

莱斯特·利文森

教导合集

中英文字版

编制说明

有缘的朋友：

我根据 b 站三位 up 主 (zh_vhkh、Rosiemee、go-free 无限) 上传的音视频资料制作了莱斯特·利文森的中英文字版教导系列资料，你们可以根据目录中的课程名字在 b 站找到原音频。

为了让大家方便检索关键信息，我制作了本文档合集，也希望各位可以直接去看莱斯特教导的全貌，分享的时候也把完整的教导和出处给到对方，这样能帮助对方完整地澄清困惑，这也是我坚持做完全系列教导的原因。

感谢挚友 Sara 参与翻译《【与莱斯特的谈话】【Talks with Lester】第三、四卷 Volume 3-4》和《莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2》的内容，谢谢 Sara 的无私付出！

如果你需要分集文档和 1992 圣多纳释放法课程文档，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：

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；	2、打开微信扫下图的网盘二维码： 原始圣多纳...料免费分享 莱斯特教导中英文字版 2025-08-21 17:20 风 2025-08-07 01:29 《决定自由》+《莱...特》(2022新译版) 2025-06-14 00:58  微信长按识别二维码获取文件 该分享永久有效	3、打开百度网盘扫二维码进百度网盘群获取资料。  1992年圣多纳释放法 群号：974917555 群成员：17/200  打开百度网盘，扫码加入该群  百度网盘 让美好分享简单

最后，祝各位旅途愉快，回家顺利！

穿肚子

2025 年 8 月 21 日

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莱斯特的常用词

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

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

Givingness: 拥有状态；

Doingness: 行动状态；

Beingness: 存在状态；

Self: 真我；

Truth: 真相、实相、真理；

amness: 存在、是；

Isness: 存在、是；

Inness: 我；

Otherness: 其他；

Heaven: 天堂；

God: 上帝、神；

方法-萊斯特·利文森

**The Way with Lester
Levenson**

1 - 1

(以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来)

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

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

莱斯特：按照你们一直以来的做法，要走到终点几乎得花上无穷无尽的时间。

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

因为，完成一个三个月的工作需要多长时间？

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

三个月，或者更少的时间。

Or three months or less?

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

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

如果你们用它来达到你们的无限存在，你们现在已经自由了。

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

这讲得通吗？

Does that make sense?

所以，缺失的是你的“想要”。

So, what's missing is your “want to”.

你的“想要”是这个世界，而当你想要世界时，它是你的“无限存在”的反面。

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

每个星期天我都会尝试给你们一些真正实质性的东西去操作，

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

你们记得第一个是什么吗？有人记得吗？

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

学生：记得，第一个是放下这个世界，专注在自由上。

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

莱斯特：对，那是第一步，而且是方法的第一步，不是吗？

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

你必须想要自由超过你想要这个世界。

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

让我稍微改变一下说法，但这的确是它一开始的样子，

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

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

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

但我认为更好的是用 “你必须想要自由超过想要世界” ,

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

如果你做到了, 那么从那时起, 你的行为会是什么呢?

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

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

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

所以第一步是你必须想要自由超过想要这个世界。

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

第二个星期天是什么, 谁记得?

What was the second Sunday on? Do you remember?

学生：摆脱对死亡的恐惧，全力去做。

Student: Freedom to fear death, go for it.

莱斯特：那不是最后一次说的吗？

Lester: Wasn't that the last time?

学生：你说了不止一次。

Student: You did more than once.

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

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

如果我得到所有人的认同，我就安全了，我就可以作为一具身体而生存下来；

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

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

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

但是，因为你是那样的恐惧于允许这些对死亡的恐惧的感受浮现，

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

你需要去先处理想要被认同和想要控制，

you need to work with approval and control first,

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

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

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

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

去做，持续去做，

And work on that, and work on that,

当你卡住的时候，使用指引（六步骤）和方法（释放技巧），

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

放开想要改变卡的感受的欲望。

let go of wanting to change the feeling of stuckness.

如果这是一个模糊不清的感受，那就放开想要改变这个模糊不清感受的欲望，

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

当你释放掉之后，你就能再次进攻那个对死亡的恐惧的感受。

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

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

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

而你现在则是把它等同于实际的死亡，这就是为什么你不允许它出来。

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

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

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

它努力地推动着自己，想要出来，想要离开，所以它是我们最为压抑的感受。

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

你将压抑和把它保持在底部这项工作完成地极其漂亮。

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

所以上一次我们第一次专注在对死亡的恐惧上做释放，我通常是会回避它的。

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

因为多数人并不会很顺利地完释放，而是会堵塞在这上面。

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

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

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

你们注意到了“允许”这个词吗？

Did you hear that word “allow”?

这就是它发生的方式。

That's just the way it happens.

你不再把它们维持在底下，你允许它浮现上来，以及离开。

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

因为它也时时刻刻试图将自己推上来、推出去——每一个被压抑的感受都是这样。

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

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

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

waves stop, and then you're finished.

我想给你们另外一个能够帮助你们自由的非常实操的东西，那就是：

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

无论你现在做什么、想要什么，仅仅通过释放来得到。

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

无论你想要什么，仅仅通过释放来得到，我把“仅仅”这个词划重点。

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

这可能会让你欲仙欲死，因为它太容易了，事物会掉到你的膝盖上。

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

学生：这可能会让你欲仙欲死。（笑）

Student: It might kill you.

莱斯特：这里有还没体验过通过释放毫不费力地得到某样东西的人吗？

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

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

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

这有什么问题吗? (笑声)

What's wrong with that?

莱斯特: 耶~这有什么问题吗?

Lester: Yeah! What's wrong with that?

你已经做到过了, 你们已经做到过不止一次,

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

只要你用这种方式来做, 所有事情都是可能的。

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

学生: 我只是不想让大象掉到我腿上。

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

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

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

你们不去把它写下来吗？

Do you think you ought to write that down?

我怕当我停止和你们讲话的时候，你们就会忘记这一点。

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

这件事意味着你的人生从现在开始会变得非常美丽。

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

学生：噢上帝。

Student: Oh God.

莱斯特：噢上帝，这是对的。（笑）

Lester: Oh God, it's right.

学生 1：我们可以把所有的工作服和旅行用品都收起来。

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

学生 2：你得到了柠檬水。

Student 2: You got the lemonade.

学生 3：柠檬水来了。

Student 3: Here comes the lemonade.

莱斯特：从现在开始，用释放获得你想要的一切。

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

好的，这有什么作用呢，它会让你养成释放的习惯，

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

会让你越来越多地使用释放，直到它像呼吸那样自然。

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

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

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

因为当你放手，通过释放，你是在让事情自行运转，让上帝来做。

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

上帝能够做到吗？

Can God do it?

你需要金钱？

You need money?

上帝有没有金钱？

Does God have money?

只要你让祂做，祂能明天就给你十亿美金。

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

这只是一次准许，

It's just a letting,

基本上就是放开了你的自我感——我在我的身体和心智里。

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

放开这个自我感，让上帝来做。

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

这是在让你身为上帝的那部分——你的存在——来做这件事。

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

到目前为止我所说的都很简单，不是吗？

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

好吧，你们需要的是中国当局昨天在北京试图驱散聚集的民众时所使用的电击棒。

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

学生：电击棒？

Student: Cattle prods?

莱斯特：电击棒，它们是电击的，是的，这是一个办法。

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

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

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

莱斯特：弄清楚他们在哪里买的。（笑）

Lester: Find out where they bought them.

学生：好的，我觉得这会很有用，真的，哈哈.....

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

莱斯特：家得宝？

Lester: Home Depot?

（学生笑）

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

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

这是一项任务，从现在开始，通过释放创造所有你想要的，直到这成为永久的模式。

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

当它成为永久不变的模式时，你就有希望接近自由。

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

学生：我不知道你说不行动是什么意思，你是说身体上不行动吗？

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

莱斯特：不，在你的心智中，你没有采取任何行动。

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

当你释放并让它发生时，你的身体会经历这些动作，

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

motions,

但是你是一个不是“做者”的感觉。

but you have a sense of being not the doer.

不是我在做，而是天父透过我在做，就是这个感觉。

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

这是放开我的自我感，让上帝运作这具身体。

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

(学生说的听不清)

莱斯特：在有的时候都这样做。

Lester: And do it all the time.

事情会变得毫不费力，你会感到十分惊喜。

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

几乎就是像这样，如果现在你要抬起你的手臂，它需要耗费一些精力，

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

但当你释放，你的手臂会自然漂浮起来，不费任何精力。

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

这适用于所有事情。

And that applies to everything.

当你释放了自我感，就不需要任何努力，事物会掉进你的经验中。

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

当你做得足够多，你将学会怎样去瞬间创造，

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

这意味着物质化和反物质化事物。

that means materializing and dematerializing things.

在这个过程中你将学会显化物质，甚至是黄金。

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

当然，当你掌握了制造黄金的公式，你并不想把它带在身上，它太重了。

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

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

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

储蓄体现了不确定，体现了“我不能拥有”的感觉，

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

因为不能拥有，所以最好为了未来做打算。

so I better build it up for the future.

学生：我们的社会就建立在这样的基础上，存钱、存钱。

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

莱斯特：对，巴巴吉身上有多少个口袋？

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

学生 1：腰布？（笑）

Student 1: Loin cloth?

(后面学生说的听不清)

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

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

所以，再一次地说明，从今天开始，我们通过释放来获得我们想要的一切。

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

我建议你们放一张图表、一个标识在房间里，

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

“仅仅通过释放获得一切”。

“Get everything only through releasing”.

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

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

把它放在非常显眼的地方。

Put it up in a very obvious place.

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

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

你情愿去用困难的方式做事情，喜欢去陷入困惑。

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

而这会带你从困惑的小屋中走出来，

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

帮助你解决所有的问题。

and help you solve all problems.

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

看，是我做的。看，我在挣扎.....

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

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

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

不管那是什么，不管那是什么。

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

我在说的是，你应该敢去想得大一点。

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

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

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

你们有任何的问题吗？

Do you have any questions?

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

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

莱斯特：当我们决定直接释放对死亡的恐惧时你在吗？

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

学生 1：在，那是上周的事。

Student 1: Yeah, that was last week.

学生 2：不，是那个周末，那周你回答的问题是如何更快地到达那里，如何

增加你的想要。

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

莱斯特：那个问题的答案是什么来着？

Lester: and what was the answer to that question?

学生 3：直接做。

Student 3: Just do it.

学生 4：这是一个决定。

Student 4: It's a decision.

莱斯特：没错，就是这样。

Lester: All right, that was it.

(学生笑)

学生 5：我觉得你才是问这个问题的人。

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

学生 6：回答得太好了，我完全没想起来。

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

莱斯特：当你做了去往自由的决定，它就会来得十分迅速。

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

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

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

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

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

你之所以想要被认同和控制的原因是因为这样你就能生存了，

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

所以研讨会的指导员会指导你们走得更远更深。

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

现在，如果他们堵塞了，那就释放他们被堵塞的感觉，

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

当他们释放掉这个之后，就能够再一次面对对死亡的恐惧。

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

如果他们堵塞了，那只是在逃避对死亡的恐惧，就好像这种感觉等同于死亡一样。

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

你要持续地提醒“它们只是一股感受”，

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

对死亡的恐惧仅仅是一股感受。

the fear of dying is only a feeling.

感受并不会咬你、不会对你开枪、不会击中你的头。

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

学生：它们只会束缚着我。

Student: They just keeps me bound.

莱斯特：不，是你在束缚自己。

Lester: No, you do.

它只是一股和其他感受一样的感受，

It's only a feeling like every other feeling,

但是这个逃避它的倾向非常强烈、惯性很大，

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

所以现在你要努力去让它浮现、让它离开。

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

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

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

所以你能一次又一次地看着它。

so you can look at it again and again.

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

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

莱斯特：然后他就释放了对邻居的感受？

Lester: And then he released on the neighbor?

OK，这是其中一种引导别人进行释放的方法，

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

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

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

所以你和我说的是她用了一个流程，然后有了效果。

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

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

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

莱斯特：不是，现在你混淆了我说的话。

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

所以现在你在下降，降低到释放的小学形式。

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

我在试图把你保持到研究生水平。

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

我在带你离开初中、高中、大学，然后把你放在研究生的层面。

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

不，释放卡住的感觉，

No, release the feeling of stuckness,

就像我告诉你的，看看你有多想要改变那些事物。

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

学生：是的，的确如此。

Student: Yeah, I sure do.

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

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

因为你正在试图逃避它，

because you're trying to run away from it,

释放“想要改变这个模糊不清的感受”——不管它是什么。

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

它离开之后，你就有能力再次走进对死亡的恐惧。

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

现在同样也需要把自己抛入对活着的恐惧中，它和对死亡的恐惧是一体两面。

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

学生：她还帮我做了我想做的事，为什么呢？

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

莱斯特：因为我们有一大批人想要通过去死来摆脱所有事情。

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

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

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

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

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

You should have an astounding...

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

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

莱斯特：这会使你们每一个人发生令人震惊的改变。

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

如果你把这个流程持续进行下去，你正在做会迅速带给你自由的事情。

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

在这儿你能够做到，是因为并没有一个世界来告诉你相反的方向。

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

opposite, pulling you in just the opposite direction.

在这儿，世界没有拉扯你，所以它能够和它待在一起。

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

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

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

莱斯特：你没有把感受释放掉，而是把它表达在了身体上。

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

你在让你的身体走向死亡。

You were making the body die.

痛苦是指向死亡的。

Pain is towards death.

所以，你并没有释放它，而是让它表达在身体上。

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

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

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

莱斯特：和研讨会的指导员谈一谈，让他带你经历它。

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

或者你持续释放卡住的感觉，

Or keep releasing the stuck feelings,

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

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

学生：卡在了疼痛上。

Student: Stuck with pain.

莱斯特：你能看到这有多简单吗？

Lester: Can you see how simple it is?

如果你愿意这样做的话，它真的很简单。

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

现在，有我支持海尔，海尔会支持你，我们将来都会走上正轨。（笑）

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

释放对死亡的恐惧，仅仅经由释放获得我们想要的一切，

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

毫不费力地去做，

doing it without effort,

不要成为“做者”。

be not the doer.

再强调一次，要抛开你的智力，

Again, to end your intellect,

仅仅是放开让上帝来做。

it's just letting go and letting God.

我认为你能够接受上帝可以做到一切，

I think you accept that God can do it,

如果祂做不到，我会给你另外一个能做到的上帝。

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

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

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

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

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

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

莱斯特：为什么你不自己回答这些问题呢？

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

为什么你必须由我来回答像这样的问题？

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

你能看到你为什么想要我来回答它吗？

Can you see why you want me to answer it?

学生：没看到。

Student: No.

莱斯特：你想要我的认同，你想要我的注意。

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

一个像这样的问题，你自己可以回答。

A question like that you can answer.

看，你现在感到烦恼了，

See, now you're bothered,

因为你可能感觉我在打压你，我不会认同你，

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

但是这些小小的智性问题你自己也可以回答，

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

它们不能快速地带你到任何地方。

and they get you nowhere fast.

它们会占据释放的位置，你在询问这些东西，而不是在释放，

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

这些关于事物的“为什么”从不能给你任何答案，

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

它们仅仅是满足了你的智力，而智力是你想要摆脱的东西。

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

所以，请仅仅去释放，

So, please release only,

不要问为什么，不要问为什么这样、为什么那样，

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

这些首先就是愚蠢的问题，

it's a dumb question in the first place,

因为询问为什么其实是在说 “为什么它不是我认为它应该是的那样” ，

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

而这就是你正在说的。

that's all you're saying.

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

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

elementary school.

所以，试着摆脱“问为什么”的习惯，只是去做。

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

抛出这些“为什么”实际上是在刻意逃避做释放。

Throwing up whys is specifically avoiding doing it.

所以，保持明智，杀掉这些“为什么”，

So, get wise, kill the whys,

保持 W-I-S-E (明智)，杀掉 W-H-Y-S (为什么)。

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

OK，我觉得我们可以结束课程了.....

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

1 - 2

莱斯特：不要做半途而废的工作，

Lester: Don't do halfway jobs,

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

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

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

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

你需要多长时间去成为你现在所是呢？

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

这就是自由所需要的时间。

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

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

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

我可以现在就给你们一些我准备下次给你们的东西。

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

工作不是觉醒的障碍，做事情并不妨碍你觉醒。

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

错误的认同感才是你所有麻烦的根源。

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

摆脱错误的认同感。

Get rid of the false identification.

那错误的认同感是什么呢？

What's the false identification?

你是“做者”。

You are the doer.

你们都会从释放中体会到，当你释放的时候，事情发生了，你不是“做者”。

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

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

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

当你不是“做者”，你想让你的手举起来时，它就会毫不费力地漂浮起来。

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

而你所做其他任何事情也是一样的，不需要精力，不需要努力。

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

所以，在行动中是没有障碍的，

So, being in action is no hindrance,

障碍是认同有限的身体和心智，认同小我。

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

如果你试着不进行任何行动，你不会成功。

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

因为你的业力现在正在驱使你行动。

Because your karma is driving you now into action.

所以如果你想不进行任何行动，你不会成功，不管你的业力是什么，你都会去做的。

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

所以想要什么都不做是没有用的，

So, trying to do nothing doesn't help,

只有释放才有用，

only releasing helps,

只有释放才会给你所有的道路，你做多快，它就来得多快。

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

所以，行动与其说是阻碍，不如说是真正的帮助，

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

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

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

所以你必须在这个世界中做，你必须在行动中做，你不能隔离尘世来做。

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

当你隔离的时候，你只会逃避。

When you isolate, you'll just escape.

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

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

这就是像一个大师一样的行为。

That's behaving like a master.

表现得像个大师，会在你释放时，把与之相反的东西勾出来。

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

如果你没有把事情做到完美，实际上是因为你的破坏性。

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

你的非建设性程序导致你做得不够完美。

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

但如果你决心做到完美，那么在你释放时，这些反对的感受就会浮现出来。

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

因此，无论你正在做什么，一定要确保做得非常成功。

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

“完美”这个词可能不被人理解，“成功”可能更好理解，

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

无论你做什么，你都应该成功地去做。

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

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

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

它们非常实操，非常接地气地阐述了你在日常生活中应该怎样去做。

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

相比你们现在做的那些，你们要在每天生活里做那些会让你自由的事情。

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

你们现在做的事情是把你们束缚在一个圆圈里面，你不断地在圆圈中循环着。

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

around you go.

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

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

磁带旁白: 接下来的课程录制于1989年6月4日。

The following session was recorded June 4th, 1989.

学生: 莱斯特, 私教课程?

Student: Lester, private session?

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

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

我总是可以指出那些你们正在做的、让你们保持在错误的限制方向上的那些事情。

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

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

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

莱斯特：哇哦，我很高兴你把它提出来。

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

我并不认为它有帮助。

I don't think so.

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

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

学生：他们没有一个释放技巧，是吗？

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

莱斯特：啊哈哈.....好吧，他们没.....是的，其实他们有。

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

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

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

学生：是的，之前，但就在不久之前.....

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

莱斯特：OK，他们本可以释放的，

Lester: Okay, they could have released,

(学生说的听不清)

但是他们没有。

Lester: They didn't, now.

我知道发生了什么，当它发生后，我可以看到原因。

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

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

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

你停止了成长期。

You stop growing period.

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

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

不过我们可以试试看，看看会发生什么。

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

学生：我们需要更多的工作坊。

Student: I'll need more workshop.

学生：这就是你所说的去尝试一下，但我得说，在过去一个月左右的时间里，

你相比之前确实加大了力度，所以，事实上.....

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

莱斯特：那是另一个问题，那是另一个问题。

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

我认为我想要做什么时，那个更高力量却不这么认为。

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

当你自由之后，你的思考机制被我们称之为上帝的最高存在重置了。

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

你原本想问什么？

What were you going to ask?

学生：问一下，就像我说的，谁是最好的，比如，更高的真我？

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

莱斯特：最底部的那条线，是你（真我）。

Lester: The bottom line, it's you.

拉马纳·马哈希多次说没有上帝，只有你。

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

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

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

所以他说没有上帝，只有你。

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

在你的存在中，你就是那个你在脑海中想象的上帝。

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

你的存在就是这个世界叫作上帝的东西，

Your Beingness is what the world calls God,

当你释放你的自我感，把自己抛入存在中时，你是全知的，你是全能的，你

无处不在。

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

这是不是很简单？

Isn't that simple?

是不是很棒？

Isn't that nice?

我给你们了一件多好的礼物：你是上帝，你是上帝，你是上帝你是上帝你是上帝。

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

但是你们可以看到为什么我能这样说。

But you can see why I can talk that way.

有一个上帝吗？

Is there a guy?

当然，我正在看着祂，那就是你一直在看着的，

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

但你说着其他的话，说他能判谁下地狱，希望那里有那些不好的事情。

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

但那不是真的。

But not really.

因为它是我，是我的存在。

Because it's me, my Beingness.

所以当我和你们这样说时，我没有任何不敬的意思。

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

有一个上帝吗？

Is there a God?

是的，你就是那，用西方的话来说，我是我所是。

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

我仍然不确定这是不是圣经中唯一大写的句子。

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

(有学生敲门)

莱斯特：进来，那就是上帝。

Come in, that's God.

学生：让他把门关上。

Student: Let's get him close the door.

莱斯特：嘿乔治，关门。

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

(噔~~~关门声，学生笑)

Pen~~~ Ha ha ha ha ha

莱斯特：我只是想证明上帝是“一”，而不是我和乔治·伯恩斯。（学生笑）

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

他仅仅是像 “一” 那样行动，

Lester: He's just acting like One,

当然，尝试通过物理身体来保持他的永恒，

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

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

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

无论如何，上帝是宇宙中唯一的无限存在，因此它必须包含我们，

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

它是我们的一部分，是我们的无限存在。

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

学生：有一辆车来了，一直闪着光。

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

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

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

学生：那么你的行动是？

Student: End your radioactivity?

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

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

学生：我们可以很容易地安装一个电子门和一个可以对讲的语音装置，如果

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

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

莱斯特：也许更好的主意是，把它交给弗兰克和他的人。

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

学生：好，这扇门要花四五百美元。

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

莱斯特：哎，我们喜欢浪费钱的方式，我搞不懂。

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

学生：层次太低了？

Student: Too low?

莱斯特：上周那两个印度人呢？

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

学生：他们没再回来过了。

Student: They never came back.

莱斯特：那我的战利品就是我自己的了。

Lester: My scalp is my own then.

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

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

我们现在到底在说什么？

What were we talking about?

学生 1：（笑声）上帝，对。

Student 1: God, yeah.

学生 2：上帝，狗。

Student 2: God, dogs.

莱斯特：对，有上帝吗？

Lester: Yeah, is there a God?

我说“有”，我正在看着它，但是，对，但是我看着你们，我看到了上帝。

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

你们说：“不，莱斯特，你是个骗子，我是一个极端限制的车架子，

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

如果我的温度抬高 10 度，我就死了；

if my temperature goes up ten degrees, I die;

只要给我一点化学药剂，我就死了；

If I get a chemical in me, I die;

如果我不放一些植物进去发酵，制造一些垃圾排出去，那我就死了。”

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

这是你们所说的：“不，我不是个无限制的存在，我是一个车架子。”

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

有一天，你们会看到，你们在心智中想象了它，想象你们需要所有这些小小的限制。

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

所以，你们需要做的是什么？

So, what do you need to do?

我在之前四天的课程中总结了一下，

I summed up the four days sessions we had before,

第一个是你想要自由超过想要世界。

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

随之，你应该从你自己那里获得所有的快乐，通过释放，从你的内在获得。

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

这是课程 1。

That was session number one.

课程 2 是：你必须做出自由的决定，接着你去做。

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

然而如果你做出了自由的决定，你就会去做它。

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

这很简单。

It's that simple.

如果你没有自由，那你就没有做出自由的决定。

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

因为一旦你做出了决定，之后你所做的一切都是朝着获得自由的方向。

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

最基本的就是持续释放。

The prime thing of it is making releasing constant.

第三个课程是直接面对对死亡的恐惧，并且释放它。

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

直接释放对死亡的恐惧。

Release directly the fear of dying.

如你们所知，在被认同和控制下面，是对死亡的恐惧。

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

所以，摆脱这个最底层的驱动者，你就完成了。

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

第四个是，从现在开始，通过释放获得你想要的一切。

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

我猜这是这四个里面最实用的。

I guess that is the most practical of the four.

你有多成功？

How successful have you been?

多数时候你还在以小我的角度做事情吗？

Or are are you still doing it mostly ego-wise?

记得，当我们通过释放来做事情时，是毫不费力的。

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

如果你在努力，那是被小我驱动的。

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

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

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

莱斯特：是的，不含有努力。

Lester: Yes, it's without effort.

它就像是漂浮在空气中，像是漂浮着穿过事物，

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

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

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

所以，毫不费力是当我说“我不是做者，我让它发生”。

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

另一个用来表达的方式是“放手，让上帝来”。

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

但你的实际体验是没有努力。

But your actual experience is no effort.

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

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

莱斯特：对，就是这样。

Lester: Right, that's it.

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

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

所以最底下的那条线是“我是我的存在”。

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

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

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

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

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

不存在死亡。

There's no death.

你可以想象、描绘一种死亡，但实际上，根本不存在死亡这种东西。

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

摆脱想象，摆脱心智，所有我对你说的这些都是很明显的。

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

再说一次，除非你这样做，真正走完自由的全程，否则你永远不会停止挣扎。

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

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

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

我就让它保持现在这样，这会更容易理解和去做。

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

所以我们继续讨论与它们相关的事情，而不是新的东西。

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

我不想过度复杂化，

I don't want to overcomplicate it,

因为这是你们的一个严重的问题，你们现在已经把一切都变得过于复杂了。

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

生命是简单的，是永恒的，是完美的，是完整的。

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

这简单吗？

Isn't that simple?

为什么要在你的头脑里面堆积东西，让你离开我刚刚说的这些？

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

每一个念头都是一个限制。

Every thought is a limitation.

每一个念头都是在计算如何保持你的身体生存。

Every thought is calculated to keep your body surviving.

每一个念头都让你被束缚。

Every thought keeps you bound and around.

所以你必须停止思考。

So you must stop thinking.

怎样做到？

How?

释放对死亡的恐惧，你就不必再为生存而挣扎了。

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

释放对死亡的恐惧，你会发现自己是永恒的，

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

所有那些你想象出来的痛苦都是荒谬的。

and all that misery you conjured up was ridiculous.

OK，我觉得可以停止了，因为我已经和你们讲了太多。

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

把它变得简单些。

Making it so simple.

现在我告诉你们“你们所是”，而你们对此无能为力，

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

我在告诉你们，不要再去往别处、以其他方式寻找了，

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

把自己放进存在里。

put into your own Beingness.

阿门，阿门，阿门，阿门，阿门。

Amen, Amen, Amen, Amen, Amen.

2 - 1

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

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

莱斯特：也许我们应该继续我们昨晚的话题。

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

你们获得了一些深刻的领悟，我不知道你们是否觉察到了。

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

我可以把它撇在一边，如果我谈论它，可能的结果是它和昨天所说的有不同的含义。

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

这真的很棒，问问那些人，我会告诉你们那是什么。

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

不要做行为者，

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

谁想做一个行为者？（笑声）

who wants to be a doer?

我说不要当一个行为者。

So I say, be not the doer.

学生：那我可以是一扇窗户吗？

Student: Is that I could be a window?

莱斯特：你可以透过它看到.....你可以透过窗户看到光。（笑声）

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

通常来说，你会有很多疑问，“不要做行为者”是什么意思？

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

the doer?

所以我想我先要说的是，我告诉过你去释放，去获得你想要的一切。

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

当你释放了，你就没有行为者的感觉，所有东西都会掉到你面前，对吗？

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

这就是了。

That's it.

当你释放了，你会体验到自己不是行为者的感觉。

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

所以这和你们所有人都有关系。

So that ought to connect for every one of you.

当你完全释放了，事情仅仅是毫不费力地发生。

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

所以，你只是坐下来，观看这一切发生，这是你所经历的体验。

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

这就是不做行为者。

That's being not the doer.

你无法停止行动，因为你的业力，你无法不行动。

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

但是你应该运用你的行动来成长。

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

其中一个很大很大的行动就是“不要做行为者”。

And one of the biggies is being not the doer.

学生：你看着它发生？

Student: Watch it happen?

莱斯特：你的感觉是，当你不是行为者时，你坐在剧院里观看一场演出进行。

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

对于这个观念，还有什么疑问吗？

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

我认为你们三个昨晚对“不做行为者”意味着什么有了很好的体验。

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

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

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

学生：我不知道为什么我有一个问题，因为这就是我昨晚正在研究的。

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

莱斯特：抢我的台词，哈？

Lester: Stealing my show, huh?

学生：也许我是在远处听到了你的讲述。

Student: Maybe I was hearing your show from afar,

莱斯特：你可以这么做。

Lester: You could.

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

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

莱斯特：确实如此。

Lester: It is.

学生：但关键是.....

Student: But at that point...

莱斯特：这里的关键在于你是否可以不做行为者。

Lester: If you can be not the doer.

如果你不能做到“不做行为者”，那么意愿就是有用的。

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

意愿就是努力，努力去取消努力，

Will is effort, efforting to undo the effort,

但是有一个力量在里面，这是意愿力量，你可以用它来消减意愿。

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

意愿是好的。

Now, willing is good.

因为如果你下定决心，你可以把全部都意愿出来。

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

我还没见过第一个这样做到的人。

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

OK，所以，你现在的問題是什么？

Okay, so, what's your question now?

学生：你刚刚回答我了。

Student: You just answered it, thank you.

莱斯特：看，和艾伦交流时，我可以结合当时正在发生的事情来解释这一点。

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

他想要为了一些人做一些准备——他想要让他们去做一些事。

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

他问我“我是否要打电话给那群人”，我说不。

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

好吧，按照他的想法，你得做充分的准备。

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

我的概念是，在 30 秒内，当我看到这个人时，我会完成整件事。

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

因为我不是行为者。

Because I'm not the doer.

如果我继续不做行为者，事情会立即发生。

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

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

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

当你不是行为者时，这就是一个放手并让上帝去做的感觉。

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

你实际上坐在那儿看着身体的行动进行着，

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

就像你看着自己身体的动态图像一样。

just as you would a moving picture of your body.

我认为你们都体验过几次，当你不是个行为者时，事情就发生了，对吗？

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

对，所以你们都体验过。

Right, so you've all experienced it.

而体验是我们用以学习的最主要的方式。

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

我们无法通过心智、通过头脑在智性层面学会。

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

心智是敌人，

The mind is the enemy,

心智是障碍，

the mind is the obstacle,

我们可以学习的唯一方式是通过体验。

the only way we can learn is through experiencing.

你们每六个人中就有一个人体验过“不做行为者，看着事物毫不费力地掉到面前”。

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

好，现在，要达到让这样的事一直发生的状态。

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

当这发生了之后，它会很痛苦吗？（笑声）

When it did happen, was it miserable?

但每次你努力的时候，你就不快乐，你在奋斗，你在挣扎。

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

每次你努力，你就不快乐。

Every time you effort, you're not happy.

但在你放开把自己认同作一具身体的那一刻，事情就毫不费力了。

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

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

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

所以，体验是你应该了解的东西，要明白智力和体验之间的区别。

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

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

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

任何你从生活中学会的东西，你都要扔掉。

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

在此之后，你就是全知的。

After which, you're omniscient.

在此之后，你就接触到了你的存在，那就是全知的。

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

全知需要进行什么思考吗？

And what thinking would omniscience require?

如果一切都已经知道了，还有什么要思考的？

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

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

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

所有事情都毫不费力，

And everything is effortless,

所有事物都完美地掉落到面前，

everything falls perfectly into line,

并且你会处于完美的幸福之中。

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

这是你真正的天然本性。

That's really your basic nature.

(有学生弄出了弹射的声响)

莱斯特：你不觉得你是在向我射击吗？

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

学生：这是掌声，是掌声，对吧？

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

莱斯特：掌声引起了停顿。

Lester: The applause caused a pause.

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

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

所以我们就把它作为这次会面的关键点。

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

你们能够持续记录每次会面的主要话题吗？前四个你们已经记录下来了，对吧？

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

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

嗯，最初的五个，你们就把这个作为第六个。

The first five and make this number six.

因为某天我们会想要再做一次。

Because someday we'll want to do it again.

学生：还有，这磁带真要命。（笑声）

Student: Also, the hell of the tape.

莱斯特：我们错过了大部分内容。

Lester: We missed most of it.

学生：不，我有总结。

Student: No, I had the summary.

学生：结尾处写着，我想我应该在这里停下来。

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

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

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

(学生说的听不清)

莱斯特：不，它会继续，但是当你重播时，它是空白的。

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

在你之外没有任何东西，除了你所想的图像。

There's nothing out there but your picture.

有好几年的时间，每当有人给我拍照的时候，我都不会出现在照片上。

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

picture.

如果是一个合照，所有人都会出现，除了我。

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

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

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

这只是另一个“外面除了你的意识之外别无他物”的例子。

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

我知道是什么做到了这样的事，

I know what did it,

哦，我不是那具身体，

oh, I'm not that body,

这个身体只是一个想象，

that body's just an imagination,

所以它没有出现在底片上，连正面也没有。（笑声）

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

OK，所以，把它关掉？

Okay, so, turn it off?

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

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

莱斯特：我吗？我只是说“我不是行为者”，就是这样。

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

海尔：那是你，我要怎么做到呢？

Hale: That you, how did I do it?

莱斯特：练习。

Lester: Practice.

海尔：练习？

Hale: Practice?

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

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

有时候这个回答让你们感到困扰（笑声）。

That bothers you sometimes.

海尔：不过看起来像是事情发生，你没有真正的.....

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

莱斯特：就是这样，事情发生，你不需要去做它们，它们把你“做”进去了。

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

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

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

你并不需要去做这件事，

You don't have to do a thing,

你只是观看它发生，

you just watch it happen,

你不是行为者。

you're not the doer.

这回答了你的问题吗？

did that answer your question?

这是体验式的，

It's experiential,

你不会从头脑中得到它，

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

但你会从体验中得到它。

you're going to get it in your experience.

我说完了。

I'm dead.

所以你会从体验中得到它，不是从头脑中。

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

如果你想要理解它，即便一百万年后再来，你仍然不会理解它。

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

海尔：嗯，我不理解它，但我有体验，所以我就继续下去吧。

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

莱斯特：那就是了！

Lester: That's it!

这是体验。

It's the experience.

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

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

她不是很肯定，但无论如何她都这么认为。

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

“理解”存在于二元世界中，存在于幻象的领域里，我“理解”某个事物。

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

当你在存在的领域中，那里没有理解，一切都已经知道了，没什么是需要理解的。

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

那么有什么是需要被知道的？

But what needs to be known?

只有一件事，只有一件事。

One thing only, one thing only.

你需要花多长时间去知道一件事？

How long would it take you to know one thing?

那就是你是你的存在。

That you are your Beingness.

这是你需要知道的全部。

That's all you need to know.

但你仅仅是成为你的存在，这是你的体验，它涵盖了一切。

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

当你看到时，你说：“哦，我的上帝，我一直是全知、全能、无处不在的”。

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

你已经是了。

You are so right now.

所以展开你的翅膀，不要做行为者，仅仅是高高地飞起来。

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

还有问题吗？

Any question?

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

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

莱斯特：控制，你在试图控制自己。

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

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

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

再一次说明，这是体验式的，你体验过它。

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

学生：就像刚才走到这里一样。

Student: Just walking over here.

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

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

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

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

你们能开车了吗？

Could you drive?

我刚才已经把开车所需要知道的一切都告诉你了，但你能开车了吗？

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

不能，你需要体验。

No, you need the experience.

在开飞机上就更是如此了，我告诉你们怎么开飞机，你飞上去，快速地降下来。

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

体验，这才是最重要的。

Experience, that's what counts.

你可以骑在一张自行车上做到这一点。

You can do it on a bicycle.

我可以告诉你如何骑自行车，但在你亲自体验到它之前，你永远都不会知道怎么做。

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

而且一旦你有了这种体验，你也无法在智性层面把这种体验转移给别人。

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

他们必须自己来体验。

They must experience it for themselves.

所以，体验和智性理解之间存在着明显的区别。

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

智性理解不会给你体验的能力，

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

它会把你引向体验，

it will lead you toward the experience,

但是它不会给你一个体验。

but it will not give you an experience.

因为它本身不是体验，它存在于头脑中，它是思维层面的东西，它不是体验。

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

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

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

莱斯特：“我不是这具身体”，这是在承认一具身体吗？不是吗？

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

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

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

心智的功能就是限制。

The function of the mind is limitation.

所以当你放走你的心智，剩下的就是你的存在。

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

这就是了。

That's it.

而且它现在就在这儿，没有限制。

And it's there right now, unlimited.

也许我们需要一条横幅，上面写着“无限”，挥舞它。

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

学生 1：有人说“我不是那个行为者，我没有做它”。

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

海尔：哈哈，他就是那个行为者。

Ha ha ha he's the doer.

学生 1：我不是那个行为者，是他干的。

I'm not the doer, he did.

莱斯特：是凯迪干的。

Lester: It's Kedy did.

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磁带旁白：以下课程录制于 1989 年 6 月 25 日。

The following session was recorded June 25th, 1989.

莱斯特：此刻我不会给你们更多指引，我已经给了你们太多，你们感觉如何呢？

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

目前为止，你们对我给你们的那些感觉如何？

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

这是关键。

Well, here's the points.

第一个是你想要自由超过想要世界。

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

第二个是通过释放从你的内在得到所有的快乐。

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

下一个是做出自由的决定，然后去做。

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

再下一个是直接释放对死亡的恐惧，

Next one, release directly the fear of dying,

对你们来说这是最困难的一个，

that's a tough one for you,

因为你们觉得如果你们释放，你们就会死。

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

接下来的一个是从现在起，仅仅通过释放得到所有你想要的。

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

我认为这是我最喜欢的一个。

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

从实践的角度来说，它会比其他的指引带给你们更多，

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

你们知道为什么吗？

can you see why?

你会在每一刻都释放。

You'll be releasing every moment.

因为你的想要已经过载了，想要、想要。

Because you are overloaded with wants, want and wants.

你在“从现在起，通过释放获得你想要的一切”这件事上有多成功？

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

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

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

谁体验过仅仅通过释放得到所有你想要的事物？有人吗？

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

(学生说的听不清)

所有事物！所有事物的意思就是所有事物。

Everything, everything means everything.

什么？你说什么？

What? Said you something?

学生：凯文说，说吧，佐拉。

Student: Kevin said, say it, Zora.

莱斯特：说吧，佐拉。

Lester: Aay it, Zora.

学生：对我来说，我想说很多。

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

莱斯特：很多。

Lester: Pretty much.

学生：是的。

Student: Yeah uh.

莱斯特：好吧，很多只是很多。

Lester: Well, much is much.

学生：它看上去就像是事情发生。

Student: It just seems like things happen.

莱斯特：这就是它应该的样子，事情只是发生。

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

所以我必须加上最后一个：不做行为者。

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

因为当你这样做的时候，你不是个行为者。

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

学生：这是我最近花了很多精力去做的。

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

莱斯特：不做行为者？

Lester: Be not the doer?

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

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

莱斯特：你放手，然后不做行为者。

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

学生：这很困难。

Student: It's rough.

莱斯特：这是释放“想要成为小我”。

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

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

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

这些是很强有力的东西，非常有力，

But these are powerful things, very powerful,

如果你们能够把其中一个形成长久的习惯，其中任何一个都会带你们走完全程。

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

学生：还有另外一个，像个大师那样行为，无论你做什么，都把它做到完美。

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

莱斯特：这是我在这里给它留的空位，我忘记了它，我能借一下你的笔吗？

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

但那是一堂完整的课，还是只是课程中的一部分？

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

学生：那是一堂带有总结的、完整的课。

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

莱斯特：让你的行为像大师那样。

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

这是正确的英语吗？

Is that correct English?

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

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

学生：之前你说的是行为像一个大师，无论你做什么，把事情做到完美。

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

莱斯特：是的，我说的更加直接了。

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

我说的是，让你的行为，你要明白这其中的区别，你所说的方式和.....

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

学生：仅仅表现得像一个大师。

Student: Just behave like a master.

莱斯特：是的，表现得像一个大师，唱歌，我是个傻瓜，但是.....（笑）

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

我给你们的方法.....

The way I give it to you...

学生：更直接了。

Student: More direct.

莱斯特：我给你们这个更直接：让你们的行为，我应该像大师那样说吗？

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

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

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

莱斯特：是的，这是一位大师做事的方式。

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

这是我要去做的事情之一，去做事情如同一个大师会去做的那样。

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

我们做得越不完美，我们就在越低的水平，不管我们正在做的是什么事情。

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

你最喜欢的是哪个？

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

学生：我没说我最喜欢它，我只是说那是最常用的一个。

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

莱斯特：用得最多。

Lester: Using the most.

学生：我最常用的是通过释放得到所有想要的，我最喜欢这个。

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

莱斯特：我也最喜欢这个。

Lester: I like that the best too.

学生：因为它确实让事情更有可能实现了。

Student: Because it does make it more possible.

莱斯特：因为你可以看到为什么，这是你走向自由需要做的行为。

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

最直接的通向自由的行为是释放所有的障碍。

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

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

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

学生：一样的。

Student: Yep.

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

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

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

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

建议你们做任何能够提醒你们的声明。

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

通过释放得到一切。

Get everything you want by releasing.

学生：是的，电探针。

Student: Yes, electric probe.

莱斯特：电探针？

Lester: Electric probe?

（学生说的听不清）

莱斯特：你们房间里都有那个标识吗？

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

这是走向自由最有效率的方式。

It is a most effective way of going free.

(学生说的听不清)

莱斯特：瞧，我们现在有一个间谍，确保你能自由。

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

好了，现在，你们所有人都能不努力就获得各种事物了吗？

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

学生：它已经加强了。

Student: It's stepped up.

莱斯特：努力逐步减低，但获得事物这一点在加强。

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

你有任何时候毫不费力地得到事物吗？完全没有努力，仅仅是掉到你膝盖

上。

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

学生：是的，但是并不持续。

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

莱斯特：OK，这是一个成为你大写 S 的真实自己的体验，成为你的存在。

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

当你成为你的存在时，它必然是毫不费力的。

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

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

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

这不是很好吗？

Wouldn't that be nice?

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

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

学生：你必须有个更大的膝盖。

Student: You have to get a bigger lap.

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

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

但我们最好把它称为“膝上垫”，这样我们就可以接收这个世界了。

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

当你这样做的时候，这是一种非常非常愉快的体验，你们注意到了吗？

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

学生：这也带来了更多的感受。

Student: It brings up more feelings, too.

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

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

当你变得更自由，你对于允许那些剩余的垃圾浮现出来的抗拒变得更少了。

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

直到某一天，所有的对死的恐惧浮现和跑出去，它推着自己出去，

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

但是你必须打开门，按下按钮，邀请它们浮现。

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

因为每一分被压抑的感受都在压力下想要展现它自己。

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

所以你走得更高，你对被压抑的能量的抗拒就越少，AGFLAP，它们会更多

地浮现。

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

当它开始浮现，请让它离开。

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

你唱那首歌：“让它走，让它走，上帝保佑它。”

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

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

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

你会一直停留在一个很棒的地方，最好的地方。

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

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

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

living and depend on air, water, food.

仅仅是坐在那儿，存在、存在、存在、存在。

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

所以我们会是 4b 人（注：这里的“b”是英文单词“存在”的首字母），

So we will be the 4b people.

我们就只是存在、存在、存在、存在。

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

当莎士比亚这位杰出的人物说“存在或者不存在，那是个问题”，他把它弄颠倒了。

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

“存在或者不存在”是答案。

To be or not to be is the answer.

答案是“存在”，存在、存在、存在。

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

这是终极的状态，我们仅仅存在。

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

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

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

所以，提醒你，放开你的心智、放开你的身体，仅仅存在、存在、存在、存在。

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

如果你听到嗡嗡声，那是“唵”的声音，它不会杂乱，而是悦耳且流畅的。

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

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

我感觉我应该在这儿停下了。

Now I feel as though I ordered to stop here.

因为我说的东西非常深、也非常有力量，你们正在感受它。

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

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

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

当你们只是存在，bingo，就是这样。

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

所以我要来做一个结论：坚持下去，直到你们能够仅仅存在、存在.....

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

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磁带旁白：以下课程录制于 1989 年 7 月 30 日。

The following session was recorded July 30th 1989.

莱斯特：你不需要做任何事就能获得彻底的自由，你觉得怎么样？

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

为什么？

Why?

你现在就是完全自由的，你是全能的，你是全知的，你是全在的。

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

你当下就是完整、完全、完美的，你不需要为此做任何事。

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

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

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

你唯一需要做的，是让这些被压抑的能量浮现——我是有限制的、我是被束

缚的、我是痛苦的。

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

通过让它们浮现，让它们离开（想要认同、控制、安全）。

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

你们已经做了一些。

You've done it.

但你为什么不把所有的都做完、走完全程呢？

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

你会到一个你做梦都想不到的无比幸福的状态，你从未品尝过这个终极状态。

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

你不需要做任何事情去达到自由。

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

因为你们已经自由了。

Because you're already free.

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

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

你一无所获，你不会赢的！

You draw a blank, you don't win!

所以，放开“我是限制性的车架子”这样的概念。

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

这需要花多长时间？

How long should it take?

一到两个月，如果你贯彻六步骤。

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

我认为你们最缺乏的一步就是第一步。

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

你们知道第一步是什么吗？

Anybody knows what the first step is?

你必须想要自由超过你想要世界。

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

在你们之中，没有人想要自由超过想要这个世界。

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

如果你做到了，你就会自由了。

Were it so, you'd be free.

就是这么简单。

It's that simple.

成为你所是，就是那样简单。

To be what you are is so easy.

但如果你们当中有谁想要自由超过想要世界，你就会是自由的。

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

所以，你们要持续操作第一步，你们不能忘记第一步去走接下来的五步。

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

但当受够了痛苦，你会释放足够多以摆脱那种痛苦。

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

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

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

所以，变得聪明点！

So, get smart!

成为你所是。

Be what you are.

为什么要付出这些努力和痛苦去成为你所不是的？

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

你所处的方向是 100% 的损失。

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

这些身体在一百年后会变得如何呢？

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

你所做的所有事情是试图让身体保持运作。

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

如果我要给你们一个诅咒，我能想到的最大的诅咒就是去成为一具物理身体。

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

我想另外一个说过这话的人只有拉玛纳·马哈希。

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

最糟糕的诅咒，就是判处你从现在起，成为一具物理身体——这就像是判处

你从现在起被束缚到约束衣中。

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

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

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

而最后一个指引，是那样强有力的一个指引。

And the last one is such a powerful one.

我认为我不会再给你们更多的实践性的东西去做了。

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

因为这样会混淆和混杂你们已经有了的那些。

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

你们得到了什么？

What have you gotten?

那些在你们房间里的标识。

Those signs in your room.

仅仅通过释放得到所有你想要的一切。

Get everything you want only by releasing.

这起作用吗，凯文？

Has it worked, Kevin?

你得到你想要的一切了吗？

Are you getting everything now?

但所有你想要的一切，你都应该通过释放来获得。

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

你在恰当的时候拥有它了吗？

Do you have that in place?

OK，当你在恰当的时候拥有一件事物时，你没有作为行为者的感觉。

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

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

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

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

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

看，这让事情变得毫不费力了。

See, that makes it effortless.

当你不是行为者时，这其中便没有任何努力 (零努力)。

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

事情和谐地发生，且立即发生。

And it happens harmoniously and immediately.

在我给你们最后一个之前，我给你们三步或者四步是哪些？你们还记得它们是什么吗？

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

学生：要成功。

Student: Be successful.

莱斯特：是的，这些都是实践性的东西。

Lester: Yeah, these are practical things.

不管你在做什么，让它成功。

Be successful in whatever it is you're doing.

这条指引正在挖一个洞，拉出一些石头。

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

无论那是什么，无论在做什么，都要让它成功。

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

另外一个是什么？

What was another one?

学生：第一个是.....从内在获取你所有的幸福和欢乐。

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

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

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

只有一个单一的快乐，那就是成为你的存在。

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

然而你设置了一个缺乏、想要、欲望去搅动你的心智，

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

当你填补了这个欲望，心智变得安静起来，

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

从而你仅仅是存在时，这就是你所感觉到的快乐，不存在其他的快乐。

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

所以，从你的存在中获得所有快乐。

So, get all your joy from your Beingness.

我们依然还有一个没说到吗？

Is there still one more?

学生：对死亡的恐惧。

Student: The fear of dying.

莱斯特：什么？

Lester: What?

学生：带出对死亡的恐惧。

Student: Bring up the fear of dying.

莱斯特：我只是在想，带出对死亡的恐惧，是不是太过强烈了。

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

如果你去做，它就会帮助你完成。

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

但是你现在不自由，所以你没有去做（笑声）。

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

要明白，所有被压抑的对死亡的恐惧，现在正在试图把自己推上来并推出去。

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

你只要停止把它紧抓在里面，它自己立刻就会走出去。

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

我仍然推荐你们在能够使用的程度上去使用它。

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

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

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

这不是美好而又简单吗？

Nice and simple?

美好，而且是容易的。

Nice and easy.

唯一的困难是试图去成为一个限制性的车架子。

The only difficulty is trying to be a limited carcass.

这是你全部的困难、所有的痛苦。

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

你所不想要的一切都与试图成为一具限制性的身体有关。

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

圣尤蒂斯瓦尔对离开后又回来时的尤迦南达说：“辨别它，我的孩子”。

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

辨别出这个世界是一场梦，这就是它的全部。

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

你梦见了这些所有事情。

You're dreaming this whole thing.

我当然可以在晚上做梦，醒过来，就看到梦是什么了，于是就会变得无限快乐。

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

对我目前所说的有任何问题吗？

Are there any questions on what I just went through?

这真的是以一种你们能做到的最实用的方式，给了你们非常顶端的知识。

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

因为不同的步骤都是非常实践性的。

Because different steps are very practical.

当然，来到这里是其另一个步骤。

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

和释放的人们生活在一起，与那些你能够对他表达并且双方都释放的人生活在一起。

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

on and both of you release.

我一遍又一遍地说，我确信你们在这个世界中不会获得自由。

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

这个世界太过强有力地把他人都拉下来，进到世俗的生活方式中。

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

你们需要摆脱那种拉力，以一个团体的形式在一起工作，用你们的表达去释放。

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

在世界中，当你想要外出时，你必须去压抑，否则你就会被杀死。

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

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

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

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

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

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

你无法在外面停止它。

You can't stop it out there.

但你在这里有一个绝佳的机会去表达、释放、前进和向上移动。

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

再问一遍，对我说的内容，有任何问题吗？

Again, any questions on anything I've said?

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

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

学生：我会离开。

Student: I'll be gone.

莱斯特：什么？

Lester: What?

学生：我会离开。

Student: I'll be gone.

莱斯特：你知道 “离开” 这个词在语言中的意思吗？

Lester: You know the word “gone” means in the language?

(学生说的听不清)

莱斯特：离开，顶端。

Lester: Gone, tops.

好了，没有问题的话.....

Okay, there's no more...

(学生说的听不清)

莱斯特: 好吧, 捷径很简单, 就是这个路径。

Lester: Well, the shortcut is simply this way.

仅仅是你的心智在说这里有一个莱斯特, 那里有一个斯图尔特, 对吗?

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

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

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

莱斯特: 在夜梦中你有形态, 你有自己的身体, 你还有其他身体。

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

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

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

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

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

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

学生：这就是为什么我很难把这视为一个梦境状态，因为它有这个问题。

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

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

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

因为你是如此确信这个白日梦是真实的，你身处其中，不愿放手。

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

释放它，接着你会看到这个物质世界的梦境本质。

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

释放它。

Release it.

如果你像现在这样紧紧抓着你亲爱的生活不放，你就没有释放它，你在做相反的事。

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

这就是为什么你没有看到那是一个梦境。

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

在夜晚的梦境中也一样，当你为生存而挣扎时，梦境还在继续，它就是真实的。

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

只有当你从梦中醒过来时，你才知道那是不真实的。

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

你要从这个梦境中醒过来，通过放开你对它的紧抓，通过释放它，

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

那么你就会非常明显地发现，这个所谓的“清醒状态”就像夜间的梦境一样真实。

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

但你必须醒过来。

But you've got to wake up.

(学生说的听不清)

莱斯特：释放它后面的部分，诸如此类，它会永恒地保持着。

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

或者，释放一件事物：对死亡的恐惧，这会照顾好所有事情。

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

只有一个东西你必须释放，只有一个东西，那就是对死亡的恐惧。

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

你不去做吗？

But don't do it?

你可以发现自己全知全能，你可以通过一个毫不费力的念头拥有你想要的任何事物。

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

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

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

学生：这看起来像与做行为者直接相反，我正在释放，朝着不做行为者而去。

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

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

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

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

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

莱斯特：你不能“说”，你只能是它。

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

要明白，去做你的存在，最高的状态是你仅仅是你的存在。

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

你不能“说”出它。

You can't say it.

任何你说出的事物，都是在二元性中，都是在梦境中。

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

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

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

may will come in without...

萊斯特: 是的, 你正在释放你对世界的贪爱和嗔恨, 一小口一小口。

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

但你需要来一大口, 而不是这样一小口一小口。

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

所以你用你正在做的事来释放。

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

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

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

但是在你的存在中, 你不需要任何努力,

But in your Beingness, you need no effort.

事物会立即物质化和反物质化。

Things materialize and dematerialize instantly.

然而，如果你试图在你的脑子里去搞明白，你做不到的。

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

因为你的头脑、你的心智、你的智力是障碍，是限制性概念的累积。

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

所以无法在你的头脑中搞明白。

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

你可以成为你的存在，你现在就是你的存在了。

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

你不必成为一个限制性的车架子，而这正是你在工作和日常中要释放的。

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

通过摆脱把你和它联系起来的情绪，你就释放了所有的贪爱和嗔恨。

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

connecting you to it.

我回答了你的问题吗？

Did I answer your question?

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

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

莱斯特：不，你无法搞清楚。

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

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

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

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

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

of going through all those emotions below approval, control.

当你没有想要认同和控制之后，所有在它们之下的情绪就都离开了。

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

但直到你释放对死亡的恐惧之前，你依然有想要认同和控制。

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

你想要每个人的认同的唯一原因是因为这样你就能获得安全和生存了。

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

如果我们得不到认同，你就想让他们认同你，这样你就能安全了，这个就是控制。

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

但当你释放想要认同和控制，所有在它之下的感受就都离开了。

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

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

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

当你走到那里时，你会非常容易地让对死亡的恐惧浮现。

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

你到达了一个点，在那时，它会把自己推上来，推出去。

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

而你坐在那儿，完全地观看着它，它自己就会把自己排出去。

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

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

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

明白了吗？_还有其他问题吗？

Okay? Any other questions?

好的，所以，我们就称它为永恒之日吧。

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

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磁带旁白：以下课程录制于1989年8月13日。

The following session was recorded August 13th, 1989.

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

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

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

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

因为我们的基本天性是完美的，我们对此不能做任何事。

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

除了一直把目光从它身上移开，“它在哪儿？它在哪儿？我是谁？我是谁？”。

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

我们就像是酩酊大醉的醉汉，试图去发现我们是谁、是什么。

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

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

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

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

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

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

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

比较好听的说法是，你对我之前给你讲的这些事实一无所知，

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

任何聪明的人会说：“天呐，如果我就是那样的，我会马上成为它。”

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

成为你所是，并不需要花时间。

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

成为你所是，所需要付出的努力是零。

It takes zero effort to be what you are.

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

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

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

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

这样的话，你在每一刻都会有一个毫不费力的，极度快乐的生活。

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

我们当中有多少人做到了这一点？

How many of us have done it?

你情愿去变得痛苦，你情愿去做那些在我的眼中最愚蠢的事情。

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

如果你可以仅仅通过一个念头拥有任何事物，这些所有的挣扎是为了什么呢？

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

struggle?

我说你们是愚蠢的，因为这可能会帮助到你们。

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

这里有谁是不想变聪明的吗？

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

所以，聪明一点！

So, get smart!

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

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

如果你去做，它很容易、很简单、而且很迅速。

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

如果你不去做，它就是复杂的、几乎不可能实现、挫败的、痛苦的。

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

miserable.

但选择权在你。

But the choice is yours.

你可以成为你现在所是的样子，完整、完全、完美；

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

或者你可以选择一天 24 小时都不去看它。

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

那么，你在接下来的一两个月里打算做什么呢？

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

是选择聪明，还是选择愚蠢？

Be smart or be stupid?

我会给你们答案。

I'm going to give you the answer.

我希望我是错的：我认为你们会选择愚蠢。

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

但我不明白你们为什么选择愚蠢。

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

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

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

所以，你们听到我谈论愚蠢，我并不想要变得愚蠢，而这是我调转方向的关键。

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

接下来的一件事当然就是看向正确的方向。

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

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

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

所以只剩下一个方向了，向内。

So there was only way left to go, inward.

我是什么？这个世界是什么？我和它的关系是什么？智者到底是怎么回事？

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

没有用任何方法，答案就出现在我面前了。

And without the method, the answers came to me.

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

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

但你只是部分地、最小限度地使用它，而不是充分地、最大程度地使用它。

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

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

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

横在你和你的终极幸福之间的唯一事物就是被压抑着的感受。

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

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

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

我不认为我可以给你们比这任何更好的启示了。

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

我可以说你能在一或者两个世纪内做到，但为什么不是现在？

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

你现在就是无限的存在。

You are this unlimited being right now.

为什么不仅仅是放它们离开？

Why not just let go of?

释放所有的遮蔽物，这些遮蔽物都被聚集在了感受中。

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

对我所说的有任何问题吗？我已经说完了我要说的。

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

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

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

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

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

da-da-da-da...

这一切都是表演，都是假装。

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

而且你会发现，这种情况几乎遍布了整个形而上学的圈子。

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

圣多纳是一个对那些圈子来说非常好的聚集地，但这种情况在哪里都有。

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

这用一个词来归纳就是——自尊自傲。

It really comes under one word, "pride".

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

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

但这是错误的。

And that's wrong.

所有能量的漩涡在你的“我”中。

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

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

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

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

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

这是真的。

That's true.

当你说“我是”时，宇宙中所有的力量都在你的“我”中。

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

不要把它给石头，你会在石头和坚硬的地方之间(习语：你会陷入进退两难)。

(笑声)

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

我回答了你的问题吗？

Did I answer your question?

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

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

莱斯特：是的。

Lester: Yeah.

学生：所以，释放已经.....

Student: So the releasing has been...

莱斯特：释放你的非爱的感受。

Lester: Releasing your non-love feelings.

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

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

每一个关于爱的感受都是“非爱的感受”。

Every feeling about Love is a non-love feeling.

所以你必须放走所有这些感受，剩下的就是纯净的爱。

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

你并不需要一个博士学位去理解这些，事实上他们是错误的、是装饰。

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

因为他们试图通过头脑去得到它，而心智是障碍。

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

心智维持着所有的限制。

It's the mind that holds all the limitations.

在你的存在中，你是无限制的。

But in your Beingness, you're unlimited.

我说：“是你吗？” 你说：“是的。” 我说：“那就是了。”

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

为什么有那些麻烦？因为成为了一个极度的限制性的车架子。

Why all this trouble? Being an extremely limited carcass?

我现在回答了你的问题吗？

Did I answer your question now?

还有别的问题吗？

Any other question?

学生：所以，当我听你这么说的时候，我感觉胃里一阵紧张。

Student: So, as I listen to you say that, I get this tense feeling in my stomach.

莱斯特：别释放它。（笑声）

Lester: Don't release it.

你们明白我在对杨做什么吗？

You see what I'm doing to Young?

你本应该释放它的。

You should have released it.

为什么你不释放它？

Why didn't you release it?

学生：我猜是因为你让我感到惊讶，或者因为你没叫我释放它。

Student: I guess because you surprised me, or because you didn't tell me to release it.

莱斯特：okay，你想要变得痛苦，想要抓紧这些感受。

Lester: Oh, okay, you want to be miserable and hold on the feelings.

上帝保佑你，这是我唯一能说的话。

God bless you, it's the only thing I can say.

但这就是答案。

But that's the answer.

不论你要问什么问题，现在问我吧。

Whatever question you're going to ask, and now ask me.

学生：实际上，这就是下一个问题的答案，我有时候会思考措辞，我满脑子都是它，然后我就没释放它了.....

Student: Actually, that's the answer to the next question. I was thinking about sometimes wording, just my mind grabs it and I don't release it,
(最后一句没听清)

莱斯特：言语是你的阻碍。

Lester: Words are in your way.

谈论它，会替代去做它，“去做它”是你要做的事。

Talking about it is in place of doing it, and this is what you are about to do.

所以我说 “别释放”。

So I said, “don't release”.

忍着吧，那种感觉糟透了，受苦。

Suffer, it feels awful, suffer.

当我说“受苦”的时候，他冲我微笑，而不是生气并想杀了我。

He smiles at me as I said suffer, instead of getting angry and wanting to kill me.

因为他知道我的意思。

Because he knows what I mean.

这是个选择，去受苦，还是成为你的终极幸福，终极幸福是你的基本天性。

It's a choice to suffer or to be the ultimate happiness, which is your basic nature.

你的存在就是上帝的存在，上帝的全宇宙的无限存在。

Your Beingness is God Beingness, God's the infinite Beingness of the universe.

因此，它必须包括你的存在。

Therefore, it must include your Beingness.

当你认同你的存在，你是在认同你的上帝的部分。

So when you identify with your Beingness, you are identifying with the God part of you.

作为上帝，上帝能做到任何你希望的事情吗？

And that being God, can God do anything you wish?

祂有一个给你的秘密，祂有一个比美联储还大的银行。

He has a secret for you, he's got a big bank, bigger than the Fed.

学生：我想，说到这又回到了我早先的问题，因为我花了很长时间来肯定我的真实存在、我是谁、以及来自“我是”的那个地方，但是从通过我的头脑、理性角度来这么做，因为.....怎么去通过其他方式去做？

Student: I guess this just talking about that goes back to my original

question, because I spent a long time affirming my true being, who I am, and coming from that place of I am, but doing so from my head, doing so from the intellectual standpoint, because how to do it from the other way?

莱斯特: 你有那个释放技巧吗?

Lester: You've had the release technique?

学生: 就在最近, 我最近才学的, 我说的是 25 年前的事。

Student: Just, just recently, I just took it recently, I'm talking about 25 years ago.

莱斯特: 你什么时候完成那个课程的?

Lester: When did you finish the course?

学生: 一月份。

Student: In January.

莱斯特: OK, 你现在应该自由了。

Lester: Okay, you should have been free by now.

我说: 如果你贯彻六步骤, 它应该只会花费你三个月或更短的时间。

I say, it should take you three months or less if you carry out the Six Steps.

我知道这个，因为我花了三个月时间，而我没有六步骤，它们是在我进行的过程中发展出来的。

I know that, because it took me three months, and I didn't have the Six Steps, they evolved as I went through it.

我认为如果我从六步骤开始，我可以在一个月内完成它。

I think I could have possibly done it in one month's time had I the Six Steps to begin with, not to end with.

这不需要花时间，因为你就是那个无限的存在。

It doesn't need to take time, because you are that unlimited being.

它在哪里？

Where is it?

它是你的存在。

It's your Beingness.

是的，但我完全沉浸在做一具身体当中了。

Yes, but I'm totally involved in being the body.

使用这个方法 (释放法), 让你的心智安静, 你的真我对你就非常明显了,
事实上你是无限的。

Use the Method, get the mind quiet, and your Self obvious to yourself,
as to the fact that you are unlimited.

仅仅是你的感受, 聚集了"我不能"。

It's only the feelings that gathering the I cannots.

现在, "肯定" 是试图在不好的东西之上编程更多好的东西, 这给了你更多
需要摆脱的程序。

Now, affirmation is trying to program further good stuff on top of bad
stuff, give you more programs to get rid of.

不管怎样, 除了 5% 的人以外, 它都不起作用。

Doesn't work anyhow, except for maybe 5%.

它对你起作用吗?

Has it worked for you?

学生: 它确实对身体的疗愈有作用, 我一直都在用, 我 25 年来都没看过医

生。

Student: It did for physical healing, I used it all the time, I've never went for a doctor for 25 years.

萊斯特: OK, 物理治疗当然比物理疾病要好。

Lester: Okay, well, physical healing, of course, is better than physical ailment.

但是你处理它的方式, 是宇宙中有可能的最具限制性的方式——一具物理身体, 确认它, 然后把你自己囚禁在里面。

But what are you dealing with the most limited vehicle possible in the universe, a physical body and validating it and keeping yourself imprisoned.

所以, 那种“肯定工作”卓越地让你保持着束缚, 然后一圈一圈地不断循环下去。

So that “affirmation work” was excellent to keep yourself bound and around and then round and round you go.

如果你想要一个完美的身体, 在体内释放, 仅凭一个毫不费力的念头, 你的身体就会是完美的。

Release in the body by a mere effortless thought will be perfect if you

want a perfect body.

身体是你心智的精确复制。

The body is an exact copy of the mind.

心智是你构建起来的东西，它是你所有念头和感受的总和。

The mind is something you set up, it's a sum total collection of all your thoughts and feelings.

所以摆脱你所有的感受，你的心智就安静了，然后你就会维持在你所觉知到的无限存在中。

So rid yourself of all your feelings, your mind goes quiet, and you will remain in the infinite Beingness that you are conscious of it.

简单，如果你去做，就非常容易；

Simple, easy if you do it;

如果你不去做，那就不可能。

If you don't do it, it's impossible.

还有别的问题吗？

Any other question?

OK, 所以, 讲道结束了。

Okay, so the sermon is over.

害虫仍然存在, 我们必须做的就是释放它。

The vermin remains, and all we have to do is release it.

(风的翻译到此结束)

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磁带旁白: 以下课程录制于 1973 年 4 月。

The following session was recorded in April of 1973.

在复活节那天, 我们非常愉快地庆祝耶稣基督的复活, 对吧?

On Easter Sunday we very happily celebrate the resurrection of Jesus the Christ, right?

对我来说, 这是耶稣教义的精髓。

Which to me is the epitome of the teachings of Jesus.

祂给我们的最高指引是：我们应该像祂所做到的那样获得永生。

At the highest point that He had to make to us was that we should attain immortality as He did.

祂是领路人，是榜样。

He was the way-shower, He was the example.

就耶稣和祂的教义而言，如果说有什么是我们应该努力去做，那就是效仿耶稣，信耶稣所信的。

And if there's anything that we should try to do with respect to Him and His teachings, it is to emulate Jesus, to believe as Jesus believed.

不是相信祂然后说“是的，是的”，而是要相信那些祂教导我们应该相信的。

Not to believe in Him and say, "yea, ye", but to believe as He taught we should believe.

我们应该把另一边脸转过来，我们应该做比祂所做之事更伟大的事。

That we should turn the other cheek, that greater things than these that He did, we should do.

祂说过这一点：你们要做比这些更伟大的事，难道你们不知道你们是神吗？

He said that, greater things than these, ye shall do, know ye not that ye

are Gods?

因此，“复活”在他的教义中是至高的关键点，指出了我们应该做什么，我们必须在这个时候认识到我们是不朽的存在。

So, the resurrection is the highest point in his teachings and points out what we should do, we must learn at some time that we are immortal beings.

在我们做到之前，我们会不断地回到这个唯一的地狱，也就是这个地球生活，一次又一次，直到我们获得永生。

And until we do, we keep coming back into the only hell there is, this earth living, again and again and again until we achieve our immortality.

获得永生是指当身体的历程结束时，有意识地离开你的身体，而不是因为疾病、意外或类似的那些原因而被扔出身体。

Achieving immortality is consciously leaving your body when you are through with it, it is not being thrown out of your body by a disease or an accident or something like that.

实际上，永生是在你完全有意识的状态下，按照你自己的意愿，就像脱下一件厚重的衣服、一件厚重的大衣那样，直接从身体里走出去。

It's actually on your own wish, under full consciousness, you step right out of the body, just as you would be stepping out of a heavy garment,

a heavy overcoat.

当然，为了做到这一点，你必须知道身体对你来说意味着什么，它就像是你穿着的一件衣服。

And of course, in order to do that, that's how much a body must mean to you, it's like a garment you're wearing.

有一天，当你看到真理时，那件衣服几乎就像一件束身衣，它禁锢着灵魂，它是如此地限制着我们的行动和动作。

And someday, when you see the Truth, that garment is almost like a straightjacket, it's got a soul confined, so limited in our actions and movements.

但当你从更高的视角看待它时，它实际上就是一件约束衣。

But when you see it from a higher point of view, it is very much a straightjacket.

幸运的是，因为它迟早都会促使我们想要摆脱它，以走向更广阔的自由。

And luckily so, because sooner or later it causes us to want to move out of it into a much greater freedom.

所以，耶稣树立的榜样是学习如何变得不朽，以摆脱所有的身体限制。

So, the example that Jesus set was to learn how to become immortal, to get free of all the physical limitations.

这意味着也要摆脱食物和空气的限制。

And that means getting free of the limitations of food and air also.

如果我们接受这些事情是不可能的，除非我们摆脱这些“它们是不可能”的概念，否则它们将一直不可能。

If we accept these things as being impossible, they'll remain impossible until we get rid of the concept that they are impossible.

事实上，它们比吃饭和呼吸容易得多，不需要空气或食物的生存要容易得多。

In reality, they are far easier than eating and breathing, it's much easier to live without needing air or food.

我想我们都知道吃东西的困难，包括我们的饮食、消化、消化不良以及与之相关的所有问题。

I guess we all know the difficulty of eating food, with our diets and our digestion and indigestion, and all the problems that go with it.

直接获取我们的能量便不会存在任何的问题，你永远不会因为使用普拉纳（生命能量）而让胃不舒服。

Taking our energy directly, there's no problem, you never get a bad stomach from using prana.

所以，当我们庆祝复活节时，这是美妙的一天。

So, it's a wonderful day when we celebrate a resurrection.

如果你们对耶稣、祂的教义、祂生命的意义等等有任何的疑问，如果可以的话，我很乐意解答，我更希望你们提问，这样我们才能导向你们所想要的。

If you people have any questions on Jesus, His teachings, the meaning of his life and so forth, if I could I'd be very happy to answer them, I'd rather you ask questions, so we can get more direct to what you want.

学生：我有个问题，关于你提到过的在十字架上的一些东西有很多争议，“父啊，父啊，你为什么离弃我”，或者类似的话，这似乎完全不符合祂当时的感受。

Student: I have a question, there's a lot of controversy about something you said on the cross, "Father, Father, why have you forsaken me", or something like that, that seem completely out of keeping with His feeling at the time.

莱斯特：是的。

Lester: Yeah.

学生：是误译吗？

Student: Mistranslation?

莱斯特：我非常坚信祂从未说过这句话，基督，甚至耶稣，怎么可能会说“我的上帝，我的上帝，你为什么离弃我”呢？尤其是当祂经历被钉在十字架上和复活的时候。

Lester: I very strongly believe He never said it, a Christ, and even Jesus, could not say "my God, my God, why hast thou forsaken me?", especially when He's going through the crucifixion and the resurrection.

我相信还有其他人也这么认为。

and I believe there are others who think that way.

祂真正说的是——祂在呼唤以利亚。

That what He really said was, He was calling for Elias.

在称呼上，这个词和“上帝”非常相似。

And the word is very similar, God, in the name.

以利亚的意思是上帝。

Elias means God.

上帝，任何带有这个词的名字都是上帝的名字。

God, any name with that in it is a God name.

我不相信祂说过这句话，也不相信祂会这么说。

I don't believe he said it, I don't believe he could say it.

有人研究过我们《圣经》的演变过程吗？

Has anyone studied the evolution of our Bible?

好吧，如果你研究《圣经》的起源，你会发现，它们只是一堆手抄本，然后他们只是随机地把它放在一起。

Well, if you study the way our Bible came about, you'll hit one point where they just had a bunch of manuscripts and they just at random threw them together.

这些抄本经历了很长一段必须被藏于地下的时期，如果你被抓到持有《圣经》，你会丢掉性命。

It went through a long period of having to be put out underground, if you were caught with a Bible, you would have lost your life.

为了避免与当局发生冲突，所有的信息都被加密了，而且从未被译解过。

Things were coded, so as not to get into trouble with the authorities, and never decoded.

就像《启示录》这一章，它实际上是《圣经》中最重要的一章。

Like the chapter on revelation, which is really the most important chapter in the Bible.

因为《创世记》记载了神人降世为人类，而《启示录》则记载的是人类回归神人、回归上帝。

Because Genesis is the descent of God-man down into human-man, and revelation is the ascent of human-man back into God-men, back to God.

所以，《圣经》中存在错误。

So, there are mistakes in the Bible.

但仍有许多人说这是上帝最后的话，他们不知道，这其实是那些整理和解读《圣经》的人们最后的话。

And yet many people say it's the last word of God. they don't know that it's the last word of the men who were putting it together and interpreting it.

先生，这些内容我不能放到公开的磁带里。

And these are things I couldn't put on a public tape sir.

因为太多人毫不质疑地接受《圣经》是上帝的最后话语，但实际上我同意他们的观点，《圣经》应该是最后的话语，但它不是最初的原话。

Because too many people without question accept that our Bible is the last word of God, but really I agree with them, and it should be the last words, but not the first.

因为如果你去读《圣经》，就会发现其中大部分内容根本说不通，而将上帝的至高智慧与《圣经》里的文字智慧相提并论，是对上帝的严重亵渎。

Because if you read it, it just doesn't make sense, the majority of it, and to put up God the highest intelligence with the intelligence of the words of that Bible is a terrible insult to God.

如果你不相信我，那就打开《圣经》读一读，就像你读任何的普通故事或书籍那样，你会发现它根本读不通。

And if you don't believe me, open the Bible and read it, read it like you would any ordinary story or book, you'll see it doesn't make sense.

这就是为什么我们的牧师会从某一章引用一句话，又从这边引用另一句话，从那边引用另一句话。

And that's why our ministers quote one sentence from one chapter and another sentence from over here, another sentence from way over

there.

如果你浏览《圣经》，就会发现它根本不符合逻辑。

It's just not logical if you go through it.

所以，《圣经》里存在错误，而且我确信耶稣从未说过那样的话。

So, there are mistakes in the Bible, and I feel sure that Jesus never said that.

我认为另一件被恶劣渲染的事是耶稣被钉十字架。

I think another thing that is very badly played up is the crucifixion.

比如你去圣十字架教堂，你会看到耶稣在那里的十字架上是多么恐怖，鲜血、荆棘，这并不神圣。

Like you go in the Chapel of the Holy Cross, you see how horrible Jesus is on the cross there, you know, blood, thorns, that's not godly.

即使当耶稣被钉在十字架上的时候，祂也是处于一种极高的极乐状态。

Even when Jesus would be on the cross, he would be in a very high state of bliss.

最糟糕的是，他们不宣扬复活，却宣扬受难。

And the worst thing of it is they do not play up the resurrection, they play up the crucifixion.

为什么？

Why?

在过去的两千年里，我们所在的这个星球处于相对较低的时期，处于低意识状态中的人类热衷于血腥和杀戮。

In our relatively low period on this planet that we've been in for the past 2,000 years, man being in a low state of consciousness loves blood and killing.

所以他们把耶稣描绘成了那样，而不是把他描绘成一个光芒四射、荣耀、复活的基督。

And so they have Jesus pictured that way instead of a radiant, brilliant, resurrected Christ.

他们给我们呈现出这些糟糕的复制品，这些复制品符合的是人类的意识，而不是基督的意识。

They give us these awful reproductions that are in accordance with man's consciousness, not the consciousness of a Christ.

还有其他问题吗？

Any other questions?

人们走到高处，你就不会有任何疑问。

People go to high, you won't have any questions.

当你到达那里的时候，便不存在问题了。

When you get up there, there are none.

我还是继续吧。

I let it talk down.

学生：你觉得《宝瓶福音书》怎么样？

Student: What do you think of the Aquarian Gospel?

莱斯特：这是一本值得读的好书，你读过吗？

Lester: It's a nice book to read, did you read it?

学生：是的。

Student: Yeah.

(另一个学生说的听不清)

莱斯特：我觉得这是一本通过灵媒传递过来的书。

Lester: I feel that it's a book that came through mediumship.

如果你去探究通过灵媒传递过来的东西，其中有些是准确的，也有些是不准确的，所以你根本无从知晓。

If you investigate things that come through that way, there's some accuracy in them and there is also some inaccuracy in them, so you just don't know.

但它读起来比我们的《圣经》要好，不是吗？这是一本鼓舞人心的书，不是吗？

But it reads better than our Bible does, doesn't it? It's an inspiring book, isn't it?

学生：是的。

Student: Yeah.

莱斯特：我明白这一点。

Lester: I've got it.

学生：我知道。

Student: I know.

莱斯特：最好的宗教是去了解真理，真理必会使你们自由。

Lester: The best religion is to know the Truth, and Truth shall make you free.

所以，最好的宗教是去获得自由。

So the best religion is to go free.

你们对耶稣的地位以及与自我了悟联谊会（SRF）大师们的关系有什么疑问吗？

Do you have any question on the place of Jesus and with the SRF gurus?

(学生说的听不清)

莱斯特：问题是什么？

What's the question?

学生：耶稣和自我了悟联谊会有什么关系？

Student: What is Jesus' connection with SRF?

莱斯特：这个星球的灵性指引是一个非常有组织的東西。

Lester: The spiritual guidance of this planet is a very well organized thing.

因为它是由我们地球上最优秀的人来掌管的。

Because it's run by the very best men on our planet.

一个人的灵性层次越高，智慧就越卓越，智能就越高。

The higher the spiritual spirituality of a being, the greater the wisdom, the greater the intelligence.

所以，灵性层次最高的人们都是极其有组织、极其有智慧的人们。

So, the top spiritual men are very well organized and very knowing men.

我想，大概从公元前 3000 年开始，我们的知识和历史就非常支离破碎了，我们甚至说，在那之前人类是穴居人，并且一切都处于心灵层面。

Our knowledge and our history is very fragmented from, I guess, 3000 B.C. on. We even say before that, man was caveman, and all this is in soul.

这个星球有一个灵性方向，

There is a spiritual direction of this planet,

有一个意识在引领着这个星球，

there is one mind guiding this planet,

有一个意识在引领着我们的太阳系，

there is one mind guiding our solar system,

然后，在那之上，还有一个意识在引领着我们这个小宇宙的灵性进化，

and there's a mind above that guiding the spiritual evolution of our small universe,

接着，在那之上，还有另一个意识在引领着更大的宇宙，

and then there's another mind above that guiding the larger universe,

然后，在那之上，还有一个意识在引领着全宇宙的演化。

and then there's a mind above that guiding the evolution of the omniverse.

如果存在一个全宇宙，它从无限延伸到无限，但有一种智能、一种意识在引领着灵性方向，这才是真正的方向，这才是每个星球真正的演化方向。

If there's an omniverse, it goes from infinity to infinity, but there is an intelligence, a mind guiding the spiritual direction, which is the real direction, which is the real evolution of every planet.

所以，这个星球的方向是极其唯一的，只有一个意识在那上面引领着它，在祂之下的人们结成了一个团体，祂们不会说“我的宗教是对的，你的宗教是错的”。

And so the direction of this planet is very singular, there's one mind up there guiding it, and those who are under Him are all one group, and They don't say "My religion is right and your religion is wrong".

对祂们来说，上帝有什么宗教吗？有没有人知道？不管它是什么，也许我们都可以加入那个宗教。

To Them, now what religion does God have? Anybody know? Maybe we can all join that religion, whatever it is.

上帝没有宗教，上帝拥有的是人们，每一个人都是上帝的孩子。

God doesn't have religion, God has people, and every person is a child of God.

所以，处于最高处的群体非常团结一致且方向唯一。

So, the group at the top are all very united and singular in direction.

然而，祂们试图降下来迁就我们中一些人的接受程度。

However, they try to come down to meet the acceptance levels of some of us.

如果我们把自己划分成——比如说，一边是印度教徒，另一边是基督教徒，那么祂们就会派出两位领袖，一位给印度教徒，一位给基督教徒。

If we divide ourselves up into, say, Hindus on one side and Christians on the other side, so They got to send out two leaders, one for the Hindus and one for the Christians.

如果还有其他的群体，祂们会派出第三位和第四位领袖。

If there's others, They'll send out a third and a fourth.

但顶端的团体都是一致的，耶稣、尤迦南达、圣尤蒂斯瓦尔和其他大师们一次又一次回来，以帮助这个星球进行灵性进化。

But the top group is all united, Jesus, Yogananda, Yukteswar and the others have been coming back again and again to help in the spiritual evolution of this planet.

就祂们而言，祂们是一个团体，彼此认识且携手共进。

And as far as they're concerned, they are one group who know each

other and work together.

我相信耶稣、巴巴吉、拿希里·玛哈赛、圣尤蒂斯瓦尔和尤迦南达的这个群体是这个星球灵性进化中的最高领袖，他们正在一个高度统一的计划中携手合作。

And I am convinced that this group of Jesus, Babaji, Lahiri Mahasaya, Yukteswar and Yogananda are the top leaders in the spiritual evolution of this planet, and that they are working together in a very unified plan.

我同样坚信，在 25 到 30 年后，当地球开始真正地被灵性方向而非金钱方向引领时，这个计划将会为人所知。

Which I am also convinced, will become known another 25-30 years, when the earth starts really being guided by a spiritual direction rather than a monetary direction.

即使是那些走在这条道路上的人，也没有意识到我们有多么地崇拜物质。

Even those on the path don't realize how much we worship materiality.

如果我们不像现在这样过多地崇拜物质，我们就会获得自己的灵性毕业证，我们会获得复活的能力。

And if we didn't worship materiality as much as we do, we would get our spiritual diploma, we would get our resurrection.

唯一阻碍我们的是：我们崇拜物质超过了崇拜灵性。

The only thing that stops us is that we worship materiality more than we worship spirituality.

但当你到达那个你想要灵性和想要物质同样多的位置，你就会获得灵性。

But when you get to the place where you want the spiritual as much as, equally as much as you want the material, you'll get the spiritual.

因为灵性方向始终在你之内，这才是你真正追求的，你称它为“幸福”。

Because that spiritual direction is always in you, this is what you are really driving for, you call it happiness.

当你有意识地想要灵性和想要物质同样多时，内在灵性方向的驱动力只会将重心放在灵性的一边，然后你会飞速上升。

And when you consciously want the spiritual as much as you want the material, that inner drive which is in the spiritual direction only puts the weight on the spiritual side, and you'll zoom up.

所以，这些人是一个团结一致的群体，他们将世界视为一个整体，并引领着这个世界从他们那里获取最强的能力。

So, these men are a united group, they see the world as a unit, and are

guiding it to the best ability that the world will take from them.

他们之中没有任何人死去，他们现在远比被束缚在物理身体中要活跃得多。

None of them are dead, they're far more alive now than they were when they were limited to a physical body.

只要他们愿意，他们中的任何一个人都可以使用物理身体，而且如果这不会把我们吓死的话，他们可能会比现在更多地使用物理身体。

Any one of them could use a physical body if they wanted to, and probably would use it much more than they do if it wouldn't scare us to death.

但如果他们以物理身体的形式出现在我们面前并开始和我们说话，我们大多数人都会非常害怕，我们大多数人都会处于一种震惊和恐惧的状态，我们将无法接收到他们想传达给我们的灵性信息。

But most of us would be terribly frightened if they appeared to us in a physical body and began talking to us, most of us would be in a state of shock and being frightened, we would be unable to receive the spiritual message that they would have for us.

如果你曾经见过一位大师显现，并想知道这是否是真实的，你只需通过这一点就能简单地判断——他们永远不会让你保持原样。

If you ever have a vision of a master and you want to know whether it

was true or not, you can tell whether it is so simply by this point, they never leave you the same.

他们先会把你高高地托举起来，然后用物质喂养你，不是物质，不是物质干的，物质是一个贬义词，而是灵性知识，灵性知识给了你领悟，这种领悟会让你提升到比之前更高的状态。

They first lift you sky high and then feed you with material, not material, it isn't the material that does, it's a bad word, with a spiritual knowledge that gives you a realization that lifts you to a higher state than you were in before.

这是一个简单的检验，判断你是否见到了一位真正的大师——你在他们的帮助下获得了灵性层面的成长。

And that's a simple test as to whether you had a vision of a real master, you've been raised spiritually with their help.

