeling.

我开始仔细剖析和反复回想我所有充满爱意的美好时刻.....

I began to dissect and pull up, pull up and dissect all my high moments of loving...

记得有一个夜晚，我和弗吉妮娅在山里露营，那是个美丽和煦的夜晚，我们俩都躺在草地上一起仰望着天空，我搂着她，让她枕在我的手臂上，那种涅槃、极致的完美和幸福就在那里。

Remembered one evening, beautiful balmy evening in the mountains

when I was camping with Virginia, we were both lying on the grass, both looking up at the sky, and I had my arm around her, under her head, and the nirvana, the perfection of height, of happiness was right there.

我当时正感受着对弗吉尼亚的爱是多么亲密，了解这里的大自然是多么美妙，环境是多么完美.....

And I was feeling how great is love for Virginia, how wonderful is knowing all this nature, how perfect is setting...

我发现，正是因为我对她的爱，才有了这份幸福。

And I saw that it was my loving her that was a cause of this happiness.

所以我立刻转向另一面，好吧，当她爱我的时候，感觉很棒，然而我感觉它并没有我刚刚发现的那么好。

And so I immediately turned to the other side, well, when she loved me, it was great, and I sense it was not as great as what I just discovered.

我还记得这些时刻，这个美丽迷人的女孩公开向公众表示她认可莱斯特、她爱莱斯特，我能感受到那种被认同的美妙感，但那种感觉并不持久，它仅仅存在于那一刻，为了获得那种感觉，她得一直说下去.....

And I remember the moments, when publicly this beautiful charming girl told the public that she approves of Lester, she loves Lester, and I could feel that nice feeling of approval, but it was not a lasting feeling, it

was just for that moment, and in order to get that feeling, she had to continue saying that...

然而就在这短暂的时刻，这种小我的认同并没有之前爱着她的感觉那么好。

And at this momentary, ego approval was not as great as that former feeling of loving her.

因为只要我在爱着她，我就会感觉很幸福。

Because as long as I was loving her, I was feeling so happy.

但当她爱我的时候，只有那片刻的认同才让我如此幸福，事实确实如此。

But when she loved me, there's only moments of approval that gave me, it happens that it did.

当我发现让我幸福的不是被爱时，我探究得更深入了。

When I saw that it was not being loved that was making me happy, I went into it further.

我知道这类事情与我所拥有的幸福有关，我不断地深入研究着.....

I knew it was connected with that kind of thing the happiness that I was having, and I kept digging into it...

我发现当我感觉很好的时候，我是在爱的，或者当我在爱的时候，我感觉很好，并举出其他事件向自己证明了这一点。

And I discovered that I was loving when I was feeling good, or that when I was loving, I felt good, and pull up other incidents to prove to me that this was so.

我发现当我在爱的时候，我是幸福的。

And I saw it that when I was loving, I was happy.

噢，当我发现我的幸福取决于我爱的能力时，我说：“哇，我已经掌握这一点了。”

Oh, when I saw that my happiness was determined by my capacity to love, I said: “Wow, I've got a handle on this thing.”

我抓住了幸福链上的一环，我拉出了一环、两环、三环，于是我决定我要拉着那条链子，直到把整个链条都拉出来，得到完整的链条。

I got my hand onto the chain of happiness onto a link of it, and I pulled out one or two or three links, and I decided I'm going to pull on that chain until I get the whole thing out, get the entire chain.

我不断地回顾着过去的事情，当我看到自己没有爱的时候，我会转变那个感觉，去爱那个人，我不再想让他们为我做些什么，而是把它转变成我想为他们做些什么，诸如此类。

And I kept reviewing instance from the past and where I saw that I was not loving, I would change that feeling to loving that person, instead of wanting them to do something for me, I would change it for my wanting to do something for them, things like that.

这是我第一次隐约明白是什么带来了幸福，这是一件了不起的事情。

I did was the first inkling I had as to what brings about happiness, and it was a tremendous thing.

**因为此前我从未拥有过幸福，于是我说：“哇，如果这是幸福的关键，那我
已经拥有最棒的东西了。”**

Because I hadn't had happiness, and I said: “Gee, if this is the key to happiness, I've got the greatest.”

**甚至是想要得到越来越多幸福的希望在当时也是一件意义非凡的事情，因为
这就是我曾以为我想要的另一样东西——幸福。**

And even the hopes of getting more and more of happiness was a tremendous thing at the time, because this is what I thought was another thing that I wanted, happiness.

不幸的是，大多数人都像我一样，大多数人也想要爱，却从未感觉到自己拥有过爱。

Unfortunately, most people are like I was, most people want love, and

never feel as though they have it.

仅仅只是因为，为了感受到爱，你必须去爱，这是一扇通往幸福的奇妙之门。

Only because in order to feel love, you must love, this is a tremendous door opener to happiness.

正如我所说的，不幸的是，大多数人不明白这一点，即使他们听到了，也不会尝试去验证它是否如此。

And as I said, unfortunately most people don't see it, and even when they hear it, don't try to test it out to see whether it is so.

如果他们愿意试着验证一下，就会发现他们的幸福取决于他们的爱，他们爱得越多，就越幸福。

If they would try it out, they would discover that their happiness depends upon their loving, the more they love, the happier they are, period.

爱。

Love.

这个世界现在需要什么？是爱，充满爱。（莱斯特哼唱了起来~）

What the world needs now? It's love, with love.

我看到这些孩子在说：“如果你爱我，就按我的方式去做。”

I see these kids are saying: “If you love me, you do it my way.”

这就是这个世界存在的问题。

That's the trouble with the world.

我所看到的是，我越爱，我就越快乐。

What I saw was the more I loved, the happier I was.

这是我所发现的，它们其实是一回事。

That's how I discovered, and it equates.

后来，当我开始再次走入人群中时，我用这一点来进一步扩展我的爱。

Later on, when I began to move into people again, I used that to further develop my love.

我发现自己变得越来越幸福、越来越幸福，我想要所有我能得到的幸福，我想要终极幸福。

Having discovered that I was getting happier and happier, I wanted all of it that I could get, I wanted the ultimate Happiness.

因此，在我一次次的与人交往中，当他们做了我不喜欢的事情时，我的内在有一种非爱的感觉，我会立即将那种态度转变为爱他们的态度。

So, when I mixed with people again and again, when they did things that I didn't like, and within me was a feeling of non-love, I immediately would change that attitude to one of loving them.

即使他们在反对我，但直到我达到这种状态：无论我遭到多大的反对，无论他们如何诋毁我、甚至试图将我撕碎，我都能保持对他们的爱。

Even though they were opposing me, until I got to the point where no matter how much I was being opposed, no matter how much they defiled me and tried to rend me asunder, I could maintain a feeling of love for them.

那种极度沉重的感觉越来越少，我感觉自己变得更轻盈了，实际上更快乐了，我感觉到了某种更大的自由，正因如此，我的思想也更容易集中了。

The extreme heaviness was becoming less, I thought myself becoming lighter, in fact happier, there was a certain greater freedom I felt, there was an easier concentration of my mind because of it.

我开始更好地审视自己的心智：“我的心智是什么？什么是智慧？”

And I began to look better at my mind: “What is my mind? What is intelligence?”

突然，一幅画面闪过，在游乐园的碰碰车娱乐项目中，所有的车都从上方的
一根屏幕电线获取能量，他的绿色电线象征着所有的智慧、所有的能量，每
个司机都从那根电线中获取他想要的能量和智慧，但他却盲目地驾驶着他的
车，因为他撞到了其他的车，撞、撞、不停地撞.....

And suddenly a picture flashed, the amusement park bumper car
entertainment thing where all the cars got their energy from a screen
wire above, and his green wire symbolized all intelligence, all energy,
that each driver the car was taken the amount of energy and intelligence
that he wanted from that wire, but steering his car blindly, because he
was bumping into other cars, and bumping and bumping...

然而，如果我愿意的话，我可以获得越来越多的整体智慧。

And that if I chose to, I could take more and more of that overall
intelligence.

于是，我深入研究这一点，开始审视思维以及它与正在发生的事情之间的关系。

So I dug at that, I began to examine thinking and its relationship to what
was happening.

**我发现，正在发生的事件背后，在之前某个时刻都有一个想法，而由于想法
和发生的事件之间存在时间因素，我以前从未将这两者关联起来。**

It was revealed that what was happening had a thought behind it some time prior, that I never before related the two because of the element of time between the thought and the happening.

我的确发现，发生在我身上的所有事情，在之前的某个时刻确实都有一个朝着那个方向的想法。

And I did discover that all that was happening to me did have a thought in that direction at some time prior.

然后突然间，我意识到发生在我身上的每一件事，在发生之前都有一个与之相对应的想法，如果我能抓住这一点，我就能有意识地决定发生在我身上的一切。

And then all of a sudden, I realized that everything that was happening to me had a thought of it, before it happened, and that if I could grab a hold of this, I could consciously determine everything that was happening to me.

然而最重要的是，我要对发生在自己身上的一切负责。

And above all, I was responsible for everything that had happened to me.

我通常觉得这个世界在亏待我，我看到我过往的整个人生为赚钱付出了的巨大努力，然而却以失败告终，仅仅是因为我以为自己在追求幸福，我在赚钱

中追求幸福，然而每当生意开始盈利时，我便开始失去兴趣。

Normally thinking that the world was abusing me, and I saw that my whole past life and a tremendous effort to make money, and in the end failing was too only to my thinking that I was seeking happiness, and I was seeking it in making money, and whenever the business start to make money, I began to lose interest.

因为钱并没有给我带来我想要的幸福，因为它没有幸福，然后我便失去了兴趣，生意也就失败了。

Because the money did not bring me the happiness I was wanting, and because it didn't, and I lost interest, the thing collapsed.

我总是把生意失败归咎于他人和其他因素。

And I had always blamed others and other things for the business collapsing.

而实际上，仅仅是我无意识地知道这不是能让我幸福的事，这导致我对它失去兴趣，进而导致了生意失败。

And here it was simply my subconsciously knowing that this is not the happiness thing, that caused me to lose interest in it, that caused the business to collapse.

当我失去策划工作室和一切的时候，我想起当我关闭它时，我有一种这样的

感觉：哦，多么巨大的努力，我希望自己永远都不要再经历这种事了。

When I lost the planing mill and everything, I remembered that when I closed it down, it was a feeling: Oh, this tremendous effort, I hope I never go through this again.

要让那种面临极端困难的生意运转起来，所付出的努力实在是太巨大了，我耗费了所有的努力、精力和时间，夜以继日地克服如此沉重、困难的障碍，才得以让它运转起来。

It was such an extreme effort to make that business pay with the extreme odds against it, it just took all my effort, energy and time right around the clock to get it going under such heavy, difficult obstacles.

所以当它倒闭的时候，我有个念头：天呐，我希望自己永远别再重蹈覆辙了。

So that when that collapsed, I had the thought: Gee, I hope I never come back to this.

但当我几个月后重新回来时，却发现每一栋楼都被洗劫一空，所有的设备都不见了，我说：“喔，那些混蛋，他们这样对我，但他们会为此付出代价的，因为这可是马格达莱纳小镇的唯一工业啊，哈哈.....他们真是蠢透了。”

But when I did come back in several months and found every building stripped, every piece of equipment gone, I said: "Oh, those son of a guns, they did it to me, but they'll suffer for it, because this was the only industry in that small town of Magdalena, ha ha ha... How stupid they

are.”

我们消除了这件事再次发生的可能性，而且在离开时心里有一丝满足。

We undid the possibility of this thing ever starting up again, and run away with a little satisfaction in there.

但我曾经确实以为是他们害了我，是市场害了我，是别人造成的这一切……

But I did think that they did it to me, that the market did it to me, that others are the clause for...

直到我意识到，我想要的不是赚钱，而是幸福，但是当金钱滚滚而来的时候，幸福却没有降临。

Until this realization that it wasn't money making that, I wanted it was happiness, and that when the money was coming in, the happiness was not there.

噢，一想到我不是这个世界的受害者，想到我有能力按照我想要的方式来安排这个世界，想到我现在不再是它的果，而是能做它的因，我可以按照我想要的方式来塑造它，真是让人如释重负。

Oh, this was a tremendous piece of freedom to think that I am not the victim of this world, that it lies within my power to arrange the world the way I want it to be, that rather than being an effect of it, I can now be a cause over it, arrange it the way I would like it to be.

那是一种巨大的领悟、一种巨大的自由感，这让我明白：金钱并没有给我带来幸福，赚钱也没有给我带来幸福。

And that was a tremendous realization, a tremendous feeling of freedom, a realization that money did not give me happiness, making money did not give it to me.

我回过头来反思并审视其他人，我发现我所有的朋友和以及那些有钱人，当他们赚到钱的时候，他们却从未停下来放松地享受它，反而开始不断地驱使自己去赚更多的钱，他们所拥有的财富无法满足他们，他们在追逐更多的财富.....

It had me thinking and looking at others and I saw how all my friends and all the rich men, when they made the money, they never stopped and relaxed to enjoy it, but they began to drive themselves more and more to get more and more of it, but what they had couldn't satisfy them, and here they are going after more of it...

这毫无意义，赚钱并不会带来幸福。

It made no sense, there's no happiness in getting money.

我看到这个世界正在疯狂地朝着错误的方向发展。

I saw the world madly in the wrong direction.

于是，我对赚钱的需求和渴望被释放了。

So my need and want to make this money was let go of.

我还发现，我们拥有的东西越多，我的生意就越大，我承担的责任就越多，它越是让我日夜不停地工作，生意上的问题会跟着我入睡，早晨醒来时它们还在，甚至在夜晚的梦境里也摆脱不了它们。

And I also saw that the more we had of things, the bigger my business was, the more responsibility I had, and the more it had me day and night right around the clock, the problems of business I would take to bed with me, and I would wake up in the morning with them, and even carry them through the night in their dreams.

我意识到，不是我在运作着这些东西，而是它们在运作着我。

I realized that I didn't have these big operations, and they had me.

我发现我的幸福等同于我的爱，发现我的思想是导致我生活中所发生事情的原因，这让我越来越自由，让我得以从这些“我必须工作、我必须赚钱、我必须拥有女孩”的无意识强迫观念中解放出来。

Discovering that my happiness equated to my loving, discovering that my thinking was the cause of things happened to me in my life, give me more and more freedom, freedom from unconscious compulsions that I had to work, I had to make money, I had to have girls.

这种自由和一种“我现在能够决定自己命运、能够掌控自己的世界，能够塑造适合自己的环境”的感觉，极大地减轻了我内心的负担，我觉得自己根本没有非得做任何事情的必要。

Freedom and a feeling that I am now able to determine my destiny, I am now able to control my world I am now able to arrange my environment to suit me, and lightened my internal burden so strongly, that I felt there was no need that I had to do anything.

此外，这种幸福是如此美妙，它对我来说是一种全新的体验，我正在体验着一种我从未知晓其存在、从未想过会如此美妙的喜悦。

Thus, this happiness was so great, it was a new experience for me, I was experiencing a joy that I never knew existed, never dreamed could be so great.

如果这种喜悦是如此地美妙，我绝不会放开它，直到我带着它走完全程。

And if this is so great, I'm not going to let go of this until I carry it all the way.

我不知道它会发展到什么程度，

I had no idea how far it could go,

也不知道一个人可以有多快乐，

I had no idea and how joyous a person could be,

所以，我开始进一步探索如何延续这份喜悦。

so, I began digging further, and how to extend this joy.

我也进一步开始改变了自己对“爱”的态度。

I further begin changing my attitudes on Love.

我会想象我最心仪的女孩嫁给了我的朋友，或者嫁给我最不想让她嫁的男孩，然后享受着他们之间的彼此陪伴，对我来说，这才是爱的极致。

I would imagine the girl that I wanted most marrying my friend or the boy I would want her to marry least, and then enjoy their enjoying each other, to me, this would be the extreme in loving.

如果我能做到这一点，它能更多地给予我我所发现的这种奇妙体验。

And if I could achieve it, it would give me more of this wonderful thing that I was discovering.

于是我不断探索着，我选定了当时在伯勒镇的一个特别的女孩，我挑了一个特别的年轻人和一个女孩，我绝不放弃，直到我真正地感受到他们之间彼此相伴的快乐，然后我就知道我做到了，或者说几乎做到了。

And so I worked on it, and I took a particular girl at that time in Burle , I

took a particular youth and a particular girl, and I wouldn't let go until I could really feel the joy of their enjoying each other, then I know I had it, or almost had it.

后来，通过和那些无休止地反对我的人交谈，我进一步验证了这一点。

Then, later on, I had further tested this in talking to people who were opposing me no end.

我试图帮助他们，当他们在攻击我的时候，我会有意识地感受到对他们至高无上的爱，那种感觉太棒了！

And I was trying to help them, and I would consciously feel the greatest of love for them when they were attacking me, and it was so wonderful!

我会毫不犹豫地感谢他们给了我与他们交谈的机会，而这让他们陷入了慌乱和质疑之中。

I would without any thought thank them, so profusely for having given me the opportunity of talking with them, and it threw them into a dither and question.

但我确实有那样的感受，我从心底感激他们给了我爱他们的机会，尽管这事做起来困难重重，但我没有告诉他们，只是由衷地感谢他们让我有机会和他们交谈。

But I really felt that, I thank them at the bottom of my heart for having

given me the opportunity of loving them, merely making it as difficult as it possibly could, I didn't express that to them, I just thanked them profusely from the bottom of my heart for the opportunity of having been able to talk with them.

接着我知道自己拥有了它，它就是基督之爱。

Then I knew I had it, it was the love of a Christ.

在思考智慧和能量的源泉时，我发现它也是可用的，并且无穷无尽。

Contemplating the source of intelligence and energy, I discover that it too was available, in unlimited amounts.

只要我把自己从所有这些过往的强迫、抑制、纠葛、烦恼中解脱出来，它自然会出现，我不需要做任何事情，也无需受制于任何事物。

And that it came simply by my freeing myself from all these former compulsions, inhibitions, entanglements, hang-ups, but I didn't have to do anything, I didn't have to be subject to anything.

看到这一点，潜藏在我心智背后的这股力量前所未有地流淌了出来。

Seeing this, allow this power that was right behind my mind to flow through, like it was never flowing through before.

我意识到，我曾将这股能量、这股力量禁锢起来，我所需要做的就是撬开堤坝上的那些原木，而这正是我正在做的事，我正在探索这些东西，我正在移除水坝上的原木，允许这种无限的力量像水坝中的水一样流淌出来。

I saw that I had dammed up this energy, this power, and all I had to do was pry loose the logs of the dam, and that's what I was doing and discovering these things, I was removing a log and allowing this infinite flow just like a water dam would flow.

如果你只是把原木一根一根地拉出来，拉出来的原木越多，水流就越大。

If you just pull the logs out one by one, and the more logs you pull out, the greater the flow.

我所需要做的就是移除这些障碍，让无限的力量和能量流淌出来。

And that was all I needed to do is to remove these logs, and let the infinite power and energy flow.

有时候，当我获得我之所是的领悟时，会有巨大的能量涌入，我甚至会从椅子上跳起来，径直走出前门，我开始走路、走路，会一次走上好几个小时，有时甚至走好几天，我只是觉得自己的身体无法承载它，我必须通过走路或者跑步来消耗掉其中的一些能量。

And there are times when I get this realization of what I am, that would put so much energy into me, I would just jump up in the air from my chair, I would go right straight out the front door, I would start walking

and walking and walking for hours at a time, and sometimes for days at a time, I just felt as though my body could not contain it, but I had to walk or run some of that off.

我记得自己曾漫步在纽约街头，有时是凌晨时分，只是用很轻快的步伐在行走，其他什么都做不了，我不得不消耗掉一些能量，确实是这样的。

I remember walking the streets of New York City early hours of the morning sometimes, just walking at a very good pace, not being able to do anything otherwise, I had to expend some of that energy, it was so to use.

正如我所说的，我不会停下来，直到看到幸福的尽头，我会越升越高、越升越高、越升越高，然后说：“噢，天哪，没有比这更高的了。”

And as I said I would not stop until I could see the end of the line on this happiness, I would go higher and higher and higher and say: “Oh, my gosh, it could be nothing higher than this.”

接着我会继续尝试，然后升得更高，我会说：“喔，再也不会比这更高了。”

But I would try and I would go higher, I'd say: “Oh, there can't be anything higher than this.”

但我会尝试走得更高，我会说：“噢，不可能有比这更幸福的了。”

but I would try and go higher, I'd say: “Oh, there can't be anything

happier than this.”

直到我意识到，幸福是没有限制的。

Until I realized there is no limit to it.

我失去了行动能力，我看着自己的身体却动弹不得，我是如此地沉浸在狂喜和喜悦中，但实际上已经动不了了，我会这样持续几个小时，越升越高，然后不得不努力花几个小时把自己降下来，一直降到我可以回到身体里再次操控它。

I would get incapacitated, I could look at my body and I couldn't move it, I was so top-heavy with ecstasy and joy, I was actually incapacitated, I would do this for hours, going higher and higher ,and then I would have to work for hours to keep coming down and down and down, until I could start be in the body again, in order to operate.

02.幸福就是爱 Happiness is Love 2

我看到所有这些能量、所有这些智慧的源头，本质上都是和谐的。

I saw the source of all this energy and all this intelligence was a characteristic that was basically harmonious.

而和谐是宇宙的法则。

And that harmony was the rule of the universe.

这就是为什么行星不会相撞，这就是为什么太阳每天都会升起，这就是为什么一切都能正常运转。

And that's why the planets were not colliding, and that's why the sun rose every day, and that's why everything went.

当我发现这种和谐，当它降临到我身上的时候，我走在街上，人们会看着我，微笑着和我打招呼。

And on discovering this harmony, it fell in on me, I would go out into the streets, people would look at me smile and say hello.

当我不想停车时，有时会有两三个人从人行道上走过来，他们从人行道上走过来并帮我引路把车倒进一个狭窄的停车位；

When I didn't want to park my car, people from the sidewalk, two, three at a time sometimes, they get off the sidewalk and help direct me into a tight parking spot;

当我找不到停车位时，警察、出租车司机会把他们的停车位让给我。

Policemen, taxi cab drivers would give me their parking spot when I couldn't find one.

那段时间，我一切都很顺利。

Everything was falling into line for me at that time.

我觉得自己不该说这件事，我开车的时候从来没遇到过红灯，在最夸张的时候，我可以一路从纽约开车过来，完全碰不到一个红灯。

I don't think I ought to say this thing, I never would need a red light, at the extreme, I could drive from New York City and not need a red light.

我开始想象那些我想要的小东西，它们很快就出现了。

I began imaging things that I wanted small things, and they came very quickly.

然后我意识到，唯一阻止我得到一些大的东西的原因是——我不敢想大的。

Then I realized the only thing that stop me from getting something big, because I just didn't dare to think big.

所以我问自己：“我能想到的最大的东西是什么？”

So I asked myself: “What's the biggest thing I can think of?”

我说：“哇，一辆有着特别设计车身的凯迪拉克。”

In the way of things I said: “Gee, a Cadillac with a specially built body.”

所以，我想象了一辆有特殊车身的凯迪拉克，我看到自己坐在里面驾驶着，它是我的，然后我释放了它。

So I pictured a Cadillac with a specially build body, and I saw myself riding in it, and it was mine, and I dropped it.

大约两周后，一位熟人来找我，说：“莱斯特，我刚刚给你买了一辆最漂亮的凯迪拉克。”

In about two weeks, an acquaintance came to me, and said: "Lester, I just bought you the most beautiful Cadillac."

他描述了那辆车，正是我心目中的颜色，一切都和我想象的一样。

He described it, it was the color I had in mind, everything just like I had seen it.

他说：“我一个朋友买了那辆定制车身的车，但他不想要了，我只花了 4000 美元就买到了。”他这么说，然后我看着他：“我没有钱。”

He said: "A friend of mine bought it that especially built body, but he doesn't want it, and I got it for only \$4,000." He said that, I looked at him: "I didn't have the money."

他说：“噢，不用担心钱的事，钱我来付。”

He said: "Oh, don't worry about the money." He said: "I'll pay for it."

然而，那天晚上我想了想，我刚把我的车处理掉，在纽约开车太麻烦了，坐出租车会便宜得多，而且比自己有辆车方便多了，于是我放弃了那辆车。

However, overnight, I thought about it, I had just gotten rid of my car, it was a nuisance in New York City, it was far cheaper to go by taxi, and far far more convenient than it was to own your own car, so I had given up my car.

我说：“这辆车会像我以前开的那辆一样成为麻烦，而且我也不想让自己成为别人嫉妒的对象。”

And I said: “This car will be just a nuisance like the one I had before, and also, I did not want to be in a position where I would be the envy of man.”

第三，我对自己说：“如果我现在能得到它，那么以后我任何时候想要都可以。”

And thirdly, I said to myself: “Well, if I've done it now, I can do it at any time I want.”

所以第二天，我拒绝了那辆车。

So the next day, I refused it and turned it down.

然后我一次又一次地验证它.....

And I tested it again and again...

当然，在凯迪拉克之前，我在一些小事上进行了测试，我发现它是有效的。

Of course, before the Cadillac, I tested on small things, and I discovery it worked.

我意识到是我自己在限制自己，这引发我去思考：“我能想到的最棒的东西是什么？”一辆定制车身的凯迪拉克，然后我释放了限制，接着视觉化想象它是我的，然后它就出现了。

And I realized I was limiting myself, that's what caused me to think: “Well, what's the greatest thing I can think of?” Cadillac, a special body, and I let go of the limitation, and I visualize that as being mine, and it came to me.

后来，我敢想更大的了。

And I dared even further.

天气很冷，我想去一个温暖的地方度两周的短假，而洛杉矶比佛罗里达离纽约还远。

It was cold, and I wanted a short vacation of two weeks in warm country, and Los Angeles was furthest away from New York City, further in

Florida.

于是我说：“嗯，我要在圣诞节和新年假期期间去洛杉矶度假。”

So I said: “Well, I'm having a vacation in Los Angeles over the Christmas, New Year holidays.”

我满怀信心，觉得一切都会很顺利，我走出家门，立刻碰到了一个人很多年都没见的人，他说：“嘿，莱斯特，我一直在找你，还记得我欠你的钱吗？我一直想还给你，我不知道你怎么了。”

Full confidence that everything is okay and taken care of it, I walked out of the house, I immediately bumped into a man I hadn't seen for many, many years, he said: “Hey, Lester, I've been looking for you, remember that money I owed you? I've been wanting to pay you, I didn't know what happened to you.”

而且他还给我的钱足够我买一张环球航空去洛杉矶的往返机票，我买完之后就立刻离开了。

And he paid me enough money to buy me a round-trip TWA ticket to Los Angeles, which I did, and immediately left.

当我到洛杉矶时，突然想到给一个老朋友打电话，他说：“噢，我很高兴你打电话来，莱斯特，我们刚搬了一套新公寓，有一个空房间，你一定要来和我们住，你在哪儿呢？”

When I got to Los Angeles, it occurred to me to call an old friend, he said: "Oh, I'm so happy you called, Lester, we just got a new apartment, we have an extra room, and you must stay with us, where are you?"

第二天早上他们来接我，当时我在厨房，心想：“天哪，我在洛杉矶没有车，这就像没有腿一样。”

They picked me up next morning, I was in the kitchen thinking: "Gee, here I am in Los Angeles without a car, it's like being without your legs."

我说：“好了，事情已经处理好了。”然后我放下了这件事。

And I said: "Well, that's taken care of." And I dropped it.

接下来我想到的是打电话给伯尔，几年前我曾开车带他从纽约到洛杉矶，我打电话给伯尔，他说：“莱斯特，我一直想着你呢，你在哪里？我想见你，我马上就过去。”大约 15 分钟后，他见到了我。

The next thought came call Burl, an old friend that I had driven some years earlier from New York to Los Angeles, I called Burl, and he said: "I've been thinking of you, Lester, where are you? I want to see you, I'm coming right over." And he was able to see me in a matter of about 15 minutes.

我们在厨房的餐桌旁喝着咖啡，我还没开口，他就把手伸进口袋，掏出钥匙，隔着桌子扔给我，说：“只要你在这儿，我的车就给你用了，我不需要它，

我住在工作室附近，走路去上班。”我说：“谢谢你。”

We're having coffee over the kitchen table, and without my asking, he puts his hands in his pocket, takes his keys out, throws it to me over the table, and says: "You've got my car as long as you stay here, I have no need for it, I'm living near the studio, and I walk to work." I said: "Thank you."

所以那时，我拥有了自己所需要的一切。

So I had everything I needed by that time.

大约 10 天后，我看了看伯尔，我想我要回纽约了，当时大约是 1 月 3 日，我打电话给环球航空，他们说：“哦，很抱歉，您 30 天内没有预订，都已经订满了，我们甚至无法把您放在候补名单上，因为候补名单上至少 30 个人了。”我只是说了声：“谢谢。”然后挂断了电话，我说：“好吧，谁需要预订呢？你想去，就去吧。”

And after all about 10 days, I looked at Burl, and I thought I'm going to back to New York, it was about January the 3rd, I called up TWA, and they said: "Oh, I'm sorry, you have no reservations for 30 days, all taken up, and we can't even put you on a waiting list, because the waiting lists are 30 or more people." I just said: "Thank you." And I hung up, and I said: "Well, who needs a reservation, and you feel like going, go."

第二天早上我醒来，问自己：“你想离开吗？”他说：“嗯，我想我是想离开

的。” “好，收拾行李走吧。”

The next morning, I woke up, and I asked myself: “Do you want to go?”

He said: “Yeah, I think I want to go.” “Okay, pack your bags and go.”

所以我收拾好行李，大约 10 点左右到了机场，问从纽约飞来又飞回纽约的飞机在哪里，到了登机口，有个人正在往一架飞往纽约的飞机上装行李，我说：“有没有未登机的乘客？”他说：“是的，有一个，但是得等我把大家的行李都装完再说。”我就站在这儿，当他装行李的时候，有个女人问了同样的问题，他说：“我不知道，女士，但如果你站在这个人后面，我们会查一下。”

So I pack my bags, and I got back to the airport about 10 o'clock, asked where the planes depart from New York, for New York, went to the gate, and the man was loading a plane for New York, and I said: “Are there any man shows?” He said: “Yes, there is one.” But wait until I load everyone, just stand here, while he was loading, a woman asked the same question, he said: “I don't know, madam, but if you stand behind this man, we'll find out if they are behind me.”

他装完了行李，径直朝我走来，用手拉住我，然后拉着这个女人的胳膊把她送上了飞机，但就我而言，一切都很好。

He loaded the plane, walked right toward me, put his hand around me, took this woman by the arm, and put her on the plane, as far as I was concerned, everything was 100 percent okay.

他回到我身边，下巴都惊掉了，嘴巴张得大大的，才意识到自己干了什么，所以我不得不让他冷静下来，不是他让我冷静下来，是我让他冷静下来，当我让他冷静下来后，我问：“那么，下一班飞机什么时候来？”他说：“哦，大约一小时后，哦，它正飞过来呢。”

He came back to me, and his jaw dropped, his mouth opened, and he realized what he had done, so I had to calm him down, instead of him calming me down, and when I calmed him down, I said: "Well, when's the next plane?" He said: "Oh, in about an hour, oh, there it is coming in right now."

他们让我上了那班飞机，这班飞机比之前他让我上的那班提前两个小时到纽约，而且这是直飞航班，也是我第一次坐跨州直飞的航班。

They put me on that plane, which got me to New York two hours earlier than when he took me off, and it was a nonstop flight, the first one I ever had had cross country.

在那个时候，所有航班都至少要经停一次，直飞航班在当时还是新鲜事，那时候还是 DC-6、DC-7 和星座客机的时代，当时还没有喷气式飞机，对他们来说跨国直飞并不容易。

At that time, they all made at least one stop, nonstop flights were new at that time, this was in Dajia, DC-sixes and sevens, and constellations, and no jets at that time, it wasn't too easy for them to make cross country

non stop flights.

我记得当我挂断电话时说“谁需要预订”的时候，我还说了：“不仅如此，我想要我的第一个跨州直飞航班。”这就是他推迟我上那班飞机并让我乘坐下一班的原因。

Then I remember when I hung up and said “Who needs a reservation?”, I said: “ Not only that, I want my first nonstop flight cross country.” That was the reason for his putting me off that flight and putting me on the next one.

