

莱斯特 100 周年纪念

Lester 100th Anniversary

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

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

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

最后，祝各位旅途愉快，回家顺利！

穿肚子

2025年8月21日

有缘的朋友：

遇到释放法，我们是幸运的，也很荣幸在这里见到你。

我根据 b 站 up 主 (zh_vhkh) 上传的《Lester 100th Anniversary》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。

向不太熟悉莱斯特教导的朋友说明一下，此系列音频对莱斯特前后期的教导均有收录：

1、莱斯特的前期教导以参问“我是谁？”和冥想为主，但不太适用这个星球的人们，并且莱斯特发现做一次释放等于几个月的冥想，之后所有的教导就都围绕释放法了；

2、莱斯特的后期教导以释放法为主，看本系列的《01-2 发展释放法 Developing the Method》这一节，可以对释放法的发展历程有个大体认识。

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

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

最后，祝我们都能走完全程，加油！

穿肚子

2025 年 6 月 11 日

目录

| | |
|--|-----|
| 莱斯特的常用词 | 1 |
| 01-1 莱斯特简介 Lester Intro | 2 |
| 01-2 发展释放法 Developing the Method | 4 |
| 02-1 莱斯特的觉醒 Lester's Realization | 39 |
| 02-2 幸福的关键 The Key to Happiness | 65 |
| 03-1 主人身份 Mastership | 87 |
| 03-2 阅读他的书籍 Reading His Books | 104 |
| 03-3 老师和学生 Teacher & Student | 109 |
| 03-4 心脏病 On Heart Attacks | 112 |
| 03-5 存在和爱 Beingness & Love | 117 |
| 04-1 莱斯特谈性 Lester on Sex | 125 |
| 04-2 积极的想法和欲望 Positive Thoughts & Desires | 132 |
| 05-1 主宰意识与关系 Mastership & Relationship | 157 |
| 05-2 目标和方向 The Goal & Direction | 177 |
| 05-3 总结主宰意识和关系 Summary on Mastership & Relationship | 192 |
| 06-1 我们是谁 Who We Are | 195 |
| 06-2 幻觉 The Illusion | 211 |
| 06-3 欲望是敌人 Desire is the Enemy | 233 |
| 06-4 我是谁 Who Am I | 236 |
| 07-1 自由的时间 Time for Freedom | 250 |
| 07-2 实现丰盛 (屁股系统) Materialize Wealth (Butt System) | 270 |
| 07-3 冲突 The Conflict | 278 |
| 07-4 身体的概念 Concept of the Body | 286 |

| | | |
|------|--|-----|
| 07-5 | 关于万念俱灰 On Apathy | 289 |
| 07-6 | 帮助每个人 Helping Everyone | 294 |
| 07-7 | 莱斯特学生父亲的中风 Lester's Dad Stroke | 296 |
| 08-1 | 1983 年在圣多纳的谈话 1983 Talks in Sedona | 299 |
| 08-2 | 动能 Momentum | 316 |
| 08-3 | 莱斯特关于心智 Lester on the Mind | 332 |
| 09-1 | 程序 Programs | 353 |
| 09-2 | 梦 The Dream | 358 |
| 09-3 | 真正的你 The Real You | 361 |
| 09-4 | 小我 The Ego | 370 |
| 09-5 | 医学 Medicine | 386 |
| 09-6 | 万念俱灰 Apathy | 401 |
| 09-7 | 完美 Perfection | 402 |
| 10-1 | 显化物质 Materializing Things | 406 |
| 10-2 | 大师与古茹 Masters & Gurus | 410 |
| 10-3 | 成为做者 Becoming a Doer | 416 |
| 10-4 | 负起责任 Taking Responsibility | 420 |
| 10-5 | 对死亡的恐惧 Fear of Dying | 426 |
| 10-6 | 不做奴隶 Not Being a Slave | 443 |
| 10-7 | 莱斯特最后的话 Lester's Final Words | 450 |

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;

01-1 莱斯特简介 Lester Intro

你好，我是莱斯特，发自内心地与你交谈，

Greetings, this is Lester talking to you from his heart,

如果你听过的录音带对你有帮助，那么还有更多的帮助可以获取，

if the tapes you have heard have helped you, there is much more help that is available,

在磁带中，我以一种旨在激发你内在思考的方式与你对话，

on the tapes, I talk to you in a manner that is oriented to provoke thinking in you,

引导你获得新的领悟，

that leads you to a new realization,

我以一种旨在触动那部分“真正的你”的方式与你对话，那部分的你远比你目前智性层面的理解得更本质、更直觉，

I talk to you in a way that attempts to reach the part of You that inherently and intuitively understands more than your present intellectual ability,

这一切都把你导向智慧，智慧是高于现在的智性知识的。

all this leads you to wisdom, wisdom that is higher than present intellectual knowledge.

我已经发展出一个自己做的办法，这可以让你明白如何每天提升自己的理解，

I have evolved a do-it-yourself method that can show you how to every day increase your understanding,

这将大大提高和促进你的自我成长。

it will greatly enhance and increase your self-growth.

我们每个人都有限制，除了那些我们潜意识里抓着的，

And that each one of us has no limits except those that we hold on to subconsciously,

当我们放下潜意识的限制时，

and that when we let go of our subconscious limitations,

我们发现我们在健康、幸福、富裕和物质方面的潜力是无限的，

we discover that our potential is unlimited, unlimited in the direction of health, happiness, affluence and materiality,

这将让你实现你在生命中所渴望达成的终极目标，

and will allow you to achieve the ultimate of that which you wish in life,

谢谢。

thank you.

01-2 发展释放法 Developing the Method

我于 1909 年 7 月 19 日出生在新泽西州伊丽莎白市的一个中产阶级家庭，我是一个非常害羞的人，

I was born on July 19th, 1909 in Elizabeth, New Jersey into a middle-class family, as a very shy person,

在我发现我现在所知道的、那之前的岁月，我曾经是极度害羞的。

the years before I discovered what I now have was that extreme shyness.

我对“世界是什么”感觉困惑，从未真正感到自己属于其中、能融入其中，

And bewilderment at what is this world and never really feeling that I belonged, fitted into it,

我总想做一个好人、一个好男孩、一个好少年、一个好青年，
always wanting to be a good person, a good boy, a good youth, a good
young man,

我努力按照应有的方式去做事，做正确的事，

And I try to do things as things were supposed to have been done,
doing the right things,

我接受了良好的教育，成为了我所在领域的佼佼者。

getting a good education, being the best in my field.

我天生就对科学感兴趣，尤其是对世界和人类本质的科学。

And my natural inclination was toward science, especially the science of
the world and man himself.

**1931年，我以物理学家的身份从罗格斯大学毕业，之后我在物理学和
工程学领域工作了20多年。**

And I was graduated from Rutgers College in 1931 as a physicist, after
which I worked 20 some years in physics and in engineering.

我有频繁换工作的经历，从职位到工作类型都有换，

I have a history of changing frequently from job to type of work I was

doing,

在物理方面，我从事测量仪器和自动控制的研发工作，与布朗仪器公司合作，这家公司后来成为了霍尼韦尔的子公司；

in physics, I worked at research and development on measuring instruments and automatic control connected with Brown Instrument Company, which became a subsidiary of Honeywell;

在工程方面，我做过机械工程师、电气工程师、建筑工程师、采暖与通风工程师和轮机工程师，实际上涉足了 14 个不同的领域；

And in the engineering field, I worked as an electrical engineer, a mechanical engineer, construction engineer, heating and ventilating engineer, marine engineer, actually 14 different fields;

我还尝试进入了与工程相关的各种行业，包括餐馆、木材、建筑和石油，我想赚钱，想在世界上有所成就。

I also made attempts, actually went into various businesses intertwined with the engineering, wanting to make money, wanting to make it in the world.

所有这些项目都很短暂，因为每当我取得成功的时候，我就会失去兴趣，因为我失去了兴趣，我的项目也会离我而去。

And all these projects were rather short-lived, because whenever I got to

a point of success, I lost interest, and because I lost interest, my project would drop away from me.

那时候，我并不知道我现在所知道的——我所寻求的实际上是生命本身的答案，而我做的一切都无法给我这个答案。

At that time, I did not know what I know now, that what I was seeking was actually the answers to life itself, and that nothing I had worked at would give me that answer.

随着岁月的流逝，我的抑郁和疾病开始加重，到了 1952 年，我不断遭受病痛的折磨，每年至少三次得黄疸，还有肝脏肿大、肾结石。我瘦得不行，有高酸性和低酸性溃疡，溃疡穿孔并形成病变，然后我还患有至少 10 年的偏头痛。1952 年，我得过两次冠状动脉血栓，在第二次动脉血栓后，我被告知我活不了多久了，我随时都有可能会死。除非万不得已，我甚至不能走楼梯。

And as the years went by, I became heavy with depression, with sickness, and by 1952, I had been through constant ailments like being jaundiced three or so times a year, constantly within a large liver, kidney stones, spleen trouble, hyper and hypoacidity, ulcers that perforated, and formed lesions, and then I had at least 10 years of migraine headache, and then toward the 1952, I had had two coronary thromboses, and after the second one, I was told I wouldn't live much longer, that I might die any day, that I shouldn't even take the effort to go up a step unless I absolutely had to.

而且在那段时间里，我的心理负担越来越重，身体状况也越来越差，
Also during that period, I was getting heavier psychologically and sicker
physiologically,

所以我一直在寻求.....我经常和专家在一起，医学专家，我做了四年的
的精神分析，每周四次，在弗洛伊德的一位同事 Kilian Bloom B
ouam 的指导下，这是 40 年代初，他有一个办公室，我想是东 96 街，
经过 4 年的精神分析，我被放弃了，有些人没得救了，这对我来说是
一个相当大的打击。

And so I was seeking aid, I was constantly with specialists, medical
specialist, and I had had four years of psychoanalysis, four times a week,
under an associate of Freud, a Dr. Killian Bloom B-L-U-H-M, and this was
the early 40s, who had an office, I think it was east 96 street, and after 4
years of psychoanalysis, I was discharged with, quote, some people
cannot be helped, unquote, and that was quite a shock.

然而我从未说过死。

However, I never said die.

在第二次心脏病发作之后，经过三天强烈恐惧的思索和慌乱，我极度
害怕死亡，

And after the second heart attack, after three days of cogitating with

intense fear, a stir, I was extremely fearful of dying,

但我意识到了，我对自己说：“你还在呼吸，莱斯特，你还有机会。”

but I realized, I said to myself :“You're still breathing, Lester, there's still a chance.”

于是我坐下来，开始全天候地思考。

So I sat me down and began thinking on an around the clock basis.

我一直被认为是一个非常聪明的男孩，我总是获得荣誉，在没多少奖学金可拿的年代，我获得了罗格斯大学的四年奖学金。

I had been considered a very smart boy, always made the honor role, I had a four-year scholarship to Rutgers back in the days when not many scholarships were handed out.

但后来，当我第二次心脏病发作后被告知我活不了时，我对自己说：“莱斯特，你真是愚蠢，愚蠢，愚蠢！活了差不多四十三年，快活到头了，却没有幸福没有健康，因此你所积累的这一切知识都是无用的。”

But then when I after the second heart attack, and when I was told I wouldn't live, I said to myself :“Lester you are stupid, stupid, stupid! Having lived 43 or so years, and having reached the end of the line without happiness, without health, therefore all this knowledge that you have accumulated is of no avail.”

我曾在 30 年代研究过沃森的行为主义，在 30 年代末和 40 年代初研究过弗洛伊德，我学过哲学、学过逻辑学、学过经济学、学习了人类的所有主要领域。

I had studied Watson's behaviorism in the 30s, Freud in the later 30s and early 40s, I had studied the philosophies, I had studied logic, I studied economics, I studied all the major fields of man.

尽管我掌握了所有这些知识，我却走到生命的尽头，这让我意识到，人类所积累的知识是没有用的。

And with all that knowledge, there I was at the end of the line, making me realize that the accumulated knowledge of man was of no use.

于是我决定从头开始，忘记所有这些知识，从零开始，看看自己能获得什么。

And so then I decided start from scratch, forget all that knowledge, begin from point zero and see what you can pick up.

因此，我提出了问题“我是什么？”“这个世界是什么？”“我和它的关系是什么？”“什么是心智？”“什么是智慧？”“什么是幸福？”

So I pose the questions “What am I?” “What is this world?” “What is my relationship to it?” “What is mind?” “What is intelligence?” “What is happiness?”

我开始问自己：“我想从生活中得到什么？”

And I began by asking myself :“What do I want out of life?”

答案是幸福。

And the answer was happiness.

然后我问：“幸福是什么？”

And I said :“What is that?”

“哦，那是得到所有人的认同。”

“Oh, that's getting everyone's approval.”

这让我很震惊，因为我意识到，我得到了家人、朋友、我认识的大多数人的高度认同，而我却很痛苦。

And that was a shock to me, because I realized I was getting large amounts of approval from my family, from my friends, from most people that I knew, and here I was miserable.

再进一步地探寻，我回忆了自己感到最幸福的时刻，我发现了一些在当时令我吃惊的事情：当我在爱时，我是最幸福的。

Investigating further, I went into the moments when I was feeling

happiest, and I discovered something which to me was startling at the time, that it was: When I was loving, that I was happiest.

这种幸福等同于我去爱的能力，而不是被爱。

That happiness equated to my capacity to love rather than to being loved.

这是一个起点，

That was a starting point,

我开始朝着那个方向纠正自己所有的想法和感觉，从渴望被爱到去爱。

And I began correcting all my thoughts and feelings in that direction, from that of wanting to be loved to that of loving.

在这个过程中，我发现了另一件令我颇为震惊的重要事情。

And in that process, I discovered another major thing that kind of shocked me.

我发现我曾经想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

I saw that I wanted to change this entire world, and that was the cause of my ulcers, or one of the major causes of it.

我意识到我是多么想改变这个世界，而这让我成为了这个世界的奴隶。

On realizing how much I wanted to change things in this world, and that that made me a slave of this world.

我做出了扭转这种局面的决定。

I made a decision to reverse that.

然后我开始放下我所有想要控制这个世界的欲望和需求。

And then I began letting go of all my want and need to control this world.

在遵循这两个方向的过程中——实际上是卸下了这些方向上的所有潜意识概念和压力，

And in the process of following out these two directions, of actually unloading all these subconscious concepts and pressures in those directions,

我发现自己变得更快乐、更自由、更轻松，总体上感觉更好。

I discovered I was getting happier, freer, lighter, and feeling better in general.

当我看到这个方向是好的，我便做了一个决定：如果一块馅饼的味道尝起来这么好，那我想吃整个馅饼。

On seeing that this direction was good, I made the decision that: If a slice of the pie tastes as good, I want the whole pie.

我决定不离开这个方向，直到我得到那一整块幸福的馅饼，随之而来的是“我是什么？生命是什么，我和它有什么关系？”的答案。

I decided not to let go until I got that whole entire pie of happiness, and with it, the answer to what am I, what is this life, what is my relationship to it.

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

This decision allow me to... As I claim get the answer to life itself in a matter of 3 months' time.

我真的相信，如果我能做到，任何人都可以做到，只要他们有强烈的想要。

And I actually believe if I did it, anyone could do it, if they had that much want to.

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个永远快乐且没有悲伤的状态。

And in that three-month period of time, all the ailments I had in my physical body corrected, all my miseries dropped away, and I ended up in a place in which I was happy all the time with no sorrow.

并不是说世界停止了对我的推动，它仍在继续，而是我所处的状态让我几乎可以立即解决问题。

Not that the world stopped pushing against me, it continued, but I was in a place where I could resolve things almost immediately.

清除所有负面的恐惧，所有负面的“我不能”，

Having cleared out all the negative fears, all the negative “I cannots”,

我会直接专注于每个问题的答案，并很快得到答案。

I would focus right in on the answer to every problem and get it very quickly.

就这样，我的整个人生从此改变了，从之前的抑郁和生病，变成了一直快乐且始终保持完美的健康。

And so my whole life turned around from being one of formerly being depressed and sick to one of being happy all the time, and in perfect health all the time.

在这个过程中发生的一件事是认同他人。

One of the things that happened in this process was identification with others.

我看到我们都是相关联的，我们都是相互关联的，我们的心智是相互关联的。

I saw that we are all related, we are all interconnected, our minds are interconnected,

每个心智都像一个无线电广播和接收站，我们所有人都在无意识地相互调谐，我们只是没有意识到这一点，

Each mind is like a a radio broadcasting and receiving station, that we are all tuned into each other unconsciously, we're just not aware of it,

而且，如果大量被压抑的能量得以释放，这点对我们来说就变得很明显了。

and that if a lot of the suppressed energies are allowed out, this becomes obvious to us.

一旦我们对他人产生认同，我们自然就会希望其他人也能发现我们所发现的。

and once we identify with everyone else, it's just natural that we want

everyone else to discover what we have discovered.

生命本应是美好的、本应是一直快乐没有悲伤的，本应拥有完美的健康。

That life was meant to be beautiful, meant to be happy all the time with no sorrow, meant to be with perfect health.

因此，在 1952 年达到理解的顶峰后，我就一直想帮助其他人发现我所发现的。

So from that, um reaching that high point of understanding in 1952, from that time on, I have wanted to help others discover what I discovered.

最初那些年，我和人们一对一地进行工作，对每个人的帮助都很有戏剧性且非常有效。

In the early years, I worked with people, person to person, help for each one was dramatic and very effective.

然而，他们会对我产生依赖，这会让他们期望我为他们做这件事，这对他们来说是无意识的。

However, they would develop a dependency upon me, which would cause them to expect me to do it for them, and this was unconscious in them.

原因在于，从我们出生的那一天到我们步入青少年时期，每个人都有父母来照顾他们的一切，这在我们心中根深蒂固，直到今天，我们仍然期望并想要有人能为我们做这件事。

And the reason for that is from the day of birth until we are teenagers, everyone does have someone taking care of everything for them, their parents, and it is so deeply ingrained in us today, we still expect and want someone to do it for us.

然而，没有人能帮我们做，我们必须靠自己来做。

However, no one can do it for us, we must do it by ourselves.

别人能为我们做的唯一一件事是为我们指明道路、展示方法，指明如何朝着正确的方向前进。

The only thing someone else can do for us is to show us the way, show us the method, show us how to get moving in the right direction.

因此，在最初的二十左右时间里，我给愿意听的人免费提供这些知识，但我发现一对一的方式所取得的成效微乎其微。

So for the first 20 years or so, after giving this freely to anyone who would listen to me, I realized that the amount of accomplishment was rather minimal, working one-on-one,

我想到，为了让大多数人知道，有必要建立一套可供他人分享给其他人的方法。

And it came to me that to get this out to the majority, it would be necessary to set it up in a methodology that could be given out by others to others.

于是我形成了现在这套体系，这是一种非常具体的方法，可以用来消除所有压抑的情绪、所有消极的感受，消除那些把当今世界引向错误方向的抑制和强迫。

And so I evolve the present system, a very specific method of undoing all the suppressed emotions, all the negative feelings, of undoing the inhibitions and compulsions, which are the things that are driving the world today in wrong directions.

我们已经积累了太多被压抑的能量，这些能量正朝着错误的方向涌现，扰乱了我们的生活目标。

We have accumulated so much of suppressed energy that it is coming out in devious directions, upsetting our purpose in life.

我们的目标非但不是让地球上的生活和谐美好，反而是将我们最大的能量用在破坏地球的方向上。

Our goals, to the point, where instead of making life a beautiful harmony here on earth, we are using the best of our energies in a

direction of destroying this earth.

我们今天在污染空气、污染水、污染食物，并通过无线电、电视、电影毒害我们的心智。

We are today poisoning the air, poisoning the water, poisoning the food, and poisoning our minds through radio, TV and movies.

我们已经到了看不到自己是如何把自己推向堕落的地步，并且我们仍在继续这样做。

And we have gotten to the place where we cannot see how we are driving ourselves downward and we are continuing in it.

摆脱这种困境的唯一方法，就是先认识到所有这一切的累积的压抑就是导致这种堕落走向的原因。

And the only way out of this thing is to first recognize that all this accumulated suppression is the cause of this downward direction.

为了让世界走上正确的方向，为了让我们每个人走上正确的方向，为了让我们幸福、健康和繁荣，我们必须释放这种累积的压抑。

And that this accumulated suppression must be released in order to get the world in the right direction, in order to get each of us as individuals in the right direction, in order to get us happy, healthy and prosperous.

我们拥有的这个方法就可以做到这一点。

This method that we have will do just that.

然而，由于这个方法是体验式的，

However, it being experiential,

必须教导每个人如何释放这些被压抑的能量，以便释放这些消极的、不想要的感受，直到我们摆脱它们。

it must be taught to each one how to release these suppressed energies so that these negative, unwanted feelings are dumped until we are rid of them.

我们发现，当这些负能量消失后，我们的思维效率达到最高，思维前所未有的清晰，我们可以看到生活的目的和方向并贯彻下去。

And we discover that when these negative energies are out, the efficiency of our minds are at their highest, thinking is clear, we have a clarity that we never had before, we can see our purpose and direction in life and carry through.

我们发现心智只有创造性，我们保持在心智中的东西，迟早会成为现实。

We discover that mind is only creative, that what we hold in mind is what materializes for us sooner or later.

而且，正是因为我们持有这些潜意识的、被压抑的消极想法，所以消极的事情才不断发生在我们身上。

And that it's only because we're holding these unconscious, suppressed, negative thoughts, that negative things keep happening to us.

1973年，我想到了把它组织成一个系统的概念，当时我在亚利桑那州，我1958年离开纽约，因为我对人们说的跟他们想听的差距很大，所以我隐居去了亚利桑那州一个很不错的地方。几年来，我独自一人，在美妙的状态下，夜以继日地坐着。直到人们开始来拜访我，这才使我起身外出，在全国各地游走。我会和一些团体交谈，但从未作出任何承诺，我只是四处飘荡，帮助他们，尽我所能给他们一对一的帮助，没用什么系统的方法。

1973, the concept of organizing it into a system came to me, at the time I was in Arizona, I had left New York in 1958 only because what I was saying to people was really too far from what they wanted to hear, and so I retired to a very nice place in Arizona, spent several years, all by myself just sitting around the clock in a beautiful state, until people began coming in to visit me, which caused me to get up and get out and float across the country, I would talk to groups, never made any commitments, I'd just floated around, helping them, giving them person-to-person help as much as I could, nothing in an organized way.

直到 1973 年，我才意识到那些聚集在我周围和住在附近的人，没有再获得任何益处，因为他们对我有种依赖，无论我告诉他们多少次我不能代他们去做，无论我告诉他们多少次他们必须自己做，他们还是指望我去做。

Until 1973 when I realized that those who gathered around me and lived nearby were not gaining any more, due to their feeling of dependency upon me, no matter how much I told them I could not do it for them, no matter how many times I told them that they had to do it themselves, they were still looking to me to do it.

所以我做了一个决定，不再提供个体帮助，而是把它打包成一个方法，我在 1973 年就那么做了。

So that decision was made to not help people personally, but to get it into this package form, I did it in 1973.

1974 年，我在亚利桑那州对受过教育的人、未受过教育的人以及 10 岁以上的孩子进行了测试，发现这个方法是所有人都能掌握的，而且任何人都可以使用它，如果有人愿意使用它，它其实非常简单、非常容易。

I tested it out in Arizona in 1974 with educated people, with people with no education, and with children 10 years and older, and discovered that the method was gotten by all, and that anyone could use it, that it was

very simple and very easy if one chose to use it.

每个人的内在都蕴藏着无限的能力，都有着超乎想象的潜能。

Every person has an unlimited ability within him, a potential way beyond anything he ever dreamed.

**我们拥有巨大的潜力，但却被我们自己的限制性思想所限制和阻断，
“我不能，我不可能做到这一点”，这些被普遍接受的限制就是造成受限的原因。**

We have this tremendous potential limited by and cut off by our own thoughts of limitation, “the I can’ts, it's impossible for me to do that”, these generally accepted limitations are the cause of the limitations.

当这些限制和概念被倾倒地，人们发现自己其实没有任何限制，除了那些他在心理上抓着不放的。

That when these limitation concepts are dumped, the person discovers he doesn't have any limitations except those that he mentally holds.

瞧，在我们的课程中有一种消除这些限制的方法，我们发现——所有的“我不能”都被锁在我们的情绪中。

And see, in our course there's a method of dumping these limitations, we discover that locked into our emotions are all “the I cannots”.

然后，当情绪得到释放时，所有被压抑的能量都会被释放，“我不能”都会被释放，然后我们就只会想“我能”。

And that when the emotions are released, all that suppressed energy is released, "the I cannots" are released, and then we only think "I can".

当我们只想着“我能”时，“我能”就会显现出来，随之而来的是不同寻常的事情，一旦你知道这一点并去做，你就可以拥有、成为或做到任何你渴望的事情。

And when we think only "I can", the I can manifest, and the unusual with it, you can have, be, or do whatever you will desire once you know this and do it.

一个人在任何特定的事情上完全释放，无论这件事有多么不可能，如果他完全释放了，那么在他完全释放的那一刻，不可能就会变成可能。

One is totally released on any particular thing, no matter how impossible it is, if he's totally released, that impossible becomes possible that moment when he's totally released.

理智是心智中进行推理的理性部分，它将事物从理性层面联系在一起。

Intellect is the rational part of mind that reasons, and intellectually ties things together, relates them.

感受、体验是一个完全不同的层面，因为它们是感觉，它们无法被理性化，

Feelings, experience, are a totally different aspect, in that they are feelings and they don't rationalize,

你可以理性地对待它们，但它们本身是不理性的，也无法理性化。

you can rationalize about them, but they themselves are not rational or rationalizable.

如果可以理性化，我们就能告诉人们扔掉你所有的消极情绪，他们就会做到，但他们无法做到，因为在理性层面，两者之间并无关联。

If they were, we could tell people, drop all your negative feelings and they would do it, but they can't, because intellectually there's no tie there.

我们唯一能用理智做的事情就是引导我们去看感受，把我们的注意力集中在感觉上，然后在感觉层面工作。

The only thing we can use the intellect for is to direct us toward the feelings, to focus us in on the feelings, and then work at the feeling level.

要明白，我们的课程是在感觉层面起作用的。

See, our course works at the feeling level.

理智，也就是心智中的理性部分，完全是由我们的感受所驱动的。

And the intellect, the rational part of the mind is all motivated by our feelings.

现如今，我们认为自己是自由的思考者，但我们不是。

Today, we think we're free thinkers, but we're not.

我们的思考是由我们的感受驱动的，所有的思考都是，只要检查一下，你就会明白。

Our thinking is motivated by our feelings, all of it, just check it and you'll see.

所以最重要的是感觉，其次才是理性。

So that the prime thing is feelings, the secondary thing is rationale,

当次要事物（理智）试图解释主要事物（感受）时，它无法做到。

and when the secondary thing is trying to explain the primary thing, it cannot.

所以，你必须理解感受和想法的关系，它们是两个不同的领域，其中

一个不能解释另一个，

So that you've got to understand the relationship of feelings to thoughts, that they're two different realms, and one does not explain the other,

只有当你超越了想法和感受，你才能理解这两者以及它们之间的关系。

it's when you get above thought and feeling that you can understand the two of them and how they relate.

当没有被压抑的能量，我们就处于最高、最快乐、最幸福、最了解的状态中。

There's no suppressed energy, we're in the highest, happiest, most felicitous, the most knowing state there is.

压抑越多，我们无意识去压制这种压抑的倾向就越厉害，我们对当下的注意力就越少。

The more of this suppression, the more our attention goes to unconsciously to hold that suppression down, the less attention we have for what is here now.

当我们释放这些被压抑的能量时，我们进入当下。

As we release these suppressed energies, we come into present time.

每一种感受都会把我们抛回过去，因为它就是从那里发展而来的。

Every feeling throws us into the past, because that's where it was developed from.

因此，当我们用过去的任何感觉去感知或考量当下时，我们是在用过去卡住的钥匙工作，也就无法看清此时此地的真实情况。

So when we perceive or calculate on the present with any feelings behind it, we're working with stuck keys from the past, and we don't see what's here now.

一场事故被六个人目击了，你会得到六份不同的报告，尽管事故的发生只有一种方式。

Witness an accident being witnessed by a half a dozen people, you get a half a dozen different reports, yet it happened one way.

因为我们是通过过去的感受去看，我们正试图透过我们的过去看清当下。

Because we see through our past feelings, we see... We're trying to see now through our past.

因此，要让一个人活在当下，他就必须解除自己被压抑的感受。

So to get a person to present time, he has to undo his suppressed feelings.

当他不再有被压抑的感受时，他就完全在当下了，在这个当下，他拥有自己的全部能力和在生活中他想要的感知、行动和影响能力。

And when he has no more suppressed feelings, he's totally here now in present time with his total abilities and capabilities of perceiving and acting and effecting in life what he wants.

最初，我们的显意识思维全都是有意识的，然后我们建立了这个无意识的、自动化的行为系统。

Originally, our conscious thinking was all conscious, so we set up the system of the unconscious automated behavior.

我的手触碰热水，如果是自动的，我就不用想“唉呀，我感觉到一种感觉，我的手指一直很热，这高温会伤害我的皮肤，我最好把手拿出来”，然后我才拿出来。

My hand goes in hot water, if it's automated, I don't have to think "Gee, I feel a sensation in my fingers, oh, it's hot, oh, the heat will damage my skin, I better pull it out", and out I pull it.

根据过去的条件反射，我一碰热的，我的手在那一刻就会弹出来。

From past conditioning, the moment I hit hot, my hand bounces out

that moment.

所以最初，我们是有意识地思考，然后我们建立了这些被称为“感受”的自动控制，以便我们能做出自动反应、获得自动保护。

So originally, we were thinking consciously, and then we set up these automatic controls called feelings to give us automated responses, automated protection.

我们忘记了自己在做什么，我们一直在编程、编程、编程、编程，直到我们达到人类现在的状态，我们被自己的程序淹没了。

And we lost sight of what we were doing, and we kept on programming and programming and programming and programming until we reached the present state of man in which we are overwhelmed with our programming.

你们看《2001 太空漫游》了吗？

Did you see Space Odyssey 2001?

就是那样。

That's it.

电脑开始掌控人类，记得吗？它切断生命系统杀死了所有人，除了在

飞船外面的那个人。但他还是比电脑聪明，想出了回到飞船的办法，把电源炸了，把自己撞回了飞船上，然后去向电脑的储存区，开始拔掉内存。

The computer began to take over man, remember? Disconnected the life systems, killed everybody except the guy who was outside the ship, but he still smarter than the computer, he figured out a way how to get back into the ship, he exploded to charge, crashed himself back into the ship, and went right to the banks of the computer and started taking them out.

事实就是如此。

That's exactly the way it is.

我们的心智就像一台电脑，我们给它编程，我们已经过度编程到它现在正运作我们的地步。

Our mind is like a computer, we program it and we'll over programmed it to the point where it's running us now.

所以，现在还剩下一个我们可以推翻这些程序的地方，但这在今天是一个薄弱的地方。

So there is yet left a point where we can override the programs, but it's a weak, weak point today.

我们所要做的就是加强推翻和撤销旧程序的能力，清除旧的程序，拔掉“存储库”，彻底拔掉。

and what we do is strengthen the ability to override and undue the old programs, to pull out the old banks, goes to the extreme.

这是一种精神上的瓦解，“存储库”正在运作着我们，而不是我们在运作它们。

It's a nervous breakdown, the banks are running us instead of we running them.

我发现了一种方法，看，有成千上万的程序在我们之内。

Now, I discovered a way, see, there are thousands and tens of thousands of programs within us.

事情是这样的，这些程序被我们称为感受。想法终结于感受，然后表面的感受最终终结于更少的感受，我们称之为情绪。情绪终结于更更少的感受。当你能摆脱那些更更少的感受时，你实际上也就摆脱了所有最初的感受。

And what happened was the, let's call the feelings as the programs, thoughts culminated into feelings, then the superficial feelings culminated into fewer feelings that we call emotions, the emotions culminate into still fewer feelings, and when you can get rid of those fewer feelings, you're actually getting rid of all the original.

换句话说，存在关联环节，如果我们消除它们，就能撤销其他所有的自动反应。

In other words, there are relays that if we undo them, undo all the other automated responses.

这就是我所发现的。

And this is what I hit upon.

你试着摆脱你所有的悲苦，但你不会做到，所以我不得不去到更基本的、导致这些程序的根源。

You try to get rid of all your grief, you wouldn't do it, so I had to go more basic to the program that causes those programs,

于是我找到了两个导致情绪（所有的愤怒、恐惧、悲苦、万念俱灰、嫉妒和自尊自傲……）的基本程序，并且消除导致这些情绪的程序（想要控制和想要被认同），

So I got to the two basic programs that are causing all the anger, fear, grief, apathy, jealousy, and pride, and I'm eliminating the program that programmed the emotions.

这也是我们的方法非常有效的原因之一。

and that's one reason why our method is very effective.

它还有很多其他的好处，比如你不必回顾你过去的创伤。

There's a lot of other built-in goodies about it, in that you don't have to go into your past traumas.

我们从情绪入手，深入到这个基本程序（想要控制和想要被认同），并在这个层面进行处理，在这里，还没有正式形成进入其中的抗拒。

We take off at the emotion and go deeper to this basic program and work there, where there's no formally built up resistance towards getting into.

我们不想陷入悲苦，不想陷入愤怒，当你试着让人们进入其中时，会遭到巨大的抵触，他们不想感到糟糕。

We don't want to get into our grief, we don't want to get into our anger now, and when you try to get people into it, there is tremendous resistance, they don't want to feel awful.

所以我们把他们带到一个他们尚未习惯的更基本的层面，当他们接触这个层面的时候，就不会感觉那么糟糕了。

So we get them to a more basic point that they're not used to, and don't feel so awful when they touch it.

这也是我们的方法如此有效的另一个原因。

And that's another reason why our method is so effective.

我想第三个原因是，通过使用这个方法，他们知道是他们自己做到这件事，这是一件了不起的事情。

I guess the third reason is that by using it, they learn that they do it, this is a tremendous thing.

我们没有做什么，他们自己做到的，他们在实践中学会了自己做，

We don't do it, they do it themselves, they learn by doing it that they do it themselves,

消除了对老师、古茹的需求，消除了不停去探访医生的需求，一次又一次，一点一点。

eliminating the need of a teacher, a guru, the eliminating of a doctor that you had to keep going back to again and again and again, bit by bit by bit.

现在的感受太强烈了，我们每次只能释放其中的一部分，随着我们的释放，感受会越来越少。

The feelings are so intense now, we can only release part of it each time,

it gets less and less as we release.

我们的目标是摆脱我们所有的愤怒、恐惧、悲苦、万念俱灰、嫉妒、自尊自傲和内疚等感受。

The goal being to rid ourselves of all our feelings of anger, fear, grief, apathy, jealousy, pride and guilt, and so forth.

当我们把自己从所有的这些感受中解放出来时，我们发现剩下的就是我们称之为“爱”的东西。

And when we release ourselves from all these things, we discover that that which is left over is a thing we call Love.

所有与爱相关的感觉都是消极的，并且切断了我们爱的能力。

And that all feelings relative to love are negative and cut off our capacity to love.

就是这么简单。

That's how simple it is.

我们处在一种奴隶意识中，90%的人觉得为了生存我们必须有一份工作，也许10%的人认为“我们不需要工作，然后只是走出去做我们想做的事并生存下去”。

We're in a slave consciousness, 90 percent of us feel that we must have a job in order to survive, maybe 10 percent of us think "We don't need a job and go out and do what we want to do and survive".

当这种冷漠的奴隶意识通过倾倒这些负面情绪而被消除时，人们不会再为别人工作，但他们会以一种建设性的、积极的方式为社会做贡献，帮助到每一个人。

When this apathetic slave consciousness is undone by dumping these negative emotions, people won't work for other people, they will work in a constructive, positive donation to society that helps everyone.

如今，大多数人处于最低处，非常自私，他们的动机只来自于对自己有利的东西，他们必须消除这些，才能对他们自己和他人都有好处。

Today, most people are down at the bottomless scale, they are very selfish, they are motivated only in what is good for me, they have to undo that in order to be good for themselves and for others.

我们越无私，我们就越受益。

The more selfless we are, the better it is for us.

现在，我能为自己做的最自私的事情就是完全无私，我发现这两者是平行的，它们对我来说它们不是相互对立的。

Now, the most selfish thing that I can do for me is to be totally selfless, I

have discovered, that the two parallel, they don't, they're not in opposites for me.

我越无私，对我越有益，这是社会尚未发现的一点。

The more selfless I am, the better it is for me, this is something society has to discover yet.

02-1 莱斯特的觉醒 Lester's Realization

一开始人们并未发现这一点，因为他们并没有在它所在的地方寻找它。

People do not discover this as first, they're not looking for it where it is.

他们全都无意识地在他们所谓的“幸福”中寻找它，但他们却不知道这种幸福在于他们发现自己是没有限制的存在。

They're unconsciously all looking for it in the thing they call happiness, but they do not know that this happiness lies in their discovering that they are beings with no limits.

而由于习惯的力量，他们接受了自己被身体、被困扰限制的事实，接受这种限制，也就意味着这种限制会一直持续下去.....

And by force of habit, they accept that they are limited to their bodies, to their troubles, and accepting of it, it is the continuing of it.

而且随着我们继续，我们会让它越来越强、越来越强、越来越强，所以我们的问题和困难也会变得更艰难、越来越多、越来越多、越来越多.....

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...

当它们发展到极致，就像它们对我做的那样，似乎只有到那时，我们才会受到足够的震撼，重新审视这一切，才会说我们走的不是正确的路，我们的幸福并不在名望、财富和被爱里。

When they go to the extreme, like they did with me, it seems that only then are people shook up enough to re-question the entire thing, enough to say that the way that we are going is not the way, that our happiness does not lie in fame, fortune, and in being loved.

当事情发展到极端时，他们才意识到：那些追求那三样东西（名望、财富和被爱）的人最终都会陷入沮丧和不幸福。

When things get to the extreme, they realize that those seeking those three things invariably end up in frustration and unhappiness.

然后当他们走到极端时，就只有一条路可走，不是他们之前追寻幸福和物质的那条路，而是进驻内在，质疑这一切究竟是怎么回事，那时他们就会发现我所发现的东西。

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, then they will discover what I discovered.

任何人都能做到。

Anyone can do it.

第一——他听说了出路；

If first, he hears of the way out;

第二——相信这就是出路；

And second, believes that this is the way out;

第三——极其想要它，想要到让它成为他生活中的首要之事，比任何其他事都重要，甚至比他以往追寻快乐的所有方式都更重要；

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;

然后他发现他是无限的，他的喜悦没有限制，真正自然的生活方式是完全和谐的，大自然是和谐的，他所需要做的就是与之协调一致，并践行这样的生活方式。

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

三个月后，我参加了一个形而上学的小组，他会让学生到前面的讲台去给小组成员讲话。

After a three month period, I attended a metaphysical group, and he would call the students up to the front and ask them to give a talk to the group.

当他第一次叫我时，我告诉他我不想上去，所以他绕过了我，然后在他不再叫我之后，我才意识到这很傻，我之所以没有去做，唯一的原因就是那些旧习性还在。但它们的影响已经完全消失了，那种强迫性也消失了，尽管习性还在，但就像一根烧焦的绳子，看起来像绳子，似乎还是绳子，但已经没有了力量，你去捡起一根烧焦的绳子，它就会散架。

And when he first time 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, seems to be a rope, but it has no strength, you go to pick up a burnt rope, it just falls apart.

所以在看到这一点时，我就主动上台发言，这是我人生中的第一次。

And so seeing that I volunteer to go up and give a talk, first time in my life

当时我站在大约 60 人的面前谈论着频率和振动，我走上台的时候，心里很惊讶，我并不紧张，我看着他们，他们也看着我，而且在我讲话的时候，我心里还想着另一件事“天哪，这太容易了，我从来不知道这会这么容易”，那是我人生中第一次站在一群人面前讲话，那大概是 1953 年，当时我 44 岁。

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, and as I was talking, I had a second thing going on in the background. "Gee, this is easy, I never know 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, I was 44.

这种极度的敏感消失了，因为你的小我消退了。

The super sensitivity drops away, because your ego drops away.

如果我听到有人发表反犹言论或针对任何群体的攻击性言论，我会同情他们；看到他们心怀憎恨，我会对他们产生更多的爱，因为他们需要它。

If I heard someone coming out with anti-Semitic remark or anti any other remark, I had compassion for them, I saw them hating, so I just

had a feeling of more love for them, because they needed it.

他们的那些反对行为伤害的只有他们自己，他们根本无法用它伤及他人。

The only one they were hurting with their anti was they themselves, they can't hurt anyone else with it.

当世界上最美艳、穿着最精致的女士们在白天逛街购物时，我看着她们在那些奢华店铺的橱窗前驻足，我看看她们，又看看模特，再看她们，再看模特，我这样反复看了三次，却看不出任何差别。

When the most beautiful and the very best dressed women of the world go shopping during the day time, I looked at them looking in windows on 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, I couldn't see any difference.

我感叹：“老天啊！这就是我曾经认为的美丽之处？”

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

她们不过是些人体模型，只关心自己身体的皮囊，装扮它、呵护它，不惜花大把的钱在上面，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 the outer

skin.