他们从不会来社交，他们到来只是为了帮助我们在灵性上成长。

They would never come in to socialize, they'll come in only to help us grow spiritually.

我回答了那个问题吗？这其中还附加了很多其他的内容。

Did I answer the question? which a lot of other things thrown in?

学生：这很好。

Student: That's fine.

莱斯特：祂们是一个团体，在当今这个时代之前，祂们就已经在一起了，在这个时代祂们携手合作，并且在下一个时代祂们也会共同合作。

Lester: They are a group, they have been together before this present era, they're working together in this era and they'll be working together in the next era.

学生：我们，巴巴吉会成为领袖吗？我的意思是当祂是领袖者时，每个人都会知道，祂现在就是。

Student: Will we, Babaji be the leader? I mean everybody will know when He is the leader, He is now.

莱斯特：等到 2000 年的时候，你就会知道了，你会知道的，你不必听我的，知道这一点也不错，不是吗？

Lester: Hang around to 2000 and you'll know, you'll know, you won't have to listen to me, that's better knowing, isn't it?

学生：嗯，啊，有些人相信基督会二次降临，基督会来吗？还是当祂和统治者们一起到来时才是二次降临？

Student: Well, ah there's been uh some other people believe in the second coming of Christ, is Christ going to come? Or is the second coming when He comes with the rulers?

莱斯特：基督的二次降临就是基督的到来。

Lester: The second coming of the Christ is the coming of the Christ.

祂的第二个名字不是基督，我不知道它是什么，但我想应该是“约瑟之子”，就像“女士”并非你的名字一样。

His second name was not Christ. I don't know what it was. but I imagine it would be son of Joseph, any more than your name is Miss.

“基督”这个词是一个称谓。

The word Christ is a title.

所以，基督再临实际上是我们成为基督的时刻，也是我们觉醒于自己的基督身份的时刻。

So, the second coming of the Christ is really the time that we become a Christ, when we awaken to our Christhood.

我不相信耶稣会用物理身体回来，然后说：“来吧，伙计们，我们要登顶了。”

I do not believe that it'll be Jesus coming back in a body and saying:

“Come on gang, we're off to the top. ”

如果祂能做到这一点，祂会愿意这么做的，但祂无法让我们成为基督，我们必须自己做到它。

He would if He could do it, but He cannot make us be a Christ, we have to do it for ourselves.

所幸如此，如果祂能让我们成为基督，那么别人也能让我们成为“非基督”。

Fortunately so, if He could make us a Christ, someone else could make us an un-Christ.

但当我们做到它的时候，它就永远在那里了。

But when we do it, it's there forever.

学生：谁在掌管我们的星球呢？

Student: Who is the mind that oversees our planet?

莱斯特：这会让我陷入争议中，我相信是奎师那（也音译成“克里希纳”），耶稣正与他携手合作，但你想信什么就信什么。

Lester: That would throw me into a controversy, I believe it's Krishna, Jesus is working hand in hand with him, but you can believe whatever you want.

学生：我们仍然可以触及那个力量，或者向那个力量伸出手。

Student: We can still touch the force or reach out to the force.

萊斯特：当然，它们都是同一个力量，只是被冠上了不同的称呼，比如耶稣、克里希纳、佛陀、穆罕默德等等。

Lester: Sure, it's all the same force with different tags on it, called Jesus, Krishna, Buddha, Mohammed, etc.

当你看到真理只有一个，只有一个存在，而你的“我”就是它，就像耶稣或克里希纳是它一样，在那个最高状态中，你们是完全平等的。

When you see the Truth is just one, there's only one Beingness, and the I of you is it, just as much as Jesus or Krishna is it, you are exactly co-equal in that top state.

因为只有一个“一”，所以我们就是它。

Because there's only one, so we are it.

我们生活在一种与它、以及彼此之间是相分离的幻觉中。

Living under an illusion that we are separate from it and from each other.

但当你看到真相时，你会看到一个独一无二的“一”，宇宙之神就是我所是的“我”。

But when you see the Truth, you'll see a singular oneness, that the God of the universe is the I that I am.

你就是我，每个人都是其他人。

And that you are me, and everyone is everyone else.

但我们必须消除分离的幻觉才能看到它，你必须这样做才能获得你的基督身份。

But we have to remove the illusion of separateness in order to see it.
And this you must do to get your Christhood.

(学生说的听不清)

莱斯特：通过祂们的“我”，祂们都把自己视作同一个大写 S 的“我” (Self)，祂永远不会用“我”来称呼自己。

Lester: Through their Is, They all see themselves as the same Self with a capital S, He would never speak of Himself as I or me.

由于这一点，也因为人们的天性各有不同，我们需要不同性质的教导，就像祂的专长是“参究真我”，这实际上是所有教导中最高的。

Because of that, and because there are so many different natures of people, we need different natures of teaching, like his specialty was Self-inquiry, which is really the very highest of all teaching.

因为最终每个人都必须获得“我是谁”的答案。

Because in the end everyone has to get the answer to what am I.

但它是如此之高，我至今还未遇到第一个用这个教导觉醒的人。

But it's so high, I have yet to meet the first person who was successful with it.

一个人发现他自己需要花多长时间？一秒钟？一周？一个月？一年？

How long should it take one to discover himself? A second? A week? A month? A year?

成功地运用“参究真我”应该需要一两个月，但有多少人成功了？

Successful using self-inquiry should take a month or two, but how many people have succeeded?

因此，祂的教导只是给少数人的，极少数人，最少的人。

Therefore, his teachings are for the few, the very few, the fewest.

当你往下走，你会获得智慧之道，也就是智性的方法，它是下一个最高、最快、最直接的方法。

When you come down, you get the the wisdom way, which is the intellect way, which is the next highest, fastest, steepest way.

今天，我会把王瑜伽的方法归为科学方法，克利亚瑜伽是王瑜伽的改进。

And today I would classify the scientific method way of Raja Yoga, of which Kriya Yoga is a refinement.

事实上，你不需要任何的信仰，只需完成那八个步骤，然后你就在那里了。

In fact, you don't need any beliefs, you just do those eight steps and you're there.

接下来最快的方法是对上帝的爱和奉献，这是基督教的方法。

Then the next fastest way would be love and devotion to God, which is the Christian way.

我想接下来的方法也是基督教的——服务的方法，业力，做不图其结果的无私的服务。

I guess the next way is Christian also, the service way, karma, doing selfless service with no interests in the fruits thereof.

如果你将只是给予无私的服务，那么这两个方法会带你走完全程直达顶端。

That's two will get you all the way to the top, if you'll give only selfless service.

所以那些是这些教义的主要途径、核心本质。

So, those are the main avenues, the main natures of the teachings.

在不同的方法中，你会看到不同的变化。

And within them you get variations.

最极致顶端的是拉玛那·马哈希和商羯罗·查尔雅的教义。

To the extreme at the top is Ramana Maharshi and Sankara Charya.

再往下则是爱与奉献，过去有很多位伟大的大师在教导。

Get down into love and devotion, there are many great ones in the past.

然而不同的导师适合不同性质的人们。

And different teachers are to suit different natures of people.

所以对一个人来说最好的教导就是最适合他的教导，他最喜欢的教导对他来说就是最好的。

So, the best teaching for one is the teaching that suits him best, one that he likes best is the best for him.

你可以通过任何一条道路觉醒，只要你沿着那条道路一直走下去。

You can make it through any one of the paths if you would just go all the way on that path.

最适合一个人的道路，是他前世所经历过的道路。

And the one that suits one best is the path he was on before this lifetime.

他在此生遇到的这一切，对他来说似乎很自然、轻松且美好，因为他前世经历过这些。

He meets at this lifetime, it seems natural and easy and good to him, because he was on it before.

姑娘们，请原谅我用“他”这个词，但这是一个二元社会，他们仍然没有.....他们还有一个统称女士和夫人的词，叫做“女士”.....你们怎么发音？女士？

Pardon me for using the word "he", all you girls, but this is a dual society, they still don't have a... They have a word for Ms and Mrs is called M-s... How do you pronounce it? Ms?

“女士”这个称呼也不对，因为它不包括男性，这和“先生”或“女士”一样带有性别倾向。

Ms. but that's wrong too, because it doesn't include the men, that's just as chauvinistic as Mr or Ms.

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“我觉得我需要某样东西或某个人来让自己快乐”，当你放下它的时候，痛苦就消失了，你会更快乐。

“I think I need something or some person in order to make me happy”, the moment you let go of that, that agony is gone and you're happier.

因为是你的欲望和你的心智在思考“我还没有得到，我怎么才能得到”，这导致了不开心。

Because the unhappiness is caused by your wanting and your mind thinking “I haven't got, how can I get”.

你心智的混乱掩盖了这种你所是的极乐的存在，用一种需求掩盖了它。

And the disturbance of your mind covers up this very happy being that you are, covers it up with a need.

然后当你获得了对那个需求的满足时，你只会短暂地拥有片刻的快乐。

And then when you get say the fulfillment of that need, you only have a

moment of pleasure shortly.

之后，同样的东西又出现了，对吗？

Afterwards, that same thing is there, right?

所以，你永远无法满足任何欲望。

So, you can never ever satisfy any desire.

满足欲望是不可能的。

It's impossible to satisfy a desire.

如果你能满足欲望，你就再也不会想要它了，对吗？

If you did, you'd never want it again, right?

任何你曾经满足过的欲望，你都不会再想要了，对吧？

Any desire you'd satisfy, you'd never want it again, right?

所以，我们再一次想要它的事实证明了我们从未满足过它。

So, the fact that we want it again proves that we never satisfied it.

所以，你把自己置于一种持续渴望的状态中，这就是为什么我说这是一种痛

苦。

So, you put yourself in a state of a constant hunger for, that's why I say it's an agony.

而摆脱它的唯一方法就是放下“想要”，放下对它的贪恋。

And the only way to rid yourself of it is to let go of the wanting, let go of the attachment for it.

当你这么做时，你会感到更快乐、更自由、更轻松。

And when you do, you'll feel happier, freer, lighter.

放下你所有的贪恋，你会变得如此轻盈，轻盈到你真的无法保持在地面上。

Let go of all your attachments, you'll be so light, you won't be able to stay on the ground really.

你不再有任何欲望，只要你往心智中放入一个念头，无论它是什么，都会立即实现。

You have no more desire, should you just put a mere thought in your mind, it would instantly materialize whatever it is.

因为你的内在是全能的，然而它被掩盖了。

Because within you is all-power and it's covered over

我们背后的这个巨大力量被我们的欲望掩盖了，而这些欲望实际上是痛苦，我们在这个地球上想要的那些小东西都是虚无。

This tremendous power behind us is covered over by our wants, which are really miserably, the little things we want in this earth are nothingnesses.

所以，如果你放下了所有的欲望，你会突然处于一个你已经抵达了的终极幸福中。

So, if you let go of all the desire, you'd suddenly be in a place where you've reached the ultimate happiness.

如果你想要某样东西，在你有那个念头的时刻，它就会出现。

And should you want something, the moment you have the thought of it, it would appear.

我回答你的问题了吗？

Did I answer your question?

学生：是的。

Student: Yes.

莱斯特：所以，要做的事就是试着放下所有的欲望、所有的贪恋、所有的厌恶，然后立即自由地做任何你想做的事。

Lester: So the thing to do is to try to let go of all desires, all attachments, all aversions and be free to have you do whatever you want instantly.

你可以通过实践来证明这一点。

You can prove this to yourself by doing it.

你越放下所有的贪恋，你会越快乐，获得东西也会越容易。

The more you let go of all attachments, the happier you get, and the easier it is to get things.

还有其他问题吗？

Any other questions?

学生：我们最初为什么要创造这一切？

Student: Why did we create this in the first place.

莱斯特：如果你接受你创造了这一切，那我应该问你这个问题，但不管怎样，我还是会回答它。

Lester: If you accept that you created it, I should ask you that question. but I'll answer it anyway.

我们一开始处于全知全能的状态，然后开始玩一个限制的游戏，只是轻微地受限，然后放开那种限制，并且感觉很好。

We started off in the state of all knowingness, all power, and started to play a game of limitation, just to be slightly limited and then let go of it and feel good.

接着，我们尝试进一步限制，更多的限制，然后无法放开它了。

And then we tried further limitation, more limitation, and then couldn't let go of it.

因为这种限制在困扰着我们，我们便把它推进无意识、潜意识心智里。

Because the limitation was bothering us, we push it to the unconscious, subconscious mind.

任何我们不喜欢的东西，我们都推到了自己的心智背景中。

Anything we don't like, we push to the background in our mind.

就像现在，你的心智中有如此多的想法在运作着你的身体，它们在保护你免受这一切的影响。

Like right now you have so many thoughts going on in your mind that are operating the body, they're protecting you from this.

你所有的欲望现在都在你的潜意识里，它们没有全部都表达出来，不是吗？

And all your desires are in your subconscious now, they're not all expressing themselves, are they?

所以它们全部都在背后。

So they're all back there.

所以，这种建立起来的潜意识机制让我们看不到自己正在做什么。

So setting up this subconscious mechanism got us to the place where we lost sight of what we were doing.

然后我们以为自己从外部事物中得到了快乐，所以我们越来越多地追求外部事物，直到你看见如今我们在这个世界上所拥有的样子——真正疯狂的局面。

And then we thought we were getting our joy from the things external to us, and so we go for that more and more and more until you see what we have in the world today, real mad situation.

至少在这个国家，每个人都拥有了各种事物，他们却不这么认为，但每个人都有充裕的食物和衣服，即使处于贫困水平，他们的食物也绰绰有余。

Well, in this country at least, everyone has everything, they don't think

so, but everyone has more than enough food, clothing, even in the poverty levels they have more than enough food.

当我说“充裕”时，我的意思是能满足他们的饥饿感，然而我们从未像现在这样痛苦过。

When I say more than enough, I mean to satisfy their hunger, and we were never so miserable as we are now.

当我们陷入再也无法忍受的境地时，我们会开始往回走。

When we get far enough down where we can't take it anymore, then we start going back the other way.

我们开始质疑，这一切究竟是怎么回事？为什么我这么痛苦？我应该是世界上最幸福的人。

We start questioning, what is this all about? Why am I so miserable? Here I should be the happiest person in the world.

就像你，你应该是世界上最幸福的人，对吧？你拥有美满的家庭、要好的朋友，你永远不用担心吃饭问题，你已经拥有了一切，对吧？所以你应该是最幸福的人。

Like you, you should be the happiest person in the world, right? You've got a nice family, nice friends, you never have to worry about eating, you've got everything, right? so you should be the happiest person.

但我们并不是，为什么？

But we're not, why?

因为事物确实不能给予我们幸福。

Because things do not give us happiness.

我们忘记了幸福是什么。

We lost sight of what happiness was.

幸福是我们纯粹的“存在状态”，仅此而已。

Happiness is our pure state of Beingness, that's all.

如果你能只是存在，你就会处于终极幸福之中。

If you could just only be, you would be in the ultimate happiness.

所以，我们从玩一个游戏开始，却陷入了一个认为幸福存在于我们自身之外的思维陷阱中。

So, we started out playing a game and we got caught up in a trap of thinking that happiness lies outside of ourselves.

然后我们越来越多地追求它，直到现在我们束手无策。

And we went for it more and more and more until we're at wit's ends right now.

然而，痛苦会把我们推回到正确的方向上，去往我们最初出发的地方。

However, the suffering drives us back into the right direction to where we came from originally.

当你遭受痛苦时，你必须寻找一条摆脱它的出路。

When you suffer, you have to look for a way out of it.

但我们就是这样陷入困境的。

But that's how we get caught up.

现在只是对幸福是什么一无所知，对我们真正想要什么一无所知，这让我们陷入了困境。

It's just ignorance right now of what happiness is, ignorance of what we really want, that keeps us bogged down.

但既然你知道了，你就可以选择方向。

But now that you know, you can take the direction.

你可以放弃所有的这些向外寻找幸福的愚蠢行为，也可以向内探寻，然后你会发现它就在你所在之处，然后你会是幸福的。

You can drop all this silly looking for happiness outside of yourself, dig for it within and you will discover that that is right where it is, and you will be happy.

我回答你的问题了吗？

Do I answer your question?

学生：是的。

Student: Yes.

莱斯特：是也不是

Lester: Yes and no.

(学生说的听不清)

莱斯特：因为你忘记了自己做过我所说的我们做过的事。

Lester: Because you don't remember having done what I said we did.

如果你记起来了，你会说：“噢，天哪，这太荒谬了，我要直接回到我当时所在的地方。”然后它会马上在那里了。

If you remembered it, you'd say: "Oh boy, this is ridiculous, I'm going right back to where I was." And immediately it'd be there.

但你知道的，我们是如此地深信不疑，觉得幸福存在于人和事物中，我们如此地确信这一点，以至于不想放手。

But we have so convinced ourselves that you know, it's out there in people and things that our happiness lies, we have so convinced ourselves of that, we don't want to let go of it.

学生：分离，现在有不同的人，你能先讲讲吗.....

Student: Separation, now these are different people, could you go into first...

莱斯特：他们的存在没有分离，你的心智没有真正地分离，所有的心智都是相关联的。

Lester: Their Beingness is not separate, your mind is not really separate, all minds are locked in.

我一想到你，你就会立刻拾取到这个念头，但你显出它的速度和我想起你时一样快。

I can't think of you without you picking up a thought of it, but you'll throw it out as quickly as I think of you.

但所有的心智之间都是相互关联的。

But minds are all connected.

但在这背后，我们的存在全都只是一个存在。

But behind that, our Beingness is all just one Beingness

它就像一片浩瀚的海洋，身处其中的每一个水滴都在说：“我与下一个水滴是相分离的。”

It's like a vast ocean, in which each drop says: "I am separate from the next drop."

我们都像这些水滴，你在说：“所有的这些水滴都是分离的。”

We're all like these drops, you're saying: "All these drops are separate."

而我要说：“呃，它们都是同一片海洋。”

And I'm saying: "Uh-uh, it's all one ocean".

但这种一体性是我们的存在、本质、生命和意识，这些都是“一”，却呈现出众多……而且是虚假地呈现出众多的样子。

But the oneness is the Beingness of us, the isness, the life, the consciousness of us, that's all one, appearing as many... Falsely

appearing as many.

现在，当你看到真理时，你会觉得，你所看到的每个身体和那个身体一样，都是你的身体。

Now, when you see the Truth, you'll think, every body you see is your body just as much as that one is.

因为你会看到这一切的“一”，所以你的视角彻底改变了，你不再看到分离，只会在每个人身上都看到你的真我。

Because you'll see the oneness of it all, and so your point of view changes completely, you don't see separateness anymore, you'll just see your Self in everyone.

但要让这一点对你来说有意义，你必须亲自体验它。

But for that to make sense to you, you have to experience it.

学生：有什么方法可以开启这种领悟吗？

Student: Is there a way to start the feeling out?

莱斯特：开启这种领悟？

Lester: To start the feeling?

有，把你的注意力转向内，回到“我是什么”这个问题上。

Yeah, turn your attention inward, back on “what am I”.

你越是发现你之所是，你就越会发现你的存在就是宇宙的存在，当你发现这一点时，这会让你与宇宙合一。

The more you discover what you are, the more you'll discover that your Beingness is the Beingness of the universe, that will unite you with the universe when you discover that.

所以你必须带着“我是什么”的这个问题把注意力转回内在。

So, you must turn your attention back in with the question “what am I”.

假设我不是这个身体、我不是这个心智，那拥有这个身体、拥有这个心智的是谁？

Assuming I am not this body, I am not this mind, who am I that has this body, who has this mind?

获得关于这个问题的答案。

Get the answer to that.

你是谁？谁拥有那个身体？谁拥有那个心智？

Who are you? Who has that body? Who has that mind?

通过将你的注意力转向内，你就找到了正确的方向。

By turning your attention inward, you have it in the right direction.

如果你保持专注于此，你会看到答案，而那是你唯一能获得答案的地方。

If you keep it there, you'll see the answer, and that's the only place you'll get it.

你无法从书本上得到它，也无法从听任何人的讲话中得到它，你只有通过将注意力转向内，亲自探索它，才能得到它。

You won't get it from a book, you won't get it from listening to anyone, you'll get it only by turning your attention inward and discovering it for yourself.

当你做到的时候，你会发现自己没有任何限制。

And when you do, you discover that you have no limitation.

只有当你做到的时候，这才是唯一能让你真正信服的东西。

That's the only thing that will ever convince you is when you do it.

所以，去做，然后就明白了。

So, do it and see.

如果你不朝这个方向走，你注定会遭受所有的痛苦，这是被世界上的每个人都证明了的。

If you don't take this direction, you're guaranteed all the misery there is, which is proven by everyone in the world.

每一个在世界上追寻幸福的人都是痛苦的。

Everyone looking for happiness in the world is miserable.

每个人都在药丸里寻找幸福，我不是说毒品，就拿医学领域来说，一群医生聚在一起抱怨说他们开的药实在太多了，原因是病人需要它，病人们认为有一种药能治愈他们所有的毛病，并不断地向医生索要这种药，但医生们知道它起不到这种作用。

Everyone's looking for happiness in pills, and I don't mean dope, take the field of medicine, a group of doctors got together and complained that they're dispensing just too much of medicine, the reason for it is that the patients are demanding it, they think there is a medicine that will cure all their troubles, and keep demanding it from the doctors and doctors know it won't do it.

但医学领域凸显了我们是多么想要在外寻找幸福。

But the field of the medicine points up how much we're looking for happiness external to ourselves.

某种程度上，我们以为某些小小的化学物质会给我们带来幸福，然而它并不能。

To the degree we think some little chemical is going to give it to us, and it doesn't.

于是我们感到沮丧，接着我们开始服用那些让我们失去知觉的化学物质，比如酒精、巴比妥酸盐类，或者那些让我们神志不清的化学物质——迷幻剂。

Then we get frustrated, then we take the chemicals that knock us out, like alcohol, barbiturates, or chemicals that'll knock us out of our mind, the psychedelics.

我只是在指出，我们试图从自身之外寻找幸福，已经走向了多么极端的境地，然而我们无法找到它。

I'm just pointing up how far we've gone to the extreme in trying to find happiness external to ourselves, and we can't do it.

因此，世界正趋向一个危机时刻，它要么必须朝着正确的方向发展，要么就会自我毁灭，但世界仍在继续。

So, the world is getting to a point of crisis where it will either have to go in the right direction or it will destroy itself, but the world goes on.

学生：有什么最快的方法能让你的心智安静下来？

Student: What's the fastest way of quieting your mind?

莱斯特：最快的方法取决于你有多想要自由和幸福。

Lester: The fastest way is determined by how much you want your freedom, your happiness.

如果你想要出离世界与你想要进入世界一样强烈，你就会很快摆脱它，你的心智会安静下来。

If you are wanting out is as strong as your wanting in this world, you will quickly get out of it, your mind will quiet.

所以，关键在于你对它的渴望程度。

So, the key is the intensity of your desire for it.

如果你的渴望足够强烈，你能在一秒钟内完成整件事。

If your desire is strong enough, you can do the entire thing in one second.

如果你对它的渴望等同于你对这个世界上的幸福的渴望，那么在几个月内你就会得到它，心智会彻底安静。

If your desire for it is equal to your desire for happiness in the world,

you'd get it in a matter of months, total quietness of mind.

因为心智只是一种试图获得、设置匮乏并试图满足它的机制。

Because mind is just a mechanism of trying to get, setting up the lack and trying to fulfill it.

当你看到你是什么，当你看到你是一切时，所有的念头都会消散。

When you see what you are, when you see that you are the all, all thoughts drop away.

当你是一切时，你便对任何事物都没有需求了，所以你的心智就被放下了，你可以一下子把全部都扔掉。

There's no need for anything when you're the all, and so your mind is dropped, you could drop it all at once.

学生：这就是我需要的，你如何真正地放下它呢？

Student: That's what I need, how do you really drop it?

莱斯特：答案是想要它超过你想要世界。

Lester: The answer is wanting it more than you want the world.

是“想要它”做到的这一点，这是关键。

It's wanting it that does it, that is the key.

现在，如果你问我，你怎样才能想要它更多，我只能说：通过想要更多。

Now, if you ask me how do you want it more, I can only say by wanting it more.

没有人能替你打开“你的想要”，你必须自己去做。

No one can turn your want on for you, you have to do it.

当你实现了某些事物，并开始意识到这个方向是正确的时候，这会有所帮助，你会越来越坚定信心，然后随之增加的快乐会让你越来越想要它。

It helps when you accomplish something and begin to see that this direction is correct, you get more convinced, then the added happiness should make you want it more and more and more.

虽然大多数人一旦过上了更轻松的生活，他们就会放弃，然后他们想在这个世界中去运用它。

Although most people once they get an easier way of life, they quit, then they want to use it in the world.

但“想要它”是关键。

But “wanting it” is the key.

我们拥有这个痛苦的世界，唯一原因是我们想要它，嘴上说着没有，但我们确实想要它。

The only reason why we have this world of misery is we want it, saying we don't, but we do.

因为心智只有创造性。

Because the mind is only creative.

我们所经历的一切都是我们想要的。

Whatever we experience is what we have wanted.

所以，或许审视你自己的内在，去发现你想要这个东西，也许这首先能帮你放手。

So, maybe looking within yourself to discover that you want this thing might first help you to want to let go of it.

看，我们表现得好像我们不想要它。

See, we act as though we don't want it.

因为我们大多数的欲望都是潜意识的。

Because most of our wants are subconscious.

所以，再说一次，“想要它”才是关键。

So, again, “wanting it” is the key.

学生：如果你真的想要它，你会直接放下一切。

Student: If you really wanted it, you would just plain drop everything.

莱斯特：说得好，就是这样。

Lester: Touché, that's it.

如果你真的想要它，你会放下一切并只去做，然后你会很快、非常迅速地得到它。

If you really want it, you'd drop everything and go only for it, and you'd get it quickly, very quickly.

这能向你展示完整的道路，只要坚持下去。

That can show you the entire way, just stay with that.

如果我真的想要它，我会放下一切，并只管去做。

If I really wanted it, I would drop everything and just go only go for it.

这其中有很多种程度，我们在多大程度上摆脱了我们所接受的限制，就能获得多大程度的自由。

There's a lot of degrees of it, to the degree we free ourselves of our accepted limitations, to that degree we attain our freedom.

所以，你越是没有欲望，就越自由。

So, you are as free as you have no desires.

学生：我原以为也许事情会按照我们想要的方式发展。

Student: I thought maybe it worked out the way we wanted.

莱斯特：理论上，这能在一秒钟内就完成。

Lester: Theoretically it could be done in one second.

因为宇宙的所有力量就在你之内。

Because all the power of the universe is right within you.

如果你愿意运用它，你能在一秒钟内做到。

If you would use it, you could do it in a second.

怎么做？

How?

通过释放这种在世界上想要各种事物的持续性干扰，即使我们入睡了，这些搅扰也在占用我们一天 26 小时的注意力。

By letting go of this constant distraction of wanting things in the world, that's a 26-hour-a-day preoccupation even when we're sleeping.

我们每时每刻都在想要这、想要那，一旦它们都在我们的心智中，我们就不会去看所有的这些“想要”了。

All the time we're wanting this, wanting that, and once they're all in our mind, we don't look at all these wants.

如果它们一下子全部涌现出来，我想我们会崩溃的。

If they all came up at one time, I guess we'd explode.

这真的很简单。

It's really simple.

如果我们去做，这就很容易。

And it's easy if we do it.

如果你去做，就很容易。

It's very easy if you do it.

如果你不做，就不可能。

If you don't do it, it's impossible.

这条道路并不难。

The path is not hard.

它要么容易，要么不可能。

It's either easy or impossible.

学生：我的意思是，当我第一次听到你这么说，或者可能是我读到这句话时，当我第一次听到或读到它的时候，我就觉得，嗯，不，我现在不会放弃。我也听过其他人这么说，但我想我现在明白你真正的意思了，呃.....我该怎么解释它呢？

Student: I mean, when I first heard you say that, or probably I read it, when I first heard or read that, I felt, well, no, I won't give up now. And I've heard others say that, but I think I understand what you really mean now, uh... How would I translate it?

莱斯特：你意思是现在指的哪方面？

Lester: You mean now with respect to what?

学生：你说要么容易，要么不可能。

Student: That you say it's either easy or impossible.

莱斯特：容易，或者不可能。

Lester: Easy or impossible.

它真的很容易。

It's really very easy.

它变得不可能，是因为每时每刻我们的心智都充满了相反的、贪恋和厌恶的念头，我们对此紧抓不放。

It becomes impossible because our mind every moment is peppered with thoughts of the opposite, of attachments, aversions, that we hold on to.

你的心智时时刻刻都在喋喋不休胡言乱语，所有的这些噪音正在掩盖你简单的存在，“存在状态”没有所有的那些贪恋和厌恶。

In all moment your mind is blah, blah, blah, blah, blah, blah, blah, all that noise is covering up you just simply being, without all that attachment and aversion.

所以，如果你去做，如果你放下所有的这些潜意识垃圾，当你去做的时候，它很容易。

So, if you do it, if you drop all this unconscious garbage, it's easy when you do it.

但如果你不去做，就不可能。

But if you don't do it, it's impossible.

人们说“它太难了”，它不是难，是不可能。

People say “it's hard”, it's not hard, it's impossible.

所以，再次强调，归根结底还是我们之前说的，这取决于你有多想要它。

So, again, it boils down to what we said before, it's how much you want it.

人们说：“是的，噢，我想要上帝，哦，但首先是我的妻子，其次是我的工作，然后是我的孩子……我的孩子第二位，我的工作第三位，然后才是上帝。”

People say: “Yeah, oh, I want God, oh, but my wife first, and my job second, and my children second, and my job third, then God.”

然而，这些事情只会让我们远离它，让我们看不到我们就是它。

And those things just keep us away from it, from seeing that we are it.

现在，任何真正按你所说的去做、或者放下一切只追求它的人，都会非常迅速地得到它，这整件事也就几周，或许几个月。

Now, anyone who does what you said, or drops everything and just goes for it, gets it very quickly, weeks, maybe months as a whole thing.

所以，只是坚持下去，也许某个星期你就会完成它，那不会是一个脆弱的时刻。

So, just hold that, and maybe some week you'll do it, and it won't be a weak moment.

这就是我不再四处游说的原因，它很容易，任何想要它的人都能得到它。

This is why I stopped going around talking, it's easy, anybody wants it can get it.

我一次又一次地给很多人指明方向，然而他们当中有多少人做了呢？他们中有多少人走完了全程呢？

I've given the direction again and again and again to so many people, and how many of them took it? How many of them went all the way?

对大多数人来说，让生活变得更轻松，然后试着在这个世界上使用它并停在那里，而不是保持.....

To the majority and made life easier, and then try to use it in the world and stay there, instead of staying there （最后一个词听不清）。

如果你不往前走、不更加自由，你就是在走这条路，而这几乎发生在每个人的身上。

If you're not going freer, you're going this way, and this is what happened to almost everyone.

但他们让我意识到，他们并不想要它。

But they made me realize they don't want it.

当我不断地把它强加给他们、推动他们时，我是在强迫他们，这真的是一种强迫。

That I'm imposing when I keep pushing it on them, pushing it on them, it's really an imposition.

这就是为什么你再也看不到我出现在加州了，这是唯一的原因，我没有权利把我的观点强加给人们。

That's why you don't see me in California anymore, that's the only reason, I've got no right to impose my ideas on people.

当然，现在谁都想要它，白纸黑字清清楚楚。

Of course, anyone wants it is all in black and white now.

你所需要的只是一次课程，让你一路走下去，或者《真理》中的一句话也能帮你做到这一点，前提是如果你理解了它的全部含义并贯彻下去。

All you need is just one session to take you all the way, or one sentence in the Verities can do it for you too if you get the full meaning of it and carry it through.

所以，在某一天、某个时刻、某个地方，我们每个人最终都会做出那个决定，然后我们就迅速地做到了。

So, someday, sometime, someplace, every one of us finally makes that decision, and then we do it quickly.

在那之前，我们有点玩弄它，一次只来一小口，一小口、一小口，我们不断地取用它，我们一小口一小口地尝试它，直到最终我们决定“管它呢，我要去做”，于是我们做了，我们就自由了。

Until that time, we sort of play with it, taking a tiny bit of it at a time, tiny, tiny bits of it, we keep taking it and taking it, we play around with that taking bits of it, until we finally decide what the hell with this, I'm going to do it and we do it, we go free.

但我们必须把自己的方向转向不再从外部世界寻找它。

But we must turn our direction away from looking for it out there in the

world.

我们必须调转方向、彻底地转向内在，并在那里寻找它。

We must turn the direction totally within and look for it there.

我现在很想问这些问题，而我只有一个问题想问：你们为什么不这么做呢？

I feel like asking the questions now, and there's only one question I would ask: why don't you do it?

一个无限存在给自己堆积无限的麻烦，这太愚蠢了。

It's so silly for an infinite being to heap upon himself or herself infinite trouble.

真是太愚蠢了。

It's so silly.

为什么不只做你所是的存在，并拥有终极幸福呢？

Why not just be what you are and have the ultimate happiness?

我可以替你回答，为什么你不这样做的原因是，你想要世界超过了你想要发觉自己的限制性匮乏。

I can answer it for you, the reason why you don't is you want the world more than you want to discover your lack of limitation.

但每个人都会有这样做的时刻。

But everyone does it sometime or other.

因为在我们走完全程并持续做下去之前，我们永远都不会满足。

Because we're never satisfied until we go all the way and keep doing it

正确的道路

The Right Path

注：此部分根据 b 站 up 主 (Rosiemee) 上传的《The Right Path》制作，你们可以到 b 站找到原音频。

(以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来)

莱斯特：我不知道该说什么。

I don't know what to say

(学生说的听不清)

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

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

学生：我知道。

Student: I do.

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

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

我告诉你们，我们全都想要的，是终极幸福。

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

我们都被给予了方向，但是为什么我们还没能拥有它？

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

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

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

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

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

莱斯特：不，那是简单的，

Lester: No, it is simple,

你所做的事情是复杂的。

what you do is complicated.

你说你没有发现它很简单，如果你发现了，它就是简单的，明白吗？

You say, I don't find it simple, if you find it, it's simple, see?

你现在说的其实是我没有真正地发现它。

What you're saying is I don't find it, really.

学生：所以我没有做得很好，我知道，我没有像我所说的那样给它足够多的时间。

Student: So apparently I'm not working well, I know I'm not giving as much time as I should.

莱斯特：你每天给它多少时间？

Lester: How much time every day do you give to it?

学生：我在冲刺，但我却没有冲刺起来，因为尝试去驾驭我的心智时，我仍

然没有掌控它.....

Student: I go in spurts, and then I get discouraged, because I'm trying to harness my mind, I feel haven't mastered that harnessing my mind...

莱斯特：现在你给我你的答案了吗？

Lester: Are you giving me your answer now?

你刚刚已经给我了。

See, you just gave it to me.

这很简单，但你所做的却非常复杂和困难。

It's simple, but what you're doing is very complicated and very difficult.

你想要的是世界的梦幻。

You want the dream allusion of the world.

因为你花了所有时间在那上面。

Because you spend all your time working at it.

如果你想要香蕉，你不会致力在吃苹果上，就是这么简单。

If you wanted bananas, you wouldn't work at eating apples, it's simple

as all that.

当我们想要什么，我们就为了它而工作，我们就为了它而努力，不是吗？

When we want something, we work for it, we work at it, don't we?

学生：我没有做出足够努力的工作。

Student: I'm not working hard enough at it.

莱斯特：你给了它百分之多少的时间？

Lester: Well, what percentage of the time do you give to it?

也许 1%。

Maybe 1%.

你给出 99%的时间给 x，1%的时间给 y，那么你就会达到 x。

If you're giving 99% of your time to X and 1% to Y, you're going to achieve X.

你把大多数时间给什么，你就会拥有什么。

You give most of your time to it, that's what you'll have.

学生：但是你也说过我们可以那样做。

Student: But you also said we could do it like that.

莱斯特：这很简单，这很容易，这真的很简单。

Lester: Right, it's simple, it's easy, it really is easy.

当你去做，你会看到这是你从未做过的最容易的事情。

When you do it, you'll see it's the easiest thing you've ever done.

学生：只是花 99%的时间在那上面？ ？

Student: Does that take 99 percent of your time too?

莱斯特：是的。

Lester: Yes.

如果你把 99%的时间放到那个方向上，你就会得到它。

If you put 99% of your time in that direction, you'd get it.

然后你会发现，它的困难程度仅仅如同你现在去找出你是什么性别一样。

Then you'd discover the difficulty would be just as difficult as it is for you now to start searching for what sex you are.

你会花多长时间去发现你是一个女性？

How much time would it take you to discover that you're a female?

学生：为什么不这样去做呢？

Student: Why not that?

莱斯特：你会花多长时间，如果你只是扔掉知识，并开始去探求？

Lester: How much time would it take you if you just dropped the knowledge and started looking for it?

不需要花时间，对吗？

It takes no time, right?

你需要花多长时间去发现你的真实存在？

That's how much time it takes to discover your real being?

并不需要花什么时间。

It doesn't take any time.

但是你要去寻找它，你要去探究它，你要去做那些把你带离反方向的事。

But you should get to look for it, you should get to dig for it, you should get to do those things that will take you away from the opposite.

让我们用一个词，并在这上面进行工作。

Let's take one word and work on it.

我给你们一个比较好的：最高的状态，是完全的无私（selflessness）。

The top state, I'll give you a good one, the top state is total selflessness.

你有多无私？

How much are we selfless?

如果我们在顶端，我们是完全无私的。

If we're at the top, we're totally selfless.

我们可以有一个测量刻度，自私是底端，无私是顶端。

Now, I can take a gradient scale on it, selfishness is the bottom and selflessness is at the top.

我们在这个无私度数的哪一度？

Where are we on this scale of selflessness?

我们为了谁而活？

Whom do we live for?

我们为了什么而活？

What do we live for?

这里有人完全无私吗？

Are any of us totally selfless here?

你想要仅仅通过一个念头就拥有一切吗？

Do you want to have everything just for the mere thought of it?

只要做到完全地无私就可以。

Just be totally selfless.

如果你不相信，你相信那个相反的方向才是方向，你就被困住了，这就是我们所谓的困难。

If you don't believe it, you believe the opposite direction is the way, and you get caught up in a thing called difficulty.

学生：呃，莱斯特，无私实在是一个大词，当我们来到这个世界时，我们基本上都是如此地自私，我们必须先无私，然后才能知道它是什么。

Student: well, selflessness is a pretty big word Lester, when come into this world basically so selfish, that we would have to be selfless before we can know what it is

莱斯特：不，

Lester: No,

在你决定无私的那一刻，你就是无私的。

You'll be selfless the moment you decide to be selfless.

我给你们一个更容易的词：最高的状态是无欲。

I'll give you an easier word, the top state is desirelessness.

你取消了你所有的欲望吗？

Have you undone all your desires?

你每天都在做取消欲望的工作吗？

You work every day undoing desires?

任何无欲的人都可以瞬间物质化他想要的任何东西。

Anyone who is desireless can instantaneously materialize anything he wants.

如果你们相信这一点，你们会不去做吗？

If you believe that, wouldn't you do it?

学生：well，如果你无欲了，那么无论如何，你会不再想要任何事情，这样你就不会有.....那么我该怎么办，你永远不知道自己能不能做到。

Student: Well, if you were desirelessness, if you... then you wouldn't want anything anyway, so what am I going to do? You never know if you could or couldn't do it.

莱斯特：是“不必要”。

Lester: Not necessarily.

你在不饿的时候吃过东西吗？

Did you ever eat when you weren't hungry?

你不需要欲望就可以吃，那就是不带欲望地吃。

You ate without desire, so that's eating without desire

任何人有尝试过变得无欲吗？

Has anyone ever tried to become desireless?

你们有没有特别注意去持续释放欲望，放走更多、放走更多、放走更多，直到没有更多？

Have ever made a point of it to keep letting go of desire more and more and more until there is no more?

这会造成非常迅速的成长。

That makes for very rapid growth.

当你致力于释放你的欲望，你必须同时释放嗔恨，而这两者是同一回事。

And if you're working on letting go of desire, you have to also let go of aversion which is the same thing.

学生：贪爱和嗔恨。

Student: Attachment, the aversion.

莱斯特：贪爱和嗔恨，是的。

Lester: Yeah, attachments and aversions.

要知道，你有一个欲望、一个贪爱，你就想要把它保持在这儿；

You know, if you have a desire and an attachment, you want to hold it in here;

你有一个嗔恨，你就想离它很远。

You have an aversion, you want to hold it out there away from you.

所以贪爱和嗔恨是同一种东西，只是方向不同。

So, attachments and aversions are the same thing, the direction is different.

当你想要有它，你把它拉近；

When you want to have it, you pull it into it;

当你不想要它，你把它推开。

When you don't want it, you want to keep it away from you.

为什么我们不致力于去做这些像是无欲的事情呢？

Why don't we work on some of these things like desirelessness?

当你变得无欲的时候，你能拥有任何一件你想要的事情，仅仅是通过一个念

头。

You can have anything and everything you want just for the mere thought of it by becoming desireless.

你们听我说过，当你无欲的时候，你可以获得远远超过你有欲望时候的享受。

And you've heard me say that when you're desireless, then you can enjoy by far more than you could when you had desire.

你们不相信我，你们从未尝试过，或者你们在试过特定的次数后就不做了、忘记了。

You don't believe me, you've never tried it, or you tried it for a certain amount and then let go of it, forget about it.

但这些事情很简单：变得无欲，仅仅是一个念头，任何事情你都可以瞬间拥有它。

But these things are simple, Francis, become desireless and the mere thought of anything, you can have it instantaneously.

学生：我认为我们都体验过思想投射——事情发生，比如有一个车位，或者其他的什么。所以显然地，我们需要做的是让我们的视野更高，把它带到存在中去。

Student: I think we've all experienced that an increase in thought

projection and things happening, be it a parking place or, you know, whatever, so evidently, all we have to do is set our sights a little higher and bring this into being too.

莱斯特：是的，为什么你们停下了？

Lester: Yeah, why do you stop?

为什么不走完全程？

Why don't you go all the way?

学生：我不知道，一定是有什么地方被忽略了，你这位大师还没有展示给我们。

Student: I don't know, there must be a missing link somewhere, you, the master hasn't shown us?

莱斯特：（笑声）你是大师，你没有展示给你自己。

Lester: You're the master, and you haven't shown yourself yet.

你不认为事情是这样的，你不认为事情可以是这样的。

You don't think it's so, you don't think it can be so.

学生：well.....我知道所有事情可以是这样，我的意思是，正如一个人所想

的，我猜.....

Student: I know that all things can be so, I mean as a man thinks I guess...

莱斯特：智性上、理论上你接受了。

Lester: Intellectually, theoretically you accepted so.

如果你真的这样想，你不会停下来，直到你变得无欲。

If you really thought that, you would never let go until you became desireless.

接着你就会瞬间物质化任何你需要的事情。

And then you would instantaneously materialize anything and everything you need.

为什么你以困难的方式来做？像你现在做的那样。

Why would you do it the hard way, the way you do it now?

为什么需要工作来维持生活？

Why work for a living?

为什么要打卡上下班？

Why punch a time clock?

为什么生活中会有那么多困难？

Why have difficulties in life?

(风的翻译到此结束)

从某种程度上说，你确实不得不去上班，对吧？

In a way, you do, you have to go to work, right?

学生：是的，跟很多人相比，我的情况可能算是最自由的了。

Student: Yeah, I probably have about the freest situation of a lot of people.

莱斯特：好吧，它没有自由。

Lester: well, it doesn't free

“最自由”并不是自由。

Lester: Freest is not free.

不，自由真的是.....不，我，呃.....自由其实并不在于你在做什么。

No, freedom is really... No, I uh... Freedom is really not in what you're doing.

学生：我们的收入基本上是一种概念、一种我们认为自己能够拥有的东西，或者是任何不需要努力就能维持的东西。

Student: All of our income is basically one of concept, of the way we, you know, what we feel we can have, or whatever that should be able to be sustained without this effort.

莱斯特：是的，宇宙中的大多数生命都是以我所说的那种方式生活的。

Lester: Yeah, life in most of the universe has lived the way I'm speaking about.

学生：罗宾仍然在摸索这个词，不是吗？

Student: Robin is still going at the scratch of the word, though, isn't he?

莱斯特：他和我们一样，只是没有那么束缚而已，他自由得多，从不担心生计问题，但他也身处于一个物质领域里，处于一个最缓慢、最稠密的领域之中。

Lester: He's like we are, only not nearly so bound, he's far freer, he never worries about making a living, but he's in a physical realm too, he's in the slowest, densest realm there is.

学生：这是最难应对的情况。

Student: The hardest one's hand in the mouth.

莱斯特：所以我在这里要强调的是，为什么我们不走完全程，让事物立即发生，拥有一种没有任何悲伤的、持续的喜悦状态？

Lester: So I'm making a point here of why don't we go all the way and have things happen instantaneously, have a constant state of joy with never any sorrow?

我们为什么不这样做呢？

Why don't we do this?

学生：就我而言，我有一个家庭.....我自己本可以走得很远，但我不能.....我不会走到离开自己的家人并独自追求这种生活的地步。

Student: In my case, I've got a family that's... I could go so far myself, and I can't... I'm not going to go to the point of leaving my family and pursuing this life solitarily on my own.

莱斯特：不，在我们的团体中，没人说过你必须这样做，对吧？

Lester: No, one ever said you had to in our company, did they?

学生：既然你问了原因，而且我确定……

Student: Since you asked why, and I'm sure that...

莱斯特：所以，你认为，为了做到这一点，我就得离开我的家人，这不是真的。

Lester: So you assume that in order to do it, I have to leave my family, that's not true.

你在你所在的地方就能做。

You can do it right where you are.

学生：好吧，让我们想一下这些厌恶等等之类的东西。

Student: Well, let's think of these aversions and so on.

莱斯特：是的，我试图提出这些要点。

Lester: Yeah, I'm trying to bring these points out.

因为如果你看到了它们，就有可能放下这些你给自己设置的障碍。

Because if you see them, the chances are you'll let go of these obstacles that you're setting up for yourself.

总有一天你会做到的，你正在努力做到这一点。

You'll do it someday, you're trying to do it.

你知道，你的每一个行为都在试图让事情变得更容易、更好、完成得更多等等。

You know, in your every act is trying to get things done more easily, better, more of it and so forth.

但在你释放“你不想要它”之前，你必须先看到“你不想要它”。

But you've got to see you're not wanting it, before you let go of your not wanting it.

这就是我想表达的重点。

This is the point I'm trying to make.

如果我们没有“不想要它”，那么它很快就会出现。

If we did not not want it, it would very quickly be.

但我们一直抓着“不想要它”，这就是为什么我们得不到它的原因。

But we're holding on to not wanting it all the time, and that's why we're not getting it.

理解了吗？

Does that make sense?

我们紧抓着“不想要它”，也就是不想要那种完美的生活方式。

We're holding on to the not wanting of it, of this perfect way of living.

学生：我看到了障碍，我看到了限制。

Student: I seen obstacle, I seen limitation.

莱斯特：因为我们觉得自己是受限的，因此无法立即拥有一切。

by seeing that we are limited and therefore cannot have things
instantaneously.

**哪怕是一条小虫，他们把它切成两半，我猜这是一条沙蚕，把它切成两半，
它会再生出你从它身上切掉的那部分身体。**

Even a little worm, they cut it in half, I suppose it's a blow worm, cut it in
half and it grows the part of the body that you cut away from it.

现在，在我们获得永生之前，我们都得学会如何做到这一点。

See, now we all have to learn how to do that before we gain our
immortality.

在我们不再被迫通过子宫、历经 9 个月的孕育、然后以一个完全无助的婴儿状态回到身体里之前，我们必须学会摆脱这个身体。

we have to learn to be free from this body before we are not compelled to come back in the body through the womb, through 9 months incubation and then starting off as a totally helpless infant.

这绝对是这个宇宙中最愚蠢的典型例子。

There's a prime example of probably the grossest stupidity in this universe.

一个本质是无限的婴儿变得丧失了能力，我们还能有多傻呢？

For an infant, who is basically unlimited to be that incapacitated, how silly can we get?

但我们却一次又一次、一次又一次地重复着.....

But we do it again and again and again...

如果你回想一下自己生命最初的几天，你会发现那极其难受，这太不可思议了，哦，是的，你无法站起来，完全失去了自由。

And if you remember back to your first days of life, you'll find it extremely uncomfortable, it's amazing, oh yeah, you can't get up, you you're totally unfree.

然而，我们这辈子却都这样做过，我们让自己完全丧失了几乎做任何事的能力，除了食物被放进嘴里，然后吃下去。

And we've all done it this lifetime, we made ourselves totally incapable of doing almost anything except when food's put in our mouth, we take it.

现在，我在说的是，面对这些东西，面对这些东西，也许你就能放它们离开，走完全程，然后你很快就会实现它。

Now, what I'm saying is face these things, confront these things, and maybe you'll let go of them and go all the way, and you'll do it very quickly.

因为你现在就是无限的，你假设了所有的这些限制。

Because you're unlimited right now, you are assuming all these limitations.

你看，我想让你明白的是，我想要你有走完全程的渴望。

You see, I guess the thing I'm trying to get into you is the desire to go all the way.

因为我们的成长与我们走完全程的渴望成正比。

Because our growth is directly proportional to our desire for it.

如果我们真的.....如果我们渴望无限能像我们渴望在这个世界受限的程度一样，我们很快就能得到它。

If we had a real... If we desired to be unlimited as much as we desire to be limited in the world, we'd get it very quickly.

你待在这个世界的渴望非常强烈。

Your desire to be in the world is very intense.

我不知道我在这个群体里提出了什么，但我说过，如果你想知道自己对这个身体有多贪恋，就想象一下把它扔到汽车前面，你感觉如何？

I don't know what I brought out in this group, but I've said if you want to find out how attached you are to this body, how would you feel about throwing it in front of a automobile?

然后你会发现你多么认为自己是这个身体。

Then you'll discover how much you think you are this body.

但你必须面对这些东西，你必须看着它们。

But you've got to confront these things, you've got to look at them.

如果你抓着这些东西，并且不去看它，你就永远都看不到它。

If you hold these things, and you don't look at it, you'll never see it.

我在试着帮你挣开这些如此极端的束缚和限制。

I'm trying to help you pry loose these bondages and limitations that are so extreme.

正如你一路上听到的那样，噢，天哪，你都已经听过一千遍了，却还坚持做一个极其受限的身体。

As much as you have heard the entire way, oh my gosh, you've heard it a thousand times, you persist in being a very limited physical body.

仅仅是因为你不直面“你认为自己是一个受限的物理身体”这个事实。

Only because you don't confront this fact that you consider yourself a limited physical body.

所以如果我能让你看清这一点，如果我能让你去做，去把它挖出来，当你不去看它时，它是潜意识的，把它从你的潜意识里挖出来，看着它，你就会放下它，就能移除这个障碍，或者说移除所有那些走完全程的障碍。

So if I can get you to see this, if I can get you to go to work and dig it out, when you don't see it, it's subconscious, dig it out of your subconscious, look at it, you'll let it go, you'll remove the obstacle, or

the obstacles to going all the way.

遗憾的是，我们大多数人都利用逆境来产生前进的动力。

Unfortunately, most of us use adversity to produce to move forward.

如果你尽快养成这个习惯，也许这将是天赐良机，也许我们就能实现它了。

If you find a habit soon, well maybe it'll be a godsend, maybe we'll do it then.

你在看到的外面这个世界会变得越来越艰难，回头看看，想想最后那扇门，生活变得愈发艰难，愈发紧张，愈发痛苦，世界从未像现在这样拥有过这么多东西，我们在这个国家得到了一切，然而我们却从未如此不开心，对吗？

What you see out there in the world just gets more and more and more so, look back with your feet and think to the last door, life is getting more difficult, more tense, more miserable, the world never had so much as it has now, we've gotten everything in this country, and we were never so unhappy, right?

随着岁月的流逝，我们变得越来越不快乐，这种情况将一直持续下去，直到我们把自己撕裂。

We get less happy as the years go by, this will keep on going until we rip ourselves apart.

我现在把这个世界当作一个整体,在这个过程中,你也许能用它来逼迫自己、直面自己,去看清你正试图紧紧抓着的这个既珍贵又糟糕的身体,这是你曾经所设想过的最极端的限制。

I'm taking the world as a unit right now, in this process, you might be able to use it to force yourself, to confront yourself, to see that you're trying to hold on to this precious, awful body, which is the extremist limitation you've ever assumed.

我想这就是我们安排这些即将发生之事的原因,我想需要一场正面的碰撞才能唤醒我们。

I guess that's the reason why we arrange these things that are about to come about, I guess it takes a head-on collision to wake us up.

但是当它来临时,你可以利用它。

But when it comes, you can use it.

然而,我的建议是,现在就做。

However, what I'm suggesting is do it now.

当碰撞来临时,你会笑,你会一直笑个不停。

And when the collision comes, you'll laugh, and you'll laugh all the time.

当你释放了束缚，你就不会不快乐了，你只会时刻都感到极度幸福。

When you let go of the bondages, you can't be unhappy, you can only be extremely happy all the time.

唯一导致不快乐的东西就是限制。

The only thing that causes unhappiness is a limitation.

所以，挖出这些原因，把它们从潜意识中拉出来并面对它。

So, dig out these reasons, pull them out of the subconscious and confront it.

“我想成为这个身体，我认为自己是这个身体，而且这个身体很棒”，接下来，当你直面它时，就能对它做些什么了。

“I want to be this body, I think I'm this body, and this body is great”, and then when you confront it, then you are able to do something about it.

在那之前，你是自动化的，并且你无法改变那种自动模式。

Until then, you are on automatic, and you can't change the automatic pilot.

你可以用我之前提到过的一些建议，变得无欲，为之努力，直到你实现它。

You can use some of these suggestions I mentioned before, become desireless, work at it until you achieve it.

一旦你达成了这一点，就会发现自己彻底自由了。

You achieve that, and you will discover that you're totally free.

但再说一次，基本上，我们之所以无法成功的原因是，我们紧抓着这些限制、这些束缚，坚持把这个身体当作是自己。

But again, basically, the reason why we don't make it is because we hold on to these limitations, to these bondages, to this body as being me.

之前和之后的唯一区别是：

The only difference before and after is:

之后，当你审视自己的身体时，不再将自己视作一个身体，你会把自己视作每一个身体、每一个原子；

When you look through your body after, you no more see yourself as one body, you'll see yourself as every body, every atom;

当你更进一步，你会发现你不是任何人，你从未受到过限制，你从未移动过，你一直都是无所不在的，你怎么可能移动呢？

And you go a step beyond that, you'll see that you're not anybody, you

were never limited, that you never moved, that you were always omnipresent, how can you move?

身体的游戏只是一种想象、一种幻觉。

That the play of bodies was just an imagination, an illusion.

在那之后，你在这个世界中行走，但不会陷入认为自己是一个身体的想法中了，你知道这个世界的本质只是一场梦。

And after that, you move in the world, but you don't get caught up in thinking you're a body, you know the substance of the world as being just a dream.

然后你会看到越南战争就像电影里的战争画面一样，这些他们编造的故事每天都在电视上播放着，他们有这些战争故事。

Then you'll see the Vietnam War just as much a war as the moving pictures of wars are, these stories that they make up, they have them on TV every day, they have war stories.

电视上的那些战争故事就像越南战争一样真实，越南战争会像一场战争电影那样困扰着你。

Those war stories on TV are exactly as real as the Vietnam War is real, the Vietnam War will bother you as much as a moving picture of a war would bother you.

你会让自己的身体自然运转。

You'll let your body run its course.

我想给你一点小诱饵：不过不用担心，在你开悟之后，你无论如何都不会失去这个身体，它会按照你预先设定的时间运行，它会经历和你没开悟时完全一样的事情。

I'm trying to give you a little bait by saying: Don't worry though, you're not going to lose the body anyhow after your realization, it will go exactly as long as you predetermined it to go, it will go through exactly the same things, it would have gone through had you not gotten realization.

你的身体将要经历的一切，无论如何它都会经历。

What your body's going to go through, it will go through anyway.

所以，身体永远不应该成为获得觉醒的障碍。

So, that should never be a deterrent in getting realization.

当你明白这一点时，它就不再是障碍了。

When you know that, it isn't.

学生：我们不需要那些行善者的表面行为，所以主日学校的课程或任何的这些东西真的都只是形式。

Student: We don't need any visual activity of the do-gooders, so Sunday school class or whatever this is really the version.

莱斯特：对，那是一种束缚。

Lester: Right, that's a bondage.

好与坏，你必须在幻象中平等地来看待。

Good and bad, you have to see as being equally in the illusion.

它是一场梦。

It's a dream.

如果你行善，你会做个好梦；

If you do good, you have a good dream;

如果你作恶，你会做个噩梦。

If you do bad, you have a bad dream.

现在，你无法只有其中一个而没有另一个。

Now, you can't have one without the other.

如果有好的，就必定有坏的；

If there's good, there must be bad;

如果有坏的，那就一定有好的。

If there's bad, there must be good.

学生：你的意思是说心智能将二者等同起来吗？

Student: You mean if the mind equates that?

莱斯特：不，你、你.....一个伴随着另一个，就像贪恋和厌恶，它只是同一枚硬币的另一面。

Lester: No, you you... One goes with the others, it's like attachment and aversion, it's just the other side of the coin.

学生：只是同一枚硬币。

Student: Just one coin.

莱斯特：我想说，贪恋，就是用这种方式抓着某个东西；

Lester: Attachment is holding on to, I'd say, something this way.

厌恶，则是用那种方式抓着它。

Aversion is holding it that way.

好，是这场梦境幻觉里我喜欢的一部分，

Good is part of the dream illusion I like,

坏，则是这场梦境幻觉里我不喜欢的一部分，

bad is part of the dream illusion I don't like,

但它们都是同一个东西，它们都必须.....

but they're both one and the same thing, they both have to...

你无法只有好而没有坏，所有的词必然都是相对的，一个与另一个相关。

You can't have good without bad, all words are necessarily relative, one relates to the other.

如果一切始终都是好的，就不会存在“善”这种东西了，你会无法理解它，你必须体验过坏，才懂得什么是好；

If everything was all good all the time, there'd be no such thing as goodness, you couldn't understand it, you have to have badness to know what goodness is;

你得经历过糟糕的境遇，才能珍惜美好的境遇。

You've got to have a you got to have a bad stake in order to appreciate a good stake.

如果你生来就处在优渥的环境中，并且一生都顺风顺水，就不会知道什么是好的境遇，也就不存在所谓的好的状态了。

if you're born into good stakes and had good stakes all your life, you wouldn't know what a good stake is, there wouldn't be any such a thing as a good state.

你必须经历过糟糕的境遇，才会明白什么是好的境遇。

You've got to have bad stakes to know what a good stake is.

但你现在明白什么是善了吧，哈利？

But you see what goodness is now, don't you, Harry?

学生：是的，如果我这么说，你会说这个，你会说，嗯，现在，真的什么都没有，因为你知道这只是你认为的方式，我更倾向于.....我认为我已经能看透好坏、积极及其对立面了。

Student: Yes, now, if I would have said this, you'd say, well, now, there's there really is none, because you know it's just the way you would think

of it, and I prefer to... I think I've pretty well been able to see through this thing of good and bad, positive polarities and.

莱斯特：如果你正在做梦.....

Lester: if you're having a dream.

学生：放手，真正地让它存在。

Student: Let go and let be really.

莱斯特：好吧，你的哪个部分是这种终极状态呢？如果你一直都是“那”，你现在也是“那”，对吗？

Lester: All right, what is the part of you that is this ultimate state? If you're always That, you're That right now, right?

你的哪个部分是无限的？

What part of you is unlimited?

学生：我的存在。

Student: My being.

莱斯特：对，就是这样，保持住，就是这样，我的存在。

Lester: Right, that's it, hold it, that's it, my being.

你的存在是你无限的那部分。

Your Beingness is the unlimited part of you.

现在，有限的那部分正在试图成为某种东西。

Now, the limited part is trying to be something.

所有的形式必然都是受限的，都在试图成为一种形式、一个身体，致使我们成为受限的身体。

All form is necessarily limited, trying to be a form, a body, causes us to be limited bodies.

然后，选择成为每一个原子；

Then choose to be every atom;

接着，你就离看到“你的真实状态仅仅是存在”只有一步之遥了。

And then you're a hairline away from seeing that your real state is only Beingness.

学生：我知道，我知道，比如说开悟。

Student: I know, I know, it's realization, let's say.

莱斯特：但为什么呢.....为什么不是每个人都变得无限呢？

Lester: But why don't... Why doesn't everybody become unlimited?

仅仅是一个想法，你就能拥有任何东西。

It's a mere thinking, you can have anything.

学生：你看，当你这么说的时候，这似乎很矛盾。

Student: You see that, that seems very contradictory when you say that.

莱斯特：为什么？

Lester: Why?

学生：你在说要变得无欲等等，然后你反过来，你说如果你无欲了，你就能拥有一切，你似乎在引诱我们去到那里拥有一切，而实际上.....

Student: You're saying be desireless and so on, and then you turn around, you say if you are desireless, you can have everything, it seems like you're baiting us to get out there to have everything and really...

莱斯特：对。

Lester: Right.

学生：你想让我们一无所有。

Student: You want us to have nothing.

莱斯特：不，我想让你拥有一切，不，我想让你成为一切。

Lester: No, I want you to have the all, no, I want you to be the all.

学生：这件事是.....

Student: This thing is...

莱斯特：不是。

Lester: No.

学生：消散了，它就像是海市蜃楼一样。

Student: Evaporate, it's like a mirage.

莱斯特：不，你在消散。

Lester: No, you're evaporating.

学生：你以为自己会拥有一切，但是当你达到这种状态时，你拥有了一切，

却什么都不想要了，你知道，我的意思是.....

Student: You think you're going to have everything, but when you when you achieve this state, you have everything, and you don't want anything, you know, I mean...

莱斯特：这是你的话，不是我的。

Lester: These are your words, not mine.

学生：反正我也不是为了那个在努力。

Student: I'm not working for that anyway.

莱斯特：你成为了一切，就像我之前说的，你成为了每一个原子。

Lester: You become the all, you become every atom, as I said before.

学生：但事实并非如此，你不能.....

Student: But it isn't, you can't...

莱斯特：现在.....

Lester: Right now...

学生：我们坐在这里，秉持着世俗的价值观，换句话说，拥有一切，而我只

是说，你知道，坐在这里，我们会.....我们会做到这一点，也就是拥有一切，你知道的。

Student: We're sitting here taking worldly values, in other words of having things, and and I just say, you know, sitting here, we would... We would do this, equating having everything, you know.

莱斯特：是的，我在谈这件事，你现在有一个身体，你能拥有无限多个身体。

Lester: Yeah, I'm talking about it, you've got one body now, you can have an infinite number of bodies.

我在说的是你所谓的世俗意义，通过成为越来越多，你变得越来越不受限制。

I'm talking what you call a worldly sense, by becoming more and more and more, you become less and less limited.

然后，当你看到你是宇宙中的每一个原子时，那么，距离终极目标就只有一小步了。

And then when you see that you are every atom in the universe, then it is just a tiny step to the ultimate.

所以我建议你拿到更多，成为百万富翁、成为亿万富翁、成为万亿富翁，继续、继续下去.....不要限制自己。

So I'm suggesting you take on more, be a millionaire, be a billionaire, be

a trillionaire, and go on and on, and undo limit yourself.

学生：我们刚刚说，如今的美国比以往任何时候都更加富裕繁荣，但同时也存在着最大的不幸福，所以这确实不是解决问题的办法，不是吗？

Student: We just got done saying that the world United States today is more fluent and prosperous than has ever has been, and yet the greatest unhappiness so, this really isn't the way to go, is it?

莱斯特：嗯，幸福不是你拥有什么，而是你对它的贪恋或不贪恋决定了你的幸福。

Lester: Well, it's not what you have, it's your attachment or non-attachment to it that determines your happiness.

人们拥有各种各样的东西，然而因为贪恋，他们痛苦不堪。

People have things, and because of attachment, they're miserable.

作为一个国家来说，我们在 20 年代远比今天要幸福得多，即便在 30 年代，我们也更幸福，你可以通过我们 30 年代的歌曲来检验这一点。

We were far happier in the twenties as a country than we are today, even in the 30s we were happier, and you can check this out by the songs that we had in the 30s.

所以，重要的不在于你是否拥有，决定你幸福的，是你对所拥有或未拥有的东西的贪恋或者不贪恋。

So, it's not whether you have or whether you don't have, it's your attachment or non-attachment to what you have or don't have that determines your happiness.

嗯，这是真的，我在试图引诱你拿到一切，轻松地获得，没有挣扎地拿到它，我只是想一想就得到了它。

Well, it's true, I'm trying to bait you into taking the all, to take it with ease, to take it without struggle, to take it I'm merely thinking of it.

如果你想知道我为什么不这样做，那是因为你们这些人，如果我在你们眼前那样生活，这会是对你们的一种冒犯。

If you wonder why I don't do it, it's because of you people, it would be in an affront you if I live that way in front of your eyes.

我曾经经历过，当我独自住在圣多纳的时候，我经历过。

I've had it, when I was living alone up in Sedona, I had it.

然后，人们开始涌入，我不得不继续放手、放手、放手，直到去年，我才放下了其中最主要的部分。

And people started coming in, I had to keep letting go of it, letting go of

it, letting go of it, until this past year, I've let go of the major major part of it.

就我的生活方式而言，我现在几乎和其他人一样了，我涉足商业，参与进各种事物中。

I'm just almost as human as anyone else now, the way I live, got involved in business, got involved in everything.

所以这并非是为了冒犯你们，如果你们看到我瞬间就把事情完成了，你们会憎恶这一点。

So it's not to affront you people, if you saw me doing things instantaneously, you'd resent it.

好吧，你认为你不会，但事实也不会改变，我知道你会，我已经经历过了。

Well, you think you wouldn't, it doesn't change it, I know you would, I've been through it.

唯一能接受这些事情的人，是那些自己也能做到的人。

The only people who can accept these things are those who themselves do it.

那些做不到的人，就算不是有意识地，也会无意识地憎恶能做到这种事的人。

Those who don't do it, resent the other one doing it, subconsciously, if not consciously.

我还能再激怒你吗？

Can I bait you anymore?

但我所说的一切都是真的。

But this is true everything I say.

学生：你说什么？你想让我们做什么？

Student: What do you say? What do you want us to do?

莱斯特：走完全程。

Lester: Go all the way.

学生：在这个世界中？成为百万富翁？

Student: In the world? Be a millionaire?

莱斯特：完全觉醒。

Lester: To full realization.

不，那是诱饵的部分。

No, that's the bait part.

玩不花钱就能得到东西、拥有你想要的一切的那种游戏，拿到你想要的一切，拿到最好的，然后继续前行。

Play the game of getting things without money, of having anything everything you want, take all you want, take the best, and then move on.

学生：相对而言，从我从俄亥俄州来后，你知道，事情是.....你知道，只是.....但就像你说的。

Student: Relatively speaking, from Ohio, you know, things are... you know, just... but like you're saying.

莱斯特：哈利，你开启了这个进程，我知道你现在的的生活比我第一次见到你时要好得多，也幸福得多，你已经在用它了。

Lester: You started this process, Harry, I know you're living far better with much more happiness than when I first met you, you've used it.

现在我要说，走完全程，你仍然会在这里，你仍然可以做你正在做的那些事。

Now I'm saying, go all the way, you'll still be here, you can still do the exact same things you're doing.

唯一的区别是：你将彻底自由，你将拥有一种波澜不惊的喜悦和平静，你将通过你正在做的事和还没有做的事，完成你一直试图完成的，而这主要被称作幸福。

The only difference will be, you'll be totally free, you'll have a joy and peace that's imperturbable, you will have accomplished what you're trying to accomplish through what you're doing now and not accomplishing, and the thing is called mainly happiness.

学生：换句话说，如果我能达到无欲的状态，换句话说，我的障碍是冥想，我无法在心里找到冥想的感觉。

Student: In other words, if I could get desirelessness, in other words, my hang-up is meditation, I can't find it in my mind to meditate.

莱斯特：那不是你的障碍，障碍是你有欲望。

Lester: That's not your hang-up, the hang-up is you've got desire.

这是一个更好的选择——摆脱欲望，然后你就在那里了。

That's a better one, get rid of desires and you'll be there.

学生：你不必冥想吗？

Student: You don't have to meditate?

莱斯特：不用。

Lester: No.

学生：我已经问“我是谁”很久了，这让我对知道“我是谁”都厌倦了，我第一次问这个问题。

Student: I've asked who I am for so long that I'm tired of knowing who I am and the first time I asked it.

莱斯特：摆脱欲望，彻底摆脱欲望，然后你就完全自由了。

Lester: Get rid of desires, completely rid of desires and you're totally free.

然后你会把自己视作宇宙中的每一个原子，而且你放入心智中最细微的念头都会瞬间实现。

Then you'll see yourself as every atom in the universe, and the slightest thought you put in your mind instantaneously comes about.

难道你没看到一个欲望在说“我没有某样东西”，并使它如此吗？

Don't you see a desire saying "I don't have something", and making it so?

欲望是一个非常消极的东西。

A desire is a very negative thing.

现在，当你无欲时，如果你选择享受某样东西，你会比之前对它有欲望时更享受一千倍。

Now, when you're desireless, if you choose to enjoy something, you enjoy it a thousand times more than you did before when you had a desire for it.

因为你是自由的，你自由地享受，而此前你是带着一种匮乏的感受在享受。

Because you are free, you enjoy with freedom, whereas before you were enjoying with a feeling of lack.

明白了吗？

Does that make sense?

学生：对，一切就在这里，这就是全在的所在之处，一切，就是这种对它真实存在的领悟，就是.....就是它，除了此地，再也没有其他中心了。

Student: Right, everything's right here, and this is where omnipresence is, everything, it's this realization that it truly is so, it's where the... this is it, there's no other center other than right here.

莱斯特：那么，它就是我所谓的“我”。

Lester: Then I, it's the I that I am.

学生：对，这就是每个人之内的“我”。

Student: Right, this is the I in everybody.

莱斯特：把你拉离它的东西是欲望，是“我”之外的东西。

Lester: And the thing that pulls you away from it is desire, something other than I.

学生：欲望，或者我想说是问题，它看起来像……

Student: Desire, or I'd like to say problems that it seems like...

莱斯特：那是欲望的反面——厌恶。

Lester: That's the opposite of desire, aversion.

学生：但我们之内的那个东西，我喜欢叫作“我们之内的天堂”，我总是这么叫它。

Student: But that thing within us is what I like to call heaven within us, I always call that's what.

莱斯特：它在我们的内在，也不在我们的内在，它是我们，它是“我”，它不在内，也不在外，它就是它，这就是它所是的全部了。

Lester: It is and it's not within us, it is us, it is I. it's not within, it's not without, it just is, that's all it just is.

除非你想限制它，否则你无法说任何关于它的东西，任何你所说的关于内在和外在的东西都限制了它，你难道没能理解吗？

And you can't say anything more about it unless you want to limit it, anything you say about within and without limits it, can't you see that?

它就是它，就是这样。

It just is, period.

你无法说任何关于它的东西，它是你所能体验到的最伟大、最奇妙的体验。

And you can't say anything more about it, and it is the greatest, the most terrific experience you can ever experience.

你为什么不让那种状态持续下去呢？

And why don't you make that all the time?

学生：我冥想的时候.....你知道，严格来说我没有冥想，但你知道，我总是想知道真相是什么，在这背后的是什么。

Student: I meditation when you're... you know, I don't meditate per se, but yet, you know, I always wonder what's the truth, what's behind this.

莱斯特：别冥想了。

Lester: Don't meditate.

学生：你知道，总有这种对这件事的意识，你知道，我确实得放手，并让这件事指引我。

Student: You know, there's always this consciousness of this thing that you know, and I really do let go and let this thing direct me.

莱斯特：要知道，冥想对初学者来说是不错的，但你们这些人已经远不止是初学者了，冥想就是让自己安静下来，比这更棒的是探寻你的存在，探寻远远超越了冥想。

Lester: See, meditation is fine for beginners. but you people are way beyond beginners. meditation is just getting quiet, much greater than that is seeking your Beingness, seeking is way beyond meditation.

学生：哦，我想我们一直都在这么做，我的意思是，这难道不是持续不断的吗？

Student: Oh, I think we do that all the time, I mean isn't that just constant.

莱斯特：不，就像之前说的那样，你是在持续地追寻世界。

Lester: No, you're constantly seeking the world as came out before.

如果你是持续不断地在追寻你的真我，最多几周，你就能找到它，不会超过几周的。

If you were constantly seeking your Self, you'd find it in a maximum of weeks, it couldn't take more than weeks.

如果你在寻找你的性别，找到它需要花你多长时间，那么找到你自己就需要花你多长时间。

If you were seeking your sex, would take you how long to find it? and that's how long it's going to take you to find you?

你这样做（莱斯特打了个响指）。

You do it like that.

但我知道你可以在几周内做到这一点，如果你保持寻找自己并只持续地寻找自己，在几周内，你就会找到你自己。

But I know you can do it in a matter of weeks, if you keep looking for you and only keep looking for you, in weeks, you'll discover you.

当你做到的时候，它就像那样（莱斯特打了个响指），瞬间发生。

And when you do, it's like that, it's instant.

现在，你为什么没有找到自己的原因是，你把自己阻挡在了这里，你在向外寻找它，而它就在这里，你却说着“我无法找到它”。

Now, the reason why you don't discover you is you hold you back here, and you're looking out there for it and here it is, you're saying I can't find it.

但一旦你这么做，它就是瞬间的。

But the moment you do that, it's instant.

当你看着你自己的那一刻，你会看到你自己。

Moment you look at you, you'll see, you'll see you.

但你每时每刻都在看向你自已之外，你在看着外部的幻象，你在看着那具身体，你在说：“我、这个无限存在是这个身体。”

But you're every moment looking at other than you, you're looking at the illusion out there, you're looking at the body, and you're saying: “I, the infinite being am this body.”

你每时每刻都在这么说，除了你睡觉的时候。

And you're saying that every moment, except when you go to sleep

有时你会说：“我、这个无限存在是一具梦境中的身体。”然后你在夜间的梦境状态中演绎人生。

Then sometimes you say: “I, the infinite being am a dream body.” And then you play act of life in the night dream state.

但你每时每刻都在说：“我是一个身体。”

But your every moment saying: “I am a body.”

看，这是你必须得明白的事情。

See, this is the thing you've got to get to see.

我知道哈利之前描述的是一种不是这具身体、只是存在的体验。

I know what Harry described before was an experience of not being the body, of just being.

当他感到完全满足时，一种全然的满足，他只是存在，他不是一个身体。

When he felt fulfilled, a total satiation, he was just being, he wasn't being a body.

他以为自己是一个身体，他就无法感受到它的美好、它的伟大。

He thought he was being a body, he couldn't feel that goodness of it, the greatness of it.

所以，弗朗西斯，检查这些东西，看着它，你会发现自己每时每刻都在追逐这个世界，并认为自己是一个需要被细心呵护、精心照料的身体。

So, examine these things, Francis, look at it, you'll see that you're every moment chasing after the world, thinking you're a body that must be pampered and taken care of.

圣经说“不要为身体忧虑”，就是这个意思。

The Bible says “take no thought for the body”, that's what it means.

那么，该怎么做呢？

So, the thing to do is what?

像哈利做的那样，体验它，更多、更多地体验它，直到它成为唯一的体验，你不会消失的。

Like Harry did, experience it, make it more and more, until it's only, you won't disappear,

然后你有一个选择，你可以立即获取事物，或者像其他人那样获取它们，无论你选择哪种方式，对你来说都不重要，都是一样的，你达到了那种同一、平等的状态。

Then you have a choice, you can take things instantly or like other

people are taking them, it doesn't matter to you which way you take them, it's all the same, you achieve that state of sameness, equal mindedness.

它是一个梦，你在几年内得到它还是立即得到它，有什么区别呢？

It's a dream, what's the difference whether you get it in a matter of years or instantaneously?

一旦你知道了它是一个梦，那就无关紧要了。

Once you know it's a dream. it doesn't matter.

但最大的区别是：你是自由的。

But the big difference is you're free.

如果你能立即做到这一点，你就已经获得了超越一切理解的平静和幸福，你已经放下了所谓的痛苦、不开心、困难和问题，你已经拿到了目标。

If you can do it instantly, you've attained the peace and happiness that passes all understanding, you've let go of so called miseries, unhappiness, difficulties, problems, you've attained the goal.

【与莱斯特的谈话】

【Talks with Lester】

注：《【与莱斯特的谈话】【Talks with Lester】》和《莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2》涉及 b 站两位 up 主上传的视频，由于他们取的视频名字不一样，所以找原视频的时候会有点混乱，我把四个视频以及他们分别给出的名字列在下面，这样你们可以清晰一些：

视频编号	up 主 “zh_vhhk” 的视频名	up 主 “go-free 无限” 的视频名
1	【与莱斯特的谈话】第一卷，磁带 1【Talks with Lester】Volume 1,Tape 1 (本文档子标题同名)	莱斯特视频 1-莱斯特 1984 年加强训练班视频 1
2	【与莱斯特的谈话】第一卷，磁带 2【Talks with Lester】Volume 1,Tape 2 (本文档子标题同名)	莱斯特视频 1-莱斯特 1984 年加强训练班视频 2 (过山车)
3	【与莱斯特的谈话】第三、四卷【Talks with Lester】Volume 3-4 (本文档子标题同名)	莱斯特视频 4-庆祝莱斯特 100 周年纪念日 3、4 (过山车)
4	无	莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2 (本文档子标题同名)

【与莱斯特的谈话】【Talks with Lester】第一卷，磁带 1 Volume 1,Tape 1

磁带旁白：下面的演讲是 1984 年录于 9 天的加强训练班，这些珍贵的录像是采用家用摄像机以长时间录制模式拍摄而成，我们已经竭尽全力锐化图像、平衡色彩，以便让你对莱斯特的信息有一个直观的印象，为了从这些磁带中获得最大的收获，请用心去聆听，并把头脑放到一边，尽情享受吧！

The following talks were recorded in 1984 during a nine-day intensive, these rare recordings were recorded on a home video camera on extended play, we have done our best to sharpen the image and balance the color, so that you can have the direct experience of Lester's message, in order to get the most from these tapes, please listen to them with

your heart and leave your head aside, enjoy.

莱斯特：一个让你更好地帮助你认同“你到底是什么”的方法，以及关于怎么认同真正的你，那个永远不变、完整、完美的你，那个你在试图做任何事去成为的你，那个你这外部寻找却找不到的你，还有很多有帮助的提示。

In a way that will help you identify better with that which you really are, and with a lot of helpful hints on how to identify with the real you, the you that never ever changes, the you that's whole, complete, perfect, the you that you're trying to get to in everything you're doing, the you that you're looking for where it isn't externally.

为什么我说它很容易的一个原因是因为你在试图找到你自己。

One reason why I say it's easy is because you're trying to find you.

这有多难呢？

How difficult is that?

还有，你每时每刻都在体验着真正的你，同时又每时每刻都在把目光从它身上移开。

Also, you're every moment experiencing the real you, plus every moment looking away from it.

但是你不得不体验那个真正的你，然后你说“我”，这就是它。

But you can't help but experience the real you, and you say I, that's it.

“我是”，这是存在，这是你之所是，这就是你。

I am, it's the Beingness, that you are, that is you.

你们有多少人希望 1000 年后还拥有这些躯壳？100 年后呢？即使是 50 年后？

How many of you expect to have these carcasses a thousand years from now? A hundred years from now? Even fifty years from now?

我们有一个人在这么想，玛丽莲会告诉我们关于它的一切。

We have one person, Marilyn will tell us all about it.

学生：那时我会跟是你一个岁数。

Student: I'll be your age.

莱斯特：只要你愿意，你可以一生都保持在 18 岁。

Lester: You'll stay eighteen all your life if you want to.

如果你真的那么爱自己的身体，你可以这么做，你可以一辈子都保持在 18

岁，也许 16 岁，我不确定。

And if you really love the body that much you do it, you can stay eighteen all your life, maybe sixteen I don't know.

学生：25 岁吧。

Student: Twenty-five.

莱斯特：（点头）但是我们得看向自己真正所是的那部分，把它展现出来，认同它，让它成为我们有意识生活的一部分。

But we should look toward the part that we really are, bring it out, identify with it, make it part of our conscious living.

我是我，感觉到只有“我”、“我”、“我”、“我”、“我是”、“我是我所是”。

I am I, get the sense of only I, I, I, I, I am, I am that I am.

是你吗？

Are you?

你说：“是的。”

You say: "Yes."

好了，就是这样，就只是“那”，然后你就处于那个你一直在痛苦地追求的终极状态了。

Okay, that's it, just be That only, and you're in the ultimate state that you're all the time striving for with misery.

痛苦在那个状态下脱离。

Misery is moving away from that state.

唯一的快乐是存在于你的存在中。

The only happiness there is is being in your Beingness.

你们听我说过，通过满足欲望就能让心智安静下来，当心智是安静的，你就只是存在，而这就是你所感受到的快乐，那是唯一存在的快乐。

What you've heard me say is just quieting the mind through satisfying the desire, and when the mind is quiet, you're just being, and that's the happiness you feel, that's the only happiness there is.

到目前为止，你们有多少人发现了这一点？

How many have discovered that yet?

仅存的一个独一无二的快乐，就是当你是你的存在时。

That there's only one single happiness that's when you're being your

Beingness.

好了，这是一个非常大的帮助。

Okay, that's a big assist.

因为它应该减轻并消除了人们在一百万个不同方向上向外寻找快乐的努力。

Because it should alleviate, do away with all that effort looking for it out there in a million different directions.

现在，这不会妨碍你做你正在做的事，你做什么并不重要，重要的是你对它的态度、你对它的理解。

Now that doesn't stop you from doing what you're doing out there, it doesn't matter what you do, what matters is your attitude toward it, your understanding of it.

但是当你认同你的存在时，它绝对会让你的生活变得更容易。

But it sure makes life easier when you identify with your Beingness.

试着把自己放到你所是的领域内。

Try to get yourself placed on the scale of where you are.

客观地看待自己是件好事，你可能在电视上发现了这一点，你从戏剧小品中

能得到两个好处：

It is good to see yourself objectively which you are probably discovering with the TV, there's a double benefit you get from the skits:

一个是，当你开始的时候，所有你的垃圾、你的情绪都浮现出来给你释放；

One is when you start, all your garbage, your emotions come up for releasing;

其次是，当你观看它的时候，它是完全不一样的，在你观看时不是这样吗？

And then when you watch it, it's entirely different, isn't it when you watch it?

因为第 1 部分是非常主观的，它是我和我的所有宠物垃圾，但客观地来看，它不像看上去的样子，我们并没有真实地审视我们自己。

Because the first part is very subjective, it's me with all my pet garbage, and it's not what it looks like objectively, we don't see ourselves the way we really are.

所以，当我们回顾并看着它的时候，我们想把它大部分都隐藏起来，不是吗？

So, when we come back and look at it, we want to hide most of it, don't we?

那不是我，我没有这么做。

That's not me, I didn't do that.

但客观地看待自己，能帮助你面对那些你在极力回避的垃圾。

But you see yourself objectively, it helps you move into the points of garbage that you are very much avoiding.

所以，当你辨识出自己所处的位置并客观地看待它时，你可以说：“哎，我正处于第一步，或我正处于第十步，我得往前走。”

So, when you identify as to where you are and you see it objectively, you can say: "Boy, I'm in the first step or I'm in the tenth step, I've got to move."

所以，“辨识”是客观审视自己的一部分。

So, identifying is part of seeing yourself objectively.

你认为你之所是有三个部分：“你是”——那是你的存在，那是你真实的部分，它构建了你的心智，并历经岁月发展出了所有的这些程序。

And there's three parts that you think you are, you are, that's your Beingness, that's the real part of you, which sets up your mind, and then develops all these programs over the ages.

这些程序驱动了思考，这些程序就是你的感受。

And the programs motivate the thinking, the programs are your feelings.

我不知道如今心理学和精神病学界是否接受“感受是程序”，他们对于“感受是什么”太盲目了。

I don't know whether any part of the world of psychology and psychiatry today accepts feelings as programs, they're so blinded is to what they are.

我认为他们接受“感受是自然且正常的，只需稍微调整一下，情况就会有所好转”。

I think they accept them as being natural and right, just adjust them a little bit, so things get a little better.