所以我回到了纽约，出发时没带钱，回来时依然没带钱。

And so I got back to New York, started out with no money, and came back with no money.

一天早上，大约凌晨 2 点左右，在纽约市西侧的大道上几乎没有车辆，我以超出限速 10 英里的速度行驶，在凌晨 2 点且周围没有车的情况下，也还好吧，突然间，不知从哪里冒出来一个警察跟在我车后，命令我把车驶下匝道，我开下匝道时，他给我开了一张超速罚单。

One morning, about 2 o'clock in the morning, with hardly no traffic on the West Side Drive in New York City, I was going along about 10 miles above the speed limit, which isn't bad, at 2:00 in the morning, and no cars around, and all of a sudden, from nowhere there was a policeman behind me, ordering me to drive off the ramp, I went off the ramp, and

he gave me a ticket for speeding.

第二天中午，我沿着东大道往相反方向的上城区行驶，我决定超车，就在我经过他们时，我以超过限速 5 英里的速度行驶，因此我吃了一张罚单。

The next day, I was going the opposite direction, down on East Drive in the midday, I decided to pass a car, and as I was passing them, I went 5 miles an hour above the speed limit and got a ticket for it.

在收到第二张罚单后，我说：“这不对劲，我到底做了什么导致了这种情况？”

And after the second ticket, I said: “Something's wrong here, what am I doing to cause this?”

这让我回想起几天前，我对自己说：“我应该改掉超速的习惯，我似乎做不到。”“该怎么办呢？”“好吧，一些罚单会帮到你的。”

I was going back to just a few days prior, when I was saying to myself: “I should cut out this speeding habit I have, I can't seem to do it.” “How can I do it?” “Well, some good tickets will do it for you.”

当时就像是在做白日梦，我并没有意识到自己在做什么，但当我问自己“我做了什么导致这一切”的时候，那个念头就浮现了，我看着它，我把它扔掉，并扭转了它，于是超速罚单就停止了。

At the time, it was sort of like daydreaming, and I wasn't aware of what I was doing, but when I asked: “What did I do to cause this?” That

thinking came up, I looked at it, and I dropped it, and reversed it, and the speeding tickets stop.

我曾经以为那些无比真实和坚固的东西，它既不真实也不坚固，它是我心智的产物。

And I thought that what, that forming I thought was so real and solid, it wasn't real and solid, it was a product of my mind.

因此，我那坚实的基础正在崩塌，我知道自己必须释放它。

And therefore, my solid concrete foundation was cracking, and I knew I had to let go of it.

要释放我花了大半生建立起来的东西并不容易，这让我浑身颤抖，我能感觉到我的胃和十二指肠之间的粘连被解开了，因为之前它们连在一起时，胃的蠕动会带动十二指肠一起运动，当时我感觉整个胃像在翻腾起伏，但这次治愈之后，就再没复发过了。

It was not easy to let go of something I spent most of my life building up, that caused me to shake, I could tell that the adhesion of my stomach and duodenum was undone, because formally from the peristalsic movements of them that were not together, I used to feel as though my whole stomach were jumping up and down, and after this healing, I never experienced that again.

因此，我知道，所有其他我认为已经纠正的事情都被纠正或治愈了。

Therefore, I knew that all the other things that I thought were corrected were corrected or healed.

我的心脏完全康复了，因为在那之后，即便进行高强度运动，我也没什么不适。

My heart was 100 percent okay, because after that I would exercise strenuously, and nothing bothered me.

有一次我走出家门，心里十分笃定：我去吃饭根本不需要带钱。当我沿着街道走的时候，碰到了一位朋友，他跟我打了招呼说：“嗨，莱斯特。”接着我们聊了起来，然后他邀我共进午餐。

I once walked out of the house feeling fully convinced that I need no money that I am going to eat, and as I walked along the street, I met a friend who said: "Hi Lester", he start talking to me and invited me out for lunch.

还有一次，我明知自己要去吃饭，却没带钱出去，结果我看到地上有一张 5 块钱的钞票，我捡起来，正好付了那天的饭钱。

There was another time, I went out without money, knowing I was going to eat, and I saw a five-hour bill on the ground, and I picked it up, and that paid for it.

我之所以要验证这些事情，是为了确保我没有在和自己开玩笑，我坚持一条准则：我只了解自己能做到的事。

The reason for my proving things should be that, in order to insure myself that I wasn't kidding myself, I held on to a maxim that: I only know that which I can do.

因此我通过做到它来证明一切。

And therefore I proved everything by doing it.

看电影是个新鲜事，有一天我决定要去看电影，当时我不知道电影票根本搞不到，但我知道我要去看这部电影。我走在百老汇大街上，走进电影院附近的一家三明治店，点了一份三明治，店主问我：“你要去看电影吗？”我说：“是的。”他说：“演出几分钟后就要开始了。”我说：“哦，没关系。”他说：“嗯，你有票，对吧？”我说：“没有。”他说：“你进不去的。”我说：“哦，我一定要去看。”

Cinerama was a new thing. I decided one day I want to see it, tickets, I didn't know at that time were impossible to get, but I knew I was going to see the picture, walking down Broadway, I stepped into a sandwich shop right near the theater, and ordered a sandwich, and the man asked me: "Are you going to cinema?" I said: "Yes." He said: "The show is going to begin in a few minutes." I said: "Oh, that's all right." He said: "Well, you have your ticket, don't you?" And I said: "No." He said: "you never get in there." I said: "Oh, I'm going to see it."

然后我吃完三明治，等我到电影院的时候，演出已经开始了，我根本没法靠近窗户口，因为我和窗户之间起码隔着六七十个人，不过，穿制服的门卫就站在窗户旁边，他看着我，打手势问我：“你想干什么？”我竖起一根手指，表示要一张票，他示意说：“好的。”他拿了一张票，穿过人群，把票递给了我，并告诉我票价，我把钱给他，然后径直走进去，我知道电影才开始 5 到 10 分钟，我坐到了座位上。

I ate my sandwich, when I got to the theatre, it had already started, and I couldn't get anywhere near the window, because there must have been 60, 70 people between me and the window, however the doorman in uniform was standing right alongside the window, and he looked at me, motioned: "What do you want?", and I put my finger up, one, he said motioned: "Okay." He got one ticket, drove through the crowd, gave it to me, and told me the price of it, I gave it to him, and I walked right in, I know the show had been on only for about 5, 10 minutes, I had my seat.

我还看到了一件非常特别的事，你在电影院看电影时，仿佛自己置身于……就像坐了一趟一个小型过山车之类的，画面很美，这一点确实很有趣。

And I saw a very unusual thing, you're watching a movie in the theater, he goes, oh, you're right in me, it was like a little roller coaster and things like that, it was beautiful, it was a real interesting principle they had.

所以没有什么是不可能的，一切都是顺利的。

So nothing's impossible, and everything falls into line.

我甚至都不用挤过人群到窗口说：“请给我一张票。” 门卫隔着所有人的头顶看到了我，问我需要什么，他很高，我只是伸出手指示意一张票，他就把票拿给我，我就径直进去了，不用等。

I didn't even have to break through the crowd to go through the window to ask: "Give me a ticket please." The doorman saw me asked me what I wanted, over the heads of everybody, he was tall, I just put my finger up, one, he got the ticket, brought it out to me, and I went right in, no wait.

伴随着所有这些不寻常事物带来的美妙感，并不是这件事本身的不寻常，而是那种上帝在运作的感觉。

The wonderful feeling that goes with all these unusual things is not the unusual in this other, but the feeling of God in operation.

当你看到你身上神性的部分，并且明白你的本质就是上帝时，那才是一件令人愉快的事情。

When you see the God part of you, and you know that your very essence is God, that is a delightful thing.

当事情发生时，你感觉这不是你，而是上帝，这种上帝在运作的感觉是最美妙的感觉。

And when things are happening, it's not you, it's God as your feeling, and this feeling of God in operation is the most wonderful of feeling.

事情有多神奇或多不寻常对你来说都无关紧要，但上帝的合一性却是所有事物中最伟大的。

The more miraculous or unusualness of it means nothing to you, but the oneness of God is the greatest of all things.

当我开始探索的时候，我是一个非常坚定且绝对的唯物主义者，唯一真实的事物就是你能感觉和触摸到的东西，我的世界曾经坚如磐石，我对世界的理解也同样坚如磐石。

When I started my search, I was a very convinced and absolute materialist, the only thing that was real was that which you could feel and touch, my world was as solid as concrete, my understanding of the world was as solid as concrete.

然而当这些启示降临到我身上时，这个世界只是我心智的产物，这个世界是我心智的后续想法，思想决定一切物质，物质并没有智慧，我们的智慧决定了所有物质及其相关的一切。

And when some of these revelations came to me, that the world was just a result of my mind, that the world was an after thought of my mind, that thinking determined all matter, that matter had no intelligence, that our intelligence determined all matter and everything about it.

但当我意识到我曾经所认为的坚实只不过是一个想法时，我那美好、坚实的基础开始出现裂痕，20年的积累开始崩塌，我的身体开始颤抖，抖得很厉害，我抖了好几天，就像一个紧张的老人一样。

But when I saw that the solidity that I formally had was only a thought itself, my nice, solid, concrete foundations began to crack, 20 years of build-up began to tumble, and my body shook, and it shook so much, I just shook for days, I just shook like a nervous old person.

我知道自己对世界的那种刻板认知永远都不会再出现了，但它却没有轻易消散。

I know that that concrete view I had of the world was never going to be again, but it didn't drop away gracefully with ease.

实际上好几天我都在颤抖，直到我觉得自己把整个东西都震松了。

For days I actually shook, until I think I shook the whole thing loose.

然后我的视角和之前完全相反。

Then my view was just the opposite of what it had been once previously.

真正坚实的东西不是这个物质世界、也不是我的心智，

The real solid thing was not the physical world, it was not my mind,

而是某种更伟大的东西，我的本质、我的存在才是真实，它没有限制，它是永恒的。

but something which was much greater, the very essence, the very Beingness of me was the reality, and that it had no limits, that it was eternal.

而且我所看到的那些形式化的东西，不过是最微小的部分，而非我的全部。

and that, all that formal thing I saw was the least of me, rather than the all of me.

我的全部就是我的存在。

That the all of me was my Beingness.

我发现我对这个宇宙中所发生的一切负有责任，

I saw that I was responsible for everything that was happening in this universe,

我对这个宇宙中最遥远的个体、人或生物的最细微的行为都负有责任。

that I was responsible for the least action of the farthest individual, or person, or being in this universe.

因为我的存在是唯一的存在，这唯一的存在便是一切的起因。

Because my Beingness was the one, and only Beingness that was the cause of everything.

正是我的存在在思考，

It was my Beingness that did the thinking,

我的存在创造了心智，

my Beingness created the mind,

我的存在创造了心智，

my Beingness created the mind,

心智创造了身体，

and the mind created the body,

一切的根本源头仅仅是我们的存在。

the basic source of everything is simply our Beingness.

总有一天你会看到它，你创造了整个宇宙，如果你没有创造它，它就没有任何意义，有一天你会看到这一点的。

Someday you'll see it, you create this whole universe, it doesn't mean anything if you didn't create it, you'll see it someday.

所以，当你看到这一点时，你需要什么？

So what do you need when you see that?

什么都不需要。

Nothing.

你对任何事物最细微的想法都会立刻实现，这是一种和谐的生活。

The slightest thought you have for anything comes to you immediately, a harmony of living.

好吧，在这三个月之后，我想证明一切，我知道我要试着把这一点传达给我的其余部分。

Well, after this three month period, I wanted to prove everything, knowing that I was going to try to convey this to the rest of me,

我决定做的第一件事就是成为一个百万富翁。

The first thing I decided to do was to become a millionaire.

世界上任何人都可以成为百万富翁，只要有这个信念，任何人都可以成为百

万富翁。

It occurred to the world that anyone can be a millionaire, just by the conviction of it, anyone can be a millionaire.

所以我在没有现金的情况下投身房地产行业，毫不费力地通过抵押贷款购买公寓楼，这些东西就这样朝我涌来，直到我建成了 23 栋公寓楼，每栋有 20 到 40 个单元，这一切对我来说是如此地轻而易举。

So I went into the real estate business with no cash, and I was buying apartment houses through mortgages loans, with no effort, these things were coming into me, until I had built up 23 apartment houses, 20 to 40 units each, it fell into me so easily.

然后在我把它积攒起来之后，一个更高的想法出现了：“现在，扔掉这一切，就穿着一件衬衫走出去，从现在开始，当你想要它的时候，随心所欲地创造你想要的任何东西。”

Then after I had it accumulated, then a higher thought came to me: “Now, drop this, and walk out with just a shirt on your back, and from here on, produce everything you want at will when you want it.”

从那时起，它就一直在为我运作。

And since that time, that has been operating for me.

我所需要的一切，都会在我需要的时候来到我身边。

Everything I need comes to me as I need it.

这是每个人都应该有的生活方式。

And that's the way life should be for everyone.

就像麻雀一样，鸟儿们也要努力工作、奋斗挣扎、精打细算、并积累财富才能生存吗？

Just like it is for the sparrow, do the birds have to work hard, struggle, and calculate, and pile up in order to live?

不，它们被给予了这些东西。

No, they're just provided for.

动物们口渴了，它们需要地图才能找到水吗？

The animals are thirsty, do they have to have maps to find out where water is?

不，凭直觉，它们直接就找到了。

No, instinctively, they read right to it.

如果上帝会照料动物和鸟儿，那么祂也一定会照顾我们。

And if God will take care of the animals and the birds, He will certainly take care of us.

你说的囤积是什么意思？

What do you mean to accumulate?

囤积显然是缺乏安全感的表现。

Accumulation is obviously a sign of insecurity.

每个人都坚信，为了生存，他必须做自己正在做的事，这就是他必须这么做的原因。

Everyone's convinced that he must do what he's doing in order to survive, and that's the reason why he must do it.

每个人都是对的，因为我认为是他造就了这样的局面——无论我想什么，它都会发生。

Everyone is right, because I think he makes it so, whatever I think will happen.

如果我认为所有的人都是不诚实的，那么我和所有人相处的经验就会变成：大家都在试图对我不诚实；

If I think all peoples are crooked, my experience with all people will be

there trying to be dishonest with me;

如果我完全信任每个人，根据我的经验，我确实这么做到过。

And if I trust everyone implicitly, I know from experience, I have trusted.

当我在做房地产生意的时候，有一个出了名不诚实的人，我给了他 6000 美元现金让他去买一栋楼，他拿着钱说：“你信任我吗？”我说：“是的。”他打了个手势，他觉得我信任他这事太不寻常了，然后他拥抱我，说：“你没什么可担心的。”然后他就出去谈成了那笔交易，并买下了三栋公寓楼，后来证明这非常赚钱，然后我和他们分享了利润。

When I was in a real estate business, one man was known to be dishonest, I handed him \$6,000 in cash and drove buy a building, he took the money and said: "Do you trust me with this?" I said: "Yes." And he went for a gesture that I'm sure was most unusual for him, he hugged me, and said: "You got nothing to worry about." And he went out and he got the deal, he bought three apartment houses, it turned out to be very profitable, and I split profit with them.

每笔交易都必定是非常和谐的，参与其中的每个人都能有所获。

Every deal had to be a very harmonious deal, everyone in it had a gain.

我确保如果交易中有经纪人参与，他能拿到足额的佣金；

I made sure if there were a broker in it, he got his full commission;

如果是卖家在出售房产，他会得到他想要的东西并受益——房子会被卖出；

if the seller was selling it, he benefited by getting what he wanted, the building sold;

如果有律师参与，他也能得到他的份额；

And if there was a lawyer, he got his share;

每笔交易中的每个人都会受益。

Everyone benefited in every deal.

这才是交易应有的样子。

And that's the way all deals should be.

没必要让任何人因交易而受苦，每个人都应该从中得到自己想要的东西，我们所有人都应该受益，每个卖家都想卖，每个买家都想买。

There's no need for anyone to suffer from a deal, everyone should get what he wants out of it, we all should benefit, every seller wants to sell, every buyer wants to buy.

和谐是宇宙的基本法则。

Harmony is the basic law of the universe.

03.所有智慧的源头 The Source of All Intelligence 1

三个月后，我参加了一个形而上学的小组，就在两个街区之外，是谢弗博士的小组，他会把学生叫到前面，让他们给小组做个发言，他第一次叫我时，我告诉他我不想上去，所以他绕过了我，当他不再叫我之后，我意识到这很傻，我不想上去的唯一原因是旧有的习惯依然还在，但它们的影响力已经完全消失了，那种强迫性已经没有了，尽管这种倾向依旧存在，但它就像一根烧焦的绳子，看起来像一根绳子，似乎是一根绳子，但它没有力量了，你去捡起一根烧焦的绳子，它立马就散了。

After the three-month period, I attended a metaphysical group just two short blocks away, Dr Schaefer's group, and he would call the students up to the front and ask them to give a talk to the group, and the first times he called me, I told him I didn't want to go up, so he bypassed me, and then after he stopped asking me, I realized this is silly, the only reason why I wasn't doing it was the old tendencies remain, but the effectiveness of them is totally gone, the compulsiveness is done away with, even though the tendency remains, it's like a burnt rope, it looks like a rope, it seems to be a rope, but it has no strength, you go to pick up a burnt rope, it just falls apart.

明白了这一点，我就自告奋勇上台演讲，这是我有生以来头一遭，站在大概60人面前，谈论着频率和振动，我站在那里惊讶极了，我居然不紧张，我

看着他们，他们也看着我。

And so seeing that, I volunteer to go up and give a talk, first time in my life, here I am up in front of a group of about 60 people talking on frequencies and vibrations, and I got up there, and I was so surprised, I wasn't nervous, I was looking at them, they were looking at me.

当我发言的时候，心智背景中又响起了第二件事：“哇，这挺容易的嘛。”我从来不知道它这么容易，那是我人生中第一次站在一群人面前讲话，那会大概是 1953 年。

And as I was talking, I had a second thing going on in the background: “Gee, this is easy.” I never knew it was this easy, and that was my first experience in my lifetime of getting up in front of a group and talking, that was probably 1953.

那种过度敏感消失了，因为你的小我消退了，而在此之前，我一直在听到它们的声音。

The super sensitivity drops away, because your ego drops away, whereas before I was hearing them all the time.

如果我听到有人发表反犹太言论或其他任何诋毁性言论，我看着他们，我同情他们，我看到他们心怀恨意，所以我只是对他们有更多爱的感觉，因为他们需要爱。

If I heard someone coming out with an anti-semitic remark or anti-any

other remark, I saw them, I had compassion for them, I saw them hating, so I just had a feeling of more love for them, because they needed it.

他们的反对行径伤害的只有他们自己，他们伤不到其他人，除非另一个人自己想被伤害。

The only one they were hurting with their anti was they themselves, they can't hurt anyone else with it, that's the other... the other one else wants to feel hurt.

有一次，当我走在麦迪逊大道还是第五大道来着，我记不清了，白天的时候，世界上最美丽、穿着最考究的女人们会去那里购物，我看看她们，又看看那些高档商店的橱窗，我看看她们，再看看橱窗里的模特，我再看看她们，又再看看模特，就这样反复看了三次，却看不出任何区别。

And once I was on Madison Avenue or 5th Avenue, I forget which, where the most beautiful and very best-dressed women of the world go shopping during the day time, I looked at them, looking in windows of those very expensive shops, and I looked at them, and I looked at the mannequin, and I looked at them again, and I looked at the mannequin again, I did it a third time, and I couldn't see any difference.

我说：“天哪，这就是我原本认为的美！”

I said: "Holy, mackerel, and that's what I thought was beautiful!"

她们不过是些人体模特，只对皮囊感兴趣，她们打扮它、呵护它，在这上面花大把大把的钱，而唯一真正的美是她们自己，而非那层外皮。

They're just mannequins, they're interested only in the skin, the outer skin of their body, dressing it, pampering it, spending untold sums of money on it, and the only real beauty is they themselves, not they outer skin.

所以，于我而言，美丽的是一个怀有着很高的爱的人，是一个人的灵魂。

So, what became beautiful to me was a person of high love, the soul of a person.

我记得有一次，我跟我两个小伙子说起一个我认识的女孩：“哇，她真漂亮！”从他们看我的眼神中，我能感觉到有点不对劲，我说：“难道她不漂亮吗？”他们摇了摇头：“不。”我又仔细看了看，说：“哦，我明白你们的意思了。”在他们的眼中，或者从外表上看，她是一个普通的女孩，但她很有灵性，用“灵性”这个词不太好，她有很强的爱的能力。

And I remember an incident where I was saying the two fellows of a girl I had known: “Gee, isn't she beautiful?” I could tell by their looking at me there was something wrong, I said: “Well isn't she?” And they shook their head: “No.” And I looked again and I says: “Oh, I see what you mean.” And she was, in their eyes, or in physical eyes, a homely girl, but she was quite spiritual, that's a bad word, she was high in her capacity to love.

从根本上说，这就是所有美丽背后的本质——爱。

And basically that's what is behind all beauty, love.

你能明白吗？

Can you see it?

所以，我对美的观念发生了彻底的改变。

So, my concepts of beauty did a flip-flop.

我原本觉得美极了、棒极了的人，结果就像人体模特一样，而那些我觉得奇丑无比的人，结果却很美。

The ones that I thought were, oh, they're the most, they're the greatest, turned out to be like mannequins, and others whom I would have thought horribly homely, turned out to be beautiful.

无论在哪里我都感觉很自在，在谢弗博士的课堂上，他的学生个个都是精英，每个人都穿着得体、整洁、端庄，而我居然敢留着胡子、头发也不梳、穿着脏裤子就走进教室了。

I was so at home, anywhere and everywhere, that in Doctor Schaefer's classes where he taught, always the finest, everyone was so well-dressed and so neat and so proper, that I had the nerve to come in with a beard

and my hair not combed and dirty slacks on.

当然，每个人都注意到了，但他们都很得体，没人跟我说什么，尽管他们都用犀利的目光盯着我，我却完全放松地坐在那里。

Of course, everyone noticed it, but very properly, no one said a thing to me, and I sat there 100% at ease, in spite of all them looking kind of dagger-eyed at me.

我故意这么做的，是为了向自己证明我没有任何反应、也没有小我残留。

I did it on purpose, to prove to me I had no reaction, no ego left.

我心里一直有个准则“我只了解自己能做到的事”，这是对自己的一个绝佳检验。

I always held the maxim in the back of my mind, that “I only know that which I can do”, which is an excellent check upon oneself.

我只了解自己能做到的事，所以我会做到它，验证它。

I only know that which I can do, and so I would do it, test it out.

如果我发现自己有任何反应，我发现有任何不完美的地方，我会立即着手纠正它，直到它达到极致，把那件事做到最好。

And if I did find any reactivity, I did find anything not up to perfection, I

immediately went to work to correct it, until it was the ultimate and that particular thing was achieved.

我把每件事都做到极致，确保在任何事情上都没有残留任何东西，对任何特定的事都不再感到困扰。

I did everything to the extreme limit, to be sure I had nothing left on it, no more hang-ups on any particular thing.

这次的洛杉矶之行是为了证明我的发现和领悟，而且我始终秉持着那条准则：我只了解自己能做到的事。

The trip to LA was for the purpose of proving what I had discovered and knew, and always with that maxim: I only know that which I can do.

我相信我是从小事开始一步步来的，从小事到大事，这就是我当时真正在做的事情。

I believe I went step by step from smaller bigger and bigger things, that's what I was really doing.

这是一件大事，不带一分钱去洛杉矶，于是我收拾好行李，满怀信心走出公寓，坚信自己正踏上前往洛杉矶的旅程，完全确信这事会成，而事实也确实如此。

That was a big one, to walk out with any money and go to Los Angeles, and so I packed my bag, walked out of the apartment, with absolute full

confidence that I was on my way to Los Angeles, with no doubt that it would not happen, and so it did.

这不是一场测试，而是一个验证。

And it's not a test, it's a proving.

测试意味着怀疑，任何怀疑都会让事情无法成功。

Test implies doubt, any doubt would stop it from working.

我没带钱就出门了，因为我想证明我不用花钱也能得到任何我想要的东西，

I went out without money, because I wanted to prove I could have anything I wanted without money,

嗯，当你能证实一些东西的时候，你就不需要钱了。

well, you don't need money then when you demonstrate things.

你永远都别考虑钱，你永远都不应该考虑钱。

you never think of money, you never should think of money.

因为你最终得到的会是钱，而不是你真正想要的东西。

Because instead of the thing, you'll end up with money.

但认为做事需要钱是一种怀疑。

But thinking you need money to do things is a doubt.

确实，高级意识决定低级意识，这就是人们为我服务的原因。

Really, higher consciousness determines for lower consciousness, that's why people serve me.

是的，对每个人来说都是如此。

Yes, it's true for everyone.

每当我们有想法时，宇宙中的每个分子都会运动起来去实现那个想法。

Whenever we think, every molecule in the universe moves to fulfill that thought.

我知道自己要去看那部电影，而大多数人都在消极地思考，并且为自己创造了那样的结果。

And I knew I was going into that movie, most people think negatively and are creating that for themselves.

大多数人思考的时候都充满了限制，也在为自己创造那样的局面。

Most people think with very much limitation and create that for

themselves.

但我当时在想，我当时知道我要去看那部电影，我绝对相信它一定会发生。

But I was thinking, I was knowing, I was going into that movie, I was so absolutely convinced that it had to happen.

但是，只存在一个意识，只存在一个智慧，而且我们都身处其中。

But there is only one mind, there is only one intelligence, and we are all in it.

所以那个人的心智转向并朝着我的方向调整了。

And so this man's mind was turned and tuned in my direction.

对任何事有绝对信念的任何人，都能让那件事发生。

Anyone who has the absolute conviction of anything causes that thing to come about.

任何坚信自己能成为百万富翁的人都可以成为百万富翁，但这不能有任何潜意识里的怀疑。

Anyone who has the absolute conviction that he can be a millionaire can be a millionaire, this requires no subconscious doubts to it.

因为无意识的怀疑会成为阻碍。

Because the unconscious doubting would get in the way.

当你与所有人都身处其中的宇宙心智协调一致时，你运用它的力量、你使用它的能力实际上比别人更强，而且它会朝着你的方向以这种方式影响他们。

When you're up in tune with the universal mind in which everyone is in, your power of its use, your ability to use it, is greater really than others, and it affects them that way in your direction.

这是一种高层次的爱，你沉浸在一片令人陶醉的、如痴如狂的爱的海洋里，你爱每一个人，你甚至可以走上前去拥抱和亲吻一棵树，这份爱意也会感染其他人，让他们想要爱你并为你付出。

It's a high state of love, you're swimming in a high sea of giddy, punched-drunk in which everything, and you love everyone, you can even go up and hug and kiss a tree, and that goes over to other people, and causes them to want to love you and do things for you.

我发现爱就是为对方做对方想做的事，爱是一种不求回报的给予。

I saw that love was doing for the other one what the other one wanted, it was a giving without any expectation of receiving for it.

然而我之前却希望从我的友善中得到一些回报，这就是我友善的原因：我想得到一些什么。

And here I was wanting something in return from my being nice, that was the reason why I was being nice, I wanted something.

我刚认识弗吉妮娅的时候，她病得很重，我尽责地去看望她，花了很多时间陪她，那时候她的状态不怎么好，还吐在了椅子上，我坐了上去，她又惊又愧疚地向我道歉，我很有风度地说：“哦，那没什么。”我说：“我一点也不介意。”我擦了擦裤子，然后坐了下来，我对她的好是为了赢得她的芳心，我知道这会有效果，也确实如此。

Uh when I first knew Virginia, she had gotten very sick, and I dutifully visited her and spent a lot of hours with her when she was not too attractive a condition, and she had thrown up on a chair, and I sat down in it, and she was so horrified and apologetic about it, and I very gallantly said: "Oh, that's nothing at all." I said: "I don't mind it one bit." And I just wiped my pants off and sat down, that was being nice to her, to win her over, and I knew it would, and it did.

所以，我回想起这件事，我发现自己真的很恼火，非常不舒服，我当时只是装作不在意，只为了赢得她。

So I went back to the incident, this incident, and I saw that I was really very annoyed by it and very uncomfortable, and then I just acted as though it were nothing only to win her.

当我看到这种自私时，我决定，我丢弃它，我释放它，然后我做到了。

And when I saw this selfishness, I resolve, uh uh, this I dump, this I let go of, and I did.

我当时把“想要这样做只是为了得到她”的感觉变成了对她纯粹的爱。

And I changed the feeling right there and then of wanting to do this just to get her my way to one of just feeling love for her.

每次回想起这些事，我都会意识到，起初我以为那真的是爱，但我首先会认识到那不是爱，然后我会释放它，接着就能感受到对那个女孩或那个人的爱，这是一种很美好的感觉。

Each time I would see these incidents, I would recognize, now originally I thought it was really love, I would first recognize that it wasn't love, and I would let go of that, and then feel love for the girl or person, which is a nice feeling.

你喜欢并认同那个人本来的样子，你接纳了他们本来的样子。

You like and approve of that person the way they are, you accept them just as they are.

那件事让这份甜蜜的爱稍稍有些酸涩，但后来我明白了，我觉得这对我来说是个好消息更合适，因为就像在其他事情上一样，我能够把它运用到极致，我可以爱那些在反对着我的人。

That incident was a little souring of the sweet love, instead of then I

knew I had it, I think it would be better to say this was good news to me, because like in other things, I was able to carry it to the extreme, I could love people who were opposing me.

我努力维持着生意的运转，但内心其实已经失去兴趣，只是当时我并没有意识到这一点。

I struggled to keep the businesses going, but inwardly wanting to wasn't interested, but I wasn't aware of the fact at the time.

如果每个人都处于和谐之中，大自然会慷慨给予，当我们与之和谐共鸣、与之协调时，就永远不会有短缺这种事，会有不受限制、无限的能量以及我们想要使用的一切极为丰富的资源供我们使用。

If everyone were in harmony, provides, in super abundance, when we get in harmony, we get in tune with it, there would never be such a thing as shortages, there is unlimited, infinite energy available to us, as well as a super abundance of everything we would want to use.

当你与自然相和谐时，不需要付出任何努力。

When you're in tune with nature, no effort is needed when you're in tune with nature.

当你在对抗自然时，你就需要付出努力，因为你与它不协调。

Efforts required when you're working against nature, you're not in tune

with it.

这个世界是为了供我们使用和娱乐而存在的，认为“需要征服自然”是个非常消极的想法，需要征服的是我们的消极想法，然后积极的事情才会发生。

This world was put here for our use and play, the idea of nature needing to be conquered is a very negative idea, what needs to be conquered is our negative ideas, and then only positive things happen.

感受爱的唯一方式就是去爱，你不能像拧水龙头那样转来转去地开或关，这是一个丢弃“你的恨”的过程。

The only way to feel love is to love, you can't turn around like a faucet, it's a process of dropping your hate.

恨与爱是截然相反的两个极端，恨越多，爱就越少。

Hate and love are two opposites of a pole, and the more hate, you have the less love you have.

所以，你要想得到爱，就必须丢弃恨。

So you to get to love, you've got to drop hatred.

“我要爱这个人”的这种观念是行不通的，除非你心中没有了恨，你才能去爱。

This concept, love, I'm going to love this one, you can't love anymore than you've got no hate in you.

“赞同某人比反对某人是更有爱的”，就是这个意思，但它并没有说明如何增加爱。

“Agreeing with someone is more loving than disagreeing with them”, that's all that means, but it doesn't show how to increase love.

我所说的这一切都是必须的，而且能帮助你们增加爱。

Everything I say is required and helps one increase love.

我和他们沟通、交谈，这有帮助，但这是较低层次的增加爱的方式。

I communicate with them, talk to them, that helps, that's lower level approach.

对人们来说，为了增加一个人的爱，与人交流会有帮助，为什么呢？

For people to increase one's love, communicating with people helps, why?

因为，首先我们会关注到他们，当我们这样做的时候，就不再以自我为中心了；

Because first we recognize them, we're getting away from our self

centering when we do that;

然后，当我们和他们交谈时，我们会发现他们和我们是相似的，这有助于我们更好地认同他们，而认同他们就是爱；

And then when we talk to them, we discover that they are like we are, and that helps us better identify with them, and identify with them is Love;

随着交流，陌生感会消失，我们大多数人都害怕陌生和未知的事物，所以与人们交谈往往能消除对他们的未知和陌生，这样我们就会对彼此感觉更亲切；

And as we talk to them, strangeness drops away, and most of us fear the strange, the unknown, so talking with people tends to do away with the unknown and the strangeness of them, and therefore we feel more affinity for them and they for us;

所以，与人交流是一种增加爱的方式。

So communicating with people is one way of increasing one's love.