所以，于我而言，美丽的是一个充满爱的人、是一个人的灵魂。

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

我还记得有一次，我和两个朋友说起一个我认识的女孩，我说：“哎呀，她真漂亮。”从他们看我的眼神我就知道不对劲，我说：“难道不是吗？”他们摇摇头说：“不是。”我又仔细看了看，然后说：“哦，我明白你们的意思了。”在他们眼里，或者从外表看，她只是个相貌平平女孩，但她爱的能力极强。

And I remember an incident where I was saying to two fellows of a girl I had known, "Gee, isn't she beautiful?", I could tell by their looking at me that was something wrong, I said: "Well, isn't she?" And they shook the 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 high in her capacity to love.

从根本上说，这就是所有美丽背后的本质——爱，你能明白吗？

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

那些我原以为“哦，她们是最美、最棒的”结果却像人体模型一般，而那些我原本觉得非常丑陋的，结果却很美。

The ones that I thought were “Oh, they are 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，我都像在家里一样自在，在谢弗博士的课上也是如此，他的课向来是最精彩的，每个人都衣着光鲜、整洁得体，而我却留着胡子、头发也没梳，穿着脏兮兮的休闲裤就来了。当然，大家都注意到了，但大家都很得体，没人说我什么。

I was so at home, anywhere and everywhere, that in Doctor Shaefer'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, my hair not combed and dirty slacks on. Of course, everyone noticed it, but very properly, no one said a thing to me.

我完全放松地坐在那里，尽管他们都用犀利的目光盯着我，这也证明了——我没有反应，没有小我剩下。

I sat there 100% at ease, in spite of all them looking kind of dagger-eyed at me to prove to me, I had no reaction, no ego left.

我一直在心里牢记着一条准则“我只知道我能做什么”，这是对自己最好的

检查。

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

我只了解我能做到的事，所以我会去做，去验证它。

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

如果我发现了任何反应，我发现了任何不完美的地方，我会立即纠正它，直到它达到了极致。

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 was achieved.

我竭尽全力把每件事都做到极致，确保在任何事情上都没有遗留任何东西，拥有所有的快乐，没有一丝痛苦，整个世界都在为我服务。

I did everything to the extreme limit, to be sure I had nothing left on any particular thing, all happiness, no misery, the whole world serving me.

洛杉矶之行是为了验证我所发现和知晓的东西，我总是秉持那条准则——我只了解我能做到的事。

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

我相信自己是从小事做起、一步一步从小事过渡到大事去验证的，这就是我当时真正在做的。

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

去洛杉矶是一件大事，“一分钱不帶地去洛杉矶”，我收拾好行李，带着一个信念走上了去洛杉矶的路，完全确信它会发生，所以它达成了。

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.

这不是一次测试，这是一个验证。

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

测试意味着怀疑，而只要有任何怀疑存在，任何怀疑都会让它失效。

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

哦，是啊，我出门没带钱，因为我想要验证“没有钱我也能得到任何我想要的一切”，其实，你本来也不需要花钱来做事。

Oh, yeah, I went out without money, because I wanted to prove, I could have anything I wanted without money, well, you don't need money did.

当你显化事物的时候，你永远不要考虑钱，你永远都不应该想着钱，否则最终你得到的只会是钱，而不是显化的那个事物。

When you demonstrate things, you never think of money, you never should think of money, because instead of the thing, you'll end up with money.

但认为“你需要钱来做事”是一种怀疑。

But thinking “You need money to do things” is a doubt.

确实，更高层次的意识决定着较低层次的意识，

Really higher consciousness determines for a lower consciousness.

这就是人们为我服务的原因，

that's why people serve me,

是的，这对所有人来说都是如此。

yeah, it's true for everyone.

每当我们在思考时，宇宙中的每一个分子都在为实现那个念头而移动。

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

我当时知道自己要去看那部电影。

and I knew I was going into that movie.

大多数人消极地思考，于是他们在给自己创造那样的结果；

Most people think negatively and they're creating that for themselves,

大多数人带着很多限制思考，他们给自己制造了局限。

most people think with very much limitation and create that for themselves.

但是当时我一直在想、我确认自己会去看那部电影，我完全确信，它就必须发生。

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

然而，只存在一种意识，只存在一种智慧，而我们全都身处其中。

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

任何人对任何事有绝对的信念，就会使那件事成为现实。

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，都能成为百万富翁，

Anyone who has the absolute conviction that he can be a millionaire, can be a millionaire,

这需要潜意识里对它没有任何的怀疑，

this requires no subconscious doubts to it,

因为潜意识的怀疑会成为阻碍。

because the unconscious doubting would get in the way.

**当你与每个人都参与其中的宇宙意识协调一致时，你运用它的能力远比其他
人更强，并且会以你的方式朝着你所在的方向对他们产生影响。**

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.

你遨游在一片令人眩晕的醉意之海中，在那里一切都是正确的，你爱每一个人，你甚至会走上前去拥抱亲吻一棵树，这份爱意也会感染其他人，让他们

想要爱你并为你做事。

You're swimming in a high sea of giddy, punch drunkness in which everything is right and you love everyone, you could 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要的事，爱是一种不期望得到任何回报的给予，而我之前却希望从我的善举中得到一些回报，这就是我为人友善的原因：我想得到一些什么。

I saw that love was doing for the other one what the other one wanted, it was a given without any expectation of receiving for it, and here I was wanting something in return from my being nice, that was the reason why I was being nice, I wanted something.

所以我回想起这件事，我发现我真的非常恼火，非常不舒服，然后我就假装什么都没发生。

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.

当我意识到这种自私的时候，我下定决心：我要丢弃它，我要释放它。

And when I saw this selfishness, I resolved, uh-uh, this I dump, this I let go of.

于是我就这么做了。

And I did.

我当时就改变了那个感受，不再只是想让她按照我的方式来才想这么做，而是单纯地爱她。

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.

每次我看到这些事件，我都会认识到：起初我以为那是真正的爱，我首先会意识到那不是爱，然后我会放下那种感受，然后就能感受到对那个女孩或那个人的爱了。

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.

是的，你只是启动了一种爱的感受，这是一种美好的感受，

Yes, you just turn on a feeling of love, which is a nice feeling,

你喜欢并认同了那个人原本的样子，你接纳了他们原本的模样。

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

这对我来说是个好消息，因为就像其他事情一样，我能把它做到极致，我能爱那些反对我的人。

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.

我努力维持着生意运转，但内心深处我已经失去了兴趣，我努力挣扎，是因为我知道这样做是正确的，你不能对一个正在经营的生意不管不顾。

I struggled to keep the businesses going, but inwardly, I had lost interest and I struggled, because I knew that was the right thing to do, you don't take a going business and walk away from it.

我投身其中是为了赚钱，所以我一直在苦苦支撑，但当时我没有意识到潜意识里我对它失去了兴趣，因为潜意识里我没有得到我想要的。

I went into it to make money, so I kept struggling, but at the time I was not aware that subconsciously I lost interest in it, because subconsciously I was not getting what I wanted.

我在追寻幸福，而当我全身心地投入到创业中时，我非常忙，忙碌让我不必面对那些我无法忍受的、内在的想法。

I was seeking happiness, and when I was terribly involved in building up the business, I was so busy, I didn't have to bear with my own inner thoughts that I could not stand.

但当生意成功后,我手头有了空闲时间,不像创业初期那样被各种难题困扰。

When the business became successful, there was time on my hands, I wasn't plagued by the problems of it like when I was building it up.

是的,就像之前每次遇到困境时那样,我会设法解决问题,因为白手起家总是很艰难。

Right, I would have resolved the problem somehow or other like I had been doing up until that point, because it was always a struggle having started business with no capital,

当你没有资本时,你会从一个危机陷入另一个危机。

It's a, you go from crisis to crisis all the time when you don't have capital.

当那些生意倒闭时,我总是感到一阵解脱,我记得总是有种如释重负的感觉。

And there was always a relief when those businesses collapsed, I remember there was always a relief.

你看,当时我并没有意识到正在发生的这件事情,只是在我开悟后,我才意识到我才是导致它们倒闭的根源。

You see, at the time, I wasn't aware of this happening, it was only after

realization that I became aware that, I was the cause of the collapsing.

当时，我还以为是他们对我做了这一切，我怪打仗让生意萧条了一段时间，我把木材生意的损失归咎于大厂商，他们降价抛售，但我本有机会脱身却未能把握。

At the time, I thought they did it to me, I blame the collapse of the hitting post on the war having started and business having dropped off for a period of time, I blame the loss of the lumber business on the big operators dropping the price of lumber, but there's ways out of that and I didn't take them.

其实我当时就是真的不想做，但我当时没有意识到这个事实。

I wasn't really wanting to, but I wasn't aware of the fact at the time.

嗯，要想让别人信服，唯一的办法就是去体验。

Well, the only way that I'd ever be convincing that anybody is to experience it.

存在一种整体智能，我们所有人都与之直接相连、完全直达，直到我们踩下油门，我们才会使用它。

At there's one overall intelligence that we all have a direct line to it, a pole right up to it, until the degree we step on the gas, do we use it.

他们迷恋的是濒死的快感，死亡的刺激。

It's the thrill of death that they like, thrill of death.

你知道，人们在那种极端时刻反而会进入三摩地，他们在东方读物中称之为神游。

You know, people go into Samadhi at an awful point like that, they call it swoon in the Eastern writings,

突如其来的巨大恐惧会让你感觉异常兴奋，

It's a sudden tremendous fear can make you feel very high,

你会离开你的身体，

you'll leave your body,

这就是人们喜欢恐怖的答案。

people like horror, that the answer.

人们喜欢杀戮，不是吗？

People like killing, don't they?

持枪者们热衷杀戮，

Guys with guns love to kill,

他们从中获得快感。

they get a thrill out of it.

我认为牧场主每年都会因为猎人猎杀而损失一些牛。

I think the ranchers lose cows every year to the hunters

当我遇到任何事情时，我都会问自己“我做了什么导致了这种情况？”，然后那个最初的念头便会浮现在我的脑海中。

When anything would happen to me, I asked myself “what did I do to cause this?”, and the originated thought would come up in my mind.

没错，这是一次负起全部责任的例子：

Yeah, this is an incident of taking full responsibility:

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，

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,

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。

and all of a sudden from nowhere, there was a policeman behind me, ordering me to drive off the ramp, and 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，就在我从他身边经过时，我以超过限速 5 英里的速度行驶，因此得到了一张罚单。

The next day, I was going in the opposite direction uptown on East Drive in the midday, I decided to pass a car, and as I was passing him, 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。”

And I was throwing 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,

what, how can I do it? Well, some good tickets will do it for you.”

当时就像在做白日梦，我没有意识到我在做什么，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，我把它丢掉，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 stopped.

我曾经以为，我以前认为如此真实和坚固的东西，既不真实也不坚固。

I had thought that what, what formerly I thought was so real and solid, it wasn't real and solid,

它是我心智的产物。

it was a product of my mind.

因此我那坚实的基础正在崩塌。

and therefore my solid concrete foundation was cracking,

我知道自己必须放下它。

and I knew I had to let go of it.

要放下我花了大半生建立起来的东西并不容易，这让我浑身颤抖，

It was not easy to let go of something I spent most of my life building up, that caused me to shake,

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，我过去常常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。

I could tell that the adhesion of my stomach and duodenum was undone, because formerly 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，我认为的所有其他事情都得到了纠正、修正或治愈。

And therefore, I knew that all the other things that I thought were correcting, were corrected, were healed.

我的心脏完全康复了，因为在那之后，我即便进行高强度运动，也没什么不适了。

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

有一次我走出家门时，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，然后他邀请我共进午餐。

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." Started talking to me and invited me out for lunch.

还有一次，我明知自己要去吃饭，却没带钱出门，结果我看到地上有一张 5 美元的钞票，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 dollars 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，是为了确保我没有和自己开玩笑，我坚守一条准则：我只了解我能做到的事情。

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

因此我通过实践来证明一切。

And therefore I proved everything by doing it.

如果每个人都和谐相处，当我们与自然协调一致时，大自然会提供给我们丰盛的资源，永远不会有短缺这回事，我们拥有有无限的、可供使用的无限能量，当你与自然和谐相处时，所有我们想要使用的东西都会超级丰盛。

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

当你与自然和谐相处时，不需要付出任何努力；

No effort is needed when you're in tune with nature.

当你违背自然、与自然不协调时，就需要付出努力。

Effort's required when you're working against nature when you're not in tune with it.

这个世界是供我们使用和娱乐而存在的，认为自然需要被征服的想法是非常消极的想法，

This world was put here for our use and play, the idea of nature needing to be conquered is a very negative idea.

需要征服的是我们的消极想法，这样才会发生积极的事情。

what needs to be conquered is our negative ideas, and then only positive things happen.

我们把它安置在这里就是为了这个目的，为了供我们使用让我们成长，为了度过一段愉快的时光，而不是为了让它变成一个活生生的地狱。

We put it here for that purpose, for our use to grow and to have a pleasant time on, that's never meant to be a living hell.

只存在一种意识，如果我们与之协调一致，每个人都能完美契合，没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.

当我看到心智是我的、身体是我的时，我开始质疑“我是谁？谁有这个身体和心智？”我看到的是：我是一个无限存在。

When I saw that the mind was mine, that the body was mine, I began to question "Who am I? Who has this body and mind?" And what I saw was that I was an unlimited Beingness.

这个存在是一切的起因，但又不受制于它所引发或创造的任何事物。

And 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。

And this Beingness being unlimited.

心智创造了唯一的限制，心智限制了它自己，或者说是由于我的限制，限制了我的心智活动，以至于任何念头都可以将其实现。

The only limitation was created by the mind, limiting itself, or by my limiting the action of my mind, that any thought could materialize it.

02-2 幸福的关键 The Key to Happiness

啊，在我上次写的信里，我曾承诺要给你一个保持持续幸福的关键，这样你就不会陷入低谷。

Ah, in the letter I wrote last time, I made a statement that I would try to give you the key to maintaining a constant happiness, so that you don't nosedive.

我知道当时有几个人沉入低谷没浮上来，我想这是我没有来的原因之一。

I was aware that several individuals were diving and not coming up, which I guess is one of the reasons why I didn't get here.

你看，当你处于低谷的时候，你会觉得“一切都很糟糕”，你抓狂了，我很

难和你交流,

You see, when you're down and you think "all things are terrible" and you're frantic, I couldn't communicate with you very easily.

而且如果我来了, 你借助这个助力然后摆脱了它, 你会说是我做到的, 这会形成依赖关系, 这并不好。

also if I came here, and you got this lift, and got out of it, you would say that I did it, which develops a dependency relationship which isn't good.

你是无限的, 你可以做任何你想做的事、拥有任何你想要的东西、成为任何你想成为的、或做任何你想做或渴望的一切。

You're infinite, you can do anything and everything you want, you can have, be, or do whatever you will or desire.

而当这种困扰持续得足够久, 你会受够它, 不管怎样你都会放手, 然后你就去做了。

And when the disturbance lasts long enough, you get fed up with it and you let it go anyway, then you do it.

看, 当你这样做到这件事的时候, 情况会好得多得多, 你不需要依靠别人。

See, and it's much much better when you do it, and you don't need someone else to lean upon.

但我隐约觉得，当时这个群体想知道的是：如何才能保持这种幸福？为什么我们不能一直拥有它呢？

But I kind of felt that what the group would like to know at that time was how to maintain this happiness, why don't we have it all the time?

我们本应如此。

We should.

所以我想我会尝试让你们明白，或给你们理解的关键，这将有助于你们培养持久的幸福。

And so I thought I'd try to give you the understanding or the key to the understanding that will help you develop happiness that that last.

现在，这是关键：当你理解或者知道幸福是什么，你就能越来越多地建立幸福，直到永远。

Now, this is the key, when you understand or when you know what happiness is, then you're able to establish happiness more and more until it's all the time.

但关键是要知道什么是幸福。

But the key is knowing what is this thing happiness.

当你知道它是什么，你就会在它所在的地方寻找，而不是在它所不在的地方寻找它。

When you know what it is, you look for where it is rather than look for it where it isn't.

在没有幸福的地方寻找幸福会让你痛苦，在没有幸福的地方寻找幸福会让你一蹶不振。

Looking for happiness where it isn't is what gives you misery, looking for happiness where it isn't is what causes you to nosedive.

关键在于知道幸福是什么，这样你就可以直奔它而去。

The key is knowing what happiness is, so that you can go directly for it.

没有意识到幸福是什么，就很难永久地建立幸福。

Not recognizing what happiness is makes it difficult to establish it permanently.

所以当你明白真正的幸福是什么时，哪怕当你陷入痛苦中，你也会朝着那个方向前进。

So when you get to see what this happiness really is, when you become miserable, you'll move in that direction.

那么什么是幸福呢？

Well, what is happiness?

对大多数人来说，他们称之为幸福的东西实际上是逃避痛苦。

Well, to most people, they call it pleasure, and what it actually is is escape from pain.

大多数人所谓的幸福，其实就是远离他们的痛苦。

What most people call happiness today is they're getting away from their pain.

逃避、娱乐，他们无法忍受与自己独处、无法面对自己的想法，他们不得不跑去看电影、去夜总会、拜访某人，只是为了做点什么，这样他们就不用独自面对他们自己的想法了。

Escape, entertainment, they can not stand being with themselves, with their own thoughts, they have to run to a movie, a nightclub, to visit someone just to get some action going, so that they are not alone with their own thoughts.

当他们的心智被带离他们自己的想法时，他们感觉更好了，他们把这个叫作幸福，所有的娱乐实际上就是这回事。

When their mind is taken away from their own thoughts, they feel better and they call that happiness, all entertainment is actually that.

当你获得自由时，你可以比以前更多地享受娱乐，但你根本不需要它，因为你本身就很幸福。

Although When you become free, you can enjoy entertainment far more than before, but you need none of it, because you're happy.

现在我要讲的幸福不是逃避痛苦的那种幸福，

Now, the happiness I'm going to talk about is not the escape from misery kind of happiness,

它是做真实的自己所带来的喜悦。

it's the joy that results from being your real Self.

我们越是做真实的自己，我们就越能感到幸福。

The more we are our real Self, the more joyous we feel

现在，这种幸福不是源于我们与之相关联的外在事物或人，而是源于满足了“想要拥有这个人或事物”的欲望或想法，当我们平息那些念头时，心智就越来越安静，真我就越闪耀。

Now, this joy is accomplished not by the thing or the person out there

whom we associate with the joy, but it is accomplished by satisfying the desire for or the thoughts wanting to acquire this person or thing, we quiet those thoughts, and the quieter the mind is, the more the Self can shine for.

但你必须在自己的内在看到这一点：你的心智越安静，你就越愉悦，就越幸福。

But this is something you have got to see in your own mind, that the quieter you get your mind, the more joyous you are, the happier you are.

去体验、验证是很好的，直到你亲自看到它，不管那个快乐是什么，它总是会让心智安静下来，接着你就会感受到快乐了。

It's good to play with this experiment with it, until you see it, that whatever that joy was, it always resulted in quieting of the mind, and then you feel happy.

然后你开始释放对人和事物的贪恋，你开始明白：快乐只是你的真我越来越多地在显现。

Then you begin to let go of attaching that happiness to people and things, you begin to see that the joy is only your very own Self coming out more.

接下来，当你明白了幸福是什么，你就不会在它所不在的地方去寻找，你会到达一个不需要任何人或任何事物来让你快乐的地方，你只是一直快乐着。

But then, when you see what this happiness is, you're not going to look for where it isn't, and you reach the place where you need no one and no thing to be happy, you just are happy all the time.

对此还有什么问题吗？

Is there any question on that?

我想在理性层面，每个人都明白了，不管你是否通过你自己的心灵之眼看到了它，你应该首先在理性层面理解它，然后用它进行实践、验证，然后你会发现确实如此。

I guess intellectually it's seen by everyone, whether you see it through your own mind's eye or not, you should have it at first intellectually, then experiment with it, test it out, and you'll discover that this is so.

每次你感到快乐时，你的心就会很轻松，你以为源自外在人事物的东西，或者你的内在发生了某些事情，你的心智安静了，你的真我才能更加闪耀。

That every time you feel happy, your mind is at ease, and that what you attributed to the personal or thing outside of you, or something going on within you, the quieting of your mind, so that your real Self could shine forth more.

当你明白这一点时，你就不会再陷入困境了。

Then when you see this, you won't bog down anymore

因为当你不开心的时候，你会知道去哪里重建幸福。

Because the moment you become unhappy, you will know just where to go to reestablish the happiness.

学生：答案就在你自己之内，不是吗？

Student: That would be within yourself, wouldn't it?

莱斯特：是的，但首先要认识到——幸福不是源于某个人或某个事物，而是源于平息念头，平息对那个人或那个事物的欲望，这样你才能更多地仅仅只是存在。

Lester: Yes, but first, recognizing that the happiness is not the person or the thing, but the quieting of the thoughts, of desire for the person or thing, which allows you to just be more.

当你的心智都在外面的事物上时，你就脱离存在了，你陷入了外部世界。

When your mind is on things out there, you're not being, you're involved with externals.

但我认为关键在于领悟到这一点：你的幸福是通过满足欲望让你的心智安静

下来，从而平息了对事物的念头。

But I say the key is seeing just that point: But your happiness is the quieting of your mind, through the satisfying of desires, which stills thoughts for the thing.

当你真正在你自己的心里看到这一点时，你就可以直接做到，你可以不用得到那个人或物就能释放掉那些念头，然后你就会立即快乐起来。

When you actually see that in your own mind, you can do it directly, you can let go of those thoughts without achieving the person or the thing, and immediately you're happy.

但总的来说，你迈向幸福的地方不在外面，它真的在你之内，

But the overall thing is that you move toward happiness where it really is in you, not in the externals,

这样你就建立了一种幸福的状态，这种状态是持续的。

and in that way you establish a state of happiness, that is continuous.

但就此而言，我总是觉得我一直在一遍又一遍地说着同样的事情，这个角度、那个角度、这个角度……总是说同样的事。

But as far as that goes, I always feel as though I'm saying the same thing over and over and over again all the time, from this side, from that side,

this side, it's always the same thing.

但除非你用自己的心灵之眼亲自看到它，除非你领悟它，否则它没有任何意义，

But until you see it in your own mind's eye, until you recognize it, it doesn't mean anything,

成为一切，你就什么都不需要了。

become everything and you need nothing.

欲望是一切烦恼的根源。

Desire is a source of all trouble.

如果你是一切，你就什么都不需要，

If you are everything, you need nothing,

当你成为对方时，那是最伟大的感觉，那是至高无上的爱，

that is the greatest of all feeling, that's the highest love when you become the other one.

这种认同是最高形式的爱。

that identity is love in its highest form.

换句话说，不是她打碎了盘子，是我们打碎了盘子；

In other words, she didn't break the dish, we broke the dish;

她没有花钱买裙子，是我们花了这笔钱。

She didn't spend money on a dress, we spent the money.

现在你必须在心里领悟到这一点：当你成为一切时，你便什么都不需要了。

Now, you're going to have to work this out in your mind, when you become everything, you need nothing.

当你说“我没有”时，你就编造了一个谎言，这引发了麻烦，即所谓的“不快乐”。

Create a lie when you say "I don't have", and that starts trouble, called unhappiness.

你认为自己没有，因为你认为自己是那个身体，

You think you don't have, because you think you are the body,

但当你这样想时，如果你缺了什么，你就在认同身体，因为实际上你什么都不缺。

but when you think that way, if you're lacking something, you identify with the body, because you really don't lack a thing.

当你不创造的时候，你还拥有什么？一切？

What do you have when you don't create? Everything?

你拥有全部、一切。

You have the all, everything.

别让一个小小的铃声这样摆布你，我知道你在想什么。

Don't let a little bell push you around that way, I know what you're thinking。

我再说一遍，每个人都必须亲自领悟到这一点，但当他或她这样做时，幸福就可以成为永恒的。

Again, I say each one has to realize this for himself or herself, but when he or she does, then happiness can be made permanent.

因为那时，你会在幸福所在的地方寻找它，而不再到它所不在的地方寻找它，在人或事物中不存在幸福，幸福是我们的基本天性，幸福是我们的存在本身。

Because then you look for happiness where it is, and you stop looking for it where it isn't, there is no happiness in people or things, happiness

is our basic nature, happiness is our very Beingness.

当我们只是存在的时候，我们是无限快乐的；

And when we are only being, we are infinitely happy;

当我们只是存在而不是别的什么时，我们是无限快乐的。

When we are only being and nothing else, we are infinitely happy.

当我们只是存在而不是别的什么时，我们是无限快乐的。

When we are only being and nothing else, we are infinitely happy.

贪恋越深，就越不快乐；

The greater the attachment, the greater the unhappiness;

厌恶越深，就越不快乐。

The greater the aversion, the greater the unhappiness.

贪恋任何事物都是一种限制。

It's a limitation to be attached to anything.

你可以拥有各种事物，但不要贪恋它们，这样你就会快乐。

You can have things and not be attached to them, and you'll be happy.

贪恋它们，你必然会陷入痛苦之中。

Be attached to them and you are necessarily putting yourself through misery.

了解你的无限存在，那是永恒的，它永不改变。

It's knowing your infinite Beingness, that is eternal, it never changes.

整个世界都无法触及你，世界只是一个幻象、一场梦。

And that this whole world cannot touch you, it's just a fiction, a dream.

当你没有贪恋、没有厌恶地穿梭于世间，没有任何人和任何事物能打扰到你，你会拥有这种无限的平静和喜悦，它是永恒的。

And you move through life with no attachments and no aversions, then no one and no thing can disturb you, and you have this infinite peace and joy, that's constant.

如今，一个在世间完全觉醒的人和一个未觉醒的人，唯一的区别就是——他们对待万事万物的态度。

Now, the only difference between a fully realized individual living in the world and one who was not is their attitude toward everything.

一个未觉醒的人认同一个单一的、有限的身体和心智，而一个已经觉醒的人认同一切、认同每一个存在、认同每一个原子。

An unrealized person identifies with a single limited body, mind, a realized person identifies with everything, every being, every atom.

你的本性就是快乐，你不需要从外境所发生的一切中去获取它，你的基本天性是无限快乐，这是你的本然状态，

Your very nature is joy, you don't get it out of everything that happens, your basic nature is unlimited joy, this is your natural state,

只要你不把它依附于某人或某物，它便始终存在。

as long as you don't hinge it onto a person or a thing, it's there all the time.

但如果说除非我做点什么才能快乐，你就限制了自己的快乐。

But if you say you can't have joy unless I do something, you limit your joy.

本然状态是无限喜悦，这才是真正的本然状态。

The natural state is unlimited joy, this is the real natural state.

本然状态是无限的存在，

The natural state is being infinite,

而我们却把所有这些限制的想法、需求、贪恋、厌恶的想法叠加在它之上，这样就遮蔽了那本然存在的无限喜悦。

and we superimpose over that thing, all these ideas of limitation, of needs, attachments, aversions, which block out this infinite joy that is natural.

如果一个人完全地无为，他便是这个无限的存在；

If a human being would do absolutely nothing, he would be this infinite being;

但是他变得活跃，他做事，做得越多，就变得越痛苦；

but he gets active and he does things, the more he does, the more miserable he becomes.

除非你了解自己是什么，如果你像其他人一样度过一生，对，你看待事物就不一样了。

unless you know what you are, if you go through life like everyone else, all right, you see things differently.

它怪异是因为你对此还不习惯，当你习惯它时，它是可爱的而不是怪异的。

it's eerie, because you're not used to it, you only get used to it, it's deary rather than eerie.

你基本上是迷恋自己的小我，你这么做了，你创造了它，你做了那件了不起的事，你希望那能成为你的一个好榜样。

You're basically loving your own ego, you did it, you created that, you did that tremendous thing, and you want that to be a good example of you.

现在，如果我们爱自己的孩子，我们就会解放他们，让他们成长，让他们像花朵般绽放，展现出来，我们不会试图把他们束缚起来，我们解放他们，引导他们，爱他们，不执着于他们，知道他们是无限的存在，他们和我一样都是上帝，你应该有这样的感受。

Now, if we love our children, we free them, we allow them to grow, to bloom like a flower does, to come out, we don't try to fence them in, we free them, and guide them, and love them, unattached to them, knowing that they are infinite beings, they are just as much God as I am, is the way you should feel.

此外，作为神圣的存在，无论如何，他们都会按照自己设定的方式度过一生，但你应该努力让他们获得解脱，不再感到贪恋。

Also, being God beings, they're going to go through life just the way

they have set it out anyway, but you should strive to free them, feel non-attached.

这是一种比带着贪恋的爱更高级的爱。

Now, this is a higher love than a love with attachment.

去爱他们，不必纠结于灵性层面的爱，你越爱他们，就越会给他们自由。

Be loving them, never mind loving the spiritual, the more you love them, the more you will free them.

所以你认为他们就像一块肉，血肉之躯，如同一块肉罢了，你是这样看待他们的吗？

So you think they're like a piece of meat, they're flesh, like a piece of meat, is that the way you see them?

学生：嗯，我看到了他们的肉体，但我也知道那只是一种幻觉，这些孩子有灵性的一面。

Student: Well, I see the physical of them, but I also know that that is only an illusion, that there is a spiritual side of these children.

莱斯特：远非血肉之躯，对吧？

Lester: Much more than meat there, right?

学生：是的。

Student: Yes.

莱斯特：所以你喜欢并非肉体。

So it isn't the flesh that you like.

学生：是灵性层面的。

Student: It is the spiritual there.

莱斯特：对，正是如此，承认他们的存在吧，只要你给他们自由，他们会向你寻求指引。

Lester: Yeah, that's it, grant them their Beingness, and they'll ask you for the guidance if you just free them.

但他们反感被摆布，就像你小时候一样，你也讨厌被摆布，他们不喜欢被呼来喝去，但是他们渴望学习，他们天生充满好奇。

But they resent being pushed around the same way you do, the same way you did when you were a child, they don't like to be ordered around, but they want to learn, they have a natural curiosity.

如果你能从最开始，也就是从第一天起，就给予他们自由，他们会主动问你

问题。

They'll ask you, and if you can start from the beginning by freeing them from the first day.

抚养孩子是最简单的事情，

It's the easiest thing to bring up a child,

他们几乎会完全追随你。

they'll follow you almost completely.

但当你从第一天起，就命令他该做什么、不该做什么，他们的行为就像成年人被告知该做什么、不该做什么一样——他会憎恶它、反抗它，

But when you start telling them from the first day what to do and what not to do, they behave like an adult does when he's told what to do and what not to do, he resents it, he opposes it,

然后随着时间的推移，对立模式就形成了，

then oppositional patterns are set up by the time,

等到孩子们能四处走动时，这种对立模式已经根深蒂固，

They're able to walk around, they've got this oppositional pattern well developed,

这就是有时候让孩子们摆脱这种状态如此困难的原因。

that's what makes freeing up children so difficult sometimes.

各位父母们，孩子们在与你们作对吗？

Are children oppositional? Parents?

因为我们所有的贪恋，我们一直在试图掌控他们，他们便反抗了。

Because of all our attachment, we were trying to steer them, and they pushed back.

看，我们就是这样被养大的，然后我们也用这样的方式教育孩子，所以他们也会用同样的模式教育他们的下一代，如此循环往复。

See, we were trained that way, and we train our children that way, so that they will train their children that way, and it goes on and on.

瞧，如果一开始就处理得当，在没有那些对立的情况下也能完成同样的事情，

See, the same thing could be accomplished without all that opposition if it starts right,

并且你让他们自己做决定，这样一来，他们从一开始就会和你合作，他们不会养成这种逆反的习惯。

and you let them make the decision, see, then they're working with you from the beginning, they don't develop this oppositional habit.

有时在贫困的家庭中，你可以看到，在一个 10 口或 12 口的家庭中完全没有对立。

Sometimes in poor families you can see, in a family of ten or twelve, that there's no opposition.

因为这个贫穷的母亲所拥有的全部都是爱、真正的爱，孩子们齐心协力、彼此照顾，尽管成员众多，但这个家庭相处得却非常融洽。

Because this poor mother, that's all she had was love, real love, and the children all work together, and each one takes care of the other, and the family gets along very easily in spite of their large number.

03-1 主人身份 Mastership

这叫做臣服，换句话说，当我们放手、让上帝接手，我们放下了我们的小我，让上帝、你的真我来接管。

This is called surrender in another way, when we let go and let god, we surrender our little ego, and let God, your Self take over,

你静下来建立沟通，然后试着上升。

You calm down to establish communication, and then you try to lift up.

你注意到，当一个群体、当更大的群体聚集这里时，我就会下降得更深，

And when you notice that, when a group, when the larger group is here,
I get down much further,

但我总是会回到顶端，虽然不频繁，也不会很快，但总是在向顶端、向真相移动。

but I always come to the top, not as often, not as fast, but it's always
moving to the top, the Truth.

我所说的任何话都必然处于二元性中，

Anything I say must be in duality,

因为我、莱斯特是在跟某人说某事。

because I, Lester, am saying something to someone.

因此，绝对真理只能在静默中被传授，

So the absolute Truth can be taught only in the silence,

这是一种教导方式。

and that is a method of teaching.

我之前所说的是真理教导中的一部分，

What I said before is part of it,

**那个渴望帮助你们的“我”的那部分，随时随地都能在静默中与你建立联系，
无需交谈、写信或诸如此类的形式，**

that the part of me that wants to help you can be contacted anytime,
anywhere, in the silence, there doesn't have to be conversation,
letter-writing or anything like that,

只要随时呼唤真我，你就会发现道路一直都在被指出。

just call in the real me anytime, and you'll see the way is being pointed
out all the time.

这是一个老师所能做到的最伟大的事——老师指明道路。

That's the greatest thing that a teacher does, a teacher points out the
way.

如果我们沿着那条道路走，我们就能得到答案。

If we take the way, we get the answer.

除了指出道路、激励我们、给予我们一点上升的力量，老师无法为我们做任何事，

A teacher cannot do anything for us, but point out the way, inspire us, lend a little lifting power,

但我们必须把握这股上升的力量，我们必须认准方向，我们必须亲眼看到它。

but we must take that lifting power, we must take the direction, we must see it for ourselves.

享受世界并不重要，

Enjoying the world is not important,

重要的是你享受世界时的态度。

it's the attitude while you are enjoying the world that is important.

当你知道你的幸福来自你之内、它是你的基本天性时，你更多的是因为外界的情况而表达它，

When you know your happiness is right from within you, it's your basic nature, that you are expressing it more because of a situation out there

这也没关系，这没什么，

that's okay, that's all right,

但是若你认为你的快乐是外界赋予你的，那便错了，那终将导向不幸。

but when you think that your happiness is being given to you by the situation out there, that's wrong, that'll end up in unhappiness.

所以，享受这个世界，但要知道快乐从何而来，

So, enjoy the world, but know where from the joy comes,

快乐源于平息心智。

time the joy comes from stilling the mind,

当心智安静的时候，真我便自然显现了，那就是我们称之为幸福的体验，对吗？

When the mind is quiet, the Self is there, and that is the experience we call happiness, right?

但如果为了体验这种幸福，我们习惯于追逐外物或营造外在的情景，这也不妨，如果我们能意识到这种体验来自于念头的平息，因为我们满足了那些念头，并让真我更多地显现出来，那么，我们就在成长。

But if we have the habit of chasing after something or arranging a situation out there, in order to experience this happiness, that's okay if we recognize that the experience came from the quieting of the

thoughts, because we satisfy those thoughts, and allowed the Self to be a bit more, then we are growing.

我们越是这么做，我们就越不会把自己的幸福归因于外界的一切，

And the more we do that, the more we'll attribute our happiness to anything out there,

最终你会发现你一直都是那幸福。

and eventually you'll see that you're Happiness all the time.

这就是我这次希望传达给你的关键：领悟到幸福是源自哪里，它不在外物或外面的人身上，它在心智安静时向我们更多显现的真我中，这样，我们便获得了这份幸福感。

This was the key I had hoped to get across to you this time: Recognizing wherein the happiness falls upon us, that it is not in the thing, in the person out there, that it is in the quieting of the mind that allows our real Self to be more obvious to us, that we get this feeling of happiness.

每一个幸福的感受都是在感受真我，真我是唯一存在的幸福。

Every feeling of happiness is feeling the Self of the capital S, the Self is the only happiness there is.

一旦领悟到这一点，你就会永远幸福，

Recognize that, and you will always be happy,

你会停止在幸福所不在的地方追逐它，你将保持做你自己，幸福就是你，你就是你所追寻的幸福。

you will stop chasing after happiness where it isn't, and you will remain as yourself, and the happiness will be you, you are that happiness that you are seeking.

所以追寻它是愚蠢的，就像狗追着自己的尾巴打转，我们绕着圈，兜兜转转、兜兜转转、兜兜转转.....

So it's silly to chase after it, it's like a dog chasing his tail, we go in circles and spin and spin and spin...

这就是为什么我说，当我们看到真相时，这是个天大的笑话，我们穷尽巨大努力去追求的，不过是我们所是的样子。

That's why I say it's all a big joke when we see the truth, we make such tremendous efforts to go after that which we are,

就像一个妇人，她因为丢了珍珠项链而心烦意乱，尽管当时她脖子上就戴着她的项链，她却一直找、一直找，她很不安，为了找项链，她把房子翻得天翻地覆，这时来了一个老师问她怎么了，她说：“我丢了珍珠项链。”老师说：“往那儿看。”她说：“我找到了。”

It's like the woman who is very distraught, because she has lost her pearl necklace, that at the time she has around her neck, and she goes looking and looking for it, and she is very disturbed, and she will turn the house inside out, upside down, looking for it, along comes a teacher and says: "What's the matter?" She says: "I lost my pearl necklace." He says: "Look that way." She looks and says: "Oh, I found it." She'll say: "I found it."

她就像重新发现似的，但其实它一直都在那里，真我也一直都在那里。

Just as though she found it anew, it was there all the time, the Self is there all the time.

并不是我们找到了它，而是我们不再把目光从它身上移开。

It's not that we find it, it is that we stop looking away from it.

我们每时每刻都无法不是真我，

we cannot help but be the Self every moment ,

“我”这个词就是无限的真我，

that word "I" is the infinite Self,

当我们说我是一个身体、心智时，我们便立即对它施加了极大的限制。

and when we say, I am a body mind, we immediately limit that tremendously.

如果我们只有“我、我、我”的觉知，仅仅只是我、我、我，那便是无限。

If we could just have the consciousness of I, I, I, and only I, I, I, that is the infinity.

有限的是我是一个身体，或者我是某物或某个人。

The finite is, I am a body, or I am something or someone too.

那个“我”，除了“我、我、我”之外什么都没有，只有我，只有一个单一的、贯穿始终的“一”，

that "I", there's nothing but I, I, I, there's only a singular oneness throughout,

除了真我，你什么也看不到；除了上帝，你什么也看不到。

you see nothing but the Self, you see nothing but God.

你、这个世界上的每一个存在，除了上帝，什么都不是。

You, everything, the world is nothing but God.

我喜欢让它更实际，不是用“上帝”“真理”这样的词，而是用“我”这个

词,

I like to make it practical, instead of using the word God, Truth, the word is "I",

没有什么比“我”这个词更接近的了, 没有什么比“我”这个词更亲密的了, 这就是无限的真我。

there is nothing so close as the word "I", nothing so intimate as the word "I", and that is the infinite Self.

在古时, 人们称上帝为耶和华, 意思是“我是”,

So in the olden days when they named God Jehovah, which means "I am",

他们深谙其义, 不过就连“是”这个词也是从“我”这个词降下来的,

they know what they were talking about, although even the word "Am" is a come down from the word "I",

“是”意味着存在, 这反而可能暗示着对立面的“非存在”,

"Am" implies Beingness which could imply the opposite "non-being",

但“我”实际并不暗示“存在”或者“非存在”,

but "I" doesn't imply actually "Beingness" or "non-Beingness",

“我”对我们而言有非常明确的含义。

“I” has a very definite meaning to us.

你觉察到你的存在，这种感觉很好，

You're aware of your Beingness, though, it feels good,

即使你在沉睡中，你也知道“你是”；

you know you are, even though you're sleeping;

在清醒状态下的这种感觉，正是一个人觉醒时的体验，这与那种深度的睡眠状态没有差别，仅仅只是存在的感觉。

I know that that feeling in the waking state is what one experiences when realized, there's no otherness in that sleep state, that deep sleep, just a feeling of being.

当你带着这种体验进入清醒状态时，你看不到其他任何他者，因为除了我，外面什么都没有。

And when you carry that into the waking state, you see no otherness, there's nothing out there but I.

然后你湮灭了心智，你已经认识到自己不是心智，

Then you have submerged the mind, you have recognized that you are not the mind,

是心智制造了所有的分离、所有的限制。

it's the mind that makes all the separation, all the limitation

而深沉的睡眠状态，无梦的睡眠实际上是纯粹的真我状态，但带着一种我一无所知的态度——我什么都没有觉察到。

And the deep state of sleep, the dreamless sleep, is actually the state of the pure Self, but with an attitude, I know nothing, I'm aware of nothing.

但我们必须在所谓的清醒状态中建立这种状态，我们必须从这个清醒的状态中醒来，这个清醒状态实际上是一种沉睡状态，

But we must establish that state in this so-called waking state, we must awaken out of this waking state, this is really a sleep state,

我们必须从这个状态中醒来，看到无限、看到我们真正所是的“我”。

we have to wake up from this state and see the unlimitedness, to see the I that we really are.

世界并没有消失，只是在我们看来完全不同了，它不再是一个充满地狱、诅咒和限制的地方，

Then the world doesn't disappear, it just looks entirely different to us, instead of looking like a place of hell and damnation and limitation,

而是看起来很完美，当你正确地看待它时，它确实如此。

it looks perfect, and it really is when you see it aright.