但感受只是程序而已，是我们对外部世界做出反应的潜意识自动化程序。

But feelings are simply programs, subconscious automated programs of how we react to the external world.

每一个感受都是为了维持身体的生存而作为一种生存程序被植入的。

And every one of them has been put in as a pro-survival program in order to keep the body surviving.

你们当中有多少人意识到了所有的这些感受都是生存程序？

How many of you have seen that that all these feelings are survival programs?

哇噢，这很好。

Wow, that's great.

当你试图在一个你本就是永恒存在的情境中存活下来时，你会发现这是多么地愚蠢。

You get to see how silly it is when you're trying to survive a situation that you are eternal in.

这就是你正在做的事情。

That's what you're doing.

你别无选择，你是永恒的。

You've got no choice, you're eternal.

所有的这些挣扎都是为了生存。

All this struggle trying to survive.

但错误出在哪里？

But wherein is the error?

你在试图让什么存活下去？

What are you trying to survive?

是这具躯壳。

The carcass.

就像我过去常说的，如果你开着车四处转跑，它是你的车壳子，它把你关在了里面，这具躯壳也是如此。

As I used to say, if you're driving around in a car, it's your case, got you closed in there, so has this carcass.

所以，在你的存在中，你创造了你的心智，并开始对一切进行编程，你认为自己是那具身体，你认为这个世界在你之外。

So, in your Beingness, you create your mind and start programming everything, and you think you are the body, and you think the world is external to you.

在你创造了它之后，你不再记得是你创造了这一切。

After you have created it, you let go of remembering that you created this whole thing.

这里的一切都是你在心智中创造出来的。

It's all created here in your mind.

在心理层面改变画面，外面会立即发生改变，这被称作“奇迹”。

Change the picture mentally and it instantly changes out there, called the miracle.

我相信你们大多数人都体验过外部的瞬间变化。

I believe most of you have experienced instantaneous changes out there.

有多少人已经体验过了？

How many have experienced?

(笑) 那我还说什么？你们都知道了。

What am I talking for, you know it.

但外面除了思想的总和外，什么也没有，而这些思想大部分是潜意识的，问题就出在这里。

But there's nothing out there but the sum total thinkingness, most of which is subconscious and therein lies the problem.

潜意识仅仅意味着我们不想看它。

Subconscious means simply we do not want to look at it.

心智对这个世界而言是个巨大的谜团。

The mind is a tremendous mystery to the world.

因为他们不理解它是什么，他们看不到它的简单性。

Because they don't understand what it is, they can't see the simplicity of it.

它是你所有感受和想法的总和，仅此而已。

It's the sum total of all your feelings and thoughts, that's all.

多么简单啊！

How simple it is!

它是你的感受和想法的集合。

It's a collection of your feelings and thoughts.

你所体验的一切都是通过心智进行的。

And everything you experience is via the mind.

进入无意识状态，心智便消失了，也就不存在体验了。

Go unconscious, mind's out of the way, there's no experiencing.

所以，试着去辨识出你在哪里、在哪个位置。

So, try to identify where you at, where you are at.

大多数时候你都在认同你的身体和世界吗？

Most of the time are you identifying with your body and the world?

答案是肯定的，我不会让你回答那个问题的。

The answer is yes, wouldn't let you answer that one.

但你可以让它不那样。

but you can make it otherwise.

你继续做你正在做的事情，但要把你的认同从身体转变为仅仅只是存在。

You continue in what you're doing but shift your identity from being the

body just to being.

认同你的存在，然后你就只是坐下来，观看着世界流转，你进入了见证的状态。

Identify with your Beingness, and you just sit back, and you watch the world go by, you get into the state of witnessing.

你甚至感觉不到自己在移动。

You don't even feel yourself moving.

因为你不能，你是无所不在的。

Because you cannot, you are omnipresent.

当你认同你的存在时，你会发现自己在整个宇宙中无处不在。

When you identify with your Beingness, you discover that you're everywhere present in the entire universe.

而且如果你愿意，你不用移动就能看到宇宙中的任何地方。

And should you choose, you can take a look see anywhere in the universe without moving.

因为你在那里。

Because you're there.

你甚至不需要进行星际旅行，你是全在的。

You don't even have to do astral travel, you're omnipresent.

星际旅行存在于心智中，星光体、心智几乎是同一个东西。

Astral travel is in the mind, astral body, mind are almost one in the same thing.

所以，辨识出你在哪里，做出决定缩短这段旅程，获得自由。

So, identify where you're at, make a decision to cut the journey short, go free.

既然你可以自由，为什么还要痛苦呢？

Why agony when you can be free?

所以，真正的你是存在，小我的你是第二和第三部分，也就是你的心智和你的身体。

So, the real you is the Beingness, the ego you is two and three, your mind and your body.

你所认同的三种状态是“存在状态”、“行动状态”和“拥有状态”。

And the three states that you identify with are Beingness, doingness and havingness.

由此，你就能与情绪图表联系起来，冷漠、悲苦、恐惧低到了“拥有状态”中。

And with this you can relate to the Chart of Emotions, apathy, grief, fear are down in havingness only.

当你低到处于“拥有状态”中时，你认为你的幸福、你的能力取决于自己能拥有多少，并且你把所有的时间都花在努力获取和拥有上。

When you're down there, you think your welfare, your wherewithal, it depends on how much you can have, and you spend all your time trying to make and have.

你上升到探求、愤怒、自尊自傲和无畏中，你会进入一种“行动状态”中，你不再认为你的幸福在于拥有，而是觉得自己必须成为一个行为者。

You move up into lust, anger, pride, courageousness, you move into a doingness, instead of thinking your welfare lies in having, you feel you gotta be a doer.

当然，这是一种高级的状态，我们当中只有 5%的人是行动者，我们中 95%的人都想要拥有。

Of course, that's an advanced state, only five percent of us are doers,

ninety five percent of us are wanting to have.

我们的状态低到了如此之低的地步，以至于我们把自己置于成为奴隶的状态中，我们必须有一份工作，必须有人告诉我们该做什么，必须有人给我们提供吃的食物和住宿的钱。

We're down so low, we put ourselves in the state of being a slave, we must have a job, someone must tell us what to do and give us the food that we eat and the money to get our lodgings.

人们工作的唯一原因是我们有一种奴隶意识，我们处于底部的“拥有状态”中，也就是冷漠、悲苦和恐惧中，这是大多数人在多数时候所处的位置。

The only reason why people work in jobs is that we have a slave consciousness, we're down in a havingness, apathy, grief, and fear, that's where most people are riding the majority of times.

上升到无畏、自尊自傲、愤怒和贪求，然后你就能成为一个行为者，这比做一个奴隶自由多了。

Move up into courageousness, pride, anger and lust, then you get to be a doer, which is a much freer state than being a slave.

当你达到“我能做到”的状态时，你就有了足够的意愿和意志移动到顶端。

And when you get into the state that I can do, you've got enough wish and will to move to the top.

因为当你只是静静地存在时，你会发现那是最美妙的事。

Because you discover when you're just quiet in being, that's the nicest thing there is.

带着“行动状态”的能量，你会更努力地摆脱剩余的限制，也就是 AGFLAP，这样你就能始终保持并只是存在。

And with the doingness energy, you'll work harder to drop the remaining limitations, the AGFLAP, so that you can remain and just be all the time.

现在，那种“存在”的感觉与世界无关，它与你如何看待这个世界有关。

Now, that sense of Beingness is not related to the world, it's related to how you look at the world.

你看着世界流转，你审视着自己，你看着自己的身体四处走动，就像你现在看其他的身体一样。

You watch the world go by, you watch yourself, you watch your own body moving around like you now watch other bodies.

你会看到自己的身体对你来说是客观的，就像你看其他的身体对你来说是客观的一样。

You'll see your body objective to you, like you see other bodies objective to you.

所以，试着上升去不断地认同你的存在，保持住“我是”，或者“我”、“我”、“只有我”、“我是我的存在”、“我是”、“我就是我”。

So, try to move up to constantly identifying with your Beingness, hold I am or I, I, I only, I am my Beingness, I am, I am I amness.

然后，当你成为一个“做者”时，会发生什么呢？

And then when you get to be a doer, what is that going to come down, is it?

当你成为“做者”时，试着看到你不是行为者，所有的这一切对你来说都是客观的，试着采取“我不是行为者”的态度。

When you get to be the doer, then try to see that you're not the doer. that all that is objective to you. try to take the attitude I am not the doer.

在那里会发生的是你释放了那种“做”的小我感，转而允许更高的力量、或者随便你怎么称呼它，去做这件事。

And what happens there is you let go of the ego sense of doing and shift into allowing the higher power or whatever you call it to do it.

在宗教里，他们说的是：放手，让上帝来。

In religion, they say: Let go, let God.

祂能做到吗？

Can He do it?

是的，祂能做到一切。

Yeah, He can do everything.

当你释放你的小我感时，你会自动地进入你的存在中，不需要努力就能照顾好一切事物，然后你的生活会变得完全毫不费力。

When you let go of your ego sense, you automatically move into your Beingness, and that takes care of everything with no effort, and your life becomes totally effortless.

从你自身获取你所有的快乐开始，认识到你所拥有的每一丝快乐都来自于那个只是存在的美妙而宁静的地方。

And start from taking all your happiness from you, recognize that every joy you have is that nice, quiet place of just being.

当你的欲望消散时，即使你正在从这个世界中拿取快乐，也要试着认识到那份快乐是“你就是你”，你的心智是安静的。

When your desires are out of the way, even though you're taking pleasure from the world, try to recognize that that pleasure is you being you, your mind is quiet.

现在，在这条路上，我们应该认同每个人都是我们，把每个人都看作是你，当你看到你是存在时，就会发生这种情况，你的存在是一切的存在，所以它涵盖了每个人，所以你把别人视作你自己。

Now, on the way, we should identify with everyone as being us, see everyone as you, and that's what happens when you see that you are Beingness, and that your Beingness is all Beingness, so it includes everyone, so you see other people as you.

然后试着认同外界的一切，每一个原子都是你。

Then try to identify with everything out there, every atom as you.

因为这是你创造的。

Because it's your making.

当你认同它时，你会发现你创造了自己所经历的一切，这一切都在你的心智中，所有你正在经历的一切都在你的创造机制中。

And when you identify with it, you'll get to see that you created everything you're experienced, it's all in your mind, all you're experiencing, it's all in your creative mechanism.

心智只有创造性，心智创造出了我们持有在心智中的想法。

Mind is only creative, creates the thoughts that we hold in mind.

最终，“知道”意味着“存在”。

And in the end, Knowing means Being.

你无法把自己视为两个东西——我知道我自己，我是自己。

You can't get to know yourself as two things: I knowing myself, I am myself.

因此，终极知晓会落入存在中，所有的知识都会落入存在，你放下了你耗费累生累世所积累的知识。

So, the ultimate Knowing drops away into Being, all knowledge drops away into Being, you let go of all the accumulation that you spent lifetimes accumulating in a way of knowledge.

因为这些知识相比起全知是微不足道的，它们都是有限的知识，受限于心智。

Because it's all lesser knowledge than omniscience, it's all limited knowledge, limited by the mind.

你释放它们，然后你会发现你是全知的，你是无所不知的，在那之后你再也

不必费力思考了，那里不再有任何的思考，你都知道了。

And you let it go, and you discover you're omniscience, you're all knowingness, after which you don't have to work hard thinking, there's no more thinking, you're knowing.

而在“知道”中，不再有思考。

And in Knowingness, there is no thinkingness.

因此，要看到外面除了你全部的思想总和外，什么都没有。

So, see nothing out there but your sum total thinkingness.

顺便说一句，我觉得如果你能把这个写下来是有好处的，以后作为一个提醒、作为复习。

By the way, I think it'd be good if you could write this down to be used in the future as a reminder, as a refresher.

大家都拿到第一张图表了吗？或者有谁没拿到第一部分的内容吗？

Did everyone get the first chart? or anyone who did not get the first part?

写下来，以后你可以用。

Write it down, you can use this in the future.

我相信这些内容你在书里读不到，或者你们在书里读到过吗？

This is stuff I believe you don't read in books, or do you read in books?

学生：没有。

Student: No.

莱斯特：在某种意义上他们会把它给你，但不会这样分解。

Lester: They'll give it to you in one sense, but not broken down this way.

所以把它放在你能随时看到的地方是有好处的，直到你成为大写 I 的“它”。

So, it's good to have it where you can keep looking at it until you become It for the capital I.

这是为发生在你身上的一切负责：我做了什么导致了这件糟糕的事情？

This is taking responsibility for everything that happens to you: what did I do to cause this awful thing?

养成这个习惯，你最初的念头就会开始浮现出来，然后你就能释放它们，这样外部的负面事件就会停止发生。

Develop that habit, and your initiating thoughts will start coming up. and you will release them, so that negative happenings out there will

stop.

负面事件越少，正面事件越多，你的生活越平静，它就越容易继续做下去。

The less negative happenings, the more positive happenings, the quieter your life is, the easier it is to go on.

如果你总是面临死亡的困扰，释放会很困难。

If you are constantly being plagued by death facing you, it is difficult to release.

但如果你的生活是轻松的，你会在一个更好的状态中释放，你不再那么害怕自己的程序了，你将能够允许底部的程序、也就是对死亡的恐惧、对活着的恐惧浮上来，并释放它。

But if your life is easy, you are in a better place to release, you are not so fearful of your programs anymore, you will be able to allow up the bottom program, of the fear of dying, the fear of living, and release it.

现在，当你继续这样做的时候，要看到外面除了你全部思维的总和外，什么也没有。

Now, when you continue this, see nothing out there but your sum total thinkingness.

接着你会发现，除了我的存在，外面实际上什么都没有，这让我想起了维韦卡南达，他说：“当你走到终点时，你会发现除了我之外，从来就什么都没有。”

Then you discover there is an actuality nothing out there but my Beingness, which reminds me of Vivekananda, He said: "When you get to the end of the line, you discover there never was anything but I all alone."

我，我的存在是所有存在的总和，这是唯一真实存在的东西。

I, my Beingness is the totality of all Beingness and that's the only real thing there is.

你的存在永远不会改变，你的存在是永恒的。

Your Beingness never ever changes, your Beingness is eternal.

因为它永不改变，它是唯一的真理。

Because it never changes, it's the only Truth.

如果某个事物发生了改变，那么在前一刻它就不是真的。

If something changes, it was not true the moment before.

一个事物要是真实的，它就必须保持它所是的样子。

For a thing to be true, it has to remain as it is.

而你唯一会体验到的、不会改变的就是你的存在，也是你此刻的所是。

And the only thing you will ever experience that does not change is your Beingness, which you are right now.

认同你的存在，并朝着它迈进。

Identify and move toward your Beingness.

当你到达一个点，你开始看到没有任何的客观性，没有什么是我分离的，外面只不过是我全部思维的总和，你就是我，宇宙中的每一个原子都是我，这就是你保持认同你的存在时会看到的。

And when you reach the point where you begin to see no objectivity, nothing's apart from me, there's nothing out there but my sum total thinkingness, you are me. every atom in the universe is me, it's what you will see as you stay as you identify with your Beingness.

我们在这里试图抓住它的微小碎片，然而它全部都是我们的，是我们的创造。

Here we're trying to scratch the little pieces of it, and the totality of it is ours, our creation.

所以我们不断地练习、练习、释放、释放，直到没有任何念头为止。

So, we work and work and release and release until there are no thoughts

现在，你们每个人都会经历没有念头的时刻，这是一种极棒的状态。

Now, every one of you experience moments when there are no thoughts, and it's a tremendous state.

但只要还残留哪怕一片垃圾，它就会发挥作用，并把你拉离那个美好、宁静的状态。

But as long as there's a piece of garbage left, it comes into play and pulls you away from that nice, quiet place.

我们中的一些人认为那是外面的噪音，这是真的，那并不是存在，我们没有试图停留在这种“存在状态”中，而是远离了它。

And some of us think it's the noise out there, that's real, not the Beingness, and we move away from rather than try to stay in the state of Beingness.

现在，当你到达那里时，你将仅凭直觉行事，你无需思考就能在这个世界中运作，你不会冒犯任何人，你能给每个人提供答案，你可以和人们谈论他们的主题并帮助他们。

Now, when you get there, you'll be intuitive only, you'll operate in the world without thinking, you'll be offensive to no one, you'll have

answers for everyone, you can talk to people on their subject and help them.

当你这样做的时候，你看着自己的身体在谈论并回答他们的问题，并且你像他们一样在倾听，有时你会说：“哇，这听起来真不错~”

And as you're doing it, you're watching your body talking and answering their questions, and you're listening to it just like they are, sometimes you say: “Wow, that sound good~”

(学生笑)

所以，不要认同你的身体和心智。

So, do not identify with your body and mind.

剩下的是什么？

What's left?

你的存在，你的“是”，你的实然，你的本然，那是你真实、完整、圆满、完美、永恒的那部分，那是你在做的每一件事中努力想要达到的部分，在你抵达那里之前，你永不停息。

Your Beingness, your isness, your areness, your amness, your existenceness, that's the part of you that's real, whole, complete, perfect,

eternal, that's the part of you you're struggling to get to in everything you're doing, you'll never rest until you get there.

总而言之，没有任何的贪恋和厌恶，那么你会拥有所有事物，你将拥有一切，这个宇宙都会是你的。

Summed up, have no attachments and no aversions, and you'll have everything, you'll have the all, the universe will be yours.

为什么？

Why?

这是你的宇宙，你创造了它，它一开始就是你的。

It's your universe, you created it, it was yours in the first place.

而这只是个小诱饵。

And this is a little bait.

因为你想要的事物是如此之多，我在告诉你，你可以拥有一处房地产，你可以拥有这整个世界，你可以拥有所有的其他世界。

Because you're wanting so many things, I'm telling you, you can have a piece of real estate, you can have the whole world, you have all the other world.

如果你释放，你能够拥有全宇宙。

You can have the omniverse if you release.

因为这是你的创造，你可以复制并造出两个这样的宇宙，两个全宇宙。

Because it's your creation, you could duplicate and make two of these, two omniverses.

但当然，当你到达那里时，你为什么还要背负着那份负担呢？

But of course, when you get there, why do you want to carry that load on your back?

你不会的，你让它存在，你只是持续认同你的存在，这才是最伟大的东西，除此之外什么都没有。

You don't, you let it be, and you just remain identifying with your Beingness, which is the greatest thing there is, barring none.

后面还有一些内容。

There's more.

这里有一些表示自由状态的词，这能在你设定目标时有所帮助。

Right here are words indicating the free state, this can help you in

setting your goal.

我最喜欢的词是“波澜不惊”，这是个没有任何事物能再打扰你、没有任何人能打扰到你的地方，你只是看着另一个人，允许对方存在，并希望其得偿所愿，即使他们想要杀了你，这也丝毫不会打扰到你。

The word I like best is imperturbability, the place where nothing can ever disturb you again, the place where no person can disturb you, you just look at the other one, and you allow the other one to be and want what the other one wants, and it doesn't disturb you one iota, even if they want to kill you.

这怎么会打扰你呢？

How can it disturb you?

你是永恒的。

You're eternal.

一切事物的最大干扰者，一切的心智动荡、不安、性欲、所有事物的根源，都是欲望，它只会把我们卷入我们所陷入的巨大漩涡中。

The greatest disturber of everything, the cause of all turbulence of the mind, perturbations, masturbations, everything, is desire, it just spins us into into this tremendous swirl of what we're into.

以无欲为目标，以释放你所有的欲望为目标，试着朝努力越来越少的方向前进。

Aim for desirelessness, aim to release all your desires, try to move towards less and less effort.

现在，当然，在进入“行动状态”之前，你必须先向上移动、走出“拥有状态”，你试着让事物变得毫不费力。

Now, of course, you've got to move up out of the havingness state into the doingness state before, you try to make things effortless.

但当你释放并认同你的存在时，事物会变得毫不费力。

But when you let go and identify what your Beingness, things become effortless.

我想你们大多数人都听我说过：每一个不可能，无论多么不可能，当我们对它完全释放时，都会立即变成可能，并且当它不再勾起你对它的感受（没有钩子）时，你就知道你已经完全释放了。

And as I guess most of you have heard me say: "every impossible, no matter how impossible, becomes immediately possible when we are completely released on it, and you know you're completely released when you just don't give a hook.

学生：你能再说一遍吗，莱斯特？我只是想把它写下来，每一个不可能.....

Student: Could you say it again Lester? I just want to write it down, every impossible...

莱斯特：每一个不可能，无论多么不可能，当我们对它完全释放时，都会立即变成可能，并且当它不再勾起你对它的感受（没有钩子）时，你就知道你已经完全释放了。

Lester: Every impossible, no matter how impossible, becomes immediately possible when we are completely released on it, and you'll know you're completely released when you just don't give a hook.

那种没有行动的感觉，那种不做行为者的感觉，朝着那个方向努力，朝着见证一切发生的方向去做。

The sense of actionlessness, of not being a doer, work toward that, and toward witnessing everything that's happening.

坐下来，成为它的见证者。

Sit back and be the witness of it.

但是当你到达顶端时，所有的这些东西就都到位了，这是你会成为的样子。

But when you reach the top, all these things are in place, that's the way you will be.

那些是我最喜欢的五个形容顶端状态的词，你可能还有其他的词可以添加。

Those are the five words that I like best for the top state, you might have some other words, you could add to it.

最后，来谈谈你们大多数人都见过的幽默感。

And so to close on a sense of humor which most of you have seen.

万念俱灰、悲苦、恐惧、贪求、愤怒、自尊自傲、无畏、接纳和平和，为了CAP它，我们必须摆脱AGFLAP。

Apathy, grief, fear, lust, anger, pride, courageousness, acceptance and peace, we must get rid of the AGFLAP in order to CAP it.

从这个侧边来看，CAP拼写为P-A-C，这是吃豆人，CAP就是吃AGFLAP的吃豆人，但你需要上升到这里才能把它彻底吞掉。

And coming from this side, CAP spells P-A-C, and this is the Pac-Man, the CAP is the Pac-Man that gobbles up the AGFLAP, but you need to get up here to gobble that up completely.

上升到高处，你会触及到被压在下面的对死亡的恐惧，允许它上来，这样你才能让它出去。

It's from the high points that you'll reach down into suppressed fear of

dying, allow it up, so you can let it out.

好了，我今天讲到这里就结束了。

Okay, that's the end of my talk for today.

做你的真我，你别无选择，无论你在其他方面尝试了多少，最终你都只能做你的真我。

Be your Self, you've got no choice, no matter how much you try otherwise, you'll always end up eventually just being your Self only.

所以为什么不现在就做呢？为什么要浪费时间呢？

So why not now? Why take time?

好的，谢谢。

Okay, thank you.

【与莱斯特的谈话】【Talks with Lester】第一卷，磁带 2 Volume 1, Tape 2

磁带旁白：下面的演讲是 1984 年录于 9 天的加强训练班，这些珍贵的录像
是采用家用摄像机以长时间录制模式拍摄而成，我们已经竭尽全力锐化图
像、平衡色彩，以便让你对莱斯特的信息有一个直观的印象，为了从这些磁

带中获得最大的收获，请用心去聆听，并把头脑放到一边，尽情享受吧！

The following talks were recorded in 1984 during a nine-day intensive, these rare recordings were recorded on a home video camera on extended play, we have done our best to sharpen the image and balance the color, so that you can have the direct experience of Lester's message, in order to get the most from these tapes, please listen to them with your heart and leave your head aside, enjoy.

莱斯特：早上好，我将带你们体验我们正在坐并已经坐过了的大过山车。

Morning, I'll take you on the major roller coaster ride that we are on and have taken.

有趣的是，你们的日常生活一直都是过山车般地起伏，也许最典型的情况就是最初的过山车体验。

Interesting your daily lives are roller coasting all the time, it might be that the archetypical thing was the original roller coaster ride.

但我们应该在智性层面了解整个完整的全貌，当我们这样做时，我认为它能更好地帮助我们定位自己，更好地帮助我们朝着离开过山车的方向前进。

But we should know intellectually the whole complete picture, which when we do, I think it better helps us place ourselves, better helps us move in a direction of getting off the roller coaster.

如果你能想象的话，生活应该是一条直线，甚至不是直线，只是一个点，从不动，从不行动，从不“做”，这是终极状态。

If you can imagine it, life should be straight line, not even that, a point just, never move, never act, never do and that is the ultimate state.

然而，如果你已经构造了一个或多个身体，即便你什么都不做，它们也会继续运转，你的身体在移动，世界在移动，然而你什么都不用做，只是坐下来观看着这一切。

Yet if you have concocted a body or bodies, they go on without you doing a thing, your body moves, the world moves, and you do not do a thing, you just sit back and watch it all.

所以这种静止存在的概念、存在于一个点的概念，或者更好的说法是，无需移动便能存在于每一个点上，这并不会夺走你一生都紧紧抓住的、你亲爱的、珍爱的世界，这个世界正是你的宿敌。

So, this concept of being still, being a point or better than that, being every point without moving, does not take away from you your dear, dear world that you hold on to for life, which is your nemesis.

所以，我知道你们中的有些人之前已经见过这个了，可能不止一次见过，但如果我要做什么，比方说一遍又一遍、不停地重复同样的东西。

So, I know some of you have seen this before, probably more than once, but if there's anything I do, let's say the same thing over and over and

over and over and over and over and over and over and over again.

我想知道为什么你们不听我的？

I wonder why don't you hear me?

或者如果你们听了，为什么不直接去做呢？

Or if you do, why don't you just do it?

而“做”实际上是在消除“做”，这样你就能保持静止，只是存在、存在、存在、存在。

And the doing is really undoing of the doing. so you can remain still and just be and be and be and be.

这会让你想起一首歌吗？

Does that remind you of a song?

如果我能存在、存在、存在、存在，如果我能存在.....虽然这需要稍微改变歌词。

If I could be and be and be and be, if I could be, Even as this needs a change of lyrics a bit.

但我真正做的，我看到的是在引入咒语，你们当中有谁，这里有人在做或者

曾经念过咒语吗？

But what I'm really doing, I see is introducing mantra, any of you, anyone here do mantra or have done mantra?

好的，我会给你们一些，如果我能存在、存在、存在、存在，我就没有身体了。（莱斯特唱了起来，学生笑）

Okay, I'll give you some, if I could be and be and be and be, I ain't get no body.

全部只有我自己存在的天堂，就是这样。（学生笑）

Lester: There's be heaven all by myself, that's it.

还有很多很多的咒语，但咒语的主旨概念是让你的心智朝向一个方向，并试着通过专注于那一个方向来让心智安静下来，这样其他的方向就会消失。

There's a lot more, there's a lot more, but the whole concept of mantra is to get your mind in the direction and try to quiet it by holding it on that one direction, so that the other directions would drop away.

如果它们能消失就太棒了。

It'd be wonderful if they would.

但如果你有一个非常嘈杂的心智，咒语是有好处的，它可以让心智安静下来。

But mantra is good if you have a very noisy mind to get it quiet.

好的，玛丽莲写下了这一点，很好，不是吗？

Okay, Marilyn wrote that, a good one, didn't that?

学生：哪一个？

Student: Which one?

莱斯特：我是我。

Lester: I am I.

学生：我是我？

Student: I am I?

莱斯特：不，我必须.....

Lester: No, I gotta be...

学生：我必须自由。

Student: I gotta be free.

莱斯特：哦，我必须自由。

Lester: Oh, I gotta be free.

学生：你调整了那首歌，你把歌从“我必须做我自己”改成了“我必须自由”。

Student: You change the song, you change the song from I've got to be me to I've got to be free.

莱斯特：哦，我必须自由，我必须自由，你也可以.....

Lester: Oh, I gotta be free, I gotta be free, you could also...

学生：把我的给我（笑）。

Student: Give me I mine.

莱斯特：我必须做我自己，我不知道这是否适合你，但我最喜欢我刚才听到的“我是我、我是我、我是我，我、我、我”。（学生笑）

Lester: I gotta be me, I don't know how that would fit for you, but the one I like best I just heard I am I, I am I, I am I, I, I, I.

是的，试试看，养成只对自己哼唱“我是我”的习惯，而不是最后的那部分，“一”、“一”、“一”、“我就是我”、“我就是我”、“我”、“我”、“我”、它是“我”、“我”、“我”。

Lester: Yeah, try it, get the habit of just singing to yourself I am I, not the last part, the one, one, one, I am I, I am I, I, I, I, it's I, I, I.

(学生说的听不清)

莱斯特：所以我们决定坐这个过山车。(下图是课程的板书，我会用“红色”标记出莱斯特新写下的内容)

So this roller coaster that we decided to take a ride on.

存在状态BEINGNESS

我们从仅仅是存在开始，你能想象那是是什么样子的吗？

We start off in being only Beingness, if you can imagine what that's like?

但你不能，心智无法看到超越心智的东西，心智是从存在中降下来的，所以当试图想象它时，这是不可能的。

And you cannot, the mind cannot see beyond the mind, mind is a come down from Beingness, so when you try to imagine it, it's impossible.

但你们中有多少人已经体验过仅仅只是你的存在？

But how many of you have experienced just being your Beingness?

我看到有人举手，那是……几乎我们所有人都经历过了，哈哈哈哈哈。

I could see a show of hands, that's... Almost all of us, ha-ha-ha-ha.

**没有一刻你不是的，没有一刻你不是在体验你的存在，而这就是你在寻找的，
在你生命的每一个行为中，你都是在寻找你的存在。**

There isn't a moment when you're not, there isn't a moment when you're not experiencing your Beingness, and this is what you're looking for, in your every act in life, you're looking for your Beingness.

那么，它是什么？

And what is it?

你称它为你的真我 (Self)，我会把它写成大写的 S。

You call it your Self, I'll make it a capital S.

当我只是我的真我时，我是我的存在，你无法不成为你的真我，你无法不成为你的存在。

When I am just my Self only, I am my Beingness, and you can't help but be your Self, you cannot help but be your Beingness.

那么我们做了什么？

So what do we do?

我们在这个美好、平静、完美、奇妙的地方坐了个雪橇、坐了个过山车。

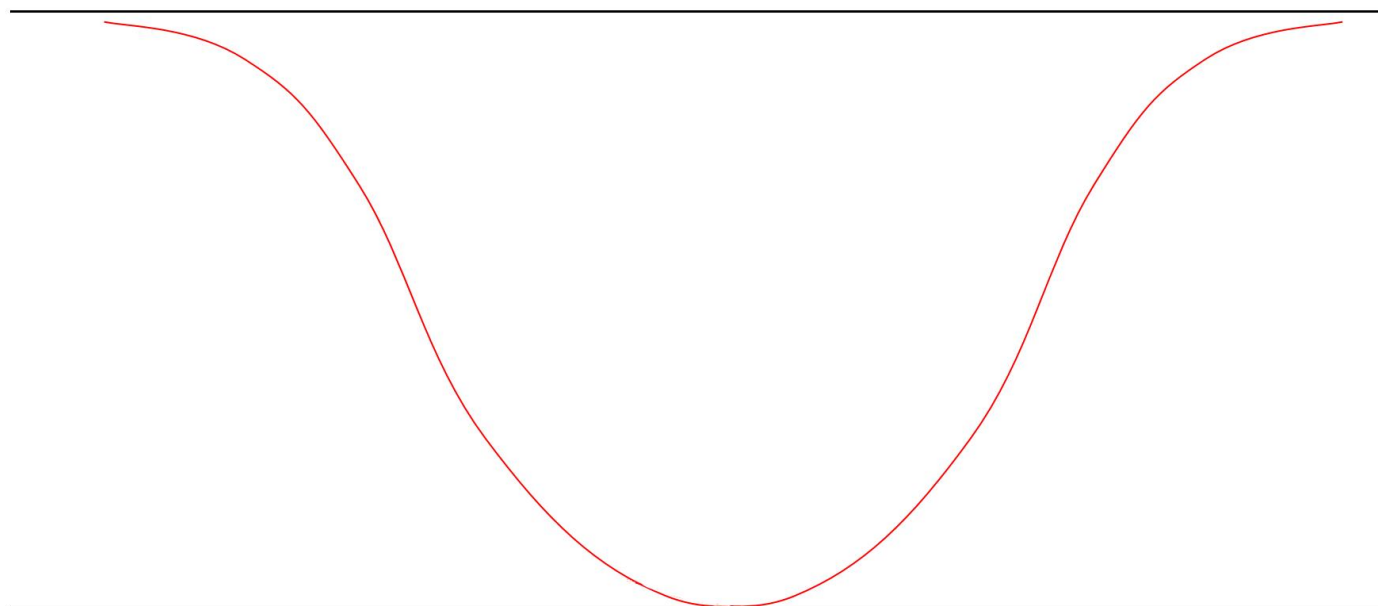
We take a sleigh ride, coaster ride, at this nice, even, perfect, wonderful spot.

我们开始向外移动，然后我们真的向下移动，到达底部，然后再回来。

We start moving out, and we take a real downward ride, go to a bottom, and then, right back again.

真我 Self

存在状态BEINGNESS

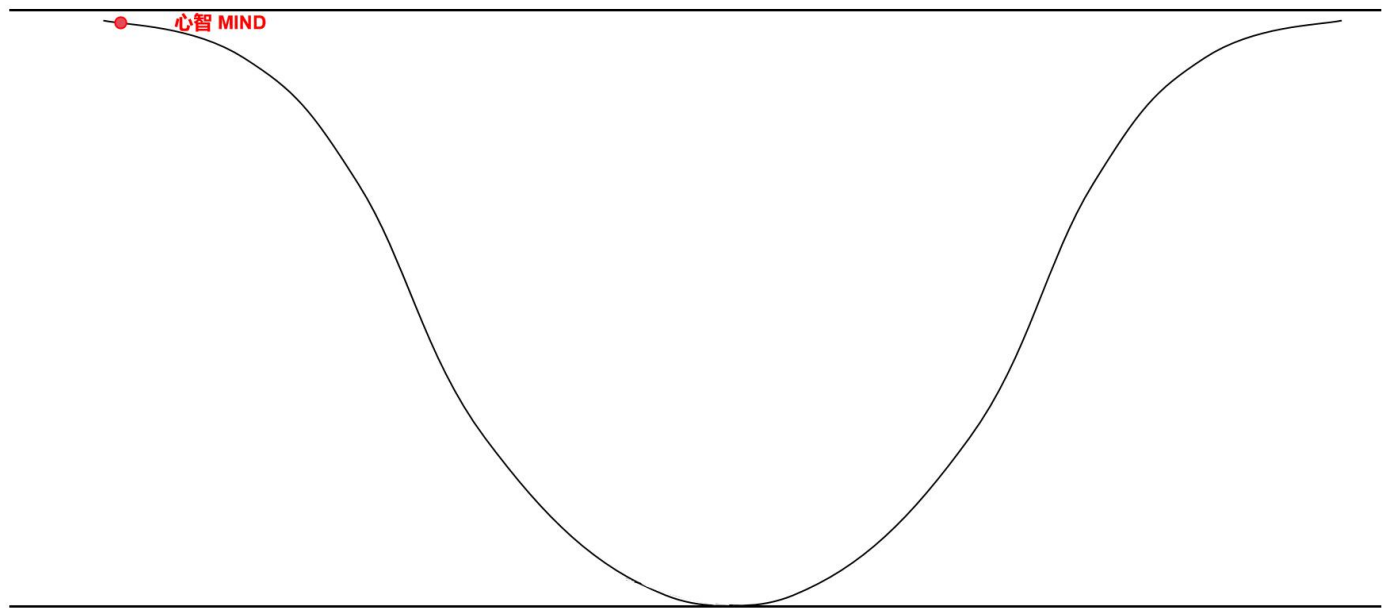


在这个全然完美的“存在状态”中，为了陷入困境，我们创造了我们所谓的“心智”。

In this all-perfect state of Beingness, in order to get into difficulty, we create what we call our mind.

所以，从一开始，在这里，我们就建立了一个心智。

So right at the beginning here, we set up a mind.



心智只是一个分离的工具，只是一个主要创造“差异”和“不完整”的工具，在这之后，我们创造的不完整越多，就越痛苦。

It's only an instrument to separate, only an instrument to create differences, parts primarily, after which the more parts we create, the more it hurts.

所以，在创造了这个心智之后，我们用心智做一切事以回归“存在状态”，但心智无法做到这一点。

So after we create this mind, we do everything to get back to the Beingness with the mind, but the mind cannot do it.

因为它低于存在。

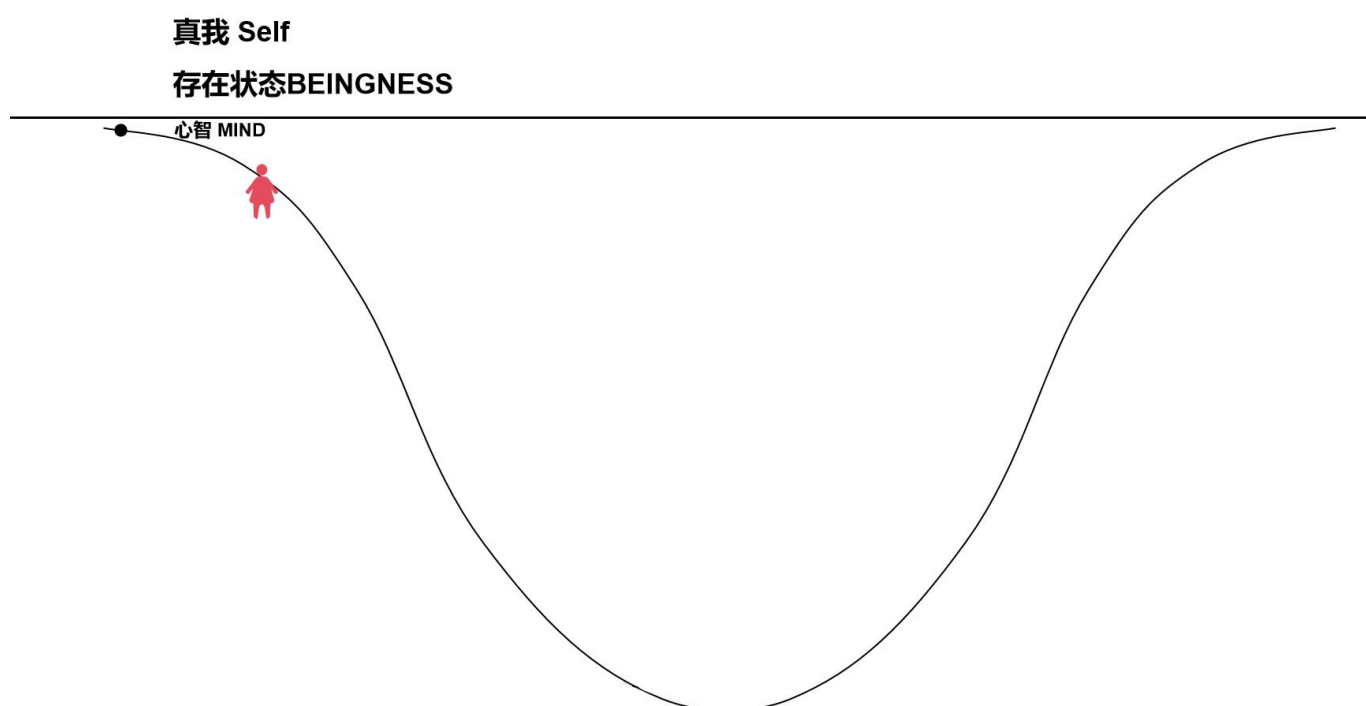
Because it's lower than Beingness.

但心智能做的是引导你朝向放下心智的方向，这样你就能只是存在。

But what the mind can do is direct you toward letting go of the mind, so that you can just only be.

但一旦我们开始了，这还不够，我们构建了一个身体。

But once we start out, that's not enough, we set up a body.



第一个身体是因果体，一个令人愉悦的身体。

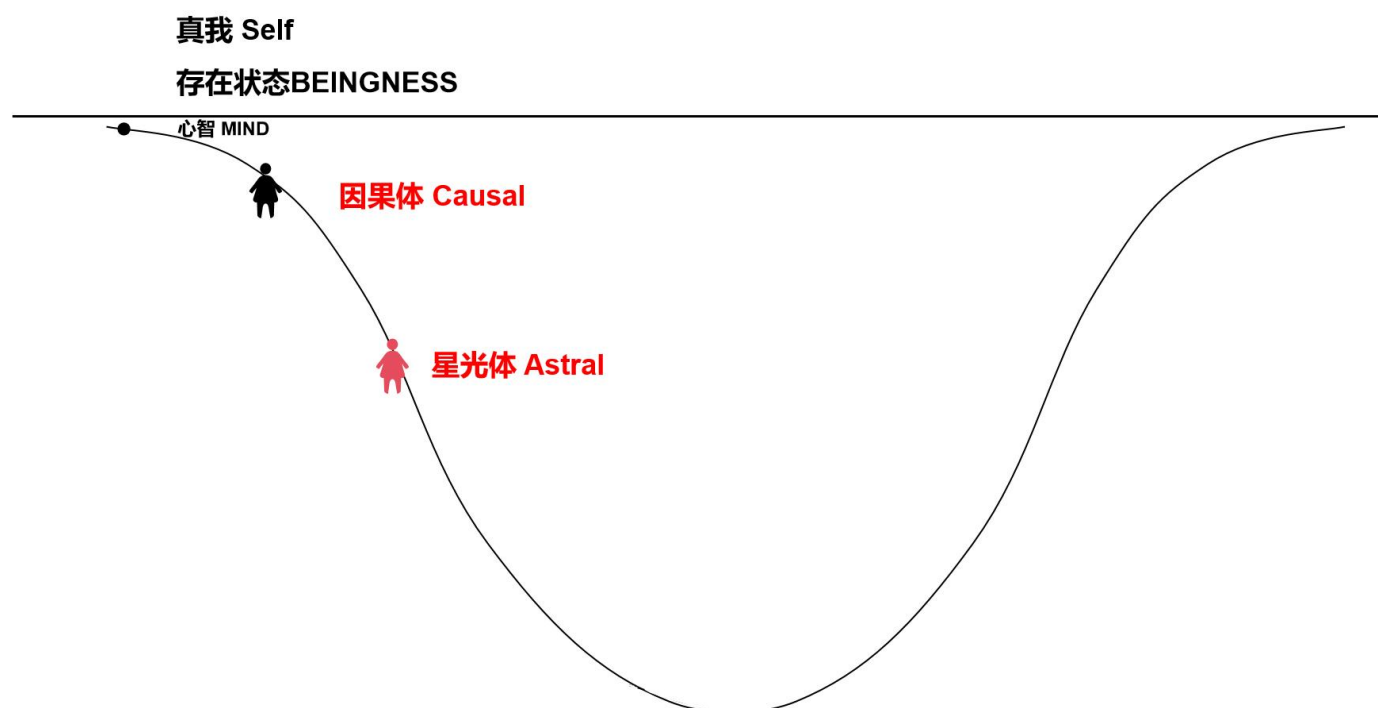
The first body is a causal body, it's a delightful body.

因为在那里，我们的每一个概念、每一个想法都会瞬间被满足，每一个概念都会立即实现，而且我们没有太多的动力去摆脱那个因果体，然而向上回归是相对容易的。

Because there, every concept, every idea we have is instantaneously fulfilled, every concept is instantaneously fulfilled. And there is not too much motivation to get out of that causal body, and yet it's relatively easy to do it to go back up.

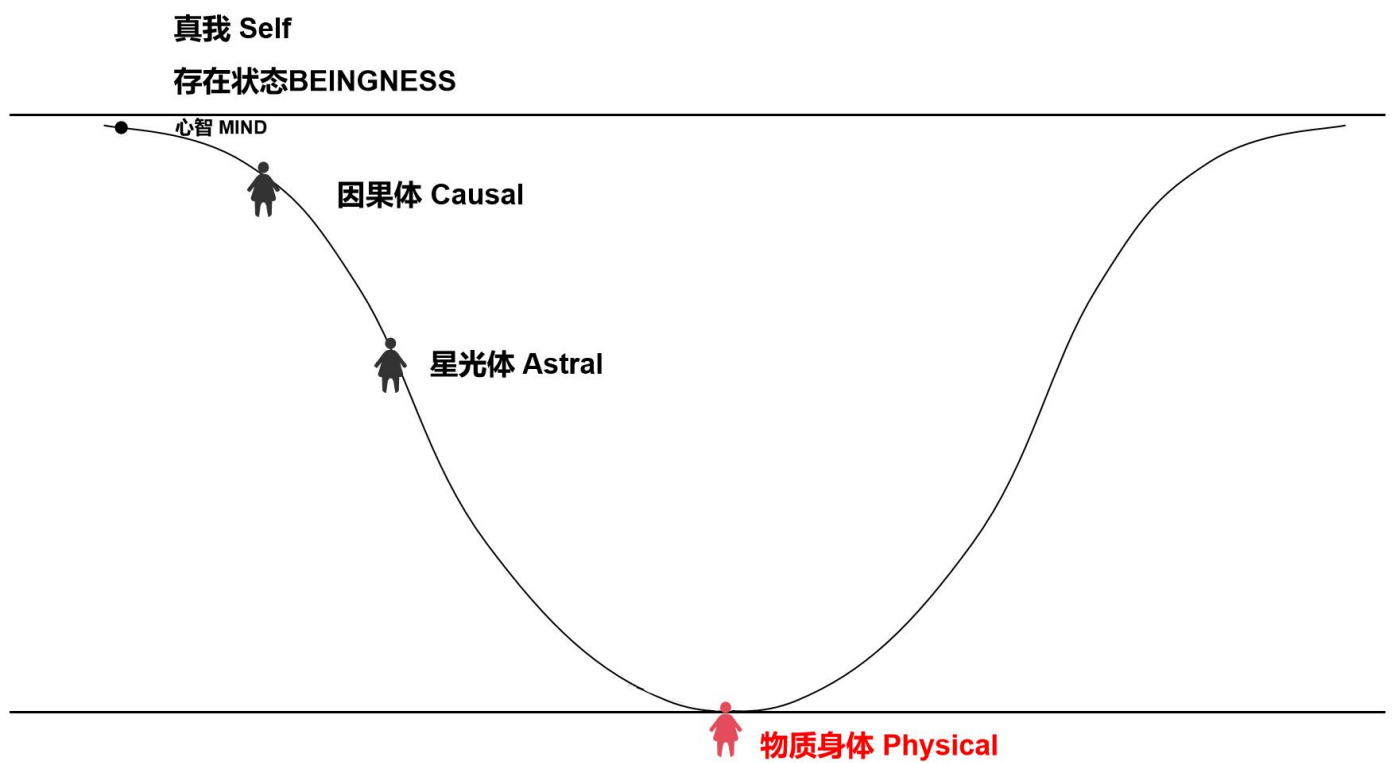
但我们做的是创造了一个更稠密的身体，叫做星光体。

But what we do is we make a denser body called astral.



而这里才是我们真正上吊的地方，我把脖子放在那条线上，当我们向下到达物质层面。

And here's where we really hang ourselves, I'm putting the neck right around that line, when we get down to the physical.



在时间的领域里，这始于亿万年前，在时间的领域中，我们进入物质世界已经数亿年了，我们就是这么固执。

in the realm of time, this was started eons ago, in the realm of time, we've been hundreds of millions of years into the physical, this is how stubborn we are.

理论上，任何人随时都可以选择直接回到顶端。

And theoretically, any time anyone should choose that one can go zip right back up to the top.

但正如你所注意到的，你太沉迷于你的玩具、沉迷于你的外部事物，你 just 不想放手，所以我们越来越多地发展了所有的这些外部事物。

But as you have noticed, you get so caught up in your toys, in your

externals, you just don't want to let go, so we develop all these externals more and more and more.

我们发展得越多，就感觉越沉重，我们也变得越迟钝、移动得越慢，直到你触底，也就是我们所处的这个状态——物质领域。

And the more we develop, the heavier we feel, the slower we get, the slower we move, until you hit bottom, the state we are in, the physical.

这是宇宙中任何地方的存在所能达到的最慢、最稠密的状态，我们不可能比现在更慢、更低、更稠密了。

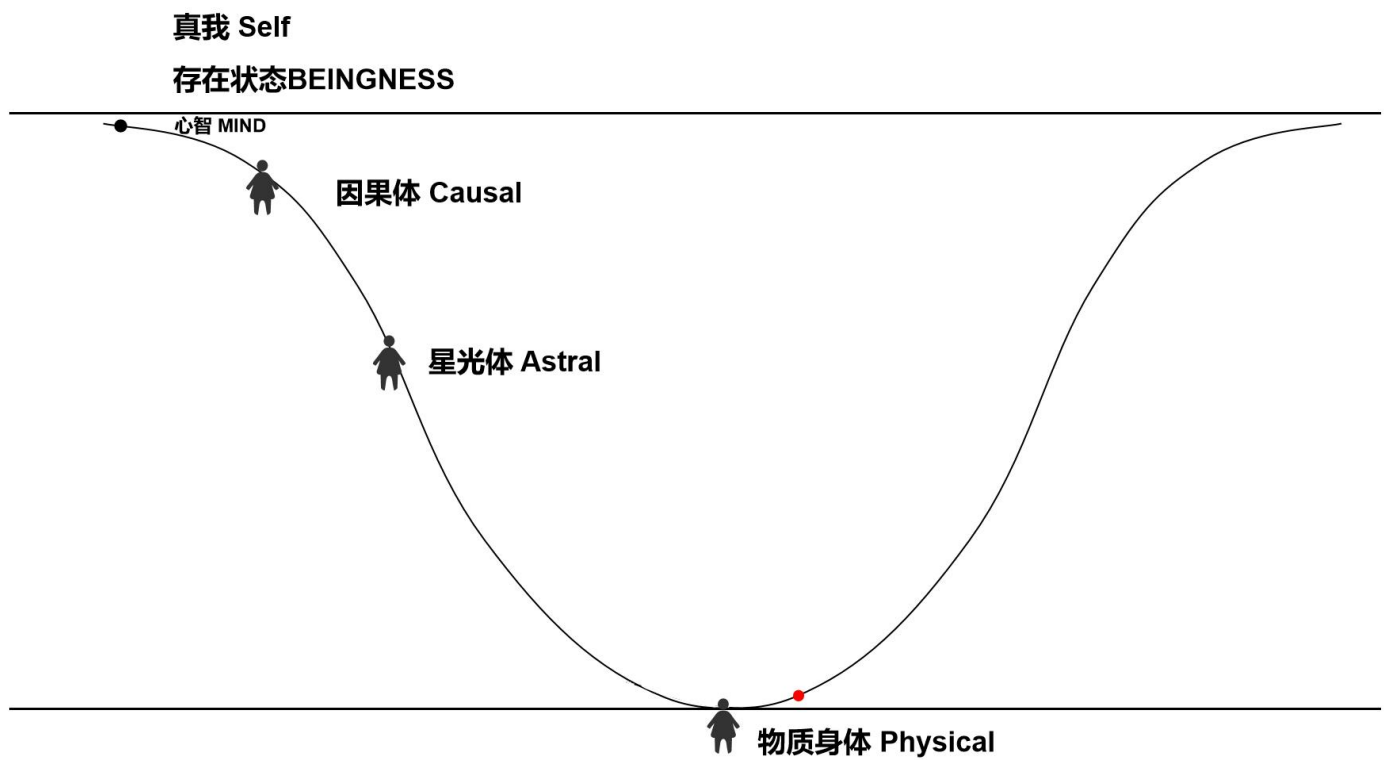
It's the slowest, densest state possible until beings everywhere in the universe, we cannot go slower, lower, denser than we are right now.

所以这是一个很好的地方，我们已经走过一半了。

So that's a great place to be, we're halfway through.

我们实际上.....我们这些使用方法（释放法）的人正开始向上移动并脱离物质领域，我们已经选择了这个进入的时机，这个时候摆脱物质领域的动力将是最大的，这太好了。

We're actually... Those of us using the method are beginning to move up and out of the physical, we've chosen the time to come in, when the incentives to get out of the physical are going to be the greatest, that's great.

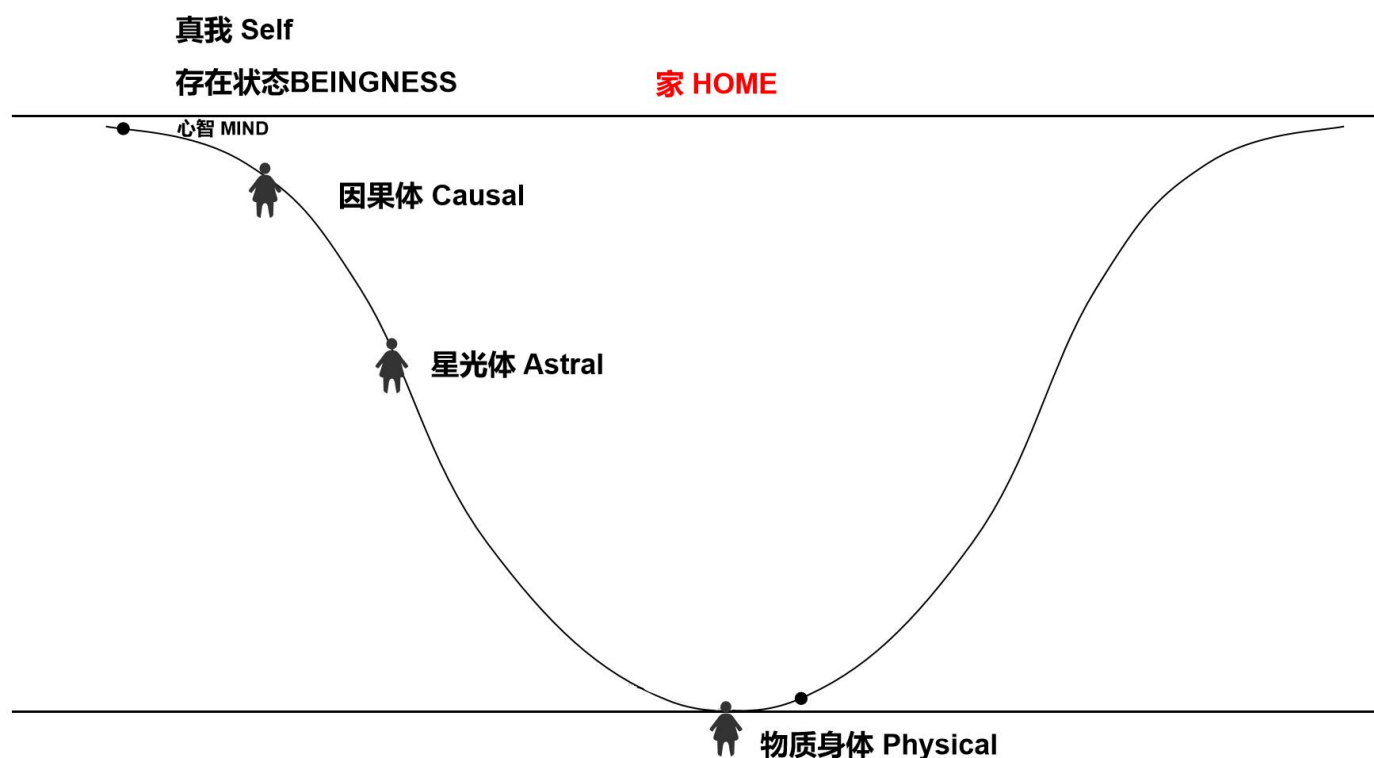


因为当所有支柱都被击倒、所有的外部支柱都被摧毁时，然后我们说“够了”，然后我们就回家了。

Because when all the props are knocked out, all the external props are knocked out, then we say “enough”, and we go back home.

家在上面那里。

Home is up there.



所以，你已经选择了一个绝佳的时机，你不可能选到一个比这更好的时机进入物质领域了。

So you have chosen a wonderful time, you couldn't have chosen a better time to come into the physical realm.

因为我们无意识地设定了它，最初是有意识地，这样我们就不会被永远困在这种沉重、痛苦和限制之中了。

Because unconsciously we set it up, originally consciously, so that we will not be forever caught up in this heaviness, in this misery, in this limitation.

当我们设定它的时候，我们可以提前看到你变得如此盲目，你不知道自己要去哪里，所以我们设置了自动保护停止机制，也就是这个物质领域，设定成

在物质层面行不通，接着我们就不得不向上回归。

And when we set it up, we could see ahead of time that you get so blinded, you don't know where you're going, and so we set up the automatic protective stops, that's the physical, set up so that the physical can't work anymore, then we have to go back up.

当所有支柱都消失时，便只有一条路可走——向上。

There's only one way to go, up, when all the props are out.

我不知道该不该提，但我还是会提，世界上被认为最具灵性的国家之一的领导人今天早上去世了。

I don't know whether to mention it or not, but I will, the leader of what's considered one of the most spiritual countries in the world died this morning.

学生 1：谁？

Student 1: Who?

学生 2：甘地？

Student 2: Gandhi?

莱斯特：（点头）英迪拉·甘地。

Lester: Indira.

学生：被暗杀了？

Student: Assassinated?

莱斯特：（点头）是的，被谁杀的？

Lester: Yeah, by whom?

她的两个警卫，他们是锡克教徒，她的两个私人警卫是锡克教徒。

Two of her guards, they were Sikh, two of her personal guards who were Sikhs.

学生：什么是锡克教？

Student: What is Sikh?

莱斯特：锡克教是印度的一个组织，他们脱离了印度教在寻求自己的道路，锡克教的拼写不是“寻求（S-E-E-K）”，而是“锡克教（S-I-K-H）”，他们在当地是一个庞大的组织，试图将他们的那片土地从印度分割出去，所以当时发生了一场战争。

Lester: Sikh, a group in India that kind of stepped aside from Hinduism and are seeking their way, but it's not spelt S-E-E-K, it's S-I-K-H, they're a big group there and they're trying to separate their part of the land

from India, so there was a battle going on.

讽刺的是，这是谁干的？

But the irony of it, who did it?

她最亲近的贴身警卫。

Her closest personal guard.

我想告诉你们的是，这个世界上没有安全。

What I'm saying to you is there are no safeties in this world.

而你每天在做的是试图让世界变得安全，即使你成为了最具灵性、最大国家之一的首脑，你仍然无法是安全的，除非你认同你的存在。

And what are you doing every day is trying to make it safe, even if you get to be the head of the one of the most spiritual, one of the largest countries, you still can't be safe, until you identify with your Beingness.

当你做到认同你的存在，你会拥有绝对的安全，你是不可触及、不朽、完整、完美的。

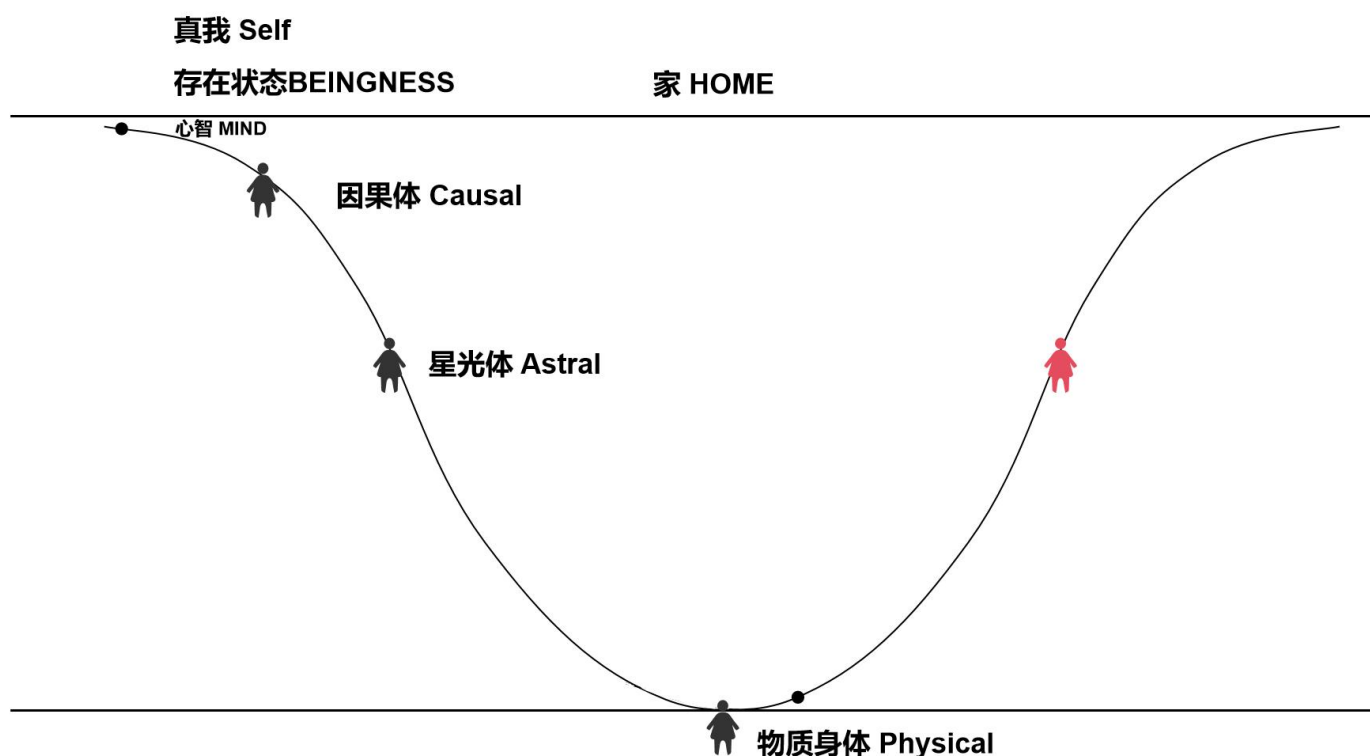
And when you do, you'll have the absolute safety there is, you're untouchable, immortal, whole, perfect.

所以，尽量不要以你现在所做的那样、紧紧抓住这个物理车架子不放了。

So, try not to hold on to this physical carcass with the intensity that you do,

开始朝着向上移动，你会回到星光界。

Start looking towards moving up, you'll move back into the astral.

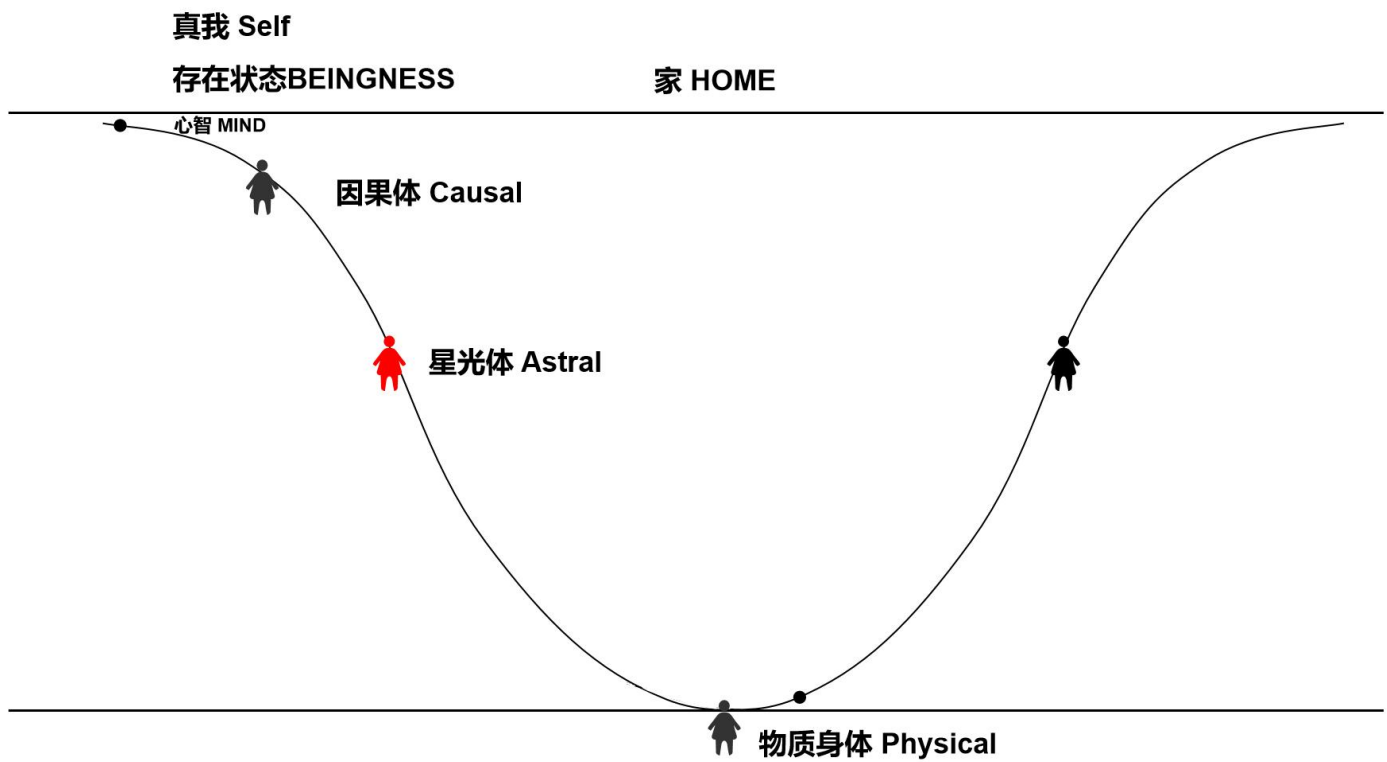


当你向上到达那里时，它和这里是不一样的：

When you get up there, it is different from here:

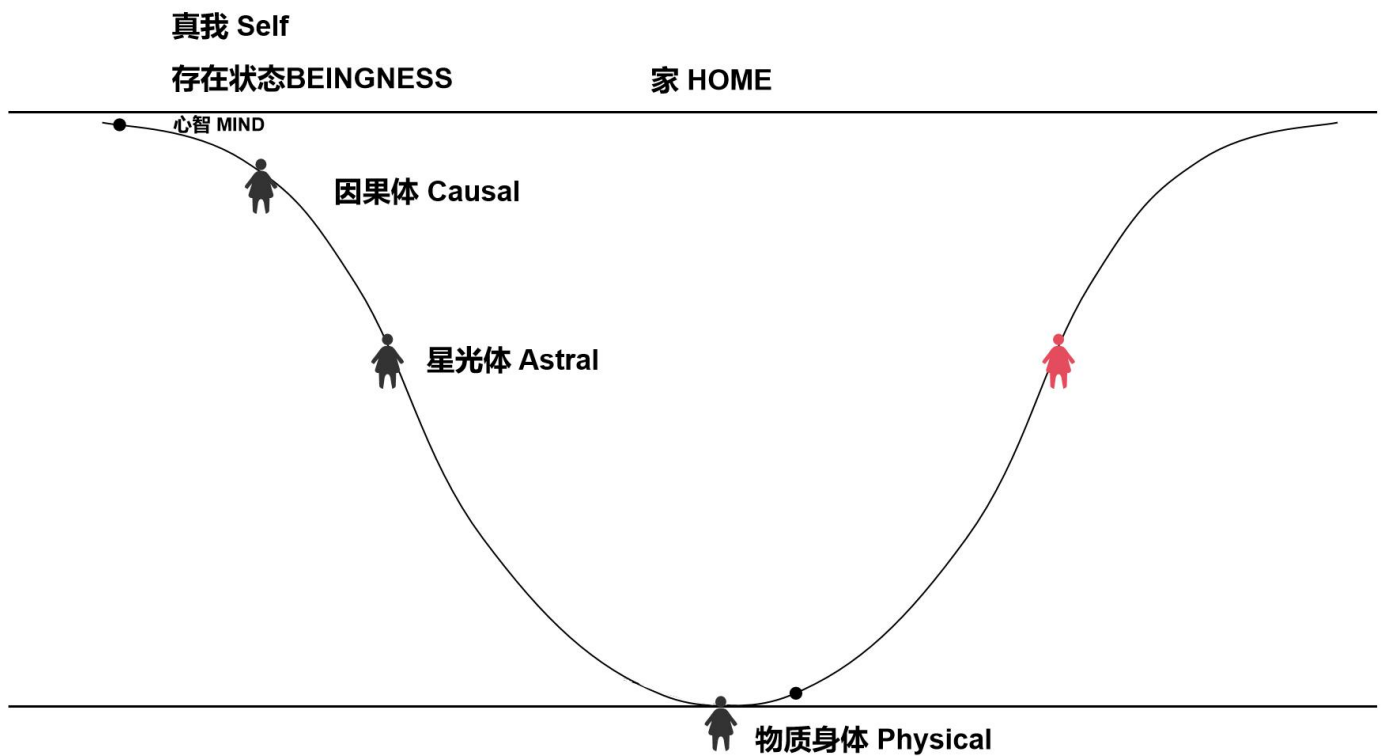
在这里（下图“红色”的位置），你总是朝向下的方向看；

Here, you are looking in a downward direction all the time;



而在这里（下图“红色”的位置），你保持你的方向向上。

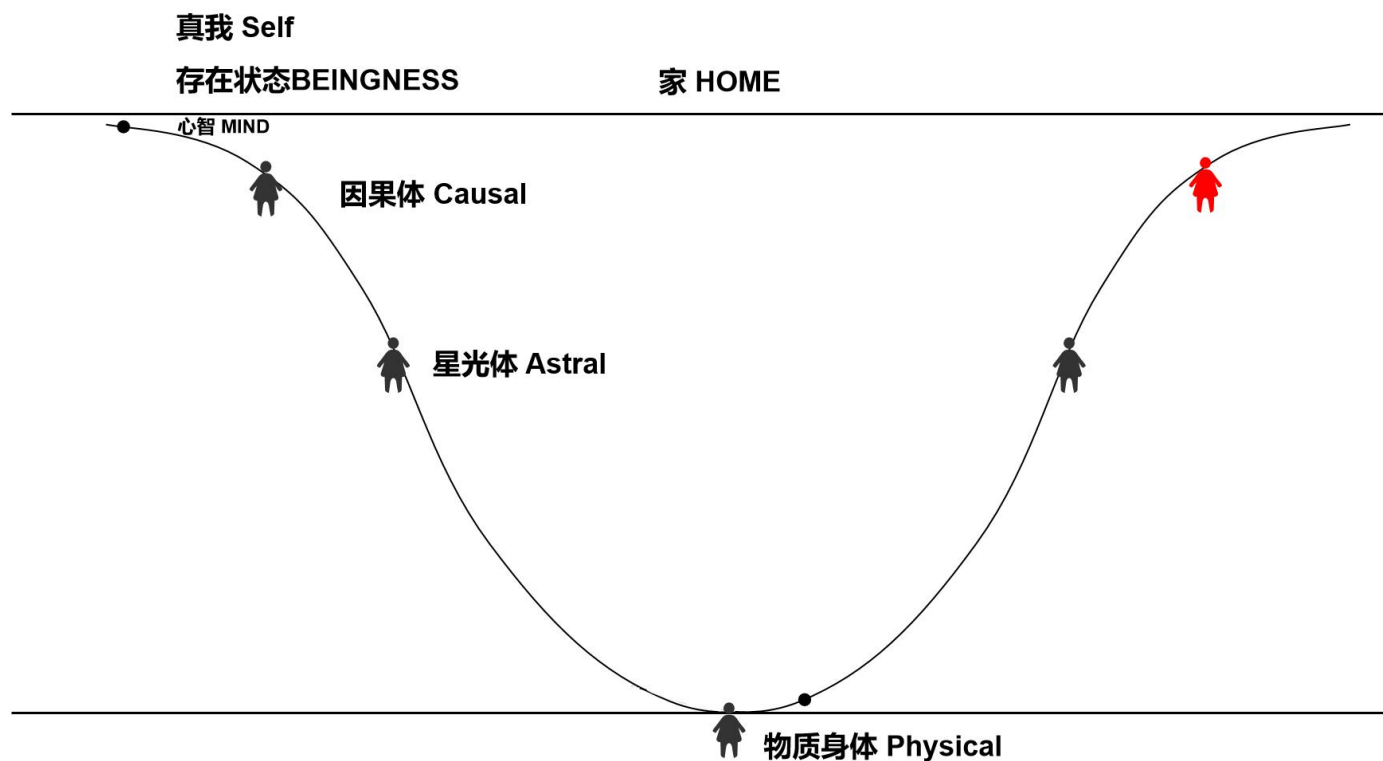
Here, you keep your direction up.



当你做得足够多，你会成为一个基督、一个佛陀，回到因果界，那是祂们所

在的地方，祂们所是的地方与只是存在仅有一线之隔。

And when you do it enough, you get to be a Christ, a Buddha, back in the causal, that's where they are and where they are is such a thin line from just Beingness only.



如果他们选择跨越这条线，他们可以做到，但他们被想要帮助世界拖住了，祂们那些开始助人的“一们”似乎在那里徘徊了成千上万年之久，但祂们在一个非常舒适的身体，也就是因果体里做这件事，所以这就是原因。（笑）

Should they choose to go over the line, they can do it, but they get caught up in wanting to help the world, so that they Ones who start helping seem to hang around for thousands and thousands of years, but they do it in a very comfortable body, the causal body, so be cause.

学生：那你呢，莱斯特？你在因果体里吗？

Student: So what about you, Lester? Are you in the causal?

萊斯特：呃，如果我在因果体里，我就不会和你交谈了。

Lester: Mm hmm, if I were in the causal, I wouldn't be talking to you.

当我说“你”时，我指的是“这个世界”，我待在因果体中很多年，然后出来履行我的职责，保卫我的国家（学生笑），遵循所有的法则并做好事。

When I say “you”, I mean “the world”, I sat in it for years, and then came out to do my duty, to guard my country, obey all the laws and do good.

学生 1：换句话说，你是被征召入伍了。（学生笑）

Student 1: In other words, you were drafted.

学生 2：他是自愿的。

Student 2: He is volunteered.

萊斯特：（点头）但我是自愿的，你本来就应该是自愿的。

Lester: But I volunteered for it, you have to volunteer originally.

（学生笑，学生说的听不清）

莱斯特：但是一旦你处于那种安静的状态，它就永远不会离开你，而且与噪音待在一起是极其困难的。

But once you sit in that quiet state, it never leaves you, and it's extremely difficult to stay with the noise.

我仍然必须使用收音机、新闻、阅读报纸，了解世界上正在发生的事情等等，因为如果我不这样做，我就会自动飘上去。

I still have to use radio, news, read the newspapers, know what's going on in the world and so forth, because if I don't, I just automatically float up.

如果你们问我问题，我会看着你们并只是微笑，因为你们问的那些问题真的没有答案。

And if you would ask me questions, I'd look at you and just smile, because there are really no answers to the questions you're asking.

你会问我：好吧，为什么我们不该这样被限制？为什么我们不该有所有的这些麻烦？为什么我们不该有这个沉重的身体？为什么我们不该受苦？为什么我们不该.....

You're asking me: Well, why shouldn't we be limited the way we are? why shouldn't we have all these troubles? why shouldn't we have this heavy body? why shouldn't we suffer? why shouldn't we...

你们问我的每一个问题听起来都是这样的。

That's the way every question that you put to me sounds like

早年间我也是这么回答问题的，我甚至都没有意识到这一点，直到有一个和她丈夫一起在佛得谷学校工作的非常可爱的女孩对我说：“哦，莱斯特，你太没礼貌了。”我说：“我吗？”她说：“当然是你。”我不知道为什么，所以我不得不问她：“为什么？”她说：“几分钟前我刚问了你一个问题，你看着我笑了笑，根本没有回答我，然后我问了你第二个问题，你还是做了同样的事，然后我问你第三个问题，你依然那样，这太没礼貌了。”

And in the early days that was the way I used to answer questions, I wasn't even aware of it until an awfully sweet girl who worked with her husband at the Valley Verde school, said to me: "Oh, Lester you're so rude." I said: "Am I?" she said: "You certainly are." I didn't know why, so I had to ask her: "Why?" she said: "I just asked you a question a few minutes ago, and you looked at me and smiled, you didn't even answer me, then I asked you a second question, you did the same thing, then I asked you a third question, you did the same thing, that is rude."

我说：“哎呀，她说得对。”但我还是不相信这是没礼貌，我说：“我们可以再问一遍吗？”她不想问了（学生笑），但我还是尽量回答了她的问題，然后我就回来了，这件事发生在凤凰城的一家餐馆中。

and I said: "Gee, she's right." but I still don't think it's rude, I said: "Could we ask them over again?" she didn't want to, but I did try to answer her questions more so, and then I came back, this happened in

我回到圣多纳，问了身边更亲近的人：“当你们问我问题的时候，是不是有时候我只是看着你们笑？”他们说：“是的。”我说：“你们为什么不说这件事呢？”这是林赛牧师，他说：“噢，我理解。”另一个人也跟我说了同样的话，直到那时我才意识到，绝大多数问题我都没回答，但我用微笑回应了，要明白，那个微笑是“你就是那”、完美的存在。

I came back to the Sedona, I asked closer ones: “When you ask me questions, sometimes do I just look at you and smile?” And they said: “Yeah.” I said: “Why don't you say something about it?” This was Reverend Lindsey, he said: “Oh, I understand.” And another fellow told me the same thing, it was only then that I realized I was not answering the great majority of questions, but I was answering, see, where I was coming from with a smile, that's... That smile is THOU ART THAT, perfect being.

当然，当你把“那”投射给别人时，它往往会提升他们，但当然，我无法让他们提升到与我一致的高度。

Of course, when you project That to the other person, it tends to lift them, but of course, I couldn't lift them high enough to agree with me.

所以他们想在坑里找到答案，于是我不得不重新学会如何说坑里的语言。

So, they wanted an answer down in the pit, so I had to learn how to talk

pit language again.

(学生笑)

学生 1：那很好。

Student 1: That's good.

学生 2：所以这都是坑里的交流。

Student 2: And so this is all pit talk.

(莱斯特点头)

学生 3：那是你搬到纽约的时候发生的吗？那是你搬到纽约的时候发生的吗？

Student 3: Is that when you moved to New York? is that when you moved to New York?

莱斯特：哦不不，早在 60 年代初，我开始.....我想实际上是 1968 年，我开始连续几个小时地看电视，一个节目接着另一个节目，直到我得到了自己的第一个感受，当我有了第一个感受时，我的眼角泛起一小滴泪水，我跳起来鼓掌，但直到 1968 年，从 1952 年到 1968 年我才能做到这一点。

Lester: Oh no no, back in the early 60s, I began I think it was really 68, I

began watching TV hour in hour out, one program after another, until I could get my first feeling, and when I got the first feeling, I got a little tear in the corner of my eye, I just jumped up and I applauded. but it took me until 1968 before, I could do that from 52 to 68.

现在回到 1952 年，我知道自己会做现在正在做的事，我有了完整的画面。

Now back in 52, I knew I would be doing what I'm doing, I had the whole picture.

当你在那里时，不存在时间，你可以回溯到一百万年前，也能往前看到一百万年后，或者看到明天。

When you're there, there's no time, you can see back a million years, forward a million years or tomorrow.

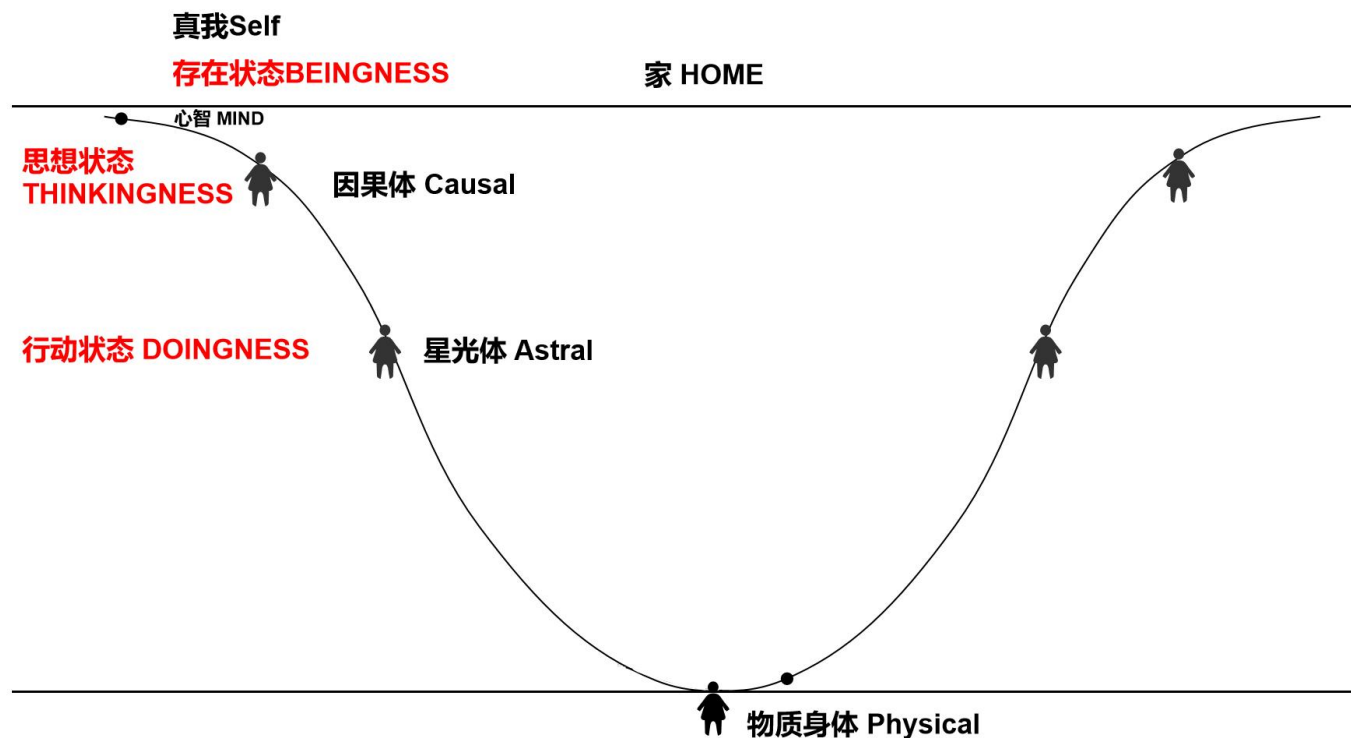
但我看到了那个画面，我知道我需要回来，我花了 18 年才进入这种思维的领域，而摆脱它却只用了三个月。

But I saw the picture and I knew I needed to come back, and it took me 18 years to get into the realm of thinkingnesss, whereas it took me three months to get out of it.

瞧，这里是“存在状态”，这里是“思想状态”，这里更多的是“行动状态”，你在那里非常活跃。

See, this is Beingness, this is thinkingness, this is more of doingness,

you're quite active there.



顺便提一句，当你做梦时，你看到了自己的身体，那是你的星光体，而星光体是物质身体的母体，所以它看起来和物质身体一模一样。

And incidentally when you dream, and you see your body, that is your astral body, and that astral body is the matrix for the physical body, so it looks exactly like it.

学生：母体是什么意思？母体中心？

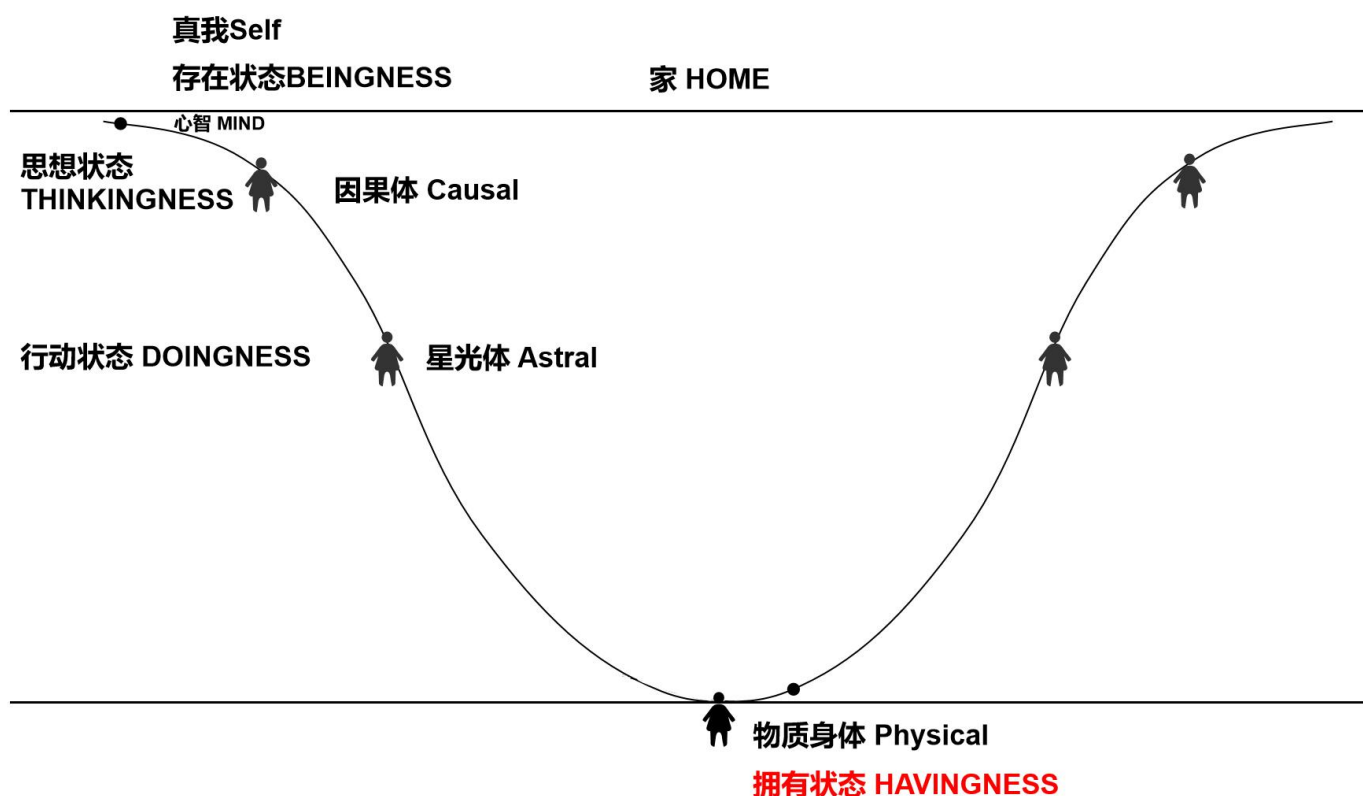
Student: Matrix means what? Matrix center?