04.所有智慧的源头 The Source of All Intelligence 2

现在，改变过去的感受也能对我有所帮助，因为当我回顾它时，我发现它并

不是爱，而我现在能在那件事中感受到爱，所以我此刻是在将“非爱”转化为“爱”，在潜意识层面没有残留任何东西。

Changing a feeling I had in the past can help me now, because when I review it, and I see it was non-love, I feel love in that incident right now, so I'm converting what was non-love to love at this present moment, there's nothing about subconscious .

当我现在回顾一些当时没有爱的感觉、但现在我却能感受到爱的事情时，我此刻正在增加我的爱，一次又一次地用这些事来唤起爱、感受爱、并学会去爱。

When I now review something that was not with a feeling of love, but right now I feel love, I am at this moment increasing my loving, I use those incidents again and again to turn on love, and feel it, and learn to love.

在那些过去的经历中，我试图得到爱，然而感觉却没有现在这么好。

In those former incidents, I was trying to get love and not feeling so good as I could feel right now.

当我感受到爱时，一个人如果愿意，如果一个人想成为百万富翁，每个人都可以成为亿万富翁、万亿富翁甚至千万亿富翁，如果意识是这样的，那么我所说的这个真理会起作用，你内在的信念会做到这一点。

When I feel love, one can if one wants to become a millionaire, every

person can be a billionaire or a trillionaire or a quintillionaire, if that were as consciousness, that this truth that I speak of works, your inner conviction does it.

当你的思想做到了这一点，当你潜意识里的消极想法被与之相反的“你能”的有意识想法压倒了，你就能做到。

When your thinking does it, when your unconscious thinking that is negative on the thing is overwhelmed by the conscious thinking to the contrary that you can, then you can.

现在，你不记得昨天的早餐吃了什么，但是当我向你提起它时，你就会开始思考、开始回想，然后那些想法就会浮现到意识层面，你想起了它：我吃了培根和鸡蛋，好多培根呢。

Right now, you're unaware of what you had for breakfast yesterday, but when I mention it to you, you start thinking on it, you start looking for it, and those thoughts come up into consciousness, you remember it: I had bacon and eggs, a rash or a bacon.

在我问你那个问题之前，你并没有意识到前一天或一周前你早餐吃了一堆培根这个事实，而当我问你这件事时，你就把它从无意识层面带到了意识层面。

Before I asked you that question, you were not conscious of the fact that you had a rash or bacon for breakfast the day before or a week before, and when I asked you that, you brought it from the unconscious into

consciousness.

我一直以为穿堂风会让我感冒，而实际上它确实也让我感冒过。有一天，我正坐在微风中享受着，突然想起了这件事，我说：“天哪，这和我称作“让我感冒的穿堂风”是同一个东西啊。”

Well, I always had the idea that a draft would give me a cold, and it used to actually give me colds, one day thinking on it, while I was sitting in a breeze enjoying it, I said: “Boy, this is the same thing that I call it a draft that gives me colds.”

然而我现在享受着这微风却没有感冒，真是一阵凉爽的微风。我说：“抓着那个‘穿堂风会让我感冒’的想法，这太傻了。”从那以后，我再也没有因为穿堂风而感冒过。

And here I'm enjoying the thing and not getting a cold, it was a cool breeze, I said: “That's silly to hold on to that thought that a draft gives me a cold.” After that I never got a cold again from a draft.

我把“穿堂风会让我感冒”这个无意识想法转变为了“微风、凉爽的微风很舒服，不会让我感冒”，这确实在我身上发生了。

I change that unconscious thought that drafts give me cold to one that a breeze, a cool breeze is nice and does not give me a cold, that actually happened to me.

想法是唯一阻碍我们所是的无限存在的东西，但它们并不一定必须如此。

Thoughts are the only things that dam up the infinite being that we are, but they don't necessarily have to.

我们可以有宏大的想法，例如：我是个亿万富翁；我可以成为亿万富翁；我是一个亿万富翁；我可以像鸟儿一样飞翔；我能像鱼儿一样游泳；我可以像鹿一样奔跑.....但是我们在思想上却绝对确信我们无法跑那么快。

We can have large thoughts, for instance: I'm a billionaire; I can be a billionaire; I am a billionaire; I can fly like a bird; I can swim like a fish; I can run like a deer... But we're absolutely convinced in our thinking that we can't run that fast.

所以，我们的想法就是我们的限制，即使是一个宏大的想法，它的宏大程度也是有限的，它仍然不是无限的。

so our thoughts are our limitations, and even a large thought is limited to the largeness of it, it's still not infinite.

你总能拥有更多，不是吗？

You can always have more, can't you?

越来越多、越来越多，这是在思考中会发生的情况，越来越多、越来越多.....

More and more and more and more, and that's what would happen in

thinking, more and more and more and more...

首先你想赚十万，然后想赚一百万，接着想赚更多的数百万，再然后你想赚上亿，想赚数十亿、数千亿，而今天我们有了万亿富豪，然而万亿富豪不会停下，他们会试图成为千万亿富豪，如果他们成为了千万亿富豪，他们又会想成为千万亿亿富豪，如果他们成为千万亿亿富豪，他们就会想成为千万亿亿亿富豪，我现在不太确定这个说法了，应该是亿亿亿亿亿亿富豪.....

First, you want to get a hundred thousand, then you want a million, then you want more millions, and you want hundreds of millions, and you want billions, and hundreds of billions, and today we have trillionaires, and the trillionaires won't stop, they'll try to come quadrillionaires, if they become quadrillionaires, they'll want to be quintillionaires, if they become quintillionaires, they'll want to be septillionaires, I'm not sure of that one now, octillionaires Sept would be nine...

是的，想法决定了为我们所显化的无限的大小。

Yeah, the thoughts determine the amount of the infinity that manifests for us

所以，你丢弃限制性想法，接受那些限制较少的想法。

So, you drop thoughts of limitation and take on thoughts of less limitation.

开始的时候我病得很严重，我感觉自己病入膏肓了，当我意识到正是我的想法导致了我所遭遇的状况时，我立刻把自己的身体从下巴到脚趾都视作是完美的，而且我立刻就知道它是完美的，我甚至从未想过要去测试它，我知道自己有肠道损伤和粘连的情况，但肠道的穿孔性溃疡已经好了。

I was so ill when I started, I was shot in the grave, and when I saw that my thinking was caused for what was happening to me, I immediately saw my body from my chin down to my toes as perfect, and instantly I knew it was perfect, I never even thought of the idea of checking it out, I knew the lesions and adhesions of my intestines, the intestines did a perforated ulcers were undone.

我知道自己内在的一切都在完美地运行着，事实也的确如此。

I knew everything within me was in perfect running order, and it was.

当我看到所有智慧的源泉就在我的心智背后，而我的心智却过滤掉了其中的一部分，我便让越来越多的智慧流淌进来，我不断地探索着，想知道我之所是，我看到自己越来越清晰地呈现在面前，而且限制也越来越少，我想在这条路上走完全程。

As I saw that source of all intelligence was right behind my mind, that my mind was filtering through bits of it, I allowed more and more of it to come through, and digging for this, wanting to know what am I, and seeing myself revealed to myself more and more with less and less limits on it, I wanted to go all the way on that.

我开始意识到，我所拥有的唯一限制就是我自己所接受的那些限制。

And I began to see that the only limitations I have are the ones that I accept.

所以，我去探寻那个我早已隐约感知到的、我所是的无限存在，我逐步领悟到自己就是这个极其美妙的无限存在。

So, looking for this unlimited being that I already had an inkling of that I was, I got insides of this tremendous unlimited Being that I am.

看到这一幕时，我当场就意识到：我并不是自己所认为的这个受限的身体，我也不是自己所认为的有着诸多限制的心智。

and on seeing that, I right there and then realize: Well, I'm not this limited body that I thought I was, I am not this mind with its limitations that I thought it was.

我仅仅通过说“我不是它”就解除了所有的身体限制和几乎所有的心智限制，结束，完成，就是这样。

And I undid all body limitation, and almost all mind limitation just by saying "I am not it", finished, done, period, that's it.

我这么说，很明显我并非是自己曾经以为的身体和心智，我只是领悟到了这

一点，仅此而已。

So declared, it was obvious to me that I wasn't that body and mind that I had thought I was, I just saw it, that's all.

当你领悟这一点时，这很简单，然后我释放了对这个身体的认同，当我这样做的时候，我发现我的存在就是一切的存在。

It's simple when you see it, and I let go of identifying with this body, and when I did that, I saw that my Beingness was all Beingness.

这种存在就像是一片浩瀚的海洋，它没有被切成所谓的“身体水滴”，它是一整片海洋，这让我认同了宇宙中的每一个生命、每一个人、甚至每一个原子，那是一种极其美妙的体验，简直无法形容。

That Beingness is like one grand ocean, it's not chopped up into parts called drops of bodies, it's all one ocean, which caused me to identify with every being, every person, and even every atom in this universe, and that's an experience that's so tremendous, it's indescribable.

你会发现，首先，你看到宇宙在你之内；

You see that, the universe is, first you see the universe is in you;

然后，你把宇宙视作你自己；

Then you see the universe as you

接着，你就明白了这个宇宙的一体性；

Then you know the Oneness of this universe;

然后，你将永远结束分离以及由分离引发的所有地狱般的痛苦，那么，你就不会再被世界表面的限制所愚弄，你会把它们看作是一场梦、一种幻象，因为你知道你自己的存在是没有限制的。

Then you are finished forever with separation and all the hellishness that's caused only by separation, then you can no more be fooled by the apparent limitations of the world, you see them as a dream, as an apparency, because you know that your very own Beingness has no limits.

你应该选择展示它们吗？

And should you choose to express them?

你可以，但你不会这样做，出于对他人的怜悯以及他们无法接受这一切的事实，你会把它们放在幕后，把它从他们身边拿开，而不是强加给他们。

You can, however you don't because of your compassion for others, in fact that they cannot take it, you hold it in the background, you hold it away from them, rather than impose upon them.

这就是为什么大师们很少展示自己的能力，他们希望另一个人去发现自己所拥有的所有这些能力。

And that's why the masters rarely, rarely ever show their abilities, what they want is the other one to discover that the other one has all these abilities.

当你进入那种状态时，没有什么是不可能的。

Nothing is impossible when you get into that state.

只存在一种意识，如果我们与它协调一致，每个人都会完美地融合在一起，甚至没有人需要被告知该做什么。

There's only one mind, and if we're in tune with it, everyone fits together perfectly, no one has to be told even what to do.

心智是我的，身体也是我的，我开始追问：我是谁？谁拥有这个身体和心智？

...was mine, that the body was mine, I began to question: who am I? who has this body and mind?

而我所看到的是，我是一个无限的存在，这个存在是万物之源，然而它并不受制于它所引发或创造的任何事物。

And what I saw was that I was an unlimited Beingness, that this Beingness was the cause of everything, and yet was not subject to

whatever it caused or created.

这个存在是无限的，唯一的限制是由心智自己创造的，或者说是我限制了自己的心智活动。

And this Beingness being unlimited, the only limitation was created by the mind limiting itself, or by my limiting the action of my mind.

存在仅仅只是存在、存在、存在，是我所是的“我”，是我的本质，而那部分是没有限制的。

Beingness is simply existence, isness, amness, it's the I that I am, it's the I-ness of me, and that part is without limitation.

当你发现这一点时，你所意识到的第一件事就是——没有必要成为环境的受害者、成为自然的受害者，你能够有意识地按照你想要的样子创造你所处的环境。

When you discover this, the first thing you recognize is that there's no need to be a victim of your environment, to be a victim of nature, that you can consciously create your circumstances to be the way you would like them to be.

从那时起，你的意识就是：我能在自己需要它的时候拥有自己所需要的一切。

And from then on your consciousness is one of I have everything I need as I need it.

一切都是完美协调的，一切都很好，这便成了你的世界。

Everything is in perfect attunement, everything is good, that becomes your world.

每个人都在凭借他的心理观念创造着自己的世界，每个人都在按照自己的想法和观念看待这个世界，你改变你的思想，你的世界就会改变。

Everyone makes his world by his mental conceptions, everyone sees the world in accordance with his ideas and conceptions, you change your thinking, and your world will change.

你心智里的想法，那些你没有在看的想法，那些我此刻没有在看的想法是无意识的；

The thoughts that are in your mind, that you're not looking at, the thought that I'm not looking at at this moment is unconscious;

当我看向它的那一刻，我们称之为“意识”或“有意识的”。

The moment I look at it we call it consciousness or conscious.

所以，无意识思想是我们过去所有思想的累积，这些思想被我们搁置在背景中，暂时不去看它。

So, the unconscious thinking is the stored up accumulation of all our

past thinking that we're holding in the background and not looking at it for the moment.

因为我们不想看它。

Because we don't want that.

但在我们看来，把过去所有的东西都留存在意识的后台是一项艰巨的任务，我们此刻称之为“无意识”。

It looks to us like a tremendous piece of work to hold in consciousness everything in the background, we call it unconscious at the moment.

唯一的方法就是让这些无意识浮出到意识层面，然后在意识层面，我们就能改变它们，而这是我当时正在做的事情。

The only way to is to make them conscious, and then on a conscious plane, we can change them, that's what I was doing while I was making.

“如果你释放所有的这些限制，你就消失了。”

“If you let go of all of them, you disappear.”

因为身体是一种限制，身体会消逝，但你不会消失。

Because the body is a limitation, the body would disappear, you wouldn't disappear.

堤坝里的木头就是潜意识想法, 当它们被拉出时, 堤坝背后的无限会流经你。

The logs in the dam are the subconscious thoughts which when are pulled out, the infinity behind the dam can flow through you.

人们没有发现这一点的原因, 首先是他们没有在它所在的地方寻找它, 他们都在一种他们称之为“幸福”的东西里无意识地寻找。

The reason why people do not discover this as first, they're not looking for it where it is, they're unconsciously all looking for it in a thing they call happiness.

但他们不知道, 那种幸福在于他们发现自己是无限的存在, 并且出于习惯的力量, 他们接受了自己受限于身体、受限于麻烦的境况。

But they do not know that this happiness lies in they are discovering that they are beings with no limits, and by force of habit, they accept that they are limited to their bodies, to their troubles.

而接受这一切, 意味着这种状况会继续下去, 我们越是任由它持续下去, 情况就会变得越来越糟, 所以我们的问题和困难也就越来越多、越来越多.....

And accepting of it is the continuing of it, and as we continue it, we make it better and better and better, so our problems, and our difficulties get better, get more and more and more...

当这些问题和困难发展到极致，就像在发生在我身上的那样，似乎只有到那时，人们才会受到足够的震撼，重新审视这一切，才会意识到我们现在走的路不是正途。

When they go to the extreme, like they did with me, it seems that only then are peoples shook up enough to re-question the entire thing, enough to see that the way that we are going is not the way.

然而我们的幸福并不在于名望、财富和被爱，当事情发展到极端状况时，他们会意识到，追求这三样东西的人最终都会陷入沮丧和不幸。

And that our happiness does not lie in fame, fortune, and in being loved, when things get to the extreme, they realize that those seeking those three things invariably end up in frustration and unhappiness.

然后当他们走到极致时，便只有一条路可走了，不是他们以前所走的那条寻找幸福和物质的道路，而是深入内在，探寻“这一切究竟是为了什么？”

And then when they hit the extreme, there's only one way to go, not the way that they were going, looking for happiness and materiality, but to go within and question “What is this all about?”

然后他们就会发现我所发现的东西，并且任何人都能做到。

Then they will discover what I discovered, and anyone can do it.

首先，他听说了这条出路；

If first, he hears of the way out;

其次，他相信这就是出路；

And second, believes that this is the way out;

第三，他对这条出路极度渴望，以至于它成为了他生命中最重要的事，比任何事情都重要，比他一直以来寻求幸福的方式都重要；

And third, wants it so much that it becomes first in his life, more important than anything else, more important than seeking the happiness the way he had been seeking it;

接下来，他就会发现自己是无限制的，他的快乐没有任何限制。

Then he discovers that he is unlimited, that his joy has no limits.

真正自然的生活方式是完美和谐的，大自然是和谐的，他所需要做的就是与自然相协调，并生活在其中。

That the real natural way of life is perfectly harmonious, that nature is harmonious, and that all he needs to do is get in tune with it and live it.

05.答案一直在这里 The Answer is Here All the Time 1

所有其他的想法都在逐渐消散,那些日常琐碎的想法,比如他对我做了什么、她做了什么、我本应做什么、我演讲得不好、我的老板给我加薪、某某想抢走我的工作等等,所有这些事情都在潜意识层面运作着。

All other thoughts keep dropping away, thoughts of the day, what he did to me, what she did and what I should have done and my speech wasn't well, and my boss give me a raise, and so-and-so trying to take my job, all these things are going on on a subconscious level.

当你专注于一个想法时,这些潜意识的想法就会安静下来,它们会平息,它们退到了背后,从而心智便安静下来了。

As you hold to one thought, these subconscious thoughts quiet, they get still, they drop into the background, and that quiets the mind.

现在,我认为在冥想中让心智安静最重要的因素之一就是兴趣。

Now, I think one of the most important things in quieting the mind in meditation is interest.

当你对某件事非常感兴趣并想找到某个问题的答案时,你就会排除其他所有的杂念。

When you're very interested in something and getting an answer to a

question, you'll override all other thoughts.

所以，如果我们强烈地想知道“上帝是什么？我是谁？这个世界是什么？我和它有什么关系？”，如果对这些问题中的任何一个都怀有真正迫切想要得到答案的渴望，并且高度专注在这个问题上，那么所有的杂念都会消散，心智会变得极为专注，那么，答案就会自行显现出来，它源自内在，答案一直都在那里。

So if with intensity we want to know what is god? who am I? what's this world? what's my relationship to it? Any of those questions if there's a real burning desire to get the answer to it, and we hold that question with intensity, then all thoughts will drop away, and the mind becomes extremely concentrated, and then the answer shows itself, it comes from within, the answer is there all the time.

平息念头让我们能够看到它，看到一直都存在于那个领域中的答案。

The quieting of the thoughts allows us to see it, to see the answer that was there all the time in the realm.

当这种渴望非常强烈时，我们就能得到答案。

When that desire is intense, we get answers.

瞧，这就是为什么.....开始思考我认为它是什么.....我的，可能是吗？

see, that's why... start thinking is what I thought it was... mine, could be?

(这段音频稀碎，断断续续插播了海尔的声音，莱斯特的部分并不完整)

但是我曾走到尽头，他们告诉我，我的情况没救了，我只有十一周的时间。我认为那是给相信童话故事之类的意志薄弱的人准备的无稽之谈。

But I was at the end of the line, they told me I was finished, I only had days eleven weeks, I thought it was nonsense for the weak-minded people who believe fairy tales and things like that

但正是因为想要得到答案的强烈渴望，我必须得到答案，事情才开始有了转机，并且进展得相对较快。

but it was only because of the intensity of the desire to get the answer, I had to have the answers that things began to come, and they came relatively quickly.

在三个月的时间里，我从一个极端的唯物主义者变成了完全相反的人，物质变得毫无意义，只有灵性才是一切。

Over a period of three months, I went from an extreme materialist to the opposite extreme, material was nothingness, and only the spiritual was the all.

但是想要得到答案的愿望是如此强烈，尽管我的心智是最嘈杂的心智之一，答案还是开始出现了，我不自觉地进入了我不知道用什么词来形容的状态，比如三摩地。

But the wish to get the answer were so strong that in spite of that mind being one of the noisiest of minds, the answers began to come, and I automatically fell into things I knew no words for them like Samadhi.

我会专注于某件事，我会失去对这个世界的意识，我会失去对这个身体的意识，只剩下纯粹的念头，那个念头本身是这个宇宙中唯一存在的东西，这就是“专注”。

I would concentrate on something, I'd lose awareness of the world, I'd lose awareness of this body, and I would be just pure thought, the thought itself would be the only thing existing in this universe, that's absorption.

当冥想者和所冥想的对象合二为一时，你会失去对所有其他事物的意识，而只是意识到那一个念头，那是一种高度集中的心智状态，答案就在那里。

When the meditator and the thing meditated upon becomes one, you lose consciousness of everything but that one thought, that's a very concentrated state of mind, and the answer is right there.

然后，另一个念头会出现，我首先开始思考：什么是幸福？什么是生活？我想要什么？什么是幸福？

Then another thought would come up, I first started on: What is happiness? What is life? What do I want? What is happiness?

然后我发现幸福取决于我去爱的能力。

Then I saw happiness depended upon my capacity to love.

一开始我以为是我想要被爱，但其实不是，我发现是我去爱的能力给了我幸福。

First I thought it was I wanted to be loved, that wasn't it, and I saw it was my capacity to love that gave me happiness.

什么是智慧？

And what is intelligence?

专注在它身上，专注在它身上，我发现，宇宙中存在一种智慧，我们所有人都能直接与之相连。

Hold to it and hold to it, I'd see it, there's only one intelligence in the universe and we all have direct line to it.

就这样持续了三个月的时间，仅仅是因为这种专注的方式，我相信我看到了整条道路的完整画面。

And this went on in a matter of three months time, I believe I saw the entire picture went all the way, only because of the concentrated approach.

**我对这个主题一无所知，对方向、道路和路径都一无所知，但是我知道：
这个世界是什么？我是谁？我与它有什么关系？是什么让它运转的？**

I know nothing about the subject, I know nothing about the direction,
the way, the path, but I wanted to know: What is this world? Who am I?
What's my relationship to it? What makes it tick?

**然后你会发现整个世界除了你，什么都没有，从来就只有你，全都只是你，
因为只存在“一”。**

And then you see that the whole world is nothing but you, that there
never was anything but you, all alone, because there's only One.

**但那不是最终的状态，你从那种状态中出来，仍然会有一些程度的心智残留。
But that isn't the final state, you come out of it and there is still a certain
amount of mind left.**

所以你重新回到冥想中，直到不再有心智控制你。

So you go back into meditation, until there is no more mind controlling
you.

当你消除了所有的思维习惯、所有的心智倾向，你就自由了。

When you've eliminated all the habits of thought, all the tendencies of
mind, you are free.

然后你可以使用心智，你成了它的主宰，它不再支配你，而是你支配它。

Then you can use mind, and you will be the director of it, it no longer determines you, you determine it.

你知道，我们超过 90%的人都在被潜意识心智控制。

You know we're over 90 percent controlled by the unconscious mind.

好吧，意识心智很容易控制，但潜意识心智却不是。

Well, the conscious mind is easily controlled, subconscious is not.

因为它是我们建立起来的一种机制——不去看我们的想法，并让它们自动运行。

because it's a mechanism we set up of not looking at our thoughts, making them operate on automatic pilot.

我们对整个身体都进行了同样的操作，所以现在一切都是自动运作的。

We did it to the entire body, so it's all automatic now.

我们对所有的想法也是这样做的，但对我们当下感兴趣的那个想法除外。

And then we did it to all thoughts, but the thought we are interested in at the moment.

我们一开始就不想要那些想法，所以才把它们推开。

We don't want the thoughts in the first place, so we push them away.

当没有任何念头的时候，我们是最快乐的。

We are happiest when there are no thoughts.

有时当你做手上的活计时，你没空去想什么，你很开心，对吧？

Sometimes when you work with your hands, you're occupied, you're very happy, right?

为什么？

Why?

因为那些想法都被抛到一边了，甚至连潜意识层面也更安静了。

The thoughts are out of the way, and even subconsciously it's quieter

我们真的不想要各种想法，想法是让我们不快乐的东西，甚至是那些快乐的想法也会让我们不快乐。

We really don't want thoughts, thoughts are the things that make us unhappy, even the happy thoughts make us unhappy.

因为如果我们在享受某个东西，那么，我们会担心维持这种状态的可能性，而我们知道这种状态不会长久。

Because if we're going to enjoy something, then we're concerned about the possibility of maintaining this which we know is not going to last.

所以，快乐的念头在带来愉悦的同时，也会唤起它不会长久的体验。

So, the thought of the pleasure at the same time invokes, the experience of that it's not going to last.

因此，即使是快乐的想法也是有限制的。

So, even thoughts of happiness are limited.

因为真正快乐的状态是没有念头的状态、是全知的状态，它是超越念头的。

Because the real happy state is the no thought state, the state of omniscience, it's beyond thought.

现在我们开始谈谈冥想，但冥想似乎总让许多常年冥想的人产生疑问，最好的冥想方式是带着问题冥想。

Now we start on meditation, but meditation does seem to be a question, many people's minds who have meditated for years and years, and the best type of meditation is with question.

当你不带任何问题而进入一种美好的宁静状态时，你会感觉很好，但在获取大写字母 K 的真知 (Knowledge) 方面并没有任何进展，你只是在朝着宁静状态迈进而已。

When you just drop into a nice quiet state without question, you get a good feeling, but no progress of getting the Knowledge of the capital K, you're moving toward the quiet state.

所以，要是我们想走捷径，就应该从提出问题开始，最终我们都必须回答“我是谁”这个问题。

So, if we want to take the shortcut, we start off with the question, we finally have to answer "Who am I?".

现在我要在冥想中持续这个问题，为了更快速的成长，冥想应该带着问题进行，在这一点上，智者比信爱者更有优势。

I want to keep this with meditation now, now meditation should be with questions for more rapid grow, it is where the Jnanis get the advantage over the Bhakti.

这种臣服和虔诚会让我们产生美好的感觉，这很好，但是智者会更进一步，说：“好吧，不要停在那里，去获得答案。”

This surrender and devotion throws us into nice feelings, and they're good, but a Jnanis goes further, says: "All right, don't stop there get the

answer.”

只有当我们完全知晓自己是谁、是什么的时候，我们才是站在道路的终点。

It's only when we fully know who and what we are, that we're at the end of the road.

所以，最快、最好的冥想方式是带着一个问题，然后安静下来，直到答案浮现，接着再进入下一个问题.....直到所有的答案都在那里。

So the fastest and best way to meditate is to with a question, and get quiet until the answer shows itself, and go to the next one until all answers are there.

我很幸运，因为我对这个主题一无所知。

I was very lucky that I knew nothing.

关于这个主题的智性知识是一种障碍，小我会用智性知识来代替对它的真正体验。

Because intellectual knowledge about the subject is an obstacle, the ego substitutes the intellectual knowledge for the real experiencing of it.

我非常、非常幸运没有任何这方面的知识。

I was very very fortunate not to have had any knowledge of it.

然而，我给你这个方向：不要相信任何东西，从零开始，在坚实的论证基础上一步一步地建立自己的知识。

However, I provide you in this direction, don't believe anything, start from scratch, build up your knowledge on a solid foundation of proof step by step.

每个人都必须这样做，对我们来说，唯一有用的是我们自己所体验到的。

Everyone must do this, and the only useful thing to us is that which we experience.

我以开车为例，如果我说我知道怎么开车，你转动钥匙，踩下离合器，挂上档，踩油门，然后出发.....我在一本书里读到了这些，但我坐进车里就能开车了吗？

I related to driving a car, if I say I know how to drive a car, you turn the key on, you step on a clutch, you put it in gear, and let the gas out, and gradually so forth and so on... I read that in a book, I get into a car, can I drive a car?

除非我亲自体验它，否则我开不了车。

Not until I experience it, can I drive it.

这条道路也是一样的，我们必须亲自体验一切。

The same thing on the path, we must experience everything.

当然，我们必须有这样的态度：这些伟大的“一们”所说的是真实的，他们已经体验过了，但我必须为了自己验证和证明它。

We must of course adopt the attitude that what these great ones are saying is so, they have experienced it, however I must check it out and prove it for myself.

基本的真理是：只有一个实相，只有一个绝对真理，也就是这整个世界和宇宙什么也不是，只是上帝；

And the basic truth is that there is only one reality, there is only one absolute truth, and that is that this whole world and universe is nothing but god;

但更好的说法是——那只是我自己，上帝是遥远的，他可能远在宇宙空间的无尽之处，但我自己就在这里，这是我所能了解的，是我几乎能具体化的，我自己就是祂。

But better than that is nothing but my very own Self, the God is far away, he can be miles and miles into cosmic space, but my very own self is right here is something I know about, is something I can almost make concrete, my very own self so.

把自己当作上帝，我觉得这比把上帝置于遥远的地方、与我们相分离要实际得多。

Using self as God, I think it's far more practical and putting him out there, putting him apart from us.

但每个人都必须从底部开始，向自己证明这一切，随着证据不断涌现，证据出现得越多，我们就越能接受那些伟大的“一”所说的话，直到我们亲身体验到这一切。

But each one must start from the bottom, and prove this whole thing out to themselves, and as the proofs begin to come the more they come, the more we accept what the great One say, until we experience the whole thing.

每一个辅助都应该是安静心智的一种方式。

Every aid should be a means of quieting the mind.

现在，如果冥想有困难，我们可以通过唱诵来做准备，唱诵能让我们的心智集中在唱诵本身上，日常的杂念会消失，从而让心智安静下来。

Now, if meditation is difficult, we can prepare the way by chanting chanting puts our minds on the chant itself and the thoughts of the day drop away, that quiets the mind.

锻炼身体，做一些体式等等，也有同样的效果。

Exercising the body, doing certain asanas and so forth do the same thing.

无论它是什么，任何有帮助的东西都是好的。

Anything that helps is good whatever it is.

但最根本的是要让心智安静下来，心智是唯一阻止我们看到自身无限的东西。

But the basic thing is to quiet the mind, the mind is the only thing that keeps us from seeing our infinity.

心智只是限制性想法的集合。

A mind is nothing but a collection of thoughts of limitation.

在冥想中，我们试着让心智安静下来，这样我们才能看到我们所是的这个无限存在。

In meditation, we try to quiet that mind, so we can see this infinite being that we are.

但冥想永远不应该是被动的，我们绝不能试图强迫头脑一片空白，冥想应该总是带着问题来做。

Meditation should never be passive, we should never try to force the

mind to go blank, meditation should always be with questions.

对于最佳的冥想来说，我们练习得越多，就越容易做到。

For the best, meditation, the more we practice meditation, the easier it is to do.

要获得真正深刻的洞见，需要一定的动能。

To get the real deep insights requires a certain momentum.

当冥想变得比这个世界上的各种事物都更令人愉悦时，我们会充满活力、热情和渴望地投入其中，然后我们只会每天都迫不及待地想回到冥想中。

When meditation gets to be more enjoyable than things of the world, then we go at it with vigor and enthusiasm and desire for it, and then we just can't wait until we get back to it each day.

当我们获得那种动能的时候，心智会变得越来越安静、越来越安静，直到无限的真我清晰地呈现在我们面前，我们只会哈哈大笑。

When we get that momentum going, the mind gets quieter and quieter until the infinite Self is just glaring at us, and we just laugh.

既然大家都在谈论冥想，也许你也应该尝试一下，好吗？

Maybe with all this talk on meditation, you got to try it, okay?

冥想有很多的专注中心，有人专注于鼻尖、肚脐，但最好的位置是在这里：两眉之间。

Have a lot of centers, they concentrate on the tip of their nose, the navel, the best place is up here, between the eyebrows.

专注在两眉之间，能让你的注意力从身体的其他部位转移开，而且这里是第三眼、星光眼、灵性之眼的中心，它能将我们从较低的身体中心里拉出来，把注意力放到这里。

Concentrating here takes your mind off other parts of the body, besides it being the center for the third eye, the astral eye, the spiritual eye, it pulls us away from the lower centers of the body, come up here.

所以，如果让我推荐一个位置，那就是这里，但只要有帮助的地方都可以。

So, if I were to recommend a spot, but anything that helps helps.

心是一个好地方，因为它是感觉中心，而感受比念头更接近真我。

The heart is a good place, because it is a center of feeling, and feeling is closer to the Self than thought.

这取决于你的背景，如果你是金刚智者，那么可以专注于心的位置，但不是左边，而是右边；如果你是瑜伽士，可以选择肚脐或者鼻尖。

It depends on your background, if you're a Vajra Jnani, it would be the heart, but not on the left side, and the right side; If you are a yogi, either the navel or the tip of the nose are up here.