是的，在这场梦境里，我们一开始都是天使，然后像《圣经》说的那样堕落至此。

Yeah, in this dream, we started off as angels, you know, and we came down as the Bible says.

而这里几乎是任何生灵所能堕至的最低状态，

And this is about the lowest state possible unto any being,

现在我们正在向上攀升、正在走出这种状态、正在踏上回家的路、正在超越这些限制。

now we're on the way up and out, going back home, up and out of this limitation.

有人问我：“我们为什么要做这样愚蠢的事情？”

I've been asked: "Why do we do a silly thing like that?"

我的回答通常是：“当你生来健康，你一生都拥有完美的健康，你不会懂得珍惜健康；但当你重病垂危、濒临死亡后你重获健康；尽管在两种状态下都能享受健康，但在经历重病之后，你会非常积极地享受健康，在这种背景下，你会意识到健康状态的可贵。”

and I usually answer by saying: “Well, when you're born healthy, and you have perfect health all your life, you have no appreciation of good health; But when you're very sick, severely ill, near death, and then you get health, although the health is enjoyed in both states, after having been sick, there's a very positive enjoying of being healthy, in the background, you're aware the goodness of the healthy state.”

所以当我们离开天堂居所时，在那里，我们以一种消极的方式处于完美的幸福中；然后坠入地狱，再回到天堂；

So when we leave the abode of heaven where we were perfectly happy in sort of a negative way, we come into this hell, go back to heaven,

然后当我们快乐时，我们以一种非常积极的方式快乐着。

and then when we are happy, we are happy in a very positive way.

这就是为什么我们宇宙中的所有天使在回到最高的状态之前，都会先来到我们所处的状态，

That's why all the angels in our universe will come down to the state we are in before they return back to the very top state

在我们看来好像有很多次，但其实只有一次。

it looks like many times to us, but it's only once.

因为我们切分了我们的记忆，才显得像是很多次，这不过是其中的一个片段罢了。

Because we chop up our memory, it's many times, this has been just one episode.

演出每晚落幕，下一晚我们又重新开始，每一次都是一生。

The performance closes down every night, and next night we start up again, each time being one lifetime.

现在，当帷幕落下时，你不会离开这个舞台，你留在这里，你仍会过着与未觉醒时一样的生活，身体会经历完全相同的动作，

And now when the curtain draws, you don't leave this plane, you stay here, you live out life the same way you would have had you not gotten your realization, the body will go through the exact same motions,

唯一的区别是你知道你是谁、你知道你是什么。

the only difference is you know who and what you are.

不管身体发生了什么，你都处于一种幸福、安康的完美状态中。

You're in a perfect state of happiness, well-being, regardless of what happens to the body.

接着，当身体走到终点时，你不会被粗暴地踢出自己的身体，而是直接走来说：“哈哈，感谢上帝，终于过去了”，

And then, when the body reaches the end of the line, instead of being rudely kicked out of your body, you just step right out of it, and you say: "Ha ha, thank God, through with that."

你有意识地走出自己的身体，你释放它，然后你便踏入了一个无限的领域。

You consciously walk out of your body, you let go of it, and then you step into a realm that's unlimited.

所以当你觉醒时，你并不会改变你的生活，你会经历和你未觉醒时完全相同的事情。

So when you get your realization, you don't change your life, you'll go through the exact same thing you would have had you not gotten a realization.

但最大的区别是：现在你知道你的真正存在或真实本质，你不是那个身体，所以身体无法影响到你，

But the big difference is, now you know your real being, or your real Beingness, you are not the body, therefore the body cannot touch you

当它完成了它的使命，你只会有意识地把它扔掉。

and when it has finished its purpose, you just drop it consciously.

当一个人做到这一点时，如果他想重返此地，他能随心所欲地回来。

when one does that, if one wants to come back here, one can do it at will.

当你离开自己的身体时，你能立即重塑一具和它一样的身体，或者 100 具和它一样的身体，或者一具完全不同的身体.....

When you walk away from your body, you can instantly re-materialize a body just like it, or 100 just like it, or a body entirely different...

无论你选择做什么，你都能做到，

Whatever you choose to do, you can do,

因为你已经掌控了身体的状态。

because you have mastered the body state.

大师们有时会这样做，我会回来同时对不同地方的三五个人讲话。

Masters do that sometimes, I'll come back and speak to 3, 5 different people, different localities at the same time.

如果大师们回到他们亲近的弟子那里，那些弟子能够接受他们回来，也能从他们回归的帮助中受益。

But the ones are coming back to our close disciples who are able to accept their coming back, and who can benefit from the help of their coming back.

03-2 阅读他的书籍 Reading His Books

有些人对我说：“哎呀，莱斯特，我读了你的书，它非常好，我开始读，一口气从头读到尾。”

Some people say to me: “Gee, Lester, I read your book, it was so good, I started reading, I read it right through from beginning to the end in one sitting.”

对我来说，这意味着他们从书里什么也没得到。

Which to me means they got nothing out of it.

读书的最佳方式，是选出你喜欢的一句话，你读一遍它们，

The way, the best way to read the book is to take one sentence that

strikes your fancy, you go through them,

你遇到一句就花上一晚、一天、一个星期、一个月的时间停留在那里琢磨它，

you hit one, and stay with it that night, that day, that week, that month...

直到那个知识成为你的知识，然后你说：“哦，现在我明白了”。

Until that knowledge becomes your knowledge, and you say: “Oh, now, I see”.

然后你准备好读下一个句子，继续读引起你兴趣的句子，然后你停留在那里。

Then you're ready for another sentence, read along, something strikes your fancy, and you stick with it.

因为数百种陈述中的任何一种都可以给你完全的领悟，它们只不过以许多不同方式说出来的同样的东西，所有的道路都是在围绕那个主题，直到我们提出那个问题：我是谁？

Because any one of hundreds of statements there can give full realization, it's the same thing being said in many different ways, all paths just play around with the subject until we ask that question: Who am I?

在此之前，我们只是在路上被玩弄。

Until that time, we're just being played with sort of pampered on the path.

因为最后会发现“你是谁”，

Because the end is discovering “Who you are”,

这是每个人都会向自己提出的终极问题：好吧，我是谁？

it's the final question that everyone poses to himself: Well, who am I?

答案是“哇，我就是我”。

And “Wow, I am that I am” is the answer.

当那一刻来临时，它未必就是终极状态，

When that comes, it isn't necessarily the final state,

你会彻底看到自己是谁，却无法维持那种状态。

you will see all the way on who you are and not be able to maintain it.

实际情况是：作为无限真我，我们可以瞥见无限，保持一段时间，然后突然间我们感觉好像已经失去了它。

What happens is that being the infinite Self, we can get a glimpse of the

infinity, hold it for a while, and then suddenly we feel as though we've lost it.

原因是心智还没有被消灭，

The reason for that is that the mind has not been annihilated,

那些限制性的潜意识想法在那一刻被暂时淹没了，你完全进入了真我，你暂时放下了心智，

the subconscious thoughts of limitation are submerged at the moment, you go completely into the Self, and you let go of the mind temporarily,

你并没有消除心智，你只是暂时放下了它，所以在那里，你是完全无限的真我。

you haven't eliminated the mind, but you just momentarily let go of it, so there you are, totally the infinite Self.

然而，被淹没的心智重新出现，然后小我接管了，你不明白发生了什么，是什么击中了你、又是什么把你再次拖回到这世界的沉重中。

However, the mind that has been submerged re-emerges, and then the ego takes over and you just can't understand what happened to you, what hit you, what brought you back into this heaviness of the world again.

因此，我们需要一次又一次重建那个真我的状态，直到它成为永恒。

So what is required is that we re-establish that state of the Self again and again, until it becomes permanent.

每次我们这样做，都会烧掉更多的心智，直到最后我们烧掉了整个心智，

Each time we do it, we scorch more of the mind until finally we have scorched the entire mind,

然后我们便永久地安住在真我之中。

then we're permanently established in the Self.

然后你退到后面，心智在外面、身体在外面，你不是那个心智，也不是那个身体。

Then you sit back, and the mind is out there, and the body's out there, and you are not the mind, you are not the body.

只要你了解自己不是身体和心智，它们二者都可以随心所欲地继续下去，这就是你感受到的方式。

And as long as you know you're not the mind and the body, both of them can go on to their heart's content, is the way you feel.

你放弃了限制，你放弃了痛苦，是的~

You give up limitation, you give up misery, yep~

但你从未放弃任何有价值的东西，你从未放弃任何美好的东西，

But you never give up anything worthwhile, you never give up anything good,

你放弃的只有不好的，而且会拿到越来越多好的事物。

you give up only bad and take on more and more good.

03-3 老师和学生 Teacher & Student

从你已觉醒的导师到你的上师，任何你真正想要的智者.....

Your realized teacher to your master, to whomever you really want...

有句话说，当学生准备好了，老师就会出现。

There's a statement, when the pupil when the pupil is ready, the teacher appears.

有些人想见我，却始终见不到我，

Certain people want to see me, and never get to see me,

因为直觉告诉我，在这个方向上，他们不会从我这里得到任何东西。

because intuitively I know there is nothing that they will take from me in this direction

那个一直想见我的女士，最后我说：“好吧，现在我有时间了。”你猜她对我说什么？“我现在很累，或许下次你回来的时候吧。”

That woman who wanted to see me all the time, finally I said: “Okay, now I have time for you.” What did she say to me: “Well, I'm tired now, maybe next time when you come back.”

看，她想要的不过是让我说出那个能解决她世俗问题的咒语，

See, what she wants is for me to say the magic word that will resolve her worldly problems,

我无法做到，也没人能做到。

I can't do it, nor can anyone.

但我之所以提到这件事，是因为我觉得莉尔可能疑惑我为什么要回避，但无论如何，我想让你们知道事情为什么会这样。

But the reason why I mentioned it, I think Lil was wondering why I was avoiding, but anyhow I wanted you to know why it was going on that

way.

我完全准备好给她所需的所有时间,也告诉来她我没有这样做的原因——因为那是最后一夜,我想和大家待在一起,她说她理解。

I was completely ready to give her all the time she wanted, and I told her the reason why I held back was because it was last night and I wanted to be with the people, she said she understood.

哦,是的,法则总在不断涌现,指导方针和指引总在被给出,任何人都能使用,

Oh yeah, the principles are always coming out, the guidelines and guides are always being given out that anyone can use,

我一直在说同样的东西,

and I'm saying the same thing all the time,

我知道对于有些人而言听起来会不一样,

I know it sounds different to some people,

但对我来说它始终都是一回事,

but to me it's always the same thing,

我想说的是“你就是那”。

all I'm saying is “THOU ART THAT”.

03-4 心脏病 On Heart Attacks

你知道我在突发冠状动脉血栓时发现了什么吗？我的医生是这个领域最顶尖的专家，他告诉我他也有血栓，我说：“天哪！我怎么会把我的车交给一个连自己的车都修不好的机械师？”

Do you know what I discovered about I had a coronary thrombosis, well my doctor was the top specialist in the area, and he told me he had one too, and I said: “Oh my gosh, would I bring my car to a mechanical who can't fix his own car?”

我开始追问他一些问题，

And I started prying him with questions,

“这是什么？”

“What is it?”

“好吧，它是一个血块，你的心脏停跳了。”

“Well, it was a clot, hey your heart stopped.”

然后我说：“噢，你能用 X 光看到它吗？”

And I said: “Oh, it is... Can you see it with an X-ray?”

“不，不，不，你看不见的。”

“ Oh no, no, no, you can't see it.”

“你怎么知道那里有什么？”

“Well, how do you know what's there?”

“你的心脏停跳了。”

“Well, your heart stopped.”

.....

这就像是在绕圈子，我没再问更多的问题了，因为我意识到他们根本不懂什么是心脏病发作，他们也不明白血栓是什么。

Oh, that's going right around in a circle, I asked no more questions, I became aware that they don't know what a heart attack is, they don't know what a coronary thrombosis is.

后来，我开始能够释放一些东西，接着你就明白整个事情是怎么回事了：胃胀气，我来告诉你它是如何运作的，这足足折腾了我两回。

Then, later on, I became able to release things, and you know what the whole thing was, gas on the stomach, I'll tell you just how it worked twice right.

这可能会致命，但致死的并非胃里的气体，

But you can die from it, you don't die from the gas on the stomach though,

要知道，你的胃部会不断膨胀，开始压迫这个位置，那种剧痛简直让人生不如死，我无法呼吸，我的呼吸越来越急促，救护车就要把我带走了。

you see, your stomach stretches and starts pressing here, and it gets extremely painful, it's excruciating me pain, I couldn't breathe I was going "ha~~~ha~~~" shorter, and the ambulance would take me away.

但当你说“哦，这是我的心脏”时，你就会对你的心肌造成这样的影响，

But when you say "Oh, it's my heart", then you do this to the muscles of your heart

如果你继续保持那种状态，你就完蛋了。

and if you keep it that way, you're finished.

如果你失去意识，你就会回到.....

If you go unconscious, you actually come back to...

那便是冠状动脉血栓的全部真相，它不是一个血块。

That's all a coronary thrombosis, it's not a clot.

在 1952 年那会，他们告诫你别动弹，不要动，现在他们还这样跟你说吗？

Back in 1952, they told you not to move, no action, they still tell you that?

现在，他们让你动。

Now, they tell you to move.

这就是我想说的医生，一次是——如果你动了，必死无疑；现在是——你必须动，他们正在取你的命。

This is the point I want to bring up out the doctors, you know, one time if you move, you'll drop dead, next time, you've got to move, they're trying to kill you.

正是恐惧影响了你，“哦，我的心脏”，你紧绷着肌肉，你实际上却阻碍了心脏跳动，

It is the fear that causes you, “Oh my heart”, and you contract the muscles you can strict, then you actually stop it from beating,

你看，我们在无意识地让心脏跳动、让双肺运转，

you see, we are pumping our heart, working our lungs unconsciously

而恐惧会将这一切都尽数夺走，你的生命就停止了。

and the fear just takes it all away, and you stop yeah.

现在，在这个房间里有一个人在让身体的各个部位紧张，极度的紧张，

Now there is a person in this room who doesn't put tensions, extreme tensions on different parts of his body,

我也会这样，我大多是在脑袋上做这件事。

I do it too, I do it mostly in my head.

正因如此，我不得不戴眼镜，我有远视；

I have to use glasses because of that, I'm real farsighted;

有时因为这个问题，我的头发会完全变白，有时会变深一些，我不用任何染发剂，肯，有时才一天的时间，我的头发就会变色，因为我把紧张放到这里了，这是老习惯。

Sometimes my hair goes completely gray because of it, sometimes it's darker, I don't use any dye, Ken, and sometimes at one day's time, my

hair will change color, because I put the tensions up here, it's the old habit.

在我获得领悟之前，我总是咬紧牙关，但我现在不这样了，

Before I have my understanding, I ground my teeth all the time, I don't do that now,

但那些陈旧的压力和紧张仍有些许残留在我之内，我们或多或少都在这样做。

but some of the old stresses and strains still remain in me, but all of us are doing this more or less,

当我们过度使用它时，心脏或其他器官就会罢工，然后我们就会倒下。

And when we overdo it, we'll go to a heart or another organ, we stop it from operating and we fall over.

03-5 存在和爱 Beingness & Love

有一天，你环顾四周，无论你看向哪里，你只看到你自己，

Someday you look around, and you just see yourself everywhere you look,

你毫无疑问地觉得“你就是我”；没有怀疑，你就是我。

and you have a feeling “You are me” without a question, without a doubt, you are me.

“我”这个字，无论谁使用它，都是同一个“我”。

That word “I” is the exact same “I”, no matter who uses it.

学生：当我们大家都更频繁地看到“我”“我”“我”.....

Student: As soon as we all see I, I, a little more often...

莱斯特：当你到达最高状态时，在最高状态里，你有一个“我”“我”“我”的意识在持续，你所看到的、所听到的、所感受到的、所想的、所知道的一切，都只是我、我、我、我、我，这是你的存在。

Lester: When you get the top state, you have a consciousness, there's a constant I, I, I goes on in the top state, that's all you see, hear, feel, think, know, just I, I, I, I, which is your Beingness

而存在永不改变，存在一直都如此。

And it's Beingness that never changes, Beingness always is.

成为是一种表象。

The becoming is an apparency.

你是，我就是我，它是存在，

You are, I am that I am, it's an amness,

这是表面上的成为吗？

it's the apparent becoming?

对，你本来就是了，又怎么会成为呢？

Yes, but you are, so how can you become?

“你在成为”只是一种表象，看起来你似乎正在成为，但那是一种表象，那不是真相，真相是——真正的你现在就在这里。

It's only an apparency that you are becoming, so therefore it seems as though you're becoming, but that's a seemingness, that's not the Truth, the Truth is You are here and now.

但你有一个“你只是在这里”的愚蠢又有限的概念——你只是那个身体，只有通过那个身体你才能存在于某个地方，

But you got the silly limited concept that you are only here, that you're only that body and only through that body can you be somewhere,

事实并非如此。

that's not true.

若你能洞见真相，现在当你在和我交谈的时候，你也能同时知晓家里发生的一切。

If you would see the Truth, you'd see everything going on at home, right now, as you're talking with me.

但这些都是我们无法说服自己去接受的事情，我们必须靠我们自己去认识到这些东西，

But these are things that we cannot talk ourselves into, these are things we have to realize on our own,

可以说，我们必须通过自己的心灵之眼去看到它，否则它就只是文字而已。

we have to see it through our own mind's eye, so to speak, otherwise it's just words.

一个不认为自己无所不在的人会说：“这太荒谬了，我明明是在这里。”

Someone who doesn't think he is omnipresent says: “it's ridiculous, I'm right here.”

所以在我们认识到这一点之前，它对我们来说真的没有任何意义。

So until we realize this, it has no meaning really for us.

但我说，试着去了解这一点，孩子。

But I say, try to realize it, and boy.

它将带来什么意义？

what meaning it'll take on?

你会发现自己一直都是、永远都是无所不在的。

You find out you are always have been, always will be omnipresent.

当人们议论你、反对你的时候，这是一个很好的机会，这是一个成长的好机会，它给了你一个实践真正的爱的机会，它给了你一个实践真正的平和的机会。

It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you, it gives you a chance to practice the real love, it gives you a chance to practice the real peace.

因为他们只是用嘴巴发出声音，你完全没有理由为此感觉不好。

Because they're making sounds with their mouth, there's no reason why you should feel bad about it.

反对是件非常有益的事情，它能促进成长。

Opposition is a very healthy thing, it provokes growth。

所以，爱是一种全世界都在歌颂、书写、用电影描述、却对它知之甚少的东西。

So, love is a thing that the world sings about, writes about, has movie pictures about, and knows very little about.

电影里描绘的爱总是一个男人和一个女人互相赢得对方，

Love is portrayed in the movies as always a male and a female winning each other,

而真正的爱是赢得全宇宙，不仅仅是一个人，而是宇宙中的每一个个体。

the real Love is winning the universe, not just one person, but every individual in the universe.

练习课快结束的时候，我留下了“用爱化解一切”，这是一个绝妙的技巧。

In the practical end of it, I left out square all with love, this is an excellent gimmick.

在白天，无论我们做什么，如果我们试着把一切都融入爱中，这将使我们取得迅速而巨大的进步，

During the day, if we try to fit everything into love whatever we're doing,

it will make for rapid and tremendous progress,

用爱化解一切：我是在用爱做这件事吗？

square all with love, am I doing this with love?

无论做什么事，试着用爱去做。

No matter what it is, try to do it with love.

这两者都是极有益的。

Both of those are excellent.

为了每天的成长，对发生在你身上的所有事情负起全部责任，不管它是什么，都问自己：“我做了什么导致了这样的结果？”

For daily growth, take full responsibility for whatever happens to you, no matter what it is, say: "What did I do to cause this?"

你会养成对发生在自己身上的事情找出原因的习惯。

You'll develop the habit of bringing up the cause for what's happening to you.

你会向自己证明你是主人，是你导致了这一切。

You'll prove to yourself that you are the master, that you caused everything.

既然你是主人，你就可以消除或促成你想要的结果。

And since you are the master, you can uncause or cause what you would like to have caused.

但是，负起全责和用爱化解一切是两种极好的成长方式，可以用在我们每天的人际关系中。

But taking full responsibility and squaring all with Love are two excellent means of growth, that can be used every day in our relationships with people.

对你有帮助的是：你去做，采取那些步骤。

What will help you is for you to do it, take those steps.

有一条捷径，即知道“你是谁”。

There is a shortcut, knowing who you are.

一个全能、全知的存在要花多长时间才能知道他是全能、全知的？

How long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient?

他已经拥有了一切力量 and 知识，

He's got all power, all knowledge,

既然他拥有这些力量 and 知识，他需要多长时间才能觉醒？

and how long should it take him to realize that he has it if he's got it?

这可能在一秒钟内就能完成。

it could be done in a second.

04-1 莱斯特谈性 Lester on Sex

性给我们带来了极致的欢愉。

Sex has given us the greatest of joys.

因为我们对性的渴望超过了对其他任何事物的渴望。

Because we have created a greater desire for that than anything else.

当那种欲望得到满足时，我们仍然对它有大量的潜意识欲望 and 显意识欲望，

And when that desire is satisfied, we still a tremendous amount of unconscious desire for it plus the conscious,

所有这些念头的平息让我们得以回归真我，这就是幸福的本质，

and all the stilling of these thoughts allows us to be our real Self, and that's what the happiness is,

然而我们却把它归因于性。

and then we attribute it to sex.

实际上，是性欲念头的平息让我们快乐的。

it's actually the stilling of the thoughts of desire for sex that makes us happy.

看，首先，我们创造了一个非常令人焦躁不安的需求，当这些念头得到满足时，这些念头便消散了，然后我们就是快乐的。

See, first we create a need for it which is terribly disturbing, and when that those thoughts are satisfied, thoughts are away, and we are happy.

快乐有不同的种类，有不同程度的快乐。

Now there's different kinds of joy, there's all degrees of joy。

你说的那种快乐确实存在，但那不是最高的快乐。

Now there is a joy that you're speaking of, but that's not the top joy.

找到不受欲望搅扰的宁静，

Found peace undisturbed by desire,

这是最美妙的东西，但是无法描述它。

it's the most delicious thing there is, but you can't describe it.

平静是最接近它的词，

Peace is the word that comes closest to it

你看，因为这些状态不是通常能体验到的，所以没有对应的词汇来描述它们。

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

首先，它是感觉状态，是的，它是感觉状态；

First, it's feelingness, yeah, it is feelingness;

然后当它持续下去时，它就转化成了“存在状态”。

And then when it goes on, it turns to Beingness.

当你最初这条道路感兴趣时，一切都是想法、想法、全部都是心智思维；

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

然后，想法呈现出某种感觉，就像是想法和感受同时出现，这是一种带有感觉的念头；

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

随着你的深入，你进入了感受的层次；

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

然后再往上一步就是存在的层次。

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

所以至于处于感受状态还是“存在状态”，这取决于你所处的层次。

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

正是因为对它的强烈渴望让心智高度集中，

Well, it concentrates the mind because of the intense desire for it,

如果食物引发了同样强烈的渴望，你也会从食物中得到同样的反应。

If food were that way, you'd get the same reaction from food.

学生：我们也许可以在没有任何物理刺激的情况下产生性体验。

Student: That we might call a sexual experience without any physical stimulation.

莱斯特：对，存在着远比性体验更高层次的体验。

Lester: True, there are experiences much higher than the sex experience.

学生：我在追寻那些体验，但是为了在这个过程中更好地理解这些体验，我想到了另一件事.....

Student: Well, I'm seeking those experiences, but to understand those experiences better on the way up I, this other thing occurred to me that...

莱斯特：在这个过程中要做的第一件事就是——认识到这种快乐到底是什么。

Lester: The first thing to do on the way up is to recognize that what this joy actually is.

你停止了思考，在性爱过程中或之后，思考比其他任何时候都要少。

You stop thinking, there's less thinking with or after sex than any other

time.

学生：嗯，你可能会开始考虑明天……

Student: Well, you could start thinking about tomorrow.

莱斯特：明天你会的（学生笑）。

Lester: You will tomorrow.

因为你把所有的那种快乐都归因于性，所以明天你会说：“哦，我想再要一次那种体验，它是性体验，所以我必须发生性关系。”

Because you attributed all that joy to the sex, so tomorrow you say: "Oh, I want that experience again, and it is sex, therefore I must have sex."

有一种观察方式，如果你看到性生活中实际发生的事情，你会觉得它更令人愉悦，并且会失去对它的贪恋——认识到真正的愉悦是什么。

There's a way to look upon if you see what's actually happening in sex, it'll be even more joyous, and you'll lose your attachment to it, recognize what the joy really is.

你越能认识到那种愉悦是什么，你对它的贪恋就越少。

And the more you recognize what that joy is, the less attachment you have to it.

现在, 如果对它们没有贪恋或厌恶的话, 在这个世界上享受快乐也是可以的,
Now, it's okay in the world to partake of joys, if there's no attachment or no aversion to them,

接下来它们就不再具有束缚了, 它们也不再有限制性了;

then they're not binding anymore, they're not limiting anymore;

但只要你还在贪恋或厌恶它, 它就是一个限制、一个束缚。

As long as you're attached to it or have an aversion to it, it's a limiting thing, it's a binding thing.

实际上, 每个人在他的每一个行为中都在追寻他的真我。

Actually, everyone in his every act is seeking his real Self.

在我们到达彻底了悟真我、完全自由的状态之前, 我们永远都不会满足。

We will never ever be satisfied until we reach that state of knowing our Self completely, of being totally free.

最轻微的限制也会导致不快乐, 而不快乐是相对的。

The slightest limitation will cause an unhappiness, and unhappiness is relative.

在这个宇宙中的最高存有、或离完全觉醒仅一步之遥的存有，会对那残存的微小限制而感到剧烈的痛苦。

The highest of beings in this universe, or just one step from full realization will feel sharp pain at that small limitation left.

但这一切都是相对的。

But it's all relative.

如果他试图体验我们的痛苦，他根本做不到，他会因为自己所处的状态崩溃的。

If he tried to experience our pain, he just couldn't, he'd collapse, because of the state that he's in.

04-2 积极的想法和欲望 Positive Thoughts & Desires

现在，这并不容易，但很简单，就像你说的它很简单，由于习惯的原因，它并不容易；由于其他人否定你正在努力做的事，他们反对你、试图让这种否定变得如此真实。

Now, it's not easy, it's simple, as you said, it's simple, but it's not easy because of habit, because of the others denying what you're trying to do, the other the others oppose you, they try and make it so real.

你必须了解这一切的虚幻。

You have to know the unreality of it all.

你必须认识到那真正的实相，不管你周遭的人试图让你相信什么，坚守下去。

You have to know the real reality and hold to it in spite of what everyone around you is trying to convince you of.

这就是与圣洁的人为伍的必要性。

This is the necessity of keeping holy company.

每周，你都会被再次提醒正确的方向；

Once a week, you're re-reminded of the right direction;

要是你们能每天晚上、每天早上都能相聚的话，那就太好了。

It'd be nice if you could meet every night, every morning.

所以当你踏入尘世时，你会更加坚定。

So when you go out into the world, you're fortified.

睡前和刚醒来是冥想的最佳时刻，睡前冥想会让冥想持续一整夜，

Meditation before going to sleep, and just after awakening is the best time, before going to sleep causes it to go on all night long,

睡眠中的状态能为接下来的一天积蓄力量。

unawakening fortifies you for the day ahead.

这样一来，通过早晚的练习，你可以保持对它的持续性感知。

In this way, you are best maintaining the most continuous consciousness of it by hitting it morning and night.

有人开玩笑说：“我们应该从我们的语言中剔除所有负面词汇，如果有人抓到别人用了负面词，对方就会被罚五分钱之类的。

Jested one said we here eliminate all negative words from our language, if anyone catches another one using a word, the other one gets fined a nickel or something like that.

但我觉得我们还没到能这么做的程度，但这将是一件了不起的事情，这是我美好的梦想之一，

But I don't think we're to that point where we can do that, but it would be a tremendous thing, that's one of my fond dreams,

有朝一日，我们这里会有一个这样的社会，人们只拥有积极的想法，

that someday we'll have a society here that does just that, has only positive thoughts,

如果一个人冒出消极的想法，每个人都会提醒他，这样就能养成只积极思考的习惯。

that each one will bring up the other one if he comes out with a negative thought, so that the habit becomes positive thinking only.

下一步就是没有思考，一直完全凭直觉行事。

And the next step there is no thinking, working purely intuitively all the time.

我想要帮助你们的那一部分，始终想要帮助你们，而且它一直在运作，这正是我无限的那部分，我内在无限的部分想要帮助你了解到你的无限，

The part of me that wants to help you, always wants to help you, and is always operating, and is the part of me that's not limited, the unlimited part of me wants to help you recognize your unlimitedness,

它不受距离限制。

it knows no distance.

因此，任何时候你呼唤我，并且要明白情况确实如此，帮助就在那里，答案

会被给出，就像现在在这里给你的一样，甚至更好。

Therefore, anytime you call upon me, and know that this is so, the help is right there, the answers will be given, just as well, if not better than they are being given to you right here now.

在实相中，时间这种东西并不存在。

Now, in Truth, there is no such thing as time.

时间是个变量，

Time is a variable,

真理是永不改变的，

Truth is that which never changes,

完美始终是完美的，它不会改变；

perfection is always perfect, it doesn't change;

任何变化的都是不完美的，都是不真实的。

Anything that changes is imperfect, is unreal.

时间不过是一个心理概念。

Time is nothing but a mental concept.

你晚上做了一个梦，梦中你可能跨越了 80 年的岁月，当你在梦里的时候，那是 80 年的光阴；

You have a dream at night, and you cover maybe 80 years, and while you're in that dream, it was an 80 year period;

但当你醒来后，那段时间对你来说有多久？

How much time was it to you after you awakened?

那 80 年可能变成了几分钟。

That 80 years becomes maybe minutes.

我只是想揭示——时间除了是个心理概念以外，什么都不是。

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

在那个梦中度过的 80 年，当你醒来时你会说：“天，就几分钟而已。”

In the dream it was 80 years, you awake and say “Gee, it was just minutes.”

当你从这场梦中醒来，你会发现它没有时间，它一直在那里，过去和将来的一切现在都在这里。

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

时间就像是我拿一卷电影胶片，逐帧观看，说：“前一帧是昨天，后一帧是明天。”

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

一切都在那里，你现在就能看到一切。

It's all there, you can look at it all now.

但是在时间的层面，我们选择注视某一帧画面，然后说这边的是过去，那边的是未来。

But in time, we choose to look at one frame, and then say the one on this side is the past, and the one on that side is the future.

如果你能纵观整卷胶片，便能看到你从开始到结束的整个人生。

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

但在心理上，你选择了按现在的这种方式去看待它。

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

时间只是一个心理概念。

Time is only a mental concept.

但是为了接受这一点，你必须亲自看到它、觉察它、领悟它，

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

深入思考它，总有一天你会觉醒：“哇，它只是一个心理概念？”

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

永恒即是当下，这是一个永远存在的当下，没有过去，没有未来，一切都在此时此地，在实相中只有当下。

Eternality is now, it's an ever present now, there's no past, no future, it's all here now, there's only a nowness in Truth.

但是正如我所说的：“你必须亲自去认识到这一点。”

But as I said: "You'll have to perceive this yourself."

将我们束缚在这物质世界里唯一的羁绊就是——对它的渴望。

There's only one thing that holds us in this physical material world, and that thing is a desire for it.

只要我们对这个物质世界的某样东西还存在着一丝欲望，我们会回到这个物质世界试图满足这个欲望，欲望就产生了。

As long as there is one desire in us for something in this physical world, we'll come back into this physical world to try to fulfill it, desire creates.

你可以通过抓住某样东西来产生欲望，也可以通过不想拥有它、把它推开的欲望来产生欲望，但后者是恐惧，恐惧是一种不希望某事发生的欲望。

You can desire by holding on to something, or by desiring not to have it, pushing it away, and that's fear, fear is that desire not to have something happen.

满足欲望并没有真正地让自己摆脱欲望。

Fulfilling a desire is not really ridng yourself of a desire

第一，我们越努力满足欲望，我们对它的渴望反而会更强烈。

Number one, the more we try to satisfy a desire, the more of a desire we have for it.

这一点在性欲上非常明显，我们如此渴望它，如果我们曾经得到过满足，就

不会再有性欲了。

This is easily seen in sex which we desire so much, if we were ever satisfied, we would have no more.

满足欲望是不可能的，

It's impossible to satisfy the desire,

试图满足欲望只会助长欲望。

trying to satisfy desires just increases that desire.

所以，没有什么是能够通过满足欲望而真正得到满足的。

So, nothing is really satisfied by fulfilling the desire.

真正要做的是——释放对事物、对人的渴望。

The thing to do is to let go of the desire for things, people

如果你不想再回到这个物质世界，当你达到无欲的状态时，你就不会再回到这里了；

If you do not want to come back to this physical earth, when you attain the desirelessness state, you won't come back here anymore;

如果你真的完全无欲，你会回到无限之流。

If you are really desireless in total, you're right back in the infinite stream.

因为.....什么是欲望？

Because... What is desire?

欲望就是创造一个对某个东西的匮乏，然后说：“我需要它，我渴望它，我想要它。”

Desire is creating a lack of something, and then saying: "I need it, I desire it, I want it."

你是否曾经渴望拥有你认为鲍勃所拥有的东西？

Do you ever desire to have what you think is Bob?

你从来不会去想渴望有一只手臂、一个你的鼻子，

Never cursed to you the desire to have an arm, your nose,

为什么？

why?

因为你知道自己已经拥有了。

Because you know you've got it.

如果你就是一切，就不会对任何事物有欲望。

If you are the all, there's no desire for anything.

因为你是一切。

Because you are everything。

因此，任何欲望都是一种匮乏的人为假设，

So any desire is an artificial assumption of lack,

这一切的形式都是表象，

it's an apparency all this form,

它不是真实存在的，

it's not real,

它不会长久，

it won't last,

你所看到的一切都会消失，

everything you see will disappear,

它不是真的，

it's not true,

真相是永不改变的，

Truth is that which never changes,

任何会改变的东西都不是真的，

anything that changes is not true,

所有这些形式都不是真实的。

all this form is not true.

无限是无形的，那才是你的真实本质。

Infinity is formless, and that's your real nature.

所以你明白我想试图做什么吗？

Um, so you see what I'm trying to do?

我在试图促使你去思考：当莱斯特说“我是无形的”，他到底是什么意思？

I'm trying to provoke you into thinking: What the heck does Lester mean when he says I am formless?

如果你朝那个方向探寻，总有一天你会明白：你是无形的，真正的你没有任何形态，所有你所谓的形态都是错觉，都是你自己创造的。

If you look in that direction, someday you'll see it, that you are formless, the real you has no form, but all this thing you call form is a delusion, created by you.

我正在努力让你摆脱这个对你来说如此重要的形式。

I'm trying to shake you loose of this form which is so important to you.

任何形式都是有限的、都是不真实的、都是会消失的，

Any form is finite and is unreal, and disappears

所以关于整个形态的事情都是一种错觉。

so this whole business of form is a delusion.

所以我建议鲍勃，放下这一切，凝视无限、无限。

So I'm suggesting this, Bob, let go of this being all things, contemplate unlimitedness, infinity.

当你明白这一点时，接下来你就会看到有限的虚幻，

And when you see that, then you will see the unreality of the limited,

你紧盯的是蛇，只要你看到的还是蛇，你就永远不会觉察到它其实是根绳子。

it's the snake you are looking at, as long as you see the snake, you will never perceive the rope.

如果你想知道什么是无限，你必须去你的内在觉知它，它是你真正的天性，永不改变。

If you want to know what infinity is, you're going to have to perceive it in you, and it is your real nature that never changes.

你现在就是无限的，你一直是无限的，你也将永远是无限的，

You are infinite now, you always have been infinite, you always will be infinite,

其他的一切都是谎言、幻象。

anything else is a lie, a delusion.

要看清错觉，你必须看清真相，

To see the delusion, you have to see the truth,

只要你还在试图把错觉看成是真实的，你就会陷入麻烦，

as long as you are trying to see the delusion is real, you're in trouble,

事物对你来说如此真实，形态对你来说如此真实，

things are so real to you, forms are so real to you,

你害怕会失去它，

you're afraid, you'll lose it,

所以当你看到真相的那一刻，你马上就会因为害怕失去这一切而立刻重新退缩回去，

so the moment you see it, you immediately dive back for fear, you're going to lose all these things,

但是你为了无限而放弃这些东西，

But you give up these things for infinity,

因此，当你这样做时，你会得到，不会失去，

therefore, you gain, you don't lose when you do it

在这条道路上，只有收获。

on this path, there's nothing but gain.

你总是或多或少地在放弃。

you're giving up lesser or greater all the time.

如果你是无限制的，你可以物质化黄金；

if you're infinite, you can materialize gold;

如果你是无限制的，你可以物质化一个充满不动产的宇宙。

If you're infinite, you can materialize a universe full of real estate.

为什么要做一个吝啬鬼，就为了在一个星球上拥有几块地产？

Why be a miser and own a few pieces on one planet?

物质化整个宇宙吧，如果你迈向你的无限，这是你能做到的事。

Materialize a whole universe of it, this is what you could take on if you'd go toward your infinity.

心智遮蔽了无限的真我，

The mind covers the infinite Self

每一个想法都是一个限制。

every thought is a limitation.

甚至“我是无限的”这个想法也是一个限制。

even the thought “I am infinite” is a limitation.

如果你知道了你的本质，你就不会这么想了，你就不会一直说我是、我是、我是.....

You would never think that if you knew you were, but you don't keep saying I am art, I am art.

你知道你是。

You know you are.

所以当你是无限的，你就永远不会想对自己说“我是”，也永远不会对自己说“我是无限的”。

so it never occurs to you to say “I am art” to yourself, so when you're infinite, it would never occur to you to say “I am infinite”.

但是，你必须靠自己成为“我是”。

But art you're going to have to do it yourself.

我们只能指出道路、提出观点，

We can just point the way, make statements,

如果你想看到它们，你必须自己验证它们。

and you're going to have to prove them if you want to see them.

什么是完全的觉醒？

What is full realization?

首先是认同宇宙中的每一个存在，然后认同宇宙中的每一个原子，明白了吗？

It's first identifying with every being in the universe, and then with every atom in the universe, does that make sense?

实际上你把每个人都看作是你，把一切都看作是你。

You actually see everyone as you, you see everything as you.

这有什么意义吗？

Does this make any sense?

在智性层面，有，

Intellectually, yes,

但在你做到之前、在你真正通过自己看到这一点之前，它对你而言没有真正的意义，这整个宇宙除了你什么都不是。

but until you do it, it has no real meaning to it, until you actually see this through your own mind that this whole universe is nothing but you.

在那之前，这是一个智性知识；

It's an intellectual knowledge until then;

当你亲眼看到它时，它才变成了真正的知识。

And you see it becomes a real knowledge.

所以我的建议是：持续去做，直到你看到它，同时尽可能地借助所有帮助去靠近它。

So my suggestion is: Keep working until you see it, and meantime approach it with every aid possible.

如果人们想要真理能像他们想要这个世界一样强烈，他们会很快得到它。

If people wanted this Truth as much as they want this world, they'd get it in short order.

我们要做的是开始放下这个有限的生活，它永远无法被满足，其中总会有一定程度的不快乐存在。

The thing to do is to start letting go of this finite life which can never satiate, there will always be a certain amount of unhappiness in it.

你越是放下它，就会变得越快乐。

And the more you let go of it, the happier you become.

所以，放下这个世界，潜入内在，去了解你是谁、是什么，

So, let go of this world, and dive within to pull out the understanding of who and what you are,

持续深潜，直到你把所有的珍珠都捞上来。

keep diving, until you pull up all the pearls.

仅仅是做你自己，

Just be what you are,

如此简单。

so simple.

不要试图成为你所不是的，这是所有努力的来源，试图成为你所不是的，自然需要付出努力，但做你自己并不需要努力。

And stop trying to be what you're not, that's where all the effort comes in, and trying to be what you're not, naturally that would take effort, but to be what you are takes no effort.

我们被卷入了这场游戏，我们相信这场游戏是真实的，它原本只是一场假装受限的游戏，但我们深陷其中，忘记了它只是一场游戏，却把它当成是真的。

Been caught up in the game, we believe this game is real, it was originally a game of pretending that were limited, and we got caught up in that game, and forgot it was a game and we're taking it as real.

这就是为什么会有麻烦和困境存在。

And that's why there's trouble and difficulty.

这个方向是唯一能让我们走上正轨的，除了这个方向，任何其他方向都是错误的方向。

This direction is the only thing that puts us in the right direction, or any other direction is the wrong direction but this direction.

这个方向赋予了我们在这里的意义和目的，

This direction gives meaning purpose to being here,

没有这个方向，人们不知道自己为什么在这里，

without this direction, people don't know why they're here,

他们终其一生都没有弄清楚自己为什么会在这里，从哪里来，要到哪里去，

they go through a whole lifetime, never once finding out why they're here, where they came from, where they're going,

这太令人沮丧了，他们走的是一条无果而终的道路。

that's such a frustrating, fruitless path they're on.

**直到他们意识到我们来这里的原因、我们可以去哪里，才能踏上这条道路，
去往每个人潜意识里都想抵达的地方——回到无限的家、回到无限。**

Until they become aware of the reason why we're here, of where can we go and get on that path to go to the place where subconsciously everyone wants to go to, back home to infinity, to being unlimited.