莱斯特：母体，母体，它是这个身体的母体，它形成了这个身体。

Lester: Mother, mother, it's the mother of this body, it forms this body.

而下降到这里，我们认为我们必须拥有才能存在。

And down here, we think we have to have in order to be.



我们开始通过试图拥有一块海滨，把无限的宇宙重新聚集在一起，然后试着拥有越来越多。

We start gathering the infinite universe back together by trying to own one place, then more and more and more.

当我们认为我们拥有了这个世界，就像我们的一些领导人做的那样，他们想要征服月球。

Then when we think we have the world, like some of our leaders do, they want to take in the moon.

这周，美国国家航空航天局在讨论火星，他们认为俄罗斯人可能会先于我们到达那里。

And this week, NASA was talking about Mars, they think the Russians will probably get there before us.

如果你得到了火星，你会想要整个太阳系，在那之后，当你处于一种“拥有状态”的领域中时，你会想要其余的部分。

If you get Mars, and you want the whole solar system, after that you want the rest of it when you're in a realm of havingness.

现在，当你处于“拥有状态”，你开始去做，它会让你向上移动到星光界。

Now, when you're in havingness, you start to do, it moves you up towards the astral.

现在，这里（板书中左边的顶端位置）和这里（板书中右边的顶端位置）的区别在于：

Now, the difference between here and here:

当我们处于那种顶端状态时，我们是以一种被动的方式存在于那里；

When we're up in that top state, we're up there in sort of a passive way;

而当我们经历过所有的这一切之后，我们会以一种积极的方式回归那种状

态。

Now, when we run the gamut of all this, we come back to it in a positive way.

我想我能解释这一点的最好方式就是用疾病来打比方：

I think the best way I can explain that is like sickness:

如果你生来健康，你一生都是健康的，你珍惜健康，你会喜欢它，这很好，但你并没有意识到健康的价值；

If you're born healthy, you're healthy all your life, you appreciate health, you'll like it, it's nice, but you are not aware of the value of the health;

然而，当你病了十年或者二三十年，然后你恢复了健康时，你会一直珍惜那种健康的状态，这是对健康是什么的积极认知。

However, when you are sick for a decade or two or three, and then you become healthy, you will always appreciate the state of health, that's the positive knowing of what is health.

然而，如果你生来健康并一直都保持健康，这是对健康状态是什么的消极认知。

Whereas if you're born healthy and remain healthy all the time, it's a passive knowing of what the state of health is.

所以，当我们经历了这一切，我们便不再会离开那种状态了。

So, when we run the gamut, we go out no more.

因为我生活在一个地狱中，这是我们所处的状态，这是各种生物所能陷入的最有限、最地狱的状态。

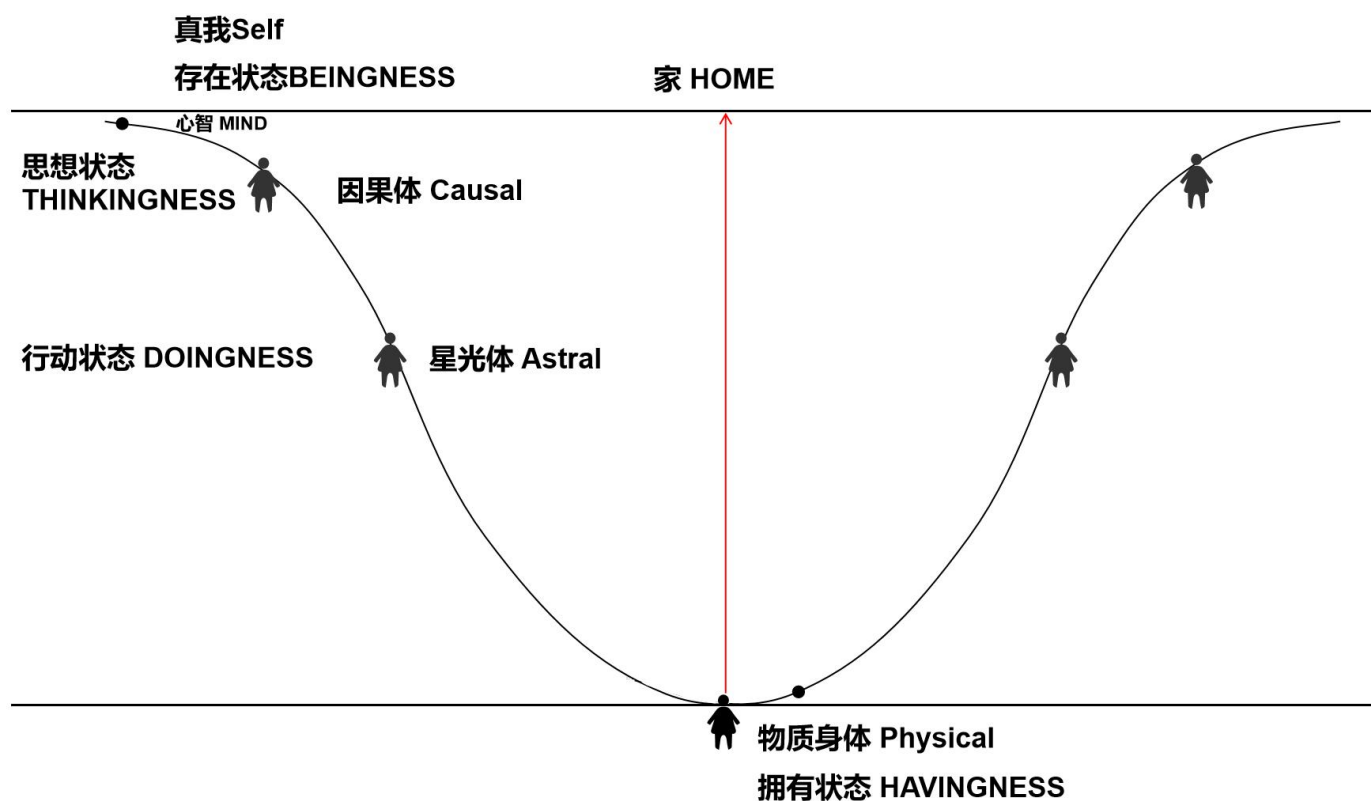
Because I live in a hell and that's the state we're in here, the most limited, most hellish state beings can ever get themselves into.

因为我们下降到了这里，我们有巨大的优势，当你身处地狱，优势就是有摆脱它的动力，我们一直饱受它的折磨，就像被子弹击中一样，要摆脱这种状态。

Because we are down here, we have a tremendous advantage, when you're in hell, the advantage is the incentive to get out of it, and we're plagued with it, peppered like with bullets all the time to get out of this state.

正因如此，从这里，当我们下定决心，我们就能直接一路回家。

And because of that, from here, we can go straight all the way back home when we so decide.



我告诉你这一点：一旦你进入这些更美好的领域，你将需要花上永世的时间来走完全程，那里一切都很美好，所有事物都完美有序，你意识到自己正在上升却没有动力去做这件事的事实，所以旧有程序会持续存在，并让我们在漫长的时间里停留在这种美好的状态中。

I'll tell you this, once you get up into these nicer realms, you'll take eons to go all the way, things are nice, everything falls into line, you're conscious of the fact that you're going up without incentive to do it, and so the old programs hang on and keep us in this nice state for eons.

然而，在我们回到那里之前，这些状态的任何一种都不会让我们感到完全舒适，我们总是被最初它所是的那种记忆所驱使。

And yet we're never fully comfortable in any of these states until we get back there, we are always prodded by the memory of what it was at the

beginning.

所以为了避免无休止的.....你看，当你处于这些状态中时，大多数时候你会极其敏感，一切都很美妙。

So to avoid the endless... you see when you're in these states, you're highly sensitive the majority of the time, everything is wonderful.

但当事情不是这样的时候，你会比现在更强烈地感受到它们，

But when things are not, you feel them far more intensely than you can feel now,

当你上升到那里时，无论那个感受是什么，你的感觉都会完全集中在那个感受上，

your feeling is totally concentrated on whatever that feeling is when you're up there,

而且与你所处的和谐相比，它是极端的，它不会持续，

and by comparison to the harmony you're living in, it's extreme, it doesn't last,

但当你碰上它时，你会碰上它的，它是极端的，所以你偶尔会陷入一种糟糕的感受中。

but when you hit it and you will hit it, it's extreme, and so you're occasionally going into a terrible feeling.

有多少人读过《一个瑜伽行者自传》？我可以用那本书来提示下这些事情。

How many people have read the <Autobiography of a Yogi>? I can use that book to allude to these things.

以尤迦南达为例，他在出生前就已经是自由的，有一次，他要去拜访一位远离尘世的圣人，他遇见了这位圣人，突然，他倒在地上，哭喊着：“噢，请给我一个上帝的体验吧。”

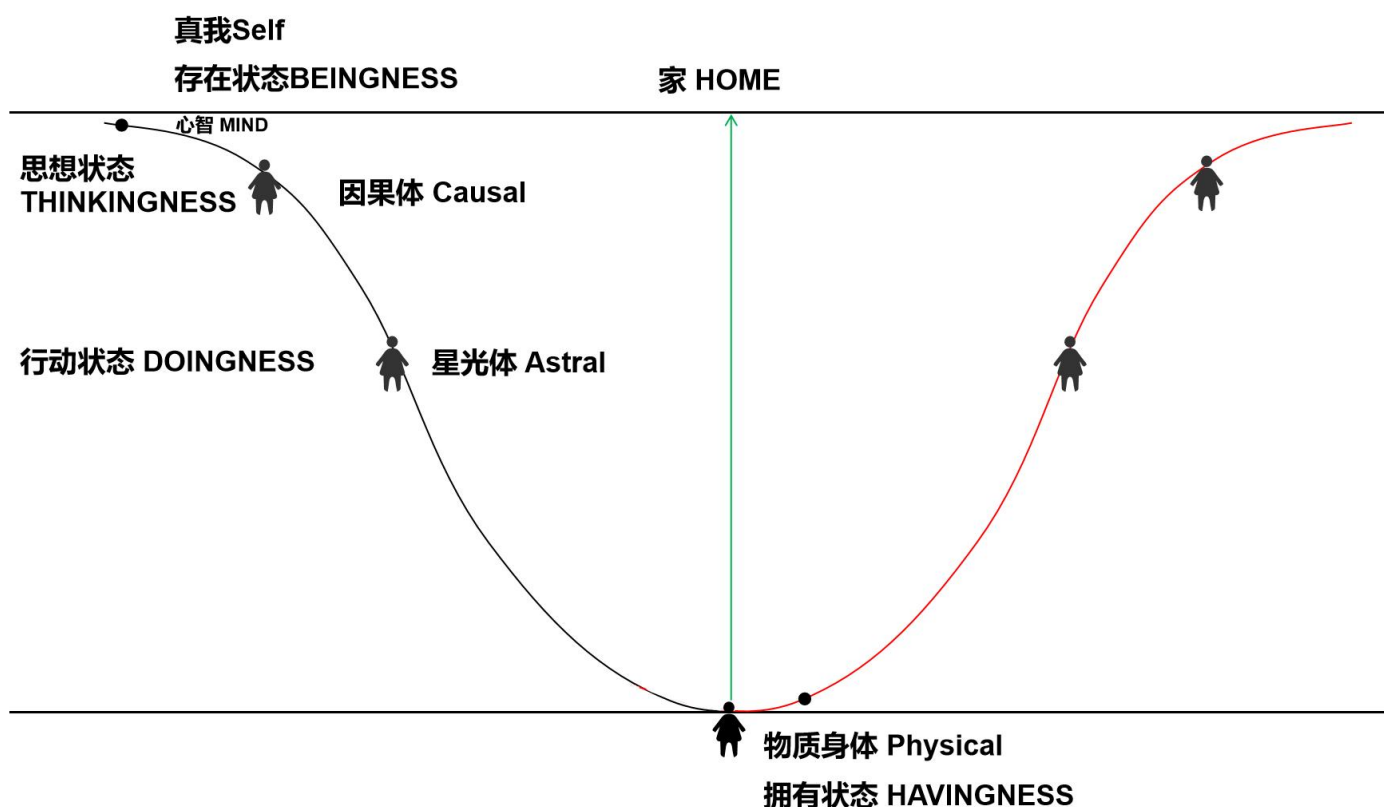
Here you take Yogananda, He was free before he was born, and at one time he's going to visit one of the saints who was way out, and he meets him and all of a sudden, he drops down on the ground, and he's crying and screaming: "Oh, please give me an experience of God."

从那种高层次状态，当你进入非神性状态时，是极其痛苦的，他扑倒在地，翻滚、尖叫，因无法与神合一而痛苦万分，这些是我们处于这些更高的状态中会经历的事情。

From the high state, when you go into that non-godly state, it's excruciatingly painful, he threw himself on the ground with screaming, he was writhing with the agony of not being one with God, those are the things we go through in these higher states.

所以我想说的是，这些状态非常有诱惑力，随着你上升，一些角色会邀请你进入（下图中标红的部分），我的建议是绕开这一切，走这条道路（下图中标绿的部分），从过山车上下来，直接回家。

So, what I'm trying to say is these states are awfully tempting, and as you move up, some of these characters will invite you into it, my recommendation is bypass it all, take this, get off the roller coaster, go right back home.



就我们所处的状态，我们当中的任何人都能做到这一点。

Being in the state we're in, any one of us can do it.

记住，这是身处物质领域的巨大优势，我们可以直接回家，你能在几个月、几年、这一世、许多世中做到这一点，这取决于你，由你做出选择。

Remember, that's the tremendous advantage of being here in the physical, we can go straight back home, you can do it in a few months, a few years, this lifetime, for many many lifetimes, it's up to you, you make the choice.

现在，这个地球上大多数没有这个圣多纳释放法的人，将花费数百万年的时间，通过不断试错，通过粉碎一切的艰难方式发现它并不存在于事物之中。

Now, the majority of people on this earth who do not have this Sedona Method are going to take millions of years through the trial and error, through the hard way of smashing up everything to show us that it doesn't lie in things.

我想你可以看到我们如今的困境，我们拥有了物质，我们从未如此不快乐过。

I think you can see that as our trouble today, we have materiality, we were never so unhappy.

在我小时候、青年时期，几乎没有人有足够的食物，你可以想象，我们的东西都是定量配给的，像水果、甜点这些是很昂贵的，像汽车、电视、收音机、飞机、船等这些东西，在那个年代只有很少的一部分、可能不到百分之一的人才拥有这些东西。

Back in the days when I was a boy, a youth, hardly anyone had enough food, you can imagine that, we were doled out to things, like fruit, desserts they were expensive, things like cars TVs, radios, airplanes,

boats, a very small percentage, probably less than one percent of us had those things back in those days.

但今天，每个人拥有的都比当时最富有的人还多。

But today everyone has more than what the wealthiest man had back then.

然而我们认为物质会带来幸福，并且现在依然这样认为，我们仍在追逐它们。

And we think material things will bring happiness, and we still do, we still go after them.

要发现幸福在哪里，它不在事物之中，它在于放下“没有它”的痛苦。

Discover where the happiness is, it's not in the thing, it's in letting go of the agony of not having it.

欲望是一种匮乏的痛苦，放下对拥有它的欲望，这会暂时让我们的心智安静下来，在那一刻，我们只是存在。

Desire is an agony of lack, it's letting go of the desire for having it, that momentarily quiets our mind, and at that moment we're just being.

发现你的幸福在哪里，你就不会再浪费时间，也不会再用脑袋撞墙，你会直接去往它所在的地方，这也正是你所在之处，这只是你认同了你的存在。

Discover where in lies your happiness, you'll stop wasting your time, you'll stop pounding your head on brick walls, and you'll go direct for where it is right where you are, it's just you identifying with your Beingness.

你能明白为什么我说它很简单吗？

Can you see why I say it's simple?

成为存在是宇宙中最简单的事，你本来就是了，就这么简单。

It's the simplest thing in the universe to be, you are, that's how simple it is.

现在，当我说这很容易时，你需要做什么才能成为你自己？

Now, when I say it's easy, what does it take for you to be you?

什么都不需要。

Nothing.

你需要什么才能成为你自己？

What does it take for you to be you?

什么都不需要。

Nothing.

要花多大的努力才能成为存在？

What effort does it take to be?

什么努力都不需要。

None.

但是看看你选择的是什么，付出巨大的努力去成为相反的，去受限、去生病、去追逐世间微小的尘埃，而整个宇宙都是你的。

But look what you're choosing, a tremendous effort to be otherwise, to be limited, to be sick, to be chasing after specks in the world when the whole universe is yours.

所以它很简单，它就是你，你的存在，它很容易。

So, it is simple, it's you, your Beingness, and it's easy.

因为你现在就在那里。

Because you're there now.

努力与我所说的无关，努力是你为了成为你所不是的——一个极其有限的身体，而经历的所有混乱，花费几乎你所有的时间来试图让它生存下来，尽管

很明显这个身体无法存活下去。

Effort has nothing to do with what I'm talking about, effort is all the commotion you go through to be what you are not, an extremely limited physical body, spending almost all your time trying to keep it surviving, even though it's so obvious that the body does not survive.

每个人都在花 99%的时间来试图维持身体的生存，这是一个注定失败的命题，但我们仍然还在追逐它。

Everyone's spending 99% of that one's time trying to keep the body surviving, it's a no-win proposition, and still we go after it.

你看我们的心智有多“聪明”？

You see how brilliant our minds are?

放开心智，通过摆脱你自身所有想法的驱动（被称作“感受”）终止想法，没有了任何感受，你就在那里了。

Loose the mind, stop the thought by ridding yourself of the motivator of all the thoughts called feelings, no feelings and you're there.

看看它有多么简单！

See how simple it is!

现在，当你下定决心释放你的感受时，这很容易。

Now, when you so decide to let go of your feelings, it's easy.

保持住感受是一个需要付出巨大努力的过程，现在变得毫不费力，你就自由了。

It's an accretion that takes tremendous effort to hold on to it, become effortless right now and you're free.

放下你所有的努力，每一分努力都是在试图被限制，在试图成为你所不是的样子。

Let go of all your effort, every ounce of it is trying to be limited, trying to be what you are not.

它很简单，你就是它，而且它很容易，不需要努力。

It is simple, you are it, and it is easy, it takes no effort.

你付出的每一分努力都在试图成为一个受限的身体，在试图让它生存下去，尽管你没聪明到明白它无法永存。

Every ounce of effort you use is trying to be a limited body, trying to keep it surviving, even though you're not smart enough to know that it doesn't.

如果你明白了，你会只给它应有的关注，然后你会转向，把你所有的注意力都集中在获得自由上，你会把你所有的注意力都转向内，从你自身拿取所有的快乐，从一开始，这才是快乐唯一存在的地方。

If you were, you'd just give it its just due, and you'd turn, focus all your attention on going free, you would turn all your attention inward, take all your joy from you, which is the only place where it is in the first place.

所以这很简单，也很容易。

So it's simple and it's easy.

每个人都在这一点上反对我，我认为这是我最危险的地方，我想更多的人想杀了我，因为我说这比其他任何事都简单、容易。

Everyone fights me on that, I think that's my biggest danger point, I think more people want to kill me, because I say it's simple and it's easy than anything else.

好吧，是什么想要杀了我？

All right, what is it that wants to kill me?

学生 1：努力？

Student 1: The effort.

学生 2：小我？

Student: The ego?

莱斯特：（点头）是的，小我、努力、心智，它们都是一样的东西。

Lester: Yeah, the ego, the effort, the mind, they're all one of the same thing.

小我等于心智，心智等于小我。

Ego equals mind, mind equals ego.

你是如此地想成为一个受限的小我，以至于当我建议你不要这样做时，你想要杀了我，这不是很傻吗？

You're so wanting to be a limited ego that when I suggest otherwise, you want to kill me, isn't that silly?

学生：从小我的角度来看并非如此。

Student: Not from the ego point of view.

莱斯特：好吧，事实上，小我，必须离开。

Lester: All right, in fact, ego, e must go.

我不知道为什么每个人都选择紧紧抓住痛苦不放。

I don't know why everyone chooses to hang on to the misery.

只要你还试图从这个世界获取快乐，你所得到的每一盎司快乐，都会带来数磅的痛苦。

And as long as you're trying to get your joy from this world, for each ounce of pleasure you take, you get pounds and pounds of pain.

注：1 盎司=1/16 磅=28.35 克

你所得到的每一盎司快乐，你都会承受数磅的痛苦。

For each ounce the pleasure you take, you get pounds of pain.

换句话说，你每享受一盎司的快乐，就会受到痛苦的重击。

Putting it another way, for each ounce of pleasure you take, you get pounded with pain.

你们或多或少都经历过这种情况，为什么不现在就做出决定获得自由，并在几周或一个月内让它只是存在呢？

And you're all experiencing this, more or less, why not make the decision here and now to go free and let it be in a matter of weeks, month?

然后，为了引诱你，我说，如果你想要拥有，只要你是自由的，你就能毫不费力地拥有任何事物；

And then to bait you, I say, if you want to have, have anything without effort if you're free;

如果你想要去做，只要你是自由的，你就能毫不费力地做到任何事。

If you want to do, you can do anything without effort if you're free.

所以，不存在放弃，只是不断地拿到更多、更多、更多，直到你是无限的。

So there is no giving up, there is only a taking on more and more and more until you are infinite.

你们中的许多人都认为自己会放弃，就像你放弃食物那样。

So many of you think you're going to give up, you give up like you do with food.

你放弃了你的痛苦，这才是你所放弃的东西。

You give up your misery, that's what you give up.

但你们还没有说服自己相信我现在所说的话。

But you have not convinced yourself yet to what I'm saying now.

因为一旦你们相信了，只需要几个月的时间，你就会倾倒所有的感受，然后只是成为你的存在。

Because once you do, it's just a matter of months, and you'll dump all the feelings and just be your Beingness.

好的，我正在带你坐最大的一个过山车。

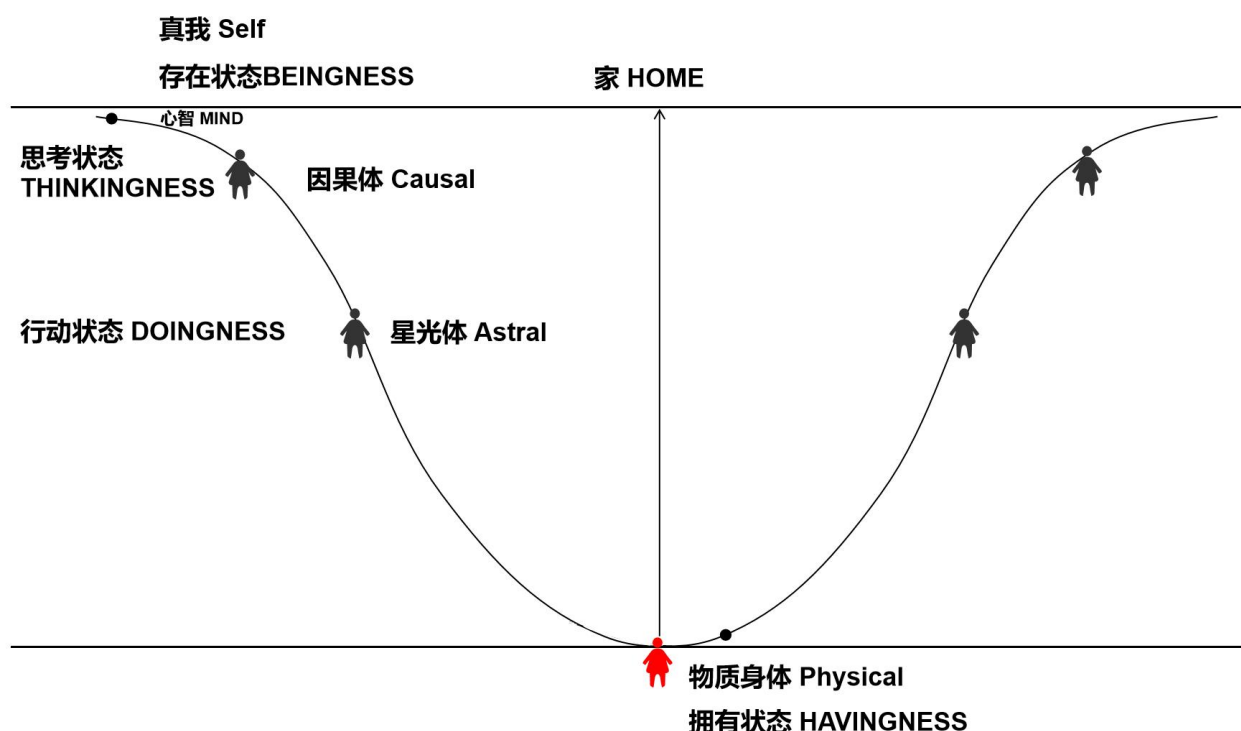
Okay, I'm taking you on the roller coaster ride, the main one.

当然，我们在这些旅程中所做的就是我们加了另一种过山车。

Of course, what we do on these rides is we impose another roller coaster.

低到这个位置（下图中标红的部分），它真的很陡峭。

Down here, it's really sharp.



学生：所以在我们上升的过程中，我们会看到我们有进入星光体和因果体的选择吗？

Student: So on our way up, we're going to see that we have a choice to go into the astral and the causal?

莱斯特：你现在还看不出来吗？

Lester: Can't you see it now?

学生：看不出来。

Student: No.

莱斯特：你不认为你有选择。

Lester: You don't think you have a choice.

学生：我的意思是我对星光体和因果体一无所知。

Student: I mean I don't know anything about the astral and the causal.

莱斯特：这一切都在心智中，你现在就在同时体验着它们二者。

Lester: It's all in the mind, you're experiencing both both of them right now.

当你有一个想法，在你有那个想法的那一刻，你看到它完成了，这是由你的因果体部分完成的；

When you have an idea, and you see it through the completion, the moment you have it, that's done by the causal part of you;

当事情立即发生时，那是由你的星光体部分完成的，就像在一个夜间梦境中一样，无论你想到什么都是立即实现的；

When things happen immediately, that's done in the astral part of you, like in a night dream, whatever you think is immediate;

当事情需要花费时间、耗费数年才实现时，你就处于物质身体中。

And when it takes time and years, you're in the physical.

【与莱斯特的谈话】【Talks with Lester】第三、四卷 Volume 3-4

分离 Separation

早上好，我想和你们谈谈分离，并带你们坐驶离那里的过山车，然后返回出发点。（板书如下图，我会用“红色”标记出莱斯特新写下的内容）

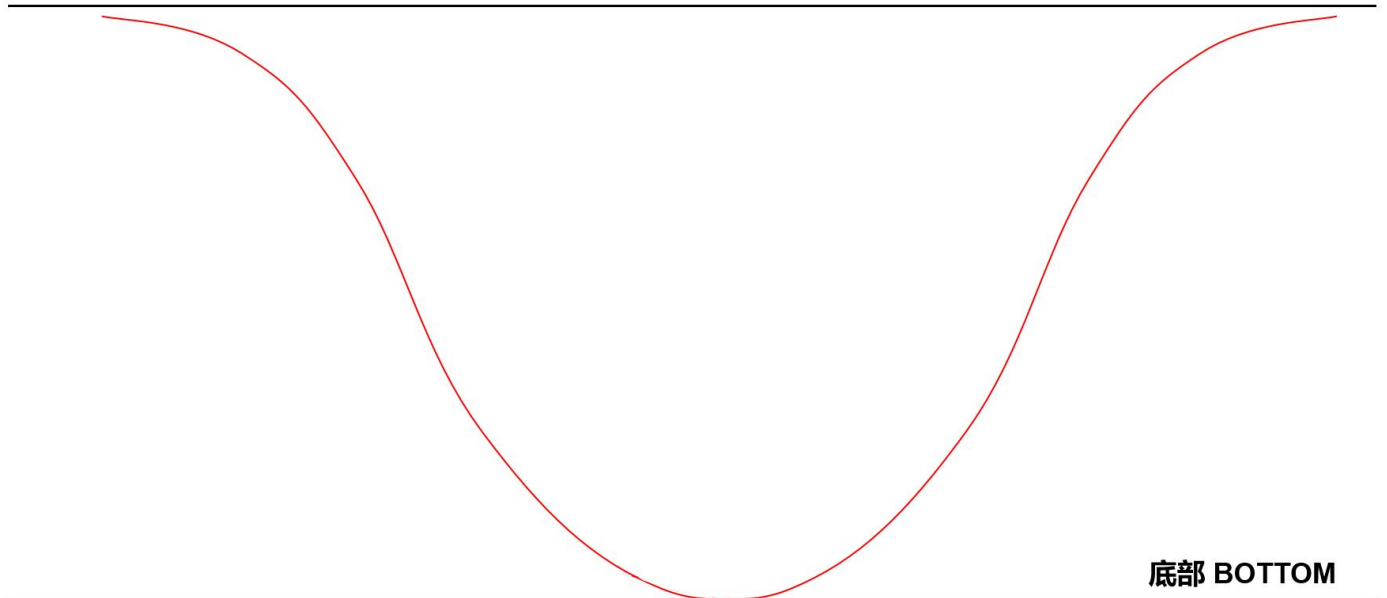
Good morning, I want to talk to you on separation and take you on the roller coaster ride as we ride away from, then the get back.

我们最初开始于只是存在的领域，完整、完全、完美，不需要任何东西，不需要改变任何东西，不需要添加任何东西去改变，一切都只是 100%的全然的完美。

We originally started in the realm of Beingness only, whole, complete, perfect, nothing needed, nothing to be changed, nothing to be added to change, everything was just 100 percent all perfect.

这是存在的状态，我们曾经在那上面，然后下降到底部，然后我们正一路返回上升到顶端。

And that's the state of Beingness, we were up there, came down to the bottom and we're on our way back up to the top.

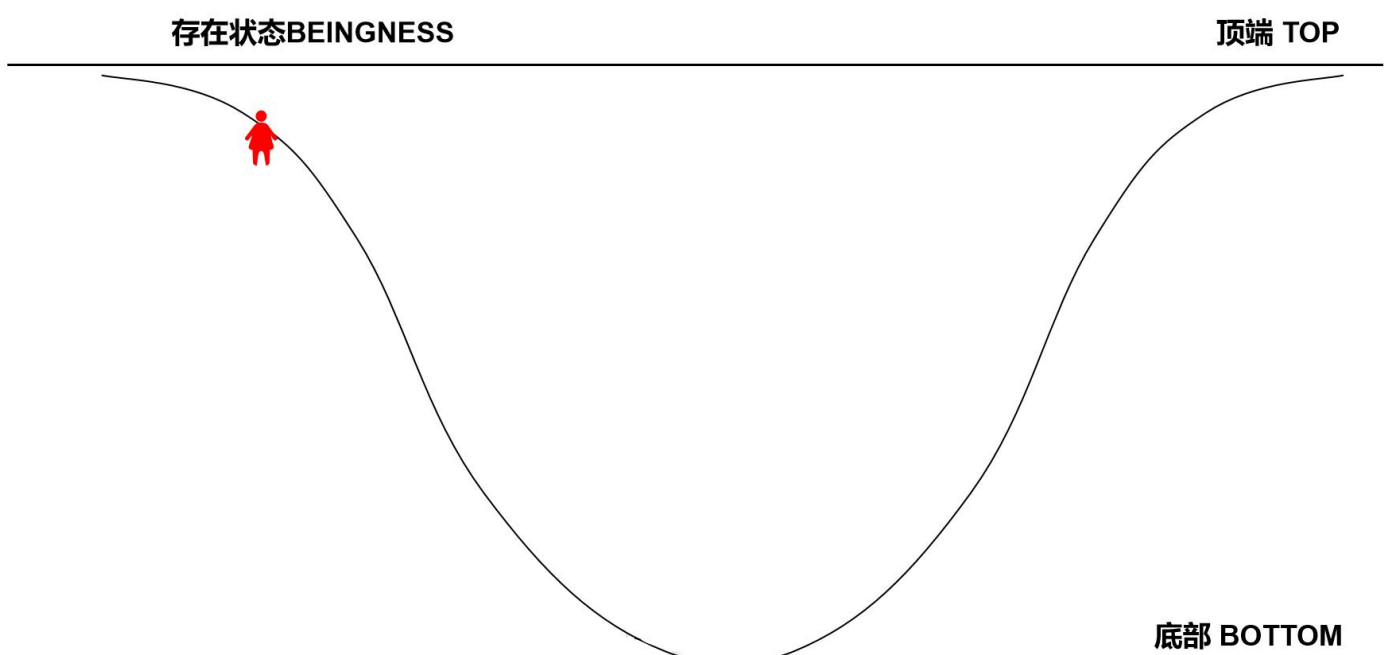


为了与“一体性”分离，最初我们开始创造了现在所谓的“心智”，

Originally we started off creating what we now call the mind and in order to have a separateness from the Oneness,

你用心智构建了一个身体，被称作因果体，

with the mind you set up a body called a causal body,

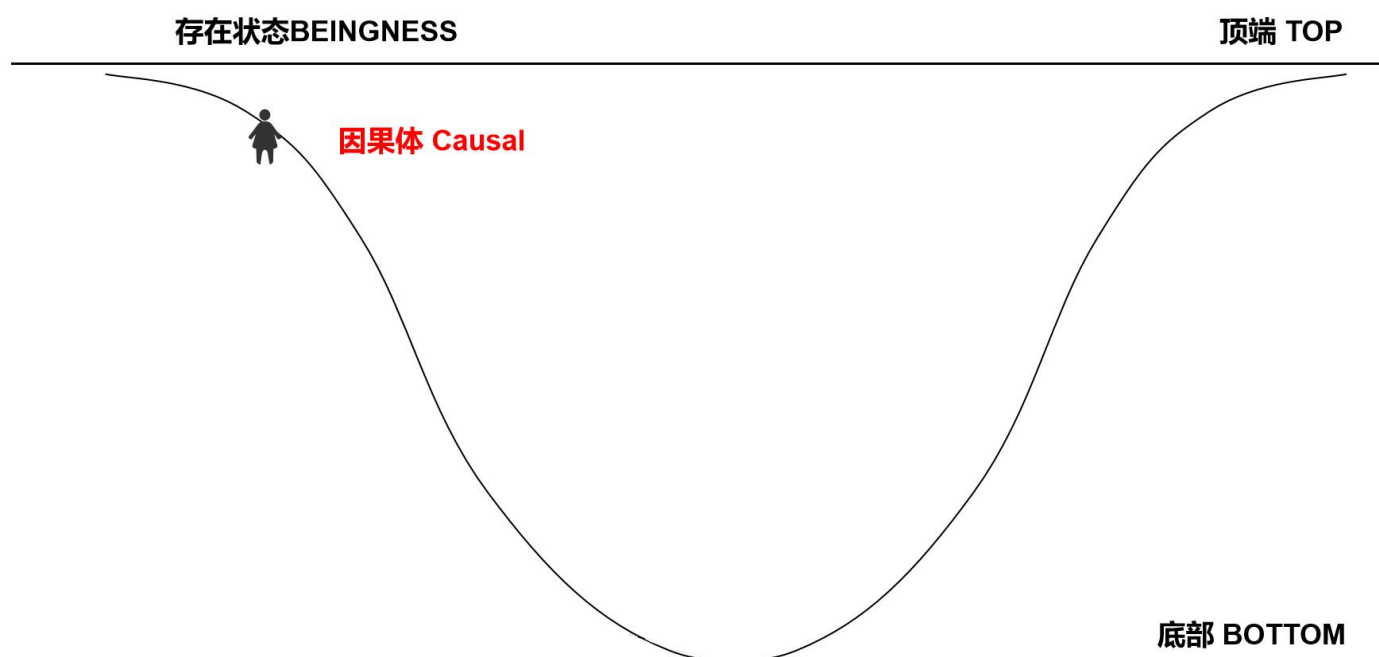


我们此时此刻就处于三个主要的状态中。

there are three major main states we in here in right now.

最上面的状态是因果领域，在这里你假设了一个心智，然后这个心智假设你有一个身体，但这个身体的限制微乎其微，你几乎看不到。

And the top state is the causal, where you assume a mind and the mind assumes that you have a body, but the limitations on the body are so minimal you hardly see.



当你在因果界有任何想法时，因果领域在你有想法的那一刻就实现了。

And any idea that you have when you're in the causal realm, causal realm is fulfilled the moment you have the idea.

现在，当你向上回到那里时，同样的事情也会发生，

And now when you get back up there, the same thing will happen,

这是那些伟大的“一们”、基督、佛陀、奎师纳现在所处的领域，

it's the realm that the great Ones, Jesus, Buddha, Christian are in right now,

在你有任何想法的那一刻，它就实现了。

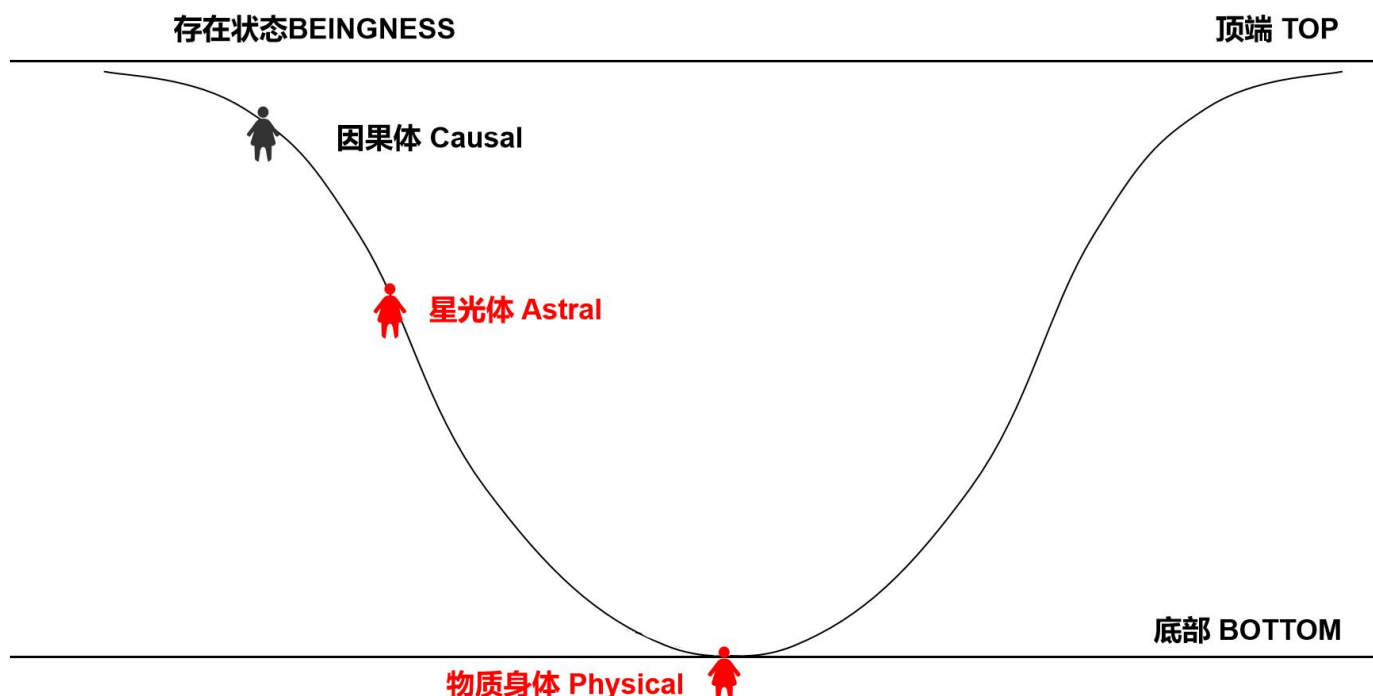
any idea is fulfilled the moment you have it.

但一旦我们出发，就会走上这整个旅程。

But once we start out, we make that whole trip.

然后我们变得更稠密，我们从因果体发展到星光体，再到物质体。

And we get denser, we go from the causal to the astral to the physical.



在星光领域中，我们有一个密度更大的身体，比上面这里的身体稍微受阻一些，我通过联系、动作、意义等等一步一步实现我们的想法。

In the astral realm, we have a denser body, a little more obstructed than up here, our ideas I carried out in steps through connections and motions and meanings and so forth.

在星光界中，当你处于星光领域时，你与人打交道，跟你在物质世界与人打交道相同，但事情会立即发生。

In the astral realm, when you're in the astral realm, you're dealing with people, same people you deal with in the physical, but things happen immediately.

当你下降陷入物质界，在这里你真的伤害自己最深，完成每件事都伴随着困

难，伴随着你所能想到的最大的阻碍，你必须做到这个才能得到那个，而且你会受到无数事物的影响等等等等.....

When you come down into the physical is where you really bang yourself up the most, everything is done with difficulty, the greatest of obstaclation you could think of, you got to do this to get that and you're subject to a thousand things and so on and so on...

无论你想要什么，在这里实现的最慢。

And it is the slowest way of achieving whatever it is as you wish.

现在这个过程（莱斯特示意从顶端下降到底端）经历了数百万年。

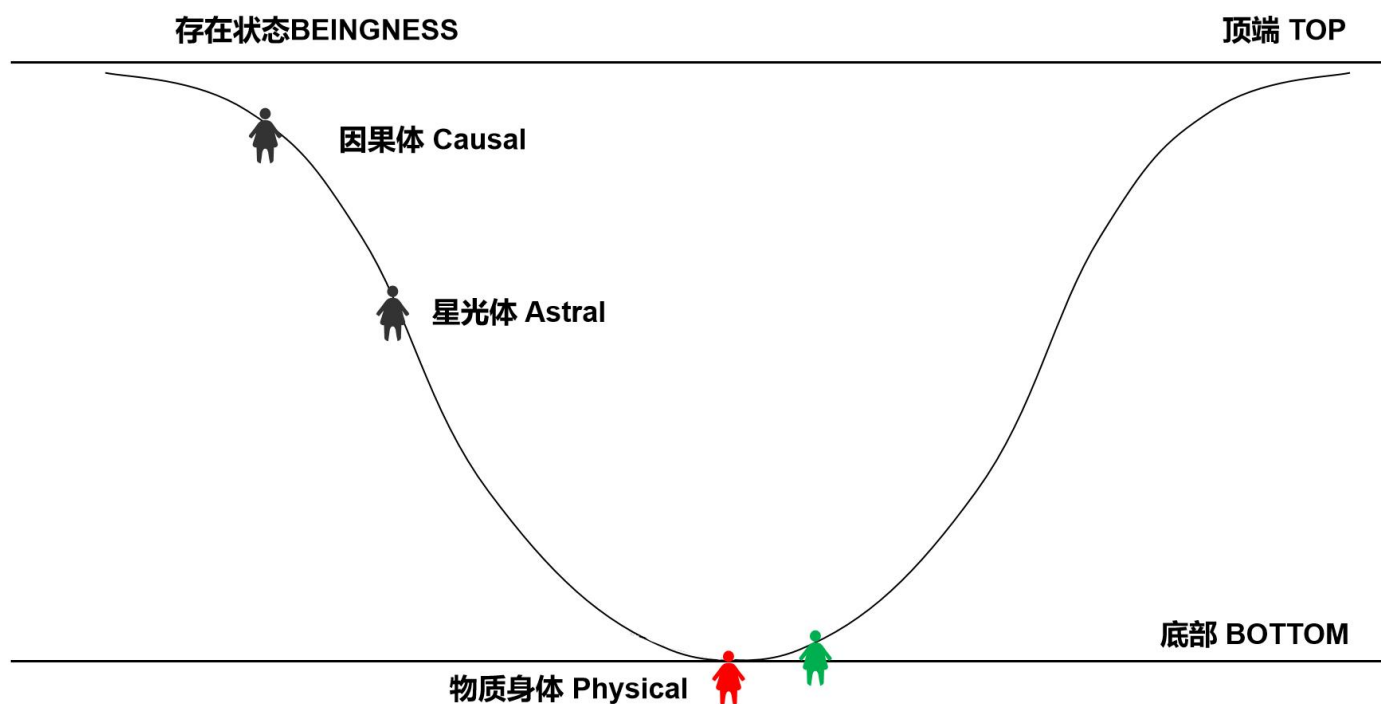
Now this is multi millions of years.

你是否想知道我们在哪里？

And if you want to know where we are?

我们不在那里（下图中标红的位置），现在我们在这里（下图中标绿的位置）。

We are not there, we are right here.



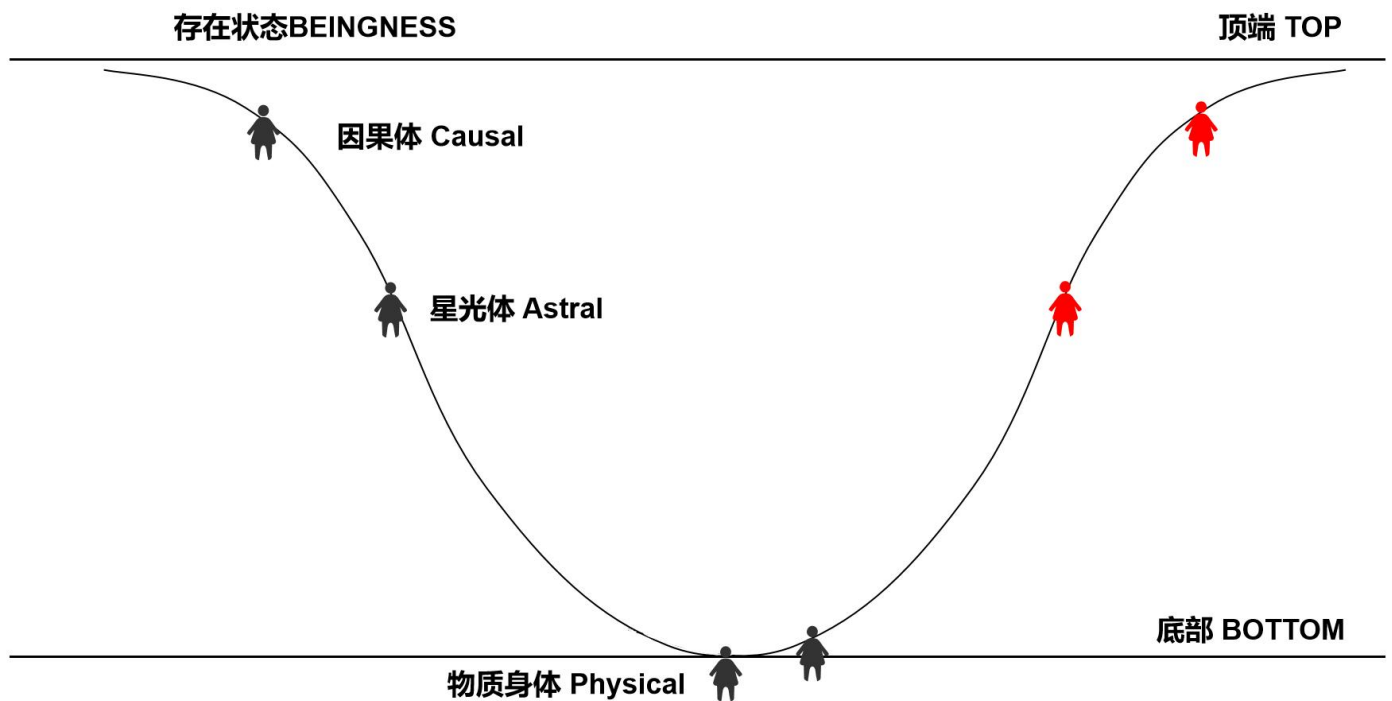
(学生笑)

你们已经开始了，你们已经开始脱离这个最稠密的状态，这可能是宇宙中任何地方、所有角落所存在的最稠密的状态。

You have begun, you have begun getting out of the densest state possible through beings anywhere, everywhere in the universe.

你们大部分人会回到星光体、因果体中，然后回家。

And most of you will go back into the astral, causal and then go home.



我希望这不会吓到你，但是当你彻底自由的时候，你不会被因果体的任何东西所困住、差不多这个尺寸大小（视频里莱斯特比划了下大小）。

I hope this doesn't scare you, but when you're totally free, you're not confined by anything causal, something this size.

当你彻底自由时，你不会被任何身体限制，你认同你的存在，你让你的存在从无限到无限地在整个宇宙中流淌，你的存在只是延伸至整个宇宙的存在，只存在一个唯一的“一”。

When you're totally free, you're not limited to anybody, you identify with your Beingness, you let it flow out over the entire universe from infinity to infinity, your Beingness just moves out into the total Beingness of the universe, and there is only a single Oneness.

但是你确实要释放被称作“身体”的限制，

But you do let go of the confinement called the body,

你可以看到，它是一种限制，身体就这么大，遍布整个宇宙的不是身体，而是你的存在。

you can see, it's a limitation, it's this much, the body's not spread out over the universe, but your Beingness is.

然而，现在你把这个身体视作是你，因此，你的宇宙就这么点大。

And now you look at the body is being you, and therefore that's how big your universe is.

随着你放手，随着你释放，随着你脱离身体，你的存在会不断扩展，直到最终，你仅仅只是你的存在。

As you let go, as you release, as you detach from the body, your Beingness spreads out, until eventually you just be your Beingness only.

那是终极状态，在你走完全程之前，你永远不会被满足。

And that's the ultimate state, you will never ever be satisfied until you go all the way.

无论生活多么美好，你总会渴望得到一些东西，

You'll always be scratching for something no matter how heavenly life gets,

这里（星光界）如天堂般美好，那里（因果界）更是。

it gets heavenly here, more so there.

在这趟旅途中，我们已经走了一半多的路程，你就要出来了。

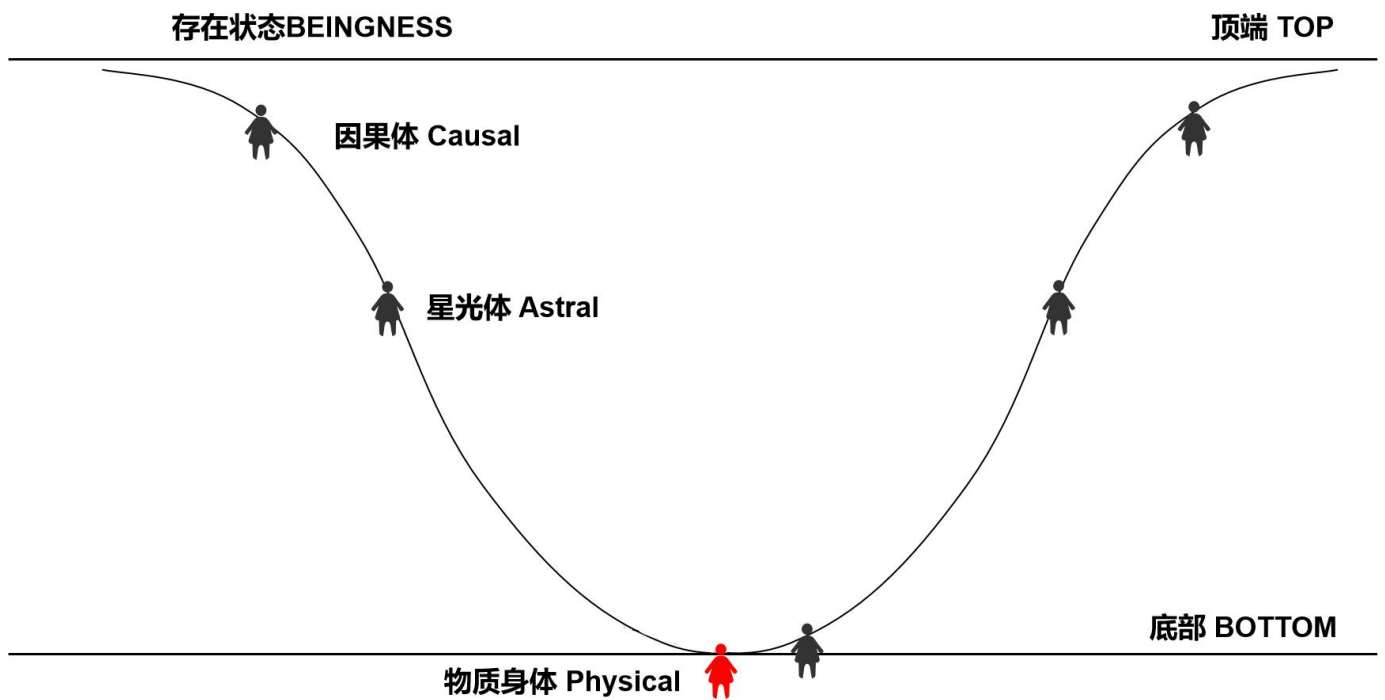
On a trip we've gone more than half the way, you're coming out.

但这里有一个实用的东西可以把握住，当我们处于最沉重、最稠密的状态时，我们处于最受限、最封闭、最痛苦和最悲惨的状态，因此，当我们处于物质界中，离开的动力是最强的。

But here's a practical thing to hold on to, being in the heaviest, densest state, we are in the most confined, cribbed, crunch state, and the most miserable state, and therefore, the incentive to get out is greatest where we are in the physical.

在这里（如下图标红的位置），你有最大的动力离开，只有在这里，你才能立即回到那里。

Right here, you have the greatest incentive to get out, and it's only here that you can go immediately right back to there.



如果你释放对物质界的所有贪恋和厌恶，从而从物质界毕业，你会走上这条路（莱斯特示意历经星光界、因果界），你会成为一个圣人、大师，然而这需要漫长的时间。

If you graduate out of the physical by letting go of all attachments and aversions to the physical, you'll get on this path, you'll become a saint, a master and this takes eons.

获得自由 Go free

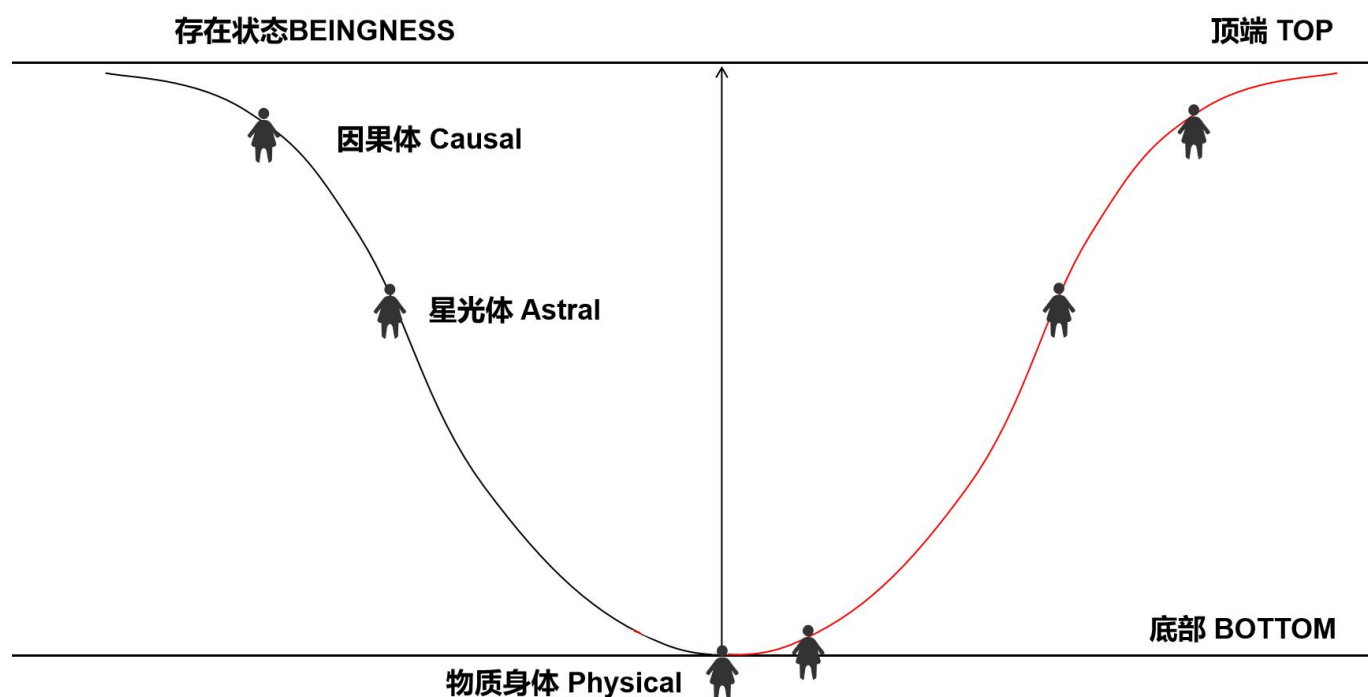
尽管这里是美好的天堂，但总有一些东西缺失，缺失的正是顶端状态。

As heavenly as it is, there's always something missing, there's always something lacking which is the top state.

如果你意识到这一点，你就可以避开我们大多数人做的事情，大多数人会这

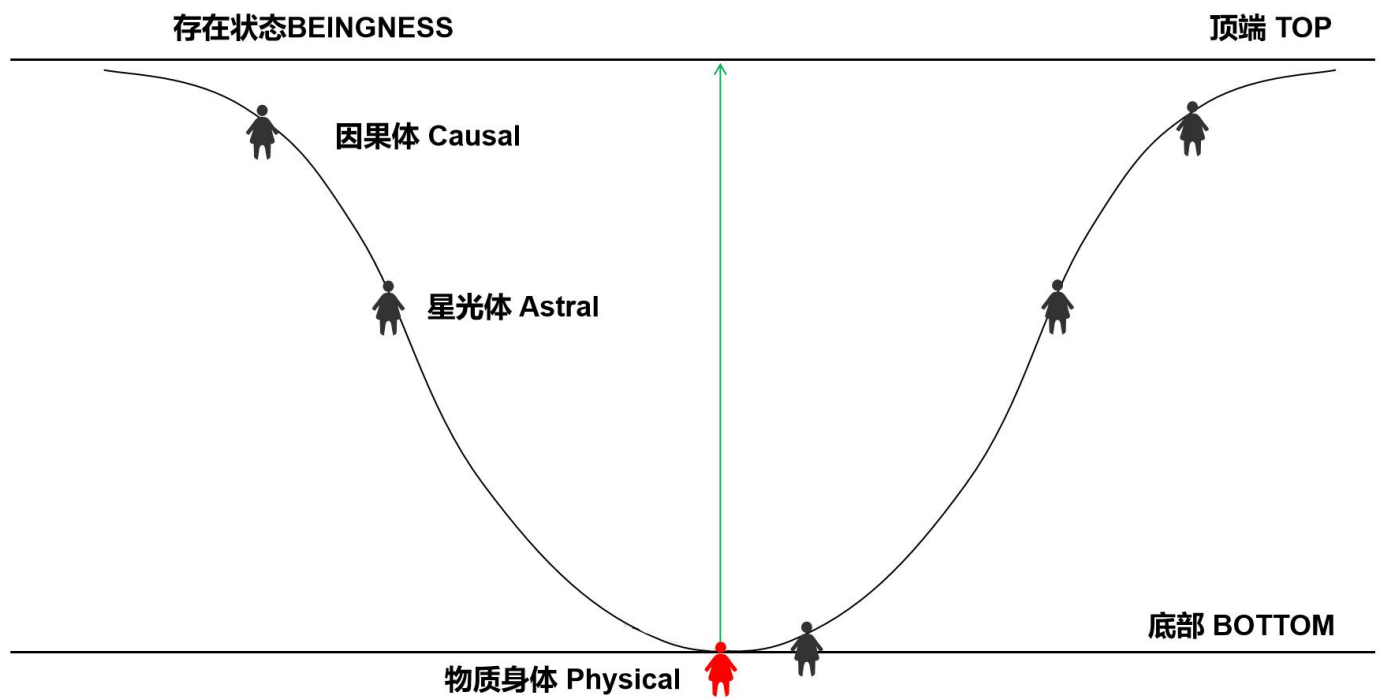
样做（下图标红的部分），

If you're aware of this, you can bypass what the large majority of us do,
the large majority will do this,



然而我们当中的任何一个人，在这里（下图标红的部分），在此生或更短的时间内（下图标绿的部分），如果你愿意贯彻释放法的《六步骤》，就能在几个月内走完全程到达顶端。

however any one of us here in this lifetime or less, in a matter of months if you will carry out the Six Steps of the Method, you can go all the way to the top.



我们身处物质界有巨大的优势，因为有动力去摆脱那个地狱。

Tremendous advantage being where we are in the physical, because the motivation to get out of that hell is there.

我注意到在其他世界里，他们的生活方式是如此和谐，每个人都爱着彼此，生活如此轻松，大自然生产了过于丰盛的一切，那里没有离开它的动力。

I have noticed in other worlds where they their way of life is so harmonious, everyone loves everyone, life is so easy, nature produces an overabundance of everything, the incentive to move out of it isn't there.

他们可以看到还需要什么，但他们没有动力去那样做（莱斯特打了个响指），但他们没有完全的自由，每个人不时地都会想起“祂们”的那部分，所以他们最终会逐渐回归、回到只是存在的状态。

They can see what is needed, but they're not motivated to do it like that, but not being totally free, everyone's in a while thinks part of Them, and so they'll gradually eventually go back home to Beingness only.

所有所谓的“生命”最终都会回到那里 (莱斯特示意顶端状态), 包括动物、昆虫, 动物会逐渐进化成为人类。

All so-called life eventually goes back there, including the animals, the insects, the animals graduate into being, human beings.

而且如果你观察一下非洲等地那些“冷血”的生物, 你就会发现他们的生活方式与动物的很像, 他们没有野心, 如果食物生长或从树上掉下来, 他们就吃, 如果没有这样, 他们大多数人就饿死了, 就像动物那样。

And if you look at our cold beings in Africa and so forth, you can see that they live very much like an animal lives, they have no ambitions, if the food grows or drops off the tree, they eat it, if it doesn't, most of them starve in dead, just like the animals.

所以很有可能我们这个星球上的很多人是刚从动物进化而来的。

So, the chances are that a lot of our people on this planet are recently up from being animals.

同时, 正是这种极低的状态, 它提供了获得自由的最佳途径。

At the same time, because it's such a low state that provides the very

best avenue to go free.

真感谢这个地狱！

Thank god for the hell!

因为它把我们推向天堂。

Because it pushes us to the heaven.

所以如果你记得的话，在这里自由的机会是非常大并且非常罕见的。

So, if you remember, the opportunities here are the very greatest and rare to go free.

相比之下，其他世界宛如天堂一般，而我们要走完全程，还需要数百万年的漫长历程。

Other worlds are heavenly compared to this and puts us on a long track of multi millions of years before we go all the way.

上升到这里（因果界的位置），在你有想法的那一刻，它就实现了；

Up here, an idea is completed totally the moment you have the idea;

在这里（星光界的位置），你做事情会很快；

Here you do things quickly;

这里（物质界的位置）是我们现在做事的方式，挣扎、挣扎、不停挣扎，无尽的麻烦、麻烦、麻烦。

Here we do it the way we do it now, for struggle ugly ugly ugly struggle, endless trouble trouble trouble.

而且只有一条向上的路，那就是释放所有的限制、所有的程序。

And there's only one way up, it's letting go of all the restrictions, all the programs.

本质上就是释放感受，这些感受都是程序。

Basically letting go of the feelings which are programs.

作为自动化程序被放入的所有感受，都是为了维持这个身体的生存。

All the feelings were put in as automatic program to keep the body surviving.

释放你所有的感受，你的心智就会安静下来，然后我对你说的这些就显而易见了，

Release all your feelings, your mind goes quiet, and what I said to you becomes self obvious,

你看到你一直都是完整的、完全的、完美的、全知、全能。

you see that you've always been whole, complete, perfect, all knowing,
all powerful.

你通过认同这具物质身体蒙蔽你自己，认为你是受限的、并且受制于这个身体，你认同这个世界，把自己作为这个世界的受害者，然而实际上是你创造了这个世界。

And that you blinded yourself by identifying with the physical body,
thinking you are limited and subject to it, identifying with the world as
being a victim of it, whereas you actually created the world.

外面除了你的意识之外，别无他物。

There's nothing out there but your consciousness.

你所看到的一切都在你的心智里，

Everything you see is in your mind,

掌控你的心智，消除它，你就自由了。

you take your mind, you get rid of it, you're free.

你的心智是你成为你的无限的首要障碍。

Your mind turns out to be the number one obstacle for your unlimitedness.

但是它太不舒服了，我们压抑了它，我们称它为潜意识。

But it's so awful, we have suppressed it, we call it unconscious.

但是现在你有一个消除那种潜意识心智的方法。

But now you have a way of undoing that unconscious mind.

每一个感受都是为了这个物理身体，作为生存程序被放入的，

Every feeling was put in as a pro-survival program for the physical body,

但是每个感受实际上都是反生存的。

and every feeling is actually anti-survival.

释放所有那些感受，

Release all those feelings,

然后“你”对你自己来说就会变得非常明显，你一直是全能、全知的。

and You, You become very obvious to yourself that you were always all-powerful, all-knowing.

这需要花多长时间？

And how long does it take?

只要你能去做就能做到。

As long as you make it.

它有多快？

How quick is it?

你做多快它就来多快。

As quickly as you do it.

这里没有人不能在几周或几个月里做到这件事的，因为你们已经有了方法。

There isn't anyone here who couldn't do it in a matter of weeks or months, because you've got the way.

不再有感受，你的心智就安静了，你的真我就会显现。

No feelings, your mind is quiet, your Self obvious to yourself.

感受，（总是驱动）你在做一些事情试图维持这个身体的生存，

Feelings, you're always doing something to try to keep the body surviving,

为了维持这个身体的生存，我们是如此关注这个身体。

we are so centered in on this body to keep it surviving.

我们正在阻止自己立即获得自由。

We are preventing ourselves from going free immediately.

现在开始我想说点实用的，

I want to get practical from here on,

我们怎么从这里（底部的位置）上升到那里（顶端的位置）？

how do we go from here up that way?

给予 Giving

一个很好的方式就是围绕“给予”这个主题。

Well, one excellent way is on the theme of Givingness.

当你处在顶端时，你是完全的给予，你是基督，你唯一的想法就是去帮助别人，帮助他人，

When you are up at the top, you are all giving, you are a Christ, your only thought is to help others, to help others,

你有多自由，就有多想给予。

you're as free as you are in your wanting to give.

你必须开始给予，通过释放想要拥有、想要索取和想要被照顾，

You must start giving by letting go of the wanting to have and take and take care of me,

你的意识必须延伸到他人那里，

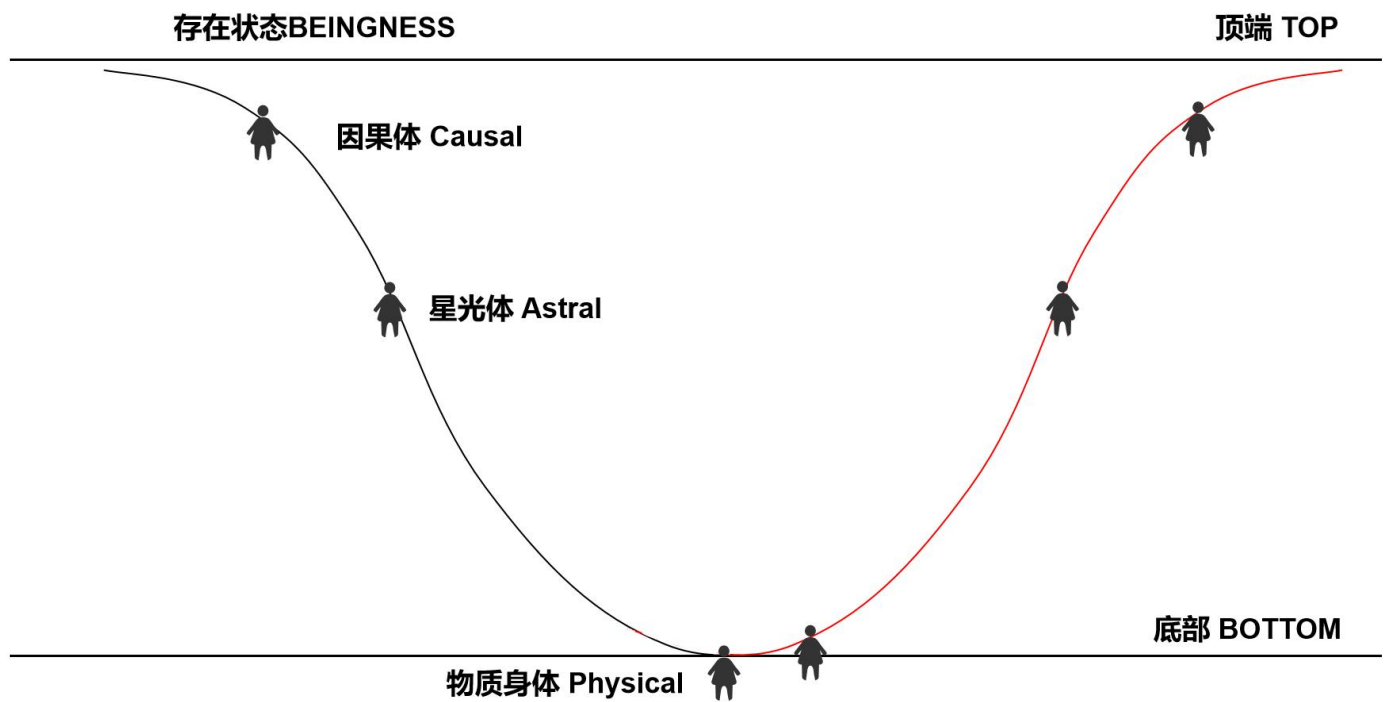
your consciousness has to go out to others,

你应该想要帮助每一个人，

you should be wanting to help everyone,

实际上如果你在生活中能秉持这一点，你就会开始沿着这条路往上走（如下图标红的部分）。

and practically if you make this point in your living, you're going to start moving out up this way.



你必须成为耶稣基督，如果祂在这里，祂会做什么呢？开一家大型宗教企业或其他的什么来赚钱吗？

You've got to become a Jesus Christ, if He were here, would He come what would He be doing? Opening up a grand religious business or something to make money?

祂唯一的兴趣就是帮助我们，祂唯一的兴趣就是帮助他人。

His only interest would be to help us, His only interest is to help others.

我们必须成为那样的人。

we must become that way.

实际上你可以通过练习做到这一点，使其成为一个目标。

And practically you can do it by practicing it, making it a point.

我们的情绪表是一个衡量“给予”的刻度，

Our chart is a scale of givingness,

我们越往左走，就越想要拥有、拥有、拥有，

the more we're to the left, the more we're wanting to have, have, have,

我们越往情绪表的右边走，我们就越想要给予，

the more we're to the right on the chart, the more we're wanting to give,

当你正好处于中间无畏的状态，你是一半在给予、一半在索取，

right in the middle of courageousness you're equally giving and equally taking,

在这里（指无畏的状态），向左是 50%的自私，向右是 50%的无私。

right there, your fifty percent selfish to the left and to the right you're fifty percent selfless.

你必须变得完全无私才能获得自由，

You've got to become totally selfless to go free,

你必须让自己向上超越 AGFLAP，并上升进入 CAP，

you've got to get yourself up over the AGFLAP and move into the CAP,

在无畏以上，你所拥有的内在能量能让你迅速地向上移动，

above courageousness, you have the inner energy to move up rapidly,

在无畏以上，你能往深处挖掘出你对死亡的恐惧的感受，允许它们浮上来并出去（莱斯特双手在胸腹处做了示意：向上、出去），

above courageousness, you can dig down deep into your feelings of the fear of dying and allow them to come up and out,

你不再害怕“如果我让我对死亡的恐惧浮现出来，我就会死”这个想法了。

you lose the fear that “if I let my fear of dying come up, I'll die”.

你一直在压抑你的感受，

You keep your feelings suppressed,

因为你觉得如果它们进入你的意识里，它们就是真实的。

because you think if they come into your consciousness, they are actual.

它们只是些感受而已，对死亡的恐惧也仅仅只是一种感受罢了，
They are only feelings and the feeling of dying is only a feeling,

事实是你不会死。

the truth is you cannot die.

但是你必须上升到“给予”的感觉里，

But you've got to move up in your sense of givingness,

我觉得比告诉你要越来越无私，“给予”是一个更实用的词，

I think that's a more practical word than telling you to be more and more selfless.

但是在“给予状态”中，我们会走得又快又高。

but it's in givingness, that we'll go fast and high.

自由的状态 Free state

不再思考，自由的状态根本不需要思考，

No more thinking, the free state is no thinking whatsoever,

自由的状态只有直觉在运作，

the free state is working intuitively only,

你不再思考了,

you don't think anymore,

你不再去适应这个世界,

and you don't fit in with the world,

这个世界充满了超负荷的限制。

the world is loaded overloaded with limitation.

所以, 你会很自然地去到一个地方, 在那里你不会打扰到其他想要像他们这样受到限制的人,

So, you naturally load off to a place where you're not annoying the others who want to be limited like they are,

这就是为什么那些自由的人倾向于避世, 不是为了他们自己的利益, 而是为了不打扰那些想让自由的人也受到限制的人, 并且不再有交流。

this is the reason why the free Ones tend to isolate, not for their own benefit, so as not to annoy the others who want the free Ones to be limited, and there's no communication.

那些不自由的人会说：“你说的这个世界指的是什么？它不是真实和痛苦的吗？”

The non-free Ones are saying “What do you mean this world? Isn't it real and miserable?”

小我 Ego

现在，小我。

Now, the ego.

什么是小我感？

What is the ego sense?

你睡着了，就没有身体了，没有世界，也没有困难了，对吧？

You were asleep, there's no body, there's no world, there's no difficulties, right?

你醒了，然后你说：“哦，那有一个世界。”接着说：“哦，我是这个世界里的这个身体。”这就是你的麻烦所在。

You wake up and you say: “Oh, there's a world there.” And second: “Oh, I'm this body in this world.” And therein lies on your trouble.

当你获得自由的时候，你不会认同你的身体。

When you go free, you cannot identify with your body.

看看拉玛那·马哈希的说话方式，我觉得祂真的不会说“我”并写进书里，祂会提到薄迦梵，薄迦梵是被尊敬的“一”，这就是它的意思。

See Ramana Mahashi talks that way, He really doesn't say "I, I think", put in the book, He would talk about Bhagavan, Bhagavan is a revered one, but is what it means.

祂无法再认同自己是这个身体，那就是当你自由的时候，你会做的事。

He could never see himself as that body, and that's what you do when you're free.

首先你看到你的身体对你来说是客观的，就像其他任何人的身体一样，

First, you see your body is objective to you, like every other body,

最后你看到没有身体，所以你所看到的一切都是存在。

and in the end you see no body, so all you see is the Beingness.

你不是看，你只是成为了你所是的存在，

You don't see it, you just be to Beingness that you are,

那就是终极状态。

that's the ultimate state.

你必须只是你的存在。

You've got to be your Beingness only.

怎么做呢？

How?

释放对死亡的恐惧，下一步释放与“一”的分离感就没那么困难了。

Release the fear of dying and then the next step is not as difficult the feeling of separation from the Oneness.

一致性 Agreements

有天你会发现外面除了你的画面，什么都没有。

Someday you will discover there's nothing out there but your picture.

而且你的画面不是任何其他人的画面，

And your picture isn't everyone else's picture,

这有很多一致性。

there are a lot of agreements.

当一场事故发生时就很明显了，6 个人看到了，却会给出 6 份关于它不同的报告，尽管他们看到的是同一件事，

And so obvious when an accident happens, half a dozen people see it, there is a half a dozen different reports on it, they're all looking at the same thing,

但我们看到的是我们自己的画面。

but what we see is our picture

所以，如果你看不到破坏，对你来说这里就永远不会发生任何破坏性事件，

So, if you see no destruction, there will never be any destruction for you,

你看到的只有完美，这就是你所能遇到的全部了。

you see perfection, that's all you ever meet.

所以不管外面看起来有什么，你必须在当下看似不完美之处看到完美。

So, regardless of what seems to be out there, you've got to get the, you've got to see the perfection where the seeming imperfection now seems to be.

不完美是一种表象，是一种非常表面的现象。

The imperfection is a seemingness, very seeming.

但是你必须当下看似不完美之处看到完美。

But you've got to get to see the perfection where the present seeming imperfection seems to be.

那将会是你的画面。

And that will be your picture.

通往顶端的路 Way to the top

现在，在通往顶端的路上，

Now, as to the way to the top,

重要的问题是：为什么我不现在就做呢？

big question, why don't I do it now?

答案是你不想要它，你想要这个世界。

The answer is you don't want it, you want the world.

大多数人释放是为了把这个世界变成一个更好的世界，大多数人释放是为了

摆脱痛苦，而不是为了进入终极状态而释放，他们释放是为了摆脱困境。

Most people release to make the world a good world, most people release to get out of misery, instead of releasing to get into the ultimate state, they release to get out of the problem.

但是如果你愿意做《六步骤》，有两步你们没有做到，你没有持续释放（**第四步**），也没有做到第六步来让它一直是一段愉快的旅程。

But if you will do <the Six Steps>, the two that you're not doing are making it constant and the sixth step making it a delightful trip all the way.

但是需要持续去做，才能让这趟旅程始终愉快。

But it takes constancy to make it a delightful trip all the way.

你们大多数人都在你们的垃圾里像坐过山车一样荡上荡下，再上去一点，又掉进你们的垃圾里，但是低谷一直在不断升高，

Most of you are roller coating up down in your garbage, up a bit higher, down in your garbage, but the bottoms keep moving up,

所以当你陷入低谷时，就不会像以前那么糟糕了，

so when you hit bottoms, it's not as bad as it was before,

然后某一天你会到达一个状态——你的低谷处于快乐之中。

and someday you reach a point where your bottoms are in happiness.

在你走完全程之前，不要停下来。

Should not stop until you're all the way.

我想我们中大多数的毕业生都到了一个阶段，这个世界变成了一个好的世界，他们理顺了他们的关系，他们的财务状况，然后他们试图去享受美好的生活。

I think the majority of our graduates get to the point where the world turns out to be a good world, where they straighten out their relationships, their finances, and then they try to enjoy that good life.

你们不能停下来，就像迈克一样，好吗？

You can't stop as Michael, okay?

迈克尔所做的就是他停下来了，

What Michael did was he stopped,

他在高处时什么都有了，他说：“哦，我有答案了，只要一直持续释放。”还记得你跟我说过吗？

and he was up having all that, he said: "Oh, I got the answers just keep

releasing all the time.” Remember you told me that?

但是你停下了，

But you stopped,

如果你继续，你会到一个很高的状态，你会到达可以立即在心里层面创造的地方，

and you continued, you were at a high point, you got to the place where you would have created mentally instantly,

但是你停下来了。

but you stopped.

不，这给你上了一课。

No, that give yourself that lesson of it.

快乐不在于我所创造的物质，而在于我创造的能力。

It's not the materiality that I created, it's in my ability to create that the happiness is.

他在创造这方面做得非常漂亮，我记得我刚认识迈克尔的时候，他连一杯咖啡都买不起，

He did a beautiful job on creating I remember, am I right when I say when I met Michael, he could hardly buy a cup of coffee,

好吧，他很长一段时间都是消极的，然后突然他开始列目标。

well, it was negative quite a while and all of a sudden he set out goals.

我还记得其中一个大目标是要在百老汇演个重要的角色，他拿到了，并且做得很好；期间他写了一个目标，拿到一部电影中的重要角色，后来有个剧组来纽约拍摄，迈克尔演了一个不错的角色；接下来下一个目标我记得是赚到6位数的钱，然后他轻松漂亮地做到了；然后他追求极致，在汉普斯顿的大房子、跑车和其他东西。

I remember right, one of the big ones was to get an important part on Broadway, and he got it; And was very good in it, during which he wrote a goal to get it an important part in a movie, so they brought cruising into New York and Michael was given a good part in that; And then I think the next goal was to make six figures, and he made it nice and easily; And then he went the extreme, house in the Hamptons and sports car and everything else.

他有了答案——持续释放。

And he had the answer is that make it constant.

之后我说：“你有没有想过加入我们？”问他说：“迈克尔，你不觉得你现在

应该去帮助别人吗？这样你才能走得更远。”

After which I said: “Ever think of joining us?” That's just saying: “Michael, don't you think you ought to get with helping others now? So you can move further.”

他说：“不。”

And he said: “No.”

然后他卡住了。

And he gets stuck.

他拥有自己所创造的那个物质游乐园。

And he had that material wonderland that he created.

然而你不能静止不动，你不是在上升，就是在下降，

And you can't stand still, you're not going up, you'll be going down,

没有静止不动，你不是在向上移动，就是在向下移动。

no standing still, you're not moving upwards, you're going downwards.

这就是迈克尔必须亲自去面对的教训。

That was the lesson Michael had to meet himself.

你不能停下来，

You can't stop,

持续释放。

keep releasing.

如果你继续的话，迈克尔，你现在已经自由了。

As you continue to, Michael, you'd have been free by now.

我的意思是，有能力物质化和反物质化这个身体，通过毫不费力的念头立即创造任何事物。

And by that I mean the ability to dematerialize that body and re-materialize it to create anything instantly by effortless thought.

你需要这些标准来衡量自己。

You need these yardsticks to judge yourself by.

波澜不惊是没有什么任何事物能够打扰到你的状态，我的意思是，即便是死亡，当拥有波澜不惊的时候，哪怕正在面临死亡也不会打扰到你。

Imperturbability where nothing can anymore disturb you, I mean even death, facing death is doesn't disturb you when I own them.

莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2

注：此部分根据 b 站 up 主（go-free 无限）上传的“莱斯特视频 3-庆祝莱斯特 100 周年纪念日 1、2”制作，建议对照原视频更容易理解。

很高兴见到大家，

Nice to see you all,

灵魂深处，你就是我。

and soul to soul you are me.

如果没有完全自由的话，我希望 1986 年是个几乎完全自由的年份。

I hope 1986 is the year of almost total freedom if not total freedom.

当你达到完全自由的境界后，所有的这些挣扎都会百分之百地离开，

When you get to that place a total freedom, all these struggles is 100% gone,

你没必要为了谋生而工作；

you don't have to work for a living;

你甚至没必要吃东西，但是你会去吃；

You don't even have to eat, but you will;

你没必要呼吸，但是你会呼吸。

You don't have to breathe, but you will.

你只需安坐一旁，处于那种终极状态之中，你只是看着世界在你眼前路过，知道那个唯一、绝对的真理，它是永不改变的、它是永恒的。

You just sit back and in that greatest of all states, you just watch the world go by, knowing the one and only absolute Truth, that which is ever changedless, that which is forever.

其实它就是你当下所拥有的存在状态，但你却把目光从它身上移开了。

And it is simply your Beingness which you have right now, but are looking away from.

这不是很简单吗？

Isn't that simple?

你就是你正在寻找的“你就是那”。

THOU ART THAT which thou are seeking.

到那时，你们也听我说过你们没得选，

By that point, you have heard me say you have no choice,

你是完整的，你是圆满的，你是无限的，你是全能的，你是全知的，你是全在的，再一次强调，在这点上，你没得选。

you are whole, you are complete, you are infinite, you are omnipotent, you are omniscient and you are omnipresent, and again, on that point you have no choice.