而你喜欢的地方是你前世一直在用的地方。

And the place you like is the place you have been using in prior life.

当我集中注意力的时候，并没有特定的地方，只是专注在想要获得答案上，这就是为什么我专注于此。

When I did my concentrating, it wasn't in any location, it was wanting wanting to have the answer, that's why I concentrated on it.

每一个想法的背后必然都会有欲望，否则你就不会思考了，难道不是吗？

Every thought has to have desire behind it, otherwise you wouldn't think, isn't that so?

所以，欲望不止有一个。

So, there's more than one desire.

你唯一要消除的就是欲望本身，不只是对这个东西的欲望、对那个东西的欲望，你有数十亿个需要消除的欲望，这需要无尽的时间，但消除了欲望，你就完成了，再没什么需要做的了。

The only thing you eliminate is desire itself, not desire for this thing, desire for that thing, you have billions of desires to eliminate, it takes more than forever, but eliminate desire, then you're finished, nothing else to do.

我可能会把这个三角形进一步细分，我想我会从顶部的“欲望”开始，然后向下分为两类，也就是贪恋和厌恶，接着再细分到底部的情绪、倾向和想法。

I'll probably break the triangle down into more, I think I'll start with desire in the top and come down to two, attachments, averse, and break that down into probably emotions and tendencies and thoughts at the bottom.

成长其实很简单，没什么复杂的，就是摆脱那些最终会形成倾向、情绪和欲望的想法，把它们消灭掉，你就彻底自由了。

Growth is so simple, there's nothing complicated about, it's getting rid of these thoughts that culminate in tendencies, that culminate in emotions, that culminates in desire, run them out and you're totally free.

这就是你需要去做的全部了，丢弃欲望本身，好好想想这一点。

That's all you have to do, run out desire itself, think on that.

欲望可以分为贪爱和嗔恨，如果你有欲望，是谁有欲望？

Desire breaks down to attachments and aversions, if you have desire,

who has it?

是你有。

You have.

如果你有欲望，只有你想保持住它，你才能拥有它，这样你才能拥有欲望。

If you have it, you cannot have it unless you want to hold onto it, then you can have it.

实际上，是欲望在运作你，你被它束缚了，控制是一种欲望，每个人都渴望控制别人。

Actually, it has you, now you have it, control is a desire, everyone desires to control every other one.

消除欲望，控制也就随之消失了。

Run out desire and you run out with the control.

欲望、倾向、念头都是小我的产物，消除它们，也就消除了小我。

Desires, tendencies, thoughts are all the effect of the ego, knock them out and knock out the ego.

现在，我眼中的参究真我和过去不同了，过去，我会像薄伽梵那样教你，仅

仅是发现“你是什么”，现在我明白，远不止于此，还要消除你所不是的东西，这才是成长。

Vichara looks different to me now than the way he used to, I used to give it to you like Bhagavan, just discover what you are, I can see now that it's more than that, It's knocking out what you're not, that is growth.

因为你们可能会进入一个很高的状态并停留在那里，而你不去消除你所不是的。

Because you people can get into a high state and stay there, and you don't knock out what you're not.

所以，在参究真我中，当你看到你之所是的时候，你必须消除你所不是的。

So, in vichara, when you see what you are, you must knock out what you're not.

如果你是白人，你就不是黑人；如果你很冷，你就不会热。

And if you're white, you're not black, if you're cold, you're not hot.

所以，当你在参究真我中看到自己所是的样子时，你并不是其对立面。

So, when you see what you are in vichara, you're not the opposite.

你消除了对立面，即使在参究真我中，这才是成长，消除你所不是的，才有可能看到你自己并远离心智。

And you knock out the opposite, and even in vichara, that's the growth, knocking out what you are not, it's possible to see yourself, and move away from the mind.

你只是淹没了心智，但这并不是成长。

You just submerge the mind, that's not growth.

我想你们都曾有过瞥见真我的经历，为什么你不一直保持在那种状态呢？

I think you've all had sight to the Self, why don't you remain that way?

因为你被心智淹没了，瞥见真我时，你只是暂时把心智搁置一旁，你感觉很好，然而过一会儿，心智又会再次出现，你就感觉没那么好了。

Because you submerged the mind, you put it aside for the time being, and you felt great, and after a while, the mind re-emerges and you don't feel great.

所以，在参究真我中，你必须解决掉你所不是的，当你看到你之所是时，当你看到你是无限的时，你知道自己不是那个受限的身体，你必须消除对那个受限身体的认同。

So, in vichara, you've got to work out what you are not, when you see

what you are, when you see you're unlimited, you know you're not that limited body, you've got to knock out identification with that limited body.

所以，再说一次，成长就是清除你所不是的，即使在参究真我中也是如此。

So, again, the growth is willing out what you are not, even in vichara.

但是你看，薄伽梵并没有强调这一点，不是吗？

But to see, Bhagavan doesn't emphasize that, does he?

早期我好像也没强调过，对吧？

I don't think I used it either in the early days, did I?

因为它太自动化了，如果你认识到自己是无限的，怎么还会认为自己是有限的呢？

Because it's so automatic, if you see you're unlimited, how can you see that you're limited ?

当你抵达那里时就是这样的。

It's the way it seems to you when you're there.

06.答案一直在这里 The Answer is Here All the Time 2

所以，从较低的层面来看，你必须消除那些你所不是的，当你看到你是什么时，看，当你上升到那里，就像薄伽梵一样，你不再看到自己所不是的东西，你已经把它忘了。

So down below, you've got to knock out that which you are not, when you see what you are, see, when you get up there, like Bhagavan is, you no more see what you are not, see you've forget about it.

当你进入真我，你会发现你不是身体，所以你会不会再认同身体。

Well, when you get into the Self, you see you're not the body, so you don't identify as the body anymore.

但成长并非是看到你自己，成长是不认同身体。

But the growth is not seeing yourself, the growth is not identifying with the body.

如果再次深入阐述，我还是会说同样的东西。

And if I move up again, I'll say the same thing.

你所要做的就是看清你是什么。

What you've got to do is just see what you are.

所以，记住，即使在参究真我中，成长也是清除那些你所不是的东西。

So remember that, even in vichara, growth is willing out that which you are not.

你去到高处看到了你是什么，这样你就能看到你不是身体、不是心智，然后你就可以丢弃它，当你看到你所是的时候，你就可以很容易地丢弃它了。

And you go high to see what you are, so you can see that you are not the body, mind, and you can will it out, you drop it off so easily, when you see what you are.

当你看到自己是什么时，毫无疑问你会知道自己并非这是有限的、由一堆肉、情绪思想、黏液和粪便组成的垃圾，关于这一点毋庸置疑。

When you see what you are, there's no doubt whatsoever that you're this limited clump of garbage, clay, mud, slime, excrement, there's no doubt about it.

所以，当你看清你是什么时，自然而然就能看到你所不是的。

So, it seems automatic, when you see what you are, you will automatically see what you're not.

这个身体与你的本质是截然相反的，你不可能比在一个物质身体里更受限的了，它是你无限存在的另一个极端，还有比人类的物质身体更低的一个层次，然而比动物的物质身体低不了多少。

This body is the opposite extreme of what you are, you can't be any more limited than in a physical body, it's the other extreme end of your infinite Beingness, there's one step lower than being a human physical body, and it's not so much lower than being an animal physical body.

物质身体处于最底层，在无限的另一端，这就是你拼命抓着的東西，愚蠢。

The physical body is the bottom end, the opposite end of infinity, and this is what you hold on to for dear life, silly.

现在，再说一次，你应该已经非常清楚这条道路了，唯一的成长就是丢弃你所不是的东西，丢弃对身体和心智的认同，其他的一切都只是你达成目标的辅助。

Now, again, the way should be so clear to you, the only growth is dropping what you are not, dropping identification with the body, mind, everything else is just aid to do that.

有什么问题吗？

Any questions?

整个主题可以总结为：你就是那，丢弃所有这些与之相反的想法，剩下的就

是无限的你。

The whole subject summed up is: THOU ART THAT, drop all these thoughts to the contrary, what remains over is the infinite you.

这很难吗？ 这很神秘吗？

Is that difficult? Is that mystical?

为了阻止自己意识到这一点，你选择阅读相关内容，而不是去认清它。

To keep yourself from realizing it, you read about it instead of realizing it.

阅读没什么好处，我真的觉得如果你阅读的话，它是在阻碍你。

Reading is not doing any good, I really believe it's holding you back if you read.

你听我说过，对你来说，做你自己就像做一个女性那样困难，这是真的。

You've heard me say that this is difficult for you to be yourself as it is for you to be a female, that's true.

但这是你应该努力去做到的事情，直到你看清它，这才是毫不费力的地方。

But that's something you ought to work on until you see it, that's where effortlessness fits in.

做你自己所付出的努力，和你现在作为一个女性所付出的努力，是一样的。

It takes as much effort for you to be yourself as it does for you now to be a female.

那么，所有的努力都去哪儿了？

So where's all the effort?

我说，信仰不应该是上帝，而应该是幸福。

I say the fate should be not God but Happiness.

因为我认为每个人都或多或少地在有意识地寻找它。

Because everyone I think is more or less consciously seeking it.

实际上，任何寻求幸福的人都是在寻找他们自己的真我，他们在它所不在的外界寻找，然而只有当停止思考的片刻里，他们才能感受到他们自己。

Actually, anyone seeking happiness is seeking their very own Self, looking for externally where it isn't, and feeling themselves only momentarily when they stopped thinking.

只有在你停止思考的瞬间，你才能感受到你的真我。

The only time you feel your Self is when you stop thinking.

所以思想掩盖了真我，思想掩盖了幸福。

So, thinking covers over the Self, thinking covers over happiness.

这就是为什么当欲望得到满足时，那些想法会停止，我们不再为之奋斗，我们很快乐。

That's why when the desires are fulfilled, the thoughts stop, we're not striving for it anymore, we're happy.

但这不是获得某样东西而带来的快乐，而是停止思考如何得到它所带来的快乐。

But it isn't the attaining of the thing that causes the happiness, it's the stopping of the thinking of how to get it.

停止思考，允许真我存在，这就是幸福，或多或少这就是真我的意义。

That stops of thinking, and allows the Self to be, and that's what happiness is, it's a Self meaning more or less.

出离，真正的出离在于内在，既不会通过身体上的舍弃来达成，也不会因未在身体上出离而受到阻碍，这就是帕拉宏撒·尤迦南达在一开始时所说的。

Renunciation, true renunciation is in the mind and is neither achieved by physical renunciation nor impeded by the lack of it, that's what

Paramahansa Yogananda said in the beginning.

别把这个世界当作是真的，也不要逃离这个世界。

It's not taking the world as real or running away from the world.

出离者明白这个世界上没有幸福，真正的出离在于心中，既不会通过身体上的出离来达成，也不会因为未对身体物理出离而受到阻碍。

A renunciate knows that there is no happiness in the world and being true renunciation is in the mind and is neither achieved by physical renunciation, nor impeded by the lack of physical renunciation.

出离者明白，幸福不存在于这个世界上、也不存在于人和事物中，唯一的幸福在存在中，在成为我们所是的真我中。

A renunciate knows that there is no happiness in the world, in people or things, that the only happiness is in Beingness, being the Self that we are.

出离者接纳一切事物本来的样子，不抗拒任何东西，也不贪图任何东西，因此，他处于平和、平衡、宁静和安详之中。

He accepts all and everything as they are, resists nothing, covets nothing, he is therefore at peace, in equipoise, tranquil, and serene.

因为出离者没有欲望，所以他能调和所有的冲突。

As he is desireless, and harmonizes all conflict.

总而言之，出离就是放弃小我。

Summed up, renunciation is giving up of the ego.

持续出离的方法就是每天释放小我，并且每天更多地处于真我的觉知中。

The continuous method is daily letting go of the ego and daily being more in the consciousness of the Self.

真正的出离是摆脱欲望、激情和贪爱，这将扩展一个人的爱，让他能包容自己的家人、所有人乃至整个世界。

True renunciation is off desire, passions and attachments, this will expand one's love to embrace his own family, all people, the whole world.

这就是剥离小我，融入一切之中。

It is the divesting of the smaller to merge into the all.

这是为了更伟大的部分而释放较渺小的部分，是放弃“我”和“我的”观念，而不是放弃财物，一切都被一次性地放弃了，占有欲的种子也被摧毁。

It is the letting go of the lesser for the greater, give up I and mine rather

than my possessions, and all is given up in one stroke, and the very seed of possessiveness is destroyed.

一个人是在心理层面出离的，并非改变身体所处的位置。

One renounces mentally not by location.

真正的出离只存在于心智之中，出离不是退缩，而是爱的扩展，出离是放弃欲望、激情和贪爱。

The only real renouncing is in the mind, renunciation is not a withdrawal, but is a widening of love, renunciation is renouncing desire, passions and attachments.

人们要明白自己可以在世界中出离，这一点很重要。

It is important for people to know that they can renounce in the world.

在如今这样的生存状态下，从世界中出离比远离这个世界的出离要困难得多，在与世隔绝中出离比在这个世界中出离要容易得多。

Renouncing in the world because of this state of Beingness today is far more difficult in renouncing than one is away from the world, it is far easier to renounce in isolation than it is in the world.

出离变得越来越艰难。

This is getting rougher and rougher.

很少有人能做到在这个世界中出离，只有修行状态高的人才能做到这一点。

Rare there's the individual who can renounce while remaining in the world, it takes a very advanced being to be able to do that.

因为我们被过去积累的倾向所淹没了，自动控制的运作是如此之多，我们受过去的倾向驱使，处于自动控制的状态，我们很容易陷入世界的洪流之中，最终被它淹没。

Because we're so swamped by the accumulated tendencies of the past, and there's so much operating on automatic control, being automated by these past tendencies, that we very easily slip into the stream of the world, and are actually sunk by it.

所以，尽管不一定非要与世隔绝，但这样做也是非常有帮助的，而且几乎每个人都需要，只是因为小我的习惯实在太强大了，这一点从始终忠诚的弟子的数量就可以得到印证。

So, even though it's not necessary to isolate, it's very very helpful and is needed by almost everyone, only because the ego habit is so so strong and this is worn out by the number of disciples who remained faithful.

比如耶和花生前，只有两名门徒一直保持忠诚到最后，对吗？

Like Yeshiva's lifetime, there's only two who remain devoted up until the

end, right?

如今的倾向是如此之强，过去的习性、业习、过去的思维习惯极其强大，以至于很少有人能凭他自己在这个世界上做到这一点，甚至在摆脱某种业习之后还能在世间做到这一点的人也是少之又少。

The tendencies today are so strong, the past tendencies, the vāsanās, the past habits of thoughts are so strong that rare is the individual who could make it on his own in the world or even make it in the world, after leaving a vāsanā.

但这是可以做到的，只是极为罕见而已。

But it can be done, but it's rare.

因此，正如罗摩·克里希纳所说，最好先与世隔绝，然后当你足够强大、不会沉沦时，再踏入这个世界。

Therefore, it's advisable to isolate, as Rama Krishna said and then when you're strong enough, but you don't sink, then go into the world.

你看，祂甚至要把祂的 12 个门徒先带出这个世界，然后训练他们，这样他们才能在进入世界后不被其裹挟。

You see, He had to take even his 12 disciples, He had to take them out of the world and train them first, so that they could go into the world and not be caught up in it.

再说一次，我要强调，由于处于卡利时代，如今要做到这一点是多么困难，我觉得我们四面受敌。

Again, I'm emphasizing how difficult it is today because of the Kali Yuga, I think we're covered from all sides.

首先要出离的是放弃小我，这在世界中或远离世界都可以做到，居家之人或出家人都能做到。

The first, renunciation is renouncing the ego, that can be done in the world or out of the world, it can be done by a householder or by a monk.

但对于居家之人来说要困难得多，因为他处于那种可能沉沦其中的危险境地。

It's far more difficult for a householder, because he's in that dangerous situation where he can sink.

我想总的来说，最好的方法是在一段时间内与世隔绝，隔离一段时间，然后进入世界，再离开世界，接着回到世界中，进进出出，我认为这是成长的最快方式。

I guess all in all the very best way is to isolate for periods of the time, go back into the world, out of the world, back into it, in and out, I think is the very fastest means of growth.

但在所有听我讲这些话的人中，几乎所有人都沉沦过。

But there's hardly anyone who of all the people who have been listening to me and hearing me say all these things who hasn't sunk.

所以，在某种程度上，他们似乎觉得自己有了力量，然后他们决定：“好吧，我要在这个世界上运用这一切。”

So, in a way, they seem to sort of feel their own strength, and then they decide: “well I'm going to use this in the world.”

而这就是他们沉沦的原因。

And this is where they sink.

在这个世界上运用这一点是不可能的，一旦你开始试图在这个世界上运用这一点，这个世界就会是真的，你会想让生活变得更好、得到更多的东西、得到更多的帮助，帮助别人了解这些东西等等.....

It's impossible to use this in the world, once you start trying to use it in the world, the world is real, so make life better, get more things, get more help and help the others to know these things like that...

这条道路就像刀刃的边缘一样狭窄笔直，在你偏离的那一刻就会坠落。

the great narrow is the path like a razor's edge, this narrower path is a

Razor's edge, in the moment you step off it, you fall.

我想，现在，我在强调的是：每天保持警惕是多么重要，哪怕是松懈一两天也不行。

I guess now I'm emphasizing how important it is to keep up the vigilance every day, you let go for one or two days.

然而，我们所做的一切努力都不会白费，我们做的所有努力都在让我们朝着正确的方向前进。

However, no effort we make is ever lost, all the effort we make is moving us in the right direction.

但问题是，你想什么时候做到？今生还是在今后几世？

But the question is when do you want to make it? This lifetime or several lifetimes from now?

如果你想在此生觉醒，就必须全力以赴。

If you want to make it this lifetime, it has to be all out.

道路中的每一步都在为你指明方法。

Each step of the path shows you the way.

当你进入三摩地时，你开始获得你的领悟，每个人都觉得：“哇，天哪，这就是三摩地！”就是这样，那是开始。

See when you drop into Samadhi, you begin to get your realizations, everyone thinks: “Oh, boy, that's Samadhi!” That's it, that's the beginning.

消除小我与安静心智得携手并进。

Ego elimination and quieting in mind go hand in hand.

小我创造了所有的念头，每个念头都会得到小我的满足，所以你越消除小我，就越是在消除思考。

It's the ego that creates all the thoughts, every thought gets satisfied by the ego, so the more you eliminate the ego, the more you eliminate thinking.

当你做得足够多时，心智至少能在某些时刻保持安静，那个时刻就是三摩地，无法用语言描述这种感觉是什么样的，他们称之为“专注”，你在思考世界是什么，你保持持续专注，然后其他所有的念头就都消散了。

And when you do it enough, so that the mind can remain quiet at least at moments, that moment is Samadhi, and it can't be described in words what the feeling is like, they call it absorption, you're thinking on something that what is the world, you keep thinking and thinking, and all other thoughts drop away.

随着念头的消失，你会失去对周围世界的感知。

As thoughts drop away, you lose awareness of the world around you.

当你持续专注时，你会失去对自己身体的感知，你会忘却自己的身体、忘却你自己。

As you keep thinking, then you lose awareness of your own body, you forget your body, if you forget yourself.

接着，当你忘却世界、忘却自己时，心中唯一留存的便是那一个念头，而那一刻宇宙中唯一存在的就是那一个念头，因为只有那一个念头——你就是它，似乎在这个宇宙中就只有这一个纯粹的念头。

And, then, when you forget the world, you forget yourself, the only thing in mind is that one single thought, and that's the only thing existing in the universe at that moment is that one thought, and since there's only the thought, you are it, the way it seems that there's only a single thought in this universe.

当你到达那个点时，答案就在那里，你会从狂喜的状态中走出来，那种感觉美妙极了，同时你也会很高兴，因为你得到了一个绝佳的答案。

And when you hit that point, the answer is there, you come out of it in a state of ecstasy, so high, you're also ego you elated, because you got a tremendous answer.

但这会促使你一次又一次地这样做，直到获得所有答案。

But it encourages one to do it again and again until all the answers are gotten.

当你得到每一个答案时，你就离“我是谁？我为什么存在？”这个问题的最完整答案越来越近了。

As you get each answer, you're moving closer to the fullest answer to the question "Who am I? Why am I?"

现在，要进入三摩地的状态，需要我所说的那种动能。

Now, to get to the state of Samadhi takes that momentum that I've talk about.

它必须是每天都要做的事情，每一天都要如此。

It has to be daily, every day.

而且我们对自由的渴望必须超过我们对想要其他任何事物的渴望。

And we have to want this more than we want anything else.

我们对冥想、对这种心智的引导必须超过其他任何事物的渴望。

We have to want this meditation, this directing of our mind more than

anything else.

你会得到真正的乐趣，你会比享受其他任何事物更享受它。

You gets to be a real delight, you enjoy it more than anything else.

因为你变得越来越安静，而心智的安静能带给我们幸福和快乐。

Because you're getting quieter, there's a quietness of mind that gives us happiness and joy.

所以，当你达到某个点时，他们称之为“渡过难关”，当冥想比其他任何事物都更令人愉悦时，我们就渡过难关了，然后我们就能形成这种势头。

So, when you reach a certain point, they called it getting over the hump, when meditation is more enjoyable than anything else, then we're over the hump.

然后我们可以让这种势头继续下去，我们冥想得足够多，以至于对身体所处的这个世界失去了意识；

Then, we can get this momentum going, we meditate enough, so that we lose consciousness of the world in our body;

然后我们就进入了三摩地，进入了这种专注的状态，思考者和念头合二为一；

And then we're in Samadhi, We are in the state of absorption where the

the thinker and the thought become one;

接着，答案就在那里了。

And then the answer is there.

这能消除大量源于小我的错误认知，能消除很大一部分小我，我们消除的小我越多，下次能更深入地让心智安静下来。

And that wipes out tremendous amounts of false knowledge of the ego, that wipes out tremendous chunks of ego, and the more ego we wipe out, the deeper we can go into quieting of the mind the next time.

当动能开始时，永远不要放手，直到你走完全程，这样就不会再有小我残留了。

When the momentum gets started, never let go until you go all the way, so that there's just no more ego left.

因为如果你在任何时候停下，都会被残留的小我拉回到这个世界中去；

Because if you stop at any time, you'll be sucked back into the world by the amount of ego that's left;

或者如果你达到了一个相当高的状态，你会被卷入成为一个世界甚至宇宙的主宰，我们在书中有时会谈到这个，你达到了很高的状态，但还残留了一点

小我，然而你就成了世界、太阳系之类的一个统治者，然后，按照我们的时间概念，你可能需要数百万年甚至数十亿年才能走完最后这段路。

Or if you're extremely high into it, you'll get sucked into being a ruler of a world or even a universe, some of the times we talk about this in the book, you go so high, and you have a little ego left, and you get to be ruler of a world, or a solar system or something like that, and then it's going to take you in terms of our time, millions and maybe billions of years to go the last bit away.

你能进步最快的地方就是当下的所处之地。

The place you can go fastest is right here.

你的状态越高，成长的速度就越慢。

The higher you go, the slower the rate of grow.

因为我们此生所面临的鞭策是最严厉的，也是最困难的，你达到的状态越高，事情就会变得越容易，一切都会顺遂，成长的需求也就越少。

because this is the severest of prodding we get right here in this life that we're in, it's the most difficult, the higher you go, the easier things get, the more everything is okay, the less need there is to grow.

这正是星光界的问题所在，那是一个非常美妙的世界，在那里很少有人成长，他们回到这里来成长，但这里的情况就没那么美妙了。

And this is the trouble in the astral world, it's such a delightful world, very few people there grow, they come back here and do their growing, but things are not so delightful.

事实上,我想说答案不在于事物本身,而在于对念头、对事物的欲望的平息,念头平息了,心智便安静了,心智安静下来,真我就在那里,真我一直都在那里,此时此地它是完美的,它是无限的,我们无法改变这一点。

In fact, I say it's not coming from the things, it's coming from the stilling, of the thoughts, of desire for the things, the thoughts are quiet, the minds quiet, and the Self is right there, the Self is always there, it's perfect, it's infinite here and now, we can't change that.

你唯一能改变的是与之相反的概念,小我的概念就是相反的概念。

The only thing you can change are the concepts to the contrary, concepts of ego are the concepts to the contrary.

所以,你必须要小心,你可能会陷入其中,一开始,一切都很好,它确实会鼓励你,你掌控了世界,但你必须得小心,不要陷入那种试图保持掌控世界的状态,以至于迷失自我。

So you have to be careful, you can get caught up in that thing, at the beginning, it's all right, it did you encourage you, you master the world, but you've got to be careful that you don't get caught up in trying to remain a master of the world, to the degree that your ego is let go of it.

爱不是你能随意开启或关闭的东西，它就是它本身，这取决于你的“存在状态”。

Love is something you can't turn on, nor can you turn it off, it is what it is, it's according to your state of Beingness.

这个世界所说的爱与我们正在谈论的爱不是一回事，你内在爱的能力和你爱的层次，都是一样的。

What the world calls love is other than what we're talking about, your capacity to love, your level of love inwardly is the same all the time.

但在某一时刻你释放的爱会比其他时刻多，你能释放出的爱只能达到你所拥有的程度，但它总会让人感觉处于一种很高的状态，因为这是你去爱的最大能力。

But at one moment you let it out more than at another moment the amount that you have, you can only let out to the degree that you have it, but it always feels high, because it's your highest capacity to love.

在爱的极致状态下，你会平等地爱每一个人，无论他们是你的家人、孩子还是陌生人，但爱是完全平等的，这是诠释爱的崇高境界的另一种方式。

In a high state of love, you love everyone equally, whether they are your own family, your own children, or strangers, but the love is exactly equal, that's another way to tell the high state of love.

但只有在我们所拥有的程度内，我们才能将其表达出来。

But only to the degree we have it, can we express it.

当我们在我们的最高点感受到爱时，对我们而言，这永远是极致的感受，因为那是我们所知晓的最高点。

And when we're feeling it at our highest point, that's always high to us, because that's the highest point we know.

但你会进入一种狂喜的状态，有时这种感觉会令人难以承受，每一刻都有全新的喜悦不断涌现，你会达到一个自己无力承受的状态，然后，通过进入一种深沉、极度深邃平静的状态，你便超越了那种状态。

But you get into a state of ecstasy where it's overwhelming at times, it gets to be this ever new joy welling up every moment, you reach a point where you become incapacitated by it, and you rise above that by it dropping into a state of deep, very profound peace.

原本令人兴奋的东西变成了宁静，那是超越所有理解的平静，这是一种永远不会被任何事物扰乱的平静，即使你看到一颗子弹朝你飞来，你也不会因此而受到搅扰。

What was sort of an excitement thing turns out to be a serenity thing? and that's the peace that passes all understanding, it's a peace that can never be perturbed by anything, even if you see a bullet coming at you,

it wouldn't disturb it when they are.

记住，你能利用这个世界上在发生的一切来成长，这是一个消除小我的绝佳机会。

Remember, you can use everything that's happening in the world to grow by, it's an excellent chance to undo a lot of ego.

你强化自己的方式就是保持练习，每晚、每天早上冥想，永远、永远都不要放弃。

The way you fortify yourself is to keep the practices going, meditating every night, every morning, never ever let go.

当你在城市中时，你必须收敛心神，每天早晚都要集中精力获取必要的力量。

You must withdraw it when you're in the city, every night and every morning gather yourself in to get the necessary power.

07.不存在任何问题 There Are No Problems 1

如果我能先跟你们讲讲我对你们的印象，在我看来，自从我上次来过之后，人们的问题似乎变得更严重、更棘手了。

If I could start with something, tell you my impressions of you, it appears to me that since I was here last time, people seem to have

greater, more intense problems.

这是普遍针对所有人而言的，并非针对某个人。

This is for all people in general, not someone in particular.

而且和我交谈过的大多数人来说也是这样的，问题比我们这里的人还多，

And also for the majority of people that I was talking with, which is more than what we have here,

就在今晚我来之前，我和五个不在我们这个群体的人聊了聊，他们不是我们群体的人，他们上次也不在我们这个群体里。

just tonight alone, before I came, I spoke to five different people who are not with our group, they weren't with our group last time either.

现在，问题变得愈发严重，看起来人们好像在倒退。

Now, this intensification of problems appears as though people are going backwards.

但事实并非如此，人们开始上升进入一个能向外表达自己的状态，现在，问题开始显现出来，而不是只停留在心智中。

That isn't true, people are beginning to rise to this state where they can outwardly express themselves, their problems are now coming out into

the manifest rather than staying held in the mind.

当人们非常冷漠的时候，他们很难表达自己，也很难有所行动，所以这些问题就一直萦绕在他们的脑海里，其中大多数问题都没有在世界中表现出来。

When people are very apathetic, it's difficult for them to express, it's difficult for them to do, and so their problems remain around in their mind, and most of them don't come out in the world.

当他们仅仅比那种状态再往上走一步时，他们仍然处于这种冷漠状态，这是一种非常低的状态，然而他们开始具备一些行动能力了。

When they get just one step above that, they're still in this apathetic state which is a very low state, and they're beginning to acquire some of the capability of doing.

接着，他们的问题就会显现，而且似乎整个世界都在向他们压来。

And then, their problems become manifest, and it seems as though the world is falling in on them.

实际上，这是一种成长状态，从惰性状态、完全的惰性态上升并进入变性状态的开端，这就是惰性-变性态。

It's actually a state of growth to move up from the tamasic, the complete tamasic state, and come up into the beginnings of the Rajas state and that's a state of tamasic-rojasic.

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)。

关于这些宗教术语，惰性状态、变性状态、悦性状态，你们都熟悉吗？

Are you all familiar with these terms, tamasic, rojasic, sattvic on religion?

因此，当我们进入这种惰性-变性态时，我们开始处理惰性的倾向。

So, when we come up into this tamasic-rajasic state, we begin to do with tamasic tendencies.

所以，我们多少都具有破坏性，这当中也包括对我们自身的破坏。

So, we're somewhat destructive, and that includes ourselves.

因此，当我们对自己造成破坏时，我们就会出现问题，而且情况似乎会变得更糟，有时候我们以为自己是在倒退，但实际上我们正在前进。

So, we become destructive to ourselves, we have problems, and things seem to get worse, sometimes we think we're going backwards, but actually we're moving ahead.

现在，惰性-变性态的上面一层是纯粹的变性态，这是一种“行动状态”，处于正中间的位置，你有同等程度的破坏性和建设性。

Now, the step above tamasic-rajasic would be pure rajasic, one of

doingness, right in the middle, you're equally destructive and constructive.

再往上迈一步，你就进入了变性-悦性态，在那里，你是一个充满建设性的大实干家。

Move up another step, you move into the rajasic-sattvic area, where you're a big doer constructively, you step up from there.

从那里再进一步，你就进入了悦性状态，你不必做些什么，仅仅只需存在。

You go onto the sattvic state, you don't have to do, just have to be.

所以，在我看来，总体情况是世界正在朝着这种惰性-变性态发展，每个人似乎都有越来越严重、越来越棘手的问题，当然，不是每个人都如此。

So, the overall pictures that I see is that the world is moving up into this tamasic-rajasic state, and everyone seems to have bigger and better problems, now it's not everyone.

当然，走在灵性道路上的人占比要少于世界上的其他人，他们都被卷入了这个状态，你能看到它在种族问题、青少年犯罪、越南问题、塞浦路斯问题、刚果问题中的体现吗？

Of course, the percentage of those on a path is less than the percentage of those in the world, they're all involved in this, you see it expressed in the race issue, juvenile delinquency, Vietnam, Cyprus, Congo?

如今，这种现象随处可见，人们应对问题的方式是惰性的、具有破坏性的，问题不必通过互相残杀、暴力或抢劫来解决，问题可以通过讨论来解决，也应该如此，但这是从较低状态向前迈出的一步。

It's prevalent everywhere today, the way they're coping with it is in a tamasic way, a destructive way, problems don't have to be solved by killing each other, by violence, by looting, problems could be solved by discussion, and should be, but it's a step forward from a lower state.

当今世界处于一种非常低的“存在状态”，通常被称为物质主义时代，你还没读过圣尤地斯瓦尔关于周期的《神圣科学》，这本书阐述了地球的各种周期，以及我们如何每 24,000 年经历从顶端到低谷再到顶端的过程。

The world today is in a very low state of Beingness, usually called the materialistic age, you haven't read Sri Yukteswar's <Holy Science> on the cycles, it lays out the various cycles of earth, and how we go from the top to the bottom to the top every 24,000 years.