**我们所做的一切都是为了摆脱限制，每个人都想完全自由，不断加速，直到
瞬间拥有越来越多，直到一切都得到满足。**

Everything we do is trying to do away with limitation, everyone everyone wants to be completely free, go faster and faster until it's

instantaneous have more and more, until everything is satisfied.

一切都朝着解脱的方向发展。

It's all in the direction of liberation.

开悟的另一种说法是解脱。

That's another word for realization is liberation.

所以，若没有这条道路，生命就没有什么意义了，不是吗？

So, without this path, there's very little meaning to life, isn't there?

只是一直盲目地四处碰壁、跌跌撞撞，直到你踏上这条道路，新的太阳才会升起。

It's just blindly bumping, bumping all the time until you get on this path and then a new sun dawns.

然而，每个人都在无意识地追寻着我们追寻的东西，他们称之为幸福。

And yet, everyone is seeking what we are seeking unconsciously, they call it happiness.

当我们只是做真实的自己时，那才叫幸福。

When we just be our real nature that is what is called happiness.

每当你感到快乐的时候，你感受到的是真我，你之前由于一些愚蠢的原因而切断了与它的联系，如今又通过一些巧妙的方法暂时重建了，

Anytime you feel joyous, you're feeling a real Self, which you have previously cut off for some silly reason, and through some devious means re-established momentarily,

这其实让你不需要任何的娱乐，你知道，当你发现这一点时，你不需要任何娱乐，

this sort of robs you of all entertainment, you know, you need none when you discover this,

你不需要电影、高尔夫球来成为你之所是，你只需要直接去做。

you don't need the movie, the game of golf to be what you are, you just do it directly.

换句话说，你不需要设下任何必须撤销的限制来再次成为你的无限真我。

Putting it another way, you don't set up any limitation that you have to undo to be your unlimited Self again.

所以，所有的快乐都是或多或少地感觉到了真我，大写字母 H 的单词“快

乐”是上帝的另一个称谓。

So, all joy is feeling your real Self more or less, Happiness with a capital H is another word for God.

05-1 主宰意识与关系 Mastership & Relationship

我想谈谈主宰意识和关系，

I wanted to talk about mastership consciousness, relationship,

我将探讨的主题是——主宰意识。

I'll go to subject, mastership.

在上升的道路上，我们应该采取一种主宰意识的态度：

On the way up, we should adopt an attitude of mastership:

我完全有能力做任何我想做的一切，

I am fully capable of doing anything and everything I want to,

我拥有身后全宇宙的力量，

I got all the power in the universe behind me,

我能解决任何问题，

I can lick any problem there is,

没有什么是不可能的，

there's nothing impossible,

我所需要做的就是把它保持在我的意识里，就好像它现在已经是我的了，然后它就会到来。

all I need to do is to keep it in my consciousness as though it is mine now, and it comes.

我们应该对这些概念建立起信心，

We should develop a confidence in these concepts,

这些概念与一般诸如“我不能，我没有，我是有限的”等这些概念是截然相反的。

these concepts are contrary to the usual concepts "I can not, I don't have, I am limited".

所以我们应该培养一种掌控生活的方式，我相信我们大多数人都在这样做。

So we should develop a way of mastership over life that I believe most

of us have been doing.

培养一种丰盛的心态，不一定是富足。

Create an attitude of abundance, not necessarily abundance.

因为大多数拥有富足的人并没有丰盛的感觉。

Because most people who have abundance don't have a feeling of abundance.

为什么富足的人在不断追求越来越多的财富，原因是他们感受不到丰盛。

The reason why the people who have money keep driving for more and more is they feel that they don't have the abundance.

如果他们感觉自己已经拥有了丰盛，他们就会停止这种无尽的追逐。

If they felt they had the abundance, they stopped driving for more.

所以一个在物质上一无所有的人也能拥有一种完全丰盛的心态，而百万富翁却可能正好相反。

So a person with nothing in a way of physical things can have an attitude of complete abundance, and a millionaire can have just the opposite attitude.

如今，幸福，幸福源于心态，而非你拥有什么。

Now, the happiness, the happiness comes from the attitude, not from what you have.

我知道我始终觉得自己拥有一切，

I know I always feel as though I have everything,

这个宇宙是我的，

the universe is mine,

但如果我看看自己所拥有的东西，我认为其他人不会同意我的观点。

but if I look and see what I have, I don't think others would agree with me.

但是，孩子，那种感受就在那里，一切都是我的。

But, boy, the feeling is there, everything is mine.

当你抱有“一切都是我的”的心态时，就好像一切都是你的一样。

And when you have that attitude that everything is mine, it's just as though everything is yours

因此，在主宰意识中，我们应该采取这样的态度：我们拥有一切，我们拥有所有的知识、所有的智慧、所有的力量来得到我们想要的任何东西，我们是完美的。

So, in mastership, we should adopt the attitude that we have everything, we have all the know-how, all the intelligence, all the power to get anything we want, and that we are perfect.

当你充满自信时，有时会惹恼别人，

it sometimes annoys people when you have confidence,

我知道我在努力收敛，

I know I try to tone down,

要是我表达了这种自信，我觉得我在哪儿都不会有朋友。

if I ever expressed the confidence, I feel I think I'd have no friends anywhere.

当你感受到这种无所不能、无所不知等等的巨大力量，你开始表露出来时，哇~

When you feel this tremendous power, omnipotence, omniscience and so forth, and you start expressing it, wow~

你会试着克制自己，至少在你向世界展示它的方式上要有所收敛。

so you have to put the brakes on, at least in the way you're presenting it to the world.

我真的看不到我自己的画面，但我总是感觉好像我紧紧掌控着所有属于我的力量和丰盛。

I really don't see the picture of myself, but I always feel as though I'm holding the reins tightly on all the power and abundance, that is mine.

当有人高喊“我、我、我”，还趾高气昂时，这对每一个小我都是一场挑战，

It's a challenge to every ego, when someone comes out I, I, I and puts their chest out,

因为所有的小我都想成为大人物，

Because all the egos want to be the big shot,

所以你必须表现得谦逊些，才能让那些小我感觉自己是个大人物。

so you have to be a little little shot to make the egos feel like a big shot.

我仍然发现人们对我的自信很生气，无论我是否真的知道某事，我总是以我好像知道宇宙中的一切的方式来交谈，

I still find people very much annoyed with my confidence, whether I

know something or not, I talk as though I know everything in the universe about it,

这就是我的方式。

it's just my way.

有时我和别人谈论他们熟悉的主题，我对它的了解并不像他们那样多，

And sometimes I'm talking to someone about their subject which I don't know as well as they do,

但我认为，这种态度比“我不能，我不知道等等”这种相反的态度要好，

but I think it's better to have that attitude than to have a contrary attitude that “I cannot, I don't know and so forth”,

所以在生活中练习和培养掌控力是一件很好的事情。

so this mastership in life is a good thing to practice and develop.

当智慧降临、理解产生时，力量自然会随之而来。

As the wisdom comes, as the understanding comes, the powers come automatically.

当你让心智足够安静时，你会看到自己是多么无所不能、无所不知、无所不

在,

When you get the mind quiet enough, you'll see how omnipotent, omniscient and omnipresent you are,

心智安静到多大程度, 你就会在多大程度上看到你的力量等等。

and to the degree that the mind is quieted, to that degree you see your powers and so forth.

在那时, 你会处于一种不敢轻易产生念头的情况,

Then you'll be in a situation where you'll be afraid to think,

因为你的想法会立刻在当天甚至瞬间实现,

because your thoughts will materialize the same day, if not instantly,

所以这是一件双向的事情。

so it's a two-way thing。

这种理解向你展示了属于你的力量,

The understanding shows you the power that is yours,

而练习掌控意识也会从相反的方向产生同样的效果。

and practicing mastership will also do the same thing from the opposite side.

通过练习，你会发现自己拥有这些力量，

by doing it, you discover that you have these powers,

我从来没见过这么多关于力量的事，对吧？

I never spoke on power so much, did I?

把力量等同于上帝的观念并不健康，

The idea that powers are God is an unhealthy idea,

我想正因为如此，我才一直没说我现在要说的话：

I think because of that, I held back on saying the things I'm saying now that:

我们应该认识到自己的力量，我们应该带着理解去了解它，否则我们就会误用它、滥用它，导致我们受到伤害。

We should know our power, we should know it with understanding, otherwise we will misuse it, and abusing it, we will get abuse.

主宰意识也意味着像大师一样生活，效仿耶稣，

Mastership should also be living as a master lives, emulate Jesus,

和祂一模一样，或者至少尽可能地接近祂，

be exactly as He was, or at least try to be as much as possible,

我们越努力，我们就越像祂，

the more we try, the more we become like Him;

我们越像祂，就越努力，

The more we become like Him, the more we try;

它总是相互促进的。

it always works two ways

所以我们的生活方式也应该是大师会选择的那种方式，或者说是大师们实际在过的那种生活方式。

So our way of life should be that way in which a master would live, or that way in which masters actually live.

拥有这种巨大的力量感的同时，也伴随着一种谦卑，尽管有时想展现这种力量的欲望正好出现在谦卑阶段之前，

Now with this tremendous feeling of power, there's also a humility, although sometimes the desire to express this power comes just before the stage of humility,

但随着这种力量越来越强，我们会变得越来越谦逊，

but as the power comes more and more, we become more and more humble

这是一件自然而然的事情、是一件很自然的事情，两者是相辅相成的。

it's an automatic thing, it's a natural thing that they go together.

我想再次强调这一点，重要的是掌控的心态，而不是拥有力量、不是拥有财富，而是一种我拥有财富、我拥有力量的态度，这才是我们应该拥有的态度。

I like to re-emphasize that, it's the attitude of mastership that counts, not the having of power, not the having of wealth, but the attitude that I have wealth, I have power, that's what we should have.

这就是真相，我们是全能、全知的。

That is the Truth of capital T, we are all-power, all-knowledge.

第三点是关系，我想谈谈我和你们的关系，这是二元性的，以前我无法谈论这个话题。

Now the third point was relationship, I wanted to talk about my relationship to you, this is duality, I couldn't talk about this before.

在我与你们的关系中，我看到的是“一”，你就是我，

In my relationship to you, I see oneness, you are me,

因此，我将竭尽所能帮助你们看到那个“一”。

therefore, I will do everything within my power to help you to see the One with a capital O.

我出现在这里取决于你们有多想要这种教导，以及我在此时能为你们带来多大益处，

What determines my coming out here is how much you really want this, and how much good I can do you at the time.

但只要你想要这种教导，只要你能不断地吸收它，我就会一直陪伴着你们。

But so long as you want this teaching, and so long as you will keep absorbing it, I will stay with you all the way.

我的教导源自那些无形界的大师们，通过我，你们获得了这些教导，

I get my teachings from the masters who are on the unseen side, and through me, you get it,

但这是一条延续不断的链条，直到所有人都被牵引进去，

but it is a chain that goes on until everyone is pulled in,

它从天堂开始，我们都被拉到那里，再次回到家。

it starts up there in heaven and we all get pulled up there, back home again.

我本来可以圣诞节一过就来的，但直到一月底才来，

I could have been here just after Christmas, but it didn't come until the end of January,

因为正如我对你们中的一些人说过的，我不记得我对这个小组说了什么，

because as I've said to some of you, I don't remember what I said to the group,

有太多的人觉得，他们需要我去做靠他们自己能做的事情，

there were too many people wanting feeling that they needed me to do what they can do on their own,

因为我没有来，他们不得不去发现他们能解决自己的问题，相比我来到这里而言，这是更好的教导，

and because I didn't come, they had to discover that they can resolve their own problems, which was far better teaching than if I had come here,

他们会感觉很好，并说他做到了，

and they would have felt good and said he did,

到我来的时候，大多数有问题的人都得到了解决。

by the time I came, most of the ones who had problems had them a resolved.

所有这个过程会以一种有引导的方式持续下去，正如我所说，它会一直持续到终点或者起点，直到抵达无限。

So this thing goes on in a guided way, as I said, it will go on until the end or the beginning, until the infinity is reached.

现在你们中的一些人知道，帮助是随时可以获得的，无论这个身体是否在和你们交谈，这个身体背后的力量可以随时随地帮助你们。

Now some of you know that help is available all the time, whether this body is talking to you or not, the thing right behind this body can help you anytime, anywhere.

就像你无论何时何地都能从得到耶稣这样的大师的帮助一样，你呼唤他，他随时准备、愿意、并且能够帮助你。

The exact same way you'll get help from a master like Jesus anytime, anywhere, you call on Him, He is ready, willing and able to help you

现在，能远距离帮助你的那部分“我”是真我，这是每个人的真我，单词大写 S 的真我，有时被称为上帝。

Now the part of me that helps you long distance is the Self, which is the Self of everyone, the self of a capital S, which is sometimes called God.

当你认识到这一点，当你尝试它，你会发现它是有效的，你可以在随时使用它，而不需要我在场。

When you recognize this, when you try it out, and discover that it works, you can use it any time, you don't have to have me here.

如果你使用它，有时我会意识到你在呼唤我，有时我不会，这取决于我当时在做什么。

And if you use it, sometimes I'm conscious of it, and sometimes I'm not, depends on what I'm doing.

当我说“我是有意识的，莱斯特是有意识的”时，这也不过是那个“真我”。

When I say "I am conscious, Lester is conscious", it's nothing but this.

再次强调，如果我要谈论的只是真相，那么我会来到这里，坐下来，全程不会说一个字，然后连再见都不说就直接走出去，

Again if I were going to talk only Truth, I would come here, I would sit down, say not a word the entire time, and walk out without even saying goodbye,

我不会说你好，我不会说一个字，我不会说再见，然后离开。

I wouldn't say hello, I wouldn't say a word, I wouldn't say goodbye and I'd walk out.

我会坚持真理、绝对真理。

I'd be sticking the Truth, the absolute Truth.

所以我所做的就是进入二元世界来建立沟通，一旦我建立了沟通，我就试着再次上升回归，

So what I do is to come into the duality to establish communication, once I establish communication, then I try to zip up again,

所以我一直在上升、下降、上升、下降.....

so I'm constantly going up and down, up and down...

我降下来是为了与你们建立联系，握住你们的手，然后上升。

I come down to make contact, take you by the hand, and then up.

所以，你始终会在语言的二元世界里从低到高来回转换，

So you'll always have that duality of language going on from lower back up,

但说实话，我没有看到任何问题，我看到的一切都很完美。

but to tell you the truth, I don't see any problems, I see everything perfect.

如果我看到了你们的问题，我就无法帮助你们，因为一旦我承认它们，我就赋予了它们真实性。

If I were to see your problems, I wouldn't be able to help you, I'd be recognizing them, I would be giving them actuality.

我知道在你看来你有问题，但这只是表象，表象是海市蜃楼，是幻觉，

I know it appears to you that you have problems, but it's only an appearance, and appearance isn't, it's a mirage, an illusion,

好吧，如果你知道你的平静，那就没有问题存在了，

right, if you know your peace, there is no problem,

外面那些存在的东西很脆弱，但它和我们有什么关系？

there is a flimsy something going out there, but what has it to do with us?

我们本质上都是平和的，

We are by nature all peace,

当我们采取这种心态时，外面的一切都会如此。

and when we adopt that attitude, that's exactly what happens out there.

一个很好的例子是，我们都在一辆叫做“上帝”的火车车厢里旅行，

Now a good example of that is we are all traveling in a railroad car called God,

他在牵引着一切，上帝就是一切，

he's pulling the whole works, God is all,

所以我们坐在椅子上，却扛着我们的包和行李，我们把它堆在我们的肩膀上，

so we sit on the chairs and we take our bag and baggage, we pile it up on our shoulders,

然后我们说：“噢，我的负担太重了。”

and we say :“Oh, what a weighty load up got on me.”

我们所要做的就是行李放在地上，让火车拉着它们。

All we have to do is to put the baggage on the floor, and let the railroad car take it.

但我们把它们堆起来，说：“哦，我有问题了。”

But we pile it up, and say: “Oh, I have problems.”

其实只要把它们扔到车上，它们就消失了。

Let's throw them off on the car, and they're gone.

我们都在上帝的火车上，

We're all on the railroad car of God,

把我们的行李放在肩膀上或头上是愚蠢的，

to put our baggage on our shoulders or on our head is silly,

把你的问题交给上帝，放手，让上帝来接管它们，这被称作“臣服”。

give your problems to God, let go, and let God carry them, this is called surrender.

换句话说, 当我们放手并让上帝接手的时候, 我们就放下了我们小小的小我, 而让上帝自己来接管一切,

In another way, when we let go and let God, we surrender our little ego, and let God itself take over,

你下来建立沟通, 然后努力上升。

You come down to establish communication, and then you try to lift up.

当你注意到, 当一个群体、当一个更大的群体在这里时, 我就会下降得更低,

And when you notice that when a group, when a larger group is here, I go down much further,

但我总会回到顶端, 只是没有那么频繁, 也没有那么快, 但总是在向顶端移动的。

but I always come to the top, not as often, not as fast, that's always moving to the top.

05-2 目标和方向 The Goal & Direction

我们正朝着一个无限的目标前进，

We're moving toward a goal that is unlimited,

我们必须变得无限，

we must become infinite,

我们一直在起起落落中前行，我们的生活已经变得幸福多了，但还有一段路要走。

we have been moving in ups and downs, our lives have become much happier, yet there is distance to go.

到目前为止，作为一个团体，我想说你们已经掌握了应用于生活的法则：

To date, as a group, I would say that you have mastered the principles as applied to life:

你已经学会了如何释放一定程度的限制；

You have learned how to let go of a certain amount of limitation;

你已经学会了接纳积极的一面；

You have learned to accept the positive;

你已经学会了接纳念头的力量；

You have learned to accept the power of thought;

你已经明白了自己是生活的创造者；

You have learned that you are the creator in your life;

当然，随之而来的，是提升你爱的能力，

And of course, the thing that goes along with that is increasing your capacity to love,

但随着我们理解的增长，随着我们意识的扩展，我们的爱也会自动增加。

but that comes automatically as our understanding grows, as we expand our consciousness, our love automatically increases.

正如我们所注意到的，我们所获得的这些东西并不能完全令人满意，

As we have noticed, these things that we have gained are not all satisfying,

即使我们的生活变得更快乐了，但它仍然不够圆满。

that even though our life has become happier, it still isn't full complete.

但我们要走的路就是从这里开始，直到我们达成目标，

But the path we're on is from here on, until we make the goal,

这是我想说的第一点，

that's the first point I'd like to make,

我们一直沿着这条道路走，直到无限。

we're on this path until we are infinite.

第二，我们可以在此生做到这件事，

Second, we can do this this lifetime,

一般来说，绝大多数人要花很多很多世才能做到，

now generally, it takes many, many, many lifetimes for the great, great majority of people to make it,

然而，我们可以在这一世就做到，

however, we can do it this time,

有两个原因：

for two reasons:

首先，我们是一个不同寻常的群体；

First, we are an unusual group;

其次，我们有正确的方向在此生实现它。

Second, we have the right direction to make it this lifetime

所以如果我们将来回来了，那是出于选择，而非必要。

So that if we ever come back in the future, it's by choice, it's not by necessity.

通常我们中那些想要帮助别人的人会回来帮助他人，

Usually, those of us who want to help others to that point will come back just to help others,

但这是我们个人选择的问题，

but that's a matter of individual choice what we do,

最重要的是要达到那个状态。

the main thing is to achieve that state.

现在，掌控生活实际上是一个基本且必要的步骤，通过这个步骤，我们知道自己不是生活的受害者，而是主人。

Now becoming master over life is really a basic and necessary step, through which we learn that we are not the victims in life, but we are the masters.

在我们掌握了让我们的环境如我们所愿的方法和手段之后，我们会看得更远。

After we master the ways and means of making our environment the way we want it, then we look beyond.

无论我们让我们的生活变得多么幸福，如果它还局限于生活本身，就永远无法满足我们，

No matter how happy we make our life, if it's involved in livingness itself, it will never satisfy us,

因为我们真正的状态是无限的，而在生活和生存中的快乐是有限制的。

because our real state is that of being infinite, and being happy in life and living has limitations.

我大致回顾了目前的情况，现在我要谈谈我们未来应有的方向。

I've sort of brought us up to date, now I'll go into what I think should be our direction in the future.

我们必须变得更加普世，

We have to become more universal,

我们应该方向我们自己的生活，达到能更多地为他人而活的程度。

we should let go of our own livingness to the point where we can live outwardly more for others.

如果我们是普世存在，我们就必须是普世存在，

if we are universal beings, we must be universal beings,

每一个人都是我，这是我们应该有的感觉，

every human being is me, is the way we should feel,

你就是我，是我们对待所有人都应该有的态度。

you are me is the attitude we should have toward all people.

现在我用“态度”这个词，

Now I use the word attitude,

我们无法通过给他人物质来帮助这个世界，

we can't help the world by giving them things,

需要的东西太多了，

there is just too much needed,

但我们能给予他们高于物质的东西，

but we can give them that which is much more than things,

我们可以开始给他们那些我们正在获得的知识，

we can begin giving them the knowledge that we are getting,

我们的态度应该是帮助每一个寻求帮助的人，

and our attitude should be one of wanting to help everyone who wants help,

我们绝不帮助那些不想要帮助的人，这是强加给他们的，

and never helping those who don't want it, that's imposing upon them,

我们应该尽力帮助那些与我们在道路上相遇的人，

we should try to help just those who cross our path,

我们不需要将自己扩展到各个方向，

we don't have to extend ourselves into directions,

因为人们会自然地进入我们的生活，

because people will just fall into our lives,

他们会问我们问题，当我们给他们答案时，我们发现某些人会觉得你给了他们正确的答案，你在帮助他们，然后他们会问更多的问题，

they'll ask us questions, and as we give them the answers, we find that certain people will feel that you are giving them the right answers, that you are helping them, and they'll ask more,

对于那些真诚地来找你寻求正确方向的人，回答他们的问题真的是一种义务。

and it's really an obligation to answer questions of people who come to you sincerely, seeking the right direction.

当我们开始为他人而活，更少地考虑自己、更多地考虑他人时，我们帮助的不是别人，而是自己。

As we begin to live outward, and think less of our little self and more of

the other one, we are helping no one but ourselves。

世人会有不同的看法，他们可能会把它理解为我们在帮助另一个人，

The world sees it differently, they would probably interpret it as we helping the other one,

但没有人需要帮助，除了我们自己。

but there's no other one to help but ourselves.

事实上，我们通过帮助别人获得的最大好处是——我们帮助自己达到了目标，除非我们对每个人都有这种合一的慈悲感、希望他们也知道我们所知道的，否则我们永远都无法达成目标。

And actually we get the greatest benefit by helping others, we help ourselves toward reaching the goal, and we'll never make it unless we have this feeling of compassion of oneness with everyone with a wish that they too know what we know.

所以再重复一遍：我们已经学会了如何掌控生活并让它更幸福，现在我们应该试着帮助那些想要做到这一点的人。

So to repeat: We have gotten to the point where we have learned how to control life and make it happier, now we should try to make it happier for others who want it

这并不意味着要停止我们自己的成长，我们永远不能停下，

This does not mean stopping our own growth, that we never stop,

我们要不断为自己的进一步成长而努力，但同时我们也要帮助他人。

we keep working for our own further growth, but at the same time we help others.

我们应该感到我们愿意给予我们所拥有的一切，这就是你之后的感受，你只会想要给予一切，到那时你得控制自己。

We should feel that we would like to give away everything we have, this is the way you'll feel later on, you will just want to give away everything, you'll have to control yourself.

我想说的重点是，这个世界正处于一个拥有的状态，

The point I tried to make was that, the world is in such a state of havingness,

他们认为他们需要的是物质，

they think all they need is things,

如果我们试图提供这些物质，我们并不是在帮助他们，

and if we try to provide that, we're not helping them,

这会让他们坚信物质是他们所需要的，但他们所需的不是物质，而是领悟。

we're confirming that things are what they need, and it's not things, it's understanding.

因为你生活在一个分离的世界里，有你、有别人，在你开始为别人而活时，那种分离感就开始减少了。

Because you're living in a world of separation, there is you and people and deals, you begin to live for others that begins to diminish.

每一个生灵都渴望平静，

Every living soul wants peace,

他们都在寻求幸福、平静。

they're all seeking it, happiness, peace.

因此，只要你期待它，它就会降临。

Therefore, if you would expect it, it would come to you.

只有当在你爱的时候才会理解：

It's only understood when you love:

慈悲就是理解别人正在经历的一切，

Compassion is understanding what the other one is going through,

慈悲就是理解他人正在体验的事情，但情绪部分会自然而然产生。

compassion is understanding what the other one is experiencing, but the emotional part sort of comes automatically.

如果你活着是为了看到别人幸福，那么践行这样的生活方式将会带来巨大的幸福。

If you live to see the other ones happy, practicing that way of life would bring tremendous amount of happiness.

我想要表达的基本观点是，既然生活变得更快乐了，现在我们该做什么？

The basic point I tried to get across was what to do now that life has become happier?

如果你能的话，下一步就是活得更慷慨，为别人而活，更多地为别人而活。

And the next step is to live more outwardly if you can, live for others, live more for others.

这是另一种说法，在每个人身上看到上帝，把他们视为完美的，这样你就能帮到他们最多，

This is another way of saying, see God in everyone, see them as perfect, then you help them most,

要感觉到每个人都是你，上帝就是我之所是。

feel that everyone is you, and God is that which I am.

个体是一种幻觉、一种表象。

The individual is an illusion, it's an appearance.

在完美中没有什么可做的，你看，你呈现了一幅完美的画面，

There's nothing to do in perfection, you see, you present the picture of perfection,

如果你的意识中有完美，你不需要在这里，你不必听我讲，把他们视作与你一样的上帝。

if there's perfection in your consciousness, you don't need to be here, you shouldn't listen to me, see them as God as you.

个体是我们想象的虚构，

Individuals are fiction of our imagination,

除了上帝什么都没有。

there's nothing but God.

作为有限的存在，你是那个身体、你是这个身体、也是宇宙中每一个其他的身体。

As being limited beings, you are that body, you are this body and every other body in the universe.

不，我们都是同一个“一”，

No, we are all the same One,

基本的绝对真理是“一”，

the basic absolute Truth is One,

除了一个绝对完美的“一”，什么都没有，

there is nothing but an absolute perfect Oneness,

那是我。

that is I.

因此，根据我们的本性，我们的方法会有所不同，

So our methods are a little different depending on our nature,

有些人喜欢智性，另一些人则通过他们的感受、通过他们的心，不用“看”它。

some people like the intellect, others just through their feelings, through their heart, don't see it.

但聚在一起本身就是一个巨大的帮助，

But getting together in itself is a tremendous help,

你们为什么要聚在一起朝这个方向前行？

why do you get together to go in this direction?

在一周之中，你们遇到的都是对这个方向不感兴趣的人，每次你们遇到一个不感兴趣的人时，他都在试图把你们引离这个方向，试图让你们相信谎言。

All during the week, you're meeting with people who are not interested in this direction, every time you get up against one who was not, he's trying to steer you away from it, he's trying to convince you of lie.

而你们对真相感兴趣，

You're interested in Truth ,

你们聚在一起，

you get together,

你们朝着真相的方向前进，

you move in a direction of Truth,

你们走向那个世界，他们想把你们拉向谎言，拉向限制，

you move out into the world, they're pulling you toward the lie, toward the limitation,

所以你们作为一个团体聚在一起，这本身就是一个巨大的帮助。

so the fact that you're getting together as a group just that in itself is a tremendous help.

05-3 总结主宰意识和关系 Summary on Mastership & Relationship

主宰意识、关系，我们都在朝着那个方向前进，最伟大的圣人仍然在这里，有些在身体里，有些不在身体里，不管我们是否意识到这一点，圣人都在引领着我们。

Mastership, relationship, we're all moving in that direction, the very

greatest of the sages are still here, some in body, some not in body,
leading us on whether we're aware of it or not.

我们所要做的就是对他们的帮助敞开心扉，这是所能存在的最强大的帮助。

And all we need to do is to open ourselves to their help, which is the
most powerful help there is.

想要在这一世完全觉醒，

And look at full realization this lifetime,

我努力追随祂们，

I try to follow Them,

如果你追随我，你就是在追随祂们，

if you follow me, you're following Them,

我从祂们那里获得指引，再通过我传递给你，

I take my guidance from Them, through me to you,

所以我们都在朝着这个方向前进，

so we are all moving in that direction ,

但是这个群体比绝大多数人前进得快得多。

but this group is moving much, much, much faster than a great majority of people are.

波澜不惊是我们已经取得了多大进展的一个标示。

Imperturbability is an indication of how far we have gotten.

我会被打扰吗？我会被惹恼吗？

Can I be disturbed? Can I be annoyed?

如果我会，我必须消除它。

If I can, I must eliminate that.

我们应该到达一个没有人、没有事可以打扰到我们的地方。

We should get to the place where no one and no thing can annoy us.

但毫不费力确实表明我们在这条道路上走了多远。

But effortlessnes does show how far we have gone on this path.

但我认为更好的指标是平静，

but I think a better indicator is peace,

我有多平静？

how peaceful am I?

你越平静，你就走得越远。

Greater your peace, the further you've gotten.

06-1 我们是谁 Who We Are

那么，回答你的问题，你们想知道我们是谁，对吗？

So to answer your questions, you want to know who we are, okay?

我们是醉鬼，被玛雅世界的酒精催眠，不知道自己的身份，像醉鬼一样四处问像莱斯特这样的人：“我是谁？”

We are drunkards hypnotized by the alcohol of Maya the world, not knowing our identity, and like a drunkard, we're going around asking people like Lester :“Who am I?”

祂看着你说：“你就是你。”

He looks at you, and He says:“ You are you.”

然后你说：“是啊，但我是谁？”

And you say: “Yeah, but who am I?”

然后我说：“你就是你。”

and I say: “You are you.”

你说：“我是谁？”

And you say: “But who am I?”

我说：“你就是你”

and I say: “You are you.”

然后你问我：“我是谁？”

And then you ask me: “Who am I?”

我说：“你就是你”

And I say: “You are you.”

就这样年复一年地继续下去.....

And this goes on and on, year in and year out...

一个醉汉要花多长时间才能知道自己是谁？

How long should it take a drunken man to know who he is?

你只是不肯停止喝这幻觉、表象的酒。

You just refused to stop drinking the apparency, the illusion in.,

答案很简单，停止饮用它。

And the answers simple, by stopping it.

当你不停地喝，还问我怎么才能停止：“我怎么才能像你一样不喝这个？”

When you keep drinking, and you ask me how do you stop: "How do I stop drinking this as you drink?"

很简单，只是丢掉那些无稽之谈，不要假设它是真的，只是丢弃它。

It's simple, just drop all that nonsense, instead of assuming it to be true, just drop it.

你知道那是胡说，不是吗？

You know enough to know that that's nonsense, don't you?

你是基因吗？你是基因的产物吗？

Are you genes? Are you a product of genes?

(学生说的听不清)

莱斯特：对，但还不够。

Right, not enough though.

因为如果你接受自己是无限存在，却不展现这一点，那你是在做什么？

Because if you accept that you are infinite beings, and if you don't express that, what are you doing?

你回答你的问题了吗？

Are you answering your question?

不，你在说：“莱斯特，你说的是错的，我们是，我们坚持是极度受限的。”

No, you're saying: "Lester, what you're saying is wrong, we are, we insist upon being extremely limited."

而证据就是你现在有多无限。

And the proof of it is how unlimited are you, right now.

好吧，你怎么能停止呢？

Okay, how can you stop it?

别管心智了，看，你在推卸责任，那你呢？

Never mind the mind, see you're throwing away responsibility, what about you?

让心智照顾它自己。

Let the mind take care of itself.

好吧，既然它不是你，那它对你有什么好处？

Alright, since it's not you, what good is it to you?

你将是做者。

You'll be the doer.

你看，当你说“是心智做了这一切”，这是一种逃避。

See, this is an evasion when you say "Well, the mind does this".

不，你不只是这么认为，

No, you don't think it is,

你是如此地坚信，

you're so solidly convinced,

每次我来这里，你都说我错了，幻相是对的，

you tell me every time I come here that I'm wrong, and that the illusion is right,

你几乎每句话都是这么说的，

you tell me that in almost every sentence you come out with,

今晚你们当中的任何一个人对我说的每一句话，都在把这幻相当成真实的，

there isn't a sentence that you have said to me, any one of you tonight, that doesn't assume the illusion to be real.

我也想吓吓你，

I'm trying to shock you too,

因为照你们现在这样，你们可以永远这样继续下去，永远.....

because you can go on forever and ever and ever, the way you're doing it...

因为对于一个无限的、全知、全能的存在，认识到他是什么应该花不到一秒钟。

Because for an infinite, omniscient, omnipotent being to recognize what he is should take less than a second.

而你却一直不停地问：“我是谁？我是什么？”

And here you go on and on and on, asking: “Who am I? What am I?”

你说出来的每一句话都在把这种错觉、这种表象当成是真实的，

And every sentence you come out with assumes this illusion, this apparency to be real,

你必须面对它，

you must confront it,

你必须意识到这一点。

you must realize this.

但我们是被限制的身体和心智的唯一原因，是因为我们想要它，我们已经被告知了我们不是这样的，我们相信不是这样，我们不知道，

But the only reason why we are limited bodies and minds is because we

want it, we've been told otherwise, we believe otherwise, we don't know it,

但我们更坚定地相信我们是限制的身体和心智，而且紧紧抓着它们。

but we far more strongly believe we are limited bodies and minds, and we're holding on to them.

完全觉醒应该在一秒钟之内，

Full realization should be in a second,

你没有得到它，是因为你一直在执着于做一个被限制的身体。

you're not getting it, because you're holding on to being a limited body.

正如我对在座的一些人说的，检验的方法很简单，

And as I've said to some of you here, the test of it is easy,

但你必须面对这个事实：你 99%确信你是一个身体。

but you must confront this fact that, you're 99% convinced that you're a body.

大多数时候，你问我的问题是“如何让这个身体变得更好？”“如何让这个身体免于痛苦”或者“让这个心智免于痛苦”，不是这样吗？

And that most of the time what you're asking me for is "How to make this body a nicer body?" "How to make this body free from pain?" Or "This mind free from anguish", isn't that so?

你问的是“如何使心智免于痛苦、使身体免于痛苦”，

What you're asking is "How to make the mind free from anguish and the body free from pain".

有谁在努力得到真相？

Who is struggling to get the Truth?

我想见见那个人。

I'd like to meet the one.

当你为它挣扎时，你会做什么？

What do you do when you struggle for it?

抗争是在接受这个幻象，

Fighting is accepting the illusion,

你真的必须停止抗争，

you really have to stop fighting

你必须停止作为，你必须只是做你所是。

you have to stop doing, and you've got to just be what you are.

如果你接受这一点——我是无限的，你所要做的就是做我所是的我，而不是费力去做一个身体和心智。

If you accept that the I of me is infinite, that's all you have to do is be the I that I am, and just don't go through the effort of being a body, mind.

你能看到抗争并不会让你抵达那里吗？

Can you see that fighting it won't get you there?

你在接受你的心智、你的身体是真实的，然后与之抗争。

You're accepting your mind, you're accepting your body as being real, and you're fighting it.

如果你想知道一个觉醒的人做了什么，你就必须醒来。

If you want to know what a realized man does, you must be realized.

因为一个觉醒的人什么都不做，

Because a realized man doesn't do anything

他只是存在，仅此而已。

He only is, period

绝对真理是“一”，我们是无限的存在，

The absolute Truth is One, infinite Beingness that we are,

它是无形的，

it's formless,

它没有属性，

it has no attribute,

存在有什么形状？

What shape does Beingness have?

存在有什么形式？

What form does existence have?

它没有任何形状和形式。

It doesn't have any.

但是存在与每个人都一直保持着全然的联结，

But instead of Beingness, Beingness, that each one is in full contact with all the time,

你无时无刻不在与这个你所是的无限存在有直接的亲密接触，

there is never a moment that you are not in direct intimate touch with this infinite being that you are

这是你的“我”。

it's the I of you.

但是你们 100%地关注除此以外的其他东西，对成为身体、成为心智等等更感兴趣。

But you're 100 percent interested in other than that interested in being a body, a mind and so forth,

就是这么简单。

it's really that simple.

但让事情看起来很困难的是——你不去看，

But the thing that makes it look difficult is that you won't look,

如果你不看你所是，还说：“我看不见它。”

if you don't look what you are and say: "I can't see it."

这是太难了。

It's difficult.

这其实不是难，

It really isn't difficult,

这是不可能，

it's impossible ,

因为你不愿意去看。

because you won't look.

你能明白我在向你指出的吗？

Can you see what I'm pointing out to you?

你拒绝去看，并一直在谈论关于你所不是的东西——你的身体、心智，

You refuse to look, and keep talking about the thing you are not, the body, the mind

那么你能做些什么呢？

so what can you do about it?

你可以问“我是谁？”的问题，然后坐下来，在答案明确之前不起身。

You can pose the question “What am I?”, and sit down and not get up until the answer is obvious.

心智给出的任何答案都是错误的。

Any answer the mind gives has to be wrong.

但当我们坐下来审视，保持我们的心智之眼始终朝向“我是谁”的方向，

But as we sit and look, and keep our mind's eye pointed in the direction of what am I,

我们朝这个方向看得越久，我们就越不会朝向另一个方向——身体和心智，然后我们就能越快看到它。

the longer we look that way, the less we look the other way toward the body, mind, and the sooner we will see it.

所有的方法、所有的理论都是在绕圈子。

All methods, all ologies are playing around.

除非你做到这一点，否则所有宗教、所有哲学和他们一起，我们以为能借此达到终极，但它们并不能让我们到达那里。

Until you do this, all religions, all philosophies are giving with them, we give ourselves a good time thinking we're going to reach the ultimate, but they do not get us there

只有一件事能让我们抵达那里，

There is only one thing that gets us there ,

那就是放下幻觉，放下身体、心智，

and that is letting go of the illusion, letting go of the body, mind.

坐下来，释放它，直到你所是的那个无限存在显现，

and sitting down, and letting go of it until this infinite being that you are is self-obvious,

就是这么简单。

it is really that simple.

如果他或她下定决心，任何人都能在瞬间做到这一点。

And there isn't anyone who couldn't do it in a matter of seconds, if and when he or she so decide.

当你真的受够了你是一个身体、心智时，你就会这么做。

When you are really fed up with the assumption that you are a body, mind, then you'll do it.

**当你在那个方向上进展到一定程度时，寻找你的真我就成了你生命中最重要
的事情，**

And when you're, to a degree in that direction, seeking your Self becomes the one predominant thing in your life,

它比你生命中的任何其他东西都重要，

it's more important than anything else in your life,

如果对你来说，探寻你的真我比任何其他事物都重要，

now if seeking your Self were more important to you than anything else,

你很快就会得到它。

you would quickly get it.

但重要的事情却是我们的工作、我们的家庭、我们的问题，我们抓着它们，漂亮地维持着它们.....

But the important things are our jobs, our families, our problems, and we hold on to them, and beautifully sustain them...

那么，我们为什么不去做那个能让我们完全认识到我们所是的事呢？

So why don't we do that which will give us the full realization of what we are?

我们为什么不坐下来，问自己这个问题：我是谁？然后待在那里，直到我们获得那个答案呢？

Why don't we just sit down, pose the question "What am I?" and stay there until we get the answer?

06-2 幻觉 The Illusion

我们花了一世又一世的时间假装想要终极真理，

We will spend lifetime in lifetime out pretending to want the ultimate Truth,

我们会花成千上万美元在各种理论上，却只消除了微不足道的幻觉。

we will spend thousands and thousands of dollars on ologies undoing

relatively small amounts of the delusion.

但我们却不直接去寻找“我”的源头，观察它、看着它、抓住它，

But we don't go directly to the source of the I, look at it, see it, hold it,

我想向你们指出，我们大多数人离真正朝向我们所是的无限存在还有多远。

I'm trying to point up to you how far away most of us are, from being really directed toward the infinite being that we are.

你一直无限的，

You always were infinite,

你现在是无限的，

you are infinite now,

你将来也一直是无限的。

you always will be infinite.

一个无限的存在有什么责任呢？

What responsibilities does an infinite being have?

或者我们应该谈谈幻觉。

Or shall we talk about the illusion.

你可以永远、永远、永远地这样做、甚至再多谈一年.....

You can do that forever and ever and ever and a year more...

但这和真相有什么关系？

But what's that got to do with Truth?

根本没有业力，

There is no karma,

那是幻象，

that's the illusion

不是吗？

isn't it?

现在你有想问的吗？

I've got you now want to ask something?

学生：没有。

Student: No.

莱斯特：我告诉你们，别再浪费时间了，别再问问题，除了这个问题——我是什么？

Lester: I'm telling you to stop wasting time, to stop asking questions, except one--What am I?

在你得到完整的答案之前永远不要停下。

And never stop until you have the full answer.

现在，你不会消失的，

Now you're not going to disappear,

这宝贵的身体会完成你在出生前设定的轨迹，

this precious body will run its course, that you preset before you were born,

唯一的区别是你是自由的，你知道自己不是那个身体，

and the only difference is that you be free, you will know that you are not the body,

你可以选择运作它，

you can choose to run it,

你可以选择把一个想法放进心智里来运作那个身体，

you can choose to put a thought into the mind to run the body,

但你永远不会忘记你是什么。

but you'll never forget what you are.