但是你确实可以选择不看它，一天 24 小时、一年 365 天，并且只要你想、你希望、你渴望、你愿意，无论多少年不看它都可以。

But you do have a choice to look away from it, 24 hours a day, 365 days a year and as many years thereafter as you want, wish, desire, prefer.

你不需要做任何事去成为这个完美的你所是的存在。

There's nothing you have to do to be this terrific being that you are.

你必须放下成为你所不是的，仅仅只是让魔鬼——AGFLAG 上来，然后只是允许它离开。

You do have to let go of being otherwise, which is simply getting up the devil AGFLAP and just allowing it out.

当你这样做的时候，你的心智就会安静下来，

And when you do that, your mind goes quiet,

然后你就会不由自主地一直认同你的存在。

and you just cannot help but identify with your Beingness all the time.

只要你还有 AGFLAG 和 CAP，心智就会无意识地一天 24 小时都活跃地保持防卫状态——只为了让你活下来。

So long as you have any AGFLAP and CAP, the mind unconsciously is active 24 hours a day on guard in order that you might survive.

当然，当你释放掉它们，一个天大的玩笑是：你没得选，你是永恒的。

Of course, when you let go of it, the big joke is you have no choice, you are eternal.

然后你看这整件事就是一个超级玩笑，这是你给你自己开的玩笑。

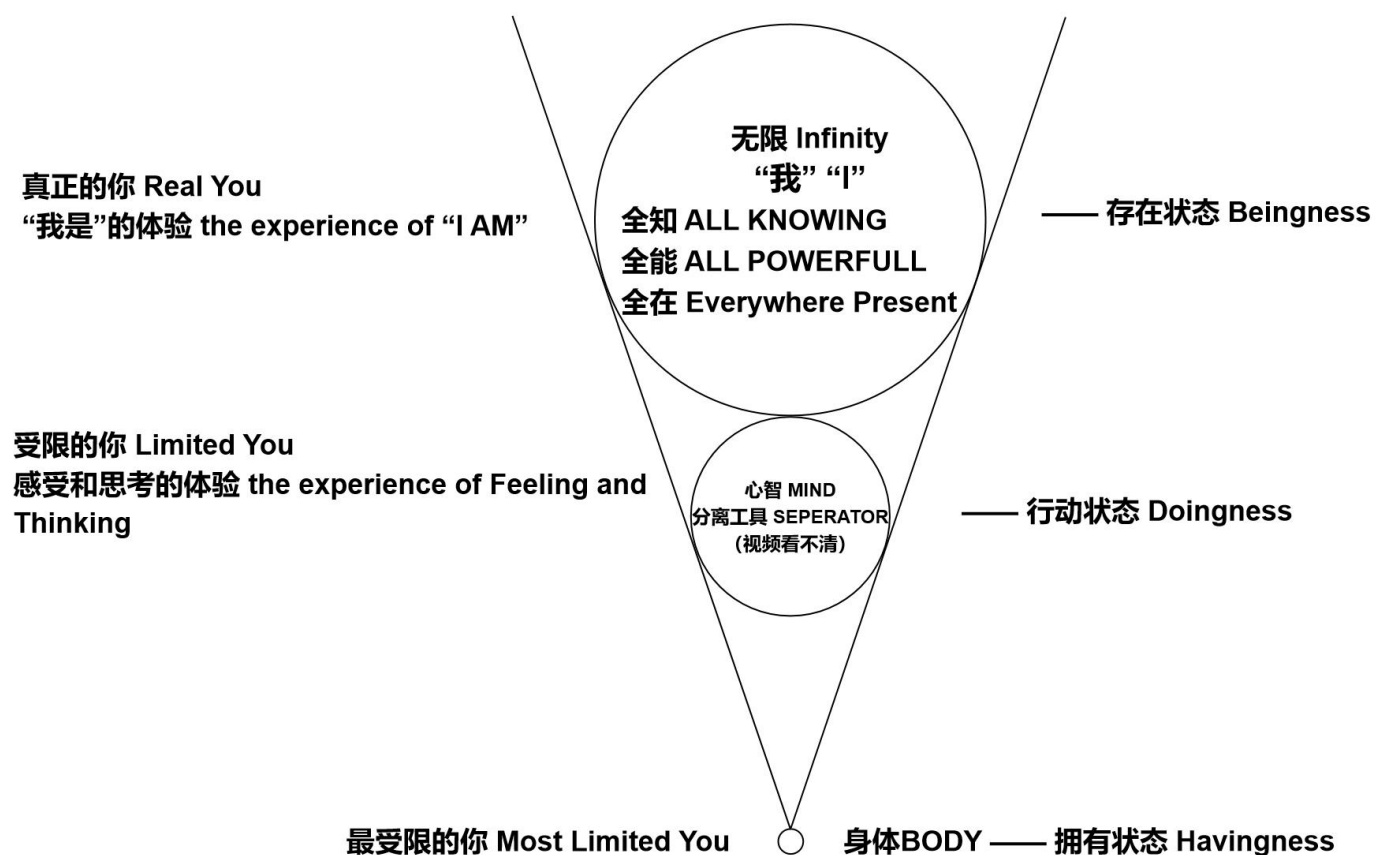
And you see that this whole thing is just one grand joke that you played upon yourself.

我，这个无限存在，构建了我的心智，心智构建了身体，这让我忘记了是自己做了这件事，然后我觉得自己是心智、身体和心智所创造的一切的受害者。

I, the infinite Beingness set up my mind, which set up the body, which cause me to forget that I did it and then I think I am victim of the body, the mind and everything the mind is creating.

我这里有个图表（如下图），我知道你们有些人可能之前看到过，

I've got a chart here, which I know some of you have seen before,



但是，在你能保持在这里（指自由的状态）之前，它值得一遍又一遍地重复，直到所有的这些知识都是你的知识。

but until you can just remain up here, it bears repeating again and again until all this knowledge is your knowledge.

我刚才所说的这个美好伟大的存在是真实的你，

This wonderful great thing I was just talking of is the real You,

它是“我是”的体验。

it's simply the experience of I am.

如果我对你说：“是你吗？”你说：“是的。”我说：“那就是它。”

If I say to you: "Are you?" You say: "Yes." I say: "That's It, for the capital I."

不要再做其他事了，仅仅成为“那”，仅仅成为你的“存在”。

Don't do anything else, just be That, just be your Beingness.

但是你不会那样做，因为你被一个叫“心智”的电脑程序化了，所有的这些程序都是感受——它们驱动你所有的想法，它们是人为的、不自然的，它们不应该在那里。

But you don't do it, because you have programmed in to the computer called mind, all these programs that are feelings that motivate all your thinking, that are artificial, unnatural and should not be there.

你在生活中为之挣扎的一切，所有这些幸福，就在“我是”所在的地方。

Everything you're struggling for in life, all this happiness is right here where I am.

你拥有的每一盎司快乐都是当你放下一个欲望时，这样足以让心智安静下

来，于是你就可以只是存在，那就是你所感受到的快乐。

Every ounce of joy you have is when you let go of a desire enough so that the mind goes quiet, so you can just be and that's the happiness you're feeling.

不是因为那个人帮你满足了你的欲望，所以你的心智变得安静了，

It's not the person who help you fulfill the desire, so your mind could go quiet,

而是心智安静下来了，这就是快乐。

it's the quieting of the mind, that's the happiness.

让你快乐的不是那个事物，

It's not the thing,

你创造了一个匮乏，然后你消除了这个匮乏，

that you created a lack of and then undid the lack,

你的心智安静下来，关于那个事物，你感到非常开心，

your mind went quiet and you felt very happy about it,

不是因为那个事物，而是你让你的心智安静了下来，

it was not the thing, it was you quieting your mind,

这样你就能只是认同你的存在。

so that you could just identify with your Beingness.

这不是很简单吗？

Isn't that simple?

问题是：你们为什么不都这么做呢？

Question, why don't you all do it?

想要我回答吗？

Want me to answer it?

学生：愚蠢、愚蠢、愚蠢、愚蠢、愚蠢。

Student: Stupid, stupid, stupid, stupid, stupid.

莱斯特：比这个更甚。

Lester: More than that.

你只是抓住所有的限制不放，

You're just holding on to all all the limitation,

你在说：“我是这个身体、我是这个心智，我是它所创造的一切的受害者。”

you're saying: "I'm this body, I am this mind and I am a victim of everything it has created."

你只是紧抓着它不放，

You're just holding on to that,

如果你能完全释放它，你就自由了。

if you could just totally let go of it, you'd be free.

从理论上讲，瞬间获得自由是可能的，

Theoretically it's possible to go free in an instant,

我不知道有没有人这么做过。

I don't know if anyone who's done it.

但如果你愿意，你可以在几个月内完成，

But you could do it in a matter of months if you would,

《六步骤》在几个月内会带你走完全程，

<the Six Steps> in a matter of months will take you all the way,

最重要的一步是第一步，

the most important step is the first,

你必须想要自由超过想要世界上的任何其他事物。

you've got to want freedom more than you want anything else in the world.

想要自由 WANTS FREEDOM

这个世界是完全不自由的，

The world is totally non-freedom,

有人把它形容为夹竹桃花，美丽却每一寸都有毒，

someone described it like an oleandra flower, beautiful but every bit poisonous,

你试图从这个世界上拿到的每一分快乐，都会让你受伤，

every ounce of pleasure or joy you try to take from this world, you get

hurt with,

而你却一次又一次地这样做.....

and you do it again and again and again...

所以，不要再到它所不在的地方寻找了，

So, stop looking for it where it isn't,

发现你的快乐是什么——当你的心智安静下来，你就只是存在。

discover what your joy is, when your mind goes quiet and you're just being.

从这点开始，从你的存在开始，你可以用你的意愿把剩下的感受全部拉出来。

And from that point, from your beingness point, you could will out all the rest of it.

当你说“我”的时候，宇宙中所有的力量都在你的中心，但你却给它添加了其他东西。

All the power there is in the universe is right at your center when you say I, but you add to it aye aye.

但是当你说“我”的时候，那儿就有宇宙中所有的力量，这种力量足以把所

有剩下的程序感受都扔出去。

But when you say I, right there is all the power in the universe, which is enough power to throw out the totality of remaining programming feelings.

我想对你说的是——一种叫做“意愿力量”的东西是可以使用的。

What I'm saying to you is a thing called will power can be used.

意愿力量就是只使用这个无限力量，它一直是你的，只是使用它。

And will power is just using this unlimited power, that's yours all the time, it's just using it.

正如你很可能已经发现的那样，你释放得越多，你就能释放越多，你就越能往下深入并拉出更沉重的垃圾；

And as you have most likely discovered, the more you release, the more you can release, the deeper you can go and pull up heavier garbage;

你释放得越多，你就越能接受你可以使用这种意愿力量。

The more you release, the more you accept that you can use this will power.

但是通过你的辨别力，你可以投入这种意愿力去获得自由，这强大到足以倾

倒一切垃圾，

But through your discrimination, you could put in this will to go free,
strong enough to dump the whole thing,

如果不是马上，一个月左右，我建议你这样做。

if not instantly, in a month or so, I recommend it.

无限的你，存在 INFINITE YOU, BEINGNESS

所以，这里就是无限的你，无所不知的、无所不能的、无处不在的，

So, here is the infinite you, all-knowing, all-powerful and everywhere
present,

这就是你的存在，

and it's your beingness,

这是“我是”的体验，

and it's the experience I am,

就是这样。

that's all it is.

但你所做的是你构建了一个有限的心智，

But what you do is you set up a mind which has limitation,

而心智是分离器，它把你从宇宙的“一”中分离出来，

and the mind is the separator and does all your separating from the Oneness of the universe,

为了做到这一点，它构建了一个身体、所有的物质以及所有其他的东西。

and in order to do that, it sets up a body and all matter and all other things.

所以，你本是无限的你，但在你思考的那一刻，每个想法都有限制性，在你思考的那一刻，你在限制你自己，你思考得越多，你就越限制自己。

So, you take the unlimited you, the moment you think, every thought has limitation, the moment you think you are limiting yourself, the more you think, the more you are limiting yourself.

总有一天，你会释放你的整个心智，包括所有的记忆，

Someday you release the totality of your mind, which includes all the memory,

记忆只是为了生存而保持守卫，

the memory is just on guardness in order to survive,

你释放掉这些。

and you let that go.

从那时起，你只从你的“全知状态”中交谈，这被称为“直觉”，

And from there on you talk from your Knowingness only, it's called intuition,

你可以和任何人谈论任何话题，帮助他或她在自己的领域取得进步，

and you can talk to anyone on anyone subject and help that one advance in his or her subject,

当你体验到这一点的时候，你听到自己在说一些事情，你对自己说：“哇！这太棒了！”

and when you experience it, you hear yourself saying things and you say to yourself: “Wow! that's terrific!”

(学生笑)

当你听到它从你的内在出现的时候，你可能已经体验到了其中的一些。

You listen to it as it's coming out of you, you'll probably experience

some of this already.

但在全知中不需要记忆，

But there's no memory needed in omniscience,

在全知中不需要思考，

there's no need to think in all knowingness,

如果你愿意，你唯一能做的就是把它说出来。

the only thing you can do is voice it if you so choose.

这个三角形是一种灵性象征，它们通常代表着上帝下降成为人类，

This triangle is a spiritual symbol, they usually represented as god descending down into man,

然后更有灵性的人会将它反转过来，这样就变成了人上升为上帝。

and then the more spiritual ones reverse it, this way and then its man ascending into God.

这两个三角形（一正一反）组成了一颗六角星，这是一种灵性的、形而上的象征。

And the two of them make up the star, six sided star which is a spiritual, metaphysical symbol.

自由状态 FREE STATE

现在，在一个自由的状态里，你的心智变得安静，除非必要，你不会有任何念头，

Now, in a free state, your mind goes quiet, you have no thoughts unless necessary,

你把它们灌输进你的心智，并通过你的心智传达给别人。

you feed them into your mind and through your mind to others.

但是，当什么都没有发生的时候，你就没有念头，

But when nothing's going on, you have no thoughts,

你花时间只是存在，

you spend your time being,

这是最美好的事。

and it's the nicest thing there is.

这就是对你来说，当你释放并到高处时感觉如此美好的状态。

And that's what feels so good to you when you release and go high.

往高处走只是存在，就是这样。

Going high is just Beingness, that's all it is.

没有念头、没有感受，

And there is no thoughts, no feelings,

所有的知识对你来说都是完全可用的，

all knowledge is totally available to you,

你的心智是完全安静的。

and your mind is totally quiet.

但是，尽管我们有时我们去到那里了，但我们认为这还不够好，

But as much as we get this at times, we don't think it's great enough,

我们紧抓这个受限的状态，

we hold on to this limited state,

因为它对我们来说太熟悉了，

because it's so familiar to us,

我们的垃圾闻起来很香，我们已经习惯了，

our garbage smells good to us, we're used to it,

我们不想释放它，

and we don't want to let go of it,

它很熟悉，感觉就像家一样，

it's familiar, it feels like home,

所以我们抓着这个带有很多很多想法和感受的受限状态。

and so we hold on to this limited state with many many thoughts and feelings.

我们所知道的一切都是如此有限，

And everything we know is so limited,

我们无法得到关于任何事物的答案，

we can't get the answer to anything,

你学习的每一门科学，

you take every science there is,

它一直在变化，

it's changing all the time,

我们无法得到一个单一的、一直不变的答案。

we can't get one single answer that remains.

不管哪门科学，它一直在不断变化，

Whatever the science is, it keeps changing all the time,

你知道哪门科学是不变的吗？

you know of any science that does not change?

人类自身的科学，你说得对。

The science of man himself, you're right.

只要明白你只是存在，

Just understanding that you are Beingness only,

当你认同了这点时，就不会再有改变了。

and when you identify with that, there's no more change.

当你看着世界的时候，它只是远处的一部电影，一块屏幕，屏幕永远不会改变，但你能看到屏幕上那些闪烁的幻影，

When you look at the world, it's just a distant movie out there, a screen and the screen never changes, but you see those glittering shadows on that screen,

但你知道，外面那里的只是屏幕，

but you know, it's the screen that is out there,

它永不改变，

and it never changes,

这就是这个世界所发生的。

and that's what happens to this world.

你是这样看待世界的：

You see the world that way:

你所看到的这块宇宙屏幕，所有的这些画面都是从我们的心智中投射出来的，

You see this screen of the cosmos on which all these pictures are projected from our minds,

但你知道，它只是个充满了这些闪烁和图像的外部空间而已。

but you know, it's just space out there with all these flickerings and digrams.

因此，在这种有限的认知下，我们的心智非常活跃，

So, with this limited knowing, our mind is very active,

我们有快乐的时刻，但背后总是不满、悲伤和痛苦。

and we have moments of pleasure with a constant background of discontent, sorrow and misery.

那些快乐的时刻是当你满足了你的欲望，心智安静下来了，

Those moments of pleasure are when you satisfy the desire, and the mind goes quiet,

其余所有时候，你都有一种沉重感，内心真的一直都很沉重。

all the rest of the time you got this heavy, real heaviness within all the time.

每个人都有这种沉重的感受，无论他们在世界上多么成功，他们都感受到了这种沉重感，并正在寻求摆脱它的方法。

Everyone has it no matter how successful they are in the world, they feel this heaviness and are seeking a way out of it.

当然，在我们到达顶端之前，我们永远不会放手。

Of course, we never ever let go until we get to the top.

但来到这条道路上，你会得到持续的、没有悲伤的快乐，一直会有一种彻底且永恒的满足感。

But to come this way, you get the ultimate joy constant with no sorrow, with a sense of total fulfillment all the time and permanent satisfaction.

不要以为永恒的满足感是一种无聊的状态，

And don't think permanent satisfaction is a dull state,

恰恰相反，

it's just the opposite,

它是最美妙、最令人满足的状态，是一种完全的合一，

the greatest, most fulfilling state there is, a total association,

这是一个美丽的歇息地，

it's a beautiful resting place,

但这并不是变成一具行尸走肉，

but it is not being a zombie,

也不是丧失了所有的野心，

it is not losing all ambition,

恰恰相反，是成为一切，

it's just the opposite, of becoming the All,

当你是一切的时候，你就不必每天为之奋斗了。

and when you are the all, you don't have to scratch for it every day.

最终，你只会改变你的认同和视角，

And in the end, you change only in identity and point of view,

只有在那之后，你才会认同你的存在。

you identify with your Beingness only after that.

你对世界的视角就像我之前所描述的那样，它是一个动态画面，投射在了一个叫做“宇宙”的恒定屏幕上，

And your point of view of the world is as I describe before, a moving picture projected way out there on a constant screen called cosmos,

而且你会意识到屏幕永远不会改变，

and you're aware that the screen never changes,

那些闪烁的东西只是光和影，就像电影里的一样，在那个永恒的屏幕上，屏幕是真实的，而光和影不是。

that the flickerings are just light and shadow, like in a movie on that permanent screen which is the real thing, not the light and shadow.

你选择经历的一生，也许是做你以前做过的事，也许投身于一个帮助他人的领域，也许只是坐在那里完成这个物理身体的生命历程。

And you choose to go through life, maybe doing what you did before, maybe going into a field of helping others and maybe of just sitting out the duration of the physical body.

即使你只是在坐在那里完成这个物理身体的生命历程，如果你坐在海角或山顶上，你都在向其他人完全地投射他们无限的存在，并且在无意识地支持着他们，支持他们去获得自由。

And even if you're just sitting out the duration of the physical body, if you're sitting in a cape or on a mountain top, you are fully projecting to everyone else their infinite Beingness and unconsciously supporting them and they're going free.

所以，即使是那些获得自由、但在生活中不活跃的人，也确实是在提供帮助，

So, even those who go free and don't become active in life are really helping,

事实上，他们帮了大忙。

in fact, they're helping so much.

如果不是因为这些极少数被称作“大师”的人，这个地球会分崩离析。

If it weren't for these few so-called masters, this earth would fly apart.

为什么？

Why?

我们 99%的意识是如此的.....它真的是有破坏性的，

The consciousness of 99 percent of us is such... It's really destructive,

每一盎司的 AGFLAP 都是具有破坏性的，

every ounce of AGFLAP is destructive,

我们的 AGFLAP 会断开这个世界上所有原子的链接，导致一切分崩离析。

our AGFLAP would disconnect all the atoms of this world and would fly apart.

只有少数自由的人才能保持一切的完美，将这个世界的原子凝聚在一起。

It's only a few free Ones who are holding the perfection of everything that hold the atoms together in this world.

但是随着我们不断向上移动，就像这个世界正发展的那样，我们进入愤怒的状态，这正是当前世界所发生的。

But as we move up the scale, as the world is doing, as we move into anger, and this is what's happening in the world.

我们开始表达我们的愤怒，这就是你所看到的，

We begin to express the anger and that's what you're seeing,

如果我们能跨越愤怒，并进入自尊自傲，我们就不会经历破坏一切的这个阶

段了。

if we could just step over the anger and get into pride, we wouldn't go through this stage of disrupting everything.

我告诉你将会发生什么，因为你不必经历那些在别人看来具有破坏性的事情。

I tell you what's going to happen, because you do not need to go through what others will see as destructiveness.

我们清理过往，穿过我们的愤怒等情绪，我们推倒所有的支柱，从而获得进驻内在并向上移动的动力。

We clean up the old, through our anger and so forth, we knock out all the props and thereby get the incentive to go within and move up.

所以接下来会发生的是一种美妙且向上的进化。

So, what's coming about is a beautiful evolution upward.

如果到那时你还没有获得自由，你就会让自己获得自由，

If you don't go free by then, you're going to make yourself go free,

因为，你，就像发生在我身上的事一样，你被枪顶着脑袋，

because you like happened to me, you have a gun against your head,

不想被毁灭的渴望足以激励你走完全程，

and the wanting not to be destroyed is incentive enough to make you go all the way,

这样你就能超越物质的束缚，不仅能在炭火上行走，哪怕是滚烫的炭火，还能在水面上行走、在空中行走，如果需要的话，甚至能在物质中穿梭。

so that you can transcend matter, not only walk on coal, hot coals, but walk also on water and walk on air and walk through matter should you need it.

通过让一切变得不安全、没有安全感，你将学会如何释放它，

By everything being made unsecure, insecure, you'll learn how to release on it,

然后你就能掌控它，

so you master over it,

如果你释放所有关于它的“不可能”，释放 AGFLAP，你可以穿过火，你可以踏过水，你可以在水下行走，

you can walk through fire, you can walk through water, you can walk underwater if you release all the cannots on it, release the AGFLAP,

所以这是一件即将发生的美好的事情。

so this is a wonderful thing that's about to happen.

记住，要利用它来超越它。

Remember to use it to transcend it.

这类事情正在逐渐显现，比如在火上行走诸如此类的事情，你在电视上也能看到。那些瑜伽修行者，我见过一个瑜伽士，让大象站在他的胸口上，要知道，人的肋骨根本承受不住大象的重量；我还见过他们躺在钉床上，有人坐在他们身上。有一次，我看到他们让一个印度人躺在钉床上，一大块非常重的混凝土压在他身上，另一个人拿着大锤直接砸向混凝土，等他站起来的时候，他身上没有任何钉子或尖刺留下的伤痕。这类事情开始出现了。

It's coming out and bits fire walking and things like that and you see on TV, these yogis, I saw one with an elephant standing on his chest, now the ribs can't take the weight of an elephant; I saw them on nails and somebody sitting on top; I once saw them put a man, he was an Indian from India, on a bed of nails, a big heavy chunk of concrete on top of him, and another man with a sledgehammer broke the concrete right on him, when he got up, he had no marks from the nails, from the spikes, these things are beginning to come in.

因为我们需要在不久的将来超越它们，在本世纪末，也就是 14 年后，

Because we will need to transcend them in the not too distant future, in the by the end of the century which is only which is 14 years,

一切旧有的东西都将被彻底清除，

the whole thing will be cleaned out all the old,

我们将开始一种新的生活方式，我们把对方看作自己，我们都是“一”，

and we will start the new way of life where we all look at each other with you are me, we are all One,

这将是一种美丽和谐的生活方式，

it will be a beautiful harmonious way of life,

与现在的生活方式相比，它将是天堂。

it will be heavenly compared to the way it is now.

但一旦你到了那里，你仍然没回到家，所以仍会有一些事情困扰着你，但不会像现在这样。

But once you get there, you're still not home, so there will be things bothering you, but not nearly like they are now.

我们一直处于一个持续遭受打击的状态，当然，这只是我们的想法。

We're in a constant state of being battered all the time, it's only our thoughts of course.

当我们到达那里，我们会停止攻击自然、破坏自然之类的行为，

When we get there, we stop attacking nature, destroying it and so forth,

我们与它和谐相处，

we get in tune with it,

一切都来得很轻松。

and everything comes our way with ease.

我们充分意识到我们的“存在”部分，即世界上大多数人称之为我们的上帝的那部分，

We are fully aware of the Beingness part of us, which most of the world called the God part of us,

我们有意识地朝那个方向前进，但比你现在走得要慢得多，

and we move in that direction consciously, but far more slowly than you're moving now,

因为你身后有火，你必须走得更快，

because there's a fire behind you, you're going to move much faster,

这就是我们现在所面临的，我们身后有一团火在驱动着我们。

and that's what we have behind us now, there is a fire behind us, driving us.

所以，好好利用这个世界的沉重吧，

So, take advantage of the heaviness of this world,

释放它，

release it,

直到没有任何沉重。

until there is no heaviness.

现在，当你释放时，你会发现这个世界上再也没有了沉重，

Now, when you release, you will see no heaviness in this world,

你只会一直看到美妙的和谐。

you will see nothing but beautiful harmony all the time.

表面上看似糟糕的一切，其实恰恰是促使那个人朝着正确方向迈进所必需做的事。

Everything that formally looked bad was just the right thing that was needed to do something to that person to make the move in the right direction.

所以即使这个世界看起来很沉重，

So, even as heavy as this world looks,

当你释放了，对你来说它看起来会很和谐，

when you are released, it looks harmonious to you,

确实如此。

and it really is.

但在下一阶段，它将对每个人而言都是和谐的。

But in the next phase, it will be harmonious to every one of us.

选择向上移动 CHOOSE TO MOVE UP

现在，如果我们选择向上移动并进入更好的世界，我们可能需要数亿年的时间才能到达这里（行动状态），上升到这里（终极状态），

Now, if we choose to move up and get into nicer worlds, it could take hundreds and hundreds of millions of years for us to only get here, to move up to here,

你上得越高，就越没有推动你超越自己限制的动力。

the higher you go, the less the incentive seems to impel you to move out of your boundaries.

当你看到这里（行动状态），感觉很好，

When you look here, it feels good,

因为无论你想什么，都会发生，

because whatever you think, happens,

但它仍然是限制，它永远不会满足。

but still it's limitation, it'll never satisfy.

你一生中大部分时间都在寻找“上帝”、“一切”、“一”，无论你称那个终极状态是什么，我们称之为“自由”，

You spend your life mostly seeking God, the All, the One, whatever you call the ultimate, we call it freedom,

你可以在这里（行动状态）度过漫长的岁月，

and you can spend eons here,

但这是一种更容易、更好的生活方式，你的痛苦要少得多，

but it's a much easier, nicer way of living, you suffer far less,

但当痛苦来临，你的感受会很强烈，

but when you do, it's very intense,

但你不会一直待在里面，

but you don't stay in it,

你可以轻松地走出它，把它推下去，

you can easily step out of it, push it down,

但它总是会促使你向上到达这里（存在状态）。

but it will always prod you toward going up to here.

全在 OMNIPRESENCE

所以从你的全在，你可以看你的身体就像你现在看所有其他的身体一样，

So, from your omnipresence, you can see your body like you see, like

you now see all other bodies,

你的身体对你来说变得客观，而你现在非常受制于这个身体，

your body becomes objective to you, whereas now you're very subject to the body,

所以，你会把你的身体看成是外面的一个木偶，就像其他人的身体一样，
so you'll see your body as one of the puppets out there, like everyone else's body,

但你不会离开这个身体，

but you don't go out of the body,

你切断了作为一个身体的限制，你认识到了你的全在，

you cut the limitations of being a body and you recognize your omnipresence,

现在，在这个宇宙中，你无处不在，

right now you are everywhere present in this universe,

你别无选择，除非你不去看它——这就是你现在所做的。

you got no choice, and on except to look away from it and that's what you're doing.

所以当你进入全在，你可以坐在这里看到整个圣多纳，你也可以同时看到凤凰城，同时看到通往纽约的每个城市，看到每一个地方发生的每一件事，

So, when you move into omnipresent, you could sit here and see the whole town of Sedona, you could also at the same time see Phoenix and at the same time see every city all the way to New York, and see everything that's going on everywhere,

因为你的全在是在每一个点上。

because your omnipresence is at every point.

我推荐过你们中的一些人读《一个瑜伽行者的自传》，

I have recommended that some of you who read <the Autobiography of a Yogi>,

因为祂谈到了这些事情，尤迦南达体验了这些经历，并谈到了这些，

because He talks about these things, Yogananda went through these experiences and talks about them,

按照祂所描述的，当你放手时，你的中心无处不在，没有边界。

the way he described it, when you let go, your center everywhere, circumference nowhere.

因此，如果你的中心无处不在，你可以同时看到一切，而不是局限于这里的渠道（莱斯特示意眼睛）。

So, if you're centered everywhere, you see everything at the same time, you're not centered right through tubes here.

除了我们强加给自己的限制外，我们没有任何限制。

There are no limitations except those that we impose on ourselves.

如果你想知道它是什么样子，释放所有的限制，你就会看到。

If you want to know what it's like, let go of all limitations, you'll see.

Agflap 是破坏性的 AGFLAP IS DESTRUCTIV

AGFLAP 完全是破坏性的，

AGFLAP is all destructive,

每一个 AGFLAP 都是具有破坏性的。

Well every bit of AGFLAP is destructive.

我们为什么不到处揍每个人呢？

And why don't we go around punching everybody?

因为我们会被摧毁。

We'll get destroyed

所以我们在压抑自己的破坏性，

So, we suppress our destructiveness,

世界上的大多数人、95%的人都在万念俱灰、悲苦和恐惧中度过；

the majority of the world rides in apathy, grief and fear, 95% of the world;

5%的人上升到了贪求、上升到了无畏，这 5%的人统治和管理着世界；

5% gets up into lust, up into courageousness, that's the 5% that rules and runs the world;

极小极小一部分的 1%的人会上升到平和。

A tiny tiny fraction of 1% will get up into peace.

所以，如果你问为什么，那是因为我们已经被所有的这些垃圾淹没了，

So, if you say why, it's because we have overwhelmed ourselves with all this garbage,

这个世界是一个独特的地方，因为相比于大多数其他世界，我们有更多的垃圾，

this world is a unique place in that we have more garbage than most other worlds,

但这很好，

but that's good,

不然你也不会来这里寻求出路。

you wouldn't be here otherwise looking for the way out.

身体和心智 THE BODY & MIND

你的注意力一天 24 小时都在那个身体上，

Your attention is 24 hours a day on that body,

它是 AGFLAP，

it's AGFLAP,

每一个感受都是一种为了生存的感受，
every feeling is a pro-survival feeling,

你看到这一点了吗？

have you seen that?

学生：更多，更多……

Student: More, more than ...

莱斯特：一天 24 小时，你都在为了生存而处于守卫状态，

Lester: 24 hours a day, you're on guard in order to survive,

当你想要生存时，你的心智永远都不会安静下来，

your mind is never ever quiet when you're trying to survive,

一直都是生死攸关。

life or death all the time.

但我们不去看它，我们将它称为“无意识”或“潜意识”，

But we don't look at it, we call it unconscious or subconscious,

但每一个感受都是为了生存。

but every feeling is pro-surviving.

当你向上移动时，你会释放对这个身体的贪恋，维持身体生存的重要性也随之降低，你会更多地停留在一种心智状态中。

As you move up, you let go of attachment to this body, the importance of keeping the body surviving lets up and you dwell more in a mind state.

记住，你现在正处于所有这些状态中，你的大部分意识都集中在这个身体上。

Remember, you're in all those states right now, spending most of your awareness on the body.

对死亡的恐惧 THE FEAR OF DYING

真正的底线是对死亡的恐惧，

Really the bottom line is the fear of dying,

当这些感受出现时，释放它们，直到不再有任何对死亡的恐惧。

and when the feelings come up, release them, until there are no more.

不过，我提醒你，如果你被淹没了，释放认同和控制，直到你能够面对你对

死亡的恐惧。

I warn you though if you get overwhelmed, release on approval and control, until you're able to confront your fear of dying.

但如果你视觉化想象自己从悬崖上摔下来、在飞机上坠毁、走在一辆卡车前面、被火车撞到、头部被流星击中、哈雷彗星逼近，这对激起对死亡的恐惧是有帮助的，

But it is a help in bringing up the fear of dying if you visualize yourself falling off a cliff, crashing in an aeroplane, walking in front of a truck, getting hit by a train, in the head with a meteor, Halley's comets coming close,

我认为这两条建议，如果你能使用它的话，它将帮助你摆脱大量的垃圾。

I think those two things if you're able to use it, it'll help you get rid of big chunks of garbage.

关于业力 ON KARMA

如果你说这个业力，这有业力，

If you say this karma, there is karma,

正如我们所设定的，它是作用和反作用。

and as we set it up, it's action and reaction.

你无法解决它，因为解决业力就是为未来创造新的业力，你可以超越它。

You can't work it out, but working it out is creating karma for the future, you can get above it.

看到外面除了我的想法，什么都没有。

See that there's nothing but my mind out there.

释放它，你就超越了业力，你不是在解决它。

Let it go, you transcend karma, you don't work it out.

换句话说，业力决定了你的 AGFLAP。

Karma is taking the dictates of your AGFLAP in another way to speak of.

你的 AGFLAP 决定了你所有的想法，

Your AGFLAP dictates all your thinking,

你的想法决定了你的行为。

your thinking dictates all your actions.

学生：所以呢？

Student: So?

萊斯特：不，我不知道心理学家.....

Lester: No, I don't know (听不清) a psychologist...

家人与释放 FAMILY & RLEASING

你认同这是我的母亲、这是我的父亲、这是我的妹妹、这是我的兄弟，因此我对他们负有责任，他们对你也抱有同样的想法。

You agree to say this is my mother, this is my father, this is my sister and this is my brother, and I am obligated to them because of that, and they say the same thing with you.

当你获得自由的时候，你对你的家庭没有任何贪恋，就像你对其他人一样，没有任何贪恋。

When you get free, you have no attachments to your family, any more than you have to anyone else.

你会发现，你如此执着地惦记一个人，下次会让你与那个人相遇，这可以是爱，也可以是恨。

See a holding someone in the mind so intently will bring you to that someone next time around, it can be love and be hate.

我们只通过爱来联系。

We relate through love only.

我们把自己的心智投射出去，以自己的方式看这个世界，你以为其他人看到的和你一样，然而他们看待世界的方式与你不同。

We are projecting our minds out, seeing the world as we see it and no one else sees it the way you see it, you think they do.

但如果你想和他们在一起，是因为你理应和他们在一起，或者是因为妈妈要求你这样做，那这种关系不是相互的，

But if you want to be with them because you're supposed to be with them or because Mama is demanding it, that's not mutual,

妈妈也需要释放我们。

Mama needs to release us too.

鸟类知道这一点，它们把幼鸟推出巢外。

The birds know that, they push their young out of the nest.

学生：我们对兄弟姐妹们没有强烈的责任感吗？

Student: We don't have a strong responsibility to brothers and sisters?

莱斯特：对，就像你对其他人一样，

Lester: Right, any more than you have to anyone else,

你应该爱他们，

you should love them,

你只是纯粹地想让他们得到他们想要的，比如想象拥有 93 辆劳斯莱斯，那就享受他拥有这 93 辆劳斯莱斯吧。

you're purely want them to have what they want, or have illusions 93 Rolls Royces, enjoy his having 93 Rolls Royces.

学生：但是其中也有一些，呃.....谈到获得自由和进化.....

Student: But in that there's also some kind of um... Talk about going free and evolving in...

莱斯特：谈论，你说得很对。

Lester: Talk, you have the right word to talk about it.

学生：我想我的问题是关于辨别能力，就是分辨这世上哪些人发表的东西是值得听的。我知道你释放了，也能对这些内容进行分辨，但我也说不好，我甚至都不确定自己到底想问什么。

Student: I guess my question is about the discrimination of you know

who's putting stuff out here in the world, I mean that's worth listening to and I know that you release and you discriminate on it, but I don't know, I just not even sure what the question is.

莱斯特：这是个好问题，你在问我.....

Lester: It's a good question, you're asking me...

学生：我在问你，你怎么知道、你怎么知道谁有了好的灵性成果？

Student: I'm asking you how do you know, how do you know who's got the good stuff?

莱斯特：我知道你得到了好的灵性成果，不是拉杰·利基，你已经获得了。

Lester: I know you got it, not Raj Niche, you've got it.

他想剥削别人，你比拉杰·利基的境界更高，

He wants to exploit people, you're higher than Raj Niche,

你会做他所做的事吗？

would you do what he did what he did?

有人写了一本书，如果你在道路上遇到你的古鲁，杀了他，

Someone wrote a book, if you meet your guru on a path, kill him,

如果你想获得自由，你必须这么做。

if you want to go free, you got to do that.

如果你需要帮助和支持来帮助你保持残疾，那你就寻找一位古鲁、一位大师。

If you want help and support that helps you remain crippled, you look for a guru, a master.

你就是大师，

But you are the master,

我只是个诱饵。

I'm just a baiter.

(学生笑)

Ha ha ha...

(学生说的听不清)

莱斯特：好吧，我来回答你的问题，

All right, I'll answer your question,

你可以通过祂的平等心来识别出一个大师，你不再仰望祂们。

you can recognize a master by His equal mindedness, you stop looking up to them.

关于大师 ON MASTER

大师们和所有人都一样，

They're the same as anyone and everyone,

每个人都仅仅只是存在，

everyone turns out to be Beingness only,

祂们所拥有的贪恋和厌恶比普通人更少，

they have less attachments and aversions than the average person,

祂们所拥有的 AGFLAP 比普通人更少，

they have less AGFLAP than the average person,

学生：像耶稣那样的人？

Student: Someone like Jesus?

莱斯特：称得上掌控物质的大师，已经掌控了祂们的身体，

Lester: The called masters of mastered matter, have mastered their bodies,

无论祂们以何种方式，祂们都有意识地放下了祂们的身体，

they have consciously let go of their bodies in whatever manner they did it,

祂们这样做通常是为了帮助别人获得一些领悟。

they usually do it to help others get some understanding.

在睡眠中 IN SLEEP

你在你的精微体里，你在梦中使用的身体就是你的精微体，

You're in your subtle body, the body you use in dream is your subtle body,

这是你的心智，不是你物质的那部分，

it's your mind, not physical part of you,

不论你想什么都是在梦里。

whatever you think is in dream.

帮助自己和他人 HELPING YOU & OTHERS

你越是帮助自己，就越是无意识地帮助他人。

The more you help you, the more you help others unconsciously.

如果你爱他们，你就会让他们拥有他们所想要的。

If you love them, you'll let them have what they want.

学生：我有最后一个问题，莱斯特，我应该释放掉想要弄清楚这些吗？

Student: I have this last question, Lester, should I let go of one figure out what that was?

莱斯特：是的~

Lester: Yep~

(笑)

Ha ha ha...

如果没有改变的话，那就没有意义了，那种改变是要摆脱你的想法。

It don't mean a thing if it ain't got that swing that swing is up to get out

of your thoughts.

学生：好的，好的。

Student: Okay, alright.

莱斯特：我们想要超越思考领域，

Lester: We want to transcend the thinking realm,

你已经听我说了一遍又一遍，

you've heard me say again and again,

思考，每个想法都有我们强加给自己的限制，

thinking, every thought has limitation that we impose upon ourselves,

当你处于最高状态时，你不用思考，你就只是存在，

when you're in your highest stage, you're not thinking, you're just being,

你已经体验过了，

you've experienced it,

留在那里，

remain there,

或者释放 AGFLAP，这样你就可以保持在那里了。

or release the AGFLAP so that you can remain there.

在那之后，整个世界变得完全不费力，毫不费力。

After which the world becomes totally effortless, totally effortless.

所有的努力都源于心智，

All effort originates in the mind,

超越心智，就无需努力了。

beyond mind, it's effortless.

获得自由 GO FREE

当你下定决心，你就可以获得自由，这是基本哲学。

When you so determined, you can go free, basic philosophy.

但我决心要得到全部的美好。

But I resolved that I wanted the totality of the good.

如果你这样做了，你就释放了所有的束缚、所有的限制。

If you do that, you let go of all the band, all the limitations.

学生：你必须相信这一点。

Student: You have to believe that so.

莱斯特：不是相信它，是这么决定。

Lester: Not believe it, decide so.

意愿它，

will it,

意愿它就可以。

will it to be.

好的，每一个低谷对我来说都是上升的绝佳机会，

Okay, every down to me was a wonderful opportunity to go up,

你们这些人看到低谷，就陷在低谷里，

you people look at downs and you hang on to the downs,

但每一个低谷都是上升的绝佳机会。

but every down is a marvelous opportunity to go up.

我只了解我能做什么，而不是说什么，这一点也能帮助到你们。

I only know that which I can do, not say, it's another one that helped you.

我发现我们有多么自欺欺人，

And I discovered how much we kid ourselves,

如果我能做到，那么我就知道自己掌握它了。

if I could do it, then I knew I had it.

学生：请再说一遍。

Student: Just say that again please.

莱斯特：我只了解我能做的，而不是我所说的。

Lester: I only know that which I can do not that which I say.

但你是否意识到，每一次低谷都是向上的机会，这对你有用吗？

But do you realize what every down is an opportunity to go up, would

do for you?

如果你用这样的方式面对每一次低谷，你只会释放每一个低谷。

If you coast every down that way, you just release every down

学生：就像一个朋友一样。

Student: Like a friend.

(莱斯特点头)

莱斯特：最重要的是第一步——你必须想要它超过你想要世界上的任何事物，

Lester: And the first thing is step number one: You've got to want it more than you want anything else in the world,

我不会很快地把其他步骤都讲完。

I don't really take you through all the other steps very quickly.

每个人都拥有他或她想要的东西，

Everyone has exactly what he or she wants,

你喜欢自己所拥有的吗？

you like what you have?

如果你不喜欢，

If you don't,

释放它。

release it.

莱斯特利文森的私教课

**Private Lessons with
Lester Levenson**

01.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 1

早上好, 我们来谈谈关系, 在所有吻中, 最最甜蜜、最最亲密的吻是——“自由之吻”。

Good morning, talking about relationships, the sweetest, sweetest kiss of all kisses is the kiss of Freedom.

为了获得那个自由之吻, 你必须理解“吻”这个词——K-I-S-S。

And in order to get that kiss of Freedom, you must understand the word kiss, k-i-s-s.

保持简单, 亲爱的。

Keep it simple, sweetheart.

如果你能领会、抓住、吸收并理解“简单是理解终极的方式”这一点, 那将极大地加快你到达那里的速度。

And if you will latch on to, catch hold of, absorb, understand that simplicity is the way to understanding the ultimate, it will expedite your getting there tremendously.

保持简单, 亲爱的。

Keep it simple, sweetheart.

当你发现它时，它是如此简单，

It is so simple when you discover it,

只有到那时你才会知道它是所有简单中最简单的。

only then you know it's the simplest of all simples.

那就是你自己，你的内在“存在”，你的本质，你的“我是”，

Thyself, thy inner Beingness, your isness, your amness,

知晓了这一点，你除了会处于最高、最美妙的状态之外，还将知道一切。

knowing which, you will know everything besides being in the highest, most delectable state there is.

你在外部无意识追寻的一切，其实都是在寻找这种终极状态。

And everything you're seeking externally, unconsciously, is looking for this ultimate state.

你永远也不会停止追逐它（指终极状态），不断地撞向这个世界的墙，

And you'll never ever stop chasing it and banging yourself against the

wall of the world,

直到你发现了它（指终极状态），你才会停止撞向世界、转向内并发现你真正所是。

until you discover it by stopping banging yourself against the world,
going within and discovering exactly what it is that you are.

但是你必须保持简单，才能触及所有简单中最简单的——你自己的真我。

But you must keep it simple to get to the simplest of all simples, your
very own Self.

到达那个地方的方法是如此简单，

The way to that place is so simple,

所有你需要做的是安静心智。

all you need to do is quiet the mind.

它是你的心智，是你让它变得嘈杂，你可以让它安静下来。

It's your mind, you made it noisy, you can quiet it.

让心智完全安静下来，就是这么简单。

Get that mind totally quiet, and that's it.

这很难理解吗？

That hard to understand?

一个安静的心智能让你连接到你所是的那个全能、全知的存在。

A quiet mind puts you in touch with the all-powerful, all-knowing being that you are.

让心智安静下来就能做到。

Quieting the mind does it.

这里有谁不能理解我刚刚说的吗？

Is there anyone here who cannot understand that?

心智安静，仅此而已。

Mind quiet, that's it.

当你的心智安静时，你的真我对你来说是很明显的，

When your mind is quiet, you're self-obvious to your Self,

并且你能与宇宙中所有在你之内的力量相连接，

and you are in touch with all the power in the universe that's being within you,

你能与所有在你之内的知识相连接，

you are in touch with all the knowledge there is, which is within you,

它直接来自于你的存在，

it comes right from your Beingness,

这是你片刻都不肯让心智安静下来去看一看的。

which you will not quite your mind for one moment to see.

如果你愿意让你的心智安静片刻，你就会看到这一点，并在此后只追寻它。

If you would quiet your mind for just one moment, you would see this, and thereafter pursue only it.

所以聪明点，我们需要这个“KISS”理论来保持简单。

So to be smart, we need this KISS theory to keep it simple.

你们把它淹没在过度复杂中，这里那里地到它不在的地方到处跑。

You're drowning it out in over complications and running hither thither to everywhere where it isn't.

它在哪里？

And where is?

就你所在的地方。

Right where you are.

我们没有去到自由、没有达到终极的原因是——我们没有让心智安静下来。

The reason why we're not going free, we're not reaching the ultimate, is we're not quieting the mind.

千百年来，人们一直在告诉我们该怎么做，

And for hundreds and thousands of years, they've been telling us what to do,

他们告诉你让心智安静下来，

they tell you quiet the mind,

但他们却没有给我们操作的方法。

but they have not given us the how-to.

而方法是如此地简单。

Which is so simple.

现在为了你的生存，你的心智一天 24 小时都在活跃地防卫着，

Now your mind is active 24 hours a day on guard in order that you survive,

所有那些被称为万念俱灰、悲苦、恐惧、贪求、愤怒等等的程序，

all those programs called apathy, grief, fear, lust, anger, and so forth,

它们每一个都是生存程序。

every one of them is a survival program.

所以你一天 24 小时都在用成百上千的想法保持着防卫，

So you're constantly on guard 24 hours a day with hundreds of thoughts,

而你却愚蠢地把它们放到幕后，

which you have very foolishly relegated to the background,

你不审视它们，

and you don't look at them,

还说“它们是无意识的”。

and you say they're unconscious.

尽管你已经把它们堆在后面了，却不对它们负起责任。

Taking no responsibility for them, even though you've piled them up
back there,

你把它们锁进一个叫“无意识”的柜子里，否认对其负有责任。

you lock them into a closet called “the unconscious”, disclaiming
responsibility for.

对你潜意识心智中积累的所有 AGFLAP 负起责任，然后你就可以开始消除它了。

Take responsibility for all this accumulated AGFLAP in your
subconscious mind, then you can start doing away with it.

心智永远不会给你答案，而你却在通过心智去寻找答案。

The mind will never ever give you the answer, and you're looking for it

via the mind.

有个说法是，你在试图抓着一只鳄鱼过河，它永远不会带你过河的。

The expression is you're trying to cross the river by grabbing hold of an alligator, it'll never take it across the river.

你必须开始让心智安静下来，让心智安静下来就不再有念头。

You must start quieting that mind, and the thing that quiets the mind is no thoughts.

是什么驱动了所有的思考？

And what motivates all thinking?

感受。

Feelings.

所有表面的感受最终都会汇聚形成我们称之为 AGFLAP（分别是 “Apathy 万念俱灰, Grief 悲苦, Fear 恐惧, Lust 贪求, Anger 愤怒, Pride 自尊自傲” 的单词首字母）的更沉重的感受，

And all feelings superficial culminate into the heavier feelings that we call “AGFLAP”,

AGFLAP 来自于两个，被称作“想要被认同、想要控制”，这两个又来自于一个，称为“想要安全/想要生存”。

the AGFLAP culminates into two called “approval, control”, which culminate into one called “survival, security”.

02.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 2

当我们摆脱我们的想要被认同或者想要控制时，

When we rid ourselves of wanting approval or wanting control,

我们就摆脱了我们所有的 AGFLAP 和其他成百上千的感受，

we rid ourselves of all the AGFLAP and hundreds of other feelings.

它们从潜意识中消失，心智便安静了。

they're out of the subconscious, and the mind is quiet.

然后我们从我们的无限存在出发，凭直觉行事，

And then we are coming from our infinite Beingness, working intuitively,

简单地说：我们从我们的全知出发——这就是直觉。

which is simply saying “we're coming from our omniscience”, that's all

intuition is.

所有这些我们通过头脑获得的智性知识都源于无知，

All this intellectual knowledge that we work through our mind is coming through ignorance,

对“心智背后便是全知”这一事实的无知。

ignorance of the fact that just behind the mind is omniscience,

对“我们通过心智做的每件事都是有限的且会带来伤害”这一事实的无知，

ignorance of the fact that everything we do via the mind is limited and hurts.

每个想法都有一定程度的局限性，并且掩盖了我们所是的无限存在。

Every thought has a certain amount of limitation to it, and covers over the unlimited being that we are.

所以我们需要一个方法拔出所有思考的驱动——这被称作感受，

So we need a method that will pull out the motivation of all thinking, which is called feelings,

并且这会使心智安静下来。

and that will quiet the mind.

心智永远无法让心智安静。

The mind will never quiet the mind.

因为心智是错误地寻求生存、安全、认同和控制的机制，

Because the mind is the mechanism of falsely looking for survival,
security, approval, control.

只要心智是那样一种机制，

and as long as the mind is a mechanism for that,

它就永远不会给你正确的答案，

it will never ever give you the right answer,

它会永远让你追逐错误的答案，

it will forever keep you running after the wrong answers,

你会有片刻的快乐和漫长的痛苦。

and you get moments of pleasure and long periods of pain.

但你必须保持简单。

But you must keep it simple.

你是终极存在，是全能、全知、全在的，

You are the ultimate being, omnipotent, omniscient, omnipresent,

却在保留于心智中的极端限制下行动，

acting with the extreme limitation held within the mind,

把极端限制推回到一个叫“无意识”的柜子里，

pushed back into a closet called the “unconscious”,

还表现得好像“我没有做过”一样。

and acting as though “I didn't do it”,

如果它浮现出来，我们不喜欢它，我们会试图把它推回柜子里。

and if it comes up, we don't like it, we try to push it back in the closet.

方法很简单，方法也很容易。

The way is simple, and the way is easy.

让感受浮现出来，

Let the feelings come up,

觉察它们下面的想要被认同或想要控制，

get them under approval or control,

然后让它们出去。

and let them out.

贯彻释放法的《六步骤》，

Carry out the Six Steps of the Method,

你需要几个月的时间来清空你所有的垃圾。

and it will take you months to empty out the totality of your garbage.

在那之后，生活变得近乎毫不费力、美丽、和谐，几乎是一场梦，一切都会毫不费力地来到我们身边。

After which life becomes a near effortless, beautiful, harmonious, almost dream, everything comes to us with no effort.

仅仅只是把你的想法放到我们安静的心智里，它就会显化，即便不是马上显

化，也会很快。

By just merely placing your thought in our quiet mind, it'll manifest, not immediately, quickly.

而且在你做到这一点之前，你永远都不会停止挣扎。

And you'll never ever stop struggling until you do that.

所以为什么不是现在呢？

So why not now?

为什么不在接下来的几个月里做到？

Why not in the next few months?

变聪明点，

Get smart,

记住 KISS 理论（即“保持简单”）。

remember the KISS theory.

当我们把它分成三个部分来看时，

As we break it down into three parts,

有这个无限的我，也就是——我是全知、全能、全在的，现在，过去一直是，也永远都是。

there's this infinite I that I am, all-knowing, all-powerful, everywhere present, right now, always was, always will be.

你活出了其中的多少呢？

And how much of it are you living?

那不是很傻吗？

Isn't that silly?

要了解到这一部分，所需要的只有决心，决心比什么都要好。

What it takes to get to know that is just the resolve, that this is better than this.

一个有病的身体，持续地关注以维持其生存，是在打一场绝对没有胜利的仗。

A body with sickness, with constant attention to keep it surviving, fighting a battle, that's an absolutely no-win battle.

100 年后所有的这些身体会在哪里？

Where are all these bodies going to be 100 years from now?

当我们知道身体不会活下去，还把所有的时间都花在维持身体的生存上，我们能有多聪明？

How smart are we to spend all our time surviving this body when we know it's not going to survive?

智慧应该被定义为幸福的能力，

Intelligence should be defined as the ability to be happy,

心理学把它定义为解决问题的能力，

psychology defines it as the ability to resolve problems,

它应该是快乐的能力、极致幸福的能力。

it should be the ability to be happy, the ability to be happiest.

当我们明智的时候，我们会是最幸福的。

And were we intelligent, we would be the happiest.

我们在这个世界上为之奋斗、挣扎的一切都已经是我们的了，

Everything we're fighting for, struggling for out there in this world is already ours,

而我们却在逃离它，

and we're running away from it,

在它并不存在的地方追寻它。

chasing after it where it isn't.

我相信你们中的一些人已经看到了这一点，人们已经明白了我所说的。

I'm sure some of you have seen this, people have seen what I'm saying.

好吧，为什么你不是自由的呢？

Okay, why aren't you free?

为什么你不是无限的存在？

Why aren't you the some unlimited being?

学生 A：这个世界上还有更多的事。

A: Some more things in the world.

莱斯特：对，你想要世界上这些愚蠢的东西，你认为它们会给你幸福，

Lester: Right, you want these stupid things in the world which you think

are going to give you this,

一次又一次，一次又一次，每一天，一年又一年，

and again and again and again and again, every day, year in and year out,

但是它却没有给你，

it doesn't give it to you.

为了“你之所是”，你从未停止在外面挣扎，

You never stop struggling for that which you are externally.

你必须要调头，

You've got to make that, you turn,

你必须停止在外面追逐它，

You've got to stop chasing it out there,

调转回到你自己身上，

making you turn right back on you,

看到你真正所是的样子：完整、完全、全能、全知、全在的。

and see you the way you really are, whole, complete, omnipotent, omniscient, omnipresent.

这是你在外面的每一个行为中都在努力争取的东西——叫做幸福、安全，随便什么。

This is what you're struggling for in your every act out there, called happiness, security, whatever.

在你完全认同你的真正所是之前，你永远都不会停止追逐它。

You will never ever stop until you get to fully identifying yourself as to what you really are,

这就是不变的你，

this is the changeless you,

它是完美的，除了把目光移开，你不能对它做任何事，

it's perfect, you cannot do a thing to it except look away from it,

但你无法对它做任何事。

but you can't do a thing to it.

所以，变得明智起来，

So, get intelligent,

获得宇宙中所有的幸福，

get all that happiness there is in the universe,

达到终极状态，

get to the ultimate state,

摆脱挣扎，

get out of the struggle,

让你自己只是存在、存在、存在.....

and let yourself just be and be and be...

03.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 3

所以在这里，我们是这个无限的存在，

So, here we are, this infinite Beingness,

然后我们建立了一个叫做心智的机制，这个世界认为它非常复杂，

and we set up a mechanism called mind, which the world thinks is so complicated,

他们读完大学课程并获得博士学位，经过这么多年的学习，他们仍然不知道它是什么。

they go through college courses and get doctorates, and they don't know what it is after so many years of study.

而心智只是我们所有念头和感受的总和。

And all it is, is the sum total collection of our thoughts and feelings.

心智是一个非常简单的东西，

The mind is a very simple thing,

它就是我们所有念头和感受的总和。

it's the totality of all our thoughts and feelings.

你知道念头和感受是什么，那心智就是什么。

You know what the thought and feeling is, that's what mind is.

只是其中的大部分心智，我们不去看，它让人不舒服，

And the majority of it, we don't look at, it's unpleasant,

所以我们称其为“无意识的”。

so we called "unconscious".

我们构建了这个心智，而心智构建了身体。

We set up this mind, which sets up the body.

你唯一能看到自己的身体或其他任何身体的地方就是在你的心智里，它不在其他地方。

The only place you can see your body or any other body is in your mind, it is nowhere else.

证据就是每次你入睡的时候，你的身体和其他所有身体都消失了。

And the proof of that is every time you go to sleep, out goes your body and every other body.

当我说“不要醒来”，就再也没有身体存在了，但你却存在着。

When I say "Don't wake up", there's never any more bodies, but you are.

要是能做到这样，那就太好了！

If it were only possible to do that, that would be great.

去睡觉、无梦的睡眠、然后别醒来，

Go to sleep, dreamless sleep, and don't wake up,

你会意识到“你是你的存在”的这个事实。

you would become aware of the fact that you are your Beingness.

但那样做是不可能的。

But it's impossible to do it that way.

我们将这个东西编程进去，

We programmed this thing in,

就像《2001 太空漫游》中的宇航员，

And like the astronaut in 2001,

他进入了计算机，

he went into the computer,

我们的心智就是一台计算机，

that's all our mind is, is a computer,

然后开始拔出那些存储库，

and started pulling out the banks,

那些存储库是万念俱灰、悲苦、恐惧、贪求、愤怒等等，那些全都是程序，

and those banks are apathy, grief, fear, lust, anger, those are all the programs,

把它们都拔出来，

pull them out,

然后你就只是存在。

and you'll just be.

让心智安静，

Quiet that mind,

然后你会意识到自己处于这个状态之中。

and then you are aware of being in this state.

记住，心智永远无法让心智安静。

And remember, the mind will never quiet the mind.

这就是为什么几千年来尝试过的所有方法都不起作用的原因，

That's why all the ways that have been tried for thousands of years don't work,

它们都试图在心智中做到这一点。

they're all trying to do it within mind.

心智是敌人，它不会这样做。

The mind is the enemy and will not do it.

我们必须通过平息心智的驱动——被称作“感受”，来使心智安静。

We must quiet that mind by quieting the motivation of the mind called "feelings".

现在，在所有这些感受中，与至高的爱相关的感受都是非爱的感受，

Now, in all... In all these feelings relative to the highest love are all non-love feelings,

这就是为什么世界正朝着如此具有破坏性的方向发展。

that's why the world is in such a destructive direction.

但是它们的行为.....正如我开始要说的, 所有与爱相关的感受都是非爱的感受, 并且是具有破坏性的,

But their act... As I started to say, all feelings relative to love are non-love feelings, and are destructive,

所有的 AGFLAP 都是具有破坏性的。

all AGFLAP is destructive.

记住, 在 AGFLAP 之下, 每个人都是基督, 每个人都是爱,

Remember, underneath the AGFLAP, everyone is a Christ, everyone is all love,

而唯一掩盖我们所有的爱的东西, 是 AGFLAP。

and the only thing covering up this all lovingness of ours is the AGFLAP.

但你知道吗? 你可以超越氢弹, 你可以让自己不被氢弹触碰。

But you know what? You can transcend a hydrogen bomb, you can make yourself untouchable by a hydrogen bomb,

怎么做呢？

How?

“氢弹无法触碰到我”的绝对信念便能做到这一点。

The absolute conviction of the hydrogen bomb cannot touch me will do it.

你会看到世界上出现一些类似的事情，像光着脚走在炭火上。

You're seeing some of these things coming out in the world, and things like fire walking.

我记得在圣多纳我们有过几期课程，老师带着学员赤脚走过滚烫的炭火，

We've had a few classes, I think, in Sedona here, where the teacher's taking people over red hot coals barefooted,

人们让自己进入一个很棒很高的状态，完全确信自己能够做到，他们只是平静地走过那些烧红的炭火。

people get themselves in a nice high state, absolutely convinced that they can do it, and they just calmly walk over the red hot coal.

这仅仅是一个念头而已，这就是全部了。

It's just a thought, that's all it is.

在座的各位谁没有一个念头呢？

Can anyone have a thought here?

这不过就是一个念头。

It's just a thought.

但要明白，这适用于所有事情。

But see, that goes for everything.

你可以用完全相同的方式来抵御氢弹。

You can withstand the hydrogen bomb the exact same way.

你看，你能暂时克服潜意识里的消极情绪，

You see, you can override momentarily the subconscious negativity,

但你需要消除这种消极情绪才能永远拥有这种能力，

but you need to eliminate that negativity to have that ability for all time,

无论你怎么想，这就是一直在发生的趣事。

whatever you think is, this is the funny thing that's going on all the time,

除了你的想法，外面什么都没有。

There's nothing out there but your thought.

再说一次，用睡觉这件事就能证明这一点。

Again, that's proven by going to sleep.

当你入睡时，外面的一切都消失了。

All that out there disappears when you go to sleep.

它在哪里？

Where is it?

它在你心智里，

It's in your mind,

是你的心智在说“这是个叫莱斯特的角色在跟你说话”，

it's your mind that says "It's a character up here Lester talking to you",

让的心智沉睡，我就消失了，

put your mind to sleep, I'm gone,

别醒来，我就永远消失了。

don't wake up, I'm gone forever.

但你还在，就像你每天早上从沉睡中醒来时所做的那样。

But you will remain, like you do every morning when you come out of a deep sleep.

你看这多简单！

You see how simple it is?

保持简单，

Keep it simple.

外面除了你的想法，什么都没有。

There's nothing out there but your thought.

正在发生的一切都是你的想法。

Everything happening is your thought.

正在发生的事情大多都是负面的。

Most of what's happening is negative.

摆脱你的想法。

Get rid of your thought.

怎么做？

How?

通过让心智安静到没有念头来摆脱你的心理活动，除非你选择放入一个想法。

Get rid of your mental action by quieting, quieting the mind to there is no thoughts, unless you choose to put a thought in.

这很简单，也很容易，你只需做出那个选择。

It's simple, and it's easy, you just make that choice.

当你想要自由，

When you want freedom,

当你决定你想要自由超过你想要得到生活中的所有其他事物时，

When you decide you want freedom more than you want everything else you've got in life,

我是说所有的其他事物，人际关系、财富等等，

and I mean everything else, relationships, wherewithal,

当你想要自由超过你想要那些东西时，

when you want freedom more than you want those things,

你很快就能得到它。

you'll get it quickly.

此外，当你看到你为什么想要那个事物的唯一原因是为了拥有那种自由时，这将有助于你做出那个决定。

Also when you see that, the only reason why you want that is to have that freedom, that will help you make that decision.

你正在外部以错误的方式追寻那种终极的安全状态，

You're going after that ultimate state of security, the wrong way externally.

你获得它的唯一途径是向内。

The only way you'll ever get it is inward.

一旦你拥有了它，

And once you have that,

这个宇宙中没有任何东西能触碰到它。

nothing in this universe can touch it.

你没看到的是，你正在经历的正是你的心智画面，

What you don't see is you're experiencing exactly your mental picture,

你全部思维的总和，这包括所有的潜意识思维，潜意识思维如今占据了你思维的 95%，

your sum total thinkingness, which includes all the unconscious thinkingness, which is 95 percent of your thinkingness now,

你正在经历的一切是你全部思维的总和，也就是显意识和潜意识的总和。

that's all you're experiencing is your sum total thinkingness, the conscious and the unconscious together.

但你必须保持简单，

But you've got to keep it simple,

你必须看到这一点，

you've get to see this,

然后通过摆脱自己的感受来消除那种心智活动。

and then work to undo that mind activity by ridding yourself of your feelings.

当你这样做的时候，你就处于爱的至高状态，这是自然的状态。

And when you do that, you're in the highest state of love there is, which is the natural state.

04.你能做任何事 You Can Do Anything 1

我想给你们总结一下这一切的要点。

I want to give you a summary of what it's all about.

第一，你必须记住“KISS理论”：保持简单，亲爱的。

Number one, you must remember the KISS theory: Keep it simple, sweetheart.

保持简单。

Keep it simple.

如果你不这么做，你将永远处于困惑之中。

If you don't, you'll be forever in confusing.

你必须保持简单！

You must keep it simple

现在，没有什么比你所是的这个无限存在更亲密的了。

Now, there's nothing more intimate than this infinite being that you are.

你每时每刻都在感受它，

You're feeling it every moment,

没有什么比你所是的无限存在更亲密的了。

there is nothing more intimate than this unlimited being that you are.

你能看到这多简单吗？

Can you see how simple it is?

去除 AGFLAP,

Remove the static of the AGFLAP,

然后它就在那里。

and there it is.

你的基本天性就是全然的快乐,

Your basic nature is all happiness,

但你总是朝着远离它的各个方向移动。

but you're moving in every direction away from it all the time.

停止那种移动,

Stop that movement,

停止那种行为,

stop that action,

仅仅做你所是,

and just be what you are,

成为全然的幸福，

be the total happiness,

那是你的基本天性，

that's your basic nature,

这并不复杂。

it's not complicated.

你必须保持简单。

You must keep it simple.

你就是你正在追寻的东西，

You are that which you are seeking,

你就是那个终极存在，

you are that ultimate being,

你是无限的，

you are infinite,

停止与之相反的所有的噪音和努力。

stop all that noise and effort of being otherwise.

怎么做？

How?

移除 AGFLAP。

Remove the AGFLAP.

这不是很简单吗？

Isn't that simple ?

你为什么不这么做呢？

Why don't you do it ?

你对待在垃圾里更感兴趣。

It's more interesting in the garbage.

就像那个来自印度的故事一样，

It's like that story from India,

渔妇们提着鱼篓穿过一片花海，

the fisherwomen were walking with their fish baskets through a field of flowers,

她们决定打个盹，

they decided to take a nap,

所以她们放下鱼篓，走进花丛中，并试图入睡，

so they parked their fish baskets and walked into the field, and try to sleep,

但她们睡不着，

they couldn't sleep,

她们不得不回去拿上鱼篓，然后把鱼篓放在脑袋旁边，

they had to go back and get their fish baskets and park it near their heads,

这样她们才能睡着，

so they could sleep,

她们需要那种气味。

they needed that smell.

而这就是你正在做的。

And this is what you're doing.

聪明一点，

Be smart,

让它简单点，

make it simple,

丢弃 AGFLAP，

drop the AGFLAP,

认出、发现你现在所处的位置，

identify, discover where you're at now,

你现在就这里，就在你现在所在的地方，

you're here now, right where you are,

看看你曾经所处的位置，

look at where you have been,

要注意到你已经有所进步了，这有向上和解脱的出路，

Notice that you've come up, that there is a way up and out,

为你要去的地方设定目标，

and set your goal for where you're going,

看看你在那个尺度上所处的位置，以及你没有做走完全程需要你做的事而自欺欺人到了何种地步。

and see where you are on that scale, and how much you are fooling yourself by not doing that which requires you to go all the way.

我过去常常对自己说 “我只知道我能做的，我有多无限呢？”，

I used to say to me "I only know that which I can do, how unlimited am I?",

这让我感到震惊，让我很震惊，也让我清醒了一点。

this is to shock me, give me a shock and shock me up a bit.

我只知道我能做什么，而不是说什么。

I only know that which I can do, not say.

所以认清自己真正所在的位置。

So place yourself where you really at.

自然状态是毫不费力的，我们只是想一想，然后事物就会掉入我们的经验。

The natural state is effortless, we merely think, and things drop into our experience.

不自然的是用极其艰难的方式去做。

The unnatural thing is to do it the hard, hard way.

正如你看待自己那样，你把自己分成了三个部分：你的存在，你的心智，你的身体以及这个世界。

As you see yourself, you break yourself up to three parts, your Beingness , your mind, your body and the world.

你的存在是真正不变的你，你对此无法控制，你对此无能为力，你只能把目光从它身上移开。

You, your Beingness is the real changeless you, over which you have no control, there's nothing you can do about it, you can only look away

from it.

你的心智和你的身体构成了小我的“你”，也就是“我、莱斯特不是一切”的那种分离感，

Your mind and your body constitute the ego “you”, the sense of separateness “I, Lester am not the all”,

但是当你专注于你的存在时，

but when you zero in on your Beingness,

你会发现只有一个存在，

you discover there's only one Beingness,

而且你就是宇宙的全部存在，

and you are the total Beingness of the universe,

一切都在你里面。

and that everything is in you.

你所看到的一切都是你创造的，

And everything you see, you created,

你在你之内创造了它，

you created it in you,

如果你不喜欢它，

and if you don't like it,

改变你心智中的创造画面，

change the creation picture in your mind,

然后外面会立即改变。

and it changes out there immediately.

不论是什么样的处境，

No matter what the situation is,

如果你改变自己心智中对它的画面，它在外部会立即发生改变。

if you change the picture of it in your mind, it changes out there immediately.

你怎样改变它呢？

How do you change it?

释放阻碍,

Release the obstacles,

释放 AGFLAP。

release the AGFLAP.

在审视你自己时，留意你之内始终存在的三种状态：存在、行动和拥有。

And in checking yourself, notice the three state that in here you all the time: being, doing and having.

现在，你就是宇宙的无限存在，你是一切。

Now, you are the infinite Beingness of the universe, you are the all.

如果你是一切，你便一无所缺。

There's nothing you need if you are the All.

但你却走向了另一个极端，说：“哦，如果我能只是拥有宇宙的这一小片、一个小星球上的一个小角落，我就会快乐了。”

but you go to the other extreme and: “Oh, if I could only have this little

piece of the universe, of one small planet, and one tiny corner of it, I would be happy.”

最低、最受限的状态就是试图去拥有一切中的一部分、无限小的一部分。

The lowest, the most limited state is trying to have a piece, an infinitesimal piece of the All.

而你的“拥有”实际上就是你的存折和你的财产，

And your havingness is really your your bankbook and your possessions.

这就是你认为自己所能拥有的。

That's how much you think you can have.

05.你能做任何事 You Can Do Anything 2

当你释放足够多的万念俱灰、悲苦和恐惧，你开始进入贪求、愤怒等情绪中，你移入了“行动状态”。

When you release enough of the apathy, grief and fear, you begin in getting into lust, anger and so forth, you move into doingness.

你觉得——噢，如果我能在这个世界上有所作为，如果我可以成为一个大实干家，如果我能够成为一个强有力的推动者，那会让我很快乐，

You feel that “Oh, I could be somebody in this world, if I could be a big doer, if I could be a big mover, that would make me happy”,

这让你从贪求、愤怒、自尊自傲中摆脱出来，进入无畏中，此时你是一个行为者。

that gets you up from lust, anger, pride and into courageousness, and you're a doer.

我们 5%的人是行为者，而我们 95%的人卡在了想要拥有里，只有极少极少数不到 1%的人能进入最高的“存在状态”，只是认同你的存在。

And 5% of us are doers, 95% of us are stuck in wanting to have, a tiny tiny fraction of 1% and move up to the top state of being, of identifying with your Beingness only.

但是在你向上进入那个“存在状态”之前，你永远都会被驱动，而这实际上是你一直在错误的地方所寻找的东西。

but you're going to be driven forever until you get up into that Beingness, that's what you're actually looking for in the wrong places.

正确的地方是你所在的地方，现在就在你之内，

The right places right where you are, right within you,

它是你的本质、你的存在、你的本然、你的存在。

it's your isness, your existence, your amness, your Beingness.

当你认同那个存在时，你会发现一直存在的一些事：

and when you identify with that Beingness, you discover something that always was:

我是宇宙的无限存在；

I am the infinite Beingness of the universe;

外面除了我的创造以外，什么都没有；

There's nothing out there but my creation;

你能拥有任何东西、做任何我想做或想要的事情。

You can have thee do whatever I will or desire.

(学生说的听不清)

拥有是你的存折和财产，它是一个悲伤的画面，不是吗？

Having is your bankbook and possessions, it's a sad picture, isn't it?

每个人都在这里试图去拥有。

Everyone's down here trying to have.

当你已经创造了整个宇宙的时候，宇宙中有你所创造的无数吨黄金。

When you've already created the entire universe, there's an infinite number of tons of gold throughout the universe that you have created.

有用的指引：不断地认同你的存在。

Helpful directions, constantly identify with your Beingness.

对自己唱诵：我、我、我、我，我是我、我是我，我、我、我……

Sing to yourself, I I I I, I am I, I am I, I I I...

但要小心，你在想的不是那个小我的“我”，

But be careful, you're not thinking of the ego I,

我是我。

I am I.

扮演不是做者的角色，让它发生；

Play the part of being not the doer, let it happen;

退后，让它发生。

Stand back, let it happen.

并觉醒于这样一个事实：所有的幸福都源于“你是你的存在”。

And wake up to the fact that all happiness is you being your Beingness.

欲望是你获得幸福的最大敌人。

That desire is your greatest enemy to happiness.

欲望是匮乏的痛苦而产生的产物。

Desire is the creation of the agony, of lack.

并且你的心智试图填补那个匮乏而一直焦躁不安。

And your mind stays agitated to fulfill that lack.

当你满足那个欲望的时候，你的心智便会安静下来。

And the moment you satisfy that desire, your mind goes quiet.

幸福源于你做自己，并非源于那个事物，也并非源于那个人。

And the happiness is you being you, it's not the thing, it's not the

person.

日复一日，你绞尽脑汁试图从外面获得幸福，

day in and day out, you beat yourself over your head trying to get happiness externally,

而那个无限的幸福一直在你所在的地方。

and it's right where you are all the time, the infinite happiness.

一定要从你自身获取所有的幸福。

Make it a point to take all your happiness from you.

意识到——我只需要让心智安静下来，那就是我的幸福。

Recognize that "I'm just quite the mind, that's what my happiness is".

接下来你就会停止那种试图从外部获得它的令人沮丧、极端的尝试：每次你以为得到了它，它却消失了。

And you'll stop that frustrating, extreme attempt to get it out there, and every time you get it, it's gone.

试着把每个人都看作是你自己。

Try to see everyone as being you.

有一天，当你释放得足够多时，你会说：“噢天哪，外面除了我什么都没有，到处都是我的存在。”

Someday when you release enough, you say: "Oh, my gosh, there's nothing out there but me, it's my Beingness everywhere."

在那时，你认同每个原子都是你。

At that time, you identify with every atom as being you.

因为你创造了它，它是你的造物，它就是你。

Because you created it, it's your creation, it's you.

真正的认知是存在，没有什么是可以知道的。

And real Knowing is being, there's nothing to know.

当你认同你的存在时，不存在外部事物。

There's nothing external when you identify with your Beingness.

释放获取知识的尝试，所有的知识都是分离的。

Let go of trying to acquire knowledge, all knowledge is separate.

真正的知识不是知识，是存在。

The real Knowledge is not knowledge, it's being.

真正的认知是成为你的存在。

the real Knowing is being your Beingness.

接下来重要的是，你必须对自己所经历的一切负责。

The next big thing is, you must take responsibility for everything you are experiencing.

因为你正在创造你所经历的一切。

Because you are creating everything you are experiencing.

要明白，外面只不过是思想的总和，你全部思维的总和。

See, nothing out there but the sum total thinkingness, your sum total thinkingness.

直到最终你意识到——是的，外面除了我全部思维的总和，什么都没有。

Until eventually you recognize "Yeah, and there's nothing out there but my sum total thinkingness".

你知道外面实际上除了你的存在以外，什么都没有。

And you know there's nothing in actuality out there but your Beingness.

那么就不再有客观性了，外面什么都没有，只有主观性。

Then there's no more objectivity, there's nothing external, there's only subjectivity.

一切都在我之内，外面什么都没有，一切都在我之内。

Everything is in me, there's nothing out there, everything is in me.

06.你能做任何事 You Can Do Anything 3

好吧，这里有一些关于自由状态的特征的词。

Alright, here are the words that are indicative of the free state.

我最喜欢的是波澜不惊，波澜不惊指没有任何人能打扰到你，无论他们对你说什么，都不会打扰到你。

The one I like best is imperturbability, where no one and no person whatsoever can disturb you, one eye odor no matter what they say to you.

当然，没有任何事物能打扰到你，无论是火、水还是其他任何事物。

And of course, no thing can disturb you, fire, water, anything.

波澜不惊是最高状态的特征。

Imperturbability is indicative of the top state.

而要达到那种状态，你需要无欲——不再有欲望，你就是一切。

And for that you need desirelessness, no more desire, you are the All.

当你到达那里的时候，你会发现没有任何行动是必须的，一切都是你的，再也不必采取任何行动了。

And when you get there, you discover no action is necessary, everything is yours, do not have to take any action anymore.

所以，“无为”也是最高状态的特征。

So, actionlessness is indicative of the top state.

当你到那里的时候，

And when you get there,

因为你看到了你的全在，

because you see your omnipresence,

你无法再移动了，

you can't move anymore,

你只是见证，

you just witness,

你目睹自己的身体就像目睹其他所有的身体一样，

you witness your body like you witness every other body,

就像外面正在放映的一部动态影片，一部你所创造的动态画面。

like a moving picture going on out there, a moving picture that is your creation.

所以，彻底地让心智安静下来，直到没有任何想法，没有 AGFLAP，唯有你的感受在驱动念头。

So, totally quiet the mind until there are no thoughts, no AGFLAP, it's only your feelings that motivate thought.

当你释放了所有的 AGFLAP，

When you release all your AGFLAP,

你的心智会安静下来,

your mind goes quiet,

便不再有任何念头了。

there's no thought.

然后你会变得富有直觉,

And then you become intuitive,

你与自己的全知相连接,

you are in touch with your omniscience,

你与所有的知识相连接,

you are in touch with all knowingness,

而且你不需要思考就能凭直觉说话。

and you'll talk intuitively without thinking.

当然, 那时你也不会再认同你的身体和心智,

And of course, then you do not identify with your body and mind,

你只认同你的存在。

you're identifying with your Beingness only.

当你释放了一切，你不再有贪恋，也不再有厌恶。

And when you release everything, you have no attachments and you have no aversions whatsoever.

贪恋和厌恶是对 AGFLAP 的一个很好的切入点。

Attachments and aversions are a good lead-in to AGFLAP.

当你不再有任何的依恋或厌恶时，

And when you no more have any attachments or aversions,

你只是毫不费力地想一想它，便能拥有一切。

you'll have everything but a mere effortless thought of it.

现在，为了彻底地摆脱 AGFLAP，

Now, to get the bottom of the AGFLAP out,

当你处于万念俱灰、悲苦和恐惧中时，你摆脱不了它们，你陷在坑里，
you won't get it out when you're in apathy, grief and fear, you're in the
pits,

你切断了自己所有的能量、所有的意愿力、所有的能力，你陷入了粪土中，
拼写为 d-u-n-g。

you cut up all your energy, all your will power, all your ability, and you're
sunk in the dung, it's spelled d-u-n-g,

如果你想摆脱 AGFLAP，你必须让自己上升到无畏、接纳和平和。

if you want to get rid of the AGFLAP, you must get yourself up into
courageousness, acceptance and peace.

所以你要让你所是的无限能量、你巨大的意愿力发挥作用，

So, you'll allow the infinite energy that you are, the tremendous
willpower that is yours to come into play,

这样你就可以到这里来一口吞掉它，就像吃豆人的那个吃豆豆游戏一样，你
会平静下来。

so you could get down here and gobble that up, just like Pacman DAC,
you'll just calm down.

当你释放足够多的想要被认同或想要控制，并且你上升到这里时，

When you release enough of approval or control and you move up here,

你会迅速吞掉所有对死亡的恐惧和作为一个身体的想要生存。

you'll just gobble up all the fear of dying, the wanting to survive as a body.

当对死亡的恐惧消散了，你实际上在这里——自由了。

And when the fear of dying is out, you're practically there, free.

美妙又容易，是吧？

Nice and easy, does it?

保持简单！

Keep it simple!

我认为把我给你的第一张纸和这个结合起来，专注于这些，会迅速带你走完全程。

I think a combination of the first sheet I gave you and this, concentrated on can quickly take you all the way.

需要什么呢？

What's needed?

只需要一个简单的东西——你想要它。

Just one simple thing, you are wanting it.

你所有的想要都必须集中于“想要自由”，那么，你会在几个月内得到它。

All your wants have to channel into wanting freedom, and you'll get it in a matter of months.

你所有的想要都必须转向“想要自由”，然后“想要自由”会自行消散。

All your wants must channel into wanting freedom, and the wanting of freedom dissolves on its own.

当你突然说“噢天哪，我是自由的，我一直都是自由的”时，“想要自由”就离开了。

When you suddenly say “Oh, my gosh, I am free, I always was free”, there goes the want to be free.

我在想是否应该提出问题，

I'm questioning whether I should ask for questions,

因为一旦我这样做，你们就开始试图否定这一切。

because the moment I do, you start trying to bring all this down.

“为什么它不符合我的垃圾呢？”

“Why doesn't it fit in with my garbage?”

这就是你们的全部问题。

That's all your question is.

“为什么它不符合我的垃圾呢？”

“Why doesn't it fit in with my garbage?”

所以我认为我最好不回答问题，但我请你来面对它，而不是通过你的心智来陷入那些垃圾里。

So, I think it's better that I not answer questions, but I ask you to come up to this, rather than through your mind going down into the garbage.

这很简单，也很容易。

It's simple and it's easy.

但如果你不去做，它就永远不会实现。

But if you don't do it, it's never there.

一个无限存在应该花多长时间才能发现他或她是无限的？

How long should it take an infinite being to discover that he or she is intimate?

一个拥有宇宙中所有力量的人要花多长时间才能发现他或她已经拥有宇宙中所有的力量？

How long should it take a person with all the power in the universe to discover that he or she has all the power in the universe?

从理论上讲，这应该不需要花任何时间，

It shouldn't take any time theoretically,

但实际上，你可以花几个月做到这一点，或者花几年、或者几世、或者一千年、或者几百万年。

but practically you can do it months, or years, or lifetimes, or millennia, or millions of years.

现在地球上的大多数人将经历数百万年的时间，

Now, the majority of people on earth today are going to take millions of years,

他们将用艰难的方式来做这件事，就像把脑袋撞向混凝土墙那样。

they're going to do it the hard way, just by banging their heads on concrete walls.

我们现在就要开始做。

We're about to do it now.

如果你把它当作一个成长的机会，而不是一味地撞墙，你会做到这一点，你只会超越它。

And if you take it as an opportunity for growth, instead of banging your head, you'll do this, you'll just transcend it.

你不会经历任何痛苦、任何伤害或任何破坏性，

You won't experience any pain, any harm, any destructiveness,

你会把它当作一个极其美妙的机会来超越这一切。

you'll take it as a very delightful opportunity to transcend it all.

你不仅可以赤脚走在滚烫的炭火上，你还能做到任何事。

You can not only walk over hot coals barefooted, you can do anything.

因为除了你的编造物以外，外面什么都没有。

Because there's nothing out there but your concoction.

所以，再次强调：保持简单，把你所有的想要都导向获得自由。

So, again, keep it simple, turn all your wanting into going free.

享受自己吧~

Enjoy Me!

07.你不是身体和心智 You Are Not the Body or the Mind 1

好吧，你可能认为自己越来越接近自由了，

OK, you're getting closer to freedom in a way you think,

但实际上，你现在就是自由的。

but actually you are free right now.

你必须做什么才能获得自由呢？

What must you do to be free?

什么都不用做。

absolutely nothing.

你觉得怎么样？

How do you like that?

你现在所做的一切都在错误的方向上，

Everything you're doing is in the wrong direction,

你所做的一切都是在试图维持身体的存活。

everything you're doing is trying to keep the body surviving.

你怎样才能达到“你什么也不用做”的地方呢？

How do you get to the place where you do nothing?

有人知道吗？

Anybody know?

学生 A：现在开始做。

Student A : Start now.

莱斯特：不，你怎么到那里呢？

Lester: No, how do you get there?

通过让心智安静下来。

By getting the mind quiet.

心智驱使你行动。

The mind pushes you into action.

你怎样让心智安静呢？

How do you get the mind quiet?

通过释放心智的驱动，也就是感受。

By releasing the motivators of the mind, the feelings.

这难道不容易吗？

Isn't that easy?

这难道不简单吗？

Isn't that simple?

这很容易。

It's very easy

也很简单。

And it's very simple.