我们是从公元 500 年的最低阶段中走出来的，你知道黑暗时代是怎么回事；

We came out of the lowest stage of 500 A.D. you know what the Dark Ages work;

我们正在进入第二阶段，正经历着从第一阶段过渡到第二阶段的成长痛苦，但第二阶段不是一个高度灵性化的阶段，它是一个我们在技术上取得巨大进

步的阶段;

We're moving into the second stage, and we're having the growing pains of getting out of the first into the second, but the second is not a highly spiritual stage, it's a stage where technically we advance tremendously;

第三阶段开启了我们认识到这是一个心理世界的状态，我们不再互相争斗，开始彼此爱护;

The third stage begins the state of we know as the mental world, we stop fighting each other and we begin to love each other;

而第四阶段是人类认识到自己的“存在状态”就在上帝之中。

And the fourth state is a state in which man knows his Beingness in God.

然而，在任何时候，只要有人愿意，他就能直接进入最高状态中，总体而言，我们不必停留在世界所处的层面。

However, at any time, whenever anyone chooses, he moves into the highest state, we don't have to stay at the level that the world is in, in general.

我们这些走在道路上的人正在从这个世界的普遍层面中上升，我们难道不幸运吗？

And those of us who are on the path are pulling up out of this general level of the world, aren't we lucky?

对世人来说，一切都没有希望，他们感到无助，而我们知道有一条出路，无论有多痛苦，我们都知道有出路，我们有希望。

To the world, everything is hopeless, they feel helpless, we know there's a way out, no matter how much it hurts, we know there's a way out, we have a hope.

出路是什么？

What's the way out?

不是向这个世界寻求幸福，不是向他人寻求幸福，而是寻找幸福所在的地方，那个地方就在我们之内，在我们的意识之中，这是我们自然的、固有的状态。

Not looking to the world for happiness, not looking to people for happiness, but looking for the place where happiness is, and that place is right within us, within our consciousness, it's our natural, inherent state which we have.

由于无知，通过强加限制性概念破坏了这种状态，即“我需要这个、我需要他、我需要她，如果我得不到这些东西，我就会有麻烦，我会受伤”。

Through ignorance, undone, by imposing concepts of limitation “I need this, I need him, I need her, and if I don't get these things, I have trouble,

I am hurt”.

成长不过是释放这些限制性概念，或者从积极的方面来看，是进驻内在，看到我们所是的这个无限存在。

Growth is only letting go of these concepts of limitation, or on the positive side, going within and seeing this unlimited being that we are.

任何时候我们遇到麻烦、任何时候我们碰到问题，我们都是在试图成为小我，我们都是在试图通过受限的小我来展现真我，但小我太小了，它受到挤压就会受伤。

Any time we have trouble, any time we have a problem, we're trying to be the ego, we're trying to express the Self through the limited ego, and it's too small, it gets squeezed and it hurts.

所以，如果出现问题，要做的就是问你自己：“我在做什么？我的小我在哪些方面有所要求、有所追求，等等？”

So, if there is a problem, the thing to do is to ask yourself: “What am I doing? wherein is my ego demanding, seeking, and so forth?”

如果答案浮现了，如果你发现，从小我的角度看，是你自己造成了这个问题，你就会把问题的根源从潜意识层面拉到意识层面，一旦它是有意识的，你自然就会释放它。

If the answer comes, if you see how ego-wise, you're causing this

so-called problem, you pull the cause up from the subconscious into the conscious, and once it's conscious, you'll naturally let go of it.

人们之所以释放不了它, 是因为引发这个难题的想法是潜意识层面的, 所以, 要么我们让这个想法进入意识层面并释放它, 要么我们足够坚定地认识到, 我们不是这个身体, 这个心智、这个世界, 我们是真我。

The reason why one doesn't let go of it is because the reason the thought that initiated this difficulty is subconscious, so either we make the thought conscious and let go of it, or we know strongly enough that we are not this body, this mind, this world, we are the Self.

当你感受到真我时, 对真我的感觉就只有无限的喜悦, 你还想要什么呢?

And when you feel the Self, the feel of the Self is nothing but unlimited joy, what more do you want?

现在你已经拥有了一切。

Now you've got everything.

当我说任何问题、任何麻烦都是由小我驱动的时候, 这听起来可能很有指责性, 但你会发现这是真的, 当你做你自己时, 就没有问题了, 任何事都能完美、和谐、毫不费力地顺利完成。

It might sound quite indicting when I say any problem, any trouble is ego-motivated, but that you'll find is true, when you be yourself, there is

no problem, there is nothing that will not fall into line perfectly, harmoniously, with no effort.

我们越是受小我的驱动，世界就越艰难，完成一件事就越困难，和谐越少，我们遭受的痛苦就越大。

The more ego-motivated we are, the more difficult the world is, the more difficult it is to accomplish something, the less harmony there is, and the greater the misery we have.

事情真的就像我所说的这么简单！

It's really as simple as I'm putting it!

不容易的是释放这些执着于小我的错误习惯，我所说的这些习惯已经根深蒂固了数千年，甚至可能是数十万年。

What's not easy is to let go of these wrong habits of insisting upon being an ego, the habits I've called have been well ingrained over millenniums, or maybe hundreds of thousands of years.

但我们所有走在这条道路上的人都在释放这些东西，我们不容易放下，是因为这些习惯已经存在了很长、很长的时间。

But all of us on the path are now letting go of these things, and we don't let go easily because of habit has been there over a long, long period of time.

然而，当我们选择释放它们的那一刻，我们就能做到。

However, the moment we choose to let go of them, we can.

如果我们说我们无法放手，那是因为我们真的不想放手，释放痛苦的渴望还不够强烈。

If we say we can't let go, it's because we really don't want to, the desire to let go of the misery isn't strong enough.

但实际上，事情就是这么简单，不容易，但很简单。

But actually, it's as simple as this, not easy, but simple.

但一旦我们接受它，就能看到它的简单之处，我们所要做的就是接受它。

But once we accept it, see the simplicity of it, all we need to do is accept it.

没人能替我们做这件事，只有我们自己能做到。

No one can do it for us, but we ourselves.

你必须释放小我感，小我就是“我是一个独立的莱斯特，我有一个身体，我可以做事”，这是错误的。

You have to let the ego sense go, the ego is "I am an individual Lester,

and I have a body, and I can do things", that's wrong.

如果我是真我，就不存在莱斯特了，我必须让莱斯特离开，让真我、也就是上帝来运作。

If I am the Self, there is no Lester, I have to get Lester out of the way and let the Self, the god operate.

实际上，你会移动，就像漂浮着穿过所有的事物一样，但这并不存在努力。

Actually, you'll move, you'll sort of float through things, but there's no effort.

如果存在努力，那就是小我。

If there's effort, it's ego.

当然，现在，你不得不努力，因为你并不是从完全开悟的真我开始的。

Now, of course, you're going to have to use effort, because you're not starting off as the fully realized Self.

但你看，当这个女孩走到极端时，她放手，事情就毫不费力发生了，这就是放手，让上帝接手。

But you see, when this girl goes to the extreme, she lets go, and things happen effortlessly, that's letting go and letting God.

宣称有信仰，宣称所有这些东西并不能解决问题，得真正拥有它们才行。

Professing faith, professing all these things doesn't do it, actually having them does it.

她有麻烦、有信仰的这个事实，正是她对上帝没有信仰的绝对证明。

The fact that she has troubles, faith, is absolute proof that she doesn't have the conviction of God.

因为上帝是一切，上帝是完美的，如果上帝是一切且上帝是完美的，那么一切就都是完美的，我还有什么可做的呢？

Because God is all, God is perfect, and if God is all and God is perfect, everything is perfect, what is there left for me to do?

如果你持有这种态度，它就会是这样的，不存在努力，也不存在小我。

And if you take that attitude, so be it, when there is no effort, there is no ego.

当努力达到极限时，就会存在极端的小我。

When the effort is extreme, there is extreme ego.

然而在你完全觉醒前，都会持续付出努力。

And you're going to use effort until you're fully realized.

现在，有时候你不需要努力，事情就会按照你想要的发生，所以有时你是你的真我，是见证者，而不是行为者，让它发生，这是上帝的世界，无论发生什么，都是好的，无论好坏，都是一样的。

Now, there will be times when you'll use no effort, and everything will fall perfectly into line for it, so at times you'll be your Self, be the witness, be not the doer, let it happen, God's world, whatever is happening is good, be it good or bad, it's the same thing.

不管世界上发生什么，都是在幻象中发生的，有没有做梦又有什么区别呢？

Whatever is happening in the world is happening in the illusion anyway, what difference does it make whether you have a dream?

假如梦是好或者坏，它仍然只是一个梦。

If the dream is good or bad, it's still a dream.

但真实的你是完美的、充满着所有的喜悦、所有的荣耀和所有的幸福。

But the reality of you is perfect, all joyous, all glorious, all happy.

如果你看到了真相，你就会永远自由。

You're always free if you'll see the Truth.

除了你的意识，外面什么都没有，你所看到的一切都存在于你的心智中，对吗？

There's nothing out there but your consciousness, everything you see is in your mind, right?

你是在哪里看到的所有事物呢？

Where do you see anything in everything?

在你的心智里。

In your mind.

拿走那个心智，这一切又在哪里呢？

Take away that mind, where is everything?

消失了。

Gone.

当你躺下入睡时，你就是这么做的，你放开了心智，整个物质世界便随之消失了。

And you do this when you lay yourself down the sleep, you let go of the mind and this whole physical world drops away.

所以，外界的一切都是你的意识。

So, whatever is out there is your consciousness.

所以，如果你设定了另一个人以及一个问题，那也是你的意识。

So, if you set up another person and a problem, that's your consciousness.

看到完美，这就是它的全部了。

See the perfection, that's all it will be.

一旦你认定有问题，你就会被困住。

The moment you recognize a problem, you're stuck.

贯穿一切的只有一个纯粹的“一”，而你就是它，这就是为什么我说你无法摆脱某个问题。

All there is a singular oneness throughout, and you are it, that's why I say you can't get rid of a problem.

因为你承认了它，它就会是真的。

Because you recognize it, it's real.

而此刻我们看到了真正的东西——完美，如果我们只是自己本然的真我，问题便会瞬间消失。

And at the moment we see the real thing, the perfection, there is no problem, instantaneously, if we will just be our natural Self.

但我们是在试图成为一个受限的小我，这就需要努力，当你的自然状态是无限的时候，限制自己是需要付出努力的，你越是试图限制自己，付出的努力就越多；

But we're trying to be a limited ego, that takes effort, it takes effort to be limited when your natural state is unlimited, and the more you try to be limited, the more effort it takes;

但做你的无限真我，这不需要努力。

But to be your unlimited Self, it takes no effort.

就像你的朋友一样，当她走到极端时，她放手了，一切就都理顺了，没有努力。

Just like your friend, when she got to extremes, she let go, everything was straightened out, no effort.

此前她一直在努力、努力，情况却变得越来越糟。

All the time she was trying and trying, things were getting worse and worse.

我说，她所要做的就是做她自己，即便她把自己锁在房间里，还挂上了把锁，事情也会自然地发生，你不用等待，也不用做任何事，你只需知道一切都是完美的，那么你最细微的想法也会立即实现。

I say, all she had to do is be her Self, And if she locked herself in a chamber somewhere with a padlock, the thing would have come to her, you don't sit down and wait, you don't do anything, you just know that everything's perfect, then the slightest thought you have will come into being immediately.

上帝和真我是没有限制的，即使你这样想也并不完整，但如果你放手，无论你想什么就都会实现。

There's no limitations on God, the Self, even if you thought this way and that not whole, whatever you thought would have to come into being if you let go.

因为你正在调用你的无限力量，没有什么能够阻止它。

Because you're invoking your infinite power, nothing can stop it.

祈祷是为那些尚未超越祈祷的人准备的，当你知道你所知晓的一切时，你在向谁祈祷？如果你就是那个人，你为什么还要向它祈祷？

Praying is for those who are not beyond praying, when you know as much as you know, to whom are you praying to? If you are that, why do you have to pray to it?

祈祷意味着承认二元性——我向上帝祈祷，这就是为什么大师说“需求”，而不说“请求”。

See praying admits duality, I pray to God, that's why master says "demand", he doesn't say "ask".

当一个人祈祷时，应该只祈求一件事，那就是更多的智慧，这样你就根除了对任何祈祷、任何请求的需要。

And when one prays, one should pray for one thing only, more wisdom, so that you eliminate all need for any prayer, for any asking.

然而，这一切都取决于一种理解的状态。

However, it all depends on one state of understanding.

如今，世界上的大多数人都需要祈祷，这是个开始。

Most people in the world today need to pray, it's a beginning.

但祈祷承认了二元性，这正是基督教世界上最薄弱的环节，即二元性，上帝在外面。

But prayer admits duality, now this is the weakest point in the Christian world, duality, god is out there.

然而，我们知道上帝在我们之内。

And we know that god is within.

尽管耶稣说：“要在你们之内寻求神的国。”但我们仍然在向外寻找上帝。Even though Jesus said: “seek ye the kingdom of god within”, we still look for God without.

然而祂并不在外面，祂只在我们之内，祂就是我们自己的存在。

and He's not out there, He is only within, He turns out to be our very own Beingness.

“我”这个词是不带有任何附加的上帝。

The word “I” is God with nothing added to.

当你仅仅说“我”时，那种“我”的感觉，就是真我，就是上帝；

When you just say “I”, that feeling of “I”, that's the Self, that's God;

但是当你说“是某物”时，那便不是了，或者“我是某物”，那也不是，而只是纯粹的“我”，唯有“我”，这才是你所看到的一切，也是你所知道的一

切，那就是上帝。

But when you say "Am something", that isn't, or "I Am something", that isn't, but just pure "I", and only "I", and that's all you see and all you know, that's God.

这就是为什么他们说“上帝比肉体更亲近”，那是“我”，“我”有多近呢？

That's why they say "God is closer than flesh", it's "I", how close is "I"?

它比肉体更亲近，那就是上帝，它在提醒你你所知晓的事——你就是那。

It's closer than the flesh is, and that is God, it's reminding you of what you know that you are that.

所以，只是抓住“我”这个词，只有我、我、我、我，你会比现在感觉更兴奋，当你独处时试试看，只有我、我，而不是“我是一个身体、我是一个心智”，而只是我、我、我，那种存在的感觉。

So, just hold on to the word "I", only I, I, I, I, and you'll be more exhilarated than you feel now, just try it when you're alone, just I, I, and not I am a body, I am a mind, but I, I, I, that feeling of being.

我认为，比任何其他词都更能描述上帝的词是“存在”，上帝是一切的存在，当我们向内看时，我们就是一切的存在，却假装自己只是它微小的一部分，即一个有限的身体、心智。

I think the word that describes God more than any other single word is Beingness, God is all Beingness, we are, when we look within, all Beingness, pretending were a tiny part of it, a limited body, mind.

但是当你向内看，你会发现我们是所有的存在，存在就是上帝，存在也是觉知、意识，其实是同一个意思，之后你会发现它们是相同的——存在、觉知、意识。

But when you look within, you'll see that we are all Beingness, so Beingness, Beingness is God, Beingness is also awareness, consciousness, it's the same word, later on, you'll see them as identical, Beingness, awareness, consciousness.

所以，做你自己，就永远不会存在问题。

So, be yourself and there never will be a problem.

在这个世界上看到问题是在试图成为一个受限的小我，即身体、心智。

Seeing a problem in the world is trying to be a limited ego, body, mind.

如果你认为你有一个问题，那你就会真的有一个问题；

If you think you have a problem, you do;

如果你接受上帝就是一切、上帝是完美的，那这就是一切。

If you will just accept that God is all, God is perfect, that's all there is.

看向完美，你所遇到的就只有完美。

And look at perfection, that's all you'll ever meet with.

你必须抹去所有“问题”、“不能”、“不会”、“不愿”这些负面词汇。

You have to wipe out the word “problem” “can't” “don't” “won't”, all negative words.

在未来，当人类处于一个和谐的状态之中时，所有这些词都会消失。

In the future, when man is in a state of harmony, all these words will disappear.

你上升得越高，就越能看到完美；

The higher you go, the more you see the perfection;

你所看到的问题越多，你的状态就越低，你谈论的都是问题，那些看到问题的人希望你和他们一样，他们会说你错了，这是你必须再次警惕的一点。

The more you see problems, the lower you are, what you're talking about is problems, if people who see them want you to be the way they are, will tell you that you're wrong, and this is one thing you have to be on guard again.

随着你的成长，那些不如你的人会试图把你拉低到他们的层次，要知道，不是你多能识别出问题说“哎呀，这是个问题”就能体现出无私，你爱的程度才会体现无私。

As you grow, those who are not up to you will try to pull you down to where they are, now it's not how much you recognize the problem and say "Oh, boy, this is a problem", that shows unselfishness, it's how much you love, that shows unselfishness.

当你爱的时候，无论你是否在外界付诸行动，你都是极具建设性的，只是感受到爱，你什么都不用做，你为这个世界做的贡献会比所有那些四处行动的行善者加起来还要多。

When you love, you're very constructive whether you're out swinging or not, just feel love, you don't have to do a thing, you'll be doing more good for the world than all the do-gooders put together who are out here in action.

因为念头比行动更有力量，它是行动的基础、是行动的启动程序，它先于行动存在，它决定着行动。

Because thought is far more powerful than action, it's the basis of action, it's the initiator, it comes before it, it determines action.

一个在山洞中独处的高级存有，他为这个世界所做的贡献远比那些所有联合

起来行动的组织所做的贡献还要多。

A high being sitting in a cave somewhere all by himself is doing far more good for the world than all these organizations that combine and get into action.

现在我们回到之前谈论的话题，最低的阶段是不作为，中间的状态是非常活跃的状态，最高的状态是无为。

Now back to what we were talking about before, the bottom stage is inaction, the middle state is a very active state, the top state is inaction.

现在最低的状态是一种惰性状态，具有破坏性，它只想让一切停止，实际上是要摧毁一切。

Now the bottom state is a one of inertia, it's destructive, it just wants to stop everything, actually destroy everything.

最高的状态是让一切只是它本来的样子，因为一切都是完美的。

The top state lets everything be just the way it is, because everything is perfect.

中间的状态是“行动状态”，它可能把你向上拉、或者把你往下拽。

The middle state is the action state with pulls you up or pulls you down.

当你开始上升时，那些处于活跃状态、具有破坏性倾向的人会试图把你拉到他们所在的层次，如果你与他们为伍，你的信念在哪里？

As you start coming up, those who were in the active state with the tomathic, destructive tendency will try to pull you down to where they are, where is your conviction if you go with them?

如果你和他们混在一起，你就会更倾向于认同他们的方式。

If you go with them, your tendency is to believe more the way they do.

现在，正确的方法很容易，任何时候情况变得艰难，那就是方法错了。

Now, the right way is easy, anytime it's difficult, it's the wrong way.

正确的方法是放手，让上帝接手，然后所有的问题就都会自行解决，没有任何努力。

The right way is letting go, letting God, and everything falls into line perfectly, no effort.

但当我们必须去做的时候，这不是上帝，而是我、小我，想要去行动，想要改变现状、纠正这个世界，诸如此类。

But when we only have to do, it's not God, it's me, the ego wanting to do, to change things, correct this world and so forth.

无论是什么，只要是能帮助你去做你认为应该做的事、去成为你认为应该成为的人、去了解你是谁及你是什么，都是最好的东西。

Whatever will help you to do and be what you think you should do and be, to know who and what you are is the very best thing.

有时候，你会放手，然后感受到你的真我，那是怎样的一种感觉？

There's been moments when you let go and felt your real Self, how does it feel?

此时此地，你就是无限的、全知的、全能的，就是这样，别再受限制，别再痛苦，别再受困了。

You're infinite, omniscient, omnipotent, right here and now, be that, stop being this limited, miserable, jam.

如果你想帮助这个世界，那就帮助你自己，你越有爱的能力，就越能帮到这个世界。

You want to help the world, help yourself, the more you're capable of loving, the more you're helping the world.

那句话是什么？议会无法书写世界，但有着爱的人可以。

What's that sentence? Parliament cannot write the world, the people loving can.

美国总统必然代表着全体美国人的意识及思想的总和，神圣的法则高于人定的法律，意识决定一切，这就是全部了。

The president of the United States must necessarily represent the sum total consciousness, the sum total thinkingness of all the people of the United States added together, divine laws supersede man-made laws, consciousness determines everything, that's all.

外界的存在都是意识，发生在我们个体身上的也是我们的意识。

There is out there, it's consciousness, what happens to us individually is our consciousness.

在这个世界中，我们不喜欢正发生在我们身上的事，我们所要做的就是改变我们的意识，然后这整个世界就会随之不同。

We don't like what's happening to us in the world, all we have to do is change our consciousness, and the whole world would not be any different.

你怎么看待“你就是那，你是全能、全知、全在”那句话的？

What do you think of that statement that “THOU ART THAT, you are omnipotent, omniscient, and omnipresent”?

仅仅只是倾倒你所不是的身体、心智以及限制性的存在，就这么简单。

Just dumping what you're not a body, a mind, a limited being, so simple.

这个世界的问题是无解的，你永远都在不停地解决世界上的问题，结果却有了越来越多的问题。

Now there's no solution to problems in the world, you go on forever and ever solving problems in the world, and you will have more and more and more.

只要你认定有问题，问题就会存在。

As long as you recognize problems, they exist.

让你放下问题的东西是问题的严重性，我们所做的就是把手伸进火里说：“哦，好烫，我的手被烧伤了，天呐，我遇到麻烦了。”我回到家就会说：“为什么要把手伸进火里呢？”就是这样。

The thing that makes you let go of problems is the severity of problems, what we do is we stick our hand in a fire and say: "Oh, it's hot, my hand is burning, boy, hey, I have a problem?" I come home, and I say: "Why stick your hand in the fire?" That's all.

如果你遇到了问题，就好比把手伸进了问题里，然后大喊疼，却表现得好像你没有把手伸进去一样，你装得不是自己在做这件事。

If you have a problem, you're putting your hand into a problem, and yelling it hurts, and acting as though you're not putting your hand into it, you act as though you are not doing it.

但那个问题只存在于你的意识里，它在你的心智中，改变你的心智，改变你的意识，外面的世界立刻就会发生改变。

But that problem is only in your consciousness, it is in your mind, change your mind, change your consciousness, immediately the world out there is changed.

试试看，你会发现确实如此。

Try it, and you'll see that it's so.

或者回想一下，你会发现这些心智改变世界就改变的事情早已发生过了。

Or think back and you'll see that these things have happened already.

更好的答案是和圣洁的同伴为伍，不是听他们的话，试图取悦他们，而是和你朝着同一方向前进的人交往。

The better answer to what to do is to keep holy company, rather than listen to them and try to please them, mix with people who are with you in your direction.

你很容易就能找到与你不同路的人，几乎无论你走到哪里，人们都不是和你同道的，那么为什么还要以那种方式去交朋友呢？

You'll have no problem finding people who are not, almost everywhere you move, people are not, so why make your friends that way also?

这就是为什么有团体是有好处的，这就是为什么集体冥想也是有好处的，星期三、星期五、星期日、星期一、星期二、星期四、星期六，然后在这期间只和那些有积极意识的人交往。

And that's why it's good to have groups, that's why it's good to meditate in a group, Wednesday, Friday, Sunday, Monday, Tuesday, Thursday, Saturday, and then in between just mix with people who are conscious of the positive.

这就是作为一个团体聚集在一起的最大好处，你的方向是.....你会不断被提醒自己的方向，你和那些朝着那个方向努力奋斗的人在一起，而你所处的氛围，实际上与这个世界希望你进入的环境相反。

That's the very prime good of coming together as a group, your direction is... You are constantly reminded of your direction, you are with people who are striving in that direction, and you were in an atmosphere that is moving actually opposite to what the world wants you to move in.

所以，尽可能地与圣洁的同伴为伍。

So, keep holy company as much as possible.

08.不存在任何问题 There Are No Problems 2

问候大家，爱你们每一个人，欢迎回到我们美丽的圣多纳，这里没人想改变我吗？（学生笑）尤其是当我说“这很简单，很容易”的时候。（学生大笑）但当然，我疯了，其他人都是对的。

Greetings, love to each and every one of you, welcome back to our beautiful Sedona, no one here wants to change me? Especially when I say "It's simple and it's easy", but of course, I'm crazy, everyone everyone else is right.

但我会一直对你说这些，直到你释放了想要改变我，几乎在一夜之间，你就会获得自由。

But I'll keep saying it to you until you let go of that wanting to change me and almost overnight you'll go free.

为什么？

Why?

因为你本来就是自由的，只是表现得、假装得好像自己不是一样，不是吗？

Because you are already free, acting and pretending as though you're

not, are you?

就是这样，这很难吗？

That's it, is that difficult?

只是做你的存在，除此之外你还有其他选择吗？

Just be your Beingness, do you have any choice otherwise?

没有，你是自由的，过去是、将来也永远都会是，只是别再表现得好像不自由了。

No, you are free, always were, always will be, just stop acting unfree.

怎么做？

How?

让心智安静下来。

Let the mind go quiet.

怎么做？

How?

摆脱你的 AGFLAP，你的心智就会安静。

Get rid of your AGFLAP, and your mind is quiet.

如果你做，就简单又容易；

Simple and easy if you do it;

如果你不做，就不可能。

If you don't do it, it's impossible.

那么，要做到全宇宙中最简单的事，也就是做你自己、成为无限，需要做些什么呢？

So, what does it take to do the most simplistic thing there is in the universe, which is to be yourself, to be infinite?

简而言之，我想我要在第一步里补充一点，第一步说的是“你想要真正的自由应该超过你想要其他任何事物”，我想补充的是：把你的所有想要、所有欲望都转化为一个——对获得自由的渴望，把你所有的欲望都转化为对获得自由的渴望。

To bring it down to the push and pull, I think I'm going to add something to step No. 1, which says you should want really freedom, more than you want anything else, I think I like to add to it, convert all your wants, convert all your desires to one desire to go free, convert all

your desires into the desire to go free.

现在，我向你保证，不出几个月，甚至几周内，你就能获得自由。

Now, I'll guarantee you, you'll get it in a matter of weeks, if not a few months.

把你所有的欲望都转化为对获得自由的渴望，你看接下来会发生什么？

Convert all your desires and into the desire to go free, you see what happens then?

在这个世界上，除了自由，你所追求的一切都与自由背道而驰；

Everything you go after in the world other than freedom is in the opposite direction of freedom;

在这个世界上，除了通往自由的方向，你所选择的其他任何方向都与自由背道而驰。

Every direction you go into in this world other than that of freedom is in the opposite direction of freedom.

你想在这个世界里发现你自己，你觉得这件事可以做到，或者那个人能做到，我不知道你们当中有多少人发现了这一点——只存在一种纯粹的幸福、一种纯粹的喜悦，那就是当你安静了你的心智、你只是存在的时候，这很难吗？

You're looking to the world to discover yourself, you think this thing can do it, or that person can do it, I don't know how many of you have discovered that there's only one single happiness, one single joy, and that's when you quiet your mind and you just be, is that difficult?

但如果你所有的欲望都没有集中在对获得自由的渴望上，你就是在背离自由，你是无法在没有自由的地方得到它的，这难道不简单吗？

But if all your desires are not focused in on the desire of going free, you're looking away from freedom, you're looking to get it where it is not, isn't that simple?

有谁不明白、不理解我刚才说的？

Is there anyone who doesn't see, understand what I just said?

认识到你所追求的东西不在那里，你所拥有的渴望不会满足你的所求，唯一的快乐就是做你自己，这样你就不会再去追逐彩虹了，也不再总向外求，你将开始保持向内，释放你的那些欲望、那些想要。

Recognize that what you're going after isn't there, the desire that you had will not give you what you're looking for, but the only joy is you being you, you'll stop chasing rainbows, you'll stop all the time being outward, and you'll start being all the time inward and releasing the desires, the wants.

首先，觉察到它们下面的认同、或控制、或安全，然后释放它们，否则你就是在浪费它。

First, get them under approval, or control, or security, then release them, otherwise you're wasting it.

你可以释放愤怒，但这不够有效。

You can release anger, but it is not effective enough.

释放一个单位的认同或控制等于释放了一个单位的各个感受。

Releasing one unit of approval or control is releasing one unit in every feeling.

所以释放认同或控制的效果比仅仅释放愤怒要强数百倍。

So releasing approval or control is releasing hundreds of times more than just releasing on anger.

你要花很长时间才能释放完所有的愤怒，有太多累积的愤怒了，每种感受都是这样，你已经积累了数百万年。

It would take you forever to release all your anger, there's too much of an accumulation of it, this goes for every feeling, you've been accumulating them for millions of years.

但是在认同或控制之下，你能把它们全都清除。

But under approval or control, you can wipe them all out.

首要的欲望、排第一的想要，就是对这个身体的绝对安全，对吗？

The number one desire, the number one want is for absolute security for this body, right?

为了获得那种安全，如果我能让你和其他所有人都认同我，我就安全了，我就会生存下去，对吗？

In order to get that security, if I can get you and everyone else to approve of me, I'll be safe and I will survive, right?

如果我做不到，那我就想让你认同我，这样我就安全了，我就能生存下去，这就是控制。

If I can't, then I want to make you approve of me, so I'll be safe and survive, that's control.

所以第一个愿望、欲望，是为了这个身体的安全；

So the first wish, desire is for security of the body;

第二个是认同；

the second is approval;

第三个是控制；

the third is control;

第四个、第五个，奇数项、无穷项都在情绪表上。

and the forth, fifth, odd infinite item is on the chart.

但是，如果消除第一个，即想要生存，就会消除其他所有的感受。

But knocking out the first one, wanting to survive will undo every other feeling.

当你不再以身体的形式想要生存，你就没有任何想要了。

When you no more want to survive as a body, you have no more want.

然后你会发现你在自己的永恒真我上开了个天大的玩笑，你能够让这个物质身体永远存续下去。

Then you'll discover the big joke you played upon your Self that you are eternal, that you could keep the physical body going forever and ever.

但比起把自己困在这具极其脆弱的物质身体里，还有很多更好的方式。

But there are much better ways than cooping yourself up in a very fragile physical body

你可以有一个完整、健全、完美的身体，它看起来像这个身体，但那是有瑕疵的；

You can be a whole, complete, perfect body, and it looks like this one, but that is defects;

或者你可以走完全程，进入全然、完整、彻底、绝对、波澜不惊的平静中，那只是存在，那只是意识，你只是意识本身，不是任何身体和你的身体，你只是意识本身。

Or you could go all the way into the total, whole, complete, absolute, imperturbable peace, which is just Beingness, which is just consciousness, you're just conscious, not of bodies and your body, you're just conscious.

也许最接近这种状态的，就像是一种你什么都不想的白日梦状态。

Maybe the nearest thing to it would be like a daydreaming state where you're thinking of nothing.

每个人都能够体验到这种终极状态。

Everyone can experience the ultimate state.

因为你一直都处于其中，当你的心智安静下来时，你能体验到这种状态。

Because you're in it all the time, and you experience it when your mind goes quiet.

只有心智会将你带离它，只有心智会制造喧嚣，这难道不简单吗？

It's only the mind that takes you away from it, it's only the mind that makes the noise, isn't that simple?

真的很简单。

It really is.

如果你做，就很容易。

And it's easy if you do it.

当你所有的欲望都集中在获得自由的这一个渴望上时，你就能做到。

You'll do it when all your desires focus into one desire, to be free.

在你确信自由是最令人向往的东西之后，你欺骗自己并且现在认为：是的，我想要自由超过想要其他任何东西。

After you are convinced that freedom is the most desirable thing there is, you kid yourself and you think now that: Yes, I want freedom more than anything else".

如果那是真的，你现在就已经自由了。

Were that true, you'd be free right now.

是的，我想要自由，但我还有在这个世界上所有的小玩意、表演和游戏，我也必须照管它们。

Yes, I want my freedom, but all my little toys and play acts and games in the world, I've got to take care of them also.

当你试图从外部体验一种外部所没有的存在时，这个世界的表演会把你带离你存在的方向。

The play acts of the world take you away from your Beingness in a direction when you're trying to experience a Beingness externally where it isn't.