我把这点告诉你们，这样你就不会害怕消失了，你不会消失，

Now I'm throwing this out, so you won't fear disappearing, you don't disappear,

你只会变得完全自由，

you just become totally free,

你可以仅凭关于它的想法，就能拥有你想要的任何东西；

you can have anything you want just for the thought of it;

你可以拥有一个完美的身体，或者你也可以拥有一个完全病态的身体。

You can have a perfect body or you can have a totally sick body.

当你知道自己不是那个身体的时候，一切对你而言都是一样的，

And it's all the same to you, when you know you are not that body

一个好的世界和一个坏的世界看起来是一样的。

a good world and a bad world looks alike.

如果你真的想审视这个世界，

And if you really want to take a look at the world,

这个世界其实没什么好的，

there is nothing good about it,

它是一种限制的概念。

it is a concept of limitation.

你能想象到的最好的世界，对你来说其实是个限制的概念，

The very best world you could conceive of would be a concept of limitation on you,

但你可以鱼与熊掌兼得，

but you can have your cake and eat it,

你可以身处那里，同时拥有一个身体在这里。

you can be there, and have a body here.

我告诉你这些，因为这个无限的观点吓坏了很多人，他们担心会失去自己的身体。

I tell you that because this idea of infinity scares many people into thinking they're going to lose their bodies.

你永远不会失去任何东西，

You never lose anything,

你只会获得的越来越多，直到你拥有你完全的无限。

you just gain more and more until you have your total infinity.

在通往终极的道路上，你必须达到把每个人都看成是你自己的地步，

On the way to the ultimate, you must reach the point where you see everyone as you,

你不仅要成为这星球上的每一个人，还要成为这个无限宇宙中的每一个人。

you become not only everybody on this planet, but everybody in this infinite universe.

首先，你把每个人都看成是你，

First, you see everyone as you,

然后你会看到一切都在你之内，

then you see everything is in you,

接着你看到一切都在你之内，就像夜晚的梦在你之内一样，

then you see everything is in you, like a night dream is in you

再后来，你意识到整件事都是一场梦，就像夜晚的梦一样，它从来都不是真的，

then you realize that the whole thing was a dream, like the night dream was, that never really was,

唯一存在的是存在本身，

that the only thing that ever was was Beingness,

那种感觉是——除了我，什么都不存在，只有“我”一个。

and the feeling is there never was anything but I all alone.

而那个“我”，你现在所说的那个“我”，是你称之为一个受限的身体、受限的心智的东西。

And that I is the I that you talk about now, which you call a limited body, mind.

所以，再一次，停止认同身体、心智，

So again, stop identifying with the body, mind,

用“我是什么？”这个问题把你的注意力引向内，直到答案显现。

direct your attention inwardly with the question “What am I?”, until the answer is obvious.

其他一切都是拖延战术，其他所有的都是。

Everything else is a delaying tactic, everything else is.

好吧，如果你认为这对你没有好处，那只是你拒绝走捷径，

Okay, if you think it's no good for you, it's just you resisting taking the shortest cut,

就是这样。

that's all it is.

做一件好事永远不会伤害到任何人，但抗拒做好事却会。

Doing a good thing can never hurt anyone, but the fighting doing a good thing can.

我们必须面对我们不想要真相的这个事实，我们想要的是这个躯壳。

We must confront the fact that we don't want the Truth, we want this body.

这正是你所处陷阱的一部分：为了让我成为我之所是，我必须在外边花费数百万年的时间。

That's part of the trap you're in, in order for me to be what I am, I have to take millions of years of something out there.

世界像幻象那样不是真实的，当你看到它的真相时，世界是真实的，它是真实的，就像真我一样。

The world is not real as the illusion, the world is real as it is real, it's real as the Self when you see the Truth of it.

但最糟糕的是，这个世界除了你自己，什么都不是。

But the worst, the world is nothing but yourself.

世界只有一个“一”，独一无二，

The world has a single Oneness to it, one without a second,

你不会让任何人把它从你身边夺走。

and you're not going to let anyone pull it away from you.

看，这就是我要讲的例子。

See, this is the example what I'm trying to put across.

塞巴斯蒂安把他读到的所有能证实他幻相的东西都拿走了，一个大师为了与那些完全相信幻相的人交流而说过并将会说——提出这个问题“我是什么”，直到答案自然显现。

Sebastian is taking all the things that he's read that confirms the illusion, that a master has said and will say in order to communicate with those who are fully convinced of the illusion, pose the question "What am I?", until the answer becomes self-obvious.

如果我从最高处讲述，或者我讲述真理，那么情况就不一样了。

Not if I speak from the top, not if I speak Truth.

我们都有完全相同的本性，我们都是无限的，没有限制。

We all have the same identical nature, we are all infinite with no limits.

如果你把它告诉一个从无限下降到这个幻觉里的人，他想保留幻觉，他认为只能拥有微弱能量而无法拥有强大能量等等，永远、永远地这样，一年又一年地这样.....

It was supposed to give it to someone who's infinite, people who are down here in this illusion, and want to stay with it, and only have 5 watts and can't take 1,000 watts and so forth, forever and ever and a year more...

现在幸运的是有一个事实：我们都在进化，我们确实是这样的，我们最终会成功的。

Now luckily, there is a truth that we are all evolving, we are, we'll make it.

地球上的绝大多数人将需要数百万年的时间，

The great majority of people on this earth will take many, many millions of years,

我们会成功的，

we'll make it,

因为我们会遭受数百万年的痛苦，而痛苦是一种刺激，它将我们推向那个方向。

because we're going to suffer these many, many millions of years, and the suffering is a prod, it pushes us in that direction.

你们俩在向我证实一个谎言，证实的方式是——存在这个，存在那个，存在不同的性质.....

So you two are confirming the lie that there are ways, and there is this, and there is that and different natures...

但是，真相是——只有一个无限的存在。

The Truth says there is only one infinite being.

你们在跟我讲各种方式，人们、尤迦南达.....如果你想从尤迦南达那里得到真理，你就得接受祂说的“我很早以前就杀了尤迦南达”，从来就没有尤迦南达，从来就没有杰夫，从来就没有莱斯特。

And you're presenting to me ways, and people and and Yogananda, and if you want if you wanted the Truth from Yogananda, you'd have to take it when he said "I killed Yogananda a long time ago", there never was a Yogananda, there never was a Jeff, there never was a Lester.

今天我试着把它保持在最高层面，向你们展示你们可以继续这样做，年复一年、一生一世、数百万年.....你可以这样下去。

And I'm trying today to hold it at the top, and to show you that you can go on doing this year in year out, lifetime in lifetime out, million years in a million years out, you can.

但如果你想快速完成达成目标，只有一种方式，那就是提出“我是什么？”

But if you want to make it very quickly, there's only one way, and that is posing the question "What am I?"

但是，这跟真理有什么关系呢？

Yeah, but what has this got to do with Truth?

不，我没有在质疑真理，

No, I'm not questioning the Truth,

你们这不仅是一种怀疑，这完全确认了你们不过是一个极端受限的身体、心智。

there's not only a doubt, there's a total confirmation that you're not anything but an extremely limited body, mind.

你现在有多无限？

How infinite are you now?

当你看向它的时候，这是一件令人震惊的事情，

It's a shocking thing when you look at it,

(学生在和莱斯特争论，具体听不清)

莱斯特：你会发现你是无限小的，那多无限？

you turn out to be infinitesimal, that's how infinite ?

好吧~我并没有说你们必须按我说的去做，

Okay~ I have not said you people must do what I say,

我赋予你们做任何你们想做之事的权利，

I grant you the right to do whatever you want to do,

**如果你想，我允许你用几百万年、或者几十万年、或者几千年、或者一年，
不管你想要什么，我都没有意见，好吗？**

I grant you the right to take millions of years if you want, or hundreds of thousands of years, or thousands or one year, whatever you want is just all right with me, okay?

我所说的都是真相，并试图让你们直面自己对终极真相的渴望程度，

What I'm stating is Truth, and try to get you to confront how much you want the ultimate Truth,

你们不必非得要它,

you don't have to want it,

你们不必非得去追寻它,

you don't have to seek it,

你可以自由地做选择。

you're free to do as you choose.

但是, 为什么你这个无限存在现在不是无限的, 原因是因为你一直紧抓着所有这些幻觉, 把它当作是真的, 并在其中打转,

But the reason why you an infinite being are not infinite now is because you're holding on to all this illusion, considering it as true, working with it,

只要你还陷在幻象里, 你就不会发现真相, 真相不是这个世界、这个身体、这个心智,

and as long as you work with it, you won't discover the Truth, which is not this world, this body, this mind

真相是我之所是，

the Truth is the I that I am,

大自然是一种幻觉，

nature is an allusion,

唯一的真相是无形的存在。

the only Truth is Beingness without form.

看，我从这个前提开始，

See I started with that premise,

但我没想从任何人身上夺走任何东西，

but I'm not trying to take anything away from anyone,

我必须意识到每个人都有能力，

I have to realize that everyone is capable ,

因为不管他是否意识到了这一点，每个人都是无限的，

because everyone is infinite whether he recognizes it or not

他是无限的。

he is infinite.

我想要一个简单明了的方法，

I want it a nice easy way,

我想要有一个有名字的神，名字是奎师那、尤迦南达、耶稣.....随便什么我们想要的名字，

I want to have a God with a name out there by the name of from Krishna, Yogananda, Jesus... Whatever name we want,

我想让这个梦一直继续、继续、继续下去.....

and I want to make this dream go on and on and on...

是的，但你看到了问题所在，认识到问题就等于解决了一大半，

Yeah, but you see the problem, and recognizing the problem, is more than half the answer,

如果你真正想要的话，像这样改变你的欲望是有可能的（莱斯特打了个响指）。

It's possible to change your desires just like that if you really want to.

你可以让自己觉得很难吃的食物尝起来很美味。

You can make food that is very distasteful to you taste delicious.

我想你们都知道最高的状态是没有欲望的状态，

I think you all know the top state is the desireless state ,

但我要说的首要欲望是想成为一个身体、心智的欲望，作用与反作用也在这个表象、幻象的游戏中。

but the top desire I'm hitting on is a desire to be a body, mind, cause and effect is in the game the apparency, the illusion.

现在我所说的东西，每个大师都在某个地方说过，甚至罗摩·奎师那也不得不杀死至高的神——圣母卡莉。

Now what I'm saying, every master says somewhere, even Rama Krishna had to slay the highest God, divine Mother Kali.

没有顶，也没有底，

there is no top, there is no bottom

绝对真理只是存在、存在，你的存在似乎被分离成了所有的这些存在，

the absolute Truth is only isness, Beingness, your Beingness seemingly

separated into all these Beingnesses,

但当你说“我”，我说“我”，

but when you say “I”, and I say “I”,

总有一天你会发现这是同一个“我”，

someday you'll discover it is the exact same “I”,

只有一个“我”，

there's only one “I”,

写在第一位，

it's written number one,

在终极真理中只有一个“我”。

there's only one “I” in the ultimate Truth.

我用来自顶端的表述只是为了交流，

And I use the expression from the top just to communicate,

好吧，如果你能看到真相，那就没有什么能吓到你或控制你，

Well, if you would see the Truth, that there would be nothing to ever frighten you, not even rescue,

你会看到你是宇宙的无限存在，只有你，

you would see that you are the infinite Beingness of the universe, and that there is only you,

除了你，没有什么能伤害你，

there is nothing other than you to hurt you,

它是虚幻的，

it's illusory,

这整件事就像是一场梦，

it's like a dream this whole thing,

你们在谈论的是一场梦，

you're talking about a dream,

即使是罗摩·奎师那，当他说你们所说的事情时，也是在助长和纵容错觉。

even Rama Krishna, when He says the things that you said is aiding and

abetting the delusion.

现在我以“我是”的方式与你们交谈，这是对你们的极度赞誉，我说：你们为什么要保持这种醉酒的催眠状态？

Now I'm complimenting you people to the extreme by talking to you the way I am, saying why do you have to remain in this drunken hypnotized state?

你们知道有出路，

You know there's a way out,

你们都听过了，

you have heard it,

你们为什么不拿起它、坚持下去、直到完成它呢？

why don't you just take it and stay with it until it's complete?

但我问你们：你们为什么向我问了方法，然后又说“这个方法不适合我”？

But I ask: Why do you ask me the way and then say "It's not the way for me"?

06-3 欲望是敌人 Desire is the Enemy

莱斯特：欲望。

Desire.

学生：欲望？

Student: Desire?

莱斯特：欲望是我的敌人，

Lester: Desire is my enemy,

欲望是敌人，

desire is the enemy,

就像你肉里的刺一样，

it's like a thorn in your flesh,

为了拔掉那根欲望的肉中刺，你拿起另一根刺去挑出那个肉中刺，

to get rid of that thorn of desire, you pick up another thorn, and take that thorn out,

但是当你把它挑出来的时候，你就把所有的欲望都扔掉了，甚至是那个解脱

的欲望。

but when you get it out, you throw all that desire away, even the desire for liberation.

当你在最高处时，就没有了目的，没有了目标。

When you're at the top, there is no purpose, there is no goal.

但当你接近那个地方时，你会希望你的其余部分也醒来，

But when you are approaching that place, you will want the rest of you to be awake,

你想让其他人知道你所知道的，

you will want other people to know what you know,

你只为别人而活。

you will live only for others.

有一种.....障碍似乎在逐渐消除，障碍也就是念头，是那些念头在拖住我们，

There is a... There seems to be a gradual elimination of the obstacles, which are thoughts, that are holding us down,

对你来说，无论你们认为什么，对你们来说都是真的；无论你们说什么，对你们来说都是正确的，对吧？

whatever you think is true for you, whatever you say is correct for you, right?

学生：对。

Student: Right.

莱斯特：如果你想走奉爱路径，

If you want to take the bhakti way,

可以，我没有说不要去，我没有说不让你们去做什么吧，对吧？

fine, I'm not saying don't take it, you never heard me don't you want anything, right?

学生：对。

Student: Right.

莱斯特：我在说的是——如果我们想以最快、最快的方式完成它，那么我提出的方式就是它。

What I'm saying is, if we want to do it the quickest, fastest way, then the way I put out is it

06-4 我是谁 Who Am I

我向你保证，如果你这样做“我是谁”，你会比上次更难受。

I'll guarantee you that, if you do "Who am I", you get even more ill than you did last time.

(学生笑)

Hah hah...

莱斯特：我觉得你抓到关键了，你不喜欢它。

I think you got the point, and you didn't like it.

你难受的唯一原因是你的想法，你知道这一点，对吧？

The only reason why you get sick is you are consideration, and you know that, right?

学生：对。

Student: Right.

莱斯特：所以你不想做“我是谁”，对吗？

Lester: So you don't want to do "What am I", right?

那就别做，去面对、直面心智，它就会消失，

So don't do it, confront, confront the mind, and it will disappear,

彻底地直面心智会让心智消失的，你会明白它是什么，它就是个幻象。

a full confrontation of the mind will cause it to disappear, you'll see it for what it is, an illusion.

然后，好吧，现在，你在问一个具体的问题“当看起来我的心智似乎在控制我时，我该怎么做？”，对吧？

And then alright now, you're asking a specific thing "What do I do when it seems as though my mind is controlling me?", right?

这是谁的心智？

Whose mind is it?

它是独立分开的吗？

Is it separate?

是你的心智、某种独立于你的智能在告诉你该做什么吗？

Is your mind, some separate intelligence from you that's telling you what to do?

这是谁的心智？

Whose mind is it?

好的，是你创造它的，

Okay, you made it,

你让它变得自动化。

you made it automatic.

好了，现在如果你把它设置成自动运作的、甚至它还自动运作你，

Alright now, if you set it up to run automatically, to run you automatically

当你看到这一定，你就会停止让它运作你。

when you see this, you'll stop it from running you.

我在对你们说的是——检查你的心智。

Examine the mind is what I'm saying to you.

当心智控制你时，试着去审视它，试着去检查它.....

When the mind has you, try to see it, try to...

学生：检查，当你生病的时候你会检查它，但你是怎么做的，莱斯特？

Student: Examine, when you get sick then you examine it, but how do you do that Lester?

莱斯特：我是说，就看着它。

Lester: I'm saying look at it.

做“我是什么？”时，你永远不要接受心智给出的任何答案，

And “what am I?”, you never take any answer that the mind gives,

心智给出的任何答案都是错误的，

any answer that the mind gives is wrong,

你只需要等待“真正的你”把答案呈现给你。

you have to just await the presentation of You to you

现在，与我是谁和我是什么有关，

Now, in conjunction with who and what am I

我们可以做一件叫作“消极收获”的事情，即消除潜意识的想法——我做了什么导致了这个事、那个事、所有事？

we can do a thing called “negative gain”, which is eliminating subconscious thoughts--What did I do to cause this, that, everything?

如果你能养成一种对所造成的一切负起责任的习惯，问问自己“我做了什么导致了这件事？”

If you will develop the habit of taking responsibility for causing everything by asking yourself “What did I do to cause this?”,

过一会儿，答案就会很快显现（莱斯特打了两个响指），

the answers will come immediately after a while

你会看到这个想法，

you will see the very thought,

你实际上是将它从潜意识拉上来、把它变得有意识，

you're actually taking it from the subconscious and making it conscious

然后你丢弃它。

and you drop it.

这应该不仅运用在疾病上，而要针对所有事，针对发生在我们身上的一切：

But this should be done with not only the sickness, but everything, everything that's happening to us:

我做了什么导致了这件事？

What did I do to cause this?

每次我们这么做，

Every time we do that,

我们把潜意识的想法变成有意识的，

we take a subconscious thought make it conscious,

然后有意识地释放它。

and consciously let go of it.

现在我称它为消极收获，它能释放相对少量的潜意识想法，

Now I call that negative gain that discharges a relatively small amount of subconscious thought,

我们有数以百万计的潜意识想法，

we have millions and millions and millions of subconscious thoughts,

但是这少量的释放可以让我们把更多的注意力放在“我是谁”这个方向上，

but the discharging of a small amount of it allows us to put more attention in the direction of what am I,

因为它消除了在当时在困扰我们的无意识想法。

because it undoes the unconscious thought that is bothering us at that time.

当我们消除了那些正在困扰我们的无意识想法时，我们就又能再次专注于“我是什么”。

When we undo the unconscious thoughts that are bothering us, now we can drop into what am I again

如果我有一种感觉，我坐下来，做“我在做什么？”“我是谁？”“为什么是我？”。

If I have a feeling, I'm sitting down, "What I'm doing?" "Who am I?" "Why am I?"

我有一种感觉，我想打电话给塞巴斯蒂安，我现在必须面对它——为什么我想要、我做了什么让我想出去见一个人？

I get a feeling, I want to call Sebastian, I got to confront it now--Why do I want, what am I doing to cause this wish to go out and see someone?"

只要提出这个问题，它就会浮现，我会说：“哦，我无法忍受我的想法，我想逃跑，我想通过和塞巴斯蒂安说话来逃避，我会忘记困扰我的事情”。

Just by posing that question, it'll come up and I'll say "Oh, I can't stand my thoughts, I want to run away, I want to escape by talking to Sebastian, I'll forget what's bothering me."

我看到了它，我把它丢弃了。

I see it, I drop it.

就像我说的，当你养成了这种习惯，

As I said, when you make a habit of this,

无论发生什么，

no matter what happens,

当你问“我做了什么导致了这一切？”，

when you ask the question "What did I do to cause this?",

你潜意识的想法就会立即浮现到意识层面，

You'll immediately have that subconscious thought up in consciousness,

这样你每天就能清理掉成百上千个被重新激发到最表面的想法，

then you can really run out hundreds of thoughts per day that are sitting on top re-stimulated,

把自己从这巨大的思想积累中解脱出来，从而让你看清自己是谁。

and unload yourself from this tremendous accumulation of thought, enough to see who you are.

现在这两个方法必须同时进行，

Now the two of them must be run together,

我们如你所知，不能一直专注于“我是什么”的状态，很少有人能做到这点，

we are as you know, not at the state where we can pose what am I and just hold it, very rare is the one who can,

但要结合释放潜意识的想法，

but combined with letting go of the subconscious thoughts,

对发生在我们身上的事负责，

taking responsibility for whatever happens to us,

不断问：我做了什么导致这一切？

asking now: What did I do the cause this?

养成那个习惯，你就会立刻得到答案，你的潜意识想法就会像那样被清除（莱斯特打了个响指），

Developing that gives you the answer immediately, and your unconscious thoughts are going out like that,

一旦它们浮现出来挡住了你的路，就把它们清除掉，

as soon as they come up and get in your way, they're out of the way,

然后你就能重新专注于“我是什么”。

and you're back on “What am I?”.

我把“谁”改成“什么”，我之前用“谁”是因为拉玛纳马哈希、商羯罗用的是“谁”，

I'm shifting from “who” to “what”, the reason why I used “who” is because the top authorities Ramana Maharshi, Shankara use “who”,

但我觉得“什么”是一个更好的词，因为“谁”暗示的东西太多了。

but I think “what” is a far better word, “who” implies too much.

但我们每个人都需要这个消极收获，把这些现在正困扰着我们的潜意识想法拉到意识层面，

But every one of us will need this negative gain of pulling up these subconscious thoughts that are disturbing us now into the consciousness,

一旦它们到了意识层面，

and once they're there,

我们会自动地丢弃它们，

we automatically drop them ,

因为它们在打扰我们。

because they're bothering us.

当它们在意识层面时，我们就可以有意识地释放它们，

When they're conscious, we can consciously let go of them,

每一个潜意识想法在成为潜意识之前都必须是有意识的。

every subconscious thought at one time had to be conscious before it was made subconscious.

没有什么比独处更好的了，

There is nothing greater than isolation,

因为它让你专注，

because it allows concentration.

每一次我们与世界接触，

Every time we contact the world,

这个世界在把我们拉进虚幻的世界，把我们拉离看到答案的方向，

the world is pulling us into the unreality of the world, it's pulling us away from seeing the answer,

隔离几乎是必要的，但不完全是的。

it is almost necessary to isolate, but not really.

几个我认识的人，最近在边工作的时候边做“我是什么？”，两个月的时间，通过将两个方法结合起来，到了那个超越所有反应、几乎没有任何欲望残留的地方。

Some people, a few people that I know have recently done "What am I?" while working a job, gotten to the place where they're beyond all reaction, and have practically no desire left, two months time, by combining the two of them.

想法和直觉的区别是什么？

What's the difference between thought and intuition?

直觉来自于知晓的层面，不需要思考，

Intuition comes from the realm of Knowingness, and requires no thought,

当它发生在你身上时，它是不需要思考的，它是立即的。

when it comes to you, it's without thought, it just immediately.

如果你在思考它，它就不是直觉，

If you're thinking about it, it's not intuition,

它更像是一种感觉，而不是一种想法。

it feels like a feeling more than it does a thought.

直觉是 100%正确的，无论发生了什么，无论你似乎遭遇了什么，

Intuition is only 100 percent correct whatever happens, whatever seems to happen to you,

比如你的手腕摔断了——我做了什么导致了这件事？

broke your wrist, what did I do to cause this?

如果你每天都这样做，这个习惯会立刻让它背后最初的念头进入你的意识，

If you do this every day, the habit of doing it will bring the originating thought behind it into your consciousness immediately

通过这样做，

by doing it,

通过练习，

by practicing it ,

你将学会了解它。

you will learn to know it.

07-1 自由的时间 Time for Freedom

**我跟你们说过我生意的一些事是为了告诉你，当你开悟的时候你不会消失，
你不必离开这个世界，**

I told you about my business involvement to show you that, you don't disappear when you get your realizations, you don't have to leave the world,

**你在这个世界上做的任何事情都可以在没有真正参与的情况下做得更好，
and anything you're doing in in the world can be done far better with no
real involvement,**

**你不必害怕失去你所拥有的一切，
you don't have to fear losing anything you have,**

**你不必害怕失去你的身体，
you don't have to fear losing your body,**

**你失去的只是你的不自由。
the only thing you lose is your unfreedom.**

之前和之后唯一的区别就是：之前你是被你的潜意识念头驱动的，之后你是自由的。

The only difference before and after is that: Before you were compelled by your subconscious thoughts, after you are free.

如果你有一个想法，你自由地把它放进你的心智里；

If you have a thought, you freely put it into your mind;

之前，你不得不对某些事情感到不满，你不得不感到不开心，也许是对租客或事情的发展方式感到不满，

Before you had to be unhappy about certain things, you had to be unhappy, maybe about tenants or the way things were going,

之后，你永远不会不开心。

after you are never unhappy.

因为一切都按照它应有的方式进行。

Because everything goes the way it should go.

我相信我们每个人心里都有一种潜意识的恐惧，也就是：

I believe there is a subconscious fear in all of us, that:

如果我们走完全程，我们就会消失；

If we go all the way, we go away;

如果我们走完全程，我们将无法享受我们现在享受的东西。

If we go all the way, we're not going to enjoy the things we are enjoying now.

这种恐惧是毫无根据的。

And that fear is unfounded.

任何我们以前享受过的东西，之后我们可以享受 1000 倍、我们可以享受 1000 倍，我们可以享受更多。

Anything we have enjoyed before, we can enjoy 1,000 times more after, we can enjoy 1,000 times more.

因为我们可以自由地在任何事物上随心所欲，没有限制，没有限制的快乐，

Because we are free to go all the way on anything, being unlimited, there's no limit to joy,

没有什么是我们不能拥有的，

there is nothing we cannot have,

在幸福、金钱、健康或其他方面，没有我们无法达到的高度。

there are no heights that we cannot reach in happiness, in money, in health, or in anything.

上次我提出了一个挑战，

Now last time I threw out a challenge,

我展示了如果你走完全程，生活将会是怎样的，

I presented how life could be if you would go all the way,

我提出的生活方式是：当我们仅仅通过念头创造的东西来生活，当我们仅仅通过念头创造事物时，一切都变得完美和谐，任何事情都不会出错，一切都会立即变成我们想要的样子。

I presented the way life is when we live by creating things just by thought, and when we do create things by just thought, everything falls into perfect harmony, nothing goes wrong, everything becomes immediately the way we want it to be.

我把它作为一个挑战，希望你能接受并付诸行动。

I presented this to you as a challenge, hoping you would take it and do just that.

作为一个群体，我们在相对较短的时间内取得了相当大的进步，然后就停滞不前了，成长速度大幅下降，我认为这很愚蠢！

As a group we moved relatively high in a relatively short time, and then we leveled off the rate of growth dropped off very much, and I thought it was so silly!

停下来真的很愚蠢。

It was really foolish to stop it.

直到现在我还是不明白你们为什么不走完全程？

I just can't understand even now why you don't go all the way?

为什么不仅凭一个念头来完成事情？

Why not take things for the mere thought of it?

为什么不拥有完美的和谐、让一切都按照你想要的方式呈现？

Why not have why not have this perfect harmony when everything goes the way you want it to go?

为什么不活得只有快乐没有悲伤呢？

Why not live with all joy and no sorrow?

为什么我们不走完全程？

Why don't we take this?

我真的很想知道。

I really would like to know.

为什么我们不走完全程？

Why we don't take it?

如果我知道你们为什么不走完全程，也许我能帮助你们做到。

If I know why you don't take it, maybe I can help you get it.

因为我确信每个人都想要我所说的这种生活，这是我在 60 年代早期和更早时候的生活方式，

because I feel sure that everyone would like to live the way I spoke of living, the way I was doing it back in the early 60s and prior,

我相信每个人都想那样生活，

I'm sure everyone would like to live that way,

你处于一种持续的快乐状态，这是你以前从未经历过的，

you're in a constant state of joy, that's beyond anything you've ever experienced before,

一切都是你想一想就发生。

everything you think happens.

所以我们为什么不这样做呢？

So why don't we do this?

现在，我真的在问为什么你不这么做？

Now I'm really asking why don't you do it?

我总结了一下，曾经有一段时间，我想的任何事物都会马上出现，任何事物、一切，

I kind of summed it up, there was a time when I lived and anything I thought would come immediately, anything and everything,

我在告诉你一切都是多么美好和谐，一切都完美契合。

and I was telling how beautifully harmonious everything is, everything falls perfectly into line for you.

但你必须为生活而工作，这是一种限制。

But you have to work for a living, that's a limitation.

我不知道你在说什么，但我说你还没有自由。

I don't know about what you're saying, but I say you're not free.

然而，你必须为生计而工作，你必须做事，对吗？

Yet, you have to work for a living, you have to do things, right?

或者你能停止一切、什么都不做就得到你想要的一切吗？

Or could you stop everything, and do nothing and have everything you want?

但我想问的是：为什么我们不走到那个想一想、事情就发生的地方呢？

But the question I'm asking is: Why don't we go to the point where we just think and have things happen?

我们知道方法，对吧？

We know the way, right?

至少在理性层面，我们知道如何走完全程。

At least intellectually, we know how to go all the way.

我们接受我们是无限的存在，用这个词来形容比其他任何词都要好，

We accept that we are unlimited beings, better as a word than any other word,

最高目标是完全的自由、解脱。

that the top goal is total freedom, liberation.

通过发现我们是什么，

By discovering what we are,

我们发现我们拥有所有的力量、所有的知识，我们是无限的。

we discover that we have all power, all knowledge, that we are unlimited.

把你所有的注意力都集中在你身上、集中在“我是什么？”这个问题上，

Turning all your attention on you, on the question “What am I?”,

心智足够安静时，真正的你就会显现。

and quieting the mind enough, so that the real you is obvious.

当你的心智足够安静时，你的真实存在对你来说是显而易见的，

When your mind is quiet enough, your real Being is obvious to you,

当它出现时，你就会知道，而且你知道你知道了，就是这样。

and when it is, you know, and you know you know, and that's it.

所以方法就是让“我是什么？”那个问题继续下去，

So the way is to keep that question going “What am I?”,

当干扰的念头出现时，看着它，然后释放它。

and as disturbing thoughts come up, to look at them, and drop them.

如果我们继续这样下去，我们会到达一个念头再也不会出现的阶段，

And if we keep that going, we reach a point where they don't come up anymore,

那时心智是安静的，

and then the mind is quiet,

那时我们就能知道我们是什么了，

then we can see what we are,

那时我们就能打破心智的平衡，

then we can undo the balance of the mind,

我们可以一举消灭整个心智，

we can wipe out the entire mind in one stroke,

然后我们就完全自由了。

then we're totally free.

当你这么做的时候，你会被你的念头打扰吗？

When you do it, do you do you get disturbed with your thoughts?

学生：不。

Student: No.

莱斯特：当你安静下来的时候会发生什么？

Lester: What happens when you get quiet?

这意味着你被喜乐鞘缠住了，这是你最后要突破的。

It means you're caught up in the sheath of happiness, which is the last

one you have to break through.

看，覆盖在我们这个无限存在之上的，首先是身体，然后是心智，最后是快乐，

See the coverings over the infinite being that we are are first the physical body, then the mind, then the last one is the happiness,

我们进入了一种过于满足的状态，

we get into a state where we get too content,

然后我们停在了那里，

and we stopped there,

我们只是安于现状，

we just really rest on our laurels,

我们享受我们进入的状态，而不是继续超越那个幸福状态。

and we enjoy the state that we're in, instead of going on further past that happiness state.

你要做的事情就是无视这些，

The thing to do is to disregard them

看着它们，然后释放它们，

look at them, and let go of them,

继续审视“你是什么”。

and keep looking at “What you are”.

你已经把自己视作是全能、全知的存在了吗？

Have you seen yourself as all-power, all-knowledge?

看，你还有路要走。

See then you have yet to go.

所以我唯一能说的就是继续做下去，

So the only thing I can say is keep doing it,

努力突破那种愉快的状态，走向更高的状态。

try to break through that pleasant state, and go higher.

看，最高的状态不是享受，

See, the top stage is not enjoying,

它是一种非常深邃的平静、一种全然的幸福、一种永恒的感觉。

it's a very deep peace, a total well-Beingness, a feeling of eternity.

我们应该达到一种状态，在这种状态下，我们所是的真我接管了，并一路把我们吸纳进去。

We should reach a state, where the real I that we are takes over, and sucks us in all the way.

但我觉得你可能害怕消失。

But I I think well you might be afraid of disappearing.

学生：没有。

Student: No.

莱斯特：没有？

Lester: No?

你认为什么能帮助你更进一步？

What do you think might help you go further?

看，起初的动力是生活中的困难，精神、身体上的痛苦；

See the first incentive is difficulties in life, pain mental, physical;

但之后，动力应该是它带来的好处，它应该是让我们保持前进的激励，

But later on, the incentive should be the goodness of it, it should be the incentive to have us keep going, going, going

坚持下去。

keep it up.

总有一天，当你厌倦了享受，你就会放下享受，继续向前走。

Someday when you get tired of enjoying, you'll drop the enjoying and go on further.

没有足够的动力驱使你走完全程，

There is not enough drive to drive you all the way,

我不这么认为。

I don't think so.

你不能太努力，

You can't try too hard,

虽然你走得越远，需要的努力就越少，

although the further you go, the less effort is required,

你会到达一个你再也无法运用努力的地方，

you reach a place where you can't use effort anymore,

真正的你接管了，并把你一路提升到最高处，

the real you takes over and just lifts you all the way to the top,

但在那之前，你必须付出努力。

until that time, you have to use effort.

所以我唯一能说的就是，如果可以的话，保持一定的驱动力，去得到答案。

So the only thing I can say is just keep going with a little more drive if you can, to get the answer.

所以你现在正在进入星光领域，这是一个比物质领域更高的领域，

So you're moving into the astral realm which is a higher realm than the

physical,

这是一个更和谐的领域。

it's it's a realm that's more in tune.

这是一个信号，这是一个信号，这是你正在上升的信号，

Well, that's a sign, that's a sign you're up, moving up,

你正在进入星光界。

you're moving into the astral realm.

看，这是物质身体，

See, this is the physical,

我们也有一个星光体和一个因果体，

we also have an astral body, and we have a causal body,

但是你在星光界，即使你的眼睛没有睁开，你看到的一切都是光。

but you're up in the astral, and you're seeing everything is light without your eyes being open.

所以我再说一次，只是保持继续，保持继续.....

So again I say, just keep going, keep going...

当我们几年前开始的时候，我告诉过你，只要你需要帮助，我就永远不会离开你，

When we started years ago I told you, I will never leave you so long as you want help,

现在是真正的我，把你当成真正的你，

now the real Me sees you as the real you,

当我不在这个物质身体里、不在你身边的时候，是真正的我在帮助你，

and it's the real Me that's helping you when I'm not here in physical body with you

任何时候你呼唤真正的我，你会发现真正的我就在那里。

and anytime you call on that real me, you'll discover the real me is there.

然后发生的是：你会得到提升，这样你就可以自己得到答案了

And what happens is you get a lift a bit higher, so you can get the answer yourself.

你必须得到答案，

You've got to get it,

但你可以通过这种方式得到助力从而获得答案。

but you can get a lift that way to getting an answer.

这是一个困难的事，

it's a difficult thing,

这是一个障碍，

it's an obstacle,

事业和家庭是障碍，

business and family are obstacles.

但是，如果你把没在工作的时间都用来深入探索自我的话，它们是能被超越的。

But they can be transcended, if the time you have not at business is used in digging into discovering you.

毕竟，一个无限的存在要花多长时间才能知道他是无限存在？

After all, how long does it take an infinite being to know that he is?

他能在一瞬间做到这一点。

He can do it in an instant.

当一个人有这样的强烈意愿时，他就会立刻获得自由。

When man so wills, he's immediately set free.

所以如果你肯花时间，当你工作之余时，用它去深入探索自我，你就能得到完整的答案。

So if you take the time, you have not at business, and use it to dig to discover you, you can get the full answer.

尤其是现在，生活变得更容易了，通过你的努力，事情更加顺利了，

Especially now that life is easier, and things are coming more your way by your doing,

只要敢于在心理层面不带任何努力地加倍做你正在做的事情，

just dare to quadruple what you're doing mentally without any more effort though,

那么你可能会有四倍的时间、更多的时间来思考“我是谁”这个主题。

then you might have four times, more time to dwell on the subject
“What am I”.

“我是”指的是我是什么，

“I am” referring to what am I,

我一直在让你专注于这个你必须回答的终极问题，

I'm keeping you at the ultimate question that has to be answered

当得到圆满的回答时，就是自由的终极状态，这是通过你的感受而知道的。

and when answered fully is the ultimate state of freedom, which is
known by your feeling.

顺便说一句，你的生活也是，生活也是你实现它的方式。

And by the way, your life is, life is the way you make it.

07-2 实现丰盛（屁股系统）Materialize Wealth (Butt System)

你到了那里，你可以不需要工作就得到你想要的所有财富，

You get there, you can get all the money you want without working for
it,

我来给你示范一下。

and I'll show you how.

我会再谈谈我自己，

I'll talk about me again,

当我想要证明自己能成为百万富翁时，我进入了房地产行业，开始以无现金投资的方式购买每一栋建筑，

when I wanted to prove to me that I could be a millionaire, I went into the real estate business, started buying apartment houses on a no cash investment in each building,

6 个月的时间，我积累了 23 栋公寓，每栋 20 到 40 个单元，价值 100 万美元，我积累了这么多，我想这是在不到两年的时间里，

six months time I accumulated 23 apartment houses, 20 to 40 units each, and that was worth a million dollars, I had that much equity accumulated, I guess it was within 2 years time,

所有东西都升值了，我拥有了百万资产。

everything up in value, I had it.

现在我释放了它，

Right now I let it go,

因为我发现我的安全在于我有随时创造财富的能力。

because I saw that my security was in my ability to produce at will.

现在根据经验，我知道自己可以创造 100 万美元，

Now I know from experience already I can produce a million dollars,

我已经知道自己可以随时创造它，

I already know I can produce at will,

因此我拥有了我想要的一切。

and therefore I have everything that I want.

一年前我决定，我要赚钱，

I decided a year ago, I'm going to make money,

现在钱正源源不断涌向我，

it's pouring in on me right now,

财富积累非常迅速，

it's pyramiding very rapidly,

实际的物质正在到来，

the actual materiality is coming in,

你仍然可以拥有越来越多的物质，

you can still have more and more and more of materiality,

这里面没有什么“你拥有它，然后又没有了”的把戏，

that there's no trick in there way "You have it, then you don't have it",

不，没有这样的把戏，

no, there's no such trick,

如果你想要它，你可以拥有越来越多、越来越多……

if you want it, you can have it more and more and more...

不会装满的，

it's not loaded

这不是花言巧语，

it's not a snow job,

你会获得更多、更多、更多.....

now you take on more and more and more...

你没有放弃任何东西，

You don't give up anything,

你理解反了，

you got it upside down,

你一直在获得更多，而不是相反。

you're taking on more all the time, not the reverse.

你还在抱着一些旧观念，并把它套用于我所说的话上，这是不对的，

You're carrying through some of your old concepts, and applying it to what I'm saying, which isn't true,

你一直在获得越来越多，

you'll take on more and more all the time,

你在接近无限，

you're reaching for an infinity,

你永远不会停下来，直到你拥有一整个无限。

and you never stop until you've got an infinity.

噢，现在等一下，

Oh, now wait a minute,

无限包括一切，

the infinity includes all,

没有任何事物被排除在外。

there's nothing excluded.

你的无限概念是片面的，需要检查一下。

Your concept of infinity is being partial, needs to be checked.

你真的认为，随着你获得越来越多的真理，你拥有的会越来越少吗？

Do you really think you're going to have less as you go on getting more

and more of Truth?

你一直在制造各种分离，这个与那个，与那个对立，这是我想要传达的主要观点。

You've got separations going on, this and that one, versus the other, and this is the main point I'm trying to get across.

你不会失去任何东西，

You don't lose anything,

你不会失去你的身体，

you don't lose your body,

你不会失去你的财富，

you don't lose your wealth,

但你可以两者都拥有更多，你可以获得更多的健康和更多的财富，同时不执着于它们，自由地拥有它们。

but you can take more of both, you can take more health and more wealth, and be non attached to both of them, and be free with them.

基本上，我一直在问，为什么我们不走完全程、获得完全的自由？这样我们

就没有麻烦，没有痛苦，我们可以只是想一想就能拥有任何东西。

And basically, I've been asking why don't we go all the way and get totally free, so we have no more troubles, no more miseries, where we can have anything for the mere thought of it.

总有一天我们会这么做的，我们每一个人都会，

Someday we're going to do this, every one of us,

为什么不是现在呢？

why not now?

这有个冲突：

Here's the conflict:

你不相信它。

You don't believe it.

现在，如果你拥有了一切，你想要什么？

Now if you had everything, what could you desire?

什么都不想要，是吗？

Nothing, right?

但是你拥有一切了吗？

But do you have everything?

07-3 冲突 The Conflict

现在，我们想要东西、我们想要自由、我们想要完全的自由、我们想要所有的快乐且没有悲伤，我们应该拥有这些，我们应该拥有我们想要的所有财富，哪怕是 10 亿美元，

Right now, we want things, we want freedom, we want total freedom, we want all happiness and no sorrow, we should have that, we should have all the wealth we want, even if it's a billion dollars,

我们这样继续下去，直到拥有我们想要的一切。

and we go on and on until we have everything we want.

我不反对得到我们想要的东西，我是支持的。

I'm not against getting the things we want, I'm for it.

当你拥有了一切你想要的，你就在那里了。

When you have everything you want, you're there.

拿到它，然后看看。

Get it and then look-see.

如果你已经开悟了，你为什么还想要拥有它呢？看，这是一个假设。

If you had the realization, why would you have it? See, this is a hypothetical.