但你在做什么？

But what are you doing?

你在坚持抓着你错误地认为自己就是身体的那些限制。

You're insisting on holding on to the limitations of wrongly thinking that you are the body.

身体是你最微不足道的部分。

The body is the least of you.

你的存在是完整的你。

Your Beingness is the all of you.

在你的存在中，你构建了心智，而心智构建了身体。

And in your Beingness you set up the mind which sets up the body.

只要你被限制在一个身体里，那么你对自己的无限性概念就只有这么大。

And as long as you are confined to a body, that's how big your infinity concept of you is.

你现在就是无限的，不受任何限制。

You are infinite right now, unlimited.

如果你认为自己这个身体，你就是把你所是的极其无限的存在想象成被限制在这个被称为身体的外壳之中。

If you think you're this body, you take the tremendous unlimited being that you are and imagine that you are confined to this encasement called the body.

所以要获得自由、要变得无限，不需要做任何事。

So to go free, to be unlimited requires doing absolutely nothing.

因为你此刻就是自由的。

Because you are free right now.

然而，你正在做的是努力消除那些让你看不到“你是你的存在”那一事实的

阻碍、眼罩。

However, what you are doing is trying to remove the obstacles, the blinders to seeing that fact that you are your Beingness.

你不是身体，

You are not the body,

你不是心智，

you are not the mind,

你是你的存在。

you are your Beingness.

所以我在这里设置了一个图表（情绪表）来描述它，

So, I set up a chart here to delineate it,

这样你就能更好地看到自己在消除障碍的过程中所处的位置，

so that you may better be able to see where it is you are on the elimination of the blinders,

通过这样做，可以加速消除阻碍、眼罩、想法、心智和感受。

and by so doing, expedite the eliminating of the obstacles, the blinders, the thoughts, the mind, the feelings.

我认为辨识出你所处的位置对推动你继续前进有很大的帮助。

I think identifying where you are is a big help to moving you on further.

好吧，那唯一的“一”，第一部分——你是你的存在，我想没有人会否认自己的存在。

All right, the One and only, number one, you are your Beingness, I don't think anyone would deny being.

你的第二部分，是你的心智、你的程序和它们的想法。

Number two part of you, your mind, your programs, and their thoughts.

当然，你的程序就是你的感受。

Of course, your programs are your feelings.

第三部分，你的心智说你是这个身体，并且与这个世界相关联，而且是这个世界的受害者。

And number three, your mind says you are the body, and related to the world, and a victim of it.

事实上，正是你的心智创造了这个世界。

And it's actually your mind that creates the world.

只有在你的心智里，你才能看到这个世界；

It's only in your mind that you see the world;

只有在你的心智里，你才能看到自己的样子；

It's only in your mind that you see yourself as you are;

只有在你的心智里，你才能看到你所有的关系。

It's only in your mind that you see all your relationships.

消除那些东西，

Eliminate that,

剩下的就是你的存在，

your Beingness is left over,

你的真我会变得非常明显——我一直是我的存在，却被骗以为自己是心智、身体。

you become very self-obvious to your Self that I have always been my

Beingness, deluded into thinking I was the mind, body.

所以第一部分是你，那个真正的永恒不变的你，永远都不会改变的你。

So, the number one is you, the real changeless you that never ever changes.

你的存在永远都不会改变，它是永恒的。

Your Beingness will never ever change, it's eternal.

第二和第三部分是小我，你、你的个性；你、你的名字；你在世界上的位置等等，等等。

And two and three is the ego, you, the personality, you, your name, your place in the world, etc, etc, etc.

08.你不是身体和心智 You Are Not the Body or the Mind 2

所以，在这个领域里，你发展了三种状态：存在、行动以及在世界中的“拥有状态”。

So, in this realm, you develop three states: being, doing, having in the world.

我们大多数人都处于 “拥有状态” 中。

Most of us are in the havingness state.

这里说的 “拥有” 是指你的存折和财产。

It says here having is your bankbook and possessions.

你可以看到那些不断获得更多的人，离谱地越来越多、越来越多.....

You can see by those who keep getting more and more, ridiculously more and more and more...

现在唯一能让这些人走得更远的，就是更多的麻烦。

Now, the only thing that can give those individuals to get up that far is more trouble.

因为他们在自己已经获得的东西中寻找安全。

Because they're looking for their security in what they've got.

然而，他们非但没有得到更多，实际上反而感觉更不安全了。

And instead of getting it more, they are actually feeling less secure.

因为有越来越多的人想要从他们手中夺走这些东西。

Because there are more and more others who want to take it away from them.

然而，如果我们处于 “拥有状态” 里，那么迈向 “行动状态”，成为一个做者，一个世界上的赢家、主宰，就是向前迈进了一步。

However, if we are in the havingness, it's a forward step, step to move up to doingness to be a doer, a winner, a master in the world.

但是成为世界上的主宰肯定要比成为其受害者要好得多。

But much better than being a master in the world than being a victim of it.

如果你在掌控它，那么它也在掌控你。

If you are mastering it, it is mastering you.

只是认同你的存在。

Identify with your Being only.

那是终极状态，

And that is the ultimate state,

没有人也没有事物能再打扰到你，

no one and no thing can ever disturb you again,

你是自由的,

you're free,

你在认同你的存在,

you're identifying of your Beingness,

那么, 外在的一切都无法对你产生影响。

and all that externality has no effect upon you.

波澜不惊是一个顶端的自由状态。

Imperturbability is a top free state.

现在要到达那里, 你必须做到无欲。

Now, to get there, you must have desirelessness.

因为欲望等于匮乏。

Because desire equals lack.

当你在顶端时, 你就是一切, 没有任何匮乏。

When you are at the top, you are the all, there is nothing lacking.

没有什么只是仅凭一个毫不费力的想法所不能拥有的，

There is nothing that could not be had by a mere effortless thought,

但只要你渴望、你想要，只要你想要，你就是匮乏的，这就是你的程序运作的方式。

but as long as you desire, you want, as long as you want, you're lacking, and that's your program making it that way.

当你在顶端时，一切发生得毫不费力。

When you're at the top, everything happens effortlessly.

“毫不费力”是描述这个世界顶端状态的另一个词。

Effortlessness is another word that describes the top state in this world.

你的整个生活都应该毫不费力地落在你的膝盖上。

Your whole life should just drop into your lap with no effort.

当你在处于那种状态中时，你会感觉“无为”。

And when you're in that state, you feel actionless.

因为你是见证，而不是行为者。

Because you are witnessing, rather than being the doer.

你在看着一切发生，你不需要做任何事，它发生，它掉到你的膝盖上。

You are watching seeing everything happening, and you need to do nothing, it happens, it falls into your lap.

你创造 1 美元的方式和创造 10 亿美元的方式是完全一样的，它只是念头。

And the same way you create \$1 is the exact same way you create one billion dollars, it's only thought.

所以你可以看到你给自己强加了极端负面的程序，正是它们让你在世界中毫无必要地不断挣扎。

So, you can see the extreme negative programs you have imposed upon yourself that keeps you struggling in a world so unnecessarily.

所以你必须做什么呢？

So, what do you have to do?

完全让心智安静下来，直到没有任何念头。

Totally quiet the mind until there are no thoughts.

那是种什么样的感觉？

What does that feel like?

它仅仅来自于你的直觉，它源自你的中心。

It just comes from your intuition, it comes from your center.

你不再使用你的心智，它是一种限制。

You no more use your mind which is a limitation.

但是你可以交流，

But you can communicate,

当你凭直觉行事时，你可以完美地交流，你永远是 100%正确的。

and you do communicate perfectly when you're coming from your intuition, you're always 100 percent correct.

当你凭直觉行事时，永远会 100%正确。

Always 100 percent correct when you're coming from your intuition.

因为你是源自于你的存在，它是全知、全能，完美无缺的。

Because you're coming from your Beingness which is all-knowing,
all-powerful, all-perfect.

所以当没有念头时，你会是直觉性的。

So, when there are no thoughts, you are intuitive only.

你没有使用心智，

You are not using the mind,

你已经丢弃了心智，

you have dropped the mind,

你不认同你的身体或心智。

and you do not identify with your body or mind,

因为你看到你是从“一切”中下降而来的；

because you see that you are the all coming down your step;

因为你看到你是你所见和所经历的一切的创造者，包括这整个世界、包括这个宇宙，它是你的造物，它在你心智里，这就是它所在的地方；

Because you see that you are the creator of everything you see and

experience, including this whole world, including the universe, it's your creation, it's in your mind and that's where it is;

因为你创造了这个宇宙，并将其分割成众多的部分，然后认为自己是这个身体、这个心智，你发展了对身体、心智和世界的贪恋和厌恶。

Because you create the universe and separate it into so many parts, and then think you're the body, mind, you develop attachments and aversions to the body, mind, world.

所以在自由的状态中，你没有贪恋和厌恶。

So, in the free state, you have no attachments and no aversions.

当你在世间行走时，一切始终都很好，你可以经营你的生意，你可以经营你的家庭关系。

Everything is a okay all the time as you're moving in the world, you can go through your business, you can go through your family relationships.

当你没有贪恋和厌恶时，你是波澜不惊的。

And when you have no attachments and no aversions, you are imperturbable.

当然，你会意识到自己拥有一切。

And of course, you recognize you have everything.

为什么？

Why?

它是你的创造，它是你的心理产物，你又一次忘记了这一点。

It's your creation, it's your mentation, again, you've lost sight of that.

你长期以来陷入了一个糟糕的习惯里——认为自己是受限的。

You're in a long time terrible habit of thinking you're limited.

而你所需要做的只是摆脱三种感受。

And all you need to do is to get rid of the only three feelings.

但你做得还不够快，你在做，但远远不够快。

Which you're not doing nearly fast enough, you are doing it, but not nearly fast enough.

09.你不是身体或心智 You Are Not the Body or the Mind 3

你需要花多长时间才能摆脱你所有的想要被认同和想要控制？

How long should it take you to get rid of all your wanting approval and control?

它需要花多长时间取决于你愿意花多长时间。

It takes exactly as long as you make it take.

如果你想要摆脱认同和控制，你会在几周、最多几个月内完成它。

If you wanted to rid yourself of approval and control, you would do it in weeks, at most months.

当它们都离开了，你就能面对最底下的——对死亡的恐惧，它是对身体的强烈贪恋。

And when that's out of the way, you're able to confront the bottom line, the fear of dying which is that severe attachment to the body.

只需要几周的时间，让对死亡的恐惧浮现并让它出去，所有被压抑的程序就都消失了。

And it's only a matter of weeks of letting the fear of dying up

and letting it out, that all that suppressed programming is gone.

没有了被压抑的程序，你自然会认同你的存在。

And with no more suppressed programming, you naturally identify with your Beingness.

所以再强调一次，需要做的很简单，摆脱对死亡的恐惧，你就自由了。

So, again, what's needed is so simple, rid yourself of the fear of dying, and you're free.

但在此之前，你需要摆脱你的想要被认同和想要控制。

But you need to rid yourself of wanting approval and control before that.

在你释放相当的认同和控制之前，你无法直面自己对死亡的恐惧，它在你的内心是如此深沉、如此沉重。

Until you release it appreciably on approval or control, you won't be able to confront your fear of dying, it's so deep, it's so heavy inside of you.

取代到处抓一些小东西的，是你会拥有一切。

And instead of scratching for little things here and there, you will have

everything.

试着表现得好像你处于那种顶端状态，持续地认同你的存在。

Try to be and act as though you're in that top state, constantly identify with your Beingness.

是你吗？

Are you?

你一天会持续对自己说多少次“我是”？

How many times a day do you keep saying "I am" ?

但一整天你都在说“我是这个脆弱的身体”。

But all day long you're saying I'm this frail body.

“我是我的存在” 应该是一天 24 小时的感受。

I am my Beingness should be the twenty four hour a day sense, feeling in you.

当你在那里的时候，它是一种“我、存在”的感觉，这只有一个“我”，我、我、我、我，不是“我，莱斯特、身体、心智”，只是我、我。

And when you're there, it's a sense of I, Beingness, this is just an I there, I, I, I, I, not "I, Lester", body, mind, just I, I.

当你在顶端的时候，你有一种“我”的感觉，只有“我”。

When you're at the top, you have a sense of I, I only.

如果你现在试着那样去做，这将有助于你朝那个方向前进。

If you try to play at that now, it'll help you move in that direction.

当你上升至那里的时候，你不是行为者。

And when you're up there, you're not the doe.

所以试着不当做者，让世界发生。

So, try to be not the doer, let the world happen.

如果你让它发生的话，它会比你掺合其中做得更好。

It will do much better than you will do with it if you let it happen.

这个宇宙中只有一种幸福，那就是当你认同并成为自己的存在。

And there's only one single happiness in this universe, it's when you are identifying and being your Beingness.

所以，在你的行为中，养成从自身获得所有幸福的习惯。

So, in your behavior, make it a habit to take all your happiness from you.

不是电影、电视、人、东西让你快乐的，而是当你放下你对它的渴望，你的心智了安静下来。

It isn't the movie, the TV, the person, the object that makes you happy, it's when you let go of your desire for it, and your mind goes quiet.

当你认同你的存在时，你感觉到了快乐。

And you identify with your Beingness that you feel joy.

一旦你理解了这一点，你就不会再浪费时间在这个世界上寻找快乐了，那只会给你带来痛苦。

Once you catch that point, you'll stop wasting time looking for joy in the world, all it does is give you misery.

唯一的快乐就是当你认同你的存在时，还有多少人还没明白这一点？

The only joy there is is when you're identifying with your Beingness, how many people have not seen that yet?

只有一种快乐，那就是你的存在。

That there's one single joy, it's your Beingness.

学生 A：如果我看到了这一点，我就会和你一样吗？

Student A : If I saw it, I'd be up there with you?

莱斯特：不，你可以看到它，然后又看不见它。

Lester: No, you can see it and then not see it .

当你安静下来，你就能看到它。

When you get quiet, you can see it.

你处于自己的最高状态里，，你不需要做什么就能成为自己的存在，这是最大的快乐。

You're in your highest state, there's nothing you have to do to be your Beingness, and it's the greatest joy there is.

但难道你没发现，当你满足了一个欲望，你的心智就会安静下来，你处于“存在状态”，那就是快乐，你还没发现吗？

But haven't you seen that when you satisfy a desire, your mind goes quiet, and you're being and that's the joy, you haven't seen that?

学生：我发现了，我发现就像我的存在，我已经看到了快乐，但我没有把它

看作是欲望得到满足，我希望你.....我知道心智会安静下来，但我没意识到它.....

Student A : I've seen, I've seen like my Beingness, I've seen the joy, but I never quite see it as a desire being satisfied, I hope you... I know the mind goes quiet, but I don't see it...

莱斯特：我再说得更实际点，

Lester: I'll get more practical,

是什么最能让你的心智安静下来？

what's the greatest quieter of your mind?

性高潮。

The orgasm.

(学生笑)

学生：它怎么了？

Student : What about it?

莱斯特：我说的对吗？

Lester: Am I correct?

学生：你是对的。

Student : You're correct.

莱斯特：你在性高潮的时候会去想世界上的问题吗？

Lester: Are you thinking about the world problems during the orgasm?

学生：不会。

Student : No.

莱斯特：你会打算你要如何谋生吗？

Lester: How are you going to make a living though?

学生：不会。

Student : No.

莱斯特：你没有在思考。

Lester: You're not thinking.

它平息了最多未被满足的欲望，让你的心智达到最大程度的安静，你只是存

在着。

It quiets the greatest number of unsatisfied desires, it gives you the greatest quietude of your mind, and you're just being.

(学生笑)

你觉得我说得有道理吗？

Am I making sense to you?

学生：是的，是的。

Student : Yes, yes.

莱斯特：为什么不一直只是存在，而要创造匮乏、欲望，再去满足它，以从本就是你、是你的存在的基本喜悦中，获得片刻的快乐呢？

Lester: Why not just be all the time instead of creating lack, desire, satisfying it to get a moment's joy out of the basic joy that is you, your Beingness?

我仍然要说，这很简单，也很容易。

I still say it's simple and easy.

困难的是试图从这个世界中获取你无法得到的东西，那是困难的，太难了，

简直不可能,

What's difficult is trying to get it where you cannot in the world, that's difficult, so difficult, it's impossible,

这会让你日复一日地抓挠、挣扎、奋斗，却永远无法获胜。

keeps you scratching, struggling, fighting day in and day out, never winning.

世界上从来没有赢家，每个人都会一无所获，每个人都会死去，直到他们不再在世界上寻找它，并发现它就在他们所在的地方、一直在他们的心中。

No one ever wins in the world, everyone draws a blank, everyone dies, until they let go of looking for it in the world and discover that it's right where they are, right at their center all the time.

现在，顶端状态不是“理解”，顶端状态不是“知晓”，顶端状态是“存在”。

Now, the top state is not understanding, the top state is not knowing, the top state is being.

有太多形而上学的路径告诉你要去获得理解，在你放下那个概念之前，你会一直被困在那个概念之下。

There are so many metaphysical paths that tell you to get understanding, you will be stood under until you let go of that concept.

在最高处没有“理解”，只有“存在”。

There's no understanding at the top, there's being.

“理解”存在于世界的领域，存在于限制的领域。

Understanding is in the realm of the world, of limitation.

所以真正的“知晓”不是知道，而是存在。

So, the real knowing is not knowing, it's being.

看，这整个事情多么简单！

See, how simple this whole thing is!

10.获得自由 Going Free 1

所以你要什么时候成为你现在所是的自由的存在，什么时候认出这一点呢？

So, when are you going to be the free being that you are right now,
recognizable to you?

什么时候？

When?

你什么时候才能放下所有的障碍成为你现在所是的那个无限存在呢？

When are you going to achieve letting go of all the obstacles to being, the unlimited being that you are right now?

是什么决定了这一点？是什么决定了你何时获得自由？

What's going to determine it? What determines when you go free?

是你的“想要”。

Your want to.

当你想要自由超过这个世界上的任何其他事物时，你很快就会得到它。

When you want freedom more than anything else in the world, you'll get it pronto.

所以你们都在告诉我“是，你们想要自由”，但却说“我必须带着这些束缚”，然而这两者并不一致。

So, you're all telling me you want freedom with the yes but I've gotta to take the bondages with me, and the two do not coincide.

好吧，所以接下来最好的事情就是满足你的想要。

Okay, so the next best thing is to cater to your wants.

我们需要进阶课程，让我们不断拔除被压抑的领域、眼罩、感受和程序。

We need advanced courses to keep pulling up from suppressed areas, the blinders, the feelings, the programs.

“抗拒会阻碍你前进”是一个非常深刻的认识。

It's a very good deep realization that resistance holds you back.

现在，抗拒最终变成了让被压抑的垃圾持续被压制的机制。

Now, resistance turns out to be that mechanism of holding the suppressed garbage suppressed.

如果你能摆脱你的抗拒，所有被压抑的感受都会浮现并自行消散，然后你就自由了。

If you could throw your resistance out, all the suppressed feelings would come up and expend themselves, and you would be free.

当你的抗拒为零的时候，你就自由了。

When your resistance is zero, you are free.

所以不要对抗世界，让它是它所是的样子。

So, don't fight the world, let it be.

每个人在世界上追求的一切都是在追逐彩虹。

Everything everyone is chasing after in the world is chasing rainbows.

你知道这意味着什么，你试图抓住彩虹，结果却两手空空。

And you know what that means, you try to grab a hold of a rainbow, you've got an empty hand.

在世界中寻找东西只是在追逐彩虹。

It's just chasing rainbows, looking for things in the world.

因为现在一切都在你之内。

Because everything there is is in you now.

所以，再次强调，你必须放下你的感受、认同、控制、安全。

So, again, you have got to let go of your feelings, approval, control, security.

当你的感受上来并出去，你的心智自然就安静了，而你的真我会变得显而易见，认识到你是完整、完全、完美、永恒的。

When your feelings are up and out, your mind is naturally quiet, and you're self-obvious to your Self, as to the fact that you are whole,

complete, perfect, eternal.

还有其他问题吗？

Are there any other questions?

学生：不，这和劳拉的问题有点类似，但是在我写音乐之类的事情中，小我在哪里？你知道吗，就像你只是退到后面...

Student: No, just sort of similar to Laura's question. but I'm in like in writing music or something which is where is the ego in that? You know, it seems like you're just sitting back...

莱斯特：让它从你身上流出来，不要做作曲家拉尔夫，只是做你的存在。

Lester: Let it flow out of you, don't be Ralph, the composer, just be your Beingness.

(学生说的没听清)

莱斯特：你写出最棒的音乐，你会超过 Armadeus (听不太清)

Lester: You write the greatest music, you'll out Armadeus the Armadillo.

学生：他好像 4 岁就开始作曲了？

Student: Is the Armadillo at the age he started at four?

莱斯特：在这个年龄，他 4 岁开始，下次你从 1 岁开始。

Lester: at the age, he started at four, next time you start at the age one.

(学生说的听不清)

莱斯特：不，但所有的伟大都来自我们的中心，但要认识到这一点，然后你就能超越它。

Lester: No, but all that greatness comes from our center, but recognize it as such, then you can transcend it.

学生 B：你的意思是，认识到这一点，然后用你正在创造的不管什么东西来唤起感受、让它们离开吗？

Student B: Do you mean, then recognizing it as such and using whatever you're creating to bring up the feelings to let them go?

莱斯特：是的。

Lester: Yes.

(学生说的听不清)

学生 B：我卡在了那里，我什么都没做，因为我“只是存在”和很多事情上

很困惑.....呃.....你知道.....

Student B: I get stuck there, I don't do things, because I get confused between just being and a lot of things, well you know...

萊斯特：如果你不困惑，你就自由了。

Lester: If you're not confused, you're free.

然而，在《六步骤》里，你有一张带你走完全程的地图。

However, you have a map to take you all the way in Six Steps.

任何持续使用六步骤的人都能在两个月或三个月内获得自由。

Anyone using the Six Steps continuously will go free in a matter of month or two or three.

所以缺失的是你的想要。

So, what's out is your want to.

当你想要自由超过其他任何东西的时候，你就会贯彻这六个步骤。

When you want freedom more than anything else, you'll carry out those six steps.

即使没有我提醒你，你也会贯彻《六步骤》。

You would carry out those Six Steps without me ever mentioning it to you.

如果你想要自由超过想要世界里的的事物，你会自然而然地做。

You do it naturally if you wanted freedom more than you want things in the world.

学生 B：这就是你说的利用世界去自由，你用你想要的无论什么东西去激起感受。

Student B: That's what you mean by using the world to go free, you choose whatever you want to stir up the feelings.

莱斯特：是的，

Lester: Yes,

你利用这个世界来激起、带出感受，这样你就能释放它们。

you use the world to stir up, to bring up the feelings, so you can let them go.

因此，只有通过这个世界，你才能超越它。

Therefore, it's only through the world that you transcend it.

学生 B：这就是为什么你追求更高的目标就会激起越来越多、越来越深的感受，所以追求更高的目标是好的，来激起.....

Student B: That's why the higher goals you go for will just stir up more and more feelings, deeper and deeper feelings, so it's really good to go after high things to stir up...

莱斯特：针对你的目标做释放是好的，不是为了追逐它们，

Lester: It's good to release on your goals, not to go after them,

而是为了让阻碍的感受浮现出来，这样你就可以释放那些感受。

but to get up the blocking feelings, so you can release the feelings.

你说的是“追求目标是好的”，释放你关于目标的感受才是好的。

The way you put it “it was good to go after the goal”, it's good to release your feelings about the goal.

学生 B：那太好了！这就是我在释放目标时卡住的地方，你知道，我们在追逐目标.....

Student B: Ah, that's great, that's very... That's the stuck while I'm releasing on the goals, you know, we see going after the goal...

学生 C：我注意到发生了一些事情，我在夏天实现了我的第一个目标，尽管我努力避免这样做，但我发现自己陷入了整件事的小我层面，它变得令人困惑，我不知道该做什么，它应该在我生命中处于哪个位置，我是否应该继续或做任何事情，我唯一能想到的就是用它来释放，如果我做这件事，就用它来进行释放。

Student C: There's something I noticed that happened, I did my first goal in the summer, even though I tried not to, I found myself caught up in the ego part of that whole thing, and it became confusing, I didn't know what to do, where it should be in my life and if I should even continue it or anything, the only thing I could come up with is to use it, if I do it, to use it for releasing.

莱斯特：就是这样，这就是关于这件事的全部内容了。

Lester: That's it, that's what this is all about.

利用一切来进行释放。

Use everything for releasing.

总结一下，你在生命中所做的每一件事都是在浪费时间，除了释放。

Summed up, every last thing you do in your life is a waste of time, except releasing.

所以如果你不释放，你就是在浪费你的时间。

So, if you are not releasing, you are wasting your time.

但是如果你边做边释放，那就不是在浪费时间。

But if you are doing it and releasing, you are not wasting your time.

所以你边做，边释放。

So, you do it and release.

11. 获得自由 Going Free 2

你在这个世界上所追求的一切都会像彩虹那样消逝。

Everything you're chasing after in the world will disappear, like a rainbow.

但是你获得的自由却是永恒的。

But the freedom you gain is eternal.

这就是帕特里克·奥尼尔所做的。

This is what Patrick O'Neill put.

他的世界没有停止，他毫不费力就能得到更好的广告、更好的角色，因为他

在释放。

His world hasn't stopped, he's getting better commercials, better parts without effort, because he's releasing.

有趣的是，就在这外面，我对他说：“帕特，你可以成为世界头号的演员”，

It's funny I said to him right outside here, “Pat, you can be the number one actor in the world”,

你们知道他不是个孩子了，我不知道他多大了，但他上了年纪，在他这个年纪对他说他可以成为最好的演员，这是一件挺滑稽的事情。

you know he's not a child anymore, I don't know how old he is, but he's on in the years, it's a funny thing to say to him at this late stage of the game that he could become the number one actor.

但他真的相信了。

But he bought it.

我想他会让它发生，而不是强迫它发生。

I guess he's going to let it happen, instead of trying to force it to happen.

谁知道呢？

And who knows?

也许他会更进一步，甚至不必这样做。

Maybe he'll go beyond that and not have to do that.

你们见过那些大师们在好莱坞寻找角色吗？

Can you see the great Ones looking for parts in Hollywood?

所以我想说的是，你必须达到一种放下这个世界的境界，你利用世界来超越世界，你超越它。

And so what I'm saying is that you've got to reach a place where you let go of the world, you use it to transcend it, you get above it.

这就是为什么你们看不到尤迦南达、耶稣、佛陀等等的大师们在好莱坞找工作、挖掘石油以获取越来越多的物质。

That's why you wouldn't find Yogananda and Jesus and Buddha looking for a job in Hollywood, digging for oil to get more and more materiality.

他们超越了物质层面。

They're above materiality.

有一个地方，总有一天你们会发现它，每个人迟早都会到达的。

There's a place, someday you'll discover it, everyone hits it sooner or later.

还有一个超越这个世界的地方，你看到当他们到达那里时，他们释放了这个世界，他们全部的物质就是他们此刻所穿的衣服。

There's a place beyond this world, which you see when they achieve it, they let go of the world, and their total materiality is just the dress that they're wearing at the moment.

因为他们生活的地方是超越世界的，而不是受制于世界的限制。

Because where they are living is beyond the world, not in it subject to its limitations.

你走得越高、越自由，就越没有动偏离道路。

And the higher, the freer you go, the less the incentive to go off the way.

因为情况会越来越好、越来越好、越来越好。

Because things get better and better and better.

还有其他问题吗？

Are there any other questions?

学生：我有一个，莱斯特，关于"是什么决定你什么时候自由？是你的想要"。

Student: I have one, Lester, a reference to "what determines when? It's your want to".

莱斯特：就是这样。

Lester: That's it.

学生：想要.....对快乐的想要和对真相的想要提供了能量，或者让那里的东西轻松地浮现出来，而不是去挖掘或努力...所以就像打开...

Student: The want to the... Want for the joy and the want for the truth supplies the energy or supplies the allowing what's there to come up easily, rather than having to dig or effort... So like opening up...

莱斯特：是的，你有没有发现当你释放的时候，你会更快乐？

Lester: Yep, have you discovered that when you release, you're happier?

学生：是的。

Student: Yes.

莱斯特：那有什么不对吗？

Lester: What's wrong with that?

让它成为常态有什么不对吗？

What's wrong with making that constant?

你为什么不去做呢？

Why don't you do it?

问问你自己 “为什么我不让它持续，并在几周内走完全程呢？”

Ask yourself “Why don't I make it constant and go all the way in a matter of weeks?”

答案是：你不想要它，你想要这个世界。

The answer is you don't want it, you want the world.

学生：有一种对抗消极情绪的使命感，就像消极情绪就在那里，它赋予了我一种使命感去对抗它，我的意思是，这太自然了。

Student: The sense of having a mission to fight against the negativity, it's like the negativity was there and that gave me a sense of purpose, I mean, it's so natural.

莱斯特：但是问问你自己 “为什么我不走完全程？” 可能会让你意识到为什么自己一直在拖延，为什么想要痛苦超过了想要终极快乐。

Lester: But asking yourself “Why don't I go all the way?” might give you

the realization of why you're holding yourself back, wanting misery more than the ultimate joy.

你需要花多长时间去完成一份 3 个月的工作？

How long should it take you to do a three-month job?

你问过自己那个问题吗？

Did you ever ask yourself that question?

你现在知道答案了，你刚刚已经给我了。

You know what the answer is now, you just gave it to me.

《圣经》用两句话总结了这一点，我记得这两句话在《圣经》中都是大写的。

The Bible sums it up in two sentences, and I think both sentences are capitalized in the Bible.

第一句是 “我是我所是”，意思是——我是宇宙的本质，我是宇宙的存在。

The first is “I AM THAT I AM”, meaning I am the amness of the universe, I am the Beingness of the universe.

第二句是 “安静下来就会知道我是上帝”，

The second sentence is "BE STILL AND KNOW THAT I AM GOD" ,

如果你让你的心智安静，你就会明白这一点。

if you get your mind quiet, you know that.

我想说的是，真相在一开始就被揭示出来了。

And what I'm intimating is that the truth has been put out from the beginning of time.

用我们的时间来说，我会说，在过去的几千年里，真理已经被说出来了，某些觉者已经告诉我们该怎么做，但我们却没有照做。

In our time, I would say in the last thousands of years, the Truth has been spoken and certain Ones have told us what to do, we haven't done it.

那么我们要做什么呢？

So what are we doing?

我们要去做的，我们要敲掉我们的外部支柱，这会引领我们朝向一个方向：那就是进驻内在，并发现我们是什么。

We're going to do it, we're going to knock out our external props, which leads one direction only, that is to go within and discover what we are.

但那是一条艰难的道路。

But that's the hard way.

我说，在你走艰难的道路之前就先做，你不必用艰难的方式去做。

I say do it before, you don't have to do it the hard way.

但我真的不知道有谁能轻易地做到这一点。

But I really don't know anyone who's done it the easy way.

所以，我希望在未来十年看到大量的人获得自由。

So, I expect to see people going free in large numbers in the next decade.

学生 A：这就是你说的是，抗争、去成为一名生态学家或试图拯救这些东西只是在心智里保持并促成它？

Student A: So this is what you're saying that to fight against, to become an ecologist or to try and save these things is just holding it in mind and just contribute to it?

莱斯特：这是在浪费时间。

Lester: It's a waste of time.

你能明白这一点吗？

Can you see that?

试图让世界变得美好完全是在浪费时间。

It's a total waste of time, trying to make the world a good world.

12.获得自由 Going Free 3

把世界变成一个美好的世界，不过是把目前束缚我们的铁链换成了漂亮的金链。

Making the world a good world is substituting the present iron chains that are binding us for nice golden chains that bind us.

一个美好的世界同样会成为我们的束缚，只不过是金链而非铁链。

A good world would be a binder on us, but golden chains instead of iron chains.

所以这是浪费时间，这在错误的方向上。

So, it's a waste of time, it's in the wrong direction.

超越世界才是正确的方向。

Transcending the world is the right direction.

这个世界上的一切都是有限制的。

Everything of the world is of limitation.

所以仅仅只是发现你是谁，然后你会得到终极答案。

So just discover what you are and you'll have the ultimate answer.

当你发现你是什么并得到那个答案时，在那之后，所有的答案都会瞬间呈现到你面前。

And when you discover what you are and get the answer, after that all answers come to you immediately.

一旦你得到了那个答案，其他所有的答案都会不费吹灰之力接踵而至，之后，世界就变得轻而易举了。

Once you get the answer, every other answer falls into line without effort, after that makes the world a push over.

你有一个问题吗？

You had a question?

学生说：是的，问一下祈祷在哪里，祈祷的人祈祷那些.....

Student: Yes, ask about where is prayer, prayer prayers for those...

莱斯特：祈祷在哪里？

Lester: Where is prayer?

祈祷，是给那些无知到认为我必须从外在获得本来就在我之内的东西的人准备的。

Prayer is for those who are ignorant enough to think that I have to go outside of myself to get something that is within me.

宇宙的无限存在被称为“上帝”，它是无限存在，它是你的存在。

The infinite Beingness of the universe called God is the infinite Beingness which is your Beingness.

学生：关于祈祷和灵性是怎么样的呢？

Student: How about prayer and spiritual?

莱斯特：从某种意义上说，你放下了一点你的小我，这可能是有帮助的。

Lester: In the sense that you're submitting a bit of your ego, it can be helpful.

从这个意义上说，它能让你朝着获得自由的方向前进，它可能是有帮助的。

In the sense that it keeps you in the direction of going free, it could be helpful.

但总有一天，你会发现所有伟大的大师们都存在于你的心智里，所有伟大的大师都是你创造的。

But someday you'll see that all the great Ones existed in your mind, that all the great Ones are your creation.

在你的心智里，你每天都能看到我、看到你自己、看到这个伟大的世界等等。

It's in your mind that you see me, yourself every day, the great worlds.

退出心智，一切就都消失了，剩下的就是被限制在身体里的存在。

Walk the mind out, it's all gone, and what's left over is Beingness that being confined to a body.

我想我在有组织的宗教领域不会很受欢迎。

I guess I wouldn't be very popular in the realm of organized religion.

宗教，一般来说是从底层往上的。

Religion in general is in the direction from the bottom.

宗教试图激励我们，让我们超越垃圾，这没有什么用。

Religion tries to inspire us and get us above the garbage, it is not helpful.

我想如果他们把我们扔进垃圾里，情况会更好，这会让我们很不舒服，我们不得不释放。

I think they would be better off if they pushed us into the garbage, and made us so uncomfortable, we would have to release.

但是我觉得激励没什么帮助。

But inspiration I don't see as helpful.

因为它让你远离你的垃圾，却没告诉你如何摆脱垃圾。

Because it lifts you above your garbage without showing you how to get rid of it.

当你看到真相时，就会发现并没有精神、物质之分，它们都是一回事，只是程度不同而已。

And when you see what is, there's no spiritual, material, it's all one and the same thing, it's a matter of degree of the same thing.

人们所谓的物质实际上都是精神层面的。

Everything that people called material is actually spiritual.

某种程度上，我们的创造本身就是精神层面的，而非物质层面。

It's creation to the degree that we create, and that's spiritual, that isn't material.

分离不是一个好的方向，把一切整合起来会更好。

Separation is not a good direction, unifying everything is better.

因此，如果一个人想要发现自己的自由，将精神、物质、身体、心理和所有这些分开并没有帮助。

So, separating spiritual, material, physical, mental and all that isn't helpful if one wants to discover one's freedom.

但如果你想祈祷，随你。

But if you want to pray, it's up to you.

总之，我想说，为什么要为此祈祷呢？

So I sum up by saying why pray for it?

创造它，实现它，那是一个更高的境界。

Create it, make it, it's a higher place.

如果你释放那些障碍、那些感受，你能够拥有、成为、做任何你想做或想要的。

You can have, be, do whatever you will or desire, if you'll release the blocks, the feelings.

这才是实现目标的方法。

That's the way to go for it.

13.没有限制 No Limitations 1

基本上，我们都是无限的、完全自由的存在，我们已经说服了自己”我们是极度受限的身体 “。

Basically we're all unlimited totally free beings, who have convinced ourselves that we are extremely limited physical bodies.

但我说，我们从未放下过我们所是的这个无限存在。

But I say we have never ever been able to let go of this infinite being that we are.

“那” 现在、就在这里。

That right here and now.

我们是没有任何限制的，除了我们自己接受的那些限制。

There are no limitations upon us except those that we accept.

现在，我们大多数人一直在寻找这个完全自由的状态、这个终极状态，

Now, most of us here have been seeking this total free state, this unlimited state,

而且我相信到现在我们都很挫败，因为还没有找到它。

and I believe are quite frustrated by now, not having found it.

我在塞巴斯蒂安家里指出过——原因很简单，我们不想要它，我们更想要这种受限的生活状态。

And I pointed out at Sebastian's home that the reason for this is simply that we do not want it, as much as we want this limited state of living life as we are living it.

我们相信自己的幸福在于这个世界、在于这个身体、在于我们正在做的事情。

We are convinced that our happiness lies in this world, in this body, in what we're doing.

现在如果你看看自己的生活方式，你每天都在做什么？这一点是很明显的。

Now this is very obvious if you will look at your way of life, what do you do every day.

你照顾一个身体,

you take care of a body,

你早上把它叫醒,

you wake it up in the morning,

给它穿衣服,

you dress it,

你清洗它,

you wash it,

你梳理它,

you comb it,

你把它送到一个地方, 在那里它会挣到一种叫做钱的东西,

you send it out into a place where it will produce a certain thing called money,

这样你就能为这个身体提供其他东西来让它活下去，还把它送去度假等等。

so that you can get other things for the body to keep it alive, and to send it off on vacations and so forth.

现在，如果你不认为这一切都是重要的事情，你就不会去做了。

Now, if you were not convinced that all this was the important thing, you wouldn't be doing it.

我在试着让你明白，我在试图反映你正在做的事情。

I'm trying to point up to you, I'm trying to mirror back to you what you are doing.

你几乎一直在说“我是一个身体，我不能生存，除非我呼吸氧气；除非我把叫做食物的东西放进那个身体，让它发酵、腐烂；除非我产生垃圾，否则我无法有任何能量”，这种情况一直在继续、继续、没完没了……

You're almost all the time saying “I am a body, I cannot survive unless I breathe oxygen, unless I put material called food into the body, ferment it, decay it there, unless I produce garbage I cannot have any energy”, and this goes on and on and on and on...

然后你遇到我或者像我这样的人，然后你说“我想要自由，我想要那个无限

的“存在状态”，我想要想一想它就能拥有我想要的任何东西”，

And you meet with me or people like me and you say “I want to be free, I want that unlimited state of Beingness, I want to have anything I want for the mere thought of it”,

你这么说，

you say that,

但下一刻你做的是什么呢？

but what do you do the next moment?

你回到了那个身体上，让它按照你一直以来的方式运转下去，年复一年，一生又一生。

You go right to that body and keep it going the way you have been keeping it going year in, year out, lifetime in, lifetime out.

现在，除非你面对这个问题，否则你不会停止认同这个被称作身体的、极其受限的、脆弱的东西，

Now, until you confront this, you're not going to stop identifying with this very limited frail thing called the body,

面对它的方式就像我现在做的那样，我在向你展示你每天都在做什么，几乎

每天的每时每刻你都在确认自己是一个身体。

ways of confronting it are like what I'm doing, I'm showing you what you're doing every day, almost every moment of the day you're validating your being a body.

在一天的 24 小时里，你有多少时间只是坐着做你的真正所是？

How much of the 24 hours a day do you just sit and be what you really are?

它仅仅只是你的存在，

Which is simply your Beingness only,

它不是一个身体，

it's not being a body,

它不是一个心智，

it's not being a mind,

它只是存在。

it's just being.

如果你能有一分钟的时间不做一个身体和心智，

And if you would for one minute stop being a body, mind,

在那一分钟里，你会看到你没有任何限制，你是完全自由的，你的存在是最宏伟、最壮丽、最光荣的东西。

for that minute, you would see that you have no limits whatsoever, that you are totally free ,that your Beingness is the most grandiose, the grandest, the most glorious thing there is.

如果你能这样做一分钟，你永远都不会放手，直到你永远确立了这一点。

If you were to do that for one minute only, you would never ever let go until you established that for all time.

如果你能这样做几秒钟，再次强调，你永远不会放手，直到你永久地建立起这一点。

If you were to do it for a few seconds, again you would never let go until you establish that permanently.

你所做的只是匆匆瞥一眼它，瞥见它，

What you do is you get a very fleeting glance of it, a glimpse of it,

你用“瞥一眼”这个词也许是合适的。

you practically glance might be the right word.

你几乎是斜着眼看它，生怕自己会看得太真切。

You look at almost sideways, for fear you'll see it too too well.

你感觉它很可能就是你听说的那个样子，

And you sense that it most likely is the way you hear that it is,

然后你说我想要它、我想要它、我想要它，

and then you say I want it, I want it, I want it,

然后你只用一天中的一小部分时间来寻找它，

and you look for it but for a small percentage of the time of the day,

你花了更多、更多、大量的时间在认同那个身体、认同那个极其受限的身体和心智。

the greater the greatest amount of time you spend is identifying with the body, being a very limited body, mind.

关于你对存在有多认同，我说清楚了吗？

Is this clear as to how much you identify with Beingness thing?

现在，如果你想看到真相，你必须停止认同身体、停止认同心智，并审视你的存在，它是你的一部分，它是你在你的每一个行为中都在寻找的东西，你称它为幸福。

Now, if you are ever going to see the Truth, you must stop identifying with the body, stop identifying with the mind, and examine your Beingness, which is the part of you that is what you are seeking in your every act anyway, and you call it happiness.

有时候你会发现，幸福就是做你自己。

And you'll discover sometimes that happiness is only you being you.

你越是做自己，就越快乐。

That the more you will be only you, the happier you are.

这是一个让心智静止下来的过程，心智会让你偏离做自己。

It's a process of stilling the mind, which is a distraction away from you being you.

心智是一个用来认同你所不是的工具。

The mind is an instrument use to identify you with other than what you are.

通过心智，你认同了身体，认同了世界。

With the mind, you identify with the body, with the world.

14.没有限制 No Limitations 2

你必须释放对身体、世界、关系的持续性认同。

You've got to let go of this constancy the continuity of identification with a body, world, relationship.

如果你能做到几秒钟，从那一刻开始，它的美妙会十分强烈，你永远不会忘记的。

and if you do it just for a few seconds from that point on the wonderfulness of it would be so intense with you, you would never forget it.

你会花费大部分时间来重建那个状态，以使成为常态。

You would spend most of your time reestablishing that state in order to make it constant.

所以总结一下我所说的，你不认为自己是无限的原因是因为——你每时每刻都在认同这个被叫做“身体”的限制性车架子，而且你没有直面它。

So, to sum up what I said, the reason why you don't recognize you as being limitless is because every moment you're identifying with this limited vehicle called "the body", and you're not confronting it.

所以我的建议是，像我跟你讲的这样，你开始面对这一点，你一天中的每时每刻是如何确认自己是这个身体的？

So, what I'm suggesting is that you start confronting this like I presented it to you, how every moment of the day you're validating being this body?

审视这一点，

Look at that,

审视类似的东西，

look at similar things,

然后潜意识里把你和这个身体联系在一起的想法就会开始浮现出来，

and then subconscious thoughts will start coming up in this direction that have you pegged to this body,

当这些潜意识的想法出现时，它们处于在意识层面，

and when these subconscious thoughts come up, they're in the

conscious plane,

你就可以对它做点什么了，

you can do something about it,

你可以让它们离开。

you can let them go.

你以这种方式消除了足够多的想法，从而获得足够的自由，开始看到你的本质，那就是你的存在。

You'll undo enough of them in this manner to be free enough, to begin to see the essence of you, which is your Beingness.

好了，现在，如果你们有任何问题或者想听任何我讲的话题，我很乐意深入讨论。

Okay, all right now, if any of you have any questions or any topics you would like to hear I spoken on, I'd be very happy to go into anything.

学生：我喜欢这个问题，我想我以前问过这个问题，我仍然想搞明白，当你被我们正在做的所有身心活动，骨头酸痛和问题以及所有这些事情所困扰时，你怎么做到这一点呢？

Student: I like that I think I've asked this before, and I still want quite get

it, how can you do this when you're bogged down with all of this body mind activity that that we're doing, the bones aching and problems and all this stuff, well we get away...

莱斯特：有两种方式。

Lester: There's two ways.

大多数人处理这个问题的方式是，首先，他们受够了。

The way most people do it is: First they get so fed up.

要明白，生活必然是伴随着痛苦的，生活中没有不遭受痛苦的人，对吗？

See, now life necessitates misery, there is no one living life who doesn't suffer, right?

你们在这一点上赞同我吗？

Will you go along with me on that?

我们越是试图从生活本身、从生存状态中获得满足，

The more we try to get our satisfaction from life itself, livingness,

随着时间的推移，我们会变得越来越不快乐。

the less happy we become as time goes on.

欲望永远无法被满足。

Desire can never be satisfied.

如果我们能满足欲望，一旦我们满足了欲望，我们就会拥有一切，我们便不会再想要它了，对吗？

If we could satisfy desire, we'd have everything once we would be satisfied, we wouldn't want it anymore, right?

但是欲望变强了，试图满足欲望只会让欲望更加强烈。

But desire intensive, trying to satisfy desire intensifies it.

随着时间的推移，这种强烈程度越来越高，痛苦也越来越深。

And as time goes on, the intensity gets greater and greater and the suffering gets greater and greater.

我们都会到达一个我们再也无法忍受的地步，

And we will all reach a point where we can't take it anymore,

然后我们说，够了！

and we say, enough of this!

接着我们开始不再认同生活和身体，

And then we start moving away from identifying with life and body,

我们开始寻找答案。

we start looking for the answers.

我想说的是，痛苦是看向正确方向的一种动力。

What I'm saying is that misery is a prod to looking in the right direction.

然后我们就不会再在世界上追逐欲望了，

Then we'll stop chasing after it in the world,

我们不会那么忙忙碌碌，

we won't be so busy,

我们会从这个世界中抽出时间，

we'll take time away from the world,

一开始可能是一天抽出一小时，

first maybe an hour a day,

然后是早上的一个小时和晚上的一个小时,

then an hour in the morning and an hour at night,

接着是几个小时,

then several hours,

然后是半天,

then half a day,

最后你会花上一整天时间。

and then you'll take all day.

一旦你确信它比你的日常生活更重要,

Once you're convinced that it is more important than your daily life,

你就会放下日常生活。

you'll let the daily life go.

但你必须做所有这些事情的事实表明：你认为做一个身体活跃在这个世界上

比花时间去发现你真正的真我更重要。

But the fact that you have to do all these things shows that you think that's more important, it's more important being a body and being active in the world than it is to take time out to discover your real Self.

因此，促使我们探寻的第一个东西是痛苦，

So, the first thing that causes us to seek is misery,

而后来，发现我们自己的美妙会促使我们真正地放下这个世界并全力以赴，

then later on, the wonderfulness of discovering ourselves causes us to really let go of the world and go all out,

然后你发现你只要想一想，就可以拥有你想要的任何东西，

then you discover you can have anything you want for the mere thought of it,

接着你发现，生活还有比物质更重要的东西，你不再想要这个世界上的任何东西了。

then you discover there is much more to life than things, and you don't want anything in this world.

在物质之外，还有更多更伟大的东西值得你去追求，而不是追求这个世界上

的事物。

There is so much greater beyond the physical that you go for that rather than the things of the world.

你已经习惯了这个世界。

You are so habituated into this world.

因为这个世界在潜意识里重新刺激我们每一个人，让我们相信它是真实的、我们需要它、我们必须从中获取快乐。

Because the world re-stimulates every one of us subconsciously into believing that it is real that we need it, that we have to get our joy from it.

于是我们会下意识地在这个世界上寻求满足,但它永远不会满足我们。

And we will reactively seek satisfaction from the world, and it will never ever satisfy us.

学生：莱斯特，你说你可以做，但是要花一些时间在释放上，你是说安静地花时间释放，还是说找合适的时间释放？

Student: Lester, you said you could do it, spend some time at work, do you mean by quietly taking time, or did you mean by thinking properly?

莱斯特：不管你在做什么，你都可以一直把寻找你是谁和你是什么放在你心智的背景里。

Lester: You can always be seeking who and what you are by always keeping that in the background of your mind, regardless of what you are doing.

如果对它的渴望足够强烈，不管你在做什么，这种探求总会存在于背景中。

If the desire for it is strong enough, the quest will always be there in the background, regardless of what you are doing.

所以归根结底，问题在于我有多想要它？

So it boils down to a manner of how much do I want this?

对它的渴望的强烈程度决定了得到它的速度。

The intensity of the desire for it determines the quickness of getting it.

而且除了我们自己，没人能点燃那个渴望，我们必须自己来做，没人能替我们做。

And no one can turn that desire on for us, but we have to do it, no one can do it for us.

学生 C：你知道的，莱斯特，我认为很多人不这么做的原因也是因为他们害

怕最后跳入水中。当我们谈起在泳池里洗浴或者在海里游泳时，我会想起，我突然想到我梦中的一个场景，我害怕去海边，我心想我要待在泳池里。换句话说，我要去安全的地方，而不是完全跳入未知中。

Student C: You know, Lester, I think the reason why a lot of people don't do it also is because they scared of the final plunge, you know, when we spoke about that bathing in the pool, or swimming in the pool in the ocean, it suddenly occurred to me also, part of the dream that I just now remembered was that I was scared to go to the ocean, I thought to myself, I'm going to stay in the pool, you know, in other words, go to the safety of my thing, not take the total plunge into the unknown.

莱斯特：是的，人们害怕如果他们发现真相，他们会失去那个身体。

Lester: Yep, people are afraid they're going to lose the body if they discover the Truth.

学生：这就是你刚说的你害怕你会失去身体吗？

Student D: Is that what it is "You're afraid you'll lose the body?"

莱斯特：是的。

Lester: Yeah.

学生：这确实能证明这一点……（后面的听不清）

Student D: So that's really proofs that...

15.没有限制 No Limitations 3

莱斯特：你害怕你会失去对身体的认同。

Lester: You're afraid you'll lose your identity with the body.

学生：你是怎样摆脱这一点？

Student: How do you get out of that?

莱斯特：好吧，我告诉你，你不会失去它的，所有的大师都这么说，所有做过这件事的人都这么说。

Lester: Well, I tell you, you don't lose it, all the masters say so, all those who have done it say so.

他们向你展示了他们的身体，

They have shown you their bodies,

你见过大师，

you've met masters,

他们没有消失，

they didn't disappear,

他们有身体。

they had the body.

学生：不再这样了，我们不是往往会害怕未知的事物吗？

Student: No more, don't we tend to be afraid of the unknown?

莱斯特：是的。

Lester: Yes.

学生 1：这并不是未知的。

Student 1: It's not unknown.

学生 2：不，在我们到达那里之前，它是未知的。

Student 2: No, it is to us until we reach it.

学生 3：在我们认识到这一点之前，是这样的。

Student 3: Right, but until we realize this.

莱斯特：你的绝对真相是——你所是的“我”。

Lester: The absolute Truth of you is the I that you are.

当你说“我”时，不给它附加任何东西，那就是你的绝对真相。

When you say I with nothing added to it, that's the absolute Truth of you.

如果你能完全审视这一点的话，你会明白它是什么。

If you would look at that fully, you'd see what it is.

但每一刻，只要你把目光从它身上移开，你就会说“我这个无限的存在是一个有限的身体”，你每时每刻都在这样说，一个有麻烦的受限的身体，有这个麻烦，有那个麻烦，一直持续下去，就像一场瘟疫。

But every moment you look away from it, you say “I, the infinite being, am a limited body”, and you're saying this every moment, a limited body with troubles, there's trouble, that trouble, and it goes on and on and on, it's like a plague.

当除了“我”什么都没有时，就是那个状态，那是顶端的状态。

When there's nothing but I, that's the state, that's the top state.

当除了“我”什么都没有时。

When there's nothing but I.

学生：那是我还是小我的我？

Student: And I, I, is that maybe the I or the I of the ego?

莱斯特：不，不，不是的，

Lester: No, no, that it's not,

只有我，我，我，我，我，我，我，我，我，我，没有人，没有人，没有人.....

there's nothing but I, I, I, I, I, I, I, I, I, I, I, I, I, I, nobody, nobody, nobody, nobody...

所以那个我、我，当只有“我”的状态以外什么都没有时，才是顶端的状态。

So, the I, I, when there is nothing but the I state, that is the top state.

就像维维卡南达说的，最后你会发现，从来就只有“我”独自存在，“一”。

Like Vivekananda said, in the end you discover that there never was anything, but I all alone, One.

你可以通过思考那一点来看看自己离终极状态还有多远。

You can show yourself how far away you are from the ultimate state by thinking on that point.

学生：问题，当你认识到只有“我”独自存在的时候，这是否意味着其他的“我”都是不存在的？或者只是你没有意识到独自存在的那个“我”？

Student: Question, When you reach the state where you recognize that it is I all alone, does that mean others I's all alone do not exist? Or only that you are not aware of that I is all alone?

莱斯特：不，你要明白，首先你把每个身体都看成是你自己的身体，

Lester: No, you see, first you see every body as your body,

你会看到这个身体和那个身体一样，都是你的身体，

you will see this body as much your body as you will see that body being your body,

每个身体都成了你的身体，

every body becomes your body,

然后每一个动物、每一个生命的点点滴滴都是你，

then every animal, every bit of life is you,

接着这个宇宙中的每一个原子都是你。

then every atom in this universe is you.

这只是你看待它的方式。

This is just the way you see it.

正如你现在看它是分离的，

As you now see it's separate,

你突然看着它，你说：“哇，它是我，它的每一部分都是我。”

you suddenly look at it and you say: "Wow, it is I, every bit of it."

你会把这整件事看作是你自己。

You will see this whole thing as you.

因为这整件事只存在于你的心智中，

Because it's only in your mind this whole thing,

你创造了你所看到的一切，整个宇宙。

you've created everything you see, the whole universe.

当你看到它的时候，它就是你。

And when you see it, it is you.

除此之外还有一个步骤，

Then there's a step beyond that,

当你看到它是一种错觉、表象时，再进一步——它从未存在过，就像一场夜间的梦。

when you see that, it's an illusion, an apparency, the step beyond that is that never was, just like a night dream.

当你在梦里的时候，有一个叫“你”的角色和其他角色，有个世界和各种情节在继续，只要我们睡着了，它对我们来说就是真实的。

When you're in it, there's a character called you and other characters, there's worlds and action going on, as long as we stay asleep, it's real to us.

当我们从梦中醒来时，我们说“这只是一场梦”，然后它就不曾存在过。

After we awaken from the dream, we say “It was just a dream”, then, that never was.

你会不会想回到昨晚梦里的那些角色，试着把他们理顺？

Would you think of going back to those characters in your dream last night, and trying to straighten them out?

这就是我现在在做的。

This is what I'm trying to do now.

在我看来，没有什么需要纠正的。

This is the way I see it, nothing needs correction.

只要你正确地看待它，一切都是完美的。

Everything is all perfect when you see it correctly.

但我现在在一个梦里，试着纠正那些自认为需要被纠正的角色，但他们不需要。

But I am in a dream now, trying to straighten out those characters who think they need straightening up and they don't.

你就是你，

you are you,

你无法改变这一点，

you can't change that,

但你也不能假装不是真实的自己,

but you can't pretend not to be what you are,

这整件事都是一个假象。

this whole thing is a pretense.

明白了吗?

Does that make sense?

学生：只到我能听懂的程度。

Student: Only to the point that I could fellow well.

莱斯特：好吧。

Lester: Well.

学生：因为我成为了我的真我，这是否意味着除了我之外没有其他人存在，因为我一直就是一切？

Student: Because I become my Self, does that mean that nobody else but me exists, because I was everything all along?

莱斯特：最后你会明白——除了我之外，从来就没有有什么别的东西。

Lester: The final thing you see is there never was anything but I all alone.

我把自己分割成了无数个角色，我想象他们是真实的。

And I chopped me up into a unlimited number of characters, I imagined that they were.

为什么？

Why?

这个问题其实没有答案。

There is no answer to that really.

我应该对你说的是，去看看，你为什么在昨晚的梦中创造了那些角色？还建立了各种关系？如果这是一个噩梦，还差点被杀掉，你昨晚为什么会做那样的梦？

And what I should say to you is go there and see, why did you create those characters in your dream last night, set up relationships? And if it was a nightmare almost get killed, why did you have that last night in your dream?

学生：我们无法选择。

Student: We're not going to chose.

莱斯特：谁干的？

Lester: Who did it?

那是你的梦，

It was your dream,

我让你做了你的梦吗？

did I make you dream your dream?

这是你的梦，

It's your dream,

但你为什么要这么做？

but why did you do that?

这个问题真的没有答案。

There really is no answer to it.

学生：你知道有一些有趣的事情要做.....

Student: You know there's something interesting thing to do...

莱斯特：现在如果你检视“为什么”这个词，

Lester: Now if you examine the word “why”,

这是一个非常有趣、非常有启发性的词，

it's a very interesting and very enlightening word,

“为什么”这个词，它是这样说的——你问我为什么，你让我用你所知道的来解释我所知道的，对吧？

the word “why” says this: you ask me why, you ask me to explain what I know in terms of what you know, right?

用较低层次的理解来解释较高层次的知识是不可能的，

And that's impossible to explain this higher knowledge in terms of lower understanding,

这种更高层次的知识，我们必须上升去获得它，

this higher knowledge, we have to move up to it,

它永远不会下降到我们这里。

it can never come down to us.

我们上升去接近它，我们领悟它，

We move up to it and we see it,

然后我们会明白，并且我们知道自己明白了。

and then we know, and we know we know.

所以“为什么”这个问题其实是一个毫无意义的问题，也无法真正回答。

So, the question why is really a meaningless question, and can't be really answered.

在梦里的幻觉、在表象中，是的，你可以回答为什么，

In the dream illusion, in the apparency, yes you can answer why,

但在我们所处的领域，它是一个没有意义的词。

but in the field that we're in, it's a meaningless word.

它的意思是：用我能理解的方式解释你所说的这种更高层次的理解。

It's saying: Explain to me in terms that I can understand what this higher

understanding is that you're talking about.

这是不可能的。

And it's impossible.

所以你唯一能做的就是去到那里，

So, the only thing you can do is go there,

你自己亲眼看看它，然后你就明白了。

see it for yourself, and then you will know.

但这个世界只不过是一场梦，

But this world is nothing but a dream,

它就像我们夜晚的梦境那样真实，在我们从梦中醒来后，它就不那么真实了。

it's exactly as real as our night dreams are real, after we awaken from this dream.

只要我们继续沉睡，它就显得很真实。

As long as we stay asleep in it as we are, it seems real.

16.终极自由 the Ultimate Freedom 1

我们都是无限的存在，我们拥有我们背后宇宙的所有力量，为什么我们不知道我们就是这样的呢？

Why don't we who are all infinite beings, who have all the power there is in the universe behind us know that we are that way?

你为什么不知道自己无限的？

Why don't you know that you're infinite?

你已经听了一遍又一遍，

You have heard it again and again and again,

你本质上是完全自由的、完美的、所有的荣耀、所有的一切。

you're inherently totally free, perfect, all glorious, all everything.

你们已经听过这一点了，你们中的一些人已经听了好几年。

You've heard it, some of you, for years.

你为什么看不到它？

Why don't you see it?

为什么你没看到它呢？

Why don't you see it?

学生：我只是在想.....

Ollie: I'm just thinking,

莱斯特：这不是很可笑吗？

Lester: Isn't it ridiculous?

这不是很愚蠢吗？

Isn't it stupid?

为什么像你们这样的无限存在要来听另一个存在跟你说这些？

Why do infinite beings like you come to hear another being talk to you?

因为一开始你就不相信自己是，

Because in the first place you do not believe that you are,

你不会接受你是，

you will not accept that you are,

你觉得 “是的，听起来不错，但是”，
you think “Yes, it sounds nice but”，

总有个 “但是”，但是，但是在继续，
there's always a but, but, but going on,

而这个 “但是” 却一直在阻碍你。
and this “but” is butting you down all the time.

如果你不再 “但是” 它，如果你只是接受它，从那一刻起，你就会把你所有的
的努力和精力都投入到认识这个了不起的、你所是的存在上。

If you only wouldn't “but” it, if you would only accept it, from that
moment on, you would put all your effort, all your energy into seeing
this terrific being that you are.

我说 “你不想要它”，
I say “you don't want it”，

你告诉我 “你想要”，
you tell me “you do”，

这就是重点——你不想要它。

and this is the important point “you don't want it”.

除非你正视这一点，除非你面对它，否则你可以永远永远地继续下去，一年又一年地说“这就是我想要的，我在这条道路上，我在追寻自由”，你可以一生又一生地永远这样做下去，直到你在理智上接受“我是无限”的这个概念。

Until you face up to this, until you confront it, you can go on forever and ever and a year more saying “Oh, this is what I want, I'm on the path, I'm seeking freedom”, and you can do this lifetime in and lifetime out forever until you will actually accept the concept intellectually that I am infinite.

因此，以人们在这个世界上的方式来生活是荒谬和愚蠢的。

And therefore it is ridiculous and stupid to live the way people live in this world.

我想你碰巧在宇宙中最地狱的地方，

You happen to be in the, I guess the helliest hell there is in the universe,

幸运的是，与此同时，在宇宙中有生命出现的地方里，我们几乎生活在最受限的状态中，

and fortunately so at the same time, we're living in almost the most limited state possible until beings anywhere in the universe,

我们可以往下走,

we could go down lower,

我们可以变成动物,

we could become animals,

动物最终也会发现它们的无限。

and animals are beings who also eventually discover their limitlessness.

如果你相信你的自然状态是无限的, 却过着一种极端受限的生活, 这不是很愚蠢吗?

But isn't it stupidly stupid to live a life with the extremest of limitations if you believe that your natural state is infinite?

这就是为什么我说你其实并不相信。

This is why I say you don't really believe.

但你没有任何限制,

But there are no bounds on you,

你宁愿做一个极其受限的物质身体、宁愿去装饰它、宁愿...

and you prefer to be an extremely limited physical body to be cherished,
to be.....

嗯...我不想惹你们女士生我的气,

Well...I don't want to get you women angry with me,

但我还是要指出你们在干什么,

but I was going to tell you what you do,

你们知道自己一直以来都在做什么,

you know what you do all the time,

男人们也与你们相差不远,

and the men are not far behind you,

他们很虚荣,

they're very vain,

我们穿上漂亮的衣服,

we put on nice clothes,

我们打扮我们自己,

we dress ourselves,

我们清洗身体,

we scrub the body,

我们早上打扮它,

and we paint it in the morning,

男人们也会做这些事,

And men do these things too,

我们修剪身体上不太重要的毛发,

and we clip the lesser life part of it,

然后我们出门去工作,

and then we take it off to work,

为什么？

Why?

这样你就可以维持那种为了生存而需要食物和衣服的极其受限的状态。

So, you can maintain that extremely limited state of needing food and clothing in order to survive.

工作只是一种受限的概念——我必须工作才能生存。

Working is only a concept of limitation--I must work in order to live.

要是我们坚信，为了生存我必须每天睡 8 小时，那情况就会是这样，

If we had the conviction that I must sleep eight hours a day in order to live and survive, that's the way it would be,

你只是睡觉，一切都会按照你的方式到来。

you would just sleep and everything would come your way.

因为不管你喜不喜欢，你们都是无限存在，无论你心智中持有什么，都会变成现实。

Because whether you like it or not, you're unlimited beings, whatever the mind holds becomes so.

心智只是一个创造工具，

The mind is only a creator,

宇宙中唯一的创造者就是你，

the only creator in the universe is you,

你想一想，事情就发生，

you think things happen,

你每天都在经历各种事情，

and you're happening everything that's you're meeting with every day,

你已经建立了这个被称为物质身体的极端受限的状态，

you have established this extremely limited state of being, called a physical body,

而你却为了亲爱的生活，在紧紧抓住它不放。

and you're holding on to it for dear life.

我在试着向你指出——你真的不想成为这种无限的存在，你真的不想完全自由，

I'm trying to point up to you that you really don't want to be this unlimited being, you really don't want to be totally free,

你想要拥有这种限制， 你希望这种限制是美好的、愉快的、有趣的，

you want to have this limitation, and you want the limitation to be nice, delightful, entertaining,

这根本不可能。

and it just can't be.

你一生都在努力让它变成这样，

And you struggle your entire life trying to make it so,

然后你死了， 你在另一边的世界度假， 在那里你能更好地想一想就瞬间让事情发生。

and you die, you have a vacation on the other side where you're far better able to think and immediately have things happen.

接着你回到一个物质的身体中， 继续通过这个物质身体工作， 直到当你在这个物质身体里能把自己从物质身体中解脱出来。

And then you come back into a physical body, and you keep working through this physical body, until you are able to free yourself from the

physical body while you are in the physical body.

你只能从内在获得自由，在其他地方你永远不可能获得自由。

You can never get free of it anywhere else, but from within it.

17.终极自由 the Ultimate Freedom 2

你要做的是认识到你有多不想要这个自由状态，

So the thing to do is to recognize how much you don't want this state of freedom,

这是你必须做的第一件事，

it's the first thing you must do,

你必须面对它。

you have got to confront it.

因为如果你真的想要，它会花你几周可能几个月的时间就完全自由了，就变得全能、全知、全在了。

Because if you really wanted it, it would take you weeks, maybe months to become totally free, to become omnipotent, omniscient, omnipresent.

所以我已经回答了那个问题，你没有得到它的原因是你不想要它。

So, I've answered the question, the reason why you don't get it is that you don't want it.

好吧，现在你会对我说“但我确实想要”，

Alright, now you're going to say to me “but I do want it”,

我会说“是的，你是这么告诉我的，但你没有展示给我看”。

and I'll say “Yes, you tell me that, but you don't show me that”.

你说你想要完全自由，你不想成为这个限制性的车架子，

You say you want to be totally free, you don't want to be this limited vehicle,

然后下一刻又继续做这个限制性的车架子，下一刻、每时每刻.....

and the next moment, proceed to be this limited vehicle, the next moment and every moment...

几乎每时每刻，你都认为“我就是这个身体”，

It is very rare that you don't think “I am this body”,

而这个身体束缚了你，

and being this body confines you to it,

温度改变 40 度，它就死了；

change the temperature 40 degrees, it dies;

给它一剂毒药，它就会死；

Give it a chemical called a poison, it dies;

不给它氧气，它会死的；

Don't give it oxygen, it dies;

为什么我们想成为如此受限的东西？

Why do we want to be this terribly limited thing?

在你放下它之前，你必须面对这些问题。

You have got to confront these things before you'll ever let go of it.

关于这一点还有什么问题吗？

Are there any questions on this point?

我认为这是一个非常有力的观点，

I think it's a very powerful point,

如果你能明白我所说的，那只需要几周或几个月的时间，你就能成为真正的自己，完全地自由、无限。

if you will get to see what I'm presenting to you, it'll only be a matter of weeks or months before you can and will be what you really are, totally free, limitless.

学生：是恐惧吗，还是一种我们不配拥有的感觉，（后面的听不真切）

Student: Is it fear or is it a feeling we don't deserve it?

莱斯特：如果你问我，我会说这是一个“我是一个身体”的信念导致的。

Lester: If you're asking me, I would say it's a conviction that I am a body that does it.

因此，如果我是一个身体，那么任何东西都可能伤害它，因此我非常害怕，

And therefore if I am a body, anything can hurt it, therefore I'm very fearful,

有人可能会开车撞我，或者我可能会吃错食物，或者一阵凉风可能会要了我

的命。

somebody might hit me with a car or I might eat the wrong food, or a little cool breeze might come on me and do away with me and...

正是一个“你是这个身体”的信念让你害怕。

It's a conviction that you're the body that makes you fearful.

现在，存在没有形式、没有行动，

Now, Beingness has no form, no action,

它是静态的，

it's a static,

它是不变的，

it's changeless,

这就是你所坚持的东西，但当你说生存时，这是“我”的延续，

and yet this is the thing you're holding on to, when you say survival, it's the I continuing,

那个存在是无限的。

that Beingness is infinity.

但当它试图成为一个限制性的车架子, 并将注意力集中在限制性的车架子上时,

But when it tries to be a limited vehicle and keeps its attention on the limited vehicle,

它会一直认为自己是限制性的车架子,

it thinks it's that limited vehicle all the time,

而这就是我们正在做的。

and this is what we're doing.

我们每时每刻都盯着这个身体说 “这个身体就是我”,

We're looking at this body every moment saying that “This body is I”,

这很简单。

it's very simple.

我的建议是放下它, 专注于发现你的真我。

And what I'm suggesting is let it go and concentrate on discovering

your Self.

如果你把注意力只放在自己身上，你很快就会发现它，

If you would put your attention only on yourself, you would very quickly discover it,

几周，几个月，

weeks, months,

这就是全部了，

that's all,

任何人都能做到。

anyone can do it.

我们为什么没这么做的原因是，是因为我们不相信它，我们不接受它，我们听到它，我们说“是啊，是啊”，然后下一刻我们就全力以赴成为一个叫做身体的、限制性的车架子，

The reason why we don't do it is because we don't believe it, we don't accept it, we hear it, we say “Yeah, yeah”, and then the next moment we go all out in being a very limited vehicle called the body,

为了帮助你不要那么害怕，我可以告诉你，在开悟后你不会失去那个身体，
to help you not fear so much, I can tell you you don't lose the body after realization,

基督有身体，

Christ had a body,

耶稣四处走动，祂已经完全开悟了，事实上祂在出生前就已经开悟了。

Jesus walked around, He had full realization, in fact, He had it before He was born.

当你开悟的时候，你不会失去那个身体，

When you get realization, you don't lose the body,

你失去的是只做一个身体的限制性概念。

you lose your concepts of limitation of being only a body.

取而代之的是，你首先看到你是每一个人，然后你看到你是一切，然后是每个原子，最后你看到你是所有的存在。

In place of it, you first see that you are everybody, then you see that you are everything, then every atom, and then in the ultimate you see that you are all Beingness.

而所有的能量和物质都是一种幻象，是你创造和构建的一个幻觉。

And that all energy and matter was an illusion, a fiction that you created and set up.

在那之后，你看自己的身体就像看别人的身体一样客观，身体再也无法打扰到你了，

And after that you look at your own body the same way you look at other bodies objectively, and the body can never again disturb you,

它永远不会再扰乱你所是的深沉、美妙、深刻的平静。

It can never again disturb the deep wonderful profound peace that you are.

18.终极自由 the Ultimate Freedom 3

所以，当你意识到你是谁和你是什么的时候，你不会消失，

So, you don't disappear upon realizing who and what you are,

你不会失去身体。

you don't lose a body.

首先，你获得了宇宙中所有其他的身体。

First, you gain every other body in the universe.

所以我现在正试图引诱你，

So, I'm trying to bait you now,

既然你这么爱那个身体，那就做一百万个身体吧。

Since you love the body so much, be a million bodies.

当你是一百万个身体时，你正接近于看到你纯粹的终极“存在状态”。

And when you are a million bodies, you are close to seeing your ultimate state of pure Beingness.

但我希望我能给你带来刺激，

But I hope I'm leaving you with a provocation,

我试图激发你去审视你自己，并认识到你其实不想要你所是的这个无限存在，而是真的想把自己扮成是一个有限的身体，因此你没有迅速地发现你是谁、是什么。

I'm trying to provoke you into looking at your Self and recognizing that you really don't want this infinite being that you are, but you really want to play as though you are a limited body, and therefore, you're not

quickly discovering who and what you are.

如果有任何问题，只要我能帮，我很乐意帮助你。

If there are any questions, I'd be very happy to help you if I can.

学生：是的，你是如何得出我们必须在身体中获得证悟这个事实的，为什么我们不能等死了以后再获得证悟呢？

Student: Yes, how did you arrive at the fact that we have to gain realization in the body, why could we just die and be realized?

莱斯特：因为只要你是一具身体，你就会有“你是一个身体”的非常强烈的信念，你把它保持在你的心智里，你就会一直做一个身体，一次又一次.....直到你释放了成为一个身体的欲望。

Lester: Because as long as you are a body, you have very strong convictions that you are a body, and you are holding it in your mind, and you will always be a body again and again and again, until you let go of the desire to be a body.

所以当你处于物理身体中的时候，你必须释放想要成为一个物理身体的所有欲望。

See, so it's while you're in the physical body that you have to let go of all desire to be a physical body.

现在，“欲望”这个词是一个非常有力的词，

Now, that word desire is a very powerful word,

我们拥有身体的唯一原因是我们渴望它们，

the only reason why we have bodies is because we desire them,

为什么我们在任何方面都是受限的，唯一原因是——因为我们渴望限制。

the only reason why we are limited in any way is because we desire limitations.

变得无欲，你就是无限的。

Become desireless and you're unlimited.

学生：这是我们能想到的全部吗？这就是我们所能想象的，就像我们能看到的，但我们必须有一个身体，因为我们一直都有一个身体。

Student: Is it all that we can conceive but we have to have a body, because we always have one?

莱斯特：这是一个选择的问题，

Lester: It's a matter of choice,

不管你面对与否，你已经选择成为一个身体。

whether you face it or not, you've chosen to be a body.

如果你深入你的内在，你就会发现这一点，

If you will dig within you, you will discover this,

真正的罪魁祸首是被称为“潜意识心智”的东西。

the real culprit is the thing called the unconscious mind.

潜意识心智是一个想法的储藏室，

The unconscious mind is a storage closet of thoughts,

我们创造想法，

we create thoughts,

我们把它们放回潜意识里，

we put them back in the subconscious,

然后我们说我们表现得好像它们不存在一样。

and then we say we act as though they are not there,

每一个潜意识的想法都和任何显意识的想法一样活跃，

every subconscious thought is just as active as any conscious thought is,

但是我们创造了这种潜意识思维的机制，

but we have created this mechanism of subconscious thinking,

潜意识的想法只不过是此刻我们不去看的显意识想法。

and the subconscious thoughts are only the conscious thoughts that we are not looking at this moment.

现在你的心智里有数百万个想法在进行着，

And right now there's millions of thoughts going on in your mind,

你每次只能将其中几个带到意识层面，

you bring to consciousness a few of them at a time,

但在背后的数百万个潜意识想法都在活跃着，

but all those millions back there are active,

这就是最大的困难。

and this is the greatest difficulty.

在一开始，这是一个非常方便的机制，是个自动驾驶。

It was a very handy mechanism in the beginning, it was an automatic pilot.

当我们越来越多地陷入各种想法时，我们将它们自动化并不再去看它们。

When we became more and more involved with thoughts, we put them on automatic and stopped looking at them.

现在我们在这种被叫做“潜意识心智”的自动状态下运行，

And we are now running on automatic called the subconscious mind,

这是你最大的困难。

and this is your greatest difficulty.

如果你现在能立刻把潜意识变成显意识，你就开悟了。

If you could make the subconscious conscious right now, you would be realized.

因为你会看到所有这些你在过去设置的限制，现在仍在不知不觉中继续运作着，

Because you would see all this limitation that you set in motion in the past that is now continuing invisible to you all,

通过让它变得可见，

and by making it visible,

你自然会丢弃所有的限制。

naturally you're going to drop all the limitation.

保持把注意力集中在自己身上，

Keep your attention focused on you,

如果你在几周或几个月里都只做这件事，你就会完全开悟。

if you would do this only for weeks or months, you'd get full realization.

我说的是“只”，意思是不要停下，看看“我是有问题的身体”，觉醒会很快。

I say only, which means not stopping it and looking at I am body with problems, it'd be very quick.

学生：自我了悟有程度之分吗？

Student: Are there degrees of self-realization?

莱斯特：没有，

Lester: No,

释放自我强加的限制有不同的程度。

there are degrees of letting go of self-imposed limitations.

学生：我不确定这是不是区别，换句话说，如果一个人没有实现自我了悟，因为他在抓着自我施加的限制，他实现自我了悟是否通过释放...

Student: I'm not sure if that's different, in other words if one were not self-realized, because he was holding on to his self-reposed limitation, and does he become self-realized by letting go of....

莱斯特：你看，你自己现在、此刻就是自我了悟的，你在执着于“我没有开悟”的概念。

Lester: You see, you're self-realized here and now, holding on to concepts of "I am not realized".

因此，并不存在向无限状态的成长，也就是说，存在的一种明显成长是释放自我强加的限制。

So, there is no growth into the unlimited state, that is, there is an

apparent growth of letting go of the self-imposed limitations.

学生：你会怎么称呼它？

Student: What would you call that?

莱斯特：释放自我强加的限制。

Lester: Letting go of self-imposed limitations.

你永远不会满足于这个世界、或任何其他世界、或天堂里的生活，

You'll never ever be satisfied living life in the world, or in any other world, or in the heavens,

天堂之上还有天堂，天堂之上还有天堂，天堂之上还有天堂.....

there are heavens on top of heavens on top of heavens...

我们碰巧身处天堂的地狱王国里，

We happen to be in the hell realm of the heavens,

你永远不会满足，

and you'll never ever be satisfied,

直到你到达终极境界，直到你认识到它。

until you go to the ultimate, until you recognize it.

学生：那么，从你的陈述来看，如果你不理解，我们怎么知道我们在哪里，认识到我们是谁？

Student: Well then, from your statement, how can we know where, realize who we are, if you can't know what you can only be?

莱斯特：（笑）通过成为它，你就会知道它。

Lester: By being it, you'll know it.

看，现在，它只是语义问题，

See, now, it's just semantics,

当你开悟时，你就看不到其他的了，

When you realize, you see no otherness,

只有我、仅仅只是我。

there is only I, all alone.

这是你会有的一个观点，即使一个看似存在身体在一个看似存在的地球上移

动，并与其他看似存在的身体交谈，但你知道它是一个假象，是一个幻觉，你只会看到“一”。

It's a point of view that you will have that'll be just that way, even though that apparency of a body will be moving around on an apparent earth talking to apparent other bodies, but you'll know it as an apparency, as an illusion, and you will see only Oneness.

但再次强调，它只能被体验。

But again, it has to be experienced.

是的，你可以体验存在。

Yep, you can experience Beingness.

学生：但是过一段时间不会觉得很无聊吗？

Student: But doesn't it get boring after a while?

莱斯特：不会，

Lester: No,

它是这是世界上每个人最想要的东西，

it's what everyone wants more than anything else in the world,

这是最令人满意的，

it is the most satisfying,

这是最大的满足。

it's the greatest satiation possible.

你一直在寻找它，还问我这会不会变得无聊，

You're looking for it all the time and you're asking me, well, it'll be boring,

你在你所做的每一件事中寻找它，这里的每一个行为都是在寻找它。

you're seeking it in everything you do, here every act is seeking this.

一旦你看到真相，你会惊讶地发现，一切看似复杂的事情是多么地简单！

You'd be surprised how simple everything is that seems to be complicated once you see the Truth!

如果我们想要终极实相能像我们想要成为一个身体一样强烈，几天内我们就能拥有它，就是这么简单！

If we wanted the ultimate Truth as much as we want to be a body, we would have it in a matter of days, that's how simple this!

莱斯特·利文森静修会

**In Retreat with Lester
Levenson**

1 - 1

我今天的目标是让你们每一个人都理解自由是什么。

My objective today is to get each and every one of you to understand what this thing freedom is.

我无法给你那个状态的实际体验，也没有人能用言语表达，

The actual experience of the state I cannot give to you, nor can anyone in words,

它远远超越了语言，也远远超越了心智，

it is so far beyond words, and is so far beyond mind,

了解它是什么的唯一方式就是身处其中。

the only way to know what it is, is to be in it.

然而，从你所在的位置来看，你应该在理智上理解它是什么，

However, from where you are, you should intellectually understand what it is,

在它发生之前你是什么样的，

what you are like before it,

之后你又是怎么样。

what you are like after it.

我会尽我所能，让你们理解这一点，

I will do everything within my power to get that understanding
across to you,

如果在接下来的一两个小时，你们还没理解，那么，在我们接下来要去的地方，我会帮助你们理解这一点，

and if it doesn't happen in the next hour or two, you'll have me available
to help you understand it out at the places we're going to,

所以，如果你们有任何在这里没有得到解答的问题，或者有之后出现的问题，稍后可以问我。

so if you have any questions that are not answer here, or that come up
later, ask me later on.

有多少人觉得自己知道自由的状态是什么？请举手。

How many feel that they know what the state of freedom is, just raise
your hand.

有三只手，三只手，一、二、三、四、五，我要做的就是等待，然后你们就都在那了。(笑)

Got three hands, three hands, one, two, three, four, five, all I've got to do is wait and all of you there.

有多少人觉得自己不理解那种高度自由的状态是什么？

How many feel they do not understand what that high state of freedom is?

有趣的是，出于这个原因，我把它写在纸上，我希望你们能抄下来，这样你们将来就可以参考它。

Interesting, for that reason, I've put it on paper and would like you to copy it, so you can refer to it in the future.

(学生说的听不清)

莱斯特：不不不，我只是要讲讲它，我会把它放在这张活动挂图的副本中给你。

Lester: No, no, no, I'm just going to talk about it, I'll give it to you in your copy of the flip chart here.

每个人都在追求的终极状态，而且他或她在实现之前永远都不会满足的，就

是你的“我”，当你说“我”且不添加任何东西时，那就是它了。

The ultimate state that everyone is seeking and will never be satisfied until he or she achieves it, is simply the “I” of you, when you say I with nothing added to it, that's it.

只要不停地说“我、我、我、我、我、我、我、我、我、我”，就是它了；

Just keep saying “I, I, I, I, I, I, I, I, I, I”, that's it;

当你说“是”的时候，那仍然是它，我是、我是、我是、我是；

And when you say “am” that still is it, I am, I am, I am, I am;

但当你说“这个”时，那就不是它了；

But the moment you say “this”, that is not it;

当只有“我”，没有“这个”或“那个”，那就是那种状态了。

When there is only “I”, and there is no “this” or “that”, that is the state.

所以，我们都在努力去达到的这种状态，其实我们早已身处其中，

So this state we are all trying to achieve, we already are,

它就是我们的“我”。

and it is the “I” of us.

好吧，那么问题是什么呢？

Okay, so what's the problem?

经过漫长的岁月，我们通过我们的心智积累了这个概念：我就是这个身体。

We have, over eons, accumulated the concept, via our mind that I am this body.

我们从无限状态一直下降到宇宙中任何生物可能达到的最受限的状态——仅仅成为了一个物质身体。

We go from unlimitedness right down to the most limited state possible under unto any being in this universe, being just a physical body.

现在，在之后的画面中，你看到那个物质身体吗？

Now, in the after picture, do you see the physical body?

是的，你看得到。

Yes, you do.

但不同之处在于，在之前的画面中，你认为那个物质身体就是你；

But the difference is this, in the before picture, you think the physical body is you;

在之后的画面中，那个物质身体在你之内，并且只是你的一小部分。

In the after picture, the physical body is in you, and it's only a small part of you.

因此，身体不会发生突然消失、死亡、或者在一束光中离去之类的情况。

So there's no sudden disappearance of the body, dying, or going out in a flash of light, or anything like that.

当你得到你所是的终极觉醒时，改变的是你的观点、你的认知和你的态度。

When you get the ultimate realization of what you are, what change is your view, your perception and your attitude.

当你获得自由时，观点和态度这两个东西是会发生改变的。

Point of view and attitude are the two things that change when you go free.

你们没有理由害怕获得自由，

There is no reason why you should fear going free,

但你们每个人都害怕获得自由，

but every one of you does fear going free,

如果不是因为这样，你们用这个方法早就已经自由了。

and were it not for that, you already would have been free using the Method.

但你们因为恐惧而一点一点地释放，有些人察觉到了这一点，但有些人没有。

But you're released in bits because of a fear, that some of you see and some of you don't.

因为如果你们完全释放了，你们就会获得自由，而你害怕的是“你会死、你会失去那个车架子（身体）”，

Because if you're released totally, you'll go free, and the fear is "you will die, you will lose the carcass",

这就是阻碍你的原因。

that's what's holding you back.

这就是你抗拒背后的原因：如果我放弃了自己的感受，我就会死。

That's what's behind your resistance: I will die if I give up my feelings.

之所以会那样，原因在于：我们最初是为了身体的生存而放入这些感受的。

Now the reason for that is that we originally put these feelings in for survival of the body.

我们所有被放入的感受都是为了生存。

All our feelings were put in as pro-survival.