当你的心智安静下来，你会发现整个外部世界都是你构建的，你设定了它，它只在你的心智中，当你的心智安静下来，你就会发现这一点。

And when your mind goes quiet, you discover you set up the entire externality, you set it up, it's only in your mind, and when your mind goes quiet, you discover it.

让你的心智安静，你会知道这个世界是什么。

Quiet your mind, you'll know what the world is.

我无法告诉你世界对你来说会是什么样。

I can't tell you what the world's going to be like to you.

因为世界对你来说是由你自己创造的，它只是你心智的外在投射。

Because it is to you what you make it, it's nothing but the out projecting of your mind.

现在要改变的是你对这个世界的态度。

Now what changes is your attitude toward the world.

当你看清它的本质时，你看它就像看待夜间的梦一样，当你从夜梦中醒来，它就在那里，但它是一个从未真正存在过的梦，那么你的态度该是怎样的呢？

When you see it for what it is, you'll see it like a night dream appears to you, after you awaken from the night dream, it's there, but it's a dream that never really was, and so what is your attitude?

在潜意识层面，你的心智会被那些感受卷入所有的行动中，这就是心智的本质——它是那些感受的集合。

Subconsciously your mind is sucked right into all that action by those feelings, that's what the mind is, it's a composite of those feelings.

心智只不过是扰动罢了，有这样一个词吗？

The mind is nothing but perturbation, be there such a word?

每一个念头都是一种干扰。

Every thought is a disturbance.

没有念头，你怎么生活呢？

How do you live without thoughts?

凭直觉，毫不费力地生活。

Effortlessly by intuition.

当你的心智安静下来后，你什么也不用做，只是见证，甚至不用移动，连一根手指都不用动，你见证着一切。

You don't do a thing after your mind is quieted, you just witness, without even moving, without lifting a finger, you witness everything.

所以，要做到这一点需要什么呢？

So, what does it take to do that?

不再有任何的 AGFLAP。

No more AGFLAP.

审视 AGFLAP，所有的感受都是为了身体的生存而设置的程序，你明白这一点吗？

See the AGFLAP, all the feelings are programs put in as pro-survival of the body, have you seen that?

所以，在潜意识层面，只要你还有一个感受，你就会为了生存而防卫。

So subconsciously as long as you have a feeling, you're on guard in order to survive.

但这些感受太多了，你不去看它们，就好像它们不存在一样，然后你把它称作“潜意识的”。

But it's so much of it, you look away from it as though it isn't, and you call it subconscious.

但只要你还有感受在潜意识里，你就会陷入巨大的混乱之中，你时刻都处于戒备状态，生怕自己死去，一天 24 小时都是如此，感觉想说一天 25 小时。

But as long as you have feelings subconsciously, you're in a tremendous turmoil, you're on guard lest you die all the time, 24 hours a day, felt like saying 25 hours a day.

如果我能让你明白我现在所说的关键点，这应该能帮助你停止追逐彩虹、停止在幸福所不在的地方追逐幸福。

If I can get you to see the points I'm making now, it should help you stop chasing rainbows, chasing after happiness where it isn't.

而且很明显你无法满足欲望，如果你能满足一种欲望，它就会消失，不再有欲望了，对吗？

And so obvious that you cannot satisfy a desire, if you satisfied a desire, it would be gone, no more desire, right?

你满足了，它就消失了。

You're satisfied, it's gone.

你需要多久才能在短时间内满足你现在所有的欲望呢？

How long would it take you to satisfy all your present desires in a short time?

你会处于一种满足的状态，你的心智会安静下来。

You'd be in a state of satiety, and your mind would be quiet.

但你越是试图满足欲望，它就会变得越强烈。

But the more you try to satisfy the desire, the stronger it becomes.

因为欲望是无法满足的，只有释放它才行得通。

Because there is no satisfying of a desire, there is only a releasing of it.

通过把所有的欲望都集中到对获得自由的渴望上，你必须变得没有欲望，要明白那才是你终极幸福的所在之处。

You must become desireless by focusing all your desire into the desire to go free, knowing that that's where your ultimate happiness lies.

你看，你不相信你的终极幸福就在于完全摆脱你的所有感受，如果你相信了，你就只会撤销它们、消除它们，只是让它们排出去。

you see, you're not convinced that your ultimate happiness lies in being totally free of all your feelings, if you were, you'd just undo them, undo them, just let them push out.

每个感受的每一部分都在试图把自己往外推，试图消耗它自己。

Every bit of every feeling is trying to push itself out, trying to expend itself.

然而你正坐在它上面，用同样多甚至更多的能量压制着它。

And you're sitting on top of it, holding it down with that much energy

plus a little more.

如果你不再压制那些被压抑的东西，它们就会在几分钟之内自行释放出来，这就像给压力水壶扎个洞一样，咻~~~你就自由了。

If you just stopped holding the suppressed stuff down, it would all run out on its own in a matter of minutes, it would be like puncturing a pressure kettle, you'd be free.

你有没有看到自己对那些束缚、对那些困住你的东西抓得有多紧？

Do you see how much you're holding on to the bondages, the things that are keeping you bound?

每一个欲望都像一根缠绕在你身上的铁链，把所有的欲望加起来，你就有了所有正在绑着你的铁链了。

Every desire is like an iron chain around you, count up all the desires and you have all the iron chains that are binding you.

所以，总结一下，你得让自己相信，终极幸福就是自由，然而终极自由是不再有任何的 AGFLAP。

So, to sum it up, you've got to convince yourself that the ultimate happiness is freedom, and the ultimate freedom is no AGFLAP.

当你做到这一点的时候，你自然会将所有的欲望都转化为获得自由的渴望，然后你会迅速获得自由。

And that when you do that, then you'll naturally convert all your desires into going free, and you'll do it quickly.

我们希望你实现目标的原因是，带出那些关于目标的反对程序、障碍、消极感受，这样你就能够释放它们。

The reason why we wanted to achieve goals is to bring up the antis to it, the blocks, the negative feelings, so you can release them.

在你释放它们之后，你会确信并勇往直前、全力以赴，

After you release them, you get convinced and go for it, go all out for it,

然后你会发现自己想一想就能立即拥有各种事物。

and you'll discover you can think and instantly have things.

我觉得在座的每一位都有过毫不费力、仅仅只是想一想它、事物就达成了的经历。

I think everyone here has had experiences of things coming without effort, just for the thought of it.

如果它发生了 1 次，它就能发生 2 次；

If it happens once, it can happen twice;

如果它发生了 2 次，它就能发生 4 次；

If it happens twice, it can happen four times;

如果它发生了 4 次，它就能发生 16 次；

if it happens four times, it can happen 16 times

如果它发生了 16 次，它就能发生 64 次；

If it happens 16 times, it can happen 64;

然后继续、继续.....

And on and on...

直到一切都完成为止。

Until it's all done.

然后，你只需要想一想就让世界发生。

Then, you just think and let the world happen.

你会发现我们的整个方法就是释放，

You notice our whole approach is letting go of,

我们永远不会费力地、试图极端地做某件事情，

we're never with effort trying to extremely do something,

这与那个积极思考的世界中过度用力的做法不同，

the pounding of the positive thinking world,

你必须让世界是它本来的样子。

you've got to allow the world to be what it is.

你必须付出的只有一种努力，

There is one effort you must use,

那就是将你所有的欲望都转化为获得自由的这一个渴望，

and that is to convert all your desires into one desire to go free,

这是你需要付出、并且应该付出的努力。

that is the effort you need to use and should use.

只是把你在这个世界上浪费的所有努力，都投入到想要自由中，然后你很快

就会获得自由。

Take all that effort that you're wasting out there on the world, put it into wanting freedom only, and you'll get it quickly.

现在，你成长最快的时刻就是当你到达高处的时候。

Now, the times you can grow the fastest are when you're up high.

我们大多数人在这个世界让我们痛苦不堪、再也无法忍受的时候才使用这个方法，然后我们释放。

Most of us will use a method when the world is hurting so badly, we can't stand it anymore, then we release.

当你升到高处的时候，也应该释放。

You should release when you're up.

当你升至高处时，你能够向下并触碰到深处的对死亡的恐惧、对生存的恐惧、对作为一具身体的想要生存和分离的恐惧。

When you're up high, you can bend down low and deep to get a hold of the fear of dying, the fear of living, the wanting to survive as a body, the fear of separation.

当你在高处时，你能够解决掉那条底线，也就是安全。

It's when you're high, you can tackle the bottom line, security.

现在，当你不再有对死亡的恐惧时，你就完成了；

Now, when you have no more fear of dying, that's it;

或者当你自由的时候，你会嘲笑死亡，它和你想的正好相反。

Or when you're free, you laugh at dying, it's just the opposite of what you thought.

你经历过最大的死亡其实是出生，当你死去时，你会有一种自由的感觉，那是你在这个身体里所体验到的最大的自由。

The greatest death you ever went through was being born, and when you die, you get a sense of freedom, that's the greatest you ever had in the experience of this body.

所以，再次强调，把你所有的想要、所有的欲望都集中到对获得自由的渴望上来，

So, again, focus all your wants, all your desires into the desire to go free,

把所有的 AGFLAP 都拿出来，

get all the AGFLAP out,

做你自己，没有限制，

and be what you are, unlimited,

摆脱你的 AGFLAP，然后你的思想就能毫不费力地创造；

get rid of your AGFLAP, and then your thinking will create without effort;

摆脱 AGFLAP，你能成为世界上的头号歌手、头号女演员，不过，在那时你也不会有这样的需要了。

Get rid of the AGFLAP, you can be the No. 1 singer, the No. 1 actress in the world, you won't have a need for it though.

在你生命中的每一刻，你都处于某种情境之中，有没有哪一刻你不在任何的情境里？

You're in the situation every moment of your life, is there a time when you're not in a situation?

那就是当你睡着的时候。

When you're asleep.

在你获得自由之前，你永远不知道自己接下来会做什么，

You'll never know what you're gonna do after until you go free,

你可能会一路坚持成为顶尖歌手，然后放手。(学生笑)

you might carry through on being the No. 1 singer, and then let it go.

你不需要任何东西，当你自由的时候，你是一切，你不必追逐一切，每个人都是你，一切都是你，这都是你的造物。

You don't need anything, you are the all when you're free, you don't have to go for everything, everyone is you, everything is you, it's your creation.

但是再说一次，如果我们觉得自己做不到，那就把它设为一个目标，它给了我们一个释放的机会，但你现在并没有特别强化这一点。

But again, if we think we can't, we make a goal of it, it gives us an opportunity to release, but you aren't any super intensive now.

我现在告诉你，放下这一切，为什么还要继续努力、苦苦挣扎呢？

I'm telling you, drop the whole thing, why keep working pushing it?

摆脱你的 AGFLAP。

Get rid of your AGFLAP.

如果你释放了 1 次，你就能释放 2 次；

If you're released once, you can release twice;

如果你释放了 2 次，你就能释放 4 次；

If you release twice, you can release four times;

你能把一切都释放掉。

You can release the whole thing.

你为什么不释放一切呢？

Why don't you release the whole thing?

因为就像我在一开始说的，你渴望的是别的东西，而不是自由。

Because of the first thing I said, you have desire for rather than freedom.

欲望是你的敌人，

Desire is your enemy,

欲望是你的头号敌人，

desire is your No. 1 enemy,

利用你的头号敌人，把它拿来对付它自己，

take your No. 1 enemy and use it against itself,

把你的头号敌人，也就是欲望，转化为对自由的渴望，以牙还牙。

take your No. 1 enemy desire and convert it into the desire for freedom,
and be fighting fire with fire.

当我说把你的头号敌人“欲望”都集中到对获得自由的渴望上时，你听起来觉得怎么样？

How does that sound to you when I say take your No. 1 enemy desire
and focus it in on the desire to go free?

但让我困惑的是，你们所有人都觉得释放是一件很棒的事，然而你们却不释放到底，你们就是不释放到底，为什么？你们能告诉我吗？

But it does puzzle me as to why all of you discover that releasing is a
great thing and that you do not take at all, you just don't take at all,
Why? can you tell me?

你的程序接管了一切，你的程序有思想、有力量、有冲击力，它们会影响你，对吗？

Your programs take over, are your programs have a mind and a power
and a punch and they hit you, right?

恭喜你对自己的程序负起责任。

Congratulations for taking responsibility for your programs.

因为只要你把自己的力量交给这些程序，你就完了。

Because as long as you give your power to the programs, you're finished.

但究竟是谁赋予那些程序力量的？是谁在抓着它们？

But who gives the power to those programs? Who holds on to them?

瞧，又回到了想要上，你不想去看它们。

See, it's back to want, you don't want to see them.

这就是基本原则，方法就是释放想要、想要、想要、想要、想要、想要.....

And that's the basic principle, and the method is the letting go of want, want, want, want, want...

当不再有想要时，你会发现你就是整个宇宙的全部。

When there's no more want, you'll discover you are the all of the entire universe.

我仍然认为，你需要将所有的欲望都集中到获得自由的渴望上。

I still see it as you're needing to focus all your desire into the desire to go free.

我觉得我们应该强化和超级强化第一步，不是想要自由超过想要认同或控制，而是把我们所有的想要都集中到想要获得自由上，这样就行了。

I think we ought to make that step one of the intensive and super intensive, not wanting freedom more than we want to approve or control, but taking all our wants and focusing them into the want to go free, that will do it.

如果你去做，它简单而且容易。

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

所以，我现在对你说的是：直接去做。

So what I'm saying to you now is do it.

总的来说，你外界的所有时间，都是在朝着错误的方向前进，你以为你的幸福和安全在那个世界里。

In general, all the time you're out in the world, you're going in the wrong direction, you think your welfare and security lies out there in the world.

只有当你在释放的时候，才是在正确的方向上。

That's only when you're releasing that you're in the right direction.

参加这样的课程是你所能做的最棒的事，这让你暂时停止在错误的方向上前行，并专注在正确的方向上前进。

Coming to courses like this is the very best thing you can do, is stopping going in the wrong direction for a while to concentrate on going in the right direction.

是时候像修行的兄弟姐妹们一样，齐聚一堂，下定决心立刻获得自由了。

It's about time you got together under one roof, like brother monks and sisters with the resolve to go free immediately

如果你满足了那个获得自由的渴望，你的心智就会完全安静下来，你只是存在，那感觉棒极了。

If you fulfill that desire, your mind goes quiet and you're being, it feels great.

认识到那种美好的感觉究竟是什么，这个世界上只有一种纯粹的幸福，那就是当你成为你的存在时，去发现这一点。

Recognize what that good feeling is, there's one single joy happiness

only in this world, that's when you're being your Beingness, discover that.

它们会加快你前进的步伐，而不是试图满足欲望。

They'll expedite your going directly forward instead of trying to fulfill desires.

现在，因为它让你感觉很棒，你自然会想释放一次又一次、一次又一次、一次又一次、一次又一次.....直到永远。

Now, because it made you feel great, you'll naturally want to do it again and again and again and again and again and again and again and again, and here until eternity.

欲望，我的敌人，“欲望是我的敌人”，把这句话记在你的脑子里是个不错的座右铭，你也可以把它换成任何你想用的语言来表述。

Desire, mine enemy, desire, mine, m-i-n-e enemy is a good motto to keep in back of your head, or put it in any language you want.

我在引用.....我想这是圣尤蒂斯瓦尔写的一首歌，还是别的什么人写的——欲望，我的敌人。

I was quoting, I think it was Yukteswar wrote a song or somebody wrote a song, desire, my my enemy.

但欲望就是你的敌人。

But desire is your enemy.

因为欲望只是匮乏的痛苦。

Because desire is simply the agony of lack.

09.成为你之所是的步骤 The Steps to Being What You Are 1

今天早上，我想帮你们认清我们能意识到的三种状态，帮你们发现自己所处的位置、你要去往的方向，以及如何到达那里。

This morning, I would like to help you identify with the three states that we are conscious of, and help you discover where you are at and where you need to go and then how to go there.

我想把重点都放在这上面，而且我已经把它们都写下来了，我觉得你们最好把这些内容抄下来带在身上。

I would like to keep it mostly up there and I've written it all down, I think it would be very good for you to copy it and take it with you.

因为如果你们理解了我在这里写下的这些句子，你们就在那里了。

Because if you understand these sentences that I will put down here, you will be there.

这样将来你们可以看着它们，读一读它们，并试着把这些知识变成你自己的知识。

So in the future, you can look at them, read them, and try to make that knowledge your knowledge.

当你们这样做的时候，这就对了。

When you do, that's it.

所以，要辨识出你所在的位置。

So, to identify where you are at.

你知道你就在那里，当我只是问你“是你吗？”，你说“是”的时候，就是了，它设定了你的心智、你的身体和世界，这是你可以觉察到的这三个东西。

You know there's you, and that's simply when I ask "Are you?" and you say "Yes", that's it, which sets up your mind, which sets up your body and world, and so you are aware of these three things.

现在，真正的你、你的本然、你的存在、你的实相等等，其实都是同一个东

西，它没有限制、是完整、圆满、完美且永恒的。

Now, the real you, your Beingness, your amness, your existence, your areness etc, it's all the same thing, has no limitation, it's all, complete, perfect, eternal.

当你认同这一点的时候，你就完成了。

And when you identify with that, that's it.

但是你已经构建了自己的心智，它历经岁月，现在已经很古老了，被各种程序以及由此产生的想法塞得满满当当。

But you have already set up your mind, which is ancient by now, and is extremely overloaded with programs and their resultant thoughts.

你最大的程序是“我就是这个身体”，为了让这个身体生存下去，有无数件必不可少的事要做，这些事情让你一天 24 小时忙得团团转，一会儿忙着做事，一会儿休息，然后又接着做事、休息.....

And your biggest program is "I am this body", with all the incumbent millions of things, I need to do to keep it surviving, and these things keep you busy 24 hours a day, working at them, resting from them, working at them and resting from them...

所以，试着找出自己所处的位置，忆起你上升到这里时的体验。

So, try to find out where you're at, remember the experiences you had when you were up here.

第一个，记住那种状态是多么美妙，这会鼓励你不断尝试，直到你能一直保持那种状态，第一个是真正的你、是不变的你；

Number one, remember how wonderful that state was, it will encourage you to keep trying until you can sustain that state all the time, number one is the real you, is the changeless you;

第二和第三个是小我人格的你、是虚构的你、是故事中的你、是程序化的你，在第二和第三个中，你累积并背负着千百年来给自己施加的所有限制。

Number two and three is the ego personality you, is the fiction you, is the story you, is the program you, in 2 and 3, you gather up and hold all the limitations that you have placed upon yourself over the millennia.

那么，我们需要做些什么呢？

So, what do we need to do?

回溯我们来时的路，开始消除成为身体、成为心智的概念。

Backtrack the way we came, Start undoing the concepts of being a body, of being a mind.

当然，你们都知道怎么做，释放。

And of course, you all know how to do that, release.

这是你们的基本程序，认同、控制和安全。

That's your basic programs, approval, control, security.

这里的三种状态，正如你们所知道的，存在就只是你们的“存在状态”，如果你是你的存在，别无他物；当你是你的存在时，完全没有他物的概念，你们在外面看到的也只有“我”。

And the three states that in here, as you know, being is your Beingness only, if you are being your Beingness, there is nothing else; When you are being your Beingness, there is no otherness whatsoever, and what you see is I only out there.

就像我之前说的，如果你真的理解了我所说的，你就在那里了。

As I said before, if you really understand what I'm saying, you're there.

所以请把这些写下来，带回家并去做，直到你稳稳地处于那里。

So please write these down, take them home with you, and work on them, until you are established There for the capital T.

“行动状态”当然指的是你在这个世界中的地位、位置，

The doing state of course is your position, your place in the world,

你上升得越高，就越自由；

the higher up you are, the greater you are with freedom;

你越有所作为，你的地位就越高；

The more you are doing, the higher your place;

在存在中，总统比参议员地位高，参议员高于众议员，众议员又高于普通民众，他们已经释放了足够多的东西，大部分处于“行动状态”。

The president in Beingness is higher than the senate which is higher than the house which is higher than the average public, they have released enough to be mostly in the doing state.

当然，这些都是企业巨头、所有的大实干家、大成就者。

Of course, these are your corporate heads, all the big doers, all the big achievers.

而这里 95%的人都处于“拥有状态”，他们认为自己的幸福在于拥有，“要是我能拥有这个、要是我能拥有她、要是我能拥有他、要是我能拥有这辆车、要是我能拥有一辆劳斯莱斯、一辆玛莎拉蒂、要是我能拥有一百万等等等等……”。

And down here we have 95 percent of the population who are in havingness, who think their thing lies in having, "If only I could have this, if only I could have her, if only I could have him, if only I could have this car, if only I could have a Rolls Royce, a Maserati, if only I could have a million and on and on and on it goes".

你总是在认同各种事物，认为这些事物能给你带来幸福。

And you're constantly identifying with things, that things give you your welfare.

你向上移动，踏入无畏，在这两者的正中间，你正处于“行动状态”中。

You move up, get into courageousness and right around both sides of that, you're in doingness.

向上进入“存在状态”，我们处在那里的人甚至不足人口的1%，可能连1%的零头都不到，我们什么都不用做，只是一直认同着存在，

Up in Beingness, we don't even have 1% of the population there, it's a small fraction of 1%, we'll do nothing but all the time identify with their Beingness,

他们就是基督、佛陀、尤迦南达、罗摩·克里希纳等等，他们从不在世间为生计而工作。

they are the Christ, the Buddhas, the Yoganandas, the Rama Krishnas etc,

they are never out there in the world working for a living.

所以，在这里，我们只有不到 1%的一小部分。

So, up here, we have a small fraction of 1%.

在“行动状态”的领域，占大约 5%，小的做者是那些自己出去做小生意的专业人士，他们不必打卡上班，也不在别人手下工作。

In the doingness area, you have about 5%, smaller doers are professionals that go out on their own small business people, people who don't have to punch a time clock, people who don't hold jobs under someone else.

工作是一种奴隶意识。

Holding a job is a slave consciousness.

我只能靠给别人工作、按照别人的吩咐做事来维持生计。

I can only live by working for someone else, doing what they tell me to do.

要是这个地球上没有奴隶意识，就不会有人为别人工作了，那将是一个完全彻底的合作社会。

Had we not be slave consciousness on this earth, no one would be

working for anyone, it would be a totally, complete, cooperative society.

所以你看我们把自己折腾到了什么地步，我们真的跌到了谷底。

So you see where we have gotten ourselves to, we really went down to the bottom.

但现在我们正在从谷底往上走，向上，不断攀升。

But we are now coming up from the bottom going up, up and away.

“拥有状态”就是你的存折和财产，我觉得这点是显而易见的。

Havingness is your bank book and possessions, I think that's kind of obvious.

你所认同的有三样东西：你——也就是你的存在、你的心智以及你的身体。

There's three things that you identify with, you, your Beingness, your mind and your body.

现在，真正的你是你的存在。

Now, the real you is your Beingness

当你认同你的存在时，你处于最美妙的状态中。

And when you're identifying with your Beingness, you're in the most wonderful state there is.

而当你认同身体时，你处于最糟糕的状态，你会不断陷入麻烦之中，

And when you're identifying with the body, you're in the worst state there is, and you're in constant trouble,

而且你在试图让一个终将消逝的东西生存下去，你把所有的时间都花在做那件蠢事上了。

and you're trying to survive a thing that will not survive, and you're spending all your time doing that stupid silly thing.

现在，当你释放你的程序时，你会减少对身体的认同，从而更多地认同你的存在。

Now, as you release your program, you identify less with the body and more with your Beingness.

当这些程序离开后，你自然就会一直认同你的存在了，就是这样。

When the programs are out, it's only natural for you to identify with your Beingness all the time, and that's it.

所以，下次你上升到这里，尽可能地保持在那里，从那里，你真的能够把所

有的垃圾都清除出去。

So next time you get up here, remain there as much as you can, and from there you can really get up the garbage.

把它写下来是不可能的，你无法描述“存在”。

It's impossible to write it down, you cannot describe Beingness.

要使用文字，你就必须从“存在状态”降下来，进入心智当中。

In order to use words, you have to come down from Beingness into mind.

心智永远无法理解存在。

Mind can never comprehend Beingness.

因为心智低于存在，你可以忆起那种美妙的感觉，并希望通过倾倒程序、用你的心智回到那里。

Because it's below it, you can remember it was great, and want with your mind to go back there by dumping the programs.

没有了程序，你会一直在那里。

No programs, you're there all the time.

如果你掌握了这些概念，这将帮助你继续向上移动。

If you get these concepts, it will help you keep moving upward.

当你抵达那里时，利用那个状态，让最深处的垃圾浮上来、排出去，从而保持在那个状态中。

And when you get there, using that state to remain in that state by getting the deepest garbage up and out.

当你上升到那里时，理论上，你可以像这样倾倒所有的垃圾。(莱斯特打了个响指)

When you're up there, you could theoretically like that dump all the garbage.

“我不是所有的那些垃圾，搞定它！”

“I am not all that garbage, done with it.”

理论上讲，如果你愿意这样做的话，这是可行的。

It's theoretically possible if you'll do it.

但你至少可以做到，当你上升到那里时，释放，倾倒那些正在涌现的感受。

But the least you can do is when you're up there, work, to dump the feelings that are coming up.

如果它们没有浮现，那就沉下心，深入挖掘，把它们找出来，你可以深入探寻。

And if they're not coming up, duke down, dig down, look for them, you can look down.

因为你在高处，你完全有能力处理并释放它们。

And because you're up, you are very able to handle them and release them.

只是敞开，让它们出去，就能停止压抑的状态，所有的压力都会离开。

Just opening and letting it out is stopping holding it down, really all that pressure would push out.

抗拒，我们正在耗费能量去压制那些所有被压抑的 AGFLAP。

Resistance, we're using energy to hold down all that suppressed AGFLAP.

所以，没错，当你不再压着它，它就出去了。

So, yes, when you stop holding it down, it goes out.

当你上升到高处时，这种情况会非常明显。

When you're up there, it happens much more so.

因为你不会愚蠢地压着那些垃圾，不会像你在里面打转、挣扎时做的那样。

Because you are not going to stupidly hold that garbage down, as you do when you are spinning in it, swimming in it.

当你深陷其中时，你会以为那些垃圾就是你；

When you are down in it, you think the garbage is you;

当你在高处时，你知道不是这样的，所以你愿意把它释放出去。

When you are up there, you know it isn't, so you are willing to let it go out.

当你释放时，你就是在上升；

When you're released, you're up;

当垃圾起作用时，你就会陷进去。

When the garbage is in play, you're down.

认识到你永远是你的存在，在这一点上你没得选，让我看看你不存在的样子，你能做到吗？

See you are always your Beingness, you've got no choice on that, let me see you not be, can you do it?

即便是那些试图通过自杀来消失的人也没能成功，他们反而用更好的身体感受到了更强烈的活着的感觉。

Even those who try to be by committing suicide don't succeed, they get a sense of thing more alive with a better body.

不存在是不可能的，这就是整件事的荒谬之处。

It's impossible to not be, this is a ridiculousness of the whole thing.

你就是那，你就是你所追寻的，你是一个无限的存在，这是你的本质，认同它，仅此而已。

THOU ART THAT, which thou art seeking, you're an infinite being, it's your Beingness, identify with it, that's all.

我有五个词来表明自由的状态，你可以把它作为一个要实现的目标。

There is, I have 5 words and indicate the free state that you can use as a goal to be achieved.

这是你词汇库里最重要的五个词，也是你心里最重要的五个词，当你一旦获得其中任何一个时，你都能处于这种自由的状态。

Five of the most important words in your vocabulary, five of the most important words in your mind, any one of which when obtained has you in this state of freedom.

第一个，你到达一个没有任何人或任何事物能够再打扰到你的状态，

Number one, you get to the place where no one and nothing can ever disturb you again,

即便死亡就在你面前，也不会扰乱你一丝一毫，而且你可以看着自己，你可以面带微笑地看着自己的身体慢慢被挤出去。

even death facing you doesn't disturb you one bit, and you could watch yourself, you could watch your body being squeezed out slowly with a big smile on your face.

当你上升到这里时，没什么东西，甚至是死亡本身、接近死亡也无法打扰你。

When you are up here, nothing, not even death itself can disturb you, not even not even approaching death.

无欲是心理上的安静、心理上的平静。

Desirelessness is mental quiety, mental quietness.

欲望是匮乏的痛苦，当它得到满足时，心智会暂时停止躁动，你就是你的存

在了，这很棒，这是一种愉悦，也是一种幸福。

Desire is the agony of lack, which when fulfilled, momentarily stops the mind from its agitation, and you are being your Beingness and it's great, and it's a pleasure, and it's happiness.

你没意识到的是，让你快乐的不是某个东西、也不是某个人，而是你念头的平息。

What you don't see is that it was not the thing, it was not the person, but it was the quieting of your thoughts that made you happy.

别再把幸福寄托在关系上了，你无需靠他人获得快乐。

There goes all hanging on relationships, you don't need the other person to be happy.

现在，我不是说要结束所有关系，而是要知道它的本质，你的关系是在满足一种需求、一种欲望，释放这种欲望，然后你可能会继续这段关系，也可能不会。

Now, I'm not saying break up all relationships, know what it is, your relationship is filling a need, a desire, release the desire, then you might continue the relationship and you might not.

如果你继续的话，你所有的努力都是为了帮助对方发现你所发现的东西。

If you do, your whole effort is to help the other one discover what you discover.

所以，从根本上说，一段关系应该是希望帮助对方获得自由。

So, a relationship should be basically wanting to help the other one go free.

如果不是这样的话，我会说这种关系是病态的，你们所有人都从自身的经历中明白了这一点。

And if it isn't that, I say it is sick, as all of you know from your experiencing.

你人生中最大的痛苦就来自于你们的关系，你得到了片刻的欢愉和巨大的痛苦。

Your greatest misery in life is from your relationships, you get moments of pleasure and tremendous amounts of pain.

当你正确地认同你的存在，并渴望释放对另一个人的贪恋、认同和控制时，所有的这一切都会消失。

All that disappears when you identify properly with your Beingness and have the wish to release the attachments, the approval, the control over the other one.

如果你想要一种表述方式，你可以说：“他人即上帝，我的孩子是上帝的孩子。”

If you want an expression, you can say: "The other one is God, my children are God's children."

释放，放手，让上帝接手，你的孩子会长得非常出色。

Release, let go, let God, and your children will come up the best.

所以，欲望是我们的头号敌人，它是一种人为制造的匮乏，我们不断地试图满足它，却永远、永远、永远都无法满足它。

So, desire is our number one enemy, it's an artificially created lack which we continually try to satisfy and never, never, never satisfy it.

你所拥有过的任何欲望，没有一个是真正满足过的。

There isn't a single desire you've had that you've ever satisfied.

因为你越是试图满足它，欲望就变得越强烈。

Because the more you try to satisfy it, the stronger that desire becomes.

满足欲望是不可能的，释放它才是完全可行的。

It's impossible to satisfy desire, it is very possible to release.

你看，如果你能满足欲望，你就能一次性拥有一切，然后你就满足了。

You see, if you could satisfy desire, you'd have everything once and you'd be satisfied.

但是在试图满足那个欲望的过程中，你只是一次又一次、永无止境地想要它。

But in trying to satisfy that desire, you just want it again and again and again and forever.

所以，欲望是我们的头号敌人。

So, desire is a number one enemy.

当你释放掉那种匮乏的痛苦时，你会发现你拥有了一切，毫不费力，整个宇宙都属于你。

And when you let go of that agony of lack, you discover you have everything, the universe is yours with no effort.

所以第三个就出现了，既然宇宙是你的，你需要付出什么努力才能拥有它呢？

And so number three comes into being, since the universe is yours, what effort do you have to go through to get it?

什么都不需要。

None.

实际上，生活变得毫不费力。

Life actually becomes effortless.

因为一切都是我的，没必要为了得到它而挣扎、抢夺和争斗。

And since everything is mine, there's no need to struggle, scratch and fight to get it.

所以，我们获得了一种无为的内在感受。

So, we get the inner sense of actionlessness.

这让我想起我第一次发现这一点的时候，我当时正沿着第 57 号街朝着第六大道和第七大道之间的汉堡天堂走去，我说：“保罗，我们从未移动过。”接着我继续往前走，“我们从未移动过，保罗。”在我们正走进餐厅时，我非常激动地告诉他我们从未移动过。

It reminds me of a time when I first discovered this, I was walking down 57th Street toward Hamburger Heaven between 6th and 7th Avenue, and I says “Paul, we have never moved”, now I'm walking along, “we have never moved Paul”, I was so excited telling him we have never moved as we're walking into the restaurant.