学生：不，我是说你为什么想要那一百万呢？

Student: No, I said why would you desire the million?

莱斯特：你拥有一切了吗？

Lester: Do you have everything?

学生：没有。

Student: No.

莱斯特：所以，你无法得到关于它的答案。

Lester: Therefore, you cannot get the answer to it.

所以我的意思是先获得一切，

So, I'm saying get everything first,

然后你就会知道答案了。

and then you'll see the answer。

所以从低处仰望高处，你想要这里的東西，

So you're looking at up there, from down here, you're wanting things here,

你在说：“如果我得到了一切一切，我就什么都不想要了。”

you're saying: “Well, if I get everything everything and I won't want anything.”

我说：“不去到那里你永远都不会知道。”

I say: “You'll never know until you go there.”

但我想哄你拿到一切，

But I'm trying to coax you to take everything,

满足每一个欲望，

fulfill every desire,

这就是进入无欲状态的方法。

that's the way to get to the desireless state.

我在努力让这个团体移动到一个“只要想一想就能得到任何想要的东西”的地方，

I'm trying to get the group to move to the place where they just think and get whatever they want,

这就是知识，

this is knowledge,

这就是诀窍，

this is know-how,

难道不是想一想就得到你想要的吗？

Is it not to think and get what you want?

这是知识，

That's knowledge,

这才是真正的知识。

that's the real knowledge.

当你做到的时候，你就真正明白该怎么做了。

Yeah, when you do it, then you really know how.

我们如今在商业中有这样实践吗？

Are we practicing that even in business today?

我们是否想一想就让事情发生？

Are we thinking and having things happen?

没有什么问题吧？

No trouble in what?

太好了，让你知道为什么，你可以把它应用到任何事情上，大胆一点，

Well, that's great, get you know why? You can apply that to anything,
just dare

把你的视线从停车的地方提升到更大、更大、更大的目标，

raise your sights from parking places to bigger and bigger and bigger,

原理是完全一样的，哈里，找停车位和停放黄金的地方适用于同样的原理。

it's the exact same principle, Harry, that works for parking places or places to park gold, your golds.

如果你能把同样的感觉、同样的原则运用到其他事物上，你也会拥有它们。

If you can apply that same feeling, that same principle to other things, you'll have them also.

我的建议是你现在就这么做，

And what I'm suggesting is that you do this now,

想一想就让事情发生，

think and have things happen,

就像你找到一个停车位一样，在你想要的一切上去实践。

the way you think yourself into a parking place, make yourself into everything you want.

你是否因为拥有太多而烦恼？

Are you troubled with too much of it?

换句话说，你很满足。

in other words, you're content.

我在试着让你超越那种满足的状态，

And I'm trying to get you beyond that contented state,

我想让你更进一步，这样你只要想一想，事情就会立即发生。

I'm trying to get you to go further, so that you just think and things happen immediately.

你没有意识到的是，现在你想一想，你必须现在想，然后事情才会发生。

What you don't see is that now you think, but you must think now, and later on the thing happens.

我想把你带到“你现在想一想，它现在就马上发生”的境界，

I want to get you to where you think now and it happens now,

为自己去想，鲍勃，为你自己得到它，在你为自己得到它之后，你就可以帮助别人了，然后你可以告诉他们如何自己得到它。

think for yourself, Bob, well get it for yourself, after you've got it for yourself, then you can help others, you can show them how they can get

it for themselves.

只有当你找到完整的答案时，你所有的问题才会得到满足。

The satisfaction to all your questions will come only when you discover the full answers.

我从未直接给你过任何答案，鲍勃，

I have never answered any question for you Bob,

我一直尽力帮你自己去得到答案。

I have tried to help you to get the answers for you.

但我真的觉得，你没有真的相信你能仅仅想一想就得到任何东西，

But I really believe that, you're not convinced that you can have anything for the mere thought of it,

你甚至不相信它，更别说深信不疑了；

you don't even believe it, leave alone being convinced;

如果你坚信的话，对你来说它会确实如此。

If you were convinced, it would be so for you.

所以也许归根结底的事实是——我们不再想要了，我们满足了，是吗？

So maybe it just boils down to the fact that we don't want any more, we're satisfied, are we?

身体会疼痛，

The body can hurt,

而我，如果我不是这个身体，就不会感觉到疼痛。

and I, if I am not the body will not hurt.

要真正理解这些东西，就像理解其他事物一样，你必须体验它们，

Now to really understand these things as everything else, you must experience them,

你看，我给出了存在的不同层次，并试着提升你。

you see, I give out different levels of Beingness, and trying to get you to move up.

07-4 身体的概念 Concept of the Body

身体的概念，“我是身体”的概念意味着我必须承受这个身体的每一个限制。

Concepts of the body, the concept “I am the body” means I have to suffer every limitation this body has.

如果我接受了“我能控制这个身体”的概念，那么我就能让它成为我想要的样子，

If I take on a concept “I can control this body”, then I can make it be the way I want it to be,

我可以让它健康，而且我不会感觉到它；

I can make it healthy, and I don't feel it;

我可以更进一步说“我不是这个身体”。

I can move up further and say “I am not the body”.

即便身体疼痛，但我不是身体，所以它不会困扰我，

And even though the body hurts, I being not the body, it doesn't bother me,

这样一来，身体在外面，而我在这里，

and then the body is out there, and I am here,

我知道外面的身体在承受痛苦，

and the body out there I know has pain in it

但这并不会困扰我；

but it doesn't bother me;

然后我还能从这个状态向上提升.....

And then I can move up from there too...

看看，这些都是不同的层次。

See these are all different levels.

当我完全明白自己不是身体的时候，身体就永远无法以任何方式限制我。

When I see that I am not the body totally, the body can never ever limit me in any way.

所以这取决于你从哪个层次看待它。

So, it's a matter of what level you're looking at it from.

所以我从最底层开始——我是那个身体，

So I start up from the bottom, I am the body,

如果它疼了，我就有麻烦了，我很痛苦，我会大喊大叫；

if it hurts, I'm in trouble, I'm in agony, and I yell;

如果向上移动，情况会变得越来越好；

If I move up gets better and better;

你一路走到最高处，

You go all the way to the top ,

你不再是那个身体，

you're not the body,

你只是存在，是一切的存在。

you're just Beingness, being all Beingness.

07-5 关于万念俱灰 On Apathy

精神错乱源于极度的冷漠，

Insanity comes from deep deep apathy,

这里没有人在冷漠里，

and no one here is in apathy,

也没有人接近冷漠,

and no one is near apathy,

幸运的是, 我们不会疯, 所以没什么好担心的。

so fortunately, we can't go insane, so that's nothing to worry about.

如果你想摆脱你的心智, 那是可能的。

If you want to go out of your mind, that's possible.

你可以去到你的心智背后,

You can go behind your mind,

如果你不想思考的话, 你就不需要思考,

you don't have to think if you don't want to,

你可以进入知晓的领域,

you can move into the realm of Knowingness

然后你凭直觉操作, 就像一种预感或一种直觉的感觉, 或者它就这么出现了,

and then you operate on the spur of the moment like a hunch, a hunch,
or a intuitive feeling, or it just comes to you ,

你不用思考就知道。

you know without thinking.

**如果你这样做，你就是在超越心智的运作，你是在一个知晓的领域中运作，
在那里你不需要思考，**

If you're doing that, you're operating beyond mind, you're operating in
the realm of Knowingness, where you don't have to think,

但这并不是疯了，

but that's not insanity,

这是另一个极端。

that's the other end of the scale.

我们为什么不走完全程呢？

Why don't we go all the way?

为什么我们不只是想一想就让事情发生呢？

Why don't we just think and have things happen?

进入无限的状态,

Go to the unlimited state,

完全地自由,

be totally free,

不再有强迫,

have no more compulsion,

不再有潜意识的想法在运作你,

have no more subconscious thoughts operating you,

你拥有的每一个想法都是当下的选择。

that every thought you have is a choice of the moment.

释放所有的潜意识念头,

Let go of all the subconscious thoughts,

我只是在诱惑你,

I'm just baiting you,

这就是它的作用。

that's where it comes in.

我们都想要钱，

We all want money,

所以我把它作为一种激励，让你更进一步并得到 100 万美元；

so I'm putting it up as a incentive to make you go farther and get a million dollars;

如果你不想要，你可以把它扔掉。

You can always drop it if you don't want it.

但是要达到那个你可以立即显化你想要的一切的地方，

But get to the place where you can demonstrate anything you want immediately

这就是我的建议。

that's what I'm suggesting.

我在问，你为什么不想以这种美好而简单的方式生活？

And I'm asking why don't you want to to live this nice beautiful easy way?

我说你不想，哈里，

I say you don't, Harry,

哦，这里有一点，那里有一点，

oh a few here and a few there,

你并没有得到你想要的一切，哈里，

you don't have everything you want, Harry,

如果你之后想见我，我可以告诉你很多你想要但还没有得到的东西。

if you want to see me later, I can tell you a lot of things that you want, that you don't have.

07-6 帮助每个人 Helping Everyone

你可以帮助别人自助，

You can help the other one to help himself,

如果你替另一个人做事，你就会削弱那个人，

if you do things for the other one, you cripple the other one,

但是我们可以帮助别人自助。

but we can help others to help themselves.

只是改变你对别人的态度就会帮助到那个人。

Just changing your attitude toward the other one helps the other one.

我们越看到另一个人的完美之处，我们就越在支持那个人走向完美。

The more we see the perfection of the other one, the more we're supporting the other one toward that perfection.

你改变你的态度，别人也会改变，

You change your attitude, and the other one will change ,

留意这一点，人们实际上会符合我们对他们的意识。

watch it, people will actually fit our consciousness of them.

07-7 莱斯特学生父亲的中风 Lester's Dad Stroke

她父亲上周中风了，已经完全瘫痪了，

A father had a stroke last week and was getting totally paralyzed,

当她到医院的时候，他几乎瘫痪了，他看起来好像已经完蛋了。

and when she got to the hospital, he was mostly paralyzed, and he looked as though he was finished.

她走进去问他：“你想离开吗，爸爸？”

She went in and put a question to him: “Do you want to leave, daddy?”

这让他很震惊，他看着她，

And it shook him up, and he looked at her,

她哭了起来，他抓住了她，他的一只手还没有瘫痪，他抓住了她的手，

and she began a cry, and he grabbed her, he had one hand that wasn't paralyzed yet, he grabbed her by the hand,

他也开始哭了起来，

and he started to cry,

然后她调动了她所是的所有力量，

and then she called in all the power that she is,

她说整个房间、在房间里的每个人、房间里的其他人，每个人都很安静，每个人都很平静，就像每个人都在冥想一样，

and she said the whole room, everyone in a room, there were others in the room, everyone got quiet, everyone got peaceful, it was like everyone was meditating,

突然间，他开始变得越来越好、越来越好，

and all of a sudden, he started to get better and better,

他解除了大部分瘫痪，

he undid most of his paralysis,

他没有离开医院，

he didn't leave the hospital,

因为他们想把他留在那里检查。

because they wanted to keep him there for checking.

但她把它用在了她父亲身上，

But she used it for her father,

但是她通过开启能量让他跟着她走，他回应了，

but she got him to go with her by her turning on the power, he responded to it,

我完全接受了他是完美的这个事实，当他苏醒过来，坐起来和我说话的时候，

I was so totally accepting of the fact that he is perfect, that when he came to life and sat up and spoke to me,

我甚至没有意识到这件事已经发生了，

I wasn't even aware of the fact that it had happened,

这就是你对它的接受程度。

this is how much accepting of it you are.

直到医生回到房间，看着他，大声喊着要氧气罐，然后把氧气罐插在他的头上，这又把他吓坏了，

Until the doctor came back in the room looked at him, and then yelled for the oxygen tank and plopped it over his head which scared him again,

但他没有离开，他留了下来。

but he didn't leave, he stayed.

当我们完全开启能量时，它就在那里。

When we turn on the power full, it's there.

今晚我们没有发财，我们收获了平静。

Well, we didn't get rich tonight, we get peaceful.

08-1 1983 年在圣多纳的谈话 1983 Talks in Sedona

莱斯特：向大家问安，你们好呀，

Lester: Salutations and hello,

欢迎来到美丽的宁静之地，圣多纳，在这里我们都可以变得平静，

welcome to the beautiful land of tranquility, Sedona, a place where we

can all become sedate,

当然，没有必要像你们中的一些人那样千里迢迢地去寻找你在哪里，

of course, it's not necessary to go thousands of miles as some of you have gone find out where you are,

没有比这更亲密的了，那就是你在追寻的，

there is nothing more intimate than that which you are seeking,

没有什么比你正在追寻的更能与你有更紧密联系的了，

there is nothing that you have been in more contact with than that which you are seeking

那么，它是什么？

and what is it?

它是“我”，只是“我”。

It is "I", but "I" only.

所有这些努力都在朝着一个你找不到它的方向，

And all this effort is in a direction in which you don't find it,

保持简单是如此重要。

it's so important to keep it simple.

每个人在他或她的每一个行为中都是在寻找“我是谁”、“我的存在”，但花了一世又一世的时间都是在它所不在的外界追寻它，

Everyone in his or her every last act is seeking what I am, my Beingness, spending lifetime after lifetime chasing after it, where it is not out there,

其实它就在这里，它是“我”。

it's right here, it's "I".

你为什么不只是保持这个“我”，只一直感觉“我是、我是、我是、我是”呢？

Why don't you just remain as I, just feel all the time I am, I am, I am, I am?

这是终极状态，所有的幸福、唯一的幸福都是当你是你的存在时，你却一直在花费巨大的努力让自己痛苦。

That's the ultimate state, also all the happiness there is, and the only happiness there is is when you are being your Beingness, which you are all the time making tremendous effort to be miserable.

我试图揭示它的简单性。

I'm trying to bring out the simplicity of it.

它是如此简单，

it's so simple,

没有什么比你所追寻的这个终极存在更亲密的了，

there's nothing more intimate than this ultimate being that you are seeking,

它就是“我”。

it's "I".

在这么多世、这么多数百万年的时间里，你已经让自己习惯于认为它在别处。

You have so conditioned yourself over so many lifetimes and so many millions of years to think it's elsewhere.

要唤醒你，要看到，这是宇宙里所有简单中最简单的。

To wake you up, to see, the simplest of all simplicity there is in the universe.

知道自己是什么，你就会知晓一切；

Knowing what you are, you will know everything;

了解你是什么，你就会有答案。

Knowing what you are, you'll have the answer.

它是你的“我”、你的存在，你每时每刻都在将目光从它身上移开。

It's the I of you, your Beingness, which every moment you are looking away from.

你编写了所有 AGFLAP 的程序，

You programmed in all the programs of AGFLAP,

每一个感受都是为了维持生存的感受，

every feeling is a post-survival feeling

因为每一个感受都是为了让你活下去，所以潜意识里，你的心智一天 24 小时都处于极度活跃的状态——试图让自己生存下去。

and since every feeling is oriented toward keeping you surviving, subconsciously 24 hours a day, your mind is in constant extreme activity, trying to keep yourself surviving.

每一个感受都是一个对生存的驱动程序。

Every feeling is a motivation toward surviving.

我们该怎么做呢？

What do we do about that?

是继续试着通过满足我们的感受来巩固这种生存，还是下定决心彻底结束这种痛苦、释放所有感受呢？

Continue trying to get that survival solidified by satisfying our feelings, or do we make that absolute determination enough of this misery and release all the feelings?

当所有的感受都被释放时，你的心智是安静的。

When all the feelings are released, your mind is quiet.

当你的心智是安静的，你的真我是显而易见的，你就是这个永恒的、幸福的存在。

And when your mind is quiet, and you're self-obvious to your Self, as to this eternal happy being that you are.

你必须通过摆脱自己的想法、通过释放这些被压抑的感受，来让心智安静下

来。

You must quiet the mind by ridding yourself of thoughts, by releasing these suppressed feelings.

世界上没有比这更快的方法了。

And there is no faster way in the world.

不幸的是，我认为其他的方法都是通过心智、通过问题、通过噪音，来让心智安静下来。

Unfortunately, I think every other way is trying to do in via the mind, via the problem, via the noise.

在释放中，我们不是在理性化，只是让被压抑的感受释放出来，

In releasing, we are not intellectualizing, we are just allowing the suppressed feelings to discharge,

这就是为什么我说释放法是唯一真正有效的方法。

that's why I say I think we are the only method that is really accomplishing.

因为所有其他方法都试图在心智中做，

Because all the other methods are trying to do within mind,

甚至冥想也是试图用心智来使心智安静下来。

and even meditating is trying to use the mind to quiet the mind.

但心智永远无法消除心智，

The mind will never undo the mind,

心智是一种让我们专注痛苦的机制，

the mind is a mechanism of focusing us toward the misery,

如果我们试图用心智来消除痛苦，那是行不通的。

if we try to use the mind to undo the misery, it just cannot work.

现在这个方法（释放法）是如此简单又完整，任何想要获得自由的人都可以在几个月内做到。

Now the method is so simple and so complete, anyone who wants to can go free in a matter of months.

现在，“想要”这个词会让你生气，

Now this word “want to” gets you angry,

但其实它很简单，如果你想要自由超过想要其他任何东西，那么你会一直释放，

but it's simple, if you wanted freedom more than you wanted anything else, all the time you'd be releasing,

你会审视每一个出现的感受，看到它是想要被认同、想要控制、还是想要安全，然后让它离开。

you would take every feeling that came up, and see what it's approval control, security, and let it go.

如果你想要自由超过其他任何东西，你就会一直处于释放状态。

If you wanted freedom more than anything else, you would be releasing all the time.

所以当你告诉我，“哦，是的，我想要自由，哦，但我这里还有一些小事情，我那里还有一些小项目，要在外面赚钱等”，这其实是对想要自由的否定，

So when you tell me “Oh yeah, I want freedom, oh my little thing here, and my little project there, and making money out there” is a denial of your wanting freedom,

你想要的是你所建立的这个世界的束缚。

you're wanting the bondages of the world that you set up.

世界上所有的金钱都无法让你生存下去，但你可以。

All the money in the universe cannot keep you surviving, but you can.

所以检查一下你的优先级，

So check your priorities ,

检查你真正的想要，

check your real wants,

把你的所有想要都集中在想要自由上。

focus all your wants into wanting to go free.

比起性，谁更喜欢自由？

Who would prefer freedom to sex?

(有学生迅速举手)

莱斯特：骗子。

Lester: Liar.

(学生大笑)

Hah... hah... ha...

莱斯特：我速度不够快，我真的很想在大家举手之前说出来，

Lester: I wasn't fast enough, I really wanted to say that before the hands went up,

(学生继续笑)

莱斯特：我不想让你们难堪，

Lester: I didn't want to embarrass you,

但这是真的，

but it's true,

如果你想要自由超过其他任何东西，你就会放弃对其他一切的渴望，包括性、包括财富、包括健康，

if you want freedom more than anything else, you'd give up your desire for everything else, including sex, including wealth, including health.

所以检查一下你的想要，

So check your want to,

试着把它们都导向对自由的渴望，

try to convert it all into the channel of wanting freedom,

如果你的所有想要都朝着想要自由的方向，

and if all your want to is in a direction of wanting freedom,

你很快就会得到它，

you're going to get it quickly,

因为一整天，每一天，你都只会在释放。

because all day, every day, you'll just be releasing.

我知道要花几个月的时间才能完全释放我们所压抑的一切，

I know it takes months to release the entirety of everything we have suppressed

它全部都被压在那里，在巨大的压力下，它试图消耗它自己，然而我们一直在压制它，

it's all compacted down there in a tremendous pressure of it trying to

expend itself, and we're holding it down

潜意识里，我们压制着所有这些巨大的能量，

subconsciously we're holding down all this tremendous energy,

但如果你的想要是真正的自由，你就会停止压住它，你会让它流出来，

but if your want to was really freedom, you'd stop holding it down, you would let it flow out,

你就自由了。

you'd be free.

你的问题在于习惯，

Your problem is habit,

数百万年都在朝着错误的方向前进，

millions of years of going in the wrong direction,

但你仍然有无限的意愿去扭转那个习惯，去克服它，说：“不，我想要自由。”

but you still have that infinite will to reverse that habit, to overcome it and say: "No, I want freedom."

通过让那些限制出去，即 AGFLAP，你才能足够明智地看到——你能仅凭毫不费力的想法就拥有你所想要的任何事物，

You can only get smart enough to see you can have anything you wish for the mere effortless thought of it by getting the limitations out, the AGFLAP,

只需一个毫不费力的想法，你就能拥有任何东西。

from a mere effortless thought, you can have anything

如果你花点时间看看我刚才说的话：你能凭一个毫不费力的想法拥有一切。

If you just take time to look at what I just said: You can have anything for a mere effortless thought.

当 AGFLAP 离开、那些限制被释放时，这会吸引你把所有的想要都集中在获得自由上。

When the AGFLAP is out, and the limitations are let go of, this ought to entice you into focusing all your wants into going free.

你得到的不是黄金，而是制造无限量黄金的公式；

You don't get gold, you get the formula for making an infinite amount of gold

你得到的不是健康，而是永恒；

You don't get health, you get eternity;

你得到的不是财富，而是整个宇宙。

You don't get wealth, you get the entire universe.

所以，这就是你在这个世界上以一种非常吝啬的方式寻找的东西。

So that is what you are looking for in a very miserly way in this world.

只要消除了 AGFLAP，只需释放它，你就能获得百万倍之多的东西。

You can have a million times over by just getting the AGFLAP out of your way, just by releasing it.

如果你们真的相信我所说的，你们很快就会自由，它会把你们所有的想要都集中在这个方向上。

If you were really convinced of what I'm saying, you'd all go free quickly, you'd focus all your want to in this direction.

我说，聪明点，如果你想要黄金，你可以仅凭一个毫不费力的想法拥有一百万吨黄金；

I say, get smart, if it's gold you want, you can have a million tons of it for

a mere effortless thought;

如果你想要健康，通过让 AGFLAP 离开，你就能拥有一个永恒的完美身体。

If it's health you want, you can have a perfect body until eternity by getting the AGFLAP out.

看看你正在做什么。

Look at what you're doing.

首先要把你的注意力从错误的方向上移开，

And in the first place to take your attention off the wrong way,

把你的注意力放在正确的方向上，

and put your attention on the right way,

这样你释放的障碍就越多，

this the more you release all the obstacles,

所以我在说你会处于更好的状态，实际上也是世界上最好的状态。

so I'm saying you're in a good place, really the best place in the world you could be in.

其他的一切都是浪费时间，

And everything else is really a waste of time,

因为那是在终极所不在的地方寻找它。

because it's seeking the ultimate where it is not.

所以不要再浪费时间了，

So stop wasting time,

集中精力，

get concentrated,

释放，

Release,

获得自由，

go free,

谢谢大家。

thank you.

08-2 动能 Momentum

动能对于获得开悟是非常重要的，

Momentum is very important in getting realizations,

当你专注于某样东西，当你停留在某样东西上的时候，它会变得越来越清晰；

you stay with something, becomes clearer and clearer as you stay with it;

但如果它开始变得清晰，而你转移了注意力，当你回来再关注它的时候，要再次进入那种状态就更难了。

But if it starts getting clear and you move off, when you come back on to it, it's more difficult to get into it again.

我之所以反对谈话和录音，就是因为这个原因。

And so I am anti talks, tapes because of that.

我能看到它的害处，谈话和录音无法让你专注在某样东西上，

I can see it doing harm, in that it doesn't let you stay with something,

因为谈话一直在继续，你从一个东西转到另一个东西、再转到另一东西，却

没得到其中任何一个东西的领悟。

because the conversation goes on and on, and you move off one thing onto another, and onto another without getting a realization of any one of them.

我相信你从《真理》这本书中得到的好处比听我讲课得到的要多。

I believe you got much more good out of reading the book <The Verities> than you did out of listening to me.

听我讲时，你们会有想要动的动机，

Listening to me, you get an impetus to move,

但是当你读到这本书的时候，你得到了领悟，你可以专注在这些陈述上，把那些知识变成你的知识，

but when you get with the book, you get the realization, you can stay with those statements and make them, make that knowledge your knowledge,

当你把它变成你的知识时，它对你来说才是有用的。

and that's when it's usable to you when you make it your knowledge.

所以因为这个原因，我不赞成讨论，它不允许你专注在任何东西上。

So I'm not in favor of talking because of that, it doesn't allow you to stay with anything.

如果你正在获得一种领悟，但是继续的谈话会把你拉离那个领悟，让你下次更难接近它。

And if you are getting a realization, the conversation that goes on, after that pulls you away from it, and makes it more difficult to approach it next time.

我知道最好的办法是使用真理、使用教程。

I know the best thing is to use the verities, use the sessions.

学生 1：早在 1961 年与我相聚时，你就教得很清楚。

Student 1: You were teaching that clear back in 1961 or whenever the date with me.

学生 2：我认为这听起来很像你在这个时代的状态。

Student 2: I thought it was it sounds like you in the current era.

学生 3：你知道的，不变的阶段。

Student 3: Changeless stage you know.

学生 4: 这和现在是一样的实相。

Student 4: It's the same Truth then as it is now.

学生 5: 不是.....

Student 5: No...

莱斯特: 永远都是, 它永远不会改变, 我所说的也永远不应该不同, 不是吗?

Lester: And ever will be, it should never change, what I say should never be different, should it?

学生: 嗯, 我希望它变得更容易。

Student: Well, I was hoping it get easier.

莱斯特: 其实很容易, 除非你让它变得困难。

Lester: It's very easy actually unless you make it difficult.

每个人在他的每个行为里都在追寻同样的东西,

Everyone is seeking the exact same thing in his every act,

每一个生物都在追寻着我们在所有事物、在所做的事情中追寻的东西, 你现在能看到这一点吗?

every being is seeking exactly that which we are seeking in everything,
uh he is doing, can you see it now?

我觉得我们都应该看到这一点——我们都在追寻同样的东西，

I think we all ought to see that, that we're all seeking the exact same
thing,

世人称之为终极幸福，

the world calls it the ultimate happiness,

我们称之为“我就是我”，

we call it “The I that I am”,

或者我们说，“我就是我”是终极幸福。

or we say that “the I that I am is the ultimate happiness”.

发现你自己，你就会发现最大的幸福，你就会得到最大的满足，

Discover yourself, and you discover the greatest happiness, and you get
the greatest contentment,

这是一种满足，这是全然的满足。

it's a satiation, that's all satisfying.

我们仍然抓着我们有限制的信念，

We still hold on to the beliefs that we have extreme limitations,

这就是问题所在。

this is the problem.

然而我们没有足够的动力去释放它们，

And we don't have enough incentive to let go of them,

就像我说的，这里的任何人都没有理由不该仅凭一个念头就立刻得到他或她想要的一切。

as I said, there's no reason why anyone here shouldn't have everything he or she wants for the mere thought of it instantaneously.

总有一天你会这么做的，

That some day you're going to do this,

为什么不是现在？

why not now?

原因是，我说你不相信它，

And the reason is I say that you don't believe it,

你坚持着相反的观点——你无法做到，

you hold on to the opposite that you can't do it,

这就是为什么你做不到的唯一原因。

that's the only reason why you can't.

现在的动机和动力远不如我们不开心的时候强烈，

The incentive, the drive is far less now than it was when we were unhappy,

但我在试图做的是让你达到全然的平静，

but what I'm trying to do is to get you to the total peace,

在你到达那里之前，生活中总会有烦恼，

until you get there, there will always be annoyances in life,

尽管现在好多了，但它本应是最好的状态。

even though it's much better now, it should be best.

学生：还有一步要走吗？

Student: Got one more step to go?

莱斯特：我们需要怎么做？这是个关键问题，我们需要做些什么？

Lester: What do we need to go with? This is the big thing, what do we need to go with?

我认为我们首先需要认识到——我们不相信自己能做到，

I think we need to recognize that we don't believe that we can first,

我们仍然极度不接受“我们是没有限制的”这个观点。

we're still holding on to tremendous non-acceptance of the idea that we are unlimited.

当你首先意识到你真的不接受它，

When you see first that you really don't accept it,

如果你直面这一点，你就能更好地释放它。

if you confront that, you can let go of that better.

理论不是法则，

A theory is not a law,

它是一种假设，在被证明之后，理论才变成了法则。

it's a supposition, after it's proven, a theory becomes a law.

外面除了我们的意识，什么都没有，

There is nothing out there but our consciousness,

只有一个意识——我们就是它，对吗？

there is only one consciousness and we are it, right?

你没有克服，

You don't overcome,

你明白那是什么了，对吧？

you see what is, right?

除了本来的样子，什么也没有，

There's nothing else but what is,

而本来的样子就是完美的、宏大的、辉煌的、令人愉快的、奇异的、欣喜若狂的、你能想到的一切美好的东西。

and what is is whole perfect, grand, glorious and delightful, exotic, ecstatic, everything good you can think of.

你看，如果你们这些人能做到这些事情——只是想—想就让事情发生，

You see, if you people would do these things, just think and have things happen,

我也能做到，

and I could do it too,

如果你们能接受这一点，我们大家都能一起做到，

we could all do it together if you could accept it,

我做到了。

I did it.

学生：是的，我知道。

Student: Yeah, I know.

莱斯特：但我回到了你们身边，这次我希望你们跟我一起。

Lester: But I came back to you, and this time I want you to come with me.

现在，就算我施了魔法，也帮不了你。

Now, if I performed acts of magic, it would help you not.

我来谈谈展示这个词。

I'll come down to the word demonstration.

我想阿特已经看到了一些展示，

I think Art has seen some demonstration,

肯，你已经看过一个展示了。

Ken you've seen a demonstration.

我不知道他是否仍然接受，他看到了，然后说这个不是展示，这就是通常会发生的事情。

I don't know whether he still accepted, he saw it, and then he said it wasn't, see this is what usually happens.

我和肯一起去了加州理工学院，我想从他们图书馆复印一本书，复印机出故障了，投钱的位置贴有一块胶带标识，所以你无法放钱进去，这是一个很大的故障标识。

I went to Cal Tech with Ken and I wanted to get copies from one of the books in their library, the duplicating machine was out of order, there was a piece of tape over the money part, so you couldn't put money in, there was a big sign out of order.

当我让那个女孩给我换零钱放进去试试时，她不想给我，还很抵触，她说复印机坏了，他们试着修理过，我说“换点零钱吧”，我说“只要一角钱”，这是他们复印一张纸所收的费用。

When I asked the girl for change for dimes to put into it to try it, she didn't want to give it to me, she resisted, she said it's been out of order, they tried to fix it and I said "I had a coaxer into giving me change", and I said "it's only a dime", that's all they charged per copy.

我走到机器前，把不让投币的标识拿下来，我想我拿了两三张我想要的纸，我对肯说“看看现在会发生什么，会很有趣的，我不再需要它了”，

I went over to the machine and I took the tape off the money thing, and I got I think it was two or 3 copies of sheet of pages I wanted, and I said to Ken, it'd be interesting to see what happens now, I don't need it anymore,

我投了币后，结果印出来的纸是黑色的，就在这时，图书馆的负责人过来说
“哦，这样已经有一段时间了，我们一直在等修理工来修”，于是它又恢复到原来故障的样子，但是当我想要复印资料的时候，机器就能正常工作了，这就是魔法，仅凭一个毫不费力的想法就能做到这些事情。

and I put another dime and it came out black, and just then the head of the library came over and said “Oh, it's been that way for some time, we've been waiting for the repairman to come in and fix it”, so it went right back to the way it was, but when I wanted the copies made the machine worked, that's magic and yet it's just a mere effortless thought that does these things.

但这没什么帮助，肯，它有帮助吗？

But it didn't help, Ken, did it?

学生：我说这是巧合。

Student: I said it's coincidence.

莱斯特：是啊，巧合。

Lester: Yeah, coincidence.

在我们的一次旅行中，我向他展示了和谐，

And I gave him a demonstration of harmony on a trip we took,

我只是说我释放了，然后我让它只是存在。

I just said it is I let go, and I let it be.

我们坐了最好的飞机，美国航空比通运航空好多了，我们去旧金山，我走进一个没有计时的电话亭，我在不同的时间预约了每个人，我们没有匆匆忙忙，我们每次都准时赴约，当我们想吃东西的时候，就有时间去吃，其中一个主要目的是看到他们的实践方法，我想把最好的一个留到最后。

We got the nicest plane out, this was a United Airline, much nicer than the commuter's plane, we went up to San Francisco, I went into a telephone booth and in no time flat, I had appointments with everyone, in the different times of the day, we didn't rush, we made every appointment just on time, when we wanted to eat we had time out to eat, and one of the prime purposes was to see their methods of doing it, and I wanted the best one for last.

上次去的时候，我忘了问我们能不能看看他们的设施，我们起身离开的时候，那个人对我们说：“你们想看看我们的设施吗？”，还记得吗？

And at the last visit, I forgot to ask if we could see their facilities, and we got up to leave, and the man said to us "Aould you like to see our facilities?", remember that?

我们完成了大量的工作，下午 3 点半左右就完工了，一切都十分顺利，我们回到洛杉矶大约 5 点半左右，我们在洛杉矶市中心的一家餐馆吃晚饭，

And we accomplished an awful lot of work, and we were finished about 3:30 in the afternoon, everything fell perfectly into line, we were back in Los Angeles about well we stopped in to have supper downtown, it was 5:30 or so we were in a restaurant downtown L.A.,

但这是一个和谐的一天，一切都井然有序，生活就应该一直都是这样的。

but it was a harmonious day, everything fell right into line perfectly, and this is the way life should be all the time.

但这是一次展示，我知道这是一个展示，

But it was a demonstration, I knew it was a demonstration,

但因为肯的缘故，我只是让它顺其自然地到来，就像在机器旁一样，但不是没有办法，一切都很完美，对吧？

it just came to me to let it be for Ken's sake as at the machine, and but not no way, everything was just perfect, right?

学生：是的。

Student: Yeah.

莱斯特：好了，我想说的是，我认为这对肯和他的觉醒一点帮助都没有，

Lester: Alright now, the point I'm trying to make is I don't think it helped Ken and his realizations one bit,

但生活每天都应该是这样的，

but that's the way life should be all the time every day,

一切都应该是井然有序的，

everything should fall perfectly into line,

它是令人愉快的，

it's delightful,

它是完美的，

it's perfect,

它是不可思议的。

it's marvelous.

学生：你就在那了。

Student: You are right there.

莱斯特：哦，是的，当你有意识地让一切都完美时，你就在那了。

Lester: Oh yeah, when you're consciously letting everything be perfect, you're there.

08-3 莱斯特关于心智 Lester on the Mind

(以下是风的翻译)

你在心智中发展的任何东西都会阻止你达到顶端。

Anything that you're involving in your mind here will prevent you from going to the top.

心智是你最大的敌人。

the mind is your biggest enemy.

全部的这些痛苦都没有任何意义，

nonsense with all this misery,

我已经受够了，

I'm done with it,

我结束了它们。

I'm finished.

我将全力保持在这种状态。

I'm going all out to remain in that state.

这需要花一个月时间，也许两个月时间，你就会释放掉所有的 AGFLAP。

And it'll take you a month, maybe two month, you'll release all the AGFLAP.

但总而言之，我认为我们有这个释放心智的唯一的方法，通过使潜意识程序展现出来，能够让心智静止。

But to conclude, I think we have the only method that releases the mind, that quiets the mind, by expanding the subconscious programs.

我们首先进入表意识，释放控制、认同。

We get it into consciousness first, approval, control.

而其他那些你试图去释放的，像恐惧——你知道的，你会花上成百上千世去释放恐惧，在此之后你还会有愤怒，你还会有其他的情绪。

The others that are trying to release you know fear, because if it'll take you hundreds thousands of lifetimes to release on fear, then you'll have

anger, then you'll have all the others.

而当你释放掉了想要控制，在它之下的东西就全部都被放走了；

Whereas if you let go of control, you're letting go of everything underneath of that;

然后当你释放掉想要安全，你释放了所有的想要认同和控制，以及在它们之下的一切。

And then when you let go of security, you're letting go of all approval and control and everything underneath it.

你现在太低谷了，因此不能向着想要安全发起进攻，

You're so far down here, you cannot tackle security,

你被压垮了，

you get overwhelmed,

你被死亡给吓住了，于是让它运作着你。

you get scared to death and you let it go.

但当你释放相当数量的控制和认同，你就有能力去面对死亡的恐惧了。

But after you release, appreciable amounts of approval and control, then you're able to confront your fear of dying.

但你们可以看到，我们的方法实际上是去释放心智的驱动。

But you see our way is actually releasing the motivators of the mind.

不要试图发展你的心智，这样你是在发展你的敌人，发展束缚住你的东西。

And don't try to develop your mind, you're developing your enemy, you're developing the thing that keeps you bound.

当一个心智完全安静下来会发生什么？

What happens when a mind goes totally quiet?

well, 我一直是全知的，我一直知道所有。

Well, I've always been omniscient, I've always been all-knowing, it's what hits you right between the eyes.

但你要去释放你二十四小时试图去生存的习惯，我们叫它 AGFLAP。

But you've got to release that constant 24 hour day trying to survive called AGFLAP.

当你让所有的 AGFLAP 离开，

Now after you get all your AGFLAP out ,

身体依然在那儿,

the body's still there,

世界也不会消失,

the world is still there,

但它就像海市蜃楼一般。你向前去, 发现了它只是沙漠。

but it's like that oasis, that you went up to and you discovered it was sand.

你让身体做它之前做的, 无论那是什么,

You give the body it's just dew whenever that happens to be,

但你不会消失。

but you don't disappear.

你太过恐惧于失去你的束缚了, 但如果你释放.....

You're so afraid you're going to lose your bondage, but if you release...

每个人都在用其他东西与释放结合，当你这样做的时候，这把释放变慢了。

Everyone is using other things in conjunction with releasing and slowing down releasing by doing that.

如果你需要其他的东西，你就在方法上变慢了。

If you need any other vias, you're slowing down the method.

你不需要在感受到（你的感受）之后再去追寻它们，（直译：你不必去追寻感受。）

You don't have to go chasing after feelings,

它们全天候和你在一起，

they're with you all the time,

你全天候地在逃避着它们。

and all the time you're trying to escape them.

第一项是关于生存，

Number one making a living,

没有比为谋生而工作更加愚蠢的了，

there's nothing so asinine as working for a living,

你是永恒的。

you're eternal.

我直接和你们说吧，

And I'm trying to be talking to you directly,

成为娱乐业的第一名，是试图成为最强壮的自我。

a number one in show business is trying to be the greatest ego there is.

然后你看到他们身上发生了什么？

You see what happens to them?

伯特·雷纳德、格伦·福特有多快乐？我只能聊一下我的同辈，我不知道现在当红的是谁，

How happy is Bert Reynolds, Glenn Ford, I got to talk about my peers, I don't know the present ones,

他们有多快乐？你们认识他们吗？和他们交流过吗？

how happy are they? Do you know them? Do you ever talk to them?

他们比一个工人更痛苦，

They're more miserable than a working man is,

他们吸毒，尽管知道不应该这样，他们还是陷入了；

they hit drugs that they know they shouldn't, they get off it;

他们酗酒，他们陷入其中了；

they hit alcohol, they get off it;

他们中的一些人也自杀了。

some of them kill themselves with it too.

他们无疑是那些获得了名声和财富的人，然后他们自杀了，有些人后来也这样做（自杀）了，朱迪·嘉兰随后就这样做了。

There are certain people who attained fame and fortune and committed suicide, some do it later, Judy Garland did it later.

那么，谁不会死？

Well, who doesn't die?

一百年后新的王子会去到哪里？在民众面前转圈圈？（笑声）

Where is the new prince going to be in another hundred years? Gyration in front of masses?

不幸的是——你可能要对此非常小心，最成功的人士不会去向自由。

Unfortunately, you got to be careful of this, the most successful ones don't go free.

和谈论过的富人，他们能够在我的周围感受到他们所没有的安全感，

The rich people I talk to, they sense a security about me that they don't have,

他们告诉我他们也想要，

and they tell me they want it,

但说到来参加课程？他们不能参加课程，

but to take the course, oh they can't take the course,

他们看着我，轻视着我，

they look at me ,they look down at me,

他们挣了好几百万，

they got millions,

我想要他们认为我很穷。

and usually to them, I want them to think I'm poor.

因为正是有了几百万让他们卡住了，尤其是那些有钱人的太太们，我曾经被邀请到纽约的上流宴会，和他们在纽约聚会，他们问我：“你能帮助我们吗？”

Because it's the having the millions that has them stuck, especially the wives of the rich when I used to be pulled into parties and gatherings in New York, they'd come up to me and say: "Oh, could you help me?"

我说：“可以，但是你们要知道钱不是一切。”

I'd say: "Yes, but you've got to know that money isn't everything."

这时帷幕就会落下，他们离开了，把我丢在一边，停止浪费我的时间。

Down with cutting the curtain and leave me alone and stop wasting my time.

但这些富人有这样的头脑：“我很容易做到，我是成功的。”

But the rich have the back of their minds: "I've got it made, I'm

successful.”

当然，如果你能有意识用它去去展示你是世界的主人，这是我推荐的。

Of course, if you can consciously use it to show that you are master over this world, that I recommend.

当你成为世界的主人，就像我们的明星那样拥有那些赞美，

When you become master over the world, like our stars have our celebrities,

你不能停留在那里，

you can't stop there,

你要向着主宰你的心智出发。

you've got to move on mastering your mind.

看，首先你主宰世界，然后你主宰心智，接着你就是个大师。

See, first they master the world, then you master your mind, then you're a master.

什么是主宰心智？

What is mastering the mind?