你一定听说过“战斗或逃跑”，

You've heard the one, fight or flight,

从最底层的万念俱灰开始，如果我在角落里蜷成一团，他们就不会碰我，

well, starting at the bottom, in apathy, if I roll up in a ball in a corner, they won't touch me.

动物有时会这么做，它们装死，我们觉得如果我们装死，它们就不会杀我了。

animals use that sometimes, they'll just play dead, we feel if we play dead, they won't kill me.

悲苦是希望有一个像母亲一样的人出现在你身边，对你说：“哦，一切都很好”，然后拍拍你的背或头；

Grief is wanting someone like mother to come along, and say: “Oh,

everything's fine", and pat you on the back or on the head;

愤怒，我想你们知道那是什么，我不觉得我得把所有情绪都过一遍，你们需要每一个情绪都讲一下吗？

Anger, I think you know what that is, I don't feel like go through all them, do you need every one of them?

愤怒是如果我采取一些行动，我就会活下来；

Anger is if I take some action, I will survive;

无畏是你没有任何的预先考虑就轻松地行动了；

Courageousness, you take it without any forethought with ease;

接纳，这个世界并不艰难，让我们说一句好吧，你不必再与之抗争了；

Acceptance, the world is not rough, let's say a okay, you don't have to fight it anymore;

在平和中，你是波澜不惊的，不再有挣扎了；

In peace, you're imperturbable, no more struggle;

但所有这些感受都是为了生存而被放入的，如果你没有有意识地看到这一点，你就会无意识地觉得——如果我释放了我的感受，我就会死；

But all these feelings were put in as pro-survival, and if you don't see it consciously, unconsciously you feel, if I let go my feelings I will die;

如果你看到这种想法的愚蠢之处，你可能会释放“想要抓住这些感受”。

If you will see the stupidity of it, you might let go of wanting to hold on to these feelings.

尽管它们是为了生存而被放入的，但它们的每一点都是反生存的。

Although they were put in as pro-survival, every bit of them are anti-survival.

它们现在还试图按照过去的方式行事，

They are trying to behave now as things have been in the past,

然而现在的情况和过去不一样了，

and right now it's not like it was in the past,

所以我们的行为非常低效，非常不恰当，

and so our behavior is very inefficient, very inappropriate,

因此，你有必要释放这些感受、进入事物的当下。

so it behooves you to let go of these feelings, to get into the nowness of things.

而唯一能让你活在当下的方式就是不带有任何感受。

And the only way you can be in the nowness of things is by having no feelings.

因为感受是源于过去作为一个身体如何生存的习惯，这些习惯被应用于当下并不适用的情境中。

Because feelings are habits from the past on how to survive as a body, being applied in the now situations which it does not fit.

因为我们过去曾被拒绝过，所以我们现在感觉好像每个人都在拒绝我们，我们必须争取得到认可。

Because we've been rejected in the past, we now feel as though everyone is rejecting us, we have to fight for approval.

你所拥有的这些感受，只是源于过去，然而它们现在已经不适用，也不适合了。

It is only from the past that you have these feelings, and they do not apply nor fit now.

所以，为什么你会对获得自由有抗拒，原因是因为你害怕如果我释放了我的感受，我就会死。

So the reason why you have resistance to going free is because you fear that if I let go my feelings, I will die.

那么你要如何克服那一点呢？

So how do you overcome that?

要明智点，看看我告诉你的东西，

By being smart, seeing what I'm telling you,

看看抓着这些来自过去的程序有多愚蠢，

see how asinine it is to hold on to these programs from the past,

并问问自己：我坚持这种蠢事有多聪明？

and ask yourself: How smart am I holding on to this stupidity?

你知道我现在在对你做什么吗，我正在用你的小我来消除你的小我。

You see what I'm doing to you now, I'm using your ego to undo your ego.

对于终极状态，我们无能为力。

There's nothing we can do about the ultimate state.

我们必须解除受限的状态，即小我的状态。

we have to undo the limited state, the state of the ego.

所以，聪明点，获得自由，但要小心，

So be smart, go free, but be careful,

因为当你获得自由时，你放进心智里的任何念头都会立即实现，

because when you go free, whatever thoughts you put in your mind
materializes instantly,

(学生笑)

要是这样的事发生在你身上，上帝保佑~

God help you if that happens to you.

你将毫不费力地立即得到你想要的一切。

You're going to have everything you want instantly, with no effort.

这让我想起了维尔纳·埃哈德用过的一个术语，但我太有涵养了.....

It reminds me of a term that Werner Erhard uses, but I'm too dignified...
(后面听不清)

如果不是采取了那种状态，你们每个人可能现在都已经拥有它了，现在应该已经拥有它了。

For not taking that state, every one of you could have had it by now, should have had it by now.

(学生笑)

这简直是个笑话。

It's such a joke.

每个人都会发现他或她给自己开了一个巨大的玩笑，

And each one will see what a tremendous joke he or she has played upon himself or herself,

看到这些画面，你一定会大笑起来。

you see these pictures, you'll laugh your head off.

都说我的想法决定了这个世界上的一切，看看我现在是怎么想的，我要付出

巨大的努力才能活着。

It is so set that my thinking determines everything in this world, and look how I'm thinking now, living through tremendous effort.

我所需要做的就是：只需有这个念头，然后这个东西就会像梦里那样出现，无论你在梦中想到什么，它都会立即出现。

When all I would need to do is just have the thought and the thing would be there, exactly like in a dream world, whatever you think in the dream world is immediately.

这是顶端状态的部分，是自由状态的部分，

That's part of the top state, of the free state,

你可以想一想就立即拥有你想到的任何东西。

you can think and instantly have whatever it is you think of.

我记得当我第一次看到这一点时，我还没有自由，

I remember when I first saw that, I wasn't free,

我看到了我的各种想法，我抱着头好几个小时试图停止思考，那里有太多的消极想法了，

I saw my thoughts, and I held my head for hours trying to stop the

thinking, there was so much negativity there,

那些想法从我的脑海中一闪而过，流入这个世界，我根本无法阻止它们，

the thoughts were going right through my head, and right out into the world, and I couldn't stop them,

所以我决定尽快消除那种消极想法，我知道它是被我的感受所驱动的。

so I resolved to work as rapidly as I could to undo that negativity, knowing it was motivated from my feelings.

但是当你获得自由的时候要小心，只要想一想，一切都能毫不费力地获得。

But be careful when you go free, everything is gotten effortlessly for the mere thought of it.

好吧，你的生活本来可以是这样的，你现在的的生活方式有多聪明呢？

Okay, how smart are you now the way you're living your life when that could be?

聪明一点。

Get smart.

当你下定决心要走完全程时，你就会做到的。

When you resolve to go all the way, then you'll do it.

对你们所有人来说，第一步都还没有完全达成，否则你现在已经自由了，要知道，如果你持续做下去，只需要几个月的时间就能清除所有垃圾。

Step one is not in fully for all of you, otherwise you would have been free by now, it only takes months to undo the totality of the garbage if you make it continuous.

但在你做其他步骤之前，必须先完成第一步。

But it takes step one before you can do the other steps.

你必须想要这种自由超过想要其他任何东西，

You must want this freedom more than anything else,

“你必须想要这种自由超过想要生活本身”是你必须要有的感受，

“You must want this freedom more than life itself” is the way you have to feel,

而不是.....好吧，但我仍然想要我的面包、汽车等等.....

not well... It's okay now, but I still want my bread and cars and so forth...

拥有事物并没有错，你应该拥有一切。

There's nothing wrong in having things, you should have everything.

因为它只需要想一想。

Because it only requires thought.

如果你还没拥有丰盛，这表明潜意识里你认为“我不能拥有”，

And if you do not have an abundance, it shows that subconsciously you think “I cannot have”,

这就是为什么我们提供目标表格来唤起你对这个世界的厌恶，即“你不能拥有”，

that's why we give out the Goal Charts to bring up your aversions to this world that you cannot have,

这样，随着时间的流逝，世界就会越来越轻松地落在你的膝上，一旦你的反对想法和感受消失，你会意识到一切都是毫不费力的。

so that the world will drop into your lap with less and less effort as time goes by, until you realize it's effortless, once your anti-thoughts and feelings are out.

我所知道的关于自由最好的实际例子就是梦境生活。

The best practical example I know of freedom is really the dream life.

如果你梦见自己在纽约，你就身处纽约，而且你在那里行动着；但下一刻你梦见你在洛杉矶，那一刻你就身处洛杉矶了；

If you dream you're in New York, you're in New York, and you're in action there; But the next moment you dream you're in Los Angeles, that moment you're in Los Angeles;

如果你饿了，你会立即梦见你面前的桌上有食物；

If you're hungry, you immediately dream there's food on the table in front of you;

在你的梦境生活里，无论你想什么都会立即出现，

Whatever you think is right away in your dream life,

这也应是清醒状态下该有的样子。

and that's the way it should be in the waking state.

现在，在你想一想就能拥有你想要的任何东西之后，在你掌控世界之后——而这是获得自由的必要条件。

Now after you can think and have whatever you want, after you master this world, and it's necessary in order to go free.

自由是一种没有限制的状态，这意味着你能拥有这个世界上的任何东西。

Freedom is a state of no limitations, which means you can have anything and everything in this world.

你的下一步是掌控你的身体，

Your next step is to master your body,

掌控身体需要摆脱修补它的做法，

mastering the body requires getting away from patching it,

(学生问的听不清)

莱斯特：修补它，“修补” (p-a-t-c-h-i-n-g)，修补它，

Lester: Patching it, p-a-t-c-h-i-n-g, patching it,

你去看医生，他修复了这根手指，然后别的东西出了问题，还有其他的东西也出了问题.....

you go to a doctor and he fixes this finger and then something else goes off, and something else goes off...

掌控身体就是知道你是它的主宰，你创造了它，你的想法决定了它，

Mastering the body is knowing that you are master over it, that you created it, and that your thought determines it,

如果你的心智中没有疾病的画面，那么你的身体就不可能生病。

you cannot have a disease in the body without holding a blueprint for it in the mind.

所以你首先掌控世界，

So you first master the world,

然后你掌控你的身体，

then you master your body,

最后一步是掌控你的心智。

the final step is mastering your mind.

当你掌控了你的心智，你控制了它，你只是安静下来，在心智安静的背后就是“我”、是真正的你。

When you master your mind, and you're in control of it, you just quiet it, and just behind the quietude of the mind is the "I", that you really are.

如果我问你“你的身体是谁的？”，你会说“我的”。

If I ask you "Whose body is it that you have?", you will say "Mine".

好的，你是谁？谁拥有那个身体？

Okay, who are you? Who has that body?

了解那个 “一”，

Get to know that One,

你不是那个身体，你拥有那个身体，身体在你之内。

you are not the body, you have the body, the body is in you.

如果我问你 “你的心智是谁的？”，你会说 “我的”。

If I ask you "Whose mind is it that you have?", you would say "Mine".

好的，你是谁？谁拥有那个心智？

Okay, who are you? Who has that mind?

那是真正的你。

That's the real you.

现在，真正的你是完整的、完美的、永恒的、全能的、全知的、全在的，过

去是、现在是、将来也永远都是。

Now the real you is whole, perfect, eternal, omnipotent, omniscient, omnipresent, always was, is now, and always will be.

只有一个东西在阻碍你看到这一点，它被称作“想法”。

There's only one thing keeping you away from seeing that, and it's called thought.

关于你真正是什么，当你的心智安静下来，我对你所说的话对你来说是显而易见的。

When your mind is quiet, what I'm saying to you is very self-obvious to you, as to what you really are.

当心智安静下来，就没有任何念头了，

When the mind is quiet, no thoughts,

那时你就能.....你会不由自主地看清“你之所是”是什么，即这个无限存在。

then you can... You cannot help but see what it is you are, this unlimited being.

好吧，是什么让心智不安静的呢？

Okay, what makes the mind not quiet?

只有一个东西，感受。

One thing only, feelings.

你的所有想法都是被感受驱动的。

All the thoughts you have are motivated by feelings.

如果你现在不明白这一点，以后再琢磨吧。

If you don't see it now, work on it later.

你现在所有的想法都是被感受驱动的，

All your thoughts now are motivated by feelings,

如果你能释放你的感受，你的心智就会安静下来，你就是“你之所是”，一个无限的存在，

if you can lift your feelings out, your mind is quiet, and you are what you are, an unlimited being,

这很简单。

it's simple.

尽管关于这一点我遭到了反对，但现在你就是“那”的原因很简单。

And even though I get antagonism on this, it is simple why you are That right now.

所有这些被压抑的感受，所有这些感受都在试图用巨大的能量来消耗它自己，

And all this repressed feelings, all of it, is trying with tremendous energy to expend itself,

而你却在用更多的能量去压制它，

and you're using that much energy plus to hold it down,

啊哈，你很快就能看到这一点了。

Aha, you'll get to see it soon.

但是所有这些被压抑的感受都在试图以巨大的能量释放出来，

But all these suppressed feelings are trying with tremendous energy to get out,

而你无意识地坐在上面，按住它，因为你认为它有利于生存。

and you're unconsciously sitting on it, holding it down, because it's pro-survival you think.

所以我说获得自由很容易、很简单，

So I say it's easy to go free, it is simple,

摆脱你自己的感受，你的心智安静就下来了，一切对你来说都是显而易见的。

rid yourself of your feelings, your mind goes quiet, everything is obvious to you.

好吧，你发现了什么？

Okay, what is it you discover?

从来没有任何东西存在，除了唯一的我，我是这个宇宙的全部，我是存在，这就是在表象背后的东西，真正的我就是“那”，是不可触碰的。

That there never was anything but I all alone, I am the totality of this universe, I am the Beingness other which is right behind the manifestation, that the real I is That untouchable.

我现在要讲解这个图表了，我用这个图表，所以我不会遗漏任何东西

I'm coming into this chart now, I use this chart, so I don't leave anything out.

我一直在谈论的“我”是用无限的圆来表示的，

The I I have been talking about is symbolized by the circle of infinity,

我是这个宇宙的无限存在，全知、全能、也全在，

I am the infinite Beingness of this universe, all-knowing, all-powerful
and also everywhere present,

这就是我们每个人现在、过去、将来都会是的真正的我，

that's the real I that each and every one of us is, now, has been, will be,

它没有限制。

it has no limits.

当你看到自己的全在，你能查看这个宇宙的任何地方，并能看到发生了什么；

When you see your omnipresence, you can take a look-see anywhere in
this universe and see what's going on;

你可以查看地球的中心，并看到那里发生了什么；

You can take a look-see in the center of the earth, and see what's going
on;

你可以站在太阳的正中央，然后看看发生了什么；

You can step into the sun right in the middle of it, and see what's going on;

如果你对此感兴趣，你就会这么做。

And if you are interested in that, you will do it.

这是真正的你，这被称为存在。

Now this is the real you and it's called Beingness,

这是你出发的地方，这是你的起点，就在那里，

and this is where you started, this is where you originated, right there,

然后你构建了一个载体，一个叫做心智的工具，它是部分、多样性、分裂和分离的反射器。

then you set up a vehicle, an instrument called mind, which is a reflector of parts, of multiplicity, of divisions, of separation.

上升到这里，你在任何地方、任何事物中都只能看到你自己。

Up here, you see only yourself in everything, everywhere.

当你获得自由的时候，这就是你将要看到的——看到每个人都是我，宇宙中的每个原子都是我，这就是你将要看到的。

When you go free, that's what you're going to see, look at everyone is me, every atom in this universe is me, is what you will see.

一旦你看到了它，它就是你的认知。

Once you see it, it's your knowledge.

但这个“我”，我们真正的“我”为了分离、为了行动，设立了一个叫做“心智”的东西，这开启了下行趋势。

But this I, the real I of us sets up a thing called mind for separation for action and that starts the downward track.

为了实现分离，我们必须建立一个心智和一个个体感受，即我与“一”是分离的，因此我是莱斯特，我有一个心智。

In order to be separate, we have to set up a mind and an individuality feeling that I am separate from the oneness, therefore I am a Lester, and I have a mind.

一开始，心智创造了非常精微的身体（因果体），然后是更密集的身体（星光体），然后是最密集的身体，即物质身体，所以我们在这里看到一个小圆圈，代表身体。

And at first the mind creates very subtle bodies, then denser bodies, then the densest body, the physical body, so then we have a little circle down here, the body.

所以我们从无限存在开始，一直下降到被称为身体的微小的点，

So we come from this infinite Beingness down to a tiny point, called body,

作为一个物质身体，你不可能比现在更受限了，

you can't be more limited than you are now as a physical body,

对你而言，你没有再往下走的路了，

there is no further downward trek for you,

现在唯一的办法就是回去，向上，

the only way left now is to go back, up,

但你们是幸运的，

but you're fortunate,

因为我们处于最底层，所以摆脱束缚的动力是如此之大。

because we're at the bottom here, the incentive to get out of the confinement is so great.

1 - 2

因为我们处于最底层，所以摆脱束缚的动力是如此之大，我们中的任何一个人都可以在此生、几年之内或几个月内直接到达顶端，

But you're fortunate, because we're at the bottom here, the incentive to get out of the confinement is so great, any one of us could go straight to the top, in this lifetime, in a few years, or in a few months,

至于你选择什么，选择权在你。

as you choose, the choice is up to you.

所以，在一个物质身体里是一个巨大的优势。

So it's a tremendous advantage to be in a physical body.

你不知道这个宇宙中有多少人试图通过进入物质身体来到我们的星球，

You have no idea the numerous people in this universe who are trying to come in through physical bodies on our planet,

每一次受孕，都有成千上万的人想进来，通常只有一个人能成功。

that at every conception, there is thousands trying to come through, usually only one makes it.

因为在另一个层面，他们知道这里是获得自由的最佳机会。

Because on the other side, they know that here is the greatest opportunity for going free.

你很幸运，拥有物质身体是一个巨大的优势。

You're lucky, it's a tremendous advantage to be in a physical body.

我认为试图把自己困在物质身体里是最大的劣势，而这正是每个人都在做的事。

I think it's the worst disadvantage to try to hold yourself in a physical body, and that's what everyone's doing。

你的一生都在围绕着唤醒身体、给它穿衣、照顾它、送它去工作，这样它就可以赚一些钱，这样你就能放点食物进去，塞很多食物进去，这样你就可以作为一个物质身体继续活下去。

Your whole life revolves about waking the body up, dressing it, pampering it, sending it off to work, so it can make some money, so you can put some food in it, lots of food in you, so you can go on in the physical body.

身体只不过是一台垃圾制造机，每个人都知道它不会永远运转下去，但我们都在试图让它无限期地持续下去。

The body is nothing but a garbage making machine, that everyone knows doesn't go on, and like good... We're all trying to make it land

indefinitely.

现在, 你们中的一些人开始瞥见随着释放而上升的体验, 尤其是在释放之后, 你得到了你的存在的体验。

Now some of you are getting glimpses of moving up as you release, especially right after a release, you get experiences of your Beingness.

心智涉及“行动状态”。

A mind involved in doingness.

弗吉尼亚会给你一个行动的尺度, 在更好的呈现方式上, 我只给你三个词。

Virginia will give you a scale of action, in much better presentation, I'm just giving you the three words.

在认同我们的“我”的状态中, 我们处于“存在状态”;

And in the state of identifying with the I of us, we're in a state of Beingness;

当我们认同我们的心智时, 我们处于“行动状态”;

When we identify with our mind, we're into doingness;

当我们认同身体时, 我们处于“拥有状态”, 想要拥有更多、更多、更多.....

When we identify with the body, we are into havingness, wanting to have more and more and more...

当你处于只是存在的最高状态时，这是最令人愉快的状态。

You're in your highest state of just being, it's the most delightful place to be.

有时候，在一次很好的释放后，你会进入那个“存在状态”，但剩余的垃圾不会让你留在那里。

Sometimes after a good release, you move into that state of Beingness, but the remaining garbage doesn't allow you to stay there.

因为剩余的垃圾在试图保护这个身体，你会再次被吸入身体意识中。

Because the remaining garbage is trying to protect this body, and you're sucked right down into the body consciousness again.

如果你认同你的心智状态，你就会忙于行动；

If you're identifying with your mind state, you're into action;

如果你认同身体，你处于“拥有状态”，想要拥有这个，“要是我能拥有那个，我就会很开心”。

You're identifying with the body, you're into havingness, wanting to

have this, if I only could have that, that would make me happy.

现在你可以从一种状态转换到另一种状态，大部分时间处于这里，较少的时间你处于这里，你偶尔会处于这里。

Now it's possible to vary from one state to the other, most of the time you're here, much less of the time you're here, and you're on occasion here.

你处于这里的时间比你意识到的要多得多，但你是如此地习惯于认同身体，所以你忽略了它。

You're here much more than you know, but you're in such a habit of identifying with the body, you discount it.

当你感觉很好且没有念头时，就是那种状态。

When you're feeling high with no thought, that's it.

但你很快会放手，下降回到身体层面并想要保持、保护它、为它做点什么。

But you quickly let go, come down to the body and wanting to preserve, protect, do something for it.

所以你确实在体验自由的状态。

So you do experience the free states.

事实上，你一直都在体验这个最高状态，当你说“我”时，就是它了，你的存在就是最高状态。

In fact, you're experiencing this top state all the time, you say I, that's it, that isness of you is the top state.

但你马上就会说：“我是这个有着各种需求的身体。”

But then you immediately say: "I am this body with all its needs."

学生：那你就有麻烦了。

Student: And you're in trouble.

莱斯特：你说“我，这个无限存在是这个有着所有限制的身体”，你就被拽到了身体层面。

Lester: You say "I, the infinite being am this body with all its limitation", you're suck right down to the body.

但每个人每时每刻都在感受着存在状态，否则你就会感觉自己像行尸走肉。

But everyone is every moment feeling the beingness, otherwise you feel dead.

但你们总是通过感受、用心智来保护身体。

But all the time using the mind to protect the body via the feelings.

这很简单，摆脱你的感受，你就会一直处于顶端。

It is so simple, rid yourself of your feelings, and you're up here all the time.

心智是分离的工具，它分离事物，将我们与他人分离。

Mind is the instrument of separation, it separates things, it separates us from the others.

当不再有心智、不再有想法时，你就处于“一”的状态。

And when there's no more mind, no more thought, you're in a state of oneness.

当某人使用“我”这个词时，他们知道一些事情，最接近上帝的词就是“我”这个词。

Somebody knew something when they used the word I, the closest word for God is the word I.

你会注意到“我”，它是数字“1”，神的状态和终极状态就是合一状态，在这种状态下，你会把一切都视作你、视作你自己，从来都只有这些。

As you'll notice the I is the number one, and the God state, the ultimate

state is the oneness state, where you will see everything as you as your very own self, and that's all there ever was.

外面的整个世界只是一个你通过自己的心智投射到外面的投影，就像移动投影仪投射到屏幕上一样。

And that whole world out there is just a projection, that you projected out there via your mind, just like a moving projector projecting on the screen.

心智是投影仪，但你是投影仪后面的操作员，然后你通过投影仪把一切都投射到屏幕上，然后你看到了人、军队、战争、死亡、洪水、火灾，但那个屏幕上什么都没有发生，而那个屏幕就是你的“我”。

The mind is the projector, but you're the operator of the projector right behind it, and you project everything through the projector onto a screen, and then you see people, armies, wars, dying, floods, fires, but nothing ever happens to that screen, and that screen is the I of you.

这整个世界都是想象出来的，你只能在你的心智中看到它。

This whole world is imagine, you can only see it in your mind.

让你的心智沉睡，世界就消失了，

Put your mind to sleep, the world's gone,

别醒来，就没有世界了，

don't wake up, no more world

这是有可能做到的。

It's possible to do that.

世界只存在于你的心智中，

The world is only in your mind,

你忘了是你把它投射出来的，

what you've lost sight of is that you projected it out there,

现在，它是你所有想法的总和，其中大部分潜意识地存在于你的感受之中。

and that right now it's a sum total of all your thinkingness, most of which is subconsciously held in your feelings.

在之后的画面中，你仍然会看到这个世界，但你知道它是什么。

In the after picture, you'll still see the world, but you know it for what it is.

这就像沙漠的绿洲标志，你会看到水的幻象，当你走到水边时，发现它是沙子，当你再次走过沙漠时，你仍然会看到绿洲；但之后的画面是你不会去那里取水了。

It's like an oasis sign on a desert, you'll see the illusion of water, when you go to the water and find out it's sand, and you walk the desert again, you'll still see the oasis; But the after picture is you don't go there to drink.

你看清了这个世界的真相，你就不会钻进这个世界里去取水。

You see the truth of this world, you won't dip into the world to drink.

因为所有的水都在你的存在中。

Because all the water there is is right in your Beingness.

所有你认为从世界上得到的快乐，其实都是当你是你自己的时候才会拥有。

All the happiness that you think you're getting from the world is only when you are being you.

你释放了渴望它所带来的痛苦，你满足了它，那一刻你的心智安静下来了，你进入了你的存在，这就是你所说的快乐。

You let go of the agony of the desire for it, you fulfill it, that moment your mind goes quiet, and you move up into your Beingness, and that's

what you call happiness.

唯一的幸福就是你的存在，一旦你领悟了这一点，你就会停止在这个世界中追逐彩虹，你就不会再像驴一样追逐胡萝卜，如果人们把胡萝卜挂在驴的头上，它就会整天拉着泵或其他东西绕着圈子走。

The only thing that happiness is, is your being your Beingness, once you catch that, you'll stop chasing rainbows in the world, you'll stop chasing that carrot like the donkey does, they hang over his head, all day long he walks around a circle driving a pump or something.

这就是我们在这个世界上所做的一切，我们是驴，如此努力地奋斗，如此努力地去获得仅凭一个毫不费力的念头就能得到的东西。

That's what we're all doing in this world, we're donkeys asses, AHS（没太听清），struggling so hard with such effort to get that which we can have with a mere effortless thought.

我们为什么想要它呢？

And why do we want it?

这样我们就能感受到我们的存在，其实我们一开始就能感受到，我们不必去苦苦追寻。

So we can feel our Beingness, which we could in the first place, we don't have to go chasing the effort.

因此，在这个终极状态下，你到达了那里，你的观点发生了变化，你会看到绿洲，你会看到世界在继续，但是你看着它，就像你看电影一样，你成为了这个世界的见证者，知道这只是一个梦幻般的幻象，就像一片绿洲。

So in this ultimate state, you get there, your point of view changes, you'll see the oasis, you'll see the world going on, but you watch it, just like you'd watch a movie though, you become the witness of the world, knowing it's just a dream illusion, like an oasis.

你会知道，你的终极幸福就是认同你的存在，然后你选择只停留在那种状态中，或者回到这个世界，并尝试帮助其他人发现你所发现的东西。

You'll know that your ultimate happiness is just your identifying with your Beingness, and then you make the choice to just stay with that only, or to come back to the world, and try to help the others discover what you discovered.

我认为大多数人都会获得自由，进入洞穴或隐居，你可以在纽约做到这一点。

The majority of people will go free I think, go into caves or live a life, you can do it in New York City.

多年来，我一直坐在纽约的酒店房间里，在凌晨 2 点到 5 点之间出来，我只是坐着，然后存在、存在、存在、存在.....这是最令人欣喜若狂的事。

For years I sat in a hotel room in New York City, the hunt came out

between 2 and 5 in the morning, I just sat, and would be and be and be and be... It's the most ecstatic thing there is.

当然，身体还在那里，我让它运转，我喂它，我会在凌晨四五点去买杂货，因为周围的人会少一些，纽约有很多通宵营业的商店，你实际上可以在纽约和曼哈顿的时代广场做到隔离。

Of course the body was there, I let it go on, I fed it, I would shop for groceries 4 o'clock, 5 o'clock in the morning, because there would be less people around, in New York there's stores are open all night, which you can actually isolate in New York City, in Manhattan in Times Square.

因为隔离不是跑到山顶，隔离是平息你的念头，而那是你唯一可以得到隔离状态的地方。

Because isolation is not going off to the mountain top, isolation is quieting your thoughts, and that's the only place you can get isolation.

我从不建议人们去山顶、沙漠等地方隔离，我从经历中知道会发生什么，你只会逃避、逃避，逃避对这个世界的厌恶。

I would never recommend people going to the mountaintop, desert, and so forth, I know from experience what happens, you'll just escape, escape, escape all your aversions to the world.

最好的地方正好就是在这个世界里，它会不断地唤起你对世界的厌恶，直到

你最终释放它们。

The very best place to be is right in the world, it'll constantly bring up your aversions to it, until you eventually let them go.

因此，当你到达这个顶端状态时，你并不会消失，你的观点改变了，你把世界看作是你的一种外部投射，就像一幅动态的画面，你会以这种方式来看待它。

So when you reach this top state, you don't disappear, your point of view changes, you see the world as an out projection of you, like a moving picture, and you watch it that way.

而你会拥有的感受是一种非常深刻、无限、平静和波澜不惊的感觉，在这样的状态中，没有人可以再打扰你，也没有任何事情可以打扰到你；

And the feeling you have is a very deep, infinite, peace and imperturbability, in which no one can disturb you again, no thing can disturb you;

如果你想和别人交流，你可能会参与其中，但一旦你到达顶端，就没有什么能打扰到你的了。

You might play at it if you want to communicate with others, but nothing will ever disturb you once you reach the top.

而且当你到达顶端时，你不必担心再次被拽回到这个世界中。

And when you reach the top, you don't have to worry about being sucked back into the world again.

因为相比之下，这个世界全是地狱，而这种最高的平和是最美好的天堂，所以你不会为了活生生的地狱而放弃最美好的天堂。

Because by comparison, the world is all hell, and this top peace is the greatest of heaven, so you're not going to give up the greatest heaven for a living hell

人们问：“有地狱吗？”当然有，这个世界就是地狱。

People say: "Is there a hell?" Of course there is, it's this world.

我告诉你，如果它是世界，它就是不好的，它有牵制。

And I'm telling you, if it's world, it's no good, getting kind of hold.

如果它是世界，它就没什么好的；

If it's world, it's no good;

如果它是存在，那是在这个世界万物背后的东西，它一切都很好。

If it's the being, that's behind the thing in the world, it's all good.

不好的是表象、是限制、是将能量冻结成我们所谓的“形式”；

And no good is the manifestation, the limitation, the freezing of energy into what we call form;

一切都好的是无形的、无能量的、不费力的顶端状态，

The all good is the formless, energyless, effortless top state,

在最高状态中没有能量，只有存在，只是无限的存在，

there's no energy in the top state, just Beingness, being the infinite Beingness,

最高状态就是你的存在。

the top state is your Beingness.

当你认同你的存在，认同你是这个宇宙的全部存在，那就是它了。

When you identify with your Beingness, as being the total Beingness of this universe, that's it.

我可以进一步说，你认同存在状态的存在，整个宇宙的存在就是终极状态。

I can say anything further on it, your identity as Beingness being, the total Beingness of the universe is the ultimate state.

再说一次，世界并没有消失，而是变成了你原以为其中有水的绿洲，但现在

你发现它是干涸的。

And again the world doesn't disappear, but it becomes that oasis that you thought had water in it, you have now found out it's dry.

(学生说的听不清)

莱斯特：你的心智就是你的心智，所以你现在进入了智性理论，你得到了谁的心智？你是谁？谁拥有那个心智？坚持在这一点上。

Lester: Your mind is your mind, so you're going to the intellectual theory now, whose mind you get? Who are you? Who has that mind? Stick to that.

看，如果你给我的任何感觉像比如说它是普遍心智，还是个体心智，这开始向下转圈圈.....

See, if you give me any senses like is it universal mind, is it an individual mind, it starts spin down...

它只是词语而已，没有任何意义。

It's just words, it doesn't mean anything.

你的心智对你来说有意义，而宇宙意识则毫无意义。

Your mind is meaningful to you, universal mind means nothing.

我在让你关注 “你”，这才是有意义的，

I'm sticking you to you where it's meaningful,

我让你专注于 “我” 这个词上，

I'm holding you to the word “I”,

每个人都能感觉到 “我”，

everyone feels “I”,

而那个 “我” 就是你所是的这个无限存在。

and that “I” is the unlimited being that you are.

学生：所以屏幕也没有能量吗？

Student: So the screen also has no energy?

莱斯特：是的，它是死的，它在动作和形式上已经死了，

Lester: Right, it's dead, it's dead to action and form,

所以形式消失了，它只是一个屏幕，

so the form disappears, and it's just a screen,

那里没有动作，

there's no action there,

这才是真正的你。

and that's the real you.

学生：维度消失了？

Student: The dimensions disappear?

莱斯特：对，维度就是限制。

Lester: Right, dimensions are limitations.

学生：它们是屏幕的一部分？

Student: They're part of the screen?

莱斯特：对，它是限制，而你是无限的，你是这个宇宙的全部存在。

Lester: Right, it's limitation, and you're unlimited, you're the total Beingness of this universe.

然后如果你在它之上加上一个维度，你受限了。

And then if you put a dimension on it, you're limited.

这有道理吗？

Does that makes sense?

(学生说的听不清)

莱司特：嗯，祂们从未离开，但祂们会漫步到一个洞穴或一个与世隔绝的地方。

Lester: Well, they never leave, but they'll meander into a cave or an isolated spot.

因为祂们看到了这个世界的虚幻和徒劳的挣扎，但这个世界不想听他们说什
么，

Because they see the unreality of the world, the fruitless struggle, and
the world doesn't want to hear what they have to say,

所以祂们不想打扰这个世界，于是祂们远离了这个世界，

so they don't want to disturb the world, so they move away from them,

祂们离开不是为了祂们自己的利益，而是为了世界的利益。

it's not for their own benefits, but for the benefit of the world, that they

move away.

学生：他们到底说了什么？

Student: What do they say at all?

莱斯特：因为他们所在的地方是终极之地，他们会待在那里，

Lester: Because where they are is the ultimate place, and they'll stay right there,

(学生说的听不清)

莱斯特：他们不会把自己视作一个身体，但你会，现在这让你感觉有点奇怪。

they don't see themselves as a body, you do, now it makes you kind of peculiar.

我记得当我第一次意识到这一点时，我再也无法使用“我”这个词了，但我会用“莱斯特、他和它”来表述。

I remember when I first hit it, I couldn't use the word "I" anymore, but I would talk about Lester, him and it.

**当我刚开始与小组交谈时，他们说：“你是一个老师。”我说：“不，我不是。”
“是的，你是。”“不，我不是。”**

And when I first began talking to groups, they said: "You're a teacher."
and I said: "No, I'm not." "Yes, you are." "No, I'm not."

我是存在，我不是老师，我不是在教学，我不是一个对着他们说话的身体，我只是我的存在，在他们看来是那样。

I was amness, I was not a teacher, I wasn't teaching, I wasn't a body talking to them, I was my Beingness only, not to them was the way they saw it.

但这是一个自由的人隔离的原因，这样就不会打扰到别人，这也是我离开纽约去圣多纳的原因，我看到人们对我的“存在状态”感到恼火。

But this is one reason why a person goes free, he isolates, so as not to intrude upon people, that was the reason why I left New York and went to Sedona, I saw people were annoyed with my Beingness.

“哦，莱斯特，别再笑了”，我以前常听到这样的话，我甚至不知道自己笑了，而且我觉得我没有笑。

"Oh, wipe that smile off your face, Lester" I used to hear, I didn't even know I had a smile, and I don't think I did.

所以我离开了社会，从 1952 年开始就独自待着，直到 1961 年，但偶尔也会出去参加一些一夜之间聚集起来的交流团体，我去洛杉矶，当晚就会聚集一个 25 到 30 人，我在那里的每个晚上都会有新一个团体出现，我只是从

一个团体转到另一个团体，然后回到我在圣多纳住的地方，只是坐着，我只是坐着，我偶尔会去洛杉矶，但也会去纽约，有几次我发现自己从大城市克利夫兰到芝加哥，再到安纳波利斯的其他城市，走遍了整个国家，这一切都发生了，然后我又退了回来。

So I took me out of society and parked, sat with myself from 52, to I guess 61, but occasionally went out did talk to groups that was formed overnight, I go to Los Angeles, that night a group of 25, 30 would get together, and every night while I was there another group would go, I just go from group to group, and go back to my place in Sedona, just sat, I'd only sit and be, and occasionally go out into not only Los Angeles, but to New York, I'd go to New York too, and a few times found myself covering the country going from large city Cleveland Chicago, other cities in the Annapolis, it all happened, and I end up retreat again.

所以我确实出去了，我并没有完全与世隔绝，但在 1952 年到 1961 年，我基本上是与世隔绝的，只因为他们认为我在强加他们。

So I did move out, I didn't totally isolate, but from 52 to 61, I was mostly isolated, only because I was in imposition upon people they thought.

(学生说的听不清)

莱斯特：离开这个世界的唯一方法就是穿越它，我们回溯我们的脚步。

Lester: The only way out of this world is through it, we retrace our steps

out.

我们可以先掌控世界，这意味着在世界上轻松地、没有挣扎地成功。

We can come master the world first, which means being successful in the world with ease without a struggle.

然后对身体做同样的事，掌控身体。

And then doing it to the body.

掌控心智就是摆脱你的感受，这样你就能掌控你的心智。

And mastering the mind is ridding yourself of your feelings, that's what makes you master over your mind.

在那之后，你放入心智中的任何想法都会立即实现。

After that your... Any thought you put into the mind materializes instantly.

我必须在这里制定一个计划，我是主宰，我会引导你获得自由。

I've got to get a plan and see, I am the master fader, I fader fade you into going free.

学生：掌控身体是什么意思？掌控身体是什么意思？

Student: What is mastering the body? What is mastering the body mean?

莱斯特：不再拥有一个生病的身体，而是仅仅想一想就拥有完全健康的身体。

Lester: Instead of having a sick body, have a perfectly healthy body just for the thought of it.

此后，如果你不认同那个身体，它可能处于剧烈的疼痛中，你知道那个疼痛，它会困扰你或者不会；或者它可能处于剧烈的疼痛中，你可以选择感受那个疼痛，但它不会困扰你。

After which, if you don't identify with the body, it can be in severe pain, you know it and it bothers you or not; Or it can be in severe pain and you can choose to feel the pain, and it doesn't bother you.

学生：这是掌控身体还是掌控心智？

Student: Is that master the body or is that master the mind?

莱斯特：噢，它是身体，因为你在处理身体，掌控心智就是摆脱你自己的想法。

Lester: Oh it's the body, because you're working on the body, mastering the mind is ridding of yourself thought.

(学生说的听不清)

莱斯特：好吧，1952 年发生在我身上的事是，在坚持 20 年代的分子理论之后，我突然看到了能量的画面。

Lester: Okay, what happened to me in 52, after sticking with the molecular theory from the 20s on intensely, I suddenly see the picture of energy.

物质只是冻结于一个点上的能量。

Matter is only energy frozen at a point.

这个杯子里蕴含的能量比我们现在的氢弹还要多，但以这种形式聚集在一起的簇状体中正在发生着巨大的旋转。

This cup has more energy in it than our present hydrogen bombs have, but there's tremendous spins going on in clusters that are sticking together in this form.

物质是冻结的能量。

Matter is frozen energy.

能量其实就是我们运动着的心智。

Energy turns out to be our minds in motion.

因此，当我们安静了我们的心智时，就不会再有任何运动了，只有存在，而你的视角也只会看到存在。

So when we quiet our minds, there's no more motion, there's just isness, and your point of view just sees Beingness.

其他人看到的都是运动，其他人看到的都是形态，而你只看到你的真我，看到无处不在的你的存在。

Everyone else sees motion, everyone else sees form, you see only your Self, your Beingness everywhere.

现在，如果你处于最高状态，你必须降下来看它，是的，当你降下来看到它时，你知道它是什么，

Now if you're at the top state, you've got to come down and see it, yeah, when you come down and you see it, you know it for what it is,

一旦你真正到过那里，你就不会忘记真相，一旦你已经清除了心智，你就不会忘记它，

and you don't forget the Truth once you've really been there, once you've cleaned out the mind, you won't forget it,

你可以表现得好像它不是，但你无法忘记它是。

you can act as though it isn't, but you cannot forget that it is.

(学生说的听不清)

莱斯特：如果它是世界，它就没什么好的。

Lester: If it's world, it's no good.

学生：是的，就是这个。

Student: Yeah, that's the one...

莱斯特：我可能会因此丧命。(笑)

Lester: I could get killed for that.

学生：这就好比说，利用世界脱离世界..... (中间的听不清) 穿过世界，其他的都是不好的。

Student: It's the same line as saying, use the world get out the world, (中间听不清) , pass through the world, but the other it's no good.

莱斯特：对，然而，在你得到它之前，你永远不会知道它不好。

Lester: Right, however, you'll never know that it's no good until you get it.

先得到它，你就会发现它不好。

Get it first, and you'll see that it's no good.

现在，当你第一次得到它的时候，它是令人愉快的。

Now, when you first get it, it's delightful.

没有什么比名利更美好的了，对吧？

There's nothing nicer than fame and fortune, right?

但是当你得到它之后，它会让你失望，特别是对于那些同时获得名利的人，有些人会自杀，如此地失望，他们中的许多人去吸毒或酗酒，而一小部分人适应了它。

But after you get it, it's a let down, especially for those who attain both of them at the same time, some of them commit suicide, it's such a let down, a good number of them go to drugs and alcohol, and a smaller number adjust to it.

现在谁同时得到了名利，拿詹姆斯·卡恩来说，他适应了，他的适应就是忍受，他没有.....

Now who attains fame and fortune, let's say James Cagn, he adjusted, adjustment is toleration, he's not a...

(学生说的听不清)

莱斯特：什么？他现在是吗？

What? He is now?

好吧，当他第一次放弃演艺事业时，他开始从事绘画，他过着远离公众视线的美好生活，有一段时间他这样做了，无论如何，这最终还是害了他。

Well, so when he first let go of acting, he went into painting, and he's living a nice life away from the eyes of the public, there was a period there where he did that, well, it's got him in the end anyhow.

所以，当你们同时获得名和利时，你们获得了最多的东西，但它并没有带来快乐，反而导致了挫败感，这驱使人们酗酒和吸毒，他们去看医生.....

So when you attain that fame and fortune together, you're attaining the most of it, and it doesn't bring happiness, and it causes frustration, which drives people to drink and drugs, they get their DDS, their doctor of divinities doctors and drinks.

我实际上说的是这个世界，精神世界无法让你得到它，我们已经强调了精神层面数千年，看看它让我们走到了哪里，精神世界做不到的，为什么？

I'm really saying that the world, spiritual world doesn't get it for you,

we've been spiritual for thousands of years, look where it's gotten us,
the spiritual world doesn't get it, why?

他们试图通过心智让我们得到它。

They try to give it to us via the mind.

“你应当行善，不可作恶，否则会永远在地狱受苦”，他们告诉我们该做什么，我们在心里听着，我们说：“耶耶，赞美主。”

thou shalt be good, thou shalt not be bad and burn in hell forever,
they're telling us what to do, we hear it mentally we say: “Yay yay, praise the Lord.”

不存在精神与物质的分离，只存在“一”。

There is no spiritual, physical, there is a oneness.

而那些分离精神与世界的人，他们的心智处于分离的状态，他们在精神层面并没有真正地进步。

And people who separate into spirituality are into separation in their minds and not really moving ahead, say spiritually.

2 - 1

萊斯特：嗨~

Hi~

学生：早上好。

Student: Good morning.

莱斯特：爱你们每一个。

Lester: Love you all equally.

此刻我坚信你们每个人现在都是自由的、完整的、永恒的，你们正在接近所谓的自由，我会尽我所能帮助你们到达那里。

Thereby holding onto every one of you right now are free, whole, complete, eternal, you're coming closer to that thing called freedom, I do everything within my power to help you get there.

在这个世界上我最想要的就是让你们自由，可惜我无法这么做，我不能强迫你们。

There's nothing more in this world that I want than you to go free, unfortunately, I can't make that, I can't twist your on.

我可以自豪地告诉你们它是最好的，

I can proud you tell you it's the greatest,

在你到达那里之前，你永远都不会停下来，

you'll never stop until you get there,

你在生活中每件小事上寻找的都是它，

everything you're looking for in your every little thing in life is It, with a capital I,

你在不停地寻找、寻找、寻找，直到你到达那里，

you're going to scratch, scratch, scratch, until you get there,

那么为什么不现在呢？

so why not now?

在这次超级强化训练结束时，我希望你们每个人都能确切地知道被叫作“自由”的这个东西是什么，

By the end of this super intensive, I would like to see every one of you know exactly what It is, this thing called Freedom,

知道从你所在的地方到那里需要做什么，你就只需要转一个小弯而已。

know what it takes to get from where you are to there, which is a very short, you turn.

(学生笑)

这个无限的存在是你真正的我，没有什么比它更亲密的了，没有。

This infinite being your real Self with a capital S, there is nothing more intimate, nothing.

无论你怎么爱外面的某个人，都没有什么比你更亲密。

No matter how much you're loving someone out there, there's nothing more intimate than your very own Self with a capital S.

你一直在外面努力、努力、努力，试图到达这里，

And you are beating, and beating, and beating out there trying to get right here,

对你来说，发现你所是的这个无限存在，和现在发现你的小我名字一样困难。

it's as difficult for you to discover this infinite being that you are as it would be right now to discover your ego name.

因为你就是它，你一直是它，你永远都是它，对此你别无选择，感谢上帝。

Because you are It, you always have been It, you always will be It, and on that you have no choice, thank God.

但你知道这有多荒谬吗？

But you see how ridiculous it is?

为什么你不只是想一想就拥有你想要的东西呢？

Why don't you just think and have what you want?

你可以想想宝马、凯迪拉克、奔驰、玛莎拉蒂，只要你想一想，就能拥有它们了（莱斯特打了个响指）。

You can think of a BMW, a Cadillac, a Mercedes, a Maserati, and have them all just for the thought.

有多少人读过《一个瑜伽行者的自传》？

How many have read <The Autobiography of a Yoga>?

我建议你们读这本书的原因是：它提出了这些观点，它谈到了做过这些事情的人。

The reason why I suggest you read that is, it brings out these points, it talks about people who have done these things, who do these things.

他们认为巴巴吉在那本书里物质化了一座镶嵌着宝石的黄金宫殿，用它来实现一个特定的目的，然后放手，让它回到无限，我猜你可以这么说。

They think Babaji in that book materialized a palace of gold studded

with jewels, use it for a specific purpose then let it go, back into infinity,
I guess you could call it.

但仅仅是一个毫不费力的想法，就创造了一座镶满珠宝的黄金宫殿，

But just a mere effortless thought created that palace of gold studded
with jewels,

**祂创造它是为了唤起并满足他的弟子拿希里·玛哈赛的一个非常深切的愿
望，**

and he created it to bring up and have satisfied a very deep wish in his
disciple Lahiri Mahasaya,

**他在那座宫殿里为他举行了传法仪式，我想这是他这一世之前很多世的愿
望，**

and so he initiated him in that palace, and that was a wish from I guess
many life times prior to the one that he was in,

所以你为什么不这样做呢？有答案吗？

So why don't you do it? Any answers?

你认为你不能。

You believe you cannot.

如果你摆脱了“我不能”的信念，它是很自然的，就像呼吸一样。

If you got rid of the belief “I cannot”, it's natural, it's like breathing.

你的“我不能”在哪里？

Where are your “I cannots”?

它们全都被锁进了“我害怕，我不能”里，AGFLAP 包含了你所有的“我不能”。

They are all locked into “I'm afraid, I can't”, AGFLAP contains all your “I cannots”.

释放 AGFLAP,

Release the AGFLAP,

然后，无论你想什么都会发生。

and whatever you think will happen.

因为你不会强加给别人，也不会展示所谓的奇迹，而当你做到这些的时候，这些奇迹是你一生中做过的最容易的事情。

Because you don't impose on others, you don't show so called miracles, which are the easiest thing you ever will have done in your life when you

do them.

当你做到这些时，奇迹将成为你做过的最容易的事情。

Miracles will be the easiest thing you ever will have done when you do them.

因为奇迹只是一个毫不费力的想法，然后它出现了。

Because it's a mere effortless thought and there it is.

好吧，自由是什么？我们需要什么才能保持在那里？

Okay, what is this thing freedom, what do we need to remain there?

我认为你需要明确地识别出你在生活中到底在做什么，确切地说它是什么，这样才能让你不再盲目，看清你现在所是。

I think you need to identify exactly what it is you are doing in life, exactly what it is, that'll take the blinders out to what you are now.

在生活中，你在做什么？

What are you doing in life?

追求幸福。

Chasing after happiness.

这里有谁不认同这一点的？

Anyone here that's not in accord with that?

什么是幸福？

What is happiness?

现在，这是你首先要明确的。

Now here's your first good thing to identify with .

什么是幸福？

What is happiness?

有人认为他或她不知道幸福是什么吗？

Does anyone think he or she does not know what happiness is?

我相信对你们大多数人来说，幸福是满足你的欲望，然后你会把幸福归功于帮助你满足欲望的那个东西，

I believe for most of you, it is satisfying your desires, and you attribute the happiness to the thing that helps you satisfy that desire,

那你就深陷其中，被牢牢束缚住，

there in you're dead wrong, there in you're kept in bondage,

你越想满足那个欲望，那个欲望就越强烈，你就越需要它，却永远都无法真正满足那个欲望。

the more you try to satisfy that desire, the stronger that desire comes,
and the more you need that, and never ever satisfying that desire.

如果一个欲望可以得到满足，那么你只需要拥有它一次，仅此而已。

If a desire could be satisfied, you'd have it once and that's it.

所以我说，停止追逐彩虹，停止创造匮乏，这就是所谓的“欲望”，立刻释放那个匮乏的痛苦，只是做你自己。

So I say stop chasing rainbows, stop creating lacks, it's called desire, and momentarily momentarily letting go of that agony of lack, and just being yourself.

唯一的幸福在哪里？

Where the only happiness is?

你所体验到的唯一的快乐就是当你是你的真我的时候，你让心智安静下来，

你满足了欲望，心智安静了，你是存在，这就是它的全部了。

The only joy that you experience is when you're being your Self, you quiet the mind, you satisfy the desire, the mind goes quiet, and you're being, that's all there is to it.

为什么这并不困难？

Why isn't that difficult?

我问你：“是你吗？” 你说：“是的。”

I ask you: "Are you?" And you say: "Yes."

就是这样，存在。

That's it, be.

但不要在那里像个笨蛋，也不要在这个世界上像个焦躁的猴子，吡吡吡……

But don't be a bumbler or an agitated monkey in the world,

只是存在。

Just be.

但是要发现幸福是什么，不要放弃，直到你意识到你所拥有的每一丝幸福，

都是当你的心智安静下来、你是存在的时候。

But discover what happiness is, don't let go of it until you realize that every ounce of happiness you have is only when your mind goes quiet and you're being.

我认为那一点可以真正帮助你跨越障碍，进入全然的“存在状态”。

I think that one thing there could really get you over the hump into mostly Beingness.

你必须明确的另一东西——什么是终极状态？

Another thing you must identify with what is the ultimate state?

它难道不是幸福吗？

Isn't it happiness?

它不是，幸福在通往最绝妙状态的途中。

and it isn't, it's on the way to the most delectable state.

幸福、快乐、所有这些都带有着某种行动、活力，

Happiness, joy, all that has a certain action, activity in it,

当你越来越自由，它会越来越强烈，

as you get freer, it gets more and more intense,

直到它变得如此强烈，你无法承受它，短暂地体验到它是很棒的，

until it gets so intense, you can't stand it, it's great for a short while,

试着放下对幸福的追寻，转而追求平和、安静、安宁和平静。

try to let go of seeking happiness, and in place of it, seek peace,
quietude, tranquility, imperturbability.

当你处在一个不再有任何人、任何事能够打扰你的境界时，那是一种无比美妙的状态，它远远超越了极致的喜悦，那就是自由的地方。

When you're in a place where no one and nothing can ever disturb you again, it is such a delectable state, it's way beyond the highest joy, and that is the place of freedom.

当你处在那个状态中时，你所做的一切就是认同“哦，我是，我是，我是，我是，我是.....”

When you're in that state, all you're doing is identifying with “Oh I am, I am, I am, I am, I am...”

而不是认同“我是莱斯特，我是这个身体、这个心智，我有这个东西，我有

这个烦恼，我有这个幸福.....”

Not “I am Lester, I am this body, this mind, I got this thing, I got this troubles, I got this happiness...”

仅仅只是“我是”，这比那更好，我、我、我。

Just only “I am”, better than that, I, I, I.

终极状态是一种“我”的状态，没有任何附加物，只有“我”，看不到身体、心智，也看不到一些被归于小我的东西。

The ultimate state is a state of I-ness with nothing added to it, just I, not seeing the body, mind, some totaled into ego.

好吧，你需要付出什么努力才能是存在？

Okay, what effort does it take you to be?

你需要行驶多少英里才能到达存在？

How many miles you have to drive to get to be?

你需要做什么才能只是存在？

What do you have to do to just be?

什么都不需要。

Nothing.

你看到你的一生有多愚蠢了吗？

Do you see how silly your whole lives are?

挣扎、扭曲、挣扎、扭曲、丑陋地挣扎、扭曲.....

Struggle, uzzle, struggle, uzzle, ugly struggle, uzzle...

这就像一个疯狂的群体场所，每个人都在抓挠、战斗、挣扎着成为存在，每个人都是。

It's like a mass institution of insanity, everyone scratching, and fighting, and struggling to be, and everyone is.

但要认清出：幸福到底是什么？我在做什么？我在哪里？

But identify : What is this thing happiness? What am I doing? Where am I?

认识到幸福就是让心智安静。

Recognize happiness is quieting the mind.

安静心智就是摆脱思考的驱动，即感受。

Quieting the mind is getting rid of the motivators to thinking, called feelings.

这很简单。

It's so simple.

只要你还有感受，你的心智就会为了生存而 24 小时活跃地守卫着。

As long as you have feelings, your mind is active 24 hours a day on guard to survive.

每一个情绪都是一个程序——生存程序。

Every emotion is a program, pro-survival.

难道有人难以理解每一个情绪都是为了生存而投入的程序吗？有人难以理解这一点吗？

Does anyone have difficulty in seeing that every emotion is a program put in for survival? Does anyone have difficulty with that?

所以，当你释放掉所有的这些生存程序时，你就不会时刻警惕，你的心智会安静下来，然后你说：“哇，我是，一直是，永远都是全能、全知、全在的！”

So, when you let go of all those pro-survival programs, you're not on

guard, your mind goes quiet, and you say: "Wow, I am, always were, always will be, omnipotent, omniscient, and omnipresent!"

我们不是发射.....昨天发射的那个东西，呃，这个航天飞机。

Instead of sending up what's that thing we sent up yesterday, the uh...
This the shuttle.

难道你没有看到，我们在生活中试图做的一切都是为了缩短时间、空间和努力吗？

Can't you see everything we're trying to do in life is a cut short time, space, effort?

每个人都在无意识地拼命压缩时间和努力，为了做到这一点，我们经历了很多困难麻烦，但我们无法在外面做到这一点。

Unconsciously everyone is struggling to collapse time, effort, there is a lot of the trouble we go through to do it, we can't do it going out there.

当你释放所有这些限制：我是一个脆弱的身体；如果我的体温升高 10 度，我就会死；如果我吃错了东西，我就会死；或者空气不正常，我就会死。

When you let go of all these limitations: I'm a fragile body; And if I raise a temperature 10 degrees, I die; If I eat the wrong thing, I'll die; Or the air isn't just the right way, I die.

转而认同你的真我，你会发现你创造了这个宇宙。

Instead of that, identify with your Self, you'll discover you created the universe.

我向上帝发誓，你从无限到无限创造了宇宙，以及所有那些巨大的恒星系统，然后创造了一个你的心智黑洞

I swear by God you created the universe from infinity to infinity, with all those fused stars systems, and then created a black hole of your mind

但要认清幸福是什么，开始从源头获取幸福，仅仅通过存在获取幸福。

But identify with what happiness is, start taking it right from its source, just by being only.

这不会破坏关系，只会让它变得更好。

This does not spoil relationship, it can only better it.

因为你越深入其中，就越了解每个人，你就是我。

Because the more you go there, the more you discover about everyone, you are me.

没有什么关系比成为另一个人更亲密的了，你们不可能比这更亲密。

There is no more intimate relationship than identity be the other one, you can't get closer of than that.

认清出幸福是什么，

Identify what happiness is,

接下来，当你发现幸福是什么，接着你迈向那个安静的地方，那个波澜不惊的地方。

and then when you discover what happiness is, then move on to the quiet place, the imperturbable place.

是的，我认为现在你应该直接朝向那个安静的地方前进，

Right, I think now you should make direct motion toward the quiet place,

当你到达那里时，你不会被关在柜子里，如果你愿意的话，你可以这么做。

you do not end up in a closet when you reach there, you could if you wanted to.

但发生的事情是视角不同了，这是唯一改变的东西。

But what happens is point of view, that's the only thing that changes.

如果你达到那个最高状态，你会把这个世界看作是你心智的外在投射。

If you reach the top state, you see the world as an out projection of your mind.

就像你在睡梦里将事物投射到你的心智中一样，你躺在一个房间里，盖着毯子，然后你会梦见一座巨大的城市，这座城市是如何进入那个房间、钻进你的床的呢？

Just like you project things in your mind in sleep, you get yourself in a room under some blankets, and then you'll dream of a vast city, how does a city get into that room, into your bed?

完全一样的方式，就像这个世界进入了你的体验一样。

Exactly the same way, this world comes into your experience.

你不在这个世界之内，而是你把这个世界拉进你之内、拉进你的心智中。

This... You're not in this world, you pull this world in you, into your mind.

让心智安静下来。

Get that mind quiet.

而一旦心智安静下来，你放入心智中的任何想法都会立即实现。

And once it's quiet, any thought you put in that mind will materialize

immediately.

但只要你还有 AGFLAP，它就会不断地折磨你，并把你推向外界，你的注意力是向外的，然后你挣扎着让一个无法存活的身体生存下来。

But so long as you have AGFLAP, it's a constant grinding and pushing you outward, your attention is out there, and you're struggling to survive a carcass that does not survive.

我们能有多聪明？

How smart can we get?

我们奋斗了 50、70、80、90 年，只为完成一件我们每个人都知道不可能完成的事，这个物质身体终会消逝。

We fight 50, 70, 80, 90 years to accomplish something that every one of us knows is impossible, this physical body goes.

但一旦你看到了真相，你别无选择，你是永恒的。

But once you see the Truth, you've got no choice, you're eternal.

你的观点会是，当你准备好放下那件厚重的“大衣”（身体）时，你会带着灿烂的笑容这么做，因为你知道，如果你想要它，你可以创造它，或者创造其他 100 个类似的，但你不会这样做。

And your point of view is that when you're ready to let go of the heavy overcoat, you'll do with a big smile on your face with it, knowing that if you want it again, you can create it or 100 others like it, but you don't do it.

因为物质身体是宇宙中任何地方的存在所能拥有的最大阻碍。

Because the physical body is the greatest obstacle, that beings anywhere in the universe can have.

物质身体是人类所能陷入的最稠密的状态。

The physical body is the densest state man can get himself into.

所以如果你喜欢身体，你会用更精细的物质构成的精微身体四处旅行，它实际上是由光粒子组成的，可以瞬间到达任何地方，也许会被困在那里（笑）。

So if you do like bodies, you'll travel around in a subtle body made up of a much finer substance, it's really made up of light particles and it'll go instantly anywhere, maybe caught there, Gasoline~

但我是认真的，当我说现在你应该开始做这些事情时，而它仅仅是个念头的事。

But I mean it, when I say now you should start doing these things, and it's mere thought.

当我第一次去牧场时，我离开了纽约，因为周围的人对“我之所是”感到恼火，我猜那种力量对他们来说太强大了之类的。

When I first went to the ranch, I left New York only, because people around me were annoyed by what I was, I guess the power was too overwhelming to them or something.

所以我决定把身体停在那里，停在一个偏僻的地方，而我当时没有意识到我周围的一切都是一个奇迹。

So I decided to park the carcass out there in an isolated spot, and I was not aware of the fact that everything around me was a miracle.

因为当你身处其中时，它就像呼吸一样，你不会注意到它。

Because when you're there, it's like breathing, you don't notice it.

当人们进来时，他们开始指出所有不寻常的事情。

When people came in, they began pointing out all the unusual things.

有趣的是，为了让他们满意，我以为我是按照他们的方式做事。

It's funny to satisfy them, I thought I was doing things their way.

比如有一次，我的车坏了，车里有两个女孩，我说：“嗯，是启动器打不着

火了。”我拿了一把螺丝刀，修好了启动器，我回到车里，弗朗西斯·亚当突然大笑起来，我说：“你笑什么？”她说：“你需要螺丝刀干什么？”我说：“就是修好它，你没看到吗？”她说：“是的，你只是碰了一下而已。”我回想了一下，说：“哎呀，没错！”

Like one time, the car I got now stopped working, I said: "There's two girls in the car, well, it's the starter, it won't start." I get a screwdriver, and I fix the starter, I get back in the car, Francis had a burst out laughing, I said: "What are you laughing at?", she said: "What did you need the screwdriver for?", I said: "Just fix it, didn't you see me?" she said: "Yeah, you just touched it." And I thought back, I said: "Gee, that's right!"

我开那辆车开了两年，电池里有两块电芯没电了，所以几乎每次我去启动它，它都发动不起来，我只是释放，一切都是完美的，它就能启动了。

I rode around in that car for two years with two dead cells in the battery, so almost every time I'd go to start it, it wouldn't start, I'd just let go, everything is perfect, it started up.

直到有一天我和我的朋友托尼·索伦蒂塔斯在凤凰城的时候，我得带他去银行，然后回到车里，就听到了那小小的声音：“就是这样！”，有一个阿特拉斯电池的标志在街对面，内在有个声音说：“按他们的方式做吧。”我没多想就花了 23 美元。

Until one day I was down in Phoenix with my friend Tony Sorentitas, I had to take him to the bank, and get back in the car, just that called little

sound: "That was it!", there's a sign Atlas batteries and crosses street, something within said: "Do it their way." Cost me 23 dollars without thinking.

我以前穿过树林，穿过带刺的铁丝网，站在一条响尾蛇上方，有人像火箭一样跑开了，她是一位老太太，你知道，她已经 70 多岁了，我从来没见过她跑得这么快过，她是个俄罗斯人，她吓坏了，“怎么了？”“蛇，蛇，蛇！”我低头看了看两腿之间，好吧，我继续往前走。

I used to walk through trees, through barbed wire fences, standing over a rattler, someone took off like a rocket, she was an old lady and she was, you know late 70s, never saw her move so fast, she was an Russian, she scared, "What's the matter?" "Snake, snake, snake!" I look down it was right between my legs, okay, and I walked on.

当你处于那个状态时，没有什么能触碰到你。

Nothing will ever touch you when you're in that state.

但我要强调的是生活的毫不费力。

But the point I'm bringing out is the effortlessness of living.

当你到达那里时，蛇在那里，汽车在那里，电池没电了，但这一切都毫无意义，只是一个毫不费力的念头，然后事情就会如你所愿。

When you reach there, the snake was there, the car was there, the dead

battery, but it's meaningless, a mere effortless thought and it's the way you would like it to be.

但你不用一天 24 小时都为了让一个终将消逝的身体努力求生。

But you don't go around 24 hours a day trying to survive a body that won't survive.

让心智安静下来,

Get that mind quiet,

那个最高状态是自然的,

and that top state is natural,

认出幸福是什么,

identify what happiness is,

发现它是你做你自己。

discover it's you being you.

从现在起, 从你自己那里获取你所有的快乐,

From there on, take all your happiness from you,

保持释放，直到对死亡的恐惧几乎将你淹没，

and keep releasing until your fears of dying just almost overwhelm you,

但是当你能够处理它的时候，在它们出现的时候尽快释放它们，

but when you're able to handle it, release them as fast as they come up,

然后你就自由了。

and you are free.

这还不是最后一步，但已经非常接近了。

It's not the final step, but it is getting very close to it.

一旦你释放了对死亡的恐惧，你就会发现下一步，也就是最后一步。

Once you've released the fear of dying, you'll discover the next and last step.

你不会变成白痴或僵尸，你只是成为了宇宙，你要明白，你的存在就是宇宙的全部存在。

And you don't become an idiot, a zombie, you just become the universe, your Beingness you see is the total Beingness of the universe.

但你的视角完全不同了。

But your point of view is entirely different.

这里的一切对我来说就像你晚上做的梦一样真实，梦境对你来说也是真实的，当你醒来后，你看，我醒了，我的心智安静了下来，哦，现在我明白了.....

This thing here is just as real to me as your night dream, dreamingness would be real to you, after you wake up, see I woke up, my mind went quiet, oh now I see...

所以，在那之后，你看到了所谓清醒状态的梦境本质，这种清醒状态其实是一种睡眠状态，你现在就像在夜间做梦一样处于睡眠状态，但你将其归为清醒状态。

So after you see the dream nature of the so-called waking state which turns out to be a sleep state, you're just as much asleep now as you are when you're dreaming in the night time, but you classify it as a waking state.

但当你的心智足够安静时，你就会发现这一点：这是一场梦，是你的创造。

But when you get your mind quiet enough, you'll discover this: That this is a dream, creation of yours.

而对于身体，会发生的事情是：你只是让它按照它自己的方式行事，你会忘记它，你让它该做的事情，或者即使你不这样做，它也不再重要了。

And what happens to the body is you just let it go its way, you forget about it, you give it its just do, or even if you don't, it doesn't matter anymore.

它只是一个念头，你的身体只是一个念头而已。

It's only a thought, your body is only a thought.

当你做出像我第一次在牧场和其他人一起瞬移这样不寻常的事情时，相信我，这对你和旁观者来说同样令人惊讶。

And when you do these unusual things like I was at the ranch the first time I teleport it with others, and believe me, it's just as much a surprise to you as it is to anyone watching.

因为这不是你刻意做的事情，你放下小我，然后它就发生了，

Because it's not really something you do, you get yourself out of the way, and it happens,

当时我和另外两人徒步回来，我很累，我说：“哦，肯定有更好的办法。”我说：“当然，一切都是完美的。”然后我说，一只脚就到了离牧场只有一英里半远的地方，我说了句：“完美！”前脚就到了牧场外，但没有任何移动的感觉。

I was just walking back from a hike with two others, I was tired and I said: "Oh, there must be a better way." I said: "Sure, everything is perfect." And I said: "Turn one foot was up, a mile and a half away from the ranch." And I said: "Perfect!" The front foot was just outside the ranch, but there was no movement.

而令我惊讶的是，另外两个人也跟着过来了，而迪米特里却无法接受这些事情，这是最令人惊讶的，他就是无法接受这些事情。

And when the surprise to me was the other two came along, and Dmitri couldn't accept these things, that was the biggest of all surprises, he just couldn't accept these things.

当弗朗西斯·亚当说：“好吧，莱斯特，我们瞬移了。”迪米特里开始头疼，所以我不得不冲她喊：“你疯了，弗朗西斯。”然后她就闭嘴了。

And when Francis Adam said: "Well, Lester we teleported." Dmitri's brain began to hurt, so I had to shout her down: "You're crazy, Francis." And she shut up.

仅仅是毫不费力的念头，我们就回到了一英里半外的牧场。

Mere effortless thought, we were a mile and a half back at the ranch.

有趣的是，没有人真正受到打扰，我们离开的地方和我们到的地方看起来几乎一模一样。

The interesting part of it is, no one is really disturbed, where we left and where we went to looked exactly alike.

但第二天，当我问弗朗西斯：“是什么让你觉得我们瞬移了？”

But the next day when I asked Frances: "What made you think we teleported?"

在这其中没有任何的运动，就像当时你想到旧金山，它就是旧金山，下一刻你想到纽约，它就是纽约，这就是它运作的方式。

There's no motion in it, like at that time, you think San Francisco, it's San Francisco, next moment you think New York, it's New York, that's the way it works.

她笑了，说道：“嗯，我知道我们瞬移了，因为我们在上山时我和迪米特里捡了很多石头，我们绕过了它们，而且我可以看到牧场上的采石场山，透过树她看到了牧场上的山。”

And she laughed, and she said: "Well, I know we teleported, because we collected a lot of rocks on the way up to Dmitri and I, we bypass them all, and also I could see Quarry Hill which is on the ranch, through the trees she saw and the hills on the ranch."

而这些事情实际上常常毫无预谋就发生了。

And those things used to happen actually without premeditation.

我想如果我说：“我想要这个或我想要那个。” 它永远都不会发生，你要放手，你让完美存在，你让和谐存在。

I think if I would to say: "I want this or I want that." It would never happen, you let go, you let the perfection be, you've got the harmony be.

我们旅途中还发生了另一件有趣的事，那几天我总是心不在焉，弗朗西斯和迪米特里准备午餐，我负责带水，我带了个尺寸差不多这么大、这么厚的水壶，装了三个人在沙漠中徒步一整天的用水，我说：“我们先不要喝水，到山顶再喝，一开始喝你就会越喝越想喝，然后就会没力气，到山顶再喝，下山就轻松些。” 我们每人都喝了两杯半，我看了看水壶里，水只有八分之一英寸高，我说：“噢，天呐，你都干了些什么！”

Another funny thing happened on our trip, I was so spaced out in those days, and Francis got, and Dmitri got the lunch together, and I was to bring the water, I got a canteen just that size and about that thick, the water for three people on an all day hike in the desert, I said: "Let's not drink until we get to the top, you start drinking you want more and more water and you get weak, we'll drink at the top, and it's easier walking down." We each had two and half cups, I looked in the canteen, there's an eighth of an inch of water at the bottom, I said: "Oh my gosh, what you have done!"

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当我释放它时，一切都变得完美了。

And I let it gone, everything is perfect.

我说：“哦，我们有很多水，弗朗西斯，你想再喝一杯吗？”她说：“好的。”我们三个人喝了七杯，我继续倒，每个人都喝饱了，我看了看里面还有八分之一英寸深的水。

I said: "Oh, we got lots of water, well you wanna another drink, Francis?"
She said: "Yeah." The three of us had seven drinks, I kept pouring,
everyone was satisfied, I looked in it was still an eighth of an inch of
water in.

毫不费力的念头，释放，好了，我们就有了水，我们得到它了。

Effortless thought, let go, well, we got water, we had it.

但是你们每个人现在都可以做到这一点，只要你们抛开“我不能”，你们每个人此刻都拥有这种力量。

But every one of you can do that right now if you'll just chuck the "I
cannots", every one of you has that power at this moment.

你开了一整晚的车？迈克，你累了吗？

Been driving all night? Mike, you feel tired?

感受它。

Feel it.

我刚才看到你打哈欠。

I just saw you you yawn.

但我想说的是，如果你觉得累了，就释放“想要改变疲惫”，你就会恢复精力。

But what I want to say: If you feel tired, just let go of wanting to change the tiredness, it will be revived.

能量是无限的。

The energy is unlimited.

当你让 AGFLAP 离开时，你就不会想睡觉，除非你选择像其他人一样行事，所以在睡眠方面你加入了他们。

When you get the AGFLAP out, you will not want to sleep, except if you choose to behave like others, so you join them in your sleep.

但睡觉是不自然的。

But sleep is not natural.

睡觉是对 AGFLAP 沉重感的一种逃避。

Sleep is an escape from the heaviness of the AGFLAP.

所以，再一次，确认你所在的位置。

So again, identify where you are.

在这里，我就像一台名为“心智”的机器人电脑一样运作，

Here, I am operating like a robot computer called the mind,

心智的运作方式与计算机完全一样，

the mind works exactly like computers do,

我们输入程序，

we put in the programs,

然后我们按下自动按钮，

then we hit the automatic button

我们忘记了自己按下了自动按钮，

and we forget that we hit the automatic button,

从那时起，我们就像被编入这些计算机程序的机器人一样被操控着。

and from there on were being run like robots by these programs that we put into our computer.

这几个基本程序，即我们的认同、控制、安全，再进一步衍生出万念俱灰、悲苦、恐惧等等.....

The basic programs are approval, control, security, which further down become apathy, grief, fear and so forth...

不再有认同，不再有想要控制，你就有足够的自由来解决作为一个身体的想要生存，你释放它，然后你就自由了。

No more approval, no more wanting to control, you're free enough to tackle wanting to survive as a body, you release that and you're free.

明确你的目标——认同当下的我之所是。

Know what your goal is, identify with what I am right now.

你想知道你所有想法的总和吗？

You want to know your sum total thinkingness?

看看你的周围，看看你的日常生活，就是这样。

Look around you, your daily life, that's it.

外面什么也没有，只有你心智的外在画面，这是你所有想法总和的显现。

There is nothing out there but the out picturing of your mind, it's your sum total thinkingness manifesting.

这就是为什么我们每个人看到的都不一样，我们在外面看到的是我们自己的

意识。

That's why none of us see the same thing, we see our own consciousness out there.

我举的例子通常是一场车祸，五个人目睹了它，但你有五份不同的报告。

The example I bring up for that is usually an automobile accident, five people looking right at it, and you have five different reports.

我们觉得我们看到的是一样的，

We think we're all seeing the same thing,

但我们看到的只是自己所有思维的总和，

but we're seeing only our sum total thinkingness,

它是你的画面，

it's your picture,

对它负起责任，

take responsibility for it,

然后你就会改变它。

then you'll change it.

宇宙的基本法则是绝对的和谐。

The basic law in the universe is absolute harmony.

当我们通过自己的计算机程序而没有体验这种和谐时，我们就是在干扰它。

And when we are not experiencing it through our computerized programs, we're interfering with it.

所以在那里，你和你的电脑处于自动化的状态，在这种生活中你没有任何的自由意志。

So there you are with your computer, you're thrown it on automatic, you have zero free will in this life.

无论你做什么选择，都是被你的感受决定的，感受就是你的程序，你在这个世界上没有自由意志。

Whatever choice you make, it's made by your feelings, which are your programs, you have no free will in this world.

然而，你可以选择认同程序、认同计算机、认同计算机投射出的身体，或者认同你的存在。

However, you do have a choice to identify with the programs, with the

computer, with the body that the computer has projected out, or to identify with your Beingness.

但你知道自己在做什么吗？

But you see what you're doing?

99.999%的时间，你都在认同身体、心智。

Ninety nine point nine nine nine percent of the time, you're identifying with the body, mind.

你确实有一个自由的选择——认同你的存在或认同 AGFLAP。

You do have a free choice to identify with your Beingness or with the AGFLAP.

所以对你投射出来的东西负起责任，减少那些 AGFLAP，你会看到外面的痛苦也在减少，这会激励你更多地这么做，直到你解除了这一切。

So take responsibility for what you are projecting out there, reduce the AGFLAP, and watch the reduction of the agony out there, which will encourage you to do it more, so until you undo the whole thing.

除了获得自由，生活中的一切都是在浪费时间。

Everything in life is a waste of time except going free.

因为自由才是你在奋斗的目标，在你得到它之前，你永远都不会停止。

Because that's what you're struggling for, and you'll never ever stop until you get it.

所以为什么要浪费时间呢？

So why waste time?

我希望不久后能看到你们中的一些人获得自由。

I expect to see some of you go free soon.

这需要花多长时间？

How much time should it take?

几个月。

A few months.

如果你贯彻六步骤，你可以在几个月内没有痛苦地完成。

If you will carry out the Six Steps, you can do in a couple of months without agony.

第六步告诉你，这一切都是愉悦的，如果你让它持续下去，它就会从一个高峰上升到一个更高的高峰，再到一个更高的高峰，再到一个更高的高峰.....

The sixth step tells you it's all joy, if you make it constant, it's going from one high to a higher high, to a higher high, to a higher high...

有那么一会儿，你会感觉垃圾涌了上来，但那一刻你释放它，你就会更高一点；

For a moment, you'll feel the garbage come up, but that moment you release it, and you're a bit higher;

下一刻，一片垃圾击中你，你在释放，你更高了；

The next moment, a piece of garbage hits you, you're releasing, you're higher;

再下一刻，另一片 AGFLAP 出现了，你释放它，你又更高了；

Next moment, another piece of AGFLAP comes up, you release it, you're higher;

所以这是一个总在不断上升的体验，就像你释放的时候一样。

So it's an experience of just going higher all the time, like when you release.

如果你让它持续下去，你会一直升高，而且会越来越高，直到你再也无法承受，然后你就踏入了平静中。

If you would make it constant, you'd get that higher all the time, but higher and higher and higher, until you can't stand it anymore, then you'll step into the peace.

别再浪费时间了。

Stop wasting time.

现在我不是说要辞去工作，也不是说要结束关系，

Now I'm not saying quit work, I'm not saying break up your relationship,

利用工作、利用关系在几个月内结束这一切。

use work, use relationship to wind it up in a couple of months.

如果你去做，你就能做到。

You could do it if you do it.

你最弱的环节在哪里？

Where are you weakest?

第一步。

Step number one.

你对自由的渴望小于你对世界的束缚、对世界的限制的渴望。

Your want for freedom is less than your want for the bondages of the world, for the limitations of the world.

你必须先进入第一步，在那时，其他所有步骤就会随之而来。

You have got to get step number one in, then all the other steps will fall into line for you.

当你想要自由超过你想要其他任何东西时，你就会很快在一两个月内得到它。

When you want freedom more than you want anything else, you'll get it quickly a month or two.

因为你可以轻松地完成剩下的步骤。

Because you'll carry out the rest of the steps with ease.

但现在你想要世界上的东西超过了你想要自由，这从你所在的位置就可以明显看出来。

But you're wanting things of the world more than you're wanting

freedom, which is obvious by where you're at.

一旦你自由了，为了谋生而工作就再愚蠢不过了。

Working for a living couldn't be more stupid once you're free .

为了谋生而工作？

Work for a living?

你是永恒的，你所谓的“为谋生而工作”是什么意思？（学生笑）

You're eternal, what do you mean work for a living?

但如果你现在不得不工作，那就继续，但要一直利用它来进行释放。

But if you have to right now, stay with it, but use it all the time for releasing.

你不喜欢工作，或者甚至你喜欢工作，你都可以释放它。

You don't like working, or even if you like working, you can release that.

我们必须释放上层区域，即无畏、接纳和对平和的渴望。

We have to release the upper area, courageousness, acceptance and wanting peace.

你释放的最后一个东西就是“想要那个终极状态”，但它会自然地发生。

The last thing you do release is wanting that ultimate state, but that happens on its own.

当我说：“我是它，我就在那里”，这就是了。

As I say: “I am it, I am there”, that's it.

所以总结一下，认清你在哪里，你是存在？你是心智？你是身体？

So to sum it up, identify where you are, you're Beingness? You're a mind?
You're a body?

你的存在创造了你的心智，你的心智创造了身体和物质世界。

Your Beingness creates your mind, which creates the body and the material world.

要明白你有一台电脑在运转，你把它设置成了自动模式，并且它正在运作你。

See that you've got a computer going, you throw it on automatic, and it's running you.

做出决定吧，别再被这个东西摆布了。

Make the decision of hell with this being pushed around.

他们总是想象一头驴整天忙着追赶胡萝卜，

They always get that picture of a donkey working all day long after a carrot,

那根胡萝卜就是外面的世界，

that carrot is the world out there,

我们和那头驴一样聪明，

we're just as smart as that donkey is,

我们在追逐那根胡萝卜，

we're after that carrot,

我们所要做的就是停止追逐它，存在，就是这样。

all we need to do is stop chasing it and be, that's it.

因此，通过摆脱 AGFLAP、想要认同、想要控制以及最终作为一个物质身体的想要生存来解除计算机的编程。

So deprogram that computer by ridding yourself of the AGFLAP, the wanting of approval, the wanting to control and finally the wanting to survive as a physical body.

这取决于你决定花多少时间，可以是几个月，也应该是几个月。

And it'll take as much time as you so decide, it can be in months, it should be in months.

但是检查一下你自己，你不相信你可以仅凭想一想它就能拥有各种事物。

But check yourself, you don't believe you can have things just for the mere thought of it.

然而，我知道你们中的很多人已经经历过奇迹，但你们仍然不相信。

Yet, I know a lot of you have already experienced miracles, you still don't buy it.

所以我恳求你，别再犯傻了，获得自由。

So I'm pleading with, you stop the nonsense, be free.

这门课结束的时候，你要确切地知道你需做些什么才能获得自由。

By the time this course is over, know exactly what it is you need to do to go free.

你从“拥有状态”进入“行动状态”，再进入“存在状态”。

You get out of the havingness state into the doingness state, that puts

into the Beingness a state.

当这门课结束时，你应该确切地知道这一切是怎么回事，毫不怀疑自己在哪里、要去哪里、为什么现在不在那里。

When this course is over, you should know exactly what it's all about, no doubts as to where you are, where you're going, and why you're not there now.

好吧，我想就讲到这里吧。

Okay, I think I'll end on that.

我想从上次结束的地方开始，试着让你们每个人都想知道你在哪里，要去哪里，要怎么做才能到那里。

I like to take up where I left off last time to try to get each one of you to identify where you're at, where you're going, what you need to do to get there.

有没有人觉得他或她不明白自由是什么、我现在是什么、我到达自由的道路上有哪些障碍？有没有人没完全理解这一点？

Is there anyone who feels that he or she does not understand that what freedom is, what I am now, what there is in my way to get there, is there anyone who does not fully understand that?

哦，很好，拜拜。

Oh, good, bye bye.

但这很好。

But that's great.

我没听见，迈克尔...

I didn't hear you Michael...

迈克尔：.....如果我真的理解自由是什么，我就会在那里了。

Michael: (.....前面的听不清) If I really understood the freedom was, I would be there.

莱斯特：没错，但在你心里，你可以明白我在这里，上面这里是自由，那是一个美好、完美、安静的地方。

Lester: That's true, but within your mind you can understand that I am here, and up there is freedom that nice, perfectly, quiet place

唯一阻碍我停留在那里的是我心智中的噪音，它被称作“想法”。

and that the only thing that's keeping me from remaining there is the noise of my mind, called thought.

我们现在都认为我们是小我。

We all think now that we are egos.

它出现了，小我，必须离开。

It comes upon, ego, e must go.

而小我就是我们自己的疫病。

And ego is the blight upon ourselves.

当小我消失后，你就只停留在你的存在中，看到外部的一切都有一个相机所呈现出的外部画面，这个你设置的相机被称作“心智”，你用成堆、成堆、成堆的胶片拍摄了这个画面，这个胶片叫做“程序”，其中最沉重的就是情绪、感受。

When the ego is gone, you're abiding only in your Beingness, seeing everything external as an out picturing of a camera you set up called your mind, which you have filmed with banks, and banks, and banks of films called programs, the heaviest of which are emotions, feelings.

小我是一种与“一”或“一体”分离的感觉。

The ego is a sense of separation from the one or oneness.

当我们认同我们的存在时，我们看不到其他的东西，不仅是你、是你、我，
而是外面的每一个原子都是我，或者如果我释放这种投射，我就只是我，
When we identify with our Beingness, we see no otherness, not only are
you, are you, me, but every atom out there is me, or if I let go of the
projection, I only am,

这是最好的状态，
that's the greatest state possible,

这是终点，也是起点。
it's the end of the line or the beginning of the line.

正如迈克尔指出的，“理解”实际上就是成为它。
Understanding as Michael pointed out is actually being it.

如果你想知道一条狗是什么，那就成为那条狗；
If you want to know what a dog is, be the dog;

如果你想知道那棵树是什么，那就成为那棵树；
If you want to know what a tree is, be that tree;

这是有可能的。

It's possible.

如果你想知道自由是什么，那就成为你的存在。

If you want to know what freedom is, be your Beingness.

因此，我们最初将自己与“一”分离，为了做到这一点，我们需要一个称为心智的机制，它是众多部分的反射屏幕。

So we separated ourselves originally from the one in order to do that we need a mechanism called the mind, which is a screen of reflection of the multitude of parts.

我们设置了心智并进入心智，我们编程了现在我们所经历的一切。

We set up the mind, and into the mind, we program all and everything that we now experience.

我们已经忘记了这个事实：我们来自一个全知、全能、全在的地方，是我们投射出了心智，心智又投射出了这个宇宙和物质世界。

We have lost sight of the fact that we came from a place that was all knowing, all powerful, everywhere present, and projected out the mind which projected out the universe, the material world.

我们太喜欢这个世界了，太沉迷于它的戏剧了，我们忘记了我们的存在，开始认为我们就是电影里播放的那些角色。

And we liked it so much, and got caught up in a play of it so much, we forgot our Beingness, and began to think that we are those films, we're playing out there.

我们确实已经走向了极端。

We have really gone to the extreme.

事情是怎么开始，又是怎么结束的呢？

And here how the thing started and how it ends?