从那时起，它就从未离开过我，我从未移动过。

And since that time, it's never left me, I have never moved.

真正的我从未移动过，它无法移动，它是全在的，它能移动到哪里去呢？

The real I has never moved, it can't, it's omnipresent, where is it gonna move to?

但是，在心智屏幕上虚构出来的身体却编造出了一种移动，但这不是真的。

But the fictionalized body on the screen of the mind concocts a movement, but it's not real.

10.成为你之所是的步骤 The Steps to Being What You Are 2

你的心智就像电影院架子上的屏幕，它是不变的，它是纯洁的，它是纯粹的，它是静止不动的，它是毫不费力的，它是波澜不惊的，但投射在屏幕上的可能是人群、打斗、战争、洪水、火灾、暴乱，这对屏幕会有什么影响呢？

Your mind is like the screen in a cinema shelf, it's changeless, it's white, it's pure, it's actionless, it's effortless, it's imperturbable, but projected on that screen can be people, fights, wars, floods, fires, riots, what does that go to the screen?

没什么影响，对我们来说就是这样。

Nothing, and it's exactly that way for us.

然而，如果你在看电影，并且觉得自己是那个角色，而那个角色在受苦，你就会哭泣。

However, if you're watching a movie and you think you are the character, that character is suffering, you're crying.

同样地，你认同这个身体以及你为它设定的所有程序。

Likewise, you identify with this body and all the programs you set up for it.

如果你不认同这个身体，如果你不认同这个屏幕以及屏幕上所投射出的画面，你会发现你是那个波澜不惊、无欲无求、毫不费力且静止不动的存在，你只是见证着一切。

If you don't identify with the body, if you don't identify with the screen, with the projected pictures on the screen, you discover you are the imperturbable, desireless, effortless, actionless being, just witnessing.

当这些事情发生时，你会有一种“我从未移动过”的感觉，从那一刻起，你会像看电影一样见证着世界的变迁，你会以这种方式看待整个世界。

When these things set in, you hold the sense that I have never moved, and from that point, you witness the world go by the same way you witness a moving picture, you see the entire world that way.

为了帮你抵达那里，我把几个有用的指引分成几个看似相关的类别罗列了出来。

To help you get there, I set out helpful directions in several groups that seem to group together.

如果你能持续不断地认同你的存在，你就会一直处于一种美妙的、至高的状态，这将有助于你永远地建立这种状态。

If you will constantly keep identifying with your Beingness, you will stay in such a beautifully high state, it will help you establish it for all time.

试着不断地认同“我是”。

Try to keep identifying with “I am”.

另一件事是只持有“我，我，我，我”的想法，别无其他。

Another thing is to hold the thought “I, I, I, I”, nothing else.

因为当你只说“我”而不带任何附加内容时，这就是你的存在。

Because when you say “I”, just alone without anything with it, it's your

Beingness.

当你自由的时候，这就是你所拥有的意识感，一直都是“我”，就像维韦卡南达所说的，当祂到达终点时，祂发现除了“我”，从来就没有别的东西，只有“我”。

And when you're free, that's the sense of consciousness you have, just I all the time, as Vivekananda said, when He reached the end of the line, He discovered there never was anything but I all alone, there's nothing but Iness.

而“我”投射出了所有所谓的“其他”，但既然它是“我”的投射，那它就是“我”。

And the Iness projected all the supposed otherness, but since it was a projection of the "I", it is the "I".

第三，不做“做者”，如果你在认同你的存在，你就不会把自己视为一个做者。

Number three, be not the doer, if you are identifying with your Beingness, you don't see yourself as a doer.

我还记得当我刚开始和人们交谈的时候，他们会说：“你是个老师。”我会说：“不，我不是。”他们会说：“是的，你是。”而我会说：“不，我不是。”

I can remember when I first started talking to people, they would say:

“You're a teacher.” I'd say: “No, I'm not.” They'd say: “Yes, you are.”

And I say: “No, I'm not.”

我无法想象自己在教导，无法想象在和除了自己以外的任何人交谈，如果我在和自己交流，那我就不是老师了。

I could not see myself teaching, talking to anyone other than me to me, if I'm talking to me, I'm not being a teacher.

所以试着体验到不是做者的感觉，做“存在者”，不是“啤酒”这个词，是“存在”，还有个撇号。

So, try to get the sense of being not the doer, be the “be”er, that's not b-e-e-r, that's b-e-apostrophe.

好了，现在，第四点非常重要，它会为你省去很多努力。

Okay, now, number four is a very important one, it's going to save you so much effort.

只存在一种纯粹的幸福，那就是当你通过安静心智来满足欲望、从而做你的存在时，这便是唯一的幸福。

There's only one single happiness, and that is when you are being your Beingness by quieting your mind in satisfying desires, it's the only happiness there is.

当你是你的存在时，你却错误地将它归因于事物、人。

When you're being your Beingness, and you wrongly attribute it to the thing in person.

所以如果你能养成一种习惯，即：留意到你体验到的所有幸福的感受，都出现在你安静下来并只是存在的时候。

So if you make it a habit of noticing that all the feelings of happiness you experience are when you're quiet and just being.

如果你能做到这一点，你就不会再生生世世地去外界追逐那并不存在的幸福了。

If you will do that, you will stop chasing lifetime in and lifetime out for happiness out there where is not.

当你发现你所有的幸福都源于你认同自己的存在时，这是非常重要的。

It's so important when you discover that all your happiness is when you're identifying with your Beingness.

因为这会减少你在生活中的绝大部分努力。

Because it takes the majority of effort out of your life.

当你做到这些事时，你会认同每一个人都是你，你会认同这个宇宙中的每个原子都是你。

And when you do those things, you will identify with everyone as being you, you will identify with every atom in this universe as being you.

真正的知道就是存在，除了一样东西之外，没有什么是可以知道的，是什么东西呢？

And the real knowing is being, there is nothing to know except one thing which is to be, which?

也就是知道“你知晓一切”，真正的知晓意味着存在，这是每个人在他或她的每一个行为中都在寻求的东西，那是大写的“真知”。

Knowing that you know everything, real knowing means being, that's what everyone, in his or her, every act is seeking, that is the Knowledge with the capital K.

但那种“真知”并非知晓某些东西，而是知晓只是存在。

But that Knowledge is not knowing something, it's knowing to only be.

稍微降下来一点，也就是说，发现外面除了你全部的思想总和外，什么都没有。

Coming down just a bit, see nothing out there but your sum total

thinkingness.

因为事实的确如此，你所有的思想，其中大部分都处于潜意识层面，也就是你看到的外界景象，这是从你的心智中投射出来的画面。

Because that is exactly what it is, all your thinkingness, most of which is below the level of consciousness, is what you're seeing out there, it's your picture projected from your mind.

然而你只是在你的心智中看到它，只有你的心智在说：“它在外面。”

And you're only seeing it in your mind, it's only your mind that says: "It's out there."

证据就是——当你去睡觉的时候，这个世界去哪里了？

And the proof of that is when you go to sleep, where does the world go?

它消失了。

It's gone.

那么它在哪里呢？

So, where is it?

它在你心智里。

It's in your mind.

你唤醒心智，世界便再次出现了。

You wake up the mind, there's the world again.

让心智进入睡眠中，整个世界就都消失了。

Put the mind to sleep, that whole world is gone.

即使你失去了一位近亲、一个亲密的人，当你入睡时，那种死亡也消失了。

Even if you've lost a close relative, a close one, you go to sleep, that death is gone.

那么，死亡究竟在哪里呢？

So, where is dying?

只在心智中。

But in the mind.

外界除了你全部思想的总和外，什么也没有，而其中大部分都是潜意识的。

There is nothing out there but your sum total thinkingness, most of which is subconscious.

当你意识到，如果你不喜欢外界的东西，你改变内在的画面，外部画面就会立即改变。

When you realize that, if you don't like it out there, you change the picture in here, and the picture out there changes instantly.

就像我跟你说过的，每个人都有自己的画面。

As I told you, each one has his or her own picture.

我们以为我们看到的是同一个事物，但其实我们看到的只是自己的画面。

We all think we're seeing the same thing, but we're only seeing our own pictures.

而这点在一桩与我们无关的事故中，体现得淋漓尽致。

And it's brought out so succinctly in an accident which is not related to us.

我们五个人目睹了这件事，结果我们交了五份关于事情经过的报告，你能想象在与我们切身相关的事情上，这会有多扭曲吗？

Five of us look at it, we handed five reports as to what happened, can you see how distorted we get on things that concern us?

我们甚至看不清外界那些与我们无关的真实情况，那么，我们在看到别人的画面或正在发生的事情，能有多准确呢？

We can't even see what's external, actual out there, that doesn't concern us, so how accurate are we in seeing the other one's picture or what's going on?

我们在外面看到的，只是自己全部思想的总和。

We only see our sum total thinkingness out there.

如果你不喜欢外界的画面，改变你自己。

If you don't like the picture out there, change yourself.

外界所存在的，实际上是你的存在。

What is actually out there is your Beingness.

世界的实相不是我们所看到的那个幻象，世界的实相是它背后的存在。

The reality of the world is not world as the illusion we see it, the reality of the world is the Beingness behind it.

当你认同你的存在时，这个世界背后的那个存在就是你的存在。

And that Beingness behind the world is your Beingness when you identify with your Beingness.

所以，实际上，外面除了你的存在，什么也没有。

So, there is in actuality nothing out there but your Beingness.

当你理解这一点时，你就会明白这里的第三点：没有客观性，只有主观性。

And when you see that, you see number three here: no objectivity, only subjectivity.

不是看到你自己在身体里、身体在世界上，而是身体在你之内，世界在你之内，宇宙在你之内。

Instead of seeing yourself in the body, and your body in the world, the body is in you, the world is in you, and the universe is in you.

就像在一个夜间的梦一样，当你睡着的时候，你可以把一场火星之旅带进你的卧室，对你而言，你正在飞往火星。

Just like in a night dream, when you're sleeping, you could bring a whole trip to the Mars into your bedroom there, and as far as you're concerned, you're flying to Mars.

那么，那个火星之旅在哪里呢？

So, where was that trip to Mars?

其实就在你之内，在你的卧室里，在你的梦境中。

But within you, in your bedroom, in your dream.

所谓的清醒状态也是完全一样的情况，这种清醒状态是一种睡眠状态，在你从中醒来之前，你不会意识到这个事实。

It's exactly the same way in the so-called waking state, this waking state is a sleep state, until you wake up from it, you're not aware of that fact.

但随着你不断地释放，总有一天你会明白，这种状态、这种清醒状态就像夜间梦境那样真实，当你从中醒来后，你便从这个所谓“清醒状态”的梦中觉醒了，然后你会发现这一切只不过是一场从未真正存在过的梦，哈哈……

But as you keep releasing, someday you're going to see this state, the waking state is as real as a night dream state is real, after you wake up from it, you wake up from this dream called waking state, then you see that this whole thing was just a dream that never really was, ha ha...

所有的努力都只是为了痛苦。

All that effort for nothing except misery.

所以，你的世界变得主观了，对你来说，它在你之内，而非在你之外，它是你的造物。

So, your world becomes subjective, it's in you, it's not an external to you,

it's your creation.

所以要努力让心智彻底安静下来，直到没有任何念头。

So, work to totally quiet the mind until there are no thoughts.

这个叫做“心智”的机制，它现在是一片时刻都能看到海浪翻涌的海洋，但它会从一片波涛汹涌的海洋转变成所有海浪、所有细微的涟漪都消失的海洋，变成一片没有边界、不起一丝涟漪的海洋。

The mechanism called mind changes from being a very turbulent ocean where you see waves all the time, that's the way it is now, to all the waves disappearing, all the tiny ripples disappear, then it's a waveless ocean with no boundaries.

你的心智也会变成那样，彻底安静下来，什么也没有，甚至不起一丝涟漪。

And your mind becomes that way, totally quiet, nothing, not even a ripple.

当这种情况发生时，从你的“我”中，你会变得有直觉，一切都会以这种方式出现。

And when that happens, you become intuitive, from your "I", everything comes out of it anyway.

你的“我”、你的存在是全能、全知且全在的。

The “I” of you, your Beingness is omnipotent, omniscient, and omnipresent.

当你让心智安静下来，你自然会认同你的存在，并且仅凭直觉行事。

And when you quiet the mind, you naturally identify with your Beingness and are intuitive only.

从实际角度来讲，当你凭直觉行事时，即便从未研究过这个主题，你也可以和任何人谈论他们所关注的话题，并帮助他们了解更多的东西，甚至是其中的细节和事实也是来自全知的层次。

To bring it down to practicality, when you are intuitive, you can talk to anyone on his or her subject and help them learn more, even though you have never studied it, even details and facts, they're coming from omniscience.

我曾经就这样做过，刚觉醒的头几年就是如此，那种感觉就像是你一动不动，看自己的身体就像看别人的身体一样，你看着你的身体在说话，你听到你的身体说话，然后你会说：“哇，真有意思！”

There was a time I did this when I first, the first years after I got three, and it's like, see you don't move, you watch your body like you're watching other bodies, you watch your body talk, you listen to your body talk, and you say: “Gee, that's interesting!”

瞧，这就是你个性的一面在观察着你自由的那一面、直觉的那一面。

See, that's the personality side of you watching the free side, the intuitive side.

当你连接到全知的时候，所有的学习都变得无用了。

All study becomes useless when you're in touch with omniscience.

所以，数千年来，所有这些在这个方向、在那个方向以及其他方向上的灵性教导并没起到太大作用。

So, all these teachings are spirituality in this direction, in that direction, another direction, over the thousands of years hasn't helped much.

所有那些教导都活跃了心智。

All that teaching has activated the mind.

然而唯一的答案只有通过安静心智才能获得，这样你自然就会认同你的存在。

the only answer can be gotten by quieting the mind, so that you will naturally identify with your Beingness.

第三，不要认同你的身体和心智，把它们当作一个外在的角色，让它们做该

做的事，不要过度关注它们。

And three, do not identify with your body and mind, take it as a character out there, give it its just do, do not overdo on it.

再说一次，你听我说过，这种化学药物对这个身体的作用，比我自身的掌控力还强吗？

And again, you have heard me say, does this chemical have more power than I have over this body?

我们现在所处的是药丸时代，一切都能用药丸治愈。

This is the pill generation we're into now, everything can be cured by pills.

药丸怎么会比我们更有智慧呢？

How does a pill get more intelligence than we?

这太荒谬了。

It's ridiculous.

如果它对我们有帮助，那是因为我们的智能在告诉我们这颗药丸会起作用，这不是药丸在起作用，而是我们认为它会起作用。

If it helps us, it's our intelligence saying this pill is going to do

something, it's not the pill doing it, it's our saying that the pill will do it.

让身体做它该做的事，不要过度关注它，这样你的注意力才能更多地转向存在。

Give the body its just do, don't overdo with it, so that your attention can go more toward Beingness.

过度关注身体则会让你深深陷入那个极其受限的车架子里，而这从一开始就是一场必输的局，它会消逝。

Overpaying attention to the body keeps you bogged down into being that extreme limited carcass, which is an absolute no win in the first place, it goes.

在你出生的那一刻起，它就开始在走向死亡，最终也确实死去了。

From the moment you get it born, it starts dying and finally succeeds in dying.

那为什么还要把所有的注意力都拿来关注它呢？

So why put all that attention to it?

我们得在周围放一些躯体，这样人们就可以和它们玩耍，这一点可能会唤醒你。

We've gotta to have carcasses around, so people can play with them, it might wake you up.

因为那个身体将会是一个车架子。

Because that body is going to be a carcass.

就像我过去常说的，你开着车四处跑，那辆车是你吗？

And as I used to say, you ride around in the car, is that you?

不，那是一个车架子，一具躯体，这是一个车架子，就像一辆汽车那样。

No, that's a carcass, a carcass, this is a carcass, like an automobile.

你不会因为在车里活动就是那张车，也不会因为在身体里活动就是这个身体，所以车架子和躯体非常类似。

You're not the automobile, because you move around in it, you're not this body, because you move around in it, so a carcass and a carcass are very similar.

所以，只是让身体做它该做的，花时间认同你自己，花时间释放那些阻碍你认同自己的障碍，直到最终你不再有任何的贪恋和厌恶。

So, give the body its just do, and spend your time identifying with yourself, spend your time releasing the blocks to identifying with

yourself, until you end up with no attachments and no aversions.

你应该拥有各种事物，你应该不带任何贪恋和厌恶地使用各种东西。

You should have things, you should have things for use with no attachment and no aversion.

当你没有贪恋和厌恶的时候，你只需毫不费力地想一想它，就能拥有一切。

And when you have no attachments and no aversions, you will have everything for a mere effortless thought of it.

所以，如果你有任何在这条道路上放弃的念头，那么你只需要放弃一样东西：那就是你的痛苦、你的限制。

So, if you have any concepts of giving up on the path, there is one single thing you give up: That's your miseries, your limitations.

在这条道路上，你会获得越来越多、越来越多，直到你拥有整个宇宙。

On the path, you take on more and more and more until you have the universe.

不要让你的心智通过说“如果你自由了，你将失去一切”来阻碍你，也别让你的心智通过说“如果我获得自由，我就会死”来阻碍你。

Don't allow your mind to sabotage you by saying "you're going to lose

everything if you go free”, don't allow your mind to sabotage you by saying “I will die if I go free”.

这些感受此刻在你的内在十分强烈，“如果我获得自由，我就会死”，要是你没有那个想法，你就自由了。

And these feelings are strong within you right now “I will die if I go free”, if you didn't have that you'd be free.

你知道方法，允许所有那些被压抑的能量浮上来，然后出去。

You know the way, allow all that suppressed energy up and out.

如果你不压在它上面，它就全都出去了，在几分钟之内，你就会自由。

If you didn't sit on it, it would all go out, and you'd be free in minutes.

不要让你的心智阻碍你，它会为了生存而抗争。

Don't allow your mind to sabotage you, it fights for its survival.

因为我们就是这样给它设定程序的，就像电影《2001 太空漫游》里的计算机一样。

Because we programmed it that way, it's like how the computer in the picture <2001>.

但既然我们给它编了程序让它使我们陷入困境，我们也总能解除它的程序，那么它就无法影响我们。

But since we programmed it to keep us bogged down, we can always deprogram it, so it cannot touch us.

既然现在你已经了解了一切，我也没什么可说的了。

Now that you've got everything, there's nothing more for me to say.

做你自己，在这一点上你别无选择，这就是整个现实世界的荒谬之处。

Be yourself, you've got no choice on that, that's the ridiculousness of this whole world of living.

此时此刻，你是无限的，你是全能的，你是全知的，你是全在的，却捏造了一个另有说法的心智。

You're infinite, you're omnipotent, you're omniscient, you're omnipresent right here and now at this moment, concocting a mind which says otherwise.

11. 存在 Beingness 1

我仍然会说任何的辅助都是一份好的相助，

I'll still say any aid that aids is a good aid,

甚至是一份鳄鱼的辅助，有时候，我认为在身后的鳄鱼都会推得你往前走。

be a gator aid, sometimes, I think an alligator on the backside might make you go up.

这就是我们实际在做的。

And that's the way we really do.

我们让自己经历如此沉重的挣扎与斗争，

We give ourselves such heavy bites and fights,

最终我们都会放手，回家。

we eventually let go and go back home.

我不希望你认为我是在让你放下对你有所帮助的辅助工具。

I don't want you to think I'm putting down the aids that help you.

如果你需要外部帮助并且它有用，那就使用它。

If you need an external aid and it helps, use it.

当你理解了那种外部帮助后，你就会超越它了。

When you understand that external help, then you'll move above it.

现在走在这条道路上，并没有要你去放弃任何东西。

Now, there is no giving up anything on this path.

我们已经身处最底层，并不是从现在开始就放弃一切，它已经触底了。

We are at the bottom, there's only one thing we can give up from here on, it's got to be the bottoms up.

当你自由的时候，并没有什么是被放弃的。

There is no giving up as you go free.

会拿到越来越多、越来越多、越来越多美好的东西，直到最后你拥有一切。

There is a tremendous taking on of more and more and more until eventually you have the all.

首先，你会看到每个人都是自己；

First, you'll see every person is yourself;

接着，你会看到一切的事物都是你自己；

Then, you'll see everything is yourself;

最后，你会看到整个宇宙都是你。

Then, you'll see the whole universe is you.

当你是“一切”时，你就不再需要任何东西了，

And once you are the all, there is nothing you need,

不再有欲望，不再有贪恋，不再有厌恶，你是自由的。

There is no more desire, no more attachment, no more aversion, and you are free.

正如我所说的，世界不会在你面前消失，它就像是一片沙漠中的绿洲，

And as I said, the world won't disappear for you, it's like an oasis on a desert,

你看到了水，甚至看见了周围生长的树木，

you see water, you even see trees growing around it,

但是当你走近它时，却发现它只是一种幻觉，不过是沙子罢了。

but when you go over to it, you discovered it was an illusion, it's just sand.

现在你要穿越沙漠。

Now, you walk the desert.

一旦你获得自由，穿越沙漠之后，你仍然会看到那片绿洲。

Once you go free, you walk the desert, you'll still see that oasis.

与其不同的是，你不会再去向那里饮水了。

With this difference, you won't go there to drink.

这就是你需要了解的世界，

And this is what you need to learn about the world,

别再去那里饮水了。

stop going there to drink.

你只是喝醉了。

You just get drunk.

不要再从这个世界寻找快乐，

Stop looking to the world for your joy,

从你自己身上找到所有的快乐，
look to yourself for all the joy,

因为那才是唯一的快乐。

because that's the only joy there is.

**当你拥有幸福、任何的愉悦和快乐时，仅仅是因为你已经让心智安静下来，
平息了那个欲望。**

When you're having happiness, anything pleasurable, any joy, it's only
because you've quieted the mind for that desire.

当你的心智安静时，你就是你的存在，

And when your mind is quiet, you're being your Beingness,

那是你所能体验到的唯一的幸福。

that's the only happiness you can ever experience.

你自己去发现这一点。

Discover that for yourself.

别再追逐那些彩虹了，你已经追逐了数百万年。

Stop chasing those rainbows, you've been doing it for millions of years already.

而现在你有一个选择，继续享受这无尽的亿万年时光，而这也将花费你亿万年的时光来完成这件事；

And you now have a choice to go on enjoying over eons, it will take you eons to do this;

或者，你可以从这里直接回到家，回到顶端。

Or, you could go from here right back home to the top.

这就是处于底端的优势，你离顶端很近，相比于其他任何地方，你都是离顶端最近的。

This is the advantage of being at the bottom, you're close to the top, you're closest to the top of any area there.

我们给自己了施加的沉重负担、层层束缚和极端的限制，

The heaviness, the incrustation, the binds that we have put upon ourselves,

我们永远都不会忘记我们是如此沉重，

and we never forget really what we are so heavy,

以至于想要挣脱枷锁的渴望极为强烈，

the desire to break out of the bondage is so great,

我们可以沿着这条道路径直向上，

we can go straight up this way,

从身处一具物理身体的状态出发，

from this state of being in a physical body,

我们可以在短短数月甚至更短的时间内走完全程。

we can go all the way home in a matter of months or less.

很少有人做到这一点，并不意味着你做不到。

The fact that very few people do it does not make it true that you cannot.

当你们中的任何一个人决定这么做时，就去做吧。

When any one of you decides to so do it, so be it.

当你决定你想要自由超过想要其他任何事物时，你就能在几个月内做到，

When you decide, you want freedom more than you want anything else,
you can do it months,

你甚至不必去探寻是如何做到的，你就已经得到它了。

you don't even have to discover the how-to, you've already got it.

不再有任何感受，心智安静下来了，就是这样。

No feelings, the mind goes quiet, and that's it.

我认为你们没有走完全程的主要原因是，潜意识里害怕如果我自由了，我就会死。

I think the main reason why you are not going all the way is a
subconscious fear of dying if I go free.

这种潜意识里对死亡的恐惧，实际上是对失去小我的恐惧。

Now this subconscious fear of dying is actually the fear of losing your
ego.

小我的确会消亡，

The ego does die.

那种认为“我是这个有限的身体——莱斯特”的感觉消亡了，

The sense that “I am this limited body Lester” dies,

但取而代之的是某种好得多得多的东西。

but in place of it, comes something infinitely better.

你来到这里的全部目的，就是去发现这个你所是的、自由的存在，

Your whole purpose for coming here is to discover this free being that you are,

你所做的一切都在朝着那个方向前进，

everything you do is moving in that direction,

但是，你却到它不存在的地方寻找，

but looking for where it isn't,

它不是外在的，

it is not external,

它不在更多的金钱、更多的玩伴中，

it's not in more money, more playmates,

在于你去发现自己真正是什么——无限自由的存在。

it is in you discovering what you really are, unlimited free Beingness.

是你构建了你所看到的整个世界。

And that you set up the whole world as you see it.

外面除了你的画面，什么都没有。

There is nothing out there but your picture.

并且我们把自己的画面叠加在其他人也叠加了他们画面的同一个空间里。

And we superimpose our picture on the same space that others superimpose their pictures.

然而，我们每个人都只看到了自己的画面。

And each one of us is seeing only our picture.

但这种对获得自由的恐惧，其实是对失去小我感的恐惧。

But the fear of going free is the fear of losing the ego sense.

现在，在你失去小我感后会发生的事情非常简单，身体会四处活动，但是你

清楚这个身体究竟是什么。

Now, what happens after you lose your ego sense is simply the body moves around but you know the body for what it is.

曾经你认为这是自己的全部，结果不过是自己微不足道的部分。

What used to be the all of me turns out to be the least of me.

我的身体只是我极其微小的一部分。

One infinitesimal speck of me is this body.

因为我是全在的，并非只存在于这一处。

Because I'm omnipresent, not just in this spot.

我们每个人都是无处不在的，

Every one of us is everywhere present,

**却一直以来都只关注着这个小小的身体，还说：“我就是这个小小的身体。”
并试图让这个身体永远存活下去。**

all the time focusing on a little body saying: "I am this little body."

Trying to keep the body surviving forever.

有谁能成功地让身体永远存活下去呢？

Who succeeds in keeping the body surviving forever?

你看看这有多蠢！

You see how stupid it is!

我们都看到身体一直在走向死亡，

We see the body is dying all the time,

我们每天都在走向死亡，

we are dying every day,

我们每天都在为了生存而挣扎，

we are struggling for survival every day,

这是一个绝对没有胜算的方向。

it's an absolute no-win direction.

我们都看到了这一点。

We see it.

顺便说一下，温蒂汉堡店是个吃饭的好地方。

By the way, Wendy's is a good place to eat.

为什么呢？

Why?

在店里的桌子上有 19 世纪的广告，我昨天看了看，他们做的那些稀奇古怪的事和我们做的一样，比如如何防止脱发，他们有各种各样的疗法.....

On a table, they have ads from the 1800s, I was looking at it yesterday, and they do the same voodoo things that we do, how to keep from going bald, singe your hair, they have all these uh... Singe...

他们有许多不寻常的身体治疗方法等等，而我们现在也在用着这些方式，给它们取不同的名字，称它们为神药，你会纳闷为什么。

They have all these unusual ways of healing the body and etc, etc that we use now, put different names on it, call them wonder drugs, you wonder why.

但它向你展示，它应该让你感受到万物的无常。

But it shows you... It should give you a sense of the impermeability of everything.

因为你读到的所有内容，如果你住在纽约，他们还会给你地址，你曾经已经去过那里了，而且离他们很近，可你在广告上读到的那些东西如今已经不复存在了。

Because everything you're reading about, they give you addresses in if you live in New York City, that you've been around and very close to them, and you know it's not there now, the things you're reading.

它向你展示了世事无常。

It shows you the impermanency of everything.

我想让你不再执着于这个身体的生命，

I'm trying to shake you loose of your life hold on a body,

让它去做它该做的，

give it its just do,

你花时间释放，获得自由。

and spend your time releasing, going free.

如果你真的很喜欢这个身体，

And if you really like the body that much,

你可以让它按你想要的状态一直保持下去，

you can make it go on as long as you want to,

你也可以让它永葆青春。

you can make it as youthful as you want to also.

有一些罕见的生物，他们一生都停留在 18、20 岁左右的模样，在我们临近星球上的朋友，他们大多数看上去只有 16、18 岁，最多 20 岁，但他们实际是已经一两千岁了，我们也可以做到同样的事情。

There are some rare beings who stay at the age of around 18, 20 all their life, our friends on our nearby planets, most of them look 16, 18 as high as 20, very few look older than that, and they're 1 to 2,000 years old, we can do the same thing.

但在摆脱身体束缚的过程中，要明白是你掌控着身体，

But in the process of breaking free of the body learn that you're in control of the body,

它只是你的想法而已。

it's only your thought.

但使用这一点能立刻治愈身体，

But use this heal the body instantly,

你的身体在烧红的煤上行走而不会被烧伤。

walk over red hot coals and don't get burned.

几周前，一个叫汤姆·贝尔的人来到了这里的小镇，带领一群人走过燃烧的炭火。

Tom Bell was in town here some weeks ago and took a group over burning coals.

你也能做到这一点，而且能做到的远不止于此。

You can do that and much, much more.

摆脱你的枷锁，

Get rid of your shackles,

这会让你开始经历这一切，

It'll start you going through this,

这会将你从被束缚在身体的状态中解脱出来，

it'll free you from being bound into the physical body,

你可以在滚烫的炭火上行走，在水面上行走，诸如此类，你开始超越这个物理身体了。

you could walk on hot coals and then walk on water and things like that, you're beginning to transcend the physical body.

你会需要这个的。

You're going to need this.

今天早上，我在这里的面包店里读《基督教科学》，这份报纸讲的全是关于核袭击的种种缘由以及如何阻止核袭击。

This morning, I was reading breakfast in the bakery down here a <Christian Science> newspaper on all the house and wherefores of nuclear attack how to stop it.

核袭击的头五分钟你根本来不及反应，接下来的 20 分钟最为关键，但关于最后两分钟的内容却没完没了地说个不停。你不会在前 5 分钟就明白，接下来的 20 分钟是最重要的，这就是基督教科学的内容，在讲解阻止核袭击的最佳方法。

And you don't get it the first 5 minutes, the next 20 are most important, but the last two minutes on the way down goes on and on, this is Christian Science, explaining the best ways to stop a nuclear attack.

我现在就给你一个方法——发现你是身体的创造者。

I'm giving you a way now, discover that you're the creator of the body.

你可以从核爆炸中穿过，而它伤不到你；

You could walk through a nuclear explosion and it wouldn't touch you;

你可以把手放进火中，而它不会灼伤你；

You could put your hand in fire and wouldn't burn you;

你可能会需要这些东西。

You might need these things.

在这十年里，当他们口口声声说要消除这些核相关的事物时，实际上却在增加它们，不仅数量在增多，威力也在成倍增强。

In this decade, as they talk about undoing these nuclear things, they multiply them, not only in numbers but in ability.

你看到了这个方向，

You see the direction,

别再浪费时间了，

stop wasting time,

释放 AGFLAP,

release the AGFLAP,

获得自由。

go free.

不管怎样，哪怕要花上一百万年，你终究是要去做这件事的。

You're going to do it anyway even if it takes you a million years.

为什么不现在就做呢？

Why not now?

你已经有方法了。

You've got the Method.

不再有任何的想要认同或控制，让心智足够地静止下来，

No more wanting approval or control, freeze the mind enough,

这样你就能往深处挖掘出这个头号程序——作为一具身体的想要生存、对死

亡的恐惧,

so you can dig down into the No. 1 program, wanting to survive as a
body, fear of dying,

把这个程序拔除,

you pull that out,

你就自由了。

you're free.

把它拔除后,

You pull that out,

你能轻而易举地倾倒入那点剩余不多的垃圾,

the little remaining garbage you can dump so easily,

然后你就只是保持着你本来的样子, 不会再挣扎了。

and then you just remain as you really are, you'll be out of the struggle.

孩子, 如果我有在滚烫的炭火上行走的能力,

Boy, if I got this power to walk over hot coals,

我有瞬间移动的能力，

I got the power to teleport,

我至少有能力安排好自己的生活，

I got the power to at least arrange my life,

因此，我不必再挣扎了。

so, I don't have to struggle anymore.