除去你的 AGFLAP,

it's getting it rid of its AGFLAP,

这就是全部了。

that's all.

接着你真正地控制了心智,

Then you're really in control of the mind,

你可以扮演任何感受, 你选择的任何行动都是没有任何担忧的。

and you can portray any feeling, any action you choose without any concern.

当你从你的 AGFLAP 中自由之后, 你可以扮演任何情绪, 比你在拥有 AGFLAP 时做得好得多。

When you're free of your AGFLAP, you can portray any emotion much, much more so than you could when you had the AGFLAP.

当你在世界中时, 你可以运用它们去交流。

And if you're in the world, you use it to communicate.

如果一个人极度愤怒，你说：“噢，这是一个奇妙的世界，一切都如此美丽！”

If someone is in extreme anger, and you say: “Oh, it's a wonderful world, everything's so beautiful!”

他们不会听进去任何一个字；

They won't hear a word you say;

如果你开始说：“噢，是的，吧啦吧啦吧啦……”，他们会听你说。

If you start saying: “Oh, yeah, this where blah blah blah...” They hear you.

当你自由之后，你会游戏、扮演感受，去和别人建立交流，

So when you go free, you'll play at feelings in order to establish communication with the other one,

你必须在这个层次，他们才能和你交流，

you have to go in at the level that they're in, in order to communicate,

所以有时候还会运用感受去交流。

so you'll use feelings at times in order to communicate.

但区别在于感受不会再运作你，而是你运作着感受。

But with this difference, the feelings are not running you, you are running the feeling.

然而，现在感受运作着你。

Whereas now feelings run you.

(风的翻译到此结束)

当我们有任何感受时，我们都非常机械化，

We're very much robotized when we have any feelings,

因为它们不断地、自动地驱使我们做事，

because they're constantly automatically making us do things,

几乎你在做的每件事都始于特定的感受，它以一个念头的形式出现，然后你把它付诸行动，

and almost everything you're doing initiates in a feeling, which comes out as a thought which you carry into action,

我们是.....在座的大多数人, 我们更多地是处于自动行为, 而不是自由行为,
we are... The majority even of us in this room, we are more into
automatic behavior than we are into free behavior,

那么, 自由行为是什么呢?

well, what would free behavior be?

首先, 当你不再为生计挣扎时, 你只需释放, 让一切掉到你的膝盖上。

Number one you'd stop struggling for a living, you would just let go and
let everything drop into your lap.

你们中的很多人偶尔会有这样的经历, 但这应该成为常态,

A lot of you are having experiences of this on occasions, but this should
be all the time

你完全释放任何事物, 那个事物就会毫不费力地进入你的经验。

you release completely on anything, and that thing drops into your
experience without effort.

**再次强调, 确定一下: 我是如何与这个世界相处的? 我的生活有多轻松? 我
有多少仅仅通过想一想就有意识地创造出来的东西?**

Again, identify how am I living with the world? How easy is my life? How much am I creating consciously by mere thought?

这是你能拥有的最稠密、最受约束、最不舒服的身体，

It's the densest, most cramped, most uncomfortable body you can have,

那些死去的人会进入一种更美好、舒适状态并存在着，因为在那里你可以想一想就让一切发生，

those who die move up into a nicer state of comfort and being, because here you can think and have everything happen

这就是你做梦时所做的，无论你的梦是什么，在你想它的那一刻，它就实现了，你注意到了吗？

and this is what you do when you dream, whatever you dream is at the moment you think it, have you noticed that?

如果你想去某个城市，你就会在那里；

if you want to be in a certain city, you're there;

下一刻你想去另一个城市，你就在那里了。

At the next moment you want to be in another city, you're there.

你读过《一个瑜伽行者的自传》，里面一定有几位去世的导师们以肉身形式回来的事件，

You read the <Autobiography of a Yogi>, there must be several incidents there where teachers who have died have come back in physical body,

哦，圣尤蒂斯瓦尔在他去世后不久，在同一天、同一小时，我想他拜访了他的四个门徒，让他们间接地知道了他发生的一些事情，这样他们就会知道他没在身体里了。

oh Yuktaswar shortly after He died, at the same day in the same hour I think He visited four of His disciples to let them know indirectly that something happened to Him, so that they would learn that He's not hanging out in physical body anymore.

但所有这些大师都可以仅凭一个念头就物质化一个身体，这是你总有一天会看到的另一个笑话：

But all those masters can by a mere thought materialize a physical body, it's another joke you're going to see someday:

这个被称为物质身体的、巨复杂的东西，也只是你心智中的一个念头。

That this tremendous complication called the physical body also is only a thought in your mind.

但是我回答了你关于这个事情的问题了吗，迈克尔？

But did I answer your question Michael on this thing?

看，这里有基督，佛陀，尤迦南达等等.....

See, here's where you have the Christ, the Buddhas, the Yoganandas and so forth...

学生：他们并没有一直到最高处。

Student: There they're not all way up to the top.

莱斯特：他们已经很接近了，他们已经走了一大半了，

Lester: They're approaching it, they're really more than half way up,

我当时已经到了这个地步——我说这个身体太碍事了，我要释放它，

I was I reached a point where I said, this led way of the body, I'm going to let go of it,

如果我把那个念头从我的心智中抹去，身体就不再存在了，

if I had gotten that thought out of my mind, there would have been no more body,

但随后心智的另一部分说：“嘿，等一下，看看你许下的这个承诺，那是前世的承诺。”

but then another part of the mind said: “Hey, hold on wait a minute, look at this promise you made, it was before this life.”

我说：“好吧，有身体、没身体有什么区别？都是一样的。”

And I said: “Okay, what's the difference with the body or not with the body? It's all the same.”

确实如此。

It really is.

我怎样才能让你永远保持我的存在呢？

How do I just you remain my Beingness eternally?

学生：在那之上还有什么？

Student: But wouldn't you... What's beyond that?

莱斯特：超越存在？

Lester: Beyond Beingness?

学生：那你为什么不在最高处呢，我不明白，我的意思是，不敢相信基督才走了一半。

Student: So why don't you get to the top, I don't understand, I mean, it's incredible to me that Christ is only half way up.

莱斯特：不，不是一半，祂已经走了一大半了，祂们真的上升到这里了，基督、佛陀，这些“一们”已经接近最高处了，他们不需要费多大力气就能抵达最高处。

Lester: No, He's more than halfway, They're really up here Christ, Buddha, the ones who've got three here are near the top, and it wouldn't take much for them to go over the top.

这就是阻碍我前进的原因，这不是我第一次试图帮助别人，我希望此生能释放它。

That's what held me back, not the first lifetime where I'm trying to help people, I hope to release that one this lifetime.

(学生大笑)

莱斯特：对你而言，我所做的是我糟糕的业力，是过去的业力让我想要帮助别人。

Or to you my doingness is my bad karma, it's karma from the past that I got them wanting to help people.

好了，如果你想要的话，在三个月的时间里，你就能走完全程，

Okay, now in three months time, you can go all the way if you want,

你有这个权利，所以你能做到，

and if I want you've got the right to, so you can do it,

这很简单，也很容易。

it's simple, it's easy.

为什么？

Why ?

你已经在那里了，这就是你的存在。

You're already there, it's your Beingness.

释放对身体、心智的认同，即释放 AGFLAP 和 CAP，甚至释放平和。

Let go of identifying with body, mind, which is letting go of AGFLAP and CAP, even let go of peace you know.

好吧，这就是让你退宿的原因，你刚才说的“我是个无名小卒”，那只是在

阻碍你的东西，“我做不到，他们可以做到”，

Okay, that's what's keeping you back, what you just said “I'm a nobody”, that's what's holding you back, “I can't do it, they can do it”,

但你也听到过我说：“你就是那，你是无限的存在。”

but you've also heard me say: “THOU ART THAT, you are the infinite Beingness.”

09-1 程序 Programs

再一次，之前和之后的画面是：现在是程序在运作着你，之后是你在运作程序。

Again, the before and after picture is your programs are now running you, the after picture is you run the programs.

你要么放入一些进去，以便与事物保持联系；要么你不放入任何程序，你只是整天坐着，时刻处于一种高度的狂喜状态，这是最高的状态。

You either put them in, you put some in to keep you in touch with things, you don't put any programs in, and you just sit around the clock in a high state of ecstasy, the highest state there is.

有些人选择这样做，有些人选择保持活跃，所以他们放入了程序。

Some do that, some choose to remain active, so they put in program.

但这有一个很大的区别：

But there's a big difference:

当你比之前更清楚是自己有意识地放入了程序，之前你被程序超载和压垮时，你并没有意识到你把它们放进去的事实，那时它们正在运作你；

When you consciously know you've put in the program than it was previously when you were overloaded and overwhelmed with programs, not aware of the fact that you put them in that they were running with;

当你自己放入这些程序时，如果你愿意，你可以相对轻松地撤销它们。

And when you put in these programs yourself, you could undo them with relative ease if you choose.

如果我没有这样做，我就会看到处处都是绝对完美、全然完美的，

Had I not done that, I would have just seen absolute perfect, total perfection everywhere,

我会看到真正的你是不需要任何帮助的，

I would see the real You which needs no help,

你的这一部分不需要帮助，这就是我所看到的。

this part of You needs no help, that's what I would see.

现在所有其他的東西都是心智中的想象，所以只是想象，

Now all everything else is imaged in the mind, and therefore is imagination,

萊斯特是個想象，邁克爾也是個想象，

Lester is an imagination, Michael's an imagination,

一旦你看到這一點，它就是个笑话。

it's a joke, once you see it.

所有這些努力，你們看待我的方式都不一样，

All this effort, you don't see me the same,

你們每個人對我的看法都不一样。

every one of you sees me a bit different than the other.

就像在一場事故的例子中，為什麼 5 個人在看同一件事時會有 5 種看法，甚至那個事故與他們無關，從客觀上看，他們也無法看到相同的東西？

As in the example of an accident, why do 5 people see 5 different things looking at the same thing, and it's not even related to them, objectively they can't see the same thing?

因为我们看到的是我们自己的画面，而这些画面被我们的整个 AGFLAP 遮蔽了。

Because we're seeing our own picture which is covered by our whole gamut of AGFLAP.

你把自己看作一个身体，做着你正在做的一切，

You see yourself as a body, doing everything you're doing,

但我不能忽视这是真正的你的事实，

I can't lose sight of the fact that this is the You,

如果我抓不住你的真实画面，我就对你没有帮助了，

if I didn't hold that true picture of you, I'd be of no use to you,

不是我说的话对你有什么好处，

it's not the words I'm saying any good I can do you,

而是因为我知道你是什么，

it's because of what I know what you are,

我知道你真正是什么，这会让你朝着那个方向前进，让你参加这些课程，朝着那个方向前进，每个获得自由的人都会如此，无论祂是坐在印度的洞穴里还是在任何地方，祂们都在无意识地帮助这个星球上的每一个人，

my knowing what you really are tends to move you toward that, causes you to take these courses, move in the direction toward it, and this happens for any, every free one, whether he's sitting in a cave in India or anywhere, is unconsciously helping everyone on this planet.

因为祂看到每个人都是绝对完整和完美的，并倾向于引导他们朝着这个方向发展，

Because He sees everyone is absolutely whole, complete and perfect, and tends to move them in that direction

这才是最大的帮助。

that's the greatest help there is.

获得自由，你就能让每个人都处于真正的自由状态。

Go free, and you are holding everyone in their true free state.

所以我不得不放入程序，我从 1952 年开始就一直在编程，到现在我还没

有试着撤销它们。

So I had to put in programs, I've been programming since 1952, I haven't tried to reverse them yet.

09-2 梦 The Dream

为什么问题在于抓着这个梦、这个想象？

Why problem was holding on to the dream, the imagination?

现在，当你看到这个画面的时候，你会发现这个生活就像一场夜晚的梦，我来的地方，就像你回到你昨晚做的梦里一样，去告诉梦里那些角色如何获得自由。

Now when you see this picture, you'll see this life exactly like a night dream life is, where I'm coming from is like you going back into a dream you had last night, and telling those characters how to go free.

这并不容易，

It's not easy.

我不得不使用一些锚来让我留在这个梦中，我想我用的最大的锚是每天晚上看电视上的新闻、读两份报纸——《亚利桑那共和报》和《华尔街日报》，《华尔街日报》是我们拥有的最具信息量的报纸。

I had to use anchors to keep me in this dream, I guess the biggest one I use is watching the news on TV every night, reading two newspapers, Arizona Republic and the Wall Street Journal, The Wall Street Journal is the most informative newspaper we have.

因为随着商业的走向决定着世界的走向,

Because as business goes, so goes the world,

你真的很想知道世界上发生了什么,

you really want to know what's going on,

似乎是经济决定了我们所做的一切, 我们都在工作, 做着工作等等.....

it's the economy that seems to determine everything we're doing, we're all working doing jobs etc...

但我用这些东西作为锚让我保持在这里, 否则我就会滑出去

But I use these things as anchors to hold me here, otherwise I'd just slip out.

从 1957 年到 1961 年或 1962 年, 我确实在那些最美好庄园的牧场里昼夜不停地坐着,

I did sit around the clock from 1957 to 61 or 2, out at the ranch in that

most wonderful estates,

我在 1952 年看到我要教导这个方法，所以当所有这些不寻常的.....

I saw it back in 52 that I was going to be doing the method, so when all these unusual...

还有一件有趣的事，当我独自在牧场时，我没有看到任何不寻常的事情发生，一切都像呼吸一样，直到人们进来，开始指出所有这些不寻常的事情，

Here's another interesting thing, when I was out at the ranch by myself, I didn't see one single unusual thing going on, everything was like breathing until people came in and began pointing out all these unusual things,

我不得不努力去消除它们，

and I had to go to work to keep undoing them,

这样我才可以像人们那样在这个世界上走动，以便与世界交流。

so I could move in a world like people move in order to communicate with the world.

你看，如果耶稣或佛陀回到这里，你和他们的交流就不会很顺畅，

You see, if a Jesus, a Buddha come back here, your communication with

them is going to not be good,

因为你说的是一幅他们根本看不到的画面,

because you're talking about a picture They can't even see,

所以他们只会告诉你：你很棒、你是完整的、你是完美的、你是这样的.....

and so They'll just tell you: You're great, you're whole, you're complete, you're perfect, you're this..

这是他们唯一能看到的東西,

That's the only thing They can see,

这也是当你摆脱你自己的 AGFLAP 时，你将看到的。

and that's what you will see when you rid yourself of the AGFLAP.

09-3 真正的你 The Real You

所以真正的你只是“我是”的体验,

So the real You is just the experience I am,

就是这样。

that's it.

不要叠加上有有限的身体和疼痛等等，

Don't superimpose a limited body with aches and pains that dot dot...

保持在那里。

Remain there.

你的任何念头都是有限的，

Any thought you have is limited,

所以，那个有限的你是感受和思考的体验，

so the limited you is the experience of feeling and thinking,

当你不再感受和思考时，就不再有限制了。

when you no more feel and think, there are no more limitations.

当然，如果你认为你是这个车架子，那就是最受限的你，

Of course, if you think you're this carcass, that's the most limited you,

这是你正在经历的，当你认同你的身体时，你认为“拥有状态”是你的至善、

认为它是最棒的事——如果我能拥有，我会很快乐。

and you're experiencing, when you're in a body state, you think havingness is going to be your summum bonum, the greatest thing, if I only I could have, I would be happy.

当你开始认同你的心智时，你就进入了“行动状态”——我需要成为一个做者，我要成为大人物才能快乐，今天我们只有 5%的人处于这种状态。

When you begin identifying with your mind, you move into the doingness state-- I need to be a doer, I need to be a big shot in order to be happy, it's only 5% of us can get in today that are in this state.

如今，处于“存在状态”的人甚至还不到人口的 1%。

There's not even 1% of the population today that's in the state of Beingness.

但这是我们内在的三种状态，我们认为这是我们的至善，“拥有状态”、“行动状态”、“存在状态”，它们与我们自身的这部分相关，

But these are the three states that inhere in us, that we think is our ultimate good, havingness, doingness, Beingness, and they relate us to this part of us,

但是保持你所是的那部分，这样你就能尽力释放、释放，然后只是存在。

But hold the composite of what you are, so you can work to let go, let go, and just be.

在有限的状态中，你一天 24 小时都有很多、很多的想法和感受，

In the limited state, you have many, many thoughts and feelings 24 hours a day,

但你把目光从它们身上移开，你称它们为“潜意识”，

but you're looking away from them, and you call them unconscious,

但它们就在那里；

but they're there;

当你选择去体验其中一个时，你称它为“有意识的”。

When you choose to experience one, you call it conscious.

在自由状态下，没有想法，也没有感受，这太棒了；

In the free state, no thoughts, and no feelings, and that's great

在有限的状态，是有限的认知。

The limited state, limited knowing.

像美国国会图书馆那么庞大的图书馆，它有如此多的知识可供研究，

As large is the largest library The Library of Congress is, there is so much knowledge that could be worked on,

因为永远都无法获得答案，

because it never gets the answer.

你可以用书籍填满整个星球，你还可以得到更多，

You could fill up the entire planet with books, and you could get more,

所有这些知识都是无用的、是不正确的，事实证明它一直在变化，

all this knowledge is of no avail, is not correct, proven by the fact it's changing all the time,

如果你有答案，你就不会一直改变它。

if you had the answer, you don't keep changing it.

但所有的科学一直在不断地变化、变化、变化、变化，它们永远得不到答案，

But of all the sciences, they're changing and changing and changing and changing all the time, they'll never ever get the answer,

因为它们正在向外寻找答案。

because they're looking outwardly for the answer.

只有当你转向内时，答案才会出现，

The answer comes only when you turn inward,

发现你的存在，了解它，你就会知晓一切。

discover your Beingness, knowing which, you'll know everything.

因此，在外面寻找越来越多的知识，意味着你在得不到答案的方向上越走越远。

So, looking for more and more knowledge out there is looking more and more into directions where you won't get the answer.

真理的定义应该是——永不改变的就是真理。

The definition for Truth should be that which never changes is True.

因为如果它变了，那之前它就不是真的了。

Because if it changed, it wasn't true the moment before.

现在，真理的你是你永不改变的那部分，

Now, the Truth of you is the part of you that never ever changes

它很简单，它就是“我”。

it's so simple, it's the "I".

有趣的是，他们创造了“我”、“一”，当你认同你的“我”、你的存在时，你会发现宇宙中只有一个单一的存在，而你就是它，

Interestingly, they made the I, One, and when you identify with your
iness, your Beingness, you discover there's only one single Beingness of
the universe, and that you are it,

那里没有二元性，

there's no two-ness there,

只有一个单一的“一”。

there's a singular oneness.

当你把 AGFLAP 从你的“我”中清除时，你说的第一件事就是：“你是我，
每个原子都是我。”

And when you get the AGFLAP out of your Is, the first thing you say is:
"You are me, every atom is me."

**然后这一切都只是我心智中的一个画面,唯一的東西就是“我”、“我的存在”,
我们每个人的存在都是相同的无限存在。**

Then all this is just an out picturing of my mind, and that the only thing
is is I, my Beingness, the Beingness of every one of us is the identical
same infinite Beingness”.

当你看到真相时,它只是个“一体性”,

When you see the Truth, it's only a oneness,

这就是人们在寻找的真正的上帝。

and that's the real God that people are looking for.

你想要揭开上帝的神秘面纱,

You want to demystify God,

上帝是你的存在,它是无限的、全能的、全知的、全在的,

God is your Beingness, it is unlimited, omnipotent, omniscient,
omnipresent,

你可以完全揭开上帝的神秘面纱,

you can totally demystify God,

上帝存在吗？

is there a God?

是的，你的存在。

Yes, your Beingness.

所以我希望揭开一些神秘面纱，以消除一些人们对获得自由的恐惧。

So I'm hoping to demystify things to lift out some of the fear of going free.

我想，如果你们没有那么害怕获得自由，你们中的很多人早就做到了。

I think, if you didn't have so much fear of going free, a lot of you would have done it already.

你想知道它是什么，

You're wondering what is it,

还有一种感觉是——如果我自由了，我就会死。

and there's also a feeling I will die if I go free.

有没有人体验过“如果我自由了，我就会死”？

Has anyone experienced that “If I go free, I'll die”?

好吧，确实有东西会死。

Okay, something does die.

09-4 小我 The Ego

有些东西确实死了，

Something does die,

死的是什麼？

what dies?

小我，

The ego.

什麼是小我？

What's the ego?

是“我”的感觉、带着莱斯特的心智和身体的受限的莱斯特消失了，

The sense of me, limited Lester with Lester's mind and body, that goes

但“我”、“我的存在”不会死，

but I, my Beingness doesn't,

“我”、“我的存在”摆脱了所有莱斯特的限制。

I, my Beingness is free of all that limitation Lester.

所以你对获得自由的恐惧，其实是对失去小我感、个性、心智、身体的恐惧，

So your fear of going free is the fear of losing the ego sense, personality, mind, body,

我想“个性”这个词是对小我的一个很好的概括，

I guess the word personality is a good overall word for ego,

正如你所听到的：小我(Ego)， “E” 必须消失。

and as you've heard “Ego, E must go”.

学生：我不觉得我会死，我觉得我会无聊死。

Student: I don't think I'll die, I think I'll be bored to death.

莱斯特：因为现在，你的娱乐是在逃避你的 AGFLAP，你认为你必须不断地逃离。

Lester: Because, because now, your entertainment is running away from your AGFLAP, you think you have to be in constant running away.

但一旦你体验到那种状态，哪怕只是片刻，你就永远不会放手，直到你永远建立它。

But once you experience that state just for one moment, you'll never let go until you establish it for all time.

它是如此美妙，就像一种前所未有的全新喜悦，每时每刻涌现，直到你学会如何控制它。

It's so tremendous, it's like a tremendous ever new joy, welling up every moment until you learn how to control it.

当你最初接近它的时候，每时每刻都涌现了大量的喜悦，这会将你淹没在喜悦之中，

When you first come close to it, every moment tons of joy welling up it, it overwhelms you with joy,

这与无聊正好相反，

it's just the opposite of boredom,

看看现在对你来说的无聊是什么，它是通过行动来逃离你的沉重。

see what boredom is to you now is escape from your heaviness by moving out and into action.

但一旦你体验到了存在，你会发现你现在的生活是多么无聊，无聊透顶。

But once you experience the Beingness, you'll see how boring your life is now, boring yourself down into the pits.

所以自由的状态是终极喜悦，持续不断地没有悲伤、绝对没有悲伤，有一种完全满足的感觉，永恒的满足，

So the free state is the ultimate joy, constant with no sorrow, absolutely no sorrow, with a sense of total fulfillment, permanent satisfaction,

它正好与无聊相反。

just the opposite of boredom is what it is.

你现在做什么？

And what you do now?

你享受片刻的欢愉，却总是伴随着不满、悲伤、痛苦、奋斗、驱使、推动、拉扯，

You take moments of pleasure with a constant background of discontent, sorrow, misery, striving, driving, pushing, pulling

从来没有片刻的平静或幸福。

never a moment of peace or happiness.

最终改变的只是身份认同和观点，

And in the end what changes is only identity and point of view,

你不再认同自己是你的身体，你知道它是什么，你知道它是你心智中的一个念头，你知道你完全掌控着它，

you don't identify as being your body, you know what it is, you know it's a thought in your mind, you know you're in total control of it,

你既不认同你的身体，也不认同你的心智，而是认同你的存在。

you identify not with your body, not with your mind but with your Beingness.

所以你把你的认同从这里转移到了这里。

So you shift your identity from here to here.

你的观点很简单，外面的一切都是完全由我控制的画面。

And your point of view is simply that, it is my picture out there under my total control.

控制不是一个坏的词,

Control is not a dirty word,

控制是我们必须实现的,

control is something we must achieve,

但它必须完全控制我们宇宙中的一切。

but it must be total control of everything in our universe.

这是 1952 年在纽约实际发生的事, 它第一次击中了我, 我无法用语言表达, 它远远超越了语言,

Well, here's what actually happened 52 New York City it hits me, first place I cannot get it into words, it's so beyond words,

过了一会儿, 我说: “哦, 它们有文字。”

after a while I said: “Oh, they have it in words.”

最常用的语言是《圣经》,

And the most common language is the Bible,

所以我把《圣经》从头到尾读了一遍，真正理解了原意，

so I read the Bible from beginning the end and really understood the original meaning,

其中大部分原意因一次又一次的重新解读而从圣经中丢失，

most of which has gone out of the Bible by reinterpretations again and again,

然后我看了看形而上学、神智学的各个学派，都研究了一遍，

and then I looked at the schools of metaphysics, theosophy, went through all of them,

这样我就有了交流的语言。

so I'd have the language of communication.

在经历了这一切之后，我意识到，用简单的英语就可以了。

Then I realized after going through all that, simple English will do it.

这是我跟他们交流的方式。

Here's the way I talked to them.

你怎么了.....?

What do you...?

我听不见，也看不见他们试图让我看到的那些不和谐，

I couldn't hear, I couldn't see all the disharmony that they were trying to get me to see,

我会说：“瞧，做你自己就好，你是完整的、完全的、完美的。”

and I'd say: "Look, just be what you are, you're whole, complete, perfect."

我通常的谈话是这样的：“做你自己就好，为什么费尽心思去做一个悲惨的人呢？”

That was my general conversation : "Just be what you are, why all this effort trying to be a miserable being?"

在你看来就是这样，你就是这么做的，

That's the way it looks to you, that's what you're doing

你正在付出巨大的努力成为一个悲惨的、受限的存在。

you're going through tremendous effort to be a miserable limited being.

所以我当时交流了吗？

So was I communicating?

没有，那时他们似乎很生气，大多数人都很高兴听到“莱斯特，别笑了”这样的话，而我甚至都没有笑。

No, and then they seem to be so annoyed, most of them, they're nice to hear of things like "Wipe that smile off your face Lester", and I didn't even have a smile.

然后我看到我的绝对安全、我投射出来的十亿分之一的安全感，往往会激起他们的不安全感，这让他们感到恼火和心烦，

Then I saw my absolute projected security it was a billion percent security I feel, tended to stir up their insecurity, and so that they were annoyed and bothered,

于是我说：“好吧，我为什么要给他们这个麻烦呢。”

so then I said: "Okay, why should I give them this thing to bother themselves."

我带着那种感觉，来到了塞多纳的农场，在1957年到1961年左右，人们

开始进来，这开始帮我降下来了。

With I took it, and I parked it out at the ranch here in Sedona, sat from 57 about 61, people began coming in, and that helped me start coming down.

但是听清楚这一点，我花了 3 个月扔掉了我的 AGFLAP,

But listen to this, it took me 3 months to dump my AGFLAP,

而我却花了 18 年才重新回到不再有人说我是怪人、怪胎、失衡的状态，

18 years to get my feet back here, where people did not call me queer, kooky, off balance ,

花了 18 年才能够以一种人们不认为我很怪异的方式与人交流，

18 years to be able to communicate with people in a way that they didn't consider me weird,

这比摆脱这些消极想法要困难得多，

it's far more difficult to get up all this negative thinking,

之后产生一个想法比之前完全摆脱所有想法要困难得多，

it's far more difficult to get up a thought after than it formally was to rid yourself of all the thoughts,

3 个月丢弃，18 年捡回来。

three months that way, 18 years back again.

我现在可以行走在这个世界，而不会被认为是奇怪的。

I can walk in the world now and I'm not considered out of balance

我利用了这个世界上的很多东西来让我回到这里，

I use a lot of things in the world to try to get my feet back here,

我想第一件事是《约翰·尼布尔秀》，我是一个项目经理，负责整理所有的项目，他们有放邮件和便条的篮子，每个人都有自己的名字，他们给我的名字是 KOOK（怪人），

I think the first thing was the Long John Neville show, I was the program manager, getting up all the programs, and they had baskets for mail and notes, everyone had their name on it, but for me they had K-O-O-K,

我看不到，但他们看到了。

I couldn't see it, but they saw it.

我也尝试了其他事情，我做了一个科学项目——金属生产项目，这个金属不同于其他金属，这是超导铝，

I tried other things, I did a scientific project, a way out project and produce some metal which there's no other metal like it, it's super conductive aluminum,

当这个项目完成的时候，我完成了《约翰·尼布尔秀》，大概花了一两年的时间。

and when that project was finished, see when I completed the Long John Neville show, it was about a year or two.

我看着它说：“莱斯特，你不及格。”

I looked at it and I said: "Lester, you're flunked."

我以为我很正常，但我从来没有跟踪过一个任何项目，每个项目每个晚上都会主动联系我，我没有意识到这一点，直到我要离职。

I thought I was normal, I never chased after one single program, every program every night would call me, I didn't realize this until I was stepping out.

下一个接替我位置的人在墙上挂了一张大图表，列出了三四个月的项目计划，我说：“这是干什么用的？”他说：“为了把安排项目。”“你是什么意思，这是干什么用的？”我说：“噢~”

And the next person taking my place had a big chart on the wall laying out programs for 3, 4 months, I said: "What's that for?", he said: "To get

the programs in.”“What do you mean? What's it for?” and I said: “Oh...”

通常，我让每个人在项目开始前一天或几天联系我，

I had everyone call me, usually a day or a few days before the program

直到我辞职，我才意识到这是不寻常的。

I wasn't aware that that was unusual until I quit.

然后我说：“哦，还有一件事，我从不睡觉。”

And I said: “Oh, there's another thing, I never slept.”

项目从午夜持续到凌晨 5 点半，我忙着为节目做准备，

The program was on from midnight to 5:30 a.m. during the day, I'd be busying myself getting things ready for it

然后人们会在半夜说：“莱斯特，你是怎么保持这么清醒的？”

and then people would during the night would say “How do you stay so wide awake, Lester?”

我会说：“噢，我白天睡觉。”

I'd say: “Oh, I sleep in the daytime.”

这是我唯一能对他们说的话。

That's the only thing I could say to them.

还有许多其他非常不正常的事情。

There were many other things that were so abnormal.

我说：“莱斯特，你不及格。”

I said: "Lester, you flunked."

接下来的大事是这个科研项目，托尼·萨兰蒂斯对我说了一些事，直到 1952 年，我一直从事核物理学的研究，因为核物理学每年都在变化，这被认为是伟大的。

The next big thing was this scientific project, Tony Sarantidis said something to me, which see until 1952 I stayed with the nuclear physics which was changing every year, that was considered great.

刚开始的时候，一个原子有 3 个粒子；1952 年，我想有 60 个粒子；现在原子中有数百个粒子。

When I started there were three particles to the atom; 52, I think there were 60 particles; And now there's hundreds of particles in the atom.

原子的定义是最基本的组成部分，它是一个不可分割的单一单位。

And the definition of an atom is the basic building block, it's a single unit that can't be divided.

我们今天杰出的物理学家用这个定义说：原子中有数百个部分。

We brilliant physicists today with that definition say: There's hundreds of parts in the atom.

你知道我们在世界上的处境，我们连最基础的知识都不知道，为什么？

You see where we are in the world, we don't know the a in the alphabet, why?

我们不了解我们自己，我们不了解人类本身的科学，我们不了解存在的科学，要知道存在的科学，而不是把原子的构成搞那么复杂，

We don't know ourselves, we don't know the science of man himself, we don't know the science of Beingness, knowing which, instead of the tremendous complication of the atom,

$A+B+C=0$ 解释了所有物质和所有能量的创造，

A plus B plus C equals 0 explains the creation of all matter and the creation of all energy,

而且你只需要算术就可以了。

and all you need is arithmetic for it.

当我上学的时候，我们必须在物理系学习张量微积分，因为数学系没有那么复杂的数学课程。

When I went to school, we had to study Tensorial Calculus in the physics department, because the math department didn't have math that complicated

我想对你说的是，世界正朝着错误的方向发展，如果你保持那个方向，你就会偏离并被拉离你之所是，而知道了你之所是，你将知晓一切，原子的画面是如此简单。

And what I'm saying to you the world is in the wrong direction, if you stay with it, you get detracted and pulled away from what you are, knowing which, you will know everything, and the picture of the atom was so simple.

52 年或多年的研究，我不得不扔掉，它全是错的！

52 all the years of study, I had to throw away, it was all wrong!

09-5 医学 Medicine

整个世界都颠倒了，

The whole world is upside down,

我不想说这是关于医学的，但我们都被牵涉其中，

I hate to say it's about medicine, but we're all involved in it,

我们有医疗人员在这里。

we have people medically involved.

但医学研究疾病，而且疾病多种多样，

But medicine studies disease, and is very affluent in disease

这几乎就像，作为一名物理学家，如果我研究黑暗，我对光会有什么了解？

it's almost like, as a physicist what would I know about light if I studied darkness?

这就是世人对健康的认知。

That's what the world knows about health.

我对你们所有人说的这些是有充分理由的，

And I'm saying this to all of you for a very good reason,

释放对身体的呵护，

let go of pampering the body,

身体就是你的疾病，

the body is your disease,

你在这里修补它，你在这里修复它，你在这里修复它，你得在那里修复它，

you patch it here, and you got to fix it here, you fix it here, you got to fix it there,

你被困在身体里，

you get so locked into the body,

你把自己锁在了这里。

you lock yourself down here.

我们很多人都对健康和草药之类的东西感兴趣，你拿起杂志，根本就没什么用。

So many of us are interested in health and herbs and this thing and you

pick up the magazines, it's no one's coming in all the time.

维生素有什么智能是你不具备的？

What intelligence does a vitamin have that you don't have?

化学物质有什么智能是你没有的？

What intelligence does any chemical have that you don't have?

如果你观察一下，你会发现世界的方向是多么荒谬。

If you look at it, you see how ridiculous the direction of the world is .

你必须放下那个错误的方向，

You must let go of that very wrong direction,

然后开始向上移动。

and start moving up.

我不想暗示如果你参与了这些领域，就应该放弃它，

I don't want to imply that if you're involved in any of these fields give it up,

你不能，你需要它，你需要.....你觉得可以利用它来生存。

you can't, you need it, you need to... You think use it in order to survive.

但你对它的态度应该改变，

But your attitude toward it should change,

无论你在做什么，都把它当作一种职业，直到你能到达一个不需要做任何事的地方。

whatever you're doing, use it as a vocation until you can get to the place, where you don't have to do anything

我认为最愚蠢的事情之一就是为了谋生而工作。

The way I see it one of the silliest things to do is to work for a living.

当你本来就是永恒的、却要为了生计而工作时，你能变得多么荒谬？

How ridiculous can you get when you're eternal to work for a living?

最愚蠢的是，你在外面为它努力，在外面却永远也得不到它。

And the most stupid thing of it is, you're working for it out there, and you're never gonna get it out there.

永恒的生命为生计而工作.....

Eternal beings working for a living...

改变你关注的方向，

Change your focus of direction,

向内，

go inward,

得到答案，

get the answers,

不要放弃你正在做的事情，改变你对它的理解，

don't chuck what you're doing, change your understanding of it,

在你正在做的事情上越来越成功，

become more and more successful in what you're doing,

然后超越它。

and rise above it.

你要做的是让你的 AGFLAP 出去，

What you got to do is get your AGFLAP out,

释放，

release,

释放会带你走完全程。

releasing will take you all the way.

学生：他说他说不要停止你正在做的事情，改变你对它的理解。

Student: He said he said don't stop what you're doing, change your understanding of it.

莱斯特：是的~

Lester: Yep~

学生：好吧，我是一名医生，也是一名精神科医生，我知道你在说什么，我知道你说的是对的，我不明白怎么.....

Student: Okay, I'm a doctor and I'm a psychiatrist, and I know what you're saying, I know what you're saying is right on, I don't understand how to...

莱斯特：怎么做？

Lester: How to do it?

学生：因为我知道你说的是对的，是的，我不知道如何继续做我正在做的事情。

Student: Because I can see what you're saying is right, yeah I don't know how to keep doing what I'm doing.

莱斯特：好吧，把这一点清除出去，你是在帮助别人吗？

Lester: Okay, take this out of you , are you helping people?

学生：在某种程度上，是的。

Student: In a certain way, yes.

莱斯特：在某种程度上是的，

Lester: To a degree, yes,

你越自由，他们从你那里得到的帮助就越多，无论你说什么或做什么，
the freer you get, the more help they're going to get from you,
regardless of what you say or you're doing,

凭着你的状态，你会帮助到他们，

by your state, you're going to help them,

通过释放，他首先看到，精神病患者们并不想好起来，但他们非常希望他加入他们，

by releasing, he saw first, the psychotics didn't want to get better, but they very much wanted him to join them,

看，当他意识到那一点，他知道他必须放弃。

see, when he saw that he knew he had to give it up.

当他转变的过程中，我想第一件事发生了，他摆脱了憩室炎，在课程结束一周左右之后，他原本要去做手术，结果却发现他的憩室炎已经好了，

as he was moving, I think the first thing happened to him he got rid of diverticulitis, a week or so after the course, he went in for an operation and he didn't have it,

然后他扔掉了他所有的东西，然后他放弃了他的生计，

then he threw off all his things, then he threw away his livelihood,

他这么做，是因为他明白“外面除了我的想法之外，什么都没有”。

he did that, because he saw there's nothing out there but my

thinkingness.

于是他来到塞多纳，专注于获得自由，

And so he came to Sedona concentratedly worked on going free,

他现在不工作也能赚钱，比如房地产之类的，

and he makes money now by not working, real estate and things like that,

这就是他在做的。

this is what he's doing.

他不工作也很富裕，

He's affluent without working,

他知道工作是愚蠢的。

he knows working is silly.

但他还是得迈出这一步，

But he still has to make this step,

他必须把这一切都扔掉、舍弃、摆脱它，

he has to throw all that away, give it away , get rid of it,

然后只是通过存在生活。

and just live by being.

很简单，摆脱你的 AGFLAP，

Easy, get rid of your AGFLAP,

就是这样！

that's it!

摆脱你的 AGFLAP。

Get rid of your AGFLAP.

当时我正坐在中央公园南区的一间顶层公寓里，这时我的内心突然产生了这样一个想法：现在，只穿着一件衬衫走出这里，你会被照顾好的。

Now I was sitting in a penthouse on Central Park South, when this concept hit me with an inner: Now, walk out of here with just a shirt on your back, and you're taken care of.

事实确实如此!

And it was true!

但作为物理学家，我必须先证明这一点。

But being the physicist, I had to prove it first.

在 12 月中旬的一个暴风雪天，风刮得很厉害，我走了出去，我说：“就这样，我要去洛杉矶两周，摆脱这一切。”我回到家里，收拾了一些东西，我打算不花任何钱就这么做，我没带钱就走出了家门，在洛杉矶呆了两周然后回来，从来没有索要过任何东西。

I walked out one mid-December blizzardy day with the wind blowing hard, I said: "That's it, I'm going to go to Los Angeles for two weeks and get out of this." Went back in the house, packed some things, and I'm going to do it with no money, and I walked out of the house with no money, spent two weeks in Los Angeles and came back and never asked for one single thing.

上帝能做到吗?

Can God do it?

那你也能做到。

Then you can do it.

在那之后，我总是要验证两次。

Then after that, I always have to prove everything twice.

当所有的力量都落到我的膝盖上时，对每一个降临到我身上的力量，我都有两个见证。

When all the powers fell into my lap, I had two witnesses for every power that I sort dropped into my lap.

我喜欢做的第二件事是身无分文地环游世界，也从不要任何东西。

The second thing I did like that was to take a trip around the world with no money and never ask for a thing.

学生：你有护照吗？

Student: Did you have a passport?

莱斯特：是的~

Lester: Yep~

(学生笑)

Ha ha ha....

学生：不，我不知道.....

Student: No, I don't know...

莱斯特：是的，但是.....

Lester: Yeah, but...

学生：你是在地球上环游世界，还是超越它环游世界？

Student: Were you on the earth or were you above it?

莱斯特：没有护照，你也可以环游世界。

Lester: You can get around without it too.

学生：莱斯特，你是从一个国家瞬移到另一个国家吗？

Student: Lester, did you teleport from country to country?

莱斯特：我是坐飞机去的，但当我到达罗马时，我在去巴基斯坦的途中降落在罗马，那个漂亮的意大利女孩很确定地跟我说我不能去巴基斯坦，因为我没有签证，哦？我忘了，我没有安排好，离我的飞机起飞只有五分钟了，我的行李已经上了飞机。她说你不能去。所以当她说这么说的话，我说好吧。她给我看手册说“就这样，我也没办法”。

Lester: It took an airplane, but when I hit Rome, just dropped into Rome

on the way to Pakistan, the nice Italian girl convinces me beyond any doubt that I can't go on to Pakistan, because I had no visa, I forgot it, I didn't arrange properly, five minutes, my plane was going to leave with my baggage on it for Pakistan and she says you can't go, so when she said that I said well, she showed me the book, that's it, nothing I can do about it.

然后我释放，她走到后面，然后又跑到我这里说：“我不知道为什么，我们领导说，你可以上飞机了，你有签证在里面，快走。”

And I let go, she walks to the rear, comes running out here run "I don't know why my boy says you can go, you got a visa in there, run."

我就上了飞机，他们在我后面关了飞机舱门，我去了巴基斯坦。

I got on the plane they closed the door behind me and I went to Pakistan.

每一个不可能，无论多么不可能，当你对任何事物完全释放之后，都会立即变成可能。

Now every impossible, no matter how impossible, becomes immediately possible when we are completely released on anything.

这是你可以体验到的。

Now this is something you can experience.

你知道，当你不给钩子的时候，你就完全释放了，你不给钩子（对特定主题不再能勾出感受）。

And you know you're completely released when you don't give a hook, you don't give a hook.