从这个意义上说，它可能会有帮助。

In that sense, it could help.

如果我能在滚烫的炭火上行走，那我能理想地安排自己的生活吗？

If I can walk on hot coals, can I arrange my life ideally?

当然，你拥有了那种能力。

Of course, you got that power.

但这些能力并不能让我们获得自由。

Uh... Powers do not free us.

那些对它们感兴趣的人们的经历是，他们会陷入各种力量之中。

The experience of people who get interested in them is that they get stuck in powers.

其实，这些力量只不过是掌控世界的捷径而已。

Now, powers are just working the world shortcut, that's all.

力量本就是你的，

Powers are inherently yours,

宇宙中所有的力量都是你的，

all the power there is in the universe is yours,

此刻，所有的力量都归你所有。

all the powers are yours right now.

但如果你向自己展示其中一种力量，

But if you show yourself one of them,

这或许会鼓励你展示另一种、再另一种，

it might encourage you to show yourself another one and another one,

然后你就开始挣脱束缚了。

and then you start unshackling.

你或许可以释放所有的力量，然后就只是存在。

You might let go of all the powers and just be.

有很多人创造了奇迹，然而他们并没有意识到。

There's a lot of people do miracles and they're not aware of it.

因为当他们做到的时候，一切是那么地轻松且专注。

Because when they do it, it's so easy and concentrated.

等他们回归到日常中时，他们甚至都不记得这件事。

They get back into the world, they don't even remember it.

就像这些老太太、小孩举起汽车的事例一样，

Like these old ladies lifting cars and kids lifting automobiles,

危急情况让他们全神贯注，

the emergency concentrates them,

他们完全专注于一件事，“我得把那辆车从我朋友或亲戚的身上抬起来”，

they're on one thing totally concentrated, “I got to lift that car off my friend or relative”,

毫无疑问，他们直接把它抬起来了。

with no doubt they just lift it.

我在中央公园南站时，遇到过一件趣事。我正要进电梯，电梯操作员是个非常强壮的男人，但他就是打不开瓶子，怎样都打不开，我说：“我来帮你开。”然后我接过瓶子，只是稍微拧了一下就把瓶盖拧开了，然后把瓶子递给了他。拧不开瓶子全是他的臆想。每次我上楼，他都会盯着我看，那是他特有的举动。

I just got a funny picture when I was on looking on Central Park South, I'm getting in the elevator and the operator is a very strong man, he just can't open a bottle, it can't, I said: “I'll do it for you.” and I took it, I just with a little twist and took the thing off, and give it to him, it's all thought, he used to stare at me every time I went up, that was something peculiar to him.

当你认同你的存在时，

And when you identify with your Beingness,

你会认识到唯一存在的就是你的存在，一切的存在。

you recognize the only thing that is, is your Beingness, being all Beingness.

那是唯一永恒不变的绝对真理，

That's the only absolute truth that never ever changes,

其他一切都会改变。

everything else changes.

因为它们并非真实。

Because it's untrue.

如果一个东西是真的，那它就永远是真的。

The thing is true, it's true forever.

如果它变了，那在此之前它就不是真的。

If it changes, it wasn't true the moment before.

因此，一切会变的都不是真的，都是我们自己创造的幻象。

So, everything changing is not true, it's an illusion created by us.

但请记住，当你释放时，你并没有放弃任何东西，反而收获更多。

But try to remember as you let go, you don't give up anything, you take on more.

谁在释放后变得更痛苦了？有人吗？

Who got more miserable from releasing? Anybody?

你可能会这么想。

You might think so.

因为当你摆脱了最沉重的负担时，或者当你摆脱了此刻浮在最表面的感受时，底下更深层的感受出来了。

Because as you free yourself of the heaviest or as you free yourself as the thing that's right on the surface now, it uncovers more that's deeper.

然后你可能会把这种更深层的觉察归因于释放了此刻在最表面的更沉重、更微妙的感受。

And you might attribute the deeper vision to the releasing the heavier, subtle thing right on top now.

然而当你释放得越多，你会变得越敏感。

And the more you release, the more sensitized you become.

因此，无论你有什么感受，这种感受都会更加明显。

So, whatever you feel, you feel more so.

因为在此之前，你一直都在蒙蔽自己，不去感受它，

Because before you were blinding yourself to feeling it,

你一直在把它压进心智里，让它变成潜意识。

you were driving it down in the mind, making it subconscious.

因此，当你把它变得有意识时，你觉察到了，并且感觉就像是新的东西浮现出来一样。

And so when you make it conscious, you're aware of it, and it feels as always something new coming up.

但它其实一直都在那里。

But it was always there.

所以，你可能会会有这样的想法：老天，我的情况越来越糟了，我从没这么强

烈地感受过。

So, you might have a thought that “Gee, I'm getting worse, I never felt so sharply”.

但你会发现，你不会像以前那样长时间地处于沉重状态了，即便你的感受更强烈，但你停留其中的时间远没有以前那么长。

But you'll discover that you don't remain nearly as long in that heavy state as you did before, even though you feel it more so, you'll feel it for a far shorter period of time.

为你感受到的以及经历到的一切负起责任。

Take responsibility for everything you feel and experience.

这是我对我非常想要的东西的强烈渴望，谁占主导，是它还是我？

This is my heavy desire for this thing that I want so much, who's dominant? It or me?

欲望会钻进你的身体，然后告诉你“我掌控了你”吗？

Does the desire come to you in the body, and tell you “I am in power over you”?

不会。

No.

所以，负起责任。

So, take responsibility.

这是谁的欲望？

Whose desire is this?

至少它会让你处于一个“你能”的位置。

At least, it'll put you in a position where you can.

如果你愿意，彻底释放那种欲望，然后你就再也不会被它打扰了。

If you choose, release that desire totally, and never be bothered by it again.

对我来说，教导耶稣为我们的罪而死是一件相当糟糕的事。

For me, it's a terrible thing to teach that Jesus died for our sins.

如果他为我们的错误而死，那我们就不必纠正这些错误了。

If he died for our errors, we don't have to correct them.

不，他的死是为了证明永生，是为了向我们展示通往永生的道路是放下你的物理身体，然后你就会获得永生。

No, he died to prove immortality, to show us the way to immortality is to die to the physical body, then you'll get your immortality.

这只是一些不理解教义的宗教领袖的误解。

That's just a misinterpretation of some of the leaders in religion who did not understand.

教皇代表着希望，他前往南美洲，那里有生活在底层的人们，他给了他们希望。

The Pope is for hope, he goes down to South America, and there are people down at the bottom, he gives them hope.

我认为没有这种希望，他们反而会过得更好，

My thinking is they'd be better off without it,

他们要么沉沦，要么自救。

then they'd either have to sink or swim.

希望让人们在苦难中不断、不断、不断地煎熬。

The hope keeps us going on and on and on in the misery.

然而，从某种角度来看，希望当然是好的。

Yet, from a certain space, of course hope is good.

没希望了，你就死定了。

No hope, you die.

但是，负起责任。

But take responsibility.

当你处于非常“想要”的状态中时，你释放它，然后就进入富足的状态了。

When you're enough in want, you let go of it and be in affluent.

“我”、真我创造了有“想要”的心智。

I, the Self create the mind that has the want.

那么谁该为此负责呢？

So who's responsible?

我认为强调“保持简单”的原则是有好处的。

I think it's good to emphasize the KISS theory.

保持简单。

Keep it simple.

我希望我的其余部分，也就是所有人，都能获得自由。

I wish for the rest of me to go free, which is everyone.

另外，在你来到这个世界之前，你会做出某些决定，并贯彻它们。

Plus, before you come in, you make certain decisions and you'll carry them out.

在你出生之前，你就已经预见了自己的整个人生，而且你做出了明智、强有力的决定，并且贯彻到底。

Before you're born, you see your whole life ahead of you, and you make good decisions, good strong decisions, and you carry them through.

就像我之前说的，当你获得自由后，你有两种选择：

As I said before when you go free, there is one of two things you'll do:

你要么与所待的身体相分离，或者回来帮助剩下的其他人做你所做到的事。

You'll just isolate the period of the body, or you'll come back and help the rest of the people do what you did.

但这群人中的大多数就这么离开了，为什么？

The majority of people just leave, why?

这是一个幻象。

This is an illusion.

极少数人会回来，他们就是耶稣、佛陀之类的人。

A very small minority come back, and they're the Christs, the Buddhas, etc.

你知道吗，可能并不是我说的那样，但你怎么会知道呢？

For all you know I might just not be anything I'm saying, how do you know?

只有你自己做了才知道，只有“一”才知晓“一”。

Only by doing it yourself will you know, it takes One to know One.

一直以来，你都在想着保护这个身体，没有停下一刻去看看你所发现的那份美好，你一刻都不去关注它。

All the time putting your thoughts out to protect the body, not for one moment taking a look-see at that beauty that you discovered, not for

one moment would you look at it.

因为你一直在为生存而挣扎，让你的心智始终处于忙碌状态。

Because all the time you were struggling for survival, it keeps your mind busy all the time.

你看，当你的心智安静下来，你就开始看到美、看到完美了。

See as your mind gets quiet, you begin to see the beauty, the perfection.

心智是敌人。

The mind is the enemy.

我们必须让心智安静。

We have to quiet it.

每一个念头都是一种限制。

Every thought is a thing of limitation.

所以，最佳状态是一种没有念头的状态。

So, the best state is a no thought state.

当你让自己的心智安静下来，你会在直觉层面运作，而这只是源于你的全知层次。

When you quiet your mind, you just come from your Knowingness, you operate intuitively.

听着，理论上你可以这么做，像这样“我不是这个心智，脱离了”，结束。

See theoretically you can do it like that, “I am not the mind, out”, finished.

但没有人做到。

No one does it.

如今，我花了好多年试图想出一条捷径，一个能让人一次性就获得自由的方法。

Now, I spent many a year trying to think up a shortcut, a one shot way of going free.

要知道，我们所有人的心智都积累了层层枷锁，我们需要消除它。

See, we all have accumulated the encrustation of the mind, and we need to undo it.

它是如此沉重，那里的东西是如此之多，以至于我们只能背负着它们继续前

行。

And it's so heavy, there's so much there that we go along with it.

但你应该做出决定，“我受够了这个心智！”，那么，你就能够在数周、数月内做到。

But should you make a decision “Enough of that mind!”, and you can do it weeks, months.

因为那时你所有的欲望都会集中在摆脱心智的欲望上，

Because then all your desire focuses in on a desire to rid yourself of the mind,

然后你就会一直不断地释放，整天都在释放，即便你和别人在一起时也是如此。

and you just keep releasing all the time, all day long, even though you're with people.

你或许体验过那种感受浮起浮出、浮起浮出的状态，

You've probably experienced the state where it comes up and floats out, comes up and floats out,

真的得达到那个程度才行，

It has got to get to that point really,

因为垃圾实在是太多了。

there's so much of it.

偶尔的释放也会有所帮助。

Releasing occasionally helps.

但如果你想把所有积累的感受都释放出去，

But if you want to get it all out of huge accumulation,

就必须持续释放，

it's got to be constant,

这点在《六步骤》里有提到。

so it's in the Six Steps.

你得让释放持续下去，

You've got to make it constant,

一整天感受都会不断地浮现上来并排出去。

and all day long it's floating up and out.

你能感受到那个感觉，也能看到它消散，

You see the feeling and you see it release,

这有点像是你往后靠，看着它，看着它不断在释放。

the sort of like sitting back and watching it, watching the show go on.

对于那些想要戒掉长期吸烟习惯的人，

People who have let go of a long time habit of smoking,

我总是先让他们接受“吸烟也无妨”这个观点。

I've always got them to first accept that it's okay to smoke.

现在，这一点对他们来说很难做到。

Now, that's hard for them to do.

对他们而言，接受吸烟没问题这件事比戒烟要难得多。

It's much harder for them to accept that it's okay to smoke than it is to let go of smoking.

你可以把这一点应用到自己身上。

You can apply that to yourself.

你看，比如说，就拿抽烟这件事来说，

you see like put it on a smoking,

要是抽烟是不对的，

if it's not right to smoke,

我就会一直认为抽烟是不对的，

I'm taking up with it's not right to smoke,

以至于我甚至都无法开始考虑戒烟。

so much I can't even begin to think of letting go of smoking.

我在努力与“吸烟有害”这个事实作斗争，大家都这么说，连我自己也清楚，吸烟可能会让我患上肺气肿。

I'm fighting the fact that it's not good to smoke, and people say so and even I know so, it might give me emphysema.

所以，你必须.....当你先接受它，释放就会容易得多，然后你就能释放了。

So you must... It's so much easier to release when you first accept, and then you can let go.

12. 存在 Beingness 2

你们当中有多少人是等到自己的感觉走高了才去释放的？或者有多少人是释放到高处继续释放的？

How many of you wait until you get high before you release? how many wait or go high to release?

这就是问题所在，你们没做到正确的释放。

There's your problem, you're not doing it.

你们在做什么？

What are you doing?

你想让自己感觉好，所以你等到感觉不好的时候，然后通过释放让自己感觉好起来。

You're wanting to feel good, so you're waiting until you get down, and then you release to feel good.

然而，因为你只想感觉好，而一次释放就能让你感觉很好，就这么简单。

And because you only want to feel good, that one release can make you feel good, and that's it.

目前而言，直到你再次感觉不好时，你才会再次释放以重新感觉到好，从而拖长了整个过程。

The time being, until you feel not good again, you release again to feel good again, thereby dragging out the whole process.

现在，如果你是为了想要获得自由的目的而释放，那么可能只需要花你几个月的时间就能清理掉所有的垃圾。

Now, if you would release for the purpose of wanting to go free, then it would take you months to clean out all the garbage.

但你释放并不是为了获得自由，而是为了摆脱痛苦。

But you're not releasing to go free, you're releasing to get out of the misery.

这样一来，这就会是一个漫长的过程。

It's a drawn out process that way.

一开始，你别无选择，你深陷沉重和痛苦之中，需要有摆脱地狱的动力来让你释放。

In the beginning, you have no choice, you're so bogged down in heaviness and misery, you need the incentive to get out of the hell to cause you to release.

但现在你已经上升了，那应该成为过去式了。

But now that you have moved up, that should be past history.

释放的原因应该是为了获得自由。

The reason for releasing should be to go free.

最好的感受、你能达到的最高状态就是彻底的自由。

The highest feeling, the highest state you'll ever get is total freedom.

你相信这一点吗？

Do you believe that?

好吧，那你为什么不全力以赴追求这个最高的状态并获得自由呢？

Okay, so why don't you go all out for the highest state and go free?

因为你在紧紧地抓着那种沉重的状态，而这种状态等同于小我。

Because you're holding on to the heavy state which equals ego.

小我是一切痛苦的根源。

Ego is the cause of all misery.

小我是我们与宇宙万物以及宇宙一体性相分离的方式。

Ego is the manner in which we separate from the all of the universe, from the oneness of the universe.

如果你想认同你的“一”，小我必须消失。

Ego must go, if you're going to identify with the oneness of you.

小我是所有 AGFLAP 的集合。

Ego is a compilation of all the AGFLAP.

你从“我是一切”开始，通过建立一个心智、在自己周围筑起一道名为“我、莱斯特、我、你的名字”的围墙，而这个心智只是你想法和感受的总和。

You start from being the all to putting a fence around you called “I, Lester, I, your name”, by setting up a mind which is only the sum total of your thoughts feelings.

并且不断用更多的想法和感受把这个心智向外扩展。

And expanding it outward more and more with more thoughts and

more feelings.

你越是这样做，就越是在用那个几乎是无限的心智从“我、我的存在”偏离到“我、莱斯特”。

And the more you do that, the more you're moving away from “I my being” to “I being Lester” with the mind that's almost unlimited.

因此，我们会从“一”走向极端，而这就是我们所做的。

And therefore, we can move away from the oneness to the extreme, and this is what we have done.

但你没有快速获得自由的原因是，你在释放以感觉很好，当感觉好的那个目标实现时，你就会停下来。

But the reason why you're not going free quickly is you're releasing the feel good, and that causes you to stop when that goal is accomplished.

然而，如果你是为了获得自由而释放，你就不会停下，

Whereas if you were releasing to go free, you wouldn't stop,

你会感激每一个能让你获得更多自由的机会，

you would bless every opportunity that would come your way to gain an additional piece of freedom,

每一个低谷对你来说都是一个绝佳的机会，

every down would be a wonderful opportunity to you,

每一个低谷都是一个释放和上升的绝佳机会。

every down is a marvelous opportunity to release and go up.

你没有落入《六步骤》中的后续步骤，

You're not falling into the later steps of <the Six Steps>,

因为你遗漏了第一步——“想要获得自由”，反而是想要满足小我，即那个“我”的个体感。

because you're missing the number one thing “wanting to go free”, and replacing it with wanting to satisfy the ego, the I personality sense.

在外部世界追求那种最高的状态，在那里，你每享受一盎司的快乐，都会承受成磅、成磅、沉重无比的痛苦。

Chasing after the highest state externally in the world, where for each ounce of pleasure you take, you get pounds and pounds and pounded with pain.

如果你稍加审视，这是很明显的。

This is so obvious if you just look at it.

那些你曾以为生活中最能带来快乐的事物，却给了你极大的痛苦。

The things that you thought were most pleasurable in life had given you the agonies.

最难以忍受的痛苦，基本上是异性带来的。

The greatest agonies, basically the opposite sex.

随着你上升，你的性欲应该被释放，你会到达一个没有性别的地方。

As you move up, your sex desires should be released, and you reach a place where there is no sex.

在那里没有男性或女性之分，你看待灵魂时不会贴上男性或女性的标签。

There is no male or female, you look at souls without a tag male or female.

但每一个欲望都是一种极端的束缚。

But every desire is an extreme bondage.

每个欲望都在说：“我缺少那个。”

Every desire is saying: "I lack that."

“万有”一无所缺。

The All lacks nothing.

整体即一切。

The All is everything.

“一体”包含每一个原子。

The oneness includes every last atom.

所以你把自己抽离出来，形成了一个小小的人格，并试图让那个人格存续下去。

And so you've pulled yourself away into a little personality, and are trying to keep that personality surviving.

而这对你来说，比达到这种极其美妙的至高状态更重要，

And that's more important to you than taking this tremendous high state,

这种状态是你与生俱来、内在固有的，你无法改变它，

which is yours by nature, which is inherent, which you cannot change,

但你可以将目光从它身上移开，并认同这个小小的小我、身体、心智。

but you can look away from it, and assume this little ego, body, mind.

你并不想获得自由，这就是为什么你们这一大帮人至今都没能获得彻底解脱的原因。

You're not looking to go free, and that's why the whole gang of you are not all the way by now.

你想要满足这个身体、心智，以为这其中蕴藏着你的幸福。

You're looking to satisfy this body, mind, thinking therein lies your welfare.

然而，每一天的经历都在向你证明，你的幸福不在那里。

And every day it's proven to you that your welfare does not lie there.

你永远不会赢，你通过身体、心智拿取的每一丝快乐，都会伴随着巨大的痛苦。

You never win, for each ounce of happiness you take via the body, mind, you get hit with so much pain.

每一个念头都带有一定程度的痛苦。

Every thought has a certain amount of pain to it.

为什么？

Why?

它把你的注意力从你的存在中移开。

It pulls you your attention away from your Beingness.

当你的心智安静时，你就处在最奇妙的地方。

When your mind is quiet, you are in the most wonderful place there is.

但每次你被卷入心智中时，都是对内在那种自然的、完全平静、镇定和安宁的一种扰乱，这是自然的。

But every time you brought into it, it's a disturbance of the inherent, natural, total peace, equanimity, tranquility, that is natural.

但再说一次，你之所以无法建立起那种极其奇妙的状态，是因为你在它所不存在的地方寻找它。

But again, the reason why you're not establishing that tremendous state is you're looking for it where it isn't.

你并不想要自由，你想要的是那种玩弄小我、享受片刻欢愉却伴随着长期痛苦的糟糕的游戏。

You don't want freedom, you want that terrible game of playing ego and having moments of pleasure with long periods of pain.

所以，我建议你认清这个事实。

So, I'm suggesting that you wake up to this fact.

当你在高处时释放。

Release when you're high.

这一点你应该用大写字母写在你的笔记里：在高处时释放，升到高处继续释放。

That ought to be put down in your notes with big caps: RELEASE WHEN HIGH, GO HIGH TO RELEASE.

在我们所有的欲望中，每个人都有他或她想要的。

Everyone has exactly what he or she wants in the sum total of our wanting.

心智只有创造性。

Mind's only creative.

当你想要自由时，你很快就会得到它。

When you want freedom, you're going to get it quickly.

我说的是几个月的时间。

And I say months.

因为这将是你的第一要务，无论你的生活中发生了什么，你都会持续释放。

Because it'll be your number one priority, and regardless of what's going on in your life, you'll keep releasing.

所有被压抑的能量都在试图向上涌出，而你却在试图压制它。

All that suppressed energy is trying to push up and out, and you're trying to hold it down.

停止按住它，它的每一点都会流出去，它会直接排出去。

Stop holding it down and every bit of it would leak out, it would push right out.

压抑它就是在抓着自我的程序不放。

Holding it down is holding on to the ego programs.

首先，你必须认识到你想要成为一个受限的小我；

You've got to recognize at first you want to be a limited ego;

然后，你必须接受这不是你真正的样子。

Then, you've got to accept that that it isn't it.

只要审视一下你的生活就会明白，它已经悲惨了数百万年。

Just by looking at your life, it's been miserable for millions of years.

我们都以为自己很聪明，但孩子，实际上我们都很蠢。

We all think we're so smart and boy are we dumb.

对于一个无限存在来说，生活在我们这种极端的限制中，这有多聪明？

For an infinite being to live in the extreme limitations that we do, how smart is that?

但那种我们所感觉和以为的聪明，其实是潜意识里我们知道我们的存在，而蠢则是忘记了这一点。

But that smartness that we feel and think we are is subconsciously knowing our Beingness, and the dumbness is forgetting that.

那是我们的存在，那是全知且明智的。

That it is our Beingness, that is omniscient and smart.

所以，我们必须到达始终认同我们存在的地方。

So, we must get to the place where we identify all the time with our Beingness.

当你做到那一点的时候，你会把这个身心世界视作你所构建的、心智的外部投射。

And when you do that, you see the mind-body world as an out projection of your mind, that you set up.

那么你的态度是什么呢？

And so what will be your attitude?

在那部投影出的电影里，好与坏是完全一样的。

And good and bad are exactly alike in that projected movie.

它是一个投射，这是你必须了解的事情。

It's a projection, that's the thing you got to get to know.

是黑是白、是好是坏、是热是冷，有什么区别呢？

What's the difference whether it's black or white, good or bad, hot or cold?

它是一个外部的投射、是想象、是我心智中的影像，是我设定的“我不是那，我是我的存在”。

It is a projection out there, an imagination, an imaging in my mind, a thing that I set up “I am not That, I am my Beingness”.

当你认同你的存在时，心智便无关紧要了，因为你清楚它的本质。

When you identify with your Beingness, the mind matters not, because you know it for what it is.

当你认同你的存在时，心智中的所有垃圾都不重要了，因为你知道心智的本质。

When you identify with your Beingness, the mind in all its garbage matters not, because you know the mind for what it is.

小我感包括了所有的喜欢、不喜欢和所有的念头。

The sense of ego contains all likes, dislikes, all thoughts.

你必须把注意力从它身上移开，转而关注你的存在，它一直都在那里。

You must get your attention off it, and put it on your Beingness which is there all the time.

有哪一刻你是不存在的吗？

Is there any time when you are not?

没有。

No.

你所是的这个无限存在一直都在那里，认同它，坚持“我的心智不是它，我的身体不是它，我的心智和身体都是源自它的外部投射”。

This infinite Beingness that you are is there all the time, identify with it, hold "My mind is not it, my body is not it, my mind and body are out projections from it".

认同你的存在。

Identify with your Beingness.

当你处于高处的时候释放。

Release when you're high.

我们所处的状态越高，就越接近我们的存在，高处和宁静是等同的。

The higher we are, the closer we are to our Beingness, highness, quietness, equate.

当你往高处走时，你有能量在这里；

When you go high, you got the energy up here;

在这里，你的能量最少，在万念俱灰中，你已经放弃了；

Here, you have the least energy, in apathy, you've thrown in the towel;

上升到这里，你会拥有最高的能量。

Up here, you've got the highest energy.

所以上升进入这个区域，然后挖掘对死亡的恐惧。

So, move up into this area, and then dig for the fear of dying.

向下到这里，你被这种恐惧淹没了，你无法释放；

Down here, you are drowning in it, and you cannot let go;

向上到这里，你可以直面对死亡的恐惧。

Up here, you can confront the fear of dying.

当你把这些大部分都释放掉之后，就可以相对轻松地清理剩余的部分了。

And when you get that out mostly, you can clean out the remaining relatively easily.

目标是上升到这里来释放。

Aim to go up here to release from.

要是我在不久之前跟你说这些，那根本毫无意义的。

If I would have said these things to you some time ago, it would have been meaningless.

因为你已经被你的 AGFLAP 淹没了，你根本无法看清，你唯一能看到的就是 AGFLAP。

Because you're so drowning in your AGFLAP, you just can't see straight, the only thing you see is the AGFLAP.

但我们每个人都已经升入了这个区域，都知道这里是什么情况，可以把自己置身其中，然后深入挖掘并直面对死亡的恐惧、不安全感、对活着的恐惧，这样做下去，你将摆脱所有的恐惧。

But every one of us has moved up into this area, knows what it's like, can put ourselves there, and then dig down deep and confront the fear

of dying, the insecurity, the fear of living, by so doing you'll get rid of all fear.

恐惧是不自然的，一个永恒的存在有什么可怕的呢？尤其是对死亡的恐惧。

Fear is not natural, what does an eternal being have to fear about?

Dying especially.

所以，从现在开始，一定要上升到这里，感受到高的状态，然后深挖对死亡的恐惧并释放它。

So, from here on, make it a point to get up here, feel high, and then dig for the fear of dying, and release it.

你关注的焦点从身体、心智转移到纯粹的存在本身，

Your point of focus shifts from body, mind just onto Beingness only,

你不再去想这种或那种化学物质会不会对我产生这样或那样的影响，

you stop thinking about whether this chemical or that chemical is going to do this or that to me,

也不会去想“我是否会得到认同或控制？”，

you don't think "Am I going to get approval or control?",

无论别人对我们说什么，都不会伤害到我们。

no matter what anyone says to us that does not hurt us.

因为我们是无限的存在，别人说的话怎么可能干扰到我们呢？

Because we are infinite Beingness, how can what someone says interfere with that?

他们不能。

They cannot.

所以，你要迈向波澜不惊的状态。

And so you move toward the imperturbable state.

而且我知道，表明你现在所处位置的最佳标准莫过于你能被打扰的程度。

And I know of no better yardstick of checking where you are at now, by the degree to which you can be bothered.

移动到那个再也没有人、没有事能够打扰到你的地方。

Move to that place where no one and no thing can bother you anymore.

记住，小我是心智、身体。

And remember, the ego is the mind, body.

而且心智必须安静下来。

And the mind has to be quieted.

然后你就只认同你的存在，那便是终极的状态。

And then you identify only with your Beingness, and that's the ultimate state.

这就是我今天想对你说的，从坑里出来，上升到这里，完成这项工作，这只需要几个月甚至更短的时间。

And that's what I wanted to say to you today, get out of the pits, go up here, complete the job, it only takes months or less.

如果第一步能够做到——也就是你想要自由超过想要小我的胡说八道，你就会落入其他步骤中。

If step one is in there, wanting freedom more than you want the ego nonsense, the other steps fall into line.

然后你就会进入第六步，在这一步，你每时每刻都能感受到愉悦。

And you get down to the step sixth, where it's at delight all the time.

因为你只会越升越高、越升越高，直到你再也无法升高，无处可去，你遍布整个宇宙，你是无限的，只是一直认同你的存在、“我是”。

Because you just go higher and higher and higher and higher until you can't go higher anymore, there is no place to go, you're all over the universe, you're infinite, and that's simply all the time identifying with your Beingness, I amness.

然后你会看到存在的全部真相，除了我、我的存在，什么也没有，其他的一切都是想象、是幻觉。

Then you'll see the whole truth that there is, there is nothing but I, my Beingness, everything else was an imagination, an illusion.

所以我说，释放吧。

So I say, go for it.

记住这一点，去到高处并释放。

Keep it in mind, go high and release.

当然，如果你处于低谷，释放以升高，这样你就能更深入地释放。

Of course, if you're down, release to go high, so you can release more deeply.

但不要停在那里，从那里继续向更高处迈进。

Don't stay there, move on from there to higher.

你说得对，我们大多数人一直在用它来逃避痛苦。

You're right, most of us have been using it to escape the misery.

我是说不要停下，继续往上走，直到你无法再高，再也没有地方可以去，你遍布了整个宇宙。

I'm saying don't stop, go higher until you can't, there's nowhere to go anymore, you're all over the universe.

利用高峰来释放。

Use the highness to release.

你一直在用释放让自己感觉好，仅此而已，然后你停下了。

You have been using releasing to go, to feel good, that's it, and you stop.

你正在摆脱数百万年的积累，但这可以在几个月内完成。

You're ridding yourself of millions of years of accumulation, but it can be done in months.

我怎么知道的呢？

How do I know?

我早在 1952 年就做到了，那时我还不知道你所知道的，要是我当时就知道这个方法，我真的相信原本三个月的时间会缩短到一个月。

I did it back in 52, not knowing what you know, had I known the method instead of taking three months, I really believe it would have taken one month.

因为第一个月我只是在释放认同和爱，然后第二个月我在释放想要控制和改变，接着在最后一个月，这些都是大致的阶段，我看到了对死亡的恐惧，然后我致力于释放它。

Because the first month I just released on approval, love, and then I was spending the second month releasing on wanting control, change, and then the last month, these are approximate zones, I saw the fear of dying and I worked on that.

所以我当时确实是一个一个来释放的，认同、控制、安全。

Though I was really going one at a time, approval, control, security.

对这个世界的厌恶很难察觉到，你的贪恋很明显，而且你一直在追逐它们，

但对那些你厌恶的，你会把它们推开。

The aversions to the world are difficult to see, your attachments are obvious, and you're chasing them all the time, but the aversions you push out of the way.

所以，当你追求一个目标时，反对程序就会出现，“噢，我害怕、我不能”，诸如此类。

So, when you go for a goal, up come the anti's, "Oh, I'm afraid, I can't", and all that stuff.

所以这是一种消除对世界的厌恶感的手段，让它们浮现出来，这样你就能释放它们了。

So, it's a gimmick for getting up the aversions to the world, getting them up into sight, so you can let them go.

你没有让一个东西进入到意识层面，你就无法看到它，也就无法处理它。

You don't get a thing into consciousness, you cannot see it or handle it.

所以在这个世界上成功是一种让消极程序浮现的方式。

So achieving in the world is a way of getting up the negative.

这个世界没有让你富足、拥有一切的唯一原因是——你有相反的想法，而它

们都在被压抑着。

The only reason why the world doesn't serve you with affluence and abundance of everything is you have thoughts to the contrary, and they're suppressed.

为了得到世界上的东西，相反的感受就会出现，然后你就能释放它们。

Moving to get things in the world, the contrary feelings come up, and you'll release them.

因为如果你无法取得成功，你是在紧紧抓着那些阻碍你的程序，而你却不看它们。

Because if you cannot be successful, you're holding onto programs that hold you down, and you don't see them.

那些你不喜欢的、不想看到的、不想成为的，你总想避开它，那是你想要避开的。

That which you don't like, don't want to see, don't want to be, you want to avert it, that what you want to avert.

与之相对的就是贪恋，也就是那些你想要抓住的。

And the opposite side is attachment, that which you want to hold on to.

贪恋和厌恶是两个很关键的概念，它们束缚着我们。

Those are two big words, attachments and aversions, they keep us bound.

如果你是“一切”，你怎么会有贪恋或厌恶呢？

If you are the All, how can you have an attachment or an aversion?

除了你之外，什么都没有。

There's nothing apart from you.

最终你会有一种感觉：这个宇宙是我的。

And you end up with the feeling: The universe is mine.

从无限到无限，这个宇宙是我的，它是，哈哈.....

From infinity to infinity, the universe is mine, and it is ha ha...