当她说她向我证明我不能去的时候，好吧，好吧，我不在乎，我很好，然后我释放，然后不可能立刻变成可能。

And when she said she proved to me I couldn't go, okay, fine, I don't care, I'm alright and I let go, and then the impossible becomes immediately possible.

我只有一个画面，一切都是绝对完美的，这是我不用思考就沉浸其中的画面。

I have a single picture, everything is absolutely perfect is the picture I dropped into without thinking.

我只是喜欢呢.....就像当我走不动了，我太累了，我不想走路，他们陪我上山，天气很热，整天都是太阳，我又没有戴帽子，我只是放手，一切都很完美。

I just like eh... Like when I couldn't walk anymore, I was so tired, I didn't want to walk, and they walked me up the hill, and it was hot, sun all day long and I didn't have a hat, I just let go, everything is perfect.

然后，你想要的愿望或任何你想要的东西，都会毫不费力地进入你的经验。

And then the wish or whatever it was you wanted falls into your experience with no effort.

但是您可以通过完全释放来验证它，

But you can test it by completely releasing,

无论你想要的是什么，当你不再担心它的时候，你就知道你已经完全释放了。

whatever it is you're wishing, and you know you're completely released when you don't give the least concern about it.

09-6 万念俱灰 Apathy

莱斯特：是的，你可以这么说，但是万念俱灰就是万念俱灰。

Lester: Yeah, you can say it, but apathy is apathy.

学生：没错。

Student: That's right.

莱斯特：我现在说的很有道理，

Lester: And what I'm talking is brilliant~

这是非常不同的，

That's really different,

你知道万念俱灰的区别，

you know the difference to apathy,

万念俱灰是最沉重的感受之一，

apathy is one of the heaviest of feelings,

当你释放了，它是最轻松的感觉，

when you let go, it's one of the lightest of feelings,

所以，一个非常沉重，另一个极其轻松。

so one's extremely heavy, the other's extremely light.

09-7 完美 Perfection

人怎么能同时既完美又不完美呢？

How can people be perfect and imperfect at the same time?

好吧，你得做出选择，

Okay, you need to make your choice,

怎么做？

How?

通过释放不完美、释放不完美的想法，

By releasing the imperfection, imperfect thoughts,

释放你的 AGFLAP，这都是不完美的思维，

releasing your AGFLAP, that's all imperfect thinking,

所以保持释放，直到你看到完美。

so keep releasing until you see the perfection.

我们每个人都经历过这个过程，

Every one of us goes through this,

我们到达了看到完美的地方，而在之前看上去的不完美是一种表象，

we get to the place where we see the perfection, where the former
imperfection seemed to be, this is a see me seemingness

所以你处于那种表象里询问另一边的情况,

so you're in the see me seemingness asking about the other side,

这是困惑,

that's confusion,

释放 AGFLAP,

release the AGFLAP,

直至你摆脱你的程序, 才会没有困惑。

there will be no confusion until you get rid of your programs,

当然有两条路可走, 一条是你知道自己应该走的路, 另一条是你被驱动去走的路。

of course there's going to be two ways to go, the way you know you should go and the way you're motivated to go.

所以, 每个不自由的人都会感到困惑。

So confusion is in everyone who isn't free.

摆脱你的 AGFLAP,

Rid yourself of your AGFLAP,

你所有的困惑就都消失了,

and all your confusion is gone,

AGFLAP 不过就是困惑而已。

AGFLAP is nothing but confusion.

AGFLAP 在说：这个完美的状态有一百万个不完美之处。

AGFLAP is saying: This perfect state has got a million imperfections.

这就是你的 AGFLAP 所说的。

That's what your AGFLAP is saying.

所以，除非你摆脱它，否则你肯定会感到困惑。

So until you get rid of it, sure you're going to be confused.

而且你无法想象自己是完美的，

And you can't imagine being perfect,

你只能是完美，

you can only be it,

你无法在心智中想象 “你可以成为那种完美”。

you can't image it in the mind "You can be the perfection".

所以你试图在不完美的心智里弄清楚它，

So you're trying to work it out in your mind, which is imperfect,

要知道，心智是无法理解的，

see, the mind cannot comprehend,

因为心智一直在努力求生存，

because the mind is all the time trying to survive that,

并且每一个想法都是一种限制。

and every thought is a limitation.

10-1 显化物质 Materializing Things

我走出公寓，听到有人喊着我的名字，一个和我失去联系十年的人，在那之

前，我听到他说：“嘿，莱斯特，你去哪？记得我欠你的钱吗？”他给了我钱，让我买了一张环球航空往返洛杉矶的机票。

I walk out of the apartment, I hear my name being shouted a man who lost contact with me about 10 years, prior to that moment, I hear him: “Oh hey, Lester, where have you been? Remember that money I owe you?” He gave me the money that bought me a round trip TWA ticket to Los Angeles.

我到了洛杉矶，给一个老朋友打电话，他说：“你一定要和我们住在一起，我们刚搬到一个新地方，我们有一间房间给你。”

I hit Los Angeles, I call an old friend: “You must stay with us, we just moved into a new place, we have a room for you.”

第二天早上，天啊，在洛杉矶没有车，就像没有腿一样，下一个想法是打电话给伯勒，一个老朋友，我打电话给他，他说：“哎呀，真有趣，因为我刚刚想到你，你在哪里？我马上来找你。”

Next morning, being in L.A. without a car is like being without legs, next thought, call Burl Cast, an old friend, I call him: “Gee that's funny, I was just thinking where are you, I want to see you I'm coming right over.”

早上，我们正在喝咖啡，他什么都没说，把手伸进口袋，把钥匙滑过桌子，说：“你想用我的车多久都可以，我住在工作室附近，我走路上班。”

It's morning we're having a cup of coffee without saying anything his

hands goes into his pocket and he slides his keys across the table, he says: "You've got my car for as long as you want I live near the studio, I walk to work."

现在事情一直都是这样运作的。

Now this is the way it works all the time.

当我决定去纽约时，一个熟人跟我说：“莱斯特，我给你买了一张环球往返的机票，我在英国海外航空公司工作。”

when I decided to go to Europe, an acquaintance said "Lester, I got you a round trip ticket around the world, I'm working for BOAC"

但这对你也同样适用，就像对我或其他人同样有效一样。

But this works for you just as well as it works for me or anyone and everyone else.

但你得去做，

But you've got to do it,

你不能抓着那些“不可能”而让这些事情发生。

you can't hold "cannots" and have these things happen.

一切都是可能的，你必须坚持这一点，并允许它们发生。

All things are possible, you've got to hold, and allow them to happen.

无论多么不可能，相信我，无论情况多么不可能，当你完全释放时，它会立即成为可能。

And no matter how impossible, believe me, no matter how impossible the situation, it's instantly possible when you're completely released.

为什么？

Why?

因为我之前告诉过你，外面除了你的画面，什么都没有。

Because what I told you before, there's nothing out there but your picture.

从逻辑上来说它真的很简单，

Logically it's simple,

它是你的画面。

it's your picture.

10-2 大师与古茹 Masters & Gurus

如果他遇到一个快要到达那里的人，他就能做到，就像罗摩·克里希纳轻触维维卡南达时，维维卡南达就进入了涅槃。

If he meets someone who's almost there, he can do it, like when Rama Krishna tapped Viva Cananda, he went into the nirvana.

为什么？

Why?

祂出生之前就是个大师了。

He was a master before he was born.

当尤迦南达的古茹圣尤蒂斯瓦尔触碰他时，同样的事情也发生在了尤迦南达身上。

When Yogananda's guru Yuktaswar touched him, the same thing would happen to Yogananda.

为什么？

Why?

尤迦南达在出生前就是一位圆满的大师，

Yogananda was a full master before he was born,

耶稣在出生前也是一位大师，

Jesus was a full master before he was born,

这些人决定回来帮助其他人。

these are people who have decided to come back and help the rest.

我是这样描述的：我们来到墙边，我们眺望那座完美的花园，我们跳进去，我们不再认识以前认识的人了，我们大多数人都是这么做的。

The way I describe it is we get to the wall, we look over into that garden of perfection, we jump in and we no more know the people that we knew before, that's what most of us do.

但有一小部分人爬上墙往里看，然后跳回来告诉其他人“这是什么样的”，这些人就是基督、佛陀等等。

But there's a small percentage climb up to the wall look in and then jump back to tell the rest of them "what it's like", those are the Christs the Buddhas and so forth.

但要达到涅槃的境界，你必须非常非常接近它，如果别人为你做了，这些事情不会是永久的。

But to be lifted into the state of nirvana, you've got to be very very near it, and there's no permanency about those things if someone else does it for you.

是的，释放，释放所有的 AGFLAP。

Yeah, let go, let go of all the AGFLAP.

看看每次你释放的时候，无论你想要什么，它都会发生，不管你是否注意到。

Look every time you let go, whatever it is you want, it happens, whether you notice it or not.

为什么那些万念俱灰的人没有都饿死呢？

Why don't the apathetic people all starve to death?

因为他们到了最底层，他们什么也做不了，他们放弃了。

Because they get down to the bottom, they can't do a thing, they quit.

有人给他们一点面包屑，他们放弃了；你给他们另一片面包屑，他们放弃了；他们做不到，他们处于极度的万念俱灰中，他们继续以这种方式生存，因为他们放弃了。

Somebody gives them a crumb and they quit, you get another crumb and they quit, they can't do it, they're in deep apathy, and they keep

surviving that way, because they quit.

当你获得自由时，你会失去所有的“行为感”，

You lose all sense of doership when you go free,

祂们解释的方式是“不是我，而是天父通过我在运作”，

the way They explain it “It's not I, but the Father who will work it through me”,

当你失去了行为感，那就叫“臣服”，

and when you lose sense of doership, that's called surrender,

当你臣服的时候，你就走出了你的小我感，

and when you surrender, you're stepping away from your ego sense,

你完全释放了你的小我感，进入了你的存在，

you're letting go of your ego sense totally, and you're into your Beingness,

这才是真正的臣服。

that's what surrender really is.

尤迦南达在温达文身无分文的男孩这章中提到，或者他.....当时他多大了？

Now Yogananda has a chapter of penniless boys in Vrindavan, or he...

How old was he then?

他年轻的时候，和他的一个朋友去了一个遥远的城市，一切都很顺利，他们回到家，他们没有钱，但他们带着钱回来了。

He was young, and a friend of his go to a distant city, everything falls perfectly into line for them, they get back home, and they had no money, but they came back with money

你能看到，怎么臣服？

You can see, how surrendered?

当尤迦南多上了火车，在最后一站之前，两个男人上车对孩子们说：“你们看起来像是有宗教信仰的人，我们想帮助你们，请你们吃顿饭。”尤迦南达说：“别打扰我”，还记得吗？

How sure Yoganando was when he gets on a train and before the last stop, two men get on and say to the kids: “Oh, you look as though you’re of a religious bent would like to help you, we’ll get you a meal.” And Yogananda says: “Don't bother me.” Remember that?

你必须如此笃定。

That's how sure you have to be.

所以当他下了火车，他吃了一顿简直是皇室级别的饭。

And so when he got off the train, he had a meal that was really designed for royalty,

每次都是这样。

But it's that way every time.

这是值得一读的好章节。

It's a good chapter to read.

因为事情就是这样的，有趣的是，你的生活也是这样运作的，但你没有让它变得简单，反而让它变得困难，仅此而已。

Because that's the way it is, the funny part of it is, that's the way it is now in your life, but instead of making it easy, you make it hard, that's all.

心智只有创造性，只有、只有、只有创造性，创造着我们投入其中的东西。

The mind is only creative, only, only, only creative, creating what we put into it.

但是你在创造沉重,

But you're creating heavies,

放下沉重,

drop the heavies,

放下 AGFLAP。

drop the AGFLAP.

10-3 成为做者 Becoming a Doer

如果你下降到这里, 你必须成为一个做者;

If you are down here, you must become a doer;

如果你上升到这里, 你释放你的做者感, 然后你向上移动到这里。

if you're up here, you let go of your doingness, and you move up here

换句话说, 如果你认为自己做不到, 那是一个巨大的限制。

In other words, if you think you cannot do, that's a tremendous limitation.

所以我们告诉你，设定你的目标，摆脱障碍，摆脱阻碍你实现目标的那些感受，并释放它们，明白吗？

So we tell you do, set your goal, get up the blocks, the feelings that are preventing you from getting your goal and release them, see?

因此，通过成为一个做者，你的垃圾就会浮现，

So by becoming a doer, your garbage comes up

“你伸出脖子，却害怕被砍掉” ，

“you stick your neck out and you’re afraid it’s going to be chopped off” ,

所以你释放了所有这些，

so you release all that,

然后你向上移动到这里，然后就没有了做者感。

and then you move up to here, and I have no sense of doership.

但其他人会以他们看待我的方式看待我，其他人会以他们看待基督的方式看待他。

But others will see me the way they see me, others will see a Christ just the way they see him.

我们使用的方法很简单，每个人在他或她的每一个行为中都在寻求全然的安全，为了得到那种安全，

The Method that we use is simply this, everyone in his or her every act is seeking the total security in order to get which,

如果我得到了每个人的认同，我就安全了，我就能生存下去；

if I have everyone's approval, I'll be safe, and I'll survive;

如果我不能得到他们的认同，我就想让他们认同我，这样我就安全、就能生存了，这就是控制；

if I cannot get their approval, I want to make them approve of me, so I'll be safe and survive, and that's control;

所有其他的想法都源于此，

and every other thought comes underneath that,

这就是全貌。

that's the whole picture.

好的，那么你为什么想要认同？

Okay, so why do you want approval?

演艺圈的人都想要那种安全感：如果每个人都崇拜我、我有名气、我有财富，哦，天哪，我会快乐吗？

People in show business want that security, if everyone worships me and I have fame and I have fortune, oh boy will I be happy?

但你很幸运，你找到了方法。

But you're lucky, you've got the Method.

你知道他们大多数人都发生了什么。

You know what happens to most of them.

他们一生中最大失望的时刻就是当他们同时获得名声和财富的时候，在那里没有幸福，他们中的一些人自杀，大多数人吸毒，一小部分人退圈了。

The greatest letdown in their lives is when they attain fame and fortune at the same time, there's no happiness there, some of them commit suicide, most of them hit drugs, a small percentage resign themselves.

你知道现在好莱坞有多少人吸毒吗？

Are you aware of how much Hollywood's on drugs today?

因为他们已经获得了名望和财富，而这一切都是空虚的，他们试图靠获得认

同的短暂快乐来维持自己。

Because they've gotten the fame and the fortune, and it's as empty as can be, and they try to sustain themselves on the momentary pleasure of approval.

10-4 负起责任 Taking Responsibility

负起责任能让你处于驾驶座上，你知道这意味着什么，你掌控着一切。

Taking responsibility puts you in a driver's seat, you know what that means, you're in control over everything.

所以你不停地问自己：“我做了什么导致了这一切？”

So you keep asking yourself: “What did I do to cause this?”

答案就会出现。

The answer will come to you

当一些所谓的负面事情发生在我身上时：“我做了什么导致了这种事情？”

When something so called negative will happen to me: “What did I do to create this?”

然后导致这种情况的潜意识想法就会浮现在我的脑海里，

And the unconscious thought that was a source of it would come to my mind ,

然后释放它，

and then release it,

它就不会再发生了。

so it wouldn't happen again.

要明白，任何事情的发生都是在此前有了一个想法，无论是有意识的还是无意识的，但大部分都是无意识的。

See, nothing happens without a forethought be conscious or unconscious, most of it is unconscious.

当你问的时候，潜意识想法进入意识层面，然后你就可以释放它，

When you ask, the unconscious thought comes into consciousness, and then you can release it,

而当它处于潜意识状态的时候，你无法释放它。

while it's unconscious, you cannot release it.

如果你养成了问自己“我做了什么导致了这件事？”的习惯，你就养成了一

个让最初的想法出现的习惯，这样你可以释放它。

If you get the habit of asking yourself “What did I do to cause this thing?”, you develop a habit of the initiating thought coming up, so you can release it.

否则，如果你容易发生意外，你就会一次又一次地发生意外。

Otherwise like, if you're accident prone, you'll go right on having accident after accident after accident.

但如果你问自己“我对做了什么导致了这种事？”，你会看到最初的想法，你会释放它，你消除了发生意外的倾向。

But if you ask yourself “What did I do to the cause this?”, you'll see the initiating thought, you will release it, you undo being accident prone.

通过负起责任，你在做一件非常好的事情。

You're doing a tremendously good thing by taking responsibility.

现在，负起责任能帮助你让那些最初的想法浮现，是它们导致了所谓的不要的经历、负面的经历，

Now taking responsibility helps you get up the initiating thoughts that cause the unwanted, so called unwanted experiences, the negative experiences,

我们必须先有这种消极的想法，事情才能发生。

We must have that negative thought in order for it to happen.

现在负起责任，

Now taking responsibility,

你可以成为好莱坞的头号女主角，你想要这样吗？

you can be the number one heroine in Hollywood, you want that?

没问题，因为现在你知道这是怎么回事了，当它发生的时候，它不会像对很多人一样造成毁灭性打击。

it's alright, because now you know what is, and when it happens, it won't be a ruination, like it is to so many of them.

要知道，想要被认同、控制、安全是导致所有思考的根源。

See approval, control, security are the roots that cause all thinking.

所以如果你释放认同、控制，你可以得到更多的成就、更多的里程。

So you get more yardage, more mileage out of it, if you take it to approval, control, or security.

你看，要释放恐惧，其中的任何一种，在悲苦、恐惧之后，需要花费很多世才能释放掉如此巨大积累中的其中一种，然后我们还要释放其它的。

You see, to release fear, any one of those, after grief, fear, it would take lifetimes of such a tremendous accumulation of it to release just one of them, then we have the others to go.

但如果你释放认同或控制，释放一个单位的认同或控制就是释放那个单位之下的每一个感受。

But if you release approval or control, releasing one unit of approval or control is releasing one unit of every feeling underneath it.

要知道，世界上所有的方法和途径都没有取得任何进展，

See the world is not making any progress in all the methods and ways they have,

因为他们针对的层面收效甚微，几乎可以忽略不计。

because they're attacking it at a place where the amount of effectiveness is so minimal, it amounts to almost nothing.

但当我们从认同或控制入手时，我们就是在处理它的根源，

But when we attack it at approval or control, we're attacking it at the

roots,

释放一个单位的认同或控制，就是在释放一个单位下数百种更深层次的感受。

one unit of approval or control released is releasing one unit in hundreds of feelings that are further down line.

所以我们应该始终从认同和控制入手，

So we should always take it to approve or control,

如果，当想要安全出现时，释放它，

and if, and when security comes up, release that,

但不要过度追求安全、对死亡的恐惧、或对活着的恐惧，

but don't push too hard for security, the fear of dying, or the fear of living,

因为你会被它压垮。

because you can get overwhelmed by it.

但如果它没有压垮你，当你释放了相当数量的认同或控制时，它甚至是一种比认同或控制更快的方式。

But if it doesn't overwhelm you, it's even a faster way than approval or control when you release an appreciable amount of approval or control.

10-5 对死亡的恐惧 Fear of Dying

你提升到足够可以面对死亡的恐惧，这是所有感觉中被压抑得最深的一种，

You are up high enough so you can confront the fear of dying, which is a most suppressed feeling of all feelings,

因此，当你释放了相当数量的认同、控制，你有足够高的能力面对和允许对死亡的恐惧上来并让它出去，而不是再次把它压下去。

so when you release an appreciable amount of approval or control, you're up high enough to confront and allow up the fear of dying and let it out, rather than pushing it down again.

看，我们以为，如果对死亡的恐惧出现了，我们就会死，那种感觉就好像我们要死了，所以我们压抑它。

See, we think if the fear of dying comes up, we're going to die, it feels as though we're dying, so we suppress it.

但要小心，

But be careful on it ,

除非你真的能够应对它，否则不要因为释放对死亡的恐惧而把压垮自己，
don't overwhelm yourself by releasing on the fear of dying unless you
can really handle it,

一旦你能处理它，全力以赴，很快你就能让它出去，你就完成了。

once you can handle it, go for broke, very quickly you get that out and
you're finished.

你释放了对死亡的恐惧，你就结束了，你离成功很近了，快完成了。

You let go of your fear of dying, you're finished, you're so close to it that
you're as good as finished.

如此简单！

So simple!

**不再有想要被认同和想要控制允许你摆脱那条绝对的底线——对死亡的恐
惧，这是你的想要安全，在那之后，你的心智就安静了。**

No more wanting approval, control allows you to pull out the absolute
bottom line, fear of dying, which is your security thing, after which your
mind goes quiet.

之后，你不再有对死亡的恐惧，你的心智会安静下来，你对自己的无限的真我会变得十分清晰。

And you have no fear of dying, your mind goes quiet, and you're very self-obvious to your Self as your unlimitedness.

让心智安静下来，

Get to quiet that mind,

要知道，如果只有一种获得自由的方法，那就是让心智安静。

see if there's only one way of going free, it is getting the mind quiet.

现在所有其他的方法都是通过心智来实现的。

Now all the other ways try to do it through the mind.

因为心智是一个为了生存而被编程的东西，

and because the mind is an entity programmed for survival,

心智认为它是一种生存，

and the mind thinks it is a survival,

心智永远不会消除心智，

the mind will never undo the mind,

这是除了我们的方法之外，所有其他方法的问题所在，

this is the problem with all other ways except our way,

他们都在试图通过心智来做，

they're all trying to do it via the mind,

而心智完全是用来维持身体生存的，

and the mind is totally constituted to keep your body surviving,

所以心智永远不会让心智安静。

so the mind will never quiet the mind.

释放心智的驱动程序可以做到，释放认同、控制将会使心智安静。

Releasing the motivators for thought will, releasing approval, control will quiet the mind,

当心智安静下来的时候，答案就在那里，知道了那个答案，其他所有答案也在那里了。

and when the mind is quiet, the answer is there, knowing that answer,

every other answer is there.

所以只有一种方法，那就是让心智安静下来，

So there's only one way that's quieting the mind,

无论如何，试图通过心智来实现是永远不会成功的，

and anyway, it attempts of do it via the mind will never succeed,

这就是为什么我们在这几千年里都没有成功。

and that's why we're not succeeding over these thousands of years.

他们告诉你爱，

they tell you love,

但你得到了所有这些 AGFLAP，这是“非爱”，

but you get all this AGFLAP, which is non-love,

所以你试图在非爱之上去爱，这是行不通的。

so you try to love over the top of the non-love, it doesn't work.

把 AGFLAP 拿走，爱就在那里，一直都在那里，

Take the AGFLAP out of the way, and the love is there, has always been there,

你们本性都是爱，AGFLAP 覆盖了它，

you're all loved by your nature, the AGFLAP covers it over,

把 AGFLAP 拉出来，剩下的就只有爱，

pull the AGFLAP out, there is only Love,

这是最伟大的东西。

it's the greatest thing there is.

你的无知于你正在创造这些画面的事实，

You're ignorant of the fact that you're creating those pictures

“无知”是个不好的词吗？

Is that a bad word “ignorant”?

我没说无知的人，除非你在解读我的想法。

I didn't say ignoramus, unless you're reading my thought.

(有学生问：那些石头也是吗？)

莱斯特：不论你看到什么石头，都是你创造出来的，是的。

Lester: Whatever rock you see, you're creating, yes.

外面除了你的画面，什么都没有。

There's nothing out there but your picture.

你看不到别人看到的東西，

You don't see what everyone else sees,

你以为每个人都在看你的画面，

you think everyone's seeing your picture,

这是小我的一部分。

this is part of the ego.

但首先你要知道，人们看待事物的方式各不相同，

But first you know, people don't see things the same way,

你和一群人交流，不用在平台上，他们说你说了一些话，然后他们告诉你的

和你所说的相反。

you talk to groups, you don't have to platform, they say you said and they tell you the opposite of what you said.

每个人看到的，他或她都是通过他们自己的 AGFLAP 眼镜看到的，他们自己的玫瑰色眼镜，

Everyone sees what he or she see through their own AGFLAP eyeglasses, their own rose-colored glasses,

你不需要将它与任何东西联系起来，只要把握住这一点——外面除了我的画面，什么都没有。

you don't have to relate it to anything, just hold it, there's nothing out there but my picture.

在你看到这一点之前，负起责任，你就会按照自己的选择来创造那个画面。

Until you see that to be so, take responsibility, and you'll make the picture the way you choose to make it.

从前、一直以来都是我们完整的、圆满的存在，成为一块石头只是想象，仅仅是存在。

All there ever was our was our whole, complete Beingness, being a rock is imagined, Beingness alone.

学生：所以石头的存在只是一个想象？

Student: So the rock exists is just an imagination?

莱斯特：它存在于你的想像中。

Lester: It exists in your imagination.

学生：这就是问题所在，那么我们能说我们脑袋里有石头吗？

Student: That's the problem, could we say then that we have rocks in our head?

莱斯特：你脑袋里有石头，就像你在梦里看到的東西一样，

Lester: You have rocks in your head, just like you see things in your dream,

就像你从梦中醒来后再回头看它一样。

after you have awakened from it, and look back at it.

现在，这种清醒状态就和夜间梦境一样真实，当你在夜间梦境中时，它是真实的，对吗？

Now this waking state is exactly as real as a night dream is real, while you're in the night dream it's real, right?

当你醒来的时候你会说：“哦，我的天哪，这只是一个梦，从来都不是真的。”

When you wake up, you say: “Oh my gosh, it was just a dream that never really was.”

当你从这个梦中醒来时，你会说一模一样的话。

When you wake up out of this dream you'll say the exact same thing.

这个所谓的清醒状态是一个梦境状态，

The so-called waking state is a dream state,

事实是，我们睡着了，我们对此浑然不知。

it really is, we're asleep, we're asleep to this.

当你醒来的时候，你会说...你会笑得前仰后合，

And when you wake up out of it, you're going to say... You're going to laugh, your head off,

它从来都不曾真正存在，

it never really was,

这只是我想象的一个梦，

it was just a dream that I imagined,

但唯一真正存在的是这个。

but the only thing that ever really was was this.

你明白你在对我做什么吗，你想让我说“是的，就是这样”。

You see what you're doing to me, you're trying to make me say "Yes, this is it".

不，但这个不是它，那个也不是，

No, but this isn't it, nor is that,

在我们无限的存在中，我们设置了这个，它设置了这个。

in our infinite Beingness, we set this thing up, that sets this up.

有趣的是，你永远不会失去那种力量，

The funny thing is you can't ever lose that power,

你可以把它传递给这个，这个传递给那个，那个又传递给化学物质、食物和空气，

you can delegate it to this, which can delegate it to this, which can delegate it to chemicals and food and air,

但事实是，它一直在向下传递它的力量。

but all the time the truth is this, delegating its power downward.

实际上，你永远不会放弃你的主宰意识，

In actuality, you never give up your mastership,

你只是巧妙地把自已淹没在限制之中。

you just masterfully drown yourself with limitations.

存在一个单一的“一”，

There's a singular oneness,

它是你的存在，

it's your Beingness,

就是这么简单！

that's how simple it is!

想象这一切，在你的心智里想象这一切，

Imagining all this, imaging all this in your mind,

保持心智安静，

keep that mind quiet,

它就都消失了。

it's all gone.

好吧，我再告诉你一件来自最高处的事：

All right, I'll tell you another thing from the top:

如果它是世界，那就没什么好的。

If it's world, it's no good.

现在让我来定义一下成功、成为第一，

Now let me qualify that be successful, be the number one,

因为在这个过程中，你会知道如果它是世界，它是不好的。

because in that process you get to know that if it's world, it's no good.

你会知道，在得到名利之后，其实那里并没有幸福，

You get to know that after attaining fame and fortune, there is no happiness there

然后你必须去幸福真正所在的地方追求幸福。

then you have to go after happiness where it really is.

什么是幸福？

What is happiness?

只存在一种纯粹的喜悦和幸福，

There is only one single joy and happiness,

它是成为你的存在，也就是当你每次通过满足一个欲望让你的心智安静下来的时候。

it is being your Beingness, which you do, every time you quiet your mind by satisfying a desire.

欲望是痛苦，是匮乏的痛苦，

A desire is agony, is the agony of lack,

你的心智是活跃的，你满足了欲望，你的心智便安静了下来，然后你就是你的存在，

your mind is active, you satisfy the desire, your mind goes quiet and you are being,

这是唯一的快乐，没有其他的快乐了，

that's the only joy there is, there is no other joy,

看清这一点，你就不会再到外面追逐那些彩虹了。

get to see this, and you stop chasing the rainbows out there.

是的，但是听我说，

Yeah, but hear me,

如果你在这个世界上无法成功，你一定还有“我不能成功”的程序，

if you can't succeed in the world, you've got programs "I cannot succeed",

所以你必须在这个世界上取得成功。

so you must succeed in the world.

为什么？

Why?

因为它会带出那些“无法成功”的程序，

So it brings up those none-success programs,

这样你就可以释放它们，

so you can release them,

这门课很大一部分内容就是目标，对吧？

a good part of the course is goals, right?

为什么？

Why ?

因为它唤起了你的消极感受，

So it brings up your negative feelings,

这样你就可以释放它们，

so you can release them

于是你就能成功了。

so you can be successful.

如果你无法成功,

If you can't be successful,

你就必须成功。

you must be.

当你成功时, 你就会超越它了,

When you are successful, then you move above it,

你从 “拥有状态” 到 “行动状态”, 再到 “存在状态”。

you go from havingness to doingness to Beingness.

如果你在这个世界上无法赢,

If you can't win in this world,

你必须成为赢家,

you've got to become a winner,

如果你不是一个赢家，你就装满了“我不能”。

if you're not a winner, you're loaded with "I cannots".

所以当你努力成为一个赢家时，那些“我不能”就会浮现，然后你释放它们，接着你就能成为赢家。

So as you move out to be a winner, the "I cannots" come up, and you release them, then you can be a winner.

赢家快乐吗？

Are winners happy?

在你成为一个赢家之后，你会向上移动进入“存在”。

After you get to be a winner, you move up into being.

10-6 不做奴隶 Not Being a Slave

我总是建议人们不要为了谋生而工作，

I've always recommended to people don't work for a living

自己出去做自己的事情，

go out on your own do your own thing

**因为你正在上升进入“行动状态”，这是一个比“拥有状态”更高的状态，
在“拥有状态”下你是一个奴隶，**

because you're moving up into doingness which is a higher state than
havingness, you're a slave in this state,

你的生活依赖于别人为你提供食物和住所，

your life depends on someone else feeding you things that buy you
food and shelter,

我们为谋生而工作、为别人工作的唯一原因是我们有奴隶意识。

the only reason why we work for a living, work for somebody else is we
have a slave consciousness.

如果我们没有奴隶意识，没有人会为别人工作，

If we didn't have that, nobody would be working for anybody,

但这个世界到处都是奴隶。

but this world is loaded with the slaves.

所以你最好出去做自己的事情，

So you're better off moving out into something of your own,

因为当你去做的时候，会浮现更多的 AGFLAP，

because more AGFLAP comes up when you move out,

你在这里感到安全，有人在照顾你，养活你，

you feel safe down here, somebody's taking care of you, feeding you,

往上走，会有更多垃圾浮现，

move up there, more of your garbage comes up ,

释放它，

release it,

然后向上移动到这里，我可以告诉你，我们当中只有 5%的人处于“行动状态”，

then move up here, I can tell only 5% of us are in a doingness state,

95%的人都处于万念俱灰、悲苦、恐惧、贪求中，碰到愤怒、碰到骄傲，从来没有升入无畏里。

95 percent of us are in the apathy, grief, fear, lust, touch anger, touch pride, never get up into courageousness.

所以你要进入无畏成为一个行为者，

So you got to get into courageousness to be a doer,

因为你要冒险，其他人可能会把你的头砍下来，

because you're sticking your neck out, and all the others might chop your head off,

你走出去并行动。

you get out and do.

当你这么做的时候，你会发现不是他们砍了你的头，而是你。

When you do it, you find out they don't chop your head off, you do.

好了，你看到发生什么了吗？

Okay, you see what's happening?

你所有的问题都集中在这里，和这里的一小部分，但却没有在这里。

All your questioning is around here, and a little bit here, and none of it here.

如果你什么都不做，绝对不做什么事，你就只是存在。

If you just did nothing, absolutely nothing, you would be.

你正在被驱动着去做无穷无尽的事。

What you're driving to do la la la la la...

看看你们的心智有多嘈杂，

See how noisy your minds are,

所以专注于释放认同、控制，

so concentrate on releasing approval, control,

这是唯一能帮到你的事情。

the only thing that's going to do it for you.

每次你问我问题，都是在试图通过你的心智得到答案，几乎每个问题都试图在你的心智中合理化它，而心智是答案所不存在的地方。

You're trying to get answers through your mind, every time you put a question to me, almost every question is trying to rationalize it in your mind where it isn't.

所以我为你做的这些回答都是为了满足你的心理渴求，

So all this answering I'm doing for you is satisfying a mental hunger,

这对你没什么好处。

it's doing you not that much good.

唯一的好处就是释放。

The only good is releasing.

负起责任是一个被提出来的很好的观点，

Taking responsibility was an excellent point that was brought up,

我们必须对发生在自己身上的一切负责，

we must take responsibility for everything that's happening to us,

为什么？

Why?

因为是我们造成的。

We're causing it.

当你这样做的时候，你前进的速度会快得多。

When you do that, you're moving much faster.

如果你不负起责任，你永远都不会有进展。

If you don't take responsibility, you'll never get anywhere.

因为你造成了它，却说“不是我”。

Because you're causing it and saying "I'm not".

但注意，一直以来你都在心智中不断质疑，得到关于事物的心智答案对你毫无帮助。

But notice, how much your questioning is within mind all the time, getting mental answers to things which helps you none.

但如果你在我和你说话的时候释放认同和控制，你就能继续前进。

But if you release approval and control as I'm talking to you, you'll be moving ahead.

所以关于你的问题的答案是——获得自由，

So the answer to your question is go free,

在那里没有任何困惑。

there's no confusion.

10-7 莱斯特最后的话 Lester's Final Words

莱斯特：大家好。

Lester: Greetings.

学生们：嗨，莱斯特。

Student: Hi, Lester.

莱斯特：你们这些无限存在，甚至那个骗子也是无限的，

Lester: All you infinite beings, even that liar, there, is infinite,

之前唯一让他沮丧的是一种沉重的感觉，

the only thing that had him down before was a heavy feeling,

他释放了它，他感觉很好。

he releases it, he feels good.

当你感觉很好的时候，你的心智是安静的，然后你就只是存在着。

When you're feeling good, your mind is quiet, and you're just being.

你们为什么都要坚持让自己痛苦呢？

Why do you all insist on being miserable?

我本不想这样开始的，但是.....看在上帝的份上，你还在等什么？

I wasn't going to start this way but... For God's sake, what are you waiting for?

你现在所追寻的就是你现在所拥有的，你是无限的，你是完整的，你是圆满的，你就是宇宙中所有的幸福。

That which you're seeking you already are right now, you're infinite, you're whole, you're complete, you're all the happiness there is in the universe

为什么要花这么大力气去抓住感受不放、成为你所不是的呢？

Why all this asinine effort to be otherwise holding on to feelings?

无论这个世界有多糟糕，它只是一个感受，

No matter how terrible this world is, it's only a feeling,

你已经体验过这样一个事实：无论你有什么感受，你都能摆脱。

and you've experienced the very fact that any feeling you have, you can get rid of.

为什么不走完全程呢？

Why not go all the way?

释放对死亡的恐惧，

Release the fear of dying,

你不可能比现在更受束缚了，

you couldn't be any dierder than you are now,

你每时每刻所做的一切都是为了维持身体的生存。

everything you're doing every moment is trying to keep the body surviving.

你需要做的是做出这样的决定——我受够了这些愚蠢的东西，我要自由，我要走完全程。

What you need to do is to make the decision, and no enough with this nonsense, I'm going to go free, I'm going to go all the way.

你只要做个决定就行了。

That's all it takes is a decision by you

如果你现在没有自由，说明你的第一步很弱，

Your number one is weak if you're not free now,

我会把第一步从“你必须想要自由超过想要被认同和想要控制”改成“你必须想要自由超过想要这个世界上的任何其他东西”。

I would change number one from “Wanting freedom more than approval, control” to “Wanting freedom more than anything else in this world”.

“想要自由超过想要世界”会让你很快获得自由，

“Wanting freedom more than you want the world” will get it for you quickly,

你必须、必须想要自由超过你想要这个世界的任何东西。

you must, must want freedom more than you want anything in this world.

如果第一步做到了，其他步骤就会随之而来，

If step number one is in, the other steps follow,

旅程可以很短，

and the trip can be so short,

你可以在一个月内用你所知道的和你所做过的事情来做到这一点，让它变得伟大和辉煌，每一刻都在上升，所做的事很简单——每一个感受，觉察它，让它出去。

you could do it in one month's time with what you know and what you have done make it a grand and glorious, just going up every moment, which is simply every feeling, see it, let it out.

怎样才能让你做出获得自由的决定？让你对自由的渴望超过对世上所有东西的渴望？

What would it take to make you make that decision to go free, to want freedom more than you want things in the world?

怎样才能能让你做出那个决定？

What would it take for you to make that decision?

一把枪？一个炸弹？让你无法呼吸的空气？还是有毒的食物？

A gun? A bomb? Air you couldn't breathe? Food that's poisoned?

这就是你正在做的事情。

This is what you're doing.

你正朝着那个方向前进，看看世界上正在发生的事，

You're moving toward it, look at what's happening in the world

只要你指望这个世界让你活得更好，你就会遭遇外面发生的一切。

as long as you're looking to the world for your good, you're going to get what's going on out there,

一切都在呈向下趋势，你们的总统、你们的参议员代表了你们的全部思维的总和。

all curves are in the downward direction, your president, your senators represent your sum total thinking.

我们是世界第一大国，全世界都在指望我们稳定，他们知道我们的美元一文不值，他们现在只有信念，而你们最伟大的参议员们却在攻击总统，世界第一让我们在世人眼中显得很可笑，这可能会引发全球性的经济灾难，如果对美元信任消失，世界经济就会崩溃。

Here we are the number one nation in the world, the world is looking to us for stability, they know our dollar is worthless, it's just the faith that they have now, and here your greatest minds the senators are attacking the president, the number one to make us look ridiculous in the eyes of the world and could cause a world catastrophe economically, if the faith

in the dollar goes out, the world economy goes out.

你需要那样吗？

Do you need that?

不需要。

No.

如果你们中的任何一个人做出了那个“想要自由超过想要这个世界上的任何东西”的决定，那么他就会得到自由，而且会很快得到自由。

Any one of you who makes that decision to want freedom more than you want anything in this world will get it and get it quickly.

现在，如果你真的想要这个世界上的东西，你可以仅仅通过毫不费力的想法得到它们。

Now if you really want things in this world, you can have them by mere effortless thoughts.

你觉得怎么样？？

How did you like that?

毫不费力的想法可以显化你想要的任何事物。

The mere effortless thoughts can materialize anything you wish.

当你移除了 AGFLAP 的眼罩，当你移除了对死亡的恐惧，你的潜意识心智就会安静下来，你就只是你的存在。

When you remove the AGFLAP blinders, when you remove the fear of dying, your subconscious mind goes quiet, and there you are being your Beingness only.

当你只是你的存在时，你的心智完全安静，你放进去的任何想法都会立即物质化或反物质化。

And when you're being your Beingness only, your mind being totally quiet, any thought you put into, it materializes immediately or dematerializes.

也许用整个世界来诱惑你，你也许会放手，这样你才能拥有它。

Maybe by tempting you with the entire world, you might let go of it, so you can have it.

但你真的应该仅凭毫不费力的想法来毫不费力地生活。

But you really should be living effortlessly by mere effortless thought.

我们能有多可笑？

How ridiculous can we be?

我们是无限的存在，不幸的是，我们是无限的，你也能无限地愚蠢。

we infinite beings unfortunately being infinite, you can be infinitely stupid

这就是我们正在做的，我们认同这个车架子，认同受限的心智。

And that's what we're doing, identifying with the carcass, identifying with mind which is limited.

你无法阻止自己成为你的存在，你一直都是，

And you can't help be your Beingness, you are, all the time,

就是这样。

that's it.

你为了受限和痛苦而付出的所有巨大努力是如此的荒谬。

All this tremendous effort you go through to be limited and suffer is so ridiculous.

聪明点，

Get smart,

释放所有的那些胡说八道，

let go of all that nonsense,

释放对死亡的恐惧，

let go of the fear of dying,

你必须把它连根拔起。

and you've pulled it up by the taproot.

谁能告诉我，为什么你不选择一直处于这种本然状态呢？

Can anyone tell me why you don't choose to be in this natural state that you are in all the time?

为什么你不仅仅只是存在呢？

Why don't you just be?

这个无限存在，就是你的现在所是。

This infinite Beingness, that you are now.

你为什么不去做呢？

Why don't you do it?

有答案吗？我是真的在认真地问你们，未知？死亡？黑暗？

Any answers? I'm really asking, unknown? Dying? Blackness?

这是对死亡的恐惧，这就是为什么你不这么做的原因。

It's the fear of dying, this is why you're not doing it.

你担心如果我自由了，我就会死，但事实恰恰相反。

You fear that I'll die if I go free, which is just the exact opposite of what happens.

释放你对死亡的恐惧，

Let go of your fear of dying,

你会发现你是永恒的，

you'll see you are eternal,

你完全掌控着你的宇宙。

you are in total control of your universe.