我们从所有的存在中出来，当你身处其中时，它只是纯粹的觉知，你是觉知。

We come out of all Beingness, which when you're in it, it's just awareness only, you're aware, period.

现在你们都体验过了那种状态，但你们却忽视了它。

Now you have all experienced it, but you discount it.

你认为你必须意识到某事、某人或某种行为，

You think you must be aware of something or someone or some action,

但当你处于存在中时，你只是觉知着。

but when you're in Beingness, you're just only aware.

因为你是超越心智的，所以没有关于存在的记忆，但是当你进入心智的那一刻，就会有记忆，这时你想立刻回到存在中，

And because you're beyond the mind, there's no memory of the Beingness, but there is a memory the moment you come into mind, you want to go back immediately,

但因为你已经陷入了心智，所以无法轻易回到那里。

but because you have gotten involved in mind, you just can't easily get back there.

因此，在这里，我们创造了一个心智，而心智又创造了一个身体。

So up here, we create a mind, which creates a body.

有一天，你会发现你创造了整个物质宇宙，而这个宇宙当下所在的唯一的地方就是在你的心智里。

And someday you're going to see that you created the entire physical universe, that the only place where that universe is right now is in your mind.

这是可以证明的。

And that's provable.

如果我把你打晕，这个宇宙在哪里？

If I knock your mind out, where is the universe?

它消失了。

It's gone.

或者如果你睡着了，而且没有做梦，这个宇宙在哪里？你的身体在哪里？所有的东西又在哪里？

Or if you go to sleep and don't dream, where is the universe? Where is your body? Where is everything?

消失了。

Gone.

不要醒来，你就再也看不到它了，但你依然存在。

Don't wake up, you'll never see it again, but you remain.

无梦的睡眠状态就是“存在状态”，

Now the state of sleep without dream is the state of being,

当你睡着而且不做梦时，你就处于终极状态。

you are in the ultimate state when you sleep and do not dream.

但是你习惯于认为那一定是物理层面的东西，你对那种美妙状态唯一说的话就是：“哦，我睡得很好，真好。”

But you're so in the habit of thinking that which is must be the physical, the only thing you say about that wonderful state is: "Oh, I slept well, it was nice."

但如果你能有意识地进入那种睡眠状态，你就会一直留在那里。

But if you could get into that state of sleep consciously, you'd remain there.

不幸的是，我们无法保持在那种状态中，

Unfortunately, we cannot remain in that state,

我们不得不回到被称为世界、宇宙的程序中来，

we have to come back to our programs, called the world, the universe,

我们必须撤销这些程序，

we have to undo them,

找到存储库，你知道计算机里的存储库是什么，然后把它们拔出来，把所有的光盘、所有的磁带、所有的东西都拔出来。

get the banks, you know what banks in the computer are, and pull them out, pull out all the disks, all the tapes, everything.

而当所有被称为感受的程序都消失后，你就仅仅只是存在了，而这就是被称为自由的终极状态。

And when all the programs called feelings are out, you'll just only be, and that's the ultimate state called freedom.

而且，再说一次，你永远不会停止为它而努力、为它而挖掘、为它而奋斗、为它而生、为它而死，

And again you'll never stop scratching for it, digging for it, and fighting for it, and living for it, and dying for it,

你所做的一切都是试图达到那个终极状态，在我们到达那里之前，我们称它为幸福，它超越了幸福。

and everything you're doing is trying to get to that ultimate state, we call it happiness before we get there, it's beyond happiness.

但是，请快乐起来，一天 24 小时都快乐起来，这样你就接近那个自由状态了，你就可以一直保持快乐，

However, please get happy, get happy 24 hours a day, see then you're up close to the free state, you can remain happy all the time,

你处于情绪表的顶端，你处于情绪表的高处，这会让你释放一切，只是步入那个安静的地方、一个宁静的地方，

you're on top of the chart, and you are in a high place on that chart, which will allow you to let go of everything and just step into that quiet place, that tranquil place,

它是如此地美妙，一旦你触及它，你就永远不会停下，直到你能一直维持那种状态。

which is so delicious that when you touch it once, you'll never stop until you sustain it for all time.

获得幸福，

Get the happiness,

但记住，不管你有多幸福，最高状态是高于幸福的，

but remember the top state is above happiness, no matter how happy you are,

最高状态是波澜不惊，

the top state is imperturbability,

除非你进入那种状态，并且在世间行走而不受打扰，否则你就没有拥有它。

and you don't have it, until you move into it and move through the world, imperturbable.

不管能源危机、战争、氢弹、地震，不管所有这些事情，当你在那里时，你的宁静不会被打扰一丝一毫。

Regardless of energy crises, wars, hydrogen bombs, quakes, regardless of all those things, your tranquility cannot be disturbed one iota, when you're there.

因为你知道它是什么，它是一种心智活动，你所做的一切都在你的心智里。

Because you know it for what it is, it's a mentation, everything you're doing is within your mind.

撤销心智，也就是让心智安静下来，然后你就能处于最初的“存在状态”。

Undo the mind which means quiet it, and you're in your pristine state of Beingness.

正如你所知道的，心智不安静的原因是你在思考。

The reason the mind is not quiet as you know is you're thinking.

而你思考的原因是——你试图满足你的感受，而这些感受都是为了自动维持身体的生存而被植入的，你已经这样做了数百万年，甚至数亿年。

And the reason you're thinking is you're trying to satisfy your feelings, every one of which was put in to automatically keep the body surviving, and you've been doing this for millions of not hundreds of millions of years.

这些程序、这些自动程序被称为 AGFLAP 等等。

And the programs, the automatic programs are called AGFLAP and so forth.

所以当我们不断释放 AGFLAP 时，24 小时保持警惕来保护身体的需求就会越来越少，

So as we keep releasing the AGFLAP, the need to stay on guard 24 hours a day to protect the body less and less,

我们变得更自在、更安静、更平和、更有爱。

we become more at ease, quieter, more peaceful, and more loving.

因为爱是我们内在的基本天性。

Because love is our basic inherent nature.

当我说爱的时候，我指的是最高层次的爱，在那里，你对待最陌生的陌生人会比对待自己还要好。

When I say love, I mean the highest love there is, where you'll treat the strangest stranger better than you'll treat yourself.

所以，我们要做的就是让垃圾上来，然后让它出去。

So all we need to do is to get the garbage up and get it out .

首先，在认同和控制的层面，你们都知道所有其他每一种感受要么是想要认同，要么是想要控制，

First, at the level of approval, control, you all know that every other feeling is wanting either approval or control,

当你摆脱了认同或控制，你就摆脱了它下面的一切。

and when you're rid of approval or control, you're rid of everything underneath it.

当你消除了相当数量的认同和控制，然后你就能真正解决作为一个身体的想要生存了，

And when you've undone an appreciable amount of approval, control, then you can really tackle the wanting to survive as a body,

当你碰到它时，如果你只是坚持下去，坚持一或两个星期，持续下去，就不会再有对死亡的恐惧了，

and when you hit it, if you'll just stay with it, a week or two, and keep it going, there'll be no more fear of dying,

你离最高状态如此之近，以至于你可以很容易地做出选择，要么进入它，要么留在这个世界上你所处的环境中。

and you're so close to the top state that you can easily make the choice to go into it, or to remain where you are in your circumstances in the world.

大多数到达自由状态的人都会避世或者消失，有些人会在一道光中消失，他们没有家庭牵绊等等.....

The majority of people who reach the free state, isolate or disappear, some of them go out in a flash of light when they don't have family connections and so forth...

他们中的一些人给家人留下了离开的通知——他们只是丢下了他们的物质身体；

Some of them have left the notice to their family that they've left, they

just dropped their physical body;

只有极少的一部分人决定留在这里，帮助其他人发现他们所发现的东西，他们就是佛陀、基督之类的人。

And it's very small percent decide to stay here and help the others discover what they discovered, they are the Buddhas, the Christ and so forth.

当你到达那里时，你会知道你想要做什么，但在那之前，你很难知道你要去做什么。

You will know what you want to do when you get there, before then it's very difficult to know what you're going to do.

但要知道，你不会消失，你不会失去理智而精神错乱，你也不会死。

But know that you don't disappear, you don't lose your mind to insanity, and you do not die.

现在你还没有获得自由的原因是对死亡的恐惧。

Now the reason why you haven't gone free already is the fear of dying.

你为了生存而放入了所有这些程序，

You put all these programs in for survival,

你确实觉得如果我释放了这些程序，我就会死，

and you do feel if I let go of these programs, I'll be dead,

事实恰恰相反。

the truth is the exact opposite.

只要你还被束缚在一件物理紧身衣（物质身体）里，你就无法比这更死了，

As long as you're encased in a physical straight jacket, you could not be deader,

但当你摆脱那件紧身衣时，你才会发现这一点。

but this you discover when you get out of the straight jacket.

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只要你还被束缚在一件物理紧身衣里，你就无法比这更死了，

As long as you're in case, in a physical straight jacket, you could not be deader,

但当你摆脱那件紧身衣时，你才会发现这一点。

but this you discover when you get out of the straight jacket.

你可能会选择进入一个精微的身体——星光体，它是由物质构成的，但比我们物质世界中的任何东西都要精细得多，它只需通过念头就能移动，不需要进食，就像你在动画片中看到的那些身体一样，你知道他们把它们压扁，然后又马上把它弹回来。

You might choose to move into a subtle body, the astral body which is made up of substance but much finer than anything in our physical world, and which will travel by mere thought, which doesn't have to be fed, which is something like the bodies you see in cartoons, you know they squash them down flat and they bounce it right back.

因为在你的星光体中，你只处于想法的领域，并非想法创造物质，而仅仅是想法本身，你无论你想什么都会立即实现。

Because in your astral body, you're in the realm of thought only, not thought making physical as much as just thought only, and whatever you think is immediately.

如果你选择与其他人一起工作，这就是大多数伟大的“一们”所走的路，
And if you choose to work with the rest of people, that's the avenue that most of the great Ones had taken,

他们离开物质身体，进入星光界，并从星光界帮助和指引我们。

they leave the physical, they move off into the astral realm, and they

help and guide us from the astral realm.

因为那里没有限制。

Because there's no limitation there.

耶稣曾全身心地奉献给所有人，如果每个人都愿意和他交谈并且能够接受的话，他现在可以与每个人交谈，但在物质身体中，他是极其受限的。

Jesus who dedicated himself to everyone could right now talk to everyone, if everyone wanted him to them and could accept it, but in the physical body, he's extremely limited.

而在另一个层面，这些限制就都消失了。

On the other side, the limitations are gone.

所以大多数获得自由的那些人都是在另一个层面工作的，这是一个团队，一个没有任何组织的组织，没有高低之分，他们都在一起，致力于帮助和引导这个星球的进化。

So the majority of those who go free work from the other side, and it's a team, it's an organization without any organization, and there's no highs and lows, they're all together, that dedicated themselves to helping and guiding the evolution of this planet.

我告诉你这些的一个原因是，在不久的将来，生活将变得越来越艰难，

I'm telling you this for one reason being that, in the near future life is going to become more and more difficult,

我们下意识地把我们所有的支柱都击垮，聪明的话，我们必须依靠我们自己。

We subconsciously knock out all our props, smartly so, we have to rely upon ourselves.

当你的工作没了，超市没了，空气无法.....我不想说得太极端，但会发生一些事情。

When your jobs are gone, your supermarkets are gone, the air can't be... I don't want to go too far down that way, but things are going to happen.

好吧，你让自己处于这样一个状态——仅仅凭借知道“我是”，你就可以活下来，

Well, you put yourself in a position where you'll survive just by knowing I am,

外面的一切都是我的心智向外投射的画面，

that everything out there is an out picturing of my mind,

如果我不喜欢这个画面，我可以改变它，就像这样（莱斯特打了个响指）。

and if I don't like the picture, I can change it, just like that.

现在，如果有人想象灾难，而我看到和谐的画面，我们并肩站在一起，而那个想象灾难的人在附近拉了一颗氢弹爆炸了，会发生什么？

Now what happens if somebody pictures catastrophe, and I see picture harmony, and we're standing side by side, and that one who's picturing catastrophe pulls in a hydrogen bomb explosion nearby, what would happen?

(学生说的听不清)

莱斯特：不！如果我处在和谐之中，它就触碰不到我，

Lester: No! It wouldn't touch me if I'm in harmony,

我甚至看不到它，它对我来说根本不存在。

I don't even see it, it's not there for me.

我以前在纽约的时候，每次我沿着西区高速公路高速行驶，前面有一整片都在堵车，但他们总会给我让路，然后我开了过去，不知怎么的我很确信他们会为我让出一条路。

I used to think in New York City that every time I went down a West Side

Highway at high speed, and there's a whole traffic jam up ahead that they opened up, and I went through, and I was convinced, somehow they always opened up a way for me.

就在一两周前，我还在跟弗吉尼亚聊起这件事：“天哪，这怎么可能呢？”怎么会……是啊，半英里长的路就突然畅通了？西区高速公路只有两车道、有些地方是三车道，那里到底发生了什么？

It was only a week or two ago, I was talking to Virginia about it: “Oh my gosh, that doesn't happen”, how could a... Yeah, half a mile long of the traffic suddenly opened up? It's only a two or some places three lane highway the West Side Highway, what happened there?

我开始回想，果然，他们让开了，我穿了过去。

And I began remembering, sure enough, they opened up, and I went through.

但那是我的画面，

But that was my picture,

他们的画面全是堵车，

their picture was all jammed,

所以我一定会直接穿过他们，因为那是我的画面。

so I must have gone right through them, that was my picture.

因此，如果有人在我旁边拉氢弹，而我看不到它，那就没有氢弹，它也无法碰到我，因为这不是我的画面。

So if someone's alongside me pulling in a hydrogen bomb, and I don't see it, there is no hydrogen bomb, it can't touch me, it's not my picture.

我希望你开始明白，除了你的画面，外面什么都没有。

I hope you're beginning to see that there's nothing out there but your picture

学生：我们说，我们认为我们不相信我们研究的是同一个现实，我们分享着现实的经验.....

Student: We say we think that we don't believe in the same reality that we study that we're sharing the experience of reality...

莱斯特：我们认为，我们认为我们看到的是同样的东西。

Lester: We think, we think we're seeing the same thing.

我总是举一个事故的例子，为什么五个人专注地看着同一场事故，却会给出五份不同的报告呢？每个人都用圣经发誓，他们看到了。

I always bring out an accident five people watching it intently come out with five different reports? And each one would swear by the Bible, they saw it.

学生：耶稣的信条，整个事情对于我们自己来说不一定.....

Student: Jesus Creed, the whole thing for ourselves not necessarily...

莱斯特：是的，但我们有一定的共识，比如你和霍华德在一起时，共同想象着出色的孩子，当你们看着孩子时，你以为他也看到了同样的东西，

Lester: Right, yet there's certain agreements you pick, you and Howard get together, and picture stunning children in common, and when you look at the children, you think he sees the same thing,

但他并没有，他看到的只是他所看到的，你看到的是你所看到的，你看到的是你的画面，

but he doesn't, he sees what he sees, you see what you see, you see your picture

但存在着不同程度的共识，

but there are certain agreements to varying degrees

我们有一些共识，就像如果我们把身体的温度提高 10 度，它就死了，多么

愚蠢的共识！

and we have picked certain agreements like if we raise the temperature of the physical body 10 degrees, it dies, what a dumb agreement!

我们喝比体温高 10 度以上的咖啡或茶不会致命，但如果体温上升 10 度，我们就会死。

We'll drink coffee or tea more than 10 degrees hotter than we are _ doesn't kill us, but if the temperature of the body goes up 10 degrees, we die.

它只是一个程序，我们已经蠢到了这种地步。

It's just a program, this is how far we've gone in our stupidity.

我们需要氧气，我们这些永恒的存在需要氧气才能生存，这就是你的程序。

We need oxygen, we eternal beings need oxygen in order to survive, only if... That's your program.

通过释放认同、控制和安全，你释放了那些需要氧气、需要食物的程序。

By releasing approval, control, security, you let go of those programs of needing oxygen, needing food.

我们本就不该摄取其他生命并将其纳入体内来维持生存。

It was never meant that we take other life and ride it inside of ourselves to stay alive.

我们所拥有的这个华丽的东西，我们几乎花费了所有的时间去维护它，它其实是一个制造垃圾的机器，

And this gorgeous thing we have that we spend almost our total time in keeping up is a garbage producing machine,

把你的注意力从身体上移开，

take your attention away from the body,

让它自行其是，

give it its just to do,

远离那些维生素 A、然后是 B、接着是 C、再是 D，然后是 X、Y、Z，接着又要补充 AA、BB 之类的程序，

stay away from these programs of vitamin A, then you get B then C, then D, then X Y Z, then I have AA,BB in time,

难道你没看到它总是在改变你的日常饮食吗？

can't you see it's always changing your diet?

它们总是在变化，他们不知道问题出在食物上，

They're always changing, they don't know the problem is food,

别吃了，直接获取你的能量，

don't eat, take your energy directly,

无论如何你都在这么做，但你无意识地认为你是从食物中获取的能量。

you're doing it anyway, but unconsciously thinking you're getting it from the food.

但实际上只有一种能量，它就是宇宙能量，不管你叫它食物还是汽油。

But there's only one energy, it's cosmic energy, whether you call it food or gasoline.

朝着直接获取能量的方向，直到你体验到这一点，

Think in the directions of getting it directly until you experience it,

然后你可以不再需要食物、空气，并且永远都不会死。

and then you can cut out food, air and never die.

现在释放这些程序其实是在解除小我程序。

Now releasing these programs is simply undoing ego programs.

小我是我们所有程序的总和。

Ego is a sum total of our programs.

有一种说法是：当小我为零时，上帝就是一切。

And there's an expression: When the ego is zero, God is all.

当不再有小我时，我们就只认同我们的存在。

When there is no more ego, we identify with our Beingness only.

世人所称的上帝，就是宇宙的无限存在。

What the world calls God is the infinite Beingness of the universe.

如果我们拥有存在，我们就是其中的一部分；

If we have Beingness, we're part of that;

当你认同它时，你会发现自己就是它的全部。

When you identify with it, you discover you're the totality of it.

现在错误地认为你是其中一个无穷小的部分，你就像一片海洋，想象你周围

有一个圆圈，你称自己为一滴水，并说：“我是一滴水，我不是海洋。”

Now wrongly thinking you're one infinitesimal part of it, you're like an ocean, imagining a circle around you calling yourself a drop, and saying: "I'm a drop, I'm not the ocean."

当你拿走那个圆圈的束缚并摆脱了它时，你会发现你就是海洋，这就是当你摆脱了你所有的程序时会发生的事。

When you take that bondage of that circle and get rid of it, you discover you're the ocean, this is what happens when you rid yourself of all your programs.

你现在是自由的，也是波澜不惊的。

You are as free right now as you are imperturbable.

如果你想审视自己，看看外界，看看你被多少事情所困扰，尤其是家庭、亲密的人、还有金钱，看看你被这些事情所扰的程度。

If you want to check yourself, look out there, and see how much you are disturbed by things, especially family, close ones, and after that money, see how much you are bothered by these things.

然后你就能知道自己所处的位置了。

And you can begin to get an idea of where you are at.

你们每个人现在都比开始上这门课前少了很多干扰，

Every one of you are far less disturbable now than you were before you started the course

你必须继续下去，直到没有任何干扰。

you must continue it, until there's no disturbance whatsoever.

现在很难判断一个自由的人。

Now it's hard to judge one who was free.

因为祂在世界中扮演各种角色，特别是在印度的一些自由的人，他们像疯子一样四处走动，疯狂，故意这样.....

Because He play acts in the world, and some of the free ones especially in India, they go around like mad men, crazy, purposely so, to keep the died ones off their back (听不太清)

因为任何被卷入这个世界的人，你懂的。

Because anyone involved in a world, you know.

学生：你说这是一个悲惨的世界，什么意思？

Student: What do you mean it is is a miserable world?

莱斯特：你甚至看不见这一点，他们试图把不存在的画面扔给你，他们试图把你拖入痛苦中，那是你既不想、也不愿陷入的痛苦。

Lester: You can't even see it, they're trying to throw pictures at you that are non-existent, they're trying to make you come down into misery which you don't want to and won't.

所以你需要抽身、退一步。

So you need to step aside, step back

这就是为什么他们中的大多数人会隐居洞穴、或消失、或像疯子一样行事，除了极少数人，也许其中只有百分之几的人会回到这里与我们一起，努力唤醒我们去认识到我们没有限制的这个事实。

That's why most of them go into caves or disappear or act like mad men, except for a very small figure is maybe a few percent of them will come back here, and work with us to try to awaken us to the fact that we have no limitation also.

现在我们有了更多的设备，我从课程开课第一天起就一直希望能有一台电子设备告诉你“我完全被束缚了”、“我完全自由了”。

Now that we're getting more apparatus, I've always had the hope from the first day of the course to get an electronic machine that tells you: "I am totally bound" "I am totally free".

这是可以做到的，你的不安、你内在的不安是可以被测量的。

Could be done, your disturbance, your inner disturbance can be measured.

因为它是自动的。

Because it's automatic.

但如果我们有一个从 0 到无穷大的刻度，那么这一切都可以被测量。

But if we had a scale from zero to infinity, it could all be done.

这里就在底部，所以我们会建立一个从 0 到中间到无穷的比例，它可以用数字来测量，也许有一天我们会拥有这样的设备。

Right at the bottom there, so we would set up a scale from zero to partway to infinity, it could be measured in figures, maybe someday we'll have it.

但是应该有一种方式可以判断你在自由尺度上的位置，

But there should be a way for you to judge you as to where you are on the scale of freedom,

最好的判断标准是波澜不惊，在最有压力的情况下，我被打扰的程度有多

大?

and the best thing is imperturbability, how much can I be disturbed in the most stressful situation?

现在，如果你使用那个相同的情境、并不断用它来衡量你自己，你会看到自己的成长。

Now if you use that same situation and keep measuring yourself against it, you'll see your growth.

你想要一个好的情境吗?

You want a good one?

死亡就是一个不错的情境。

Dying is a good one.

你可以想象自己从悬崖上掉下来，走在一辆行驶的卡车前面，保持住.....

You can see yourself falling off a cliff, walking in front of a moving truck, hold on to it...

嗯，这对你来说可能太强烈了。

Well, that's too strong for you maybe.

但是找一些让你不舒服的情境，并反复用它来衡量你释放了多少干扰，

But get some some situation that you're uncomfortable with, and keep using that again and again to measure how much disturbance you have let go of,

这样，小我感就消失了，这很明显。

So the ego sense drops away, and that's kind of obvious.

当你释放了你的小我时，你就不会再想着自己了。

When you let go of your ego, you never think of yourself anymore.

你可以想象一下，你一开始为别人着想，然后当你决定不再关注别人时，你甚至都不会去想。

you can imagine that you first begin thinking of others, and then when you so decide you want to move out from the others, you don't even think.

自由状态是一种直觉的状态，

The free state is an intuitive state,

在那种状态中，你可以一天 24 小时不用动任何念头地说话，

and you can talk 24 hours a day in that state without having a single

thought,

这是来自你的直觉的话语，它只是自然地流淌出来，没有任何的预先思考。

it's talking from your gut, it just flows without any premeditated thinking.

我知道你们中的一些人在一定程度上经历过这种情况，

I know some of you have experienced this to a degree,

特别是如果你在有创造力的时候，没有任何思考，它就会直接流出来，

especially if you're creative, it'll just flow out without any thinking,

当这种情况发生时，无论你做什么，这都是最好的。

and it is the best of whatever it is you're doing when that happens.

所以，小我，必须离开。

So ego, e must go.

当小我离开时，唯一剩下的就是存在。

And when he's gone, the only thing left is Beingness.

当我们从最高处下来的时候，我们构建了一个看起来像这个物质身体的身体概念，

When we come out from the top, we set up an idea of a body, that looks like this physical one,

但它是由如此精微的物质构成的，

but it's made of such fine substance,

很难想象这种物质有多精细，

it's hard to imagine how fine that substance is,

在这个状态中，一切都只是想法而已，

and everything is an idea up in this state,

在你产生一个想法的那一刻，它就实现了，

the moment you have an idea, that moment is fulfilled,

这个状态是，他们称它为因果状态。

and that state is, they call it the causal.

我们在因果、星光状态中居住了亿万年，在物质状态中居住了数百万年。

We dwell for eons in the causal, astral state, and we dwell for millions of years in the physical.

现在，当我们下降，我们进入了星光状态，再说一次，它比物质状态要精微得多，

Now as we come down, we go into the astral state, which again is much finer than the physical,

但是在星光状态有行动和因果等等，走动、去做、去参观等等几乎是瞬间发生的，但星光状态不像在这里那么快，因果状态下，当你有一个念头的时候，它就实现了，

but there is action, cause and effect, and so forth, but it's almost instant to go and do and visit and so forth, it's not as fast as it is up here, up here the moment you have an idea, it's fulfilled,

星光状态是一个思想的领域。

it's a realm of ideas.

我想我应该告诉你，我们每个人此刻都同时处于这三种状态中。

I guess I should tell you every one of us is in the three states right now.

你看，在最高状态，你无法移动，你只是使它变得稠密，你让它变得更稠密，

然后更稠密.....

You see, this top state, you can't move, you just densify it, you make it more dense, and then more dense...

当你下降到这里时,你变得如此稠密,以至于你看不到你的星光体和因果体,你认为自己处于那个身体里。

When you get down here, you get so dense, you don't see your astral and causal bodies, and you think you're in that body,

你忘记了是你创造了身体、并且身体就在你之内的这个事实。

you've lost sight of the fact that you've created the body and that the body is in you.

再说一次,你们中的一些人曾经有过看到身体在外面的经历,

And again, some of you have had experiences where you have seen the body out there,

有一天,身体会一直在外面,

some day the body is out there all the time,

你只是把画面投射到了外面而已。

you just projected the picture out there.

如果你不喜欢它，你可以立即改变它。

And if you don't like it, you can change it instantly.

大多数能做到这一点的人，他们把身体的年龄无限期地保持在 16、18 岁左右，不会让他们看起来比这更老，

Most people who can do that keep the body about the age of 16, 18 indefinitely, they don't get any older looking than that,

我能看到这会比石油还畅销.....（笑）

I can see this would sell better than oil...

学生：为什么这么年轻？为什么这么年轻？

Student: Why so young? Why so young?

莱斯特：因为年轻状态比年老状态更完美，仅此而已。

Lester: It is a more perfect state than an old state, that is all.

在年轻的身体里，一切都运转得更好、看起来更好、感觉更好，对吗？

Everything works better, looks better, feels better, right? In the teenage body.

嗯，从根本上来说，我们不想死，对吧？

Well, more basically we don't want to die, right?

如果我们保持在 18 岁，我们就不会死，我们得到 80 岁甚至更大的年纪才会死。

If we stay 18, we can't die, we've got to get to the 80 to die or more.

所以，青春的概念意味着不会死亡，你明白吗？

So the concept of youthfulness has the implication of not dying, can you see that?

学生：所以这就是星光界的限制.....

Student: So that's the real limitation in the astral plane...（后面的听不清）

莱斯特：只要有身体，它就是限制，只要有身体，它就是一种禁锢。

Lester: As long as there's a body, it's limitation, as long as there's a the body, it's a confinement.

当你认同你的存在时，你是无处不在的；

When you identify with your Beingness, you're omnipresent;

当你认同任何身体的时候，你就只处于那个位置。

When you identify with anybody, you are at that spot only.

我试图把上面的知识带到这里，让你们能够理解，这样你们就可以用它来脱离这里、上升到那里。

I'm trying to take knowledge up here and bring it down to where it's understandable to you, so that you can use it to get out of here and go up there.

我和每个人都沟通到了吗？有人不明白这些概念吗？

Am I communicating with everyone? Is there anyone who's not getting these concepts?

学生：我想你应该知道。

Student: I think you should know that.

莱斯特：我想让你了解它。

Lester: I want you to know it.

如果我知道答案，我就不会提出来，我想让你了解，只有我了解对你没有任何帮助。

If I had the answer, I wouldn't present it, I want you to know it, what I know helps you none.

学生：不，我的意思是你会知道我们是否了解它了，但你问我是出于另一个原因，看看我们是否了解它了。

Student: No, I mean you would know if we're getting it or not, but you asked me for another reason to see if we know it.

莱斯特：如果你了解它的话，这对你会有帮助，

Lester: It's helpful to you if you know it,

如果是我了解它，这对你没有帮助。

It's not helpful to you if I know it.

学生：但我我说的是你知道我们是否了解它了，但你问这个问题是想看看我们是否了解它.....

Student: But I'm saying this thing that you know if we know it or not, but you're asking that question to see if we know it or...

莱斯特：如果你不了解它，你就必须观察它、了解它、认识它。

Lester: Not if you know it, for you to look at it, and know it, get to know it.

我来这里不是讨论我了解什么或你了解什么，我来这里是为了让你了解它，
It's not a question what I know or what you know, that I'm here for I'm
here to get you to know it,

现在如果我问你“你了解了吗？”，你就得朝那个方向思考：“嘿，我了解了吗？”

now if I ask you “Do you know it?”, you've got to go in that direction:
“Hey, do I know that?”

说到“了解”，

Talking about knowing,

我一直在重复对我帮助很大的那句话：“我只了解我能做到什么，不是想想而已，而是做到。”

I keep repeating the thing that helped me so much was: “I only know
that which I can do, not think but do.”

我只知道我能做到的。

I only know that which I can do.

我究竟有多无限？我会一直问这个问题。

How infinite am I? I would keep posing that question.

它不断地提醒我：我离终点还有多远。

It kept plotting me by showing me how far down the line I was.

直到最后宇宙中所有的力量都落到你的膝盖上，你所有的束缚就都消失了。

Until finally all the powers in the universe drop into your lap, all your confinements are gone.

你可以证明给自己看，如果你不想向别人证明这一点，有时候当别人看到某人拥有最高处的每个人都拥有的不寻常力量时，他们会感到非常不安，所以你不一定会展示它。

and you can prove them to yourself, if you don't want to prove it to someone else, it's sometimes very disturbing to others when they see someone with unusual powers which everyone has in the first place, and so you don't necessarily show it.

但因为我受过物理学家的训练，你必须证明一些东西，所以作为一个优秀的物理学家，在接受它之前，我必须了解我所做的所有事。

But because I was trained as a physicist and you had to prove things out, I have to see everything that I did before I accepted it as a good physicist would.

你认为自己在这个物质身体里。

You think you're in this physical body.

你之所以处于强迫的原因是，你在拼命抓住随时都有可能死去的生命线，这是我们经历物质生活的方式，这就是我这样画它的原因。

The reason why you're bludgeoned, you're just you're holding onto the lifeline by your fingertips about to die any moment is the way we go through a physical life, that's why I drew it that way.

但是我们用星光体来操控物质身体，

But we operate the physical body with the astral body,

我们的心智在我们的星光体中，

our minds are in our astral body,

我们通过颈部下方延髓的位置与物质身体建立联系，然后通过大脑来操控身体，大脑只是连接所有部分的开关板，大脑本身不会进行任何思考。

we contact the physical body, the lower part of the neck, the medulla oblongata, and through here we operate the body through the brain which is only the switchboard that connects up all the parts, there is no thinking going on in the brain.

所以当你读到这些左脑、右脑的理论时，这全都是愚蠢的说法（这都是由跛脚大脑提出的），

So when you read these theories of left brain, right brain, that's all put out by lame brain,

他们用大脑所做的一切都是在物质层面，而心智并不在这个层面，

and everything they are doing with the brain is in a physical realm which the mind is not in,

所以他们无法理解人类的行为。

and so they cannot understand man's behavior.

但是知道大脑在星光体里，这对你是有利的，

But knowing that the brain is in the astral body can be used to your advantage,

如果你与另一边的灵魂和实体打交道，很多人都这样做，我不知道为什么，可能是一种结转。

if you get involved with spirits and entities on the other side, and many people do, I don't know why, probably a carry over.

你永远不必害怕恶灵。

You never ever have to fear an evil spirit.

因为在星光界那一边的这些家伙们，对他们来说，他们真正的大脑、真正的现实就是他们的心智，那里的一切都是精神层面的，我们在精神上做的任何事对他们来说都是真实的。

Because these characters on the other side is the astral, what to them is their real brain, what to them is their real reality is their mind, everything is mental there, and whatever we do mentally to them is real.

所以，如果你遇到一些邪恶的灵魂试图攻击你或对你做些什么，你只需要在精神上坚持住你想要的东西，把它锁在另一边，你永远不必害怕星光界的那一边。

So if you got some evil spirit trying to beat up on you or do something to you, you just mentally hold what you want, and this one is locked it away, you never have to fear the other side the astral.

他们可以拿着星光体层面的棍子敲你的头，一次又一次，但那会直接穿过你的身体，你甚至都不知道，除非你是个通灵者，

They can take an astral stick, and beat on your head, and beat on your head, it goes right through your body, and you don't even know it, unless you're a psychic,

如果你是一个通灵者，它可能会伤害到你。

if you're a psychic, it might hurt you.

因此，如果有人得到了一些邪恶的药水或一些邪恶的咒语之类的，你只需要一笑置之，你知道他们无法触碰你，他们无法碰到你。

So if someone's got some evil potion or some evil sentence and so forth, you just smile at it, you just know they cannot touch you and they cannot.

当你向上移动，开始回家时，处于左边的那些家伙会嫉妒你的状态，

As you move up, start going back Home, the characters on the left side are jealous of your state,

你看，我们至少领先宇宙中一半以上的人。

you see we're ahead of at least one half of the people in the universe, more than one half.

因为我们正在走出最底层，而一半以上的人正在朝着这个方向前进，但这些人就是所谓的“嫉妒之神”，

Because we're coming up off the bottom, and more than half are on the way toward it, but these people are what are called the jealous gods

他们和上升到这里的人拥有的力量一样，而且力量相当，他们可以在精神上操控物质之类的东西。

they have powers just like someone moving up here has powers, and they're equal in powers, they can mentally manipulate the physical matter things like that.

但是当你开始向上移动的时候，那些落后于你的人会因为嫉妒而试图拖慢你的速度，他们会诱惑你：“哦，你超越了那些没有意义的东西，你现在可以做到，你可以去玩下面的火了，它不会烧到你的。”

But when you start moving up, the ones behind you because of jealousy try to slow you down, they'll tempt you: “Oh, you're above all that nonsenses, you can do it now, you can play with that fire down there, it won't burn you.”

我见过很多人屈服于这些家伙，因为他们在星光层面、通灵方面折腾尝试，他们试图在这里发展一种力量，在那里发展一种力量.....

I've watched so many people succumb to these characters, because they're playing around with the astral, with the psychic, they're trying to develop a power here, a power there without...

3 - 2

(注：本节实际上就是“原始圣多纳释放法”公众号中《Goals and winning 你必须赢得目标》那一篇)

处于这个图表上的第一个程序是分离，

The number one program on the chart is separateness,

我们最初放入的第一个程序就是想要从“一”中分离，与“一体”分离，

the very first program we put in is wanting to be separate from the one, from the oneness,

一体就是我们的存在，它是全在的，现在你的存在就是无处不在的。

the oneness is our Beingness, it's omnipresent, right now your Beingness is everywhere present.

我们开始通过说“我要和它分离”来切断自己与存在的联系，我们在自己周围围上一个圈，把我们的存在包裹进一个叫做心智、身体的东西里，

We start cutting ourselves off from it by saying “I'm going to be separate from it”, and we put a circle around ourselves to encase our Beingness into a thing called mind, body,

我们的存在设置了一个“想象它是一个身体”的心智。

our Beingness sets up a mind, which imagines it's a body.

因此，你所做的一切，以及在你获得自由之前，将一直持续做的事情都是为

了消除这种分离感。

So everything you do and will keep on doing until you reach freedom is to undo that feeling of separateness.

在分离的链条上，有心智、身体和一切与身体有关的，诸如妈妈，爸爸，孩子，丈夫，妻子，当你越来越把自己牵涉进这些身份时，你就越远离合一存在的最高状态。

On the chain of separateness comes mind, body, and everything to do with the body, other bodies, mama, papa, children, husband, wife... It gets more and more involved as you move out from the top state of oneness, of Beingness.

但是，你的存在一直都在那里，

But this Beingness that you are is always there,

没有什么比你所是的这个无限存在更亲密的了，

there is nothing more intimate than this infinite Beingness that you are,

当你说“我”时，就是它了。

When you say I, that's it.

当你在它后面添加什么时，那便不是它了，而这些就是你需要释放的。

When you add on to it, that isn't it, that's what you need to let go of.

你只是从现在开始说“我、我、我”，你便就在那里了。

You just say I, I, I, from here on, you'll be there.

但是当你在它上面添加什么东西的时候，“我就是这个身体，或者我就是这个心智，或者我和……”，这些都不是它。

But the moment you add something on to it, "I am this body, or I am this mind, or I, I and", that's not it.

你在分离，你在心智中想象的不仅仅是“一”，

You're separating, you're imaging in your mind more than the oneness,

你设想的越多，你就越远离只是存在的最高状态。

and the more you image, the further away you are from that top state of just being.

因为你成为了身体，你成为了心智，你成为了丈夫，你成为了妻子，你成为了孩子，你成为了朋友，然后你成为了这个身体……为了让这个身体生存下去，你卷入了一切让身体存活的事情中。

Because you're being the body, you're being the mind, you're being the husband, you're being the wife, you're being the child, you're being the

friend, then you're being the body... You're being involved in everything to survive, keep that body surviving.

但是有一个东西你无法放下，那就是“存在”这个词，

But there's one thing you can't let go of, that's the word "being",

那是你无限制的那部分，那是你在每一个行为中所寻找的那部分。

that's the part of you that has no limitation, that's the part of you that you're looking for in every last act you do,

你不快乐，因为你不仅仅只是存在，

You are unhappy, because you are not just being,

不快乐只是远离了存在而已。

unhappiness is just moving away from Beingness.

所以，你越试图成为一个身体，你就越不快乐。

So the more you try to be a body, the greater your unhappiness.

当我们释放了对身体的认同、只认同我们的存在时，生活中就不会有痛苦。

There is no misery in life when we let go of identifying with the body

and just to identify with our Beingness.

你是吗？

Are you?

当然，你是。

Sure, you are.

那就是它，没有任何别的东西，那就是它了。

That's it, period, nothing else, that's it.

你们明白 KISS 理论吗？

You see the KISS theory?

它是如此简单。

It's so simple.

你如何摆脱所有的障碍？

How do you get rid of all the obstaculations?

AGFLAP，就是这样。

AGFLAP, that's all it is.

这些被放入心智存储库中的程序，一直在持续运行着，直到我们释放它们为止。

These programs put into the banks of the mind keep operating until we release them.

当你把这些程序从心智中抹去，心智就会安静下来，你的存在是如此的强烈，你会不由自主地看清你所是的真我。

You get these programs out of the mind, the mind goes quiet, and your Beingness is so loud, you cannot help but be self-obvious to your Self as to what you are.

真理、真实是永远不会改变的。

Truth, Reality is that which never changes.

只有一个东西永远不变，即真实、真理、我们的存在。

And there's only one thing that never changes, the Reality, the Truth, our Beingness.

所以我们从我们的存在开始，我们创造了一个心智，心智反映了这所有的部分，心智创造了所有的物质。

So we start from our Beingness, we create a mind, the mind reflects all the parts, the mind creates all matter.

当你陷入物质中时,一切都变得重要,但你只是被一堆胡说八道玩弄了而已。

And when you get involved in matter, everything matters, and you're just played by a bunch of nonsense.

因此,我们需要开始回到情绪表上来,摆脱所有这些无意识的深层程序 AGFLAP 等等。

So we need to start going back up the chart, ridding ourselves of all these unconscious deep programs AGFLAP and so forth.

回到我第一次在和你们谈论时的最初,辨识出你在哪里,你要去哪里,需要做些什么才能去到那里。

I'm back at the point that I started with when I first spoke to you, identify where you are, where you are going, what it is that needs to be done to get there.

一个无限的存在必须为谋生而工作吗?

Does an infinite being have to work for a living?

自由的“一们”有工作吗?

Do the free ones have jobs?

放下工作的重要性。

Let go of the importance of work.

当然，你必须要去你不得不做的事，否则你的程序会说：“我会死的”。

Of course, you've got to do that which you have to do, otherwise your program says: "I will die."

你需要这个车架子来折磨、困扰你，直到你回到顶端。

You need this carcass to plague you, until you get back up to the top.

生存于这世间的唯一目的就是去发现我们的自由。

The only purpose for being in this world is to discover our freedom.

来到这儿的唯一目的就是摆脱所有的限制。

The only purpose to come here is to get rid of all the limitations.

限制在哪里呢？

And where are the limitations?

在心智中：我害怕，我不行，我有罪，我不配，我很生气，我万念俱灰，等等等等.....

In the mind: I'm afraid, I can't I'm guilty, I don't deserve it, I'm angry, I'm apathy la la la la la...

我们来到这里的全部目的就是让我们摆脱所有这些经过数百万年、数百万世积累的、被深深编程的思想。

The whole purpose of being here is to rid ourselves of all these mentations that are deeply programmed and are the accumulation of many many millions of years, millions of lifetimes.

然而，当你处于这条底线去释放时，你可以在几个月内获得自由，持续释放将让你达到那儿。

And yet when you release at the bottom line, you can go free in a matter of months, getting it constant gets you there.

就你们现在所处的势头，你们能够去做到。

The momentum like you're into now, you're able to release.

随着你不断释放，你会去到高处，

As you release, you get high,

再从高处，你可以释放得更深并拉出对死亡的恐惧。

from the high place, you can reach down deep and pull up the fear of dying.

当你放下了对死亡的恐惧，便会有一种更为强烈的痛苦出现——“分离感”。

When you're free of that fear of dying, obvious there will be a much stronger agony, the feeling of separation.

**但因为你之前已经释放了太多垃圾，当你释放了对死亡的恐惧时，你便有能
力应付它并消除这个分离的感觉，于是你就在那里了。**

But because you've released so much, when you let go of the fear of dying, you can handle it, and you throw out the feeling of separation, and you're There for the capital T.

现在，你必须负起责任，让自己从千百万年来堆积的东西中解脱出来。

Now you must take responsibility to rid yourself of that which you have accumulated over the millions of years.

如果你不承担起责任，是你把这些东西编入了程序，你就会说：“我没有责任，我与之无关”。

If you don't take responsibility, you have programmed in those things and you're saying: "I've got no responsibility, I have nothing to do with

it.”

所以它会持续运作下去。

So it remains.

所以对你们来说，负起责任是非常重要的，当不好的事情发生时，说：“啊，看看我做了什么导致了这次事故？”

It's so important for you to take responsibility, and when something bad happens say: “Gee, look what I did cause this smash up?”

要做到这一点需要培养一种能力，但是如果你为自己所创造的、你不喜欢的事物负起责任，它就会让你始终位于驾驶座上，让你掌控着一切。

It takes an ability to do that, but if you take credit for the things you create that you don't like, it keeps you in the driver's seat, it keeps you in control.

正如我们所知道的，控制并不是一个不好的词，也不是一件坏事情，“想要控制”才是。

And as we know, control is not a bad word, not a bad thing, “the want of it” is.

当我们自由的时候，我们只需毫不费力的念头就能完全控制这个宇宙。

When we're free, we're in total control of the universe by mere effortless thought.

当你自由的时候，你的心智是安静的，那里没有任何念头，所以你放在心智中的任何一个想法都会像这样凝聚实现（莱斯特打了个响指）。

When you're free, your mind is quiet, there are no thoughts there, so any thought you put in the mind is so concentrated happens like that.

但是目前你的心智可能被成千上万的想法所困扰，而所有的想法都与 AGFLAP 有关。

Your mind is plagued with probably tens of thousands of thoughts right now, all tied into the AGFLAP

所以当你的心智安静下来时，它是集中的，任何简单的想法都会立刻发生，它只是一个毫不费力的想法。

So when your mind goes quiet, it's concentrated and any mere thought happens immediately, it's such an effortless thought.

“努力”是一个用来评价、检视你们自己的挺不错的词。

That word “effort” is a good word to judge yourself by, check yourself by.

在某种程度上，你在生活中不需要努力，在那个程度上，你是自由的。

To the degree, you have no effort in life, to that degree, you are free.

**你们不会意识到你们为谋生而困扰、抓狂是多么的荒谬可笑，那就像是.....
好吧，我不会说的。**

You don't realize how ridiculous you look scratching for a living, it's such a... well, I wouldn't say.

但是你必须到达.....你必须去到你掌控世界的地方。

But you must get to the... You must get to the place where you master the world.

因为如果你不去赢得，如果你不成为一个赢家，你便有“我无法成为一个赢家”的反对程序。

Because if you're not winning, if you're not a winner, you have anti programs "I can't be a winner".

你必须成为赢家，你必须实现你的目标，

You must become a winner, you must achieve your goals ,

这样你就可以把反胜利、反目标的程序拉出来并摆脱它们。

so that you can bring up the anti winning, the anti goals, and rid

yourself of them.

和你们对世界的贪恋相比，你们对世界的厌恶更加强烈、更加微妙。

The aversions to the world are stronger and far more subtle than the attachments.

因此，当你成为一个赢家时，当你追求目标时，你的厌恶就会出现。

So when you go to be a winner, when you go for goals, up come your aversions.

你需要成为一个赢家，才能把垃圾带出来并扔掉。

And you need to become a winner just to get the garbage up and out.

学生：你说你们的厌恶更强烈吗？

Student: What did you say that your aversions were stronger?

莱斯特：你们的厌恶比贪恋更加强烈、更加微妙。

Lester: Your aversions are stronger and more subtle than your attachments.

你们的贪恋是显而易见的“我想要这个，我想要那个，我想要钱，我想要美丽”，这些十分明显。

Your attachments are obvious “I want this, and I want that, and I want money, and I want beauty”, those are obvious.

但事实却是：你不喜欢自己不想要的东西，你不去看它们，这就会发展出抵抗，抑制和抗拒的机制。

But the fact that you don't, the things you don't want, you don't look at and that develops resistance, suppression and resistance.

因此，目标在你成为赢家的道路上是非常重要的。

So goals are very important on your way to becoming a winner.

学生：我不想打扰那边沉浸在幸福中的人，阿罗纳先生。

Student: I hate to bother someone in bliss over there Mr. Arona.

莱斯特：你仍然在使用你的目标表格吗？

Lester: Do you still run your Goal Charts?

你现在的状态还像你用目标表格时那么好吗？

Are you in as good a position as you used to be when you were running them?

你所要做的就是要去释放障碍，成为赢家。

What you're doing is you let up on releasing the blocks to being a winner.

在生活中，你必须成为完全的赢家，想一想就让它发生。

You've got to be a total winner in life, think and have it happened.

如果我没记错的话，你写下了一个目标——成为百老汇的一个重要角色，如果我记错了请纠正下，我看到了一个了不起的角色，你真的是在奋力拼搏，那个演出叫什么来着？

If I remember right, you wrote a goal for an important part, an important part of in a Broadway show, correct me if I'm wrong, and I saw you in a terrific part really fighting your way through, what was the name of it?

学生：Knock Out.

Student: Knock Out.

莱斯特：是的，当时你真的很棒。我想想，在那段时间，你是否又制定了去好莱坞扮演一个重要电影角色的目标？你没有去参加巡演吗？过后你又制定了另一个目标——一个六位数的存款，你获得了。接着你的目标就是去购买我想要的一切，跑车，房屋等等。在那之后，你也获得了。

Lester: Knock Out, you were a knock out in it, I think during that time, didn't you write a goal to get an important part in a Hollywood movie?

Didn't you get a part in cruising? And during that time then to write another goal six figures, and make six figures, and you got it. And then your goal was to buy everything I wanted, sports car, home and dla dla dla... and you got it.

可是之后发生了什么呢？

Then what happened?

(学生的话没听清)

因为我不需要任何目标表格，我的嘴里叼着一支雪茄，我是个大人物。

Lester: I didn't need any goal charts, I got a cigar in my mouth, I am a big shot.

好吧，我并不是在针对你。

I'm not picking on you.

那个时候是你真正可以大步向前的时候，而且，嗯，我也邀请你继续，所以你为什么不加入我们？当时你并不想，那时的你应该释放得要好于其他圣多纳的毕业生，还记得吗？相当令人骄傲。

That was the time when you could have really made a big forward spurt, and I invited you, so why don't you join us, you didn't want to, you were

above the Sedona graduates at that time, remember? It was pride.

但是重要的是你停止制定目标了。

But the important thing you stopped making goals.

学生：不要再专注于博士日记，我当时做的另一件事是，当我停止下来时，我忘记了我是怎么做的，我所做的事情是在我想要的地方设置限制，而不是接受它，不管它来自哪里，我只是对它设置限制，而不是打开.....

Student: Stop staying focused with Dr journal, and the other thing that I did was that, when I stopped working, was I forgot how I did what it worked that I did, and put limitations up where I want it rather than accepting it, from whatever it came I just kind of put limitations on it rather than open left.

莱斯特：“我停下来”这几个字，就是这样。

Lester: The words "I stopped", that's all.

你停下了。

You stopped.

你拿起六步骤看看，六步骤里没有停下。

You take the Six Steps, there's no stopping in the Six Steps.

你当时对我说：“哦，莱斯特，我懂了，我只要持续释放。”你当时高兴得不得了，还记得吗？

You said to me: “Oh, Lester, I got it, I'm just releasing constantly.” And you were as giddy as could be, remember?

你进入了第六步，

You were into step sixth,

没有什么能打倒你，一切都在持续向上移动。

nothing knocked you down, it'll just kept moving up.

要是你当时坚持下去，那么在你跟我谈话之后的一个月内，你就完全自由了。

Had you stayed right there, you would have been totally free in a month or so after you spoke to me that time.

但是你停下来了。

But you stopped.

你当时想要这世上的一切，却忘记了内在的幸福是如此美妙，而不是这世界上的一切。

You wanted the things of the world at that moment, you forgot it was

your inner happiness that was so great, not the things of the world.

因为当你实现第一个目标——参演了百老汇的演出，你觉得不够好；然后你去实现第二个目标——参演一部电影，觉得还不够满意；你实现第三个目标——6 位数的存款，仍然不如意。

Because when you got one, the Broadway show that wasn't good enough, you got two, movie that wasn't good enough, you got three, six figures, that wasn't good enough.

所以，好吧，继续去赢得。

So it's alright, keep on winning.

但是要到一个你可以想一想就让事情发生的地方。

But get to the place where you can think and have things happen.

试着超越为谋生而工作的束缚，

Try to transcend having to work for a living,

那是给奴隶的，

that's for slaves,

那不是给自由的人们准备的。

that's not for free people.

我确信你们大多数人都已经有过仅凭念头就创造事物的经历。

I'm sure most of you have created things for the mere thoughts of them.

现在，如果你可以在一件事上做到，那就在所有的事情上都做到。

Now if you can do it for one thing, do it for everything.

然后，你可能会赢得心生“但是”的想法，那个“但是”便是残留的 AGFLAP。

It comes in a "Yes, but..." and that "Yes, but..." is a remaining AGFLAP.

因此，使用你的目标表格，消除 AGFLAP。

So use your Goal Charts, get rid of the AGFLAP.

到达你只是你的存在的状态，

And move into the state of just being your Beingness,

你四处走动，脸上可能会露出傻笑，但你可以学着如何抹去。

you move around, you might have a silly smile on your face, but you can learn how to wipe that off.

你并不会消失，

You won't disappear,

唯一改变的东西是“我是我”。

the only thing that changes is I am me.

身体是我心智的产物，

That body is a creation in my mind,

心智是我构建起来的。

the mind is something I set up.

在我的存在中，我是完整的、圆满的、永恒的。

I am whole, complete, eternal in my Beingness.

一旦你认识到你在心智中创造了身体，而且你用它来帮助自己陷入身体的限制时，身体就变得不那么重要了。

And the body becomes of little importance, once you recognize you created it mentally, and that you have used it to help sink yourself down into limitations of the body.

我想说的是不要因为获得自由而变得害怕，

I guess what I'm saying is don't get frightened that of going free,

你所有的程序都是为了生存而设置的，但它们的每一点都是反生存的。

all your programs will put in as pro-survival, every bit of them is anti-survival.

把这一点灌输在你的心智里：每一个为了生存而被植入的程序都是反生存的。

Feed that to that mind of yours: Every bit of every program which was put in as pro-survival is anti-survival.

这应该会帮助你们释放掉这个恐惧——“如果我获得自由，我就会死。”

This ought to help you let go of the fear "I will die if I go free".

你现在就在那里。

You're there right now.

但阻止你的就是我所说的——害怕失去你现在所拥有的。

But what stopped you is what I was talking about fear of losing what you have now.

随着你越来越自由，你永远不会失去，你永远不会放弃任何东西，

You never lose, you never give up anything as you get freer,

你会获得越来越多、越来越多、越来越多。

you take on more and more and more.

纠正一下，你失去了你可怜的玩具——你的痛苦。

Correction, you lose your miserable toys, your miseries.

当你自由了，你会四处走动，你会吃饭，你会聊天，

But when you go free, you walk around in a body, you'll eat, you'll talk,

而且你不必死，你可以保持身体无限期地运转。

and you don't have to die, you can keep the body going indefinitely.

所以，放下这些恐惧吧——“如果我获得自由，我就会死。”

So let go of the fears "If I go free, I will die".

我想这可能是我们所有人面临的最大阻碍：如果我获得自由，我就会死，这些感觉会继续让我保持生存，它们是我的保护。

I think this is probably the number one hold back for all of us: I will die if I go free, these feelings are going to keep me surviving, they are my protection.

我会生气，我会狠狠地揍它们，或者我会鼓起勇气，把它们消灭。

I'll get angry and I'll swing at them, I'll get courageous and wipe them out.

审视你的感受，检查它们，确切地辨识出它们是什么。

Look into your feelings, examine them, identify exactly what they are.

它们是为了生存，但实际上却是反生存的。

They are pro-survival, but actually in effect anti-survival.

我们都有这样的感觉——如果我获得自由，我就会死。

We all have that feeling "I will die if I go free",

而你所消亡的只是痛苦。

all you die to is the miseries.

你看下那些伟大的“一”，佛陀在他获得自由后消失了吗？

You take the great One, did Buddha disappear when he got free?

我认为他回去当王子或国王了，不是吗？

I think he went back to being the prince or king, did he not?

耶稣死了吗？

Did Jesus die?

好吧，祂用它来证明永恒，祂三天后就回到世上了，祂仍然还活着。

Yeah, but He used it to prove immortality, He came back in three days, and He's still around.

佛陀也是如此。

So is Buddha.

尤迦南达是自由的，看看他都做了些什么，他来自印度，在美国建立了一个庞大的组织，完全由他自己经营。

Yogananda was a free one, look what he did, came over from India and set up a huge organization, ran it all by himself.

当祂 1952 年离开这个世界的时候，我遇到了祂的弟子，我想是在 1954 年，他们仍旧茫然不知所措，不知道该怎么办。

When He left in fifty two, I met His disciples, I think was 54, they were still totally bewildered not knowing what to do.

因为尤迦南达在这个组织里做了所有的事。

Because Yogananda did everything in the organization.

他们瘫痪了好几年，因为尤迦南达做了所有事。

They were paralyzed for several years, because He was doing everything.

现在，他自由了，看看他做了什么，在三处华丽漂亮的房产上，建立了自我了悟联谊会，有数以万计的追随者。

Now he was a free one, look what he did, at three gorgeous properties set them up, had tens of thousands of followers.

这儿有一个有关他身体的有趣的故事，我遇见了他的其中两个弟子，他们告诉了我这些。他的脚不舒服、受伤了，所以他不能站立。有一天，他不得不在他们的总部公开发表演讲，那里可能有一千或几千人。他们把他抬进了汽车。他不能走路。当他到达那里时，发现人们都在那里了。当弟子准备抬他的时候，尤迦南达在人们面前自己下了车，走到台上。

An interesting story on his body, I met his disciples, two different ones told me about it, he had sick feet, he couldn't stand on them, they hurt, and one day he had to give a talk at their headquarters out in the open, probably a thousand or a few thousand people there, they carried him

into the car, he couldn't walk, when he got there, the people were there, and when they got ready to carry him out he said, oh no, not in front of people, he got out of the car on his own and he walked up to the platform.

玛丽娜·纳里尼告诉我这件事，她说她看着他，发现他的脚没有接触地面，因为脚受伤了。

Maryna Lini is the name of the sister who told me about it, she said she looked at him and she noticed his feet were not touching the ground, because they hurt.

他悬浮到平台上，除了她和尤迦南达周围的弟子们，谁也不知道，他们不得不把他抬进车里。

He levitated up to the platform, no one knew it except she and the disciples around him who had to carry him into the car.

现在，我也告诉你们，不要通过一个自由的人的所作所为来判断他。

Now I tell you that to not try to judge a free one by what he's doing.

你听到别人说，我莱斯特服用了一些维生素，

You pick on well someone said I took some vitamins,

哦，太好了，维生素怎么了？

oh, wonderful, what's wrong with vitamins?

我睡觉、我吃东西，那又怎样？

I sleep, I eat, so what?

问题是我必须这么做吗？

The question is do I have to?

伟大的“一们”之所以像我们一样生活，唯一的原因就是如果他们不这样，我们就无法理解他们。

And the only reason why the great Ones live like we do is because we can't comprehend them if they don't.

他们下降到我们的限制中，这样他们就可以和我们交流。

They come down into our limitations, so they can communicate with us.

但像尤迦南达一样，祂的脚有病，祂不想向公众展示他的走路姿势，所以祂悬浮在空中。

But like Yogananda, He had sick feet, and He had a walk He didn't want to show to the public, so He levitated.

但我认为为什么大多数的大师们一直抱持一个病体，比如维韦卡南达一直抱着糟糕的身体并承受极度的疼痛，真正的原因是：他们这样做是为了提醒自己——他们不是这具身体。

I think the real reason why most of the masters are quite sick at times, Vivekananda all his life had a terrible body excruciating pains, they do it as a reminder to them that they are not that body.

因为他们不会被身体的伤害所困扰，不管有多疼痛，他们都会大笑，身体受伤了，这并不会打扰到他们，他们不会认同它，他们认同他们的存在。

Because they don't suffer the body, no matter how much it hurts, they'll laugh, the body is hurting, it doesn't bother them, they don't identify with it, they identify with their Beingness.

存在不会受伤、疼痛。

Beingness cannot hurt.

你也可以做同样的事情。

You can do the same thing.

但要努力摆脱“如果我自由了，我就会死”，

But try to get rid of “I will die if I go free”,

这就是迈克尔所经历的，对吧？迈克尔，你失去了一切，一切都消失了，不是吗？

that's what Michael went through, right Michael? You lose everything, everything is gone, it isn't?

当你自由的时候，只要你想一想，你就能拥有任何东西。

When you're free, for the mere thought you can have anything.

我告诉你，你可以有 100 具身体，并且可以同时和 100 个不同的人交谈。

I'm telling you could have a hundred bodies and talk to a hundred different people at the same time.

因为自由没有限制。

Because there are no limitations.

如果你读过《一个瑜伽行者的自传》，其中几位大师死后就以这种方式回来的，圣尤蒂斯瓦尔就是其中之一，第二天早上十点，他以在一个物质身体中的方式同时与四个人交谈。

If you read <the Autobiography of a Yogi>, several of the masters after they died came back, Yukteswar was one of them, He spoke to four people ten o'clock in the next morning in a physical body at the same time.

当我们自由的时候，没有任何限制。

There are no limitations when we are free.

我在试图宣告你要释放对死亡的恐惧，释放“如果我自由了，我就完了”的事实，它正好相反。

I'm trying to propagandize you into letting go of fear of dying, of the fact that "If I go free, I'm finished", it's just the opposite.

你得小心你那狡猾的心智，

You've got to watch that tricky mind of yours,

它会让你一直陷入垃圾里。

it keeps you down in the dumps.

你不应该为了谋生而工作，你是无限的存在。

You shouldn't have to work for a living, you're an infinite being.

在其他的世界里，人们从来不会因为工作而咒骂，

There are other worlds where people never curse in the work for a living,

只需想一想它，大自然就会提供丰富的一切。

nature supplies an overabundance of everything for the mere thought of it.

事实上，就像我上次说的，除了你的心智向外投射的画面，外面什么都没有。

In fact, as I said last time, there's nothing out there but the out-picturing of your mind.

如果你想象奴隶制，你就是一个奴隶；

If you picture slavery, you're a slave;

如果你想象自由，那么一切都会毫不费力地来到你身边。

If you picture freedom, everything comes to you without effort.

不要再在身体上浪费时间了，它会制造业力，而业力是有害的。

Stop wasting time on the body, it creates karma, and karma is a hammer.

你永远无法摆脱业力。

You can never rid yourself of karma.

因为每一个作用力都有相反而平等的作用力存在。

Because to every act there's an opposite and equal act.

这就是物理学第一定律，但它同样适用于我们。

That's the first law in physics, but it applies to us.

当你试图解决业力时，你正在为未来制造业力。

As you're trying to work out karma, you're creating karma for the future.

解决业力是不可能的。

It's impossible to work out karma.

但是你能做的是超越它，看到你是什么，那里没有业力。

But what you can do is transcend it, see what you are, and there is no karma.

更具体地说，业力就是程序。

More specifically, karma is programs.

基本的程序是感受，

And basic programs are feelings,

而最基本的程序就是分离的感受。

and the most basic program is a feeling of separation.

与莱斯特的炉边漫谈

**A Fireside Chat with
Lester Levenson**

01.寻找幸福 Looking For Happiness 1

磁带旁白：下面的录音是莱斯特·利文森在 1974 年录制的，他在谈论自由，所以用心去听。

The following recordings were made by Lester Levenson in 1974, he's talking about freedom, so listen with your heart.

莱斯特：这是一个很好的起点，在这一点上提醒你们，他们在东方教义中提到有七个鞘，或者确切地说有五个鞘；

Be a good starting point to warn you at this point, there are seven sheaths right or rather five sheaths, that they talk about the Eastern teachings;

身体鞘，

the physical body sheath,

五层鞘覆盖着我们无限存在，

five sheaths that cover our infinite being,

有物质层、能量层、精神层、智能层，最后一层叫极乐层。

There's the Physical Sheaths, there's the Prana Energy Sheath, there's the Mental Sheath, there's the discriminative aspect of Mind Sheath, and

the last sheaths is called the Bliss Sheath,

然而这么多年来，我没有看到过任何人穿过极乐层，也叫做喜乐鞘，

now in all my years I've seen everyone fail to get through the Bliss Sheath, it's called the Ananda Sheath,

他们到达生活美好而轻松的状态，

they get to a place where life is nice and easy,

他们与家人的关系变得非常地融洽，

their relationships with their families become nice,

他们的事业也很顺利，

their businesses are all good,

然后他们会说、他们会觉得 “我要继续这样下去”，

and then they say and they feel “Well, I'm going to really keep it going this way”,

然而你做不到，

and you can't,

当你试图保持从世界获得快乐时，你会达到一个点，觉得天要塌下来一样。

when you try to keep your joy coming from the world, you're going to reach a point, where you feel as though the whole sky and world is falling on you

在加州有一群人，你们可能知道他们达到了这种极乐状态，仿佛浸润在花香与蜜糖之中，一切都很美好，

There was a whole group in California that some of you know, who reached this bliss state, where everything was roses and honey, everything was going beautifully,

我警告过他们，现在要超越这种状态，

and I warned them, move above this now ,

他们不愿意，

and they wouldn't

他们试图保持那种状态，

they try to keep it coming.

从那以后，他们中的绝大多数都经历了可怕的灾难。

And the vast majority of them went through terrible catastrophes since.

根本不存在一个全然美好的世界，

There is no such thing as an all-good world,

如果它是世界，它不可能是好的，

if it's world, it cannot be good,

我们必须超越这个世界，

we have to transcend this world.

现在我要给你一个警告，

And I'm giving you a warning now that,

当你进入这个喜乐鞘，这个极乐鞘，在这里，世界上的一切对你来说都是如此美丽，

when you get into this Ananda Sheath, this Bliss Sheath, where everything falls into line so beautifully for you in the world,

不要停在那里，

do not stop there,

而是要向前迈一步，

but just go the next step beyond it,

到那时你就自由了，

and then you're free.

你所有的快乐只在你的存在里，

And all your joy is only in your being,

你的快乐不再来自这个世界，

your joy is not coming from the world anymore,

对你来说，世界不再是一个美丽、神圣、和谐的地方，

the world is no more a beautiful, heavenly, harmonious place for you,

你就是快乐，你就是幸福，

you are the joy, you are the happiness,

你不会再从这个世界拿取快乐了。

you're not taking it from the world anymore.

你必须突破极乐鞘，达到你的所有幸福都仅仅是源自于“你是你”的状态，
You've got to break through that Bliss Sheath, to the point where all
your happiness is only you being you,

如果你不突破这一层，你就会像我遇到的所有人一样，被困在这个世界里，
now if you don't break through that, you get trapped back into the
world, like everyone has so far in my experience,

要是这许多人中哪怕有一个人再往前迈一步，他们就会永远获得自由。
had anyone of dozens and dozens and dozens of these people just taken
one step more, they would have been free forever.

那么，你在这个世界上做什么就无关紧要了，
Then it doesn't matter what you do in the world,

你可以做任何事，
you can do anything,

你可以当国王，也可以当乞丐，
you can be a king or you can be a beggar,

对你来说都一样。

and it's all the same to you .

因为你的快乐仅仅源于“你是你”，

Because your joy is only you being you,

因为你的存在是无限的，

because your Beingness is infinite,

你的存在就是那个终极，

your Beingness is the ultimate,

你的存在是你和其他人都在寻求的，你所处的终极状态，只是纯粹的存在，

your Beingness is what you and everyone else is seeking, the ultimate state where you are, only pure Beingness,

它是你的“我”、“我是”。

It's the I of you, I amness.

所以我再次警告你，当你达到极乐状态时要小心，因为你觉得世界是如此美

丽，一切都很好，

So, again, I warn you, be careful, when you hit that bliss state, where the world is so beautiful and everything is nice,

不要停下，

do not stop,

更进一步，

one step beyond it,

获得终极自由，

get free of that,

然后，在那之后，做任何你在世界里想做的事，

and then do anything you want in the world after that ,

你再也不会被吸进去了。

and you'll never be sucked in again.

好吗？

Okay?

好了，让我们进入课程，

All right, let's get to the course,

这个课程基本上从两个方向进行设计：

this course is basically designed in two directions:

第一个方向是让你获得比你迄今为止更大程度的自由；

The first being that to free you, far more appreciably than you have gotten freedom so far;

第二阶段是向你展示如何具体而详细地帮助其他人获得自由。

The second phase is to show you how you can specifically, and in a detailed way, help others go free;

首先，让你获得自由，

First, to free you,

其次，是帮你让别人获得自由，直接与他人一起做。

second, to help you to free others, working directly with them.

现在，除非你想让每一个人都获得自由，否则你无法获得彻底的自由。

Now, you cannot get total freedom unless you are wanting to have every other being make it.

注意“想要”这个词，

Note the word wanting to,

要想让每个人都获得自由，没有比帮助别人获得自由更好的做法了，

now there's no better practice in getting to want everyone's freedom than to actually work at helping others go free,

通过帮助别人获得自由，你会发现你是在让自己自由，这远远超过了你对他人获得自由的帮助。

by helping others go free, you will discover that you are freeing you, far more so than you're helping them go free.

所以这门课有两个方面：

So there's two aspects to this course:

首先，它旨在帮助你获得自由，如果你能理解它，你就能彻底获得自由；

First, it's designed to help you go free, and if you will get with it, you could go totally free;

其次，它旨在帮助你去帮助别人。

Second, it's designed to help you help others.

02.寻找幸福 Looking For Happiness 2

现在我相信这样的尝试是史无前例的，

Now, I believe it's the first time that anything like this has ever been tried,

我们正在努力做的是，以当今人们可以接受的程度，提供最高的教导。

and what we're trying to do is give the highest teaching out at a level, that's acceptable to people where they are today,

你听大师们说过，像拉玛纳·马哈希就说过，“你所需要做的就是放下你的习性，放下你的倾向”，

you've heard masters say like Rahmada Maharshi "All you need to do is to drop your varshanas drop your tendencies",

这就是你所需要做的，这是真的，然后你就自由了。

that's all you need to do, and that's true, and you're free.

这背后的原因很简单，唯一阻碍你和你的无限的就是你的心智，

The reason behind that is simply, this the only thing standing between you and your infinity is your mind,

唯一横在你和完全无限之间的东西就是你的心智。

the only thing between you and your being totally unlimited is your mind.

你已经操作这个心智几十亿年了，在物质状态下几百万年，在物质状态之前，甚至更早，就已经有几十亿年了，

You have been operating this mind for billions of years, millions of years in the physical, and billions of years before the physical state, before that,

这就是为什么你觉得放下它很难的原因之一。

this is one reason why you find it so difficult dropping it.

但是告诉你不要认同你的心智，就是告诉你一些你没有在做且你认为自己做不到的事。

But to tell you, to disidentify with the mind is to tell you something you're not doing, and you think you cannot do.

所以大师们出来说 “好吧，放下你的倾向”，

So the masters come out “All right, drop your tendencies”,

倾向是另一种让你放下心智的方式。

the tendencies are another way of dropping your mind.

倾向是一种惯性、是一种感受，

A tendency is a predisposition, is a feeling,

它是一种感受，倾向从时间伊始就建立起来了，直到现在，

it's a feeling, that has been built up from the beginning of time up until now,

所以你拥有的每一种倾向，在数十亿年前就开始了，

so that every tendency you have started billions of years ago,

而你所有的想最终汇集成了你当下的感受、倾向，

and all your thoughts have culminated into your present feelings, tendencies,

所以如果你现在丢弃一个倾向，你实际上是在丢弃于地球时间里累积了数十

亿年之久的想法。

so that if you drop a tendency now, you're dropping an accumulation of thought that is billions of years old, Earth time.

你看，丢弃一个倾向的效果，相当于放下了对某一种特定事物积累的想法，对你来说，这些倾向从时间伊始就在运作了。

You see, the effectiveness of dropping a tendency is the culmination of thinking on a particular thing, that's been going on since the beginning of time for you.

你丢弃一种倾向，你就.....

You drop a tendency and you've...

如果你完全丢弃了一个倾向，那么你就丢弃了那些组成这个倾向的数十亿年来所累积的想法，

If you drop a tendency totally, you drop billions of years of accumulated thought that went in to make up that tendency,

这就是丢弃倾向的效果。

that's the effectiveness of dropping tendencies.

如果你想今生获得自由，这是今生获得自由所需的最低层次的方法。

If you want to go free this lifetime, that's the lowest level approach required to go free this lifetime.

如果你处理事件、处理想法，你有几十亿年的过往历史需要消除，

If you work on incidents, on thoughts, you've got billions of years of past history to undo,

你要花几十亿年才能撤销它。

it'll take you billions of years to undo it.

世界上的所有其他疗法，都是针对想法和事件等等之类的，

Every other therapy in the world is working on thoughts, incidents etc,

这就是为什么他们走不远的原因。

and that's why they're not getting very far.

我知道还没有人尝试通过丢弃倾向来处理它，

I know of no attempt to approach it from dropping the tendencies,

我认为他们不这么做的原因是他们根本不理解它，

and I think the reason why they don't is they just don't understand it,

心智是如此复杂，没有人能理解它。

mind is so complicated, nobody understands it.

我说心智是如此简单，

I say mind is so simple,

这没什么需要去理解的，

there's nothing to understand about it,

什么是心智？

what is mind?

它是你所有想法的总和。

It's sum total of all your thoughts.

这很复杂吗？

Is that complicated?

它是你所有的想法的总和，其中有一个有意识的部分，你在看着的这部分想法被称为“意识心智”，

It's the sum total all your thoughts, there's a conscious part, the part of your thoughts that you look at is called the conscious mind,

你不去看的那部分被称为“无意识心智”，

the thoughts you don't look at it are called the unconscious mind,

你读到的所有这些不同类型的心智都是虚构的，身体心智，

all these different kinds of minds you read about are fictions, somatic mind,

所有的这些心智是什么？反应性心智、分析性心智。

what are all those minds? Reactive mind, analytical mind.

现在，对于心智有两个层面：

and now there are two aspects to mind:

一个是感知记录，

one is the sensing recording aspect,

心智还有一个更高的层面——辨别层面，

and there's one higher aspect to mind, the discriminative aspect,

如果你想把心智分类，你可以把它分成两种类型，一类是感知记录，另一类是辨别层面，

so if you want to break it down, you can break it down into two parts, sensing recording and the other is the discriminative aspect.

使人能够获得自由的是心智的辨别层面，

and this is what makes man able to go free, is the discriminative aspect of mind,

动物只具有感知记录层面的心智，

animals have only the sensing recording aspect of mind

除非动物成为人类，否则它们是无法获得自由的，

animals cannot go free until they become man,

所有的灵魂最终都会回归，

all spirit returns to spirit,

所有的灵魂都会回归最纯粹的灵性状态。

all spirit returns totally to pure spirit.

动物在获得完全自由之前，也会经历我们正在经历的一切，

Animals come through what we're going through before they get totally free,

但它们只有感知记录层面的心智；

but they have just the sensing recorded aspect to mind;

我们人类除此之外还有辨别的心智，辨别就是指我们知道我们是人、它们是动物、它们是猫和狗、我们是有智慧的人类，

we have, in addition to it, the discriminate to aspect, which says, we're men and they're animals, they're cats and dogs, we're intelligent humans,

猫不知道自己是猫，狗不知道自己是狗，但你知道自己是人，

a cat doesn't know it's a cat, a dog doesn't know it's a dog, but you know you're man,

这就是你的辨别力，它能让你辨别正确的方向和错误的方向。

that's your discriminating ability, which allows you to discriminate between the right direction and the wrong direction.

如果动物没有辨别哪个方向会真正让自己自由，哪个方向会让自己走向反方向的能力，它们就会永远维持现状；

Animals would go on forever as they are, if they were to remain as they are without the discriminating aspect of to which direction will really get me free and which direction will send me in the opposite way;

但是，由于我们心智的辨别层面，我们能够选择通往全然自由的道路，
but because of our discriminative aspect of mind, we can choose the way to total freedom,

就像我们这个团体正在做的那样。

like we in this group are doing

所以，心智很简单，它是所有想法的总和，

So, mind is simply, the sum total of all thoughts,

有两个层面，辨别和感知记录。

and there's two aspects, the discriminative and the sensing recording.

如果说真理有什么特点的话，那就是它很简单，

If there's anything about Truth, it's the fact that it is simple,

如果它被作为一种神秘主义，一种你无法理解的教派，拒绝它。

if it's given you as a mysticism, and a cult is something you can't understand, reject it.

真理很简单。

Truth is simple.

但当今这个世界完全陷入了错误的方向，

But the world is so spun in on the wrong direction right now,

他们连明摆着的事物都看不到，

they can't see their nose right in front of them,

他们看不到你现在得到的东西是多么简单，

they cannot see the simplicity of what you're being given now,

你得到了此生就能获得自由的方法——通过丢弃倾向。

you're being given a way of going free this lifetime, through dropping tendencies.

布兰迪会告诉你怎么为自己做到这一点，

Brandy will show you how to do it for yourself,

布兰迪将告诉你如何帮助别人也做到同样的事情。

and Brandy will show you how to help others do the same thing.

现在，因为这是大师们提出的方法，

Now, because this is the way put out by masters,

你在其他任何地方都听不到，

you'll never hear it anywhere else,

丢弃你的偏好，丢掉你的倾向，

drop your varshanas, drop your tendencies,

你在世界上任何地方都没听过，对吧？

you've never heard it anywhere in the world, have you?

任何学习心理学或形而上学或任何领域的人，你从来没有听过这个，丢弃你的倾向，

Anybody study psychology, or metaphysics, or any field, you've never heard this put out, drop your tendencies,

然而，这就是整件事情围绕的核心。

and yet, that's what this whole thing is centering around.

所以我相信这是你第一次得到一种具有非常强大影响力的东西，

So, I believe for the first time, you're being given something that has a very powerful impact,

它是如此的伟大，它可以让你获得自由，并帮助你帮助别人在这一生中获得自由，如果你理解它并使用它，无论在一年或一个月还是一天之内，都能做到。

that is so tremendous, that it can free you, and help you to help others go free this lifetime, in one year, or in one month, or in one day, if you understand it and use it in one day,

因为你现在就是无限的，

because you're infinite right now,

却表现得像现在这样，几乎是在无限的另一端，

acting like you're acting, almost on the opposite end of being infinite,

然后你现在就可以丢弃这一切，通过认同你的真正所是，也就是简单地丢弃

你所不是的。

and yet, you could drop that whole thing right now by identifying with what you really are, which is simply dropping what you're not.

03.寻找幸福 Looking For Happiness 3

现在你是无限的，你对此无能为力，

Now, you're being infinite, you can't do anything about that,

在这一点上你没得选择，

you've got no choice on that ,

你现在是无限的。

you are infinite right now.

当我看着你的时候，我总会看到那个无限，

and when I look at you, I always see that infinity,

而你却总是对我说：“我这个无限存在是极其有限的。”

and you're always saying to me: "I, the infinite being, am extremely limited."

我说：“不，你看。”

and I say: “No, look.”

你说：“是的，但是我、这个无限存在有这个问题。”

You say: “Yes, but I, the infinite being, have this problem.”

这种情况一直持续着.....

This goes on and on and on...

因为你从未花哪怕一刻去看一看你所是的这个无限存在，

Because you won't take one moment out to see this infinite being that you are,

然而，你们中的一些人确实看到了，当你们看到它时，你们会感到如此兴奋和美好，

and yet, some of you do, and you feel so high and so good when you see it,

但接着你又回到了那种倾向、那种习惯里。

but then you fall right back into the tendency, the habit.

“倾向” 的另一个说法是 “习惯”，

Another word for tendency is habit,

你会习惯性地说：“不，我受制于这个产生粪便的美丽机体，它把垃圾从每一个毛孔和其他部位排泄出来，排出痰、屎和尿……”

you fall right into the habit of saying: “No, I'm subject to this excrement producing beautiful mechanism, that throws garbage out of every single pore of it, and through other extremities, phlegm, feces, urine...”

对我们来说，没有什么比人的内部更恶心的了，而我们却在美化这个废物。

And there's nothing more disgusting to us than the insides of a human being, and we're glorifying this piece of crap.

总有一天你会发现，你最渺小的部分就是这片垃圾，

Someday you're going to see that, the least of you is this piece of junk,

但如果你愿意看看你是什么，你现在就能看到它，

but you could see it right now if you would just look at what you are,

在那一刻，不认同身体，或者看看身体是否只是你心智的产物，而那就是身体在你心智中的所在之处。

and at that moment, disidentify with the body, or see that the body is just a creation of your mind, and that's where the body lies in your mind.

深入到你的心智背后，你会看到你的无限。

Get behind your mind, and you'll see your infinity.

但你被这些倾向所困扰，

But you're so plagued with these tendencies,

这几乎就像你试图从海底看空气一样，你们之间隔着整个海洋的倾向。

it's almost like you're trying to look at the air from the bottom of the ocean, you've got that whole ocean between you of tendencies.

但是，你可以随时选择丢弃所有倾向，

However, any time you choose, you can drop the whole thing,

但你们中的大多数人就是不相信自己能，

but most of you just don't believe you can,

相信你不能，就会让它不可能，

believing that you cannot makes it cannot,

你必须释放“我不能”，

You've got to let go of "I can't",

因为如果你认为自己做不到，事情就会如你所想的那样发展。

because if you think you can't, you're making it that way.

现在，因为“丢弃倾向”是在这种高水平的层面被提出来的，这门课程背后有一种力量，这是那些希望你这样做的高等存有的力量，

Now, because this is coming out at this high level of dropping tendencies, there's a power behind this course, which is the power of the high beings who want you to do just this,

只要你敞开心扉，就能感受到这种力量。

and you'll feel it, if you just open yourself to it.

跟上这门课，完成布兰迪每节课让你做的事情，

Get with this course, do the things that Brandy's putting out for you to do each lesson,

所有的大师都在支持这门课程，

and all the masters are behind it,

因为这门课程是以大师的水平呈现出来的，

because it's being put out at a masterly level,

而不是陷入这些主要是性相关的群体、那些对立群体之类的群体，它们主要是性，这会让你受制于你的身体。

instead of getting into these groups, which are primarily sex things, counter groups, and all these things, they're primarily sex, which keeps your body bound。

你得到的课程是大师给你的方向，

You're getting a course that is in the direction that the masters would give it to you at,

因此他们在支持着你。

and therefore they are supporting you.

你不必相信我，

You don't have to believe me,

自己验证一下，

check it out,

让力量在这个课程中显现出来，你就会看到你的真我，

let the power come through on this course, and you'll see your Self,

迈着巨大的步伐，越走越自由，

moving freer and freer in very big giant steps,

我想尼尔·兰兹会支持我的观点。

I think Neil Lands can back me up on this.

我想我不是在说什么秘密，凯西也不会介意的，

I guess I'm not telling any secrets and Kathy wouldn't mind,

她在课程中取得了巨大的进步，这个世界上的普通人要花几百万年才能取得如此巨大的进步，

she made tremendous strides in the course, tremendous strides would take the average person in this world millions of years to do,

她在那门课上做到了，

she did in that course,

每个女孩都从中获得了巨大的收获，

and every one of the girls gained tremendously from it,

但我相信凯西获得的比任何人都多，

but I do believe Kathy took more than anyone else,

获得更多，

took more,

就是这样。

that's all

敞开心扉接受它，

Open yourself to it,

大师们在那里，力量在那里，

the masters are there, the power's there,

跟着它走。

go with it.

布兰迪会告诉你，你必须自己去做，

Brandy's going to tell you to you do it yourself thing,

没人能让你解脱，除了你自己；

see, no one can free you, but you;

除了你自己，没有人把你绑得这么紧；

no one has bound you up so tightly, but you yourself;

所以你是唯一能做到这一点的人。

so you're the only one who can do it.

布兰迪会告诉你的，你必须这样做。

Brandy will tell you, you must do it.

所以如果你跟随引导，你就有可能在布兰迪教你怎么做的课程中获得自由。

So if you get with it, you got the possibility of going free right on this course that Brandy is going to give you.

如果你没有在课程中获得自由，但你得到了走向自由的地图、公式和方法，

And if you don't go free, you got the map, the formula, the way to go

free ,

这样，当你完成课程，你继续做，直到你自由。

so that when you're finished with it, you continue right on until you are free.

我正全力支持着这门课程，

I'm supporting this course with all the power that I have

而且在我这样做时，我看到并不是只有我一个在支持，我看到大师们都在我身后推动着我，直到我说，你知道，你没听见。

and while I was doing that, I saw that I was not alone, I saw the masters right behind me, pushing me, until the time I said as you know, you wouldn't heard it.

你们难道感觉不到这屋子里的力量吗？

Don't you people feel the power in this room?

我必须这么说，因为如果我再不说，我就要失去意识了，

I had to say it, because if I didn't talk about it, I would have lost consciousness,

那力量是如此强大，

it was so powerful,

那力量从大师们那里传来，

the power coming through from that,

我谈论它只是为了让自己保持在这里，

I spoke about it only to keep me here,

我相信他们每一个人，我不记得了，他们是不是都说他们感觉到了，我知道他们有一些人提到过。

and I believe every one of them, I don't remember, did they all say they felt it, I know some of them mentioned it.

现在这种力量是给你们们的，

Now, that power is there for you follows,

这是来自大师们的力量，他们正在大力推动你获得自由，

that's the power from the masters, making a big push to free you,

因为你正在一种层次上接收那个力量，这是一个他们给你的、让你可以很快、

非常快速地自由的层次。

because you're taking it at a level, that they would give of that at a level, in which you can go free shortly, very quickly.

04.活在当下 Being in the Now 1

当你没有感觉的时候，除非你是自由的，当你完全自由的时候，你就没有感觉了，

When you're not feeling, except when you're free, when you're completely free, then you're not feeling,

但是那些认为自己没有感受的人却深陷感受之中，

but the person, who thinks he or she's not in a feeling is very much in feelings,

而引导员的技能是让他们处理一个感受，让那个感受浮现出来，当他们说“我什么都没感觉到”时，要让那个人意识到他们正在感受着某个感受，

and the skill of a counselor is to get them to get a handle on one feeling, and take that one feeling up, and when they say “I don't feel anything” to get the person to see that they are feeling something,

这就是引导员的技能。

this is the skill of a counselor.

学生：我认为，从我们刚才讨论的另一件事中可以得出很多重要的观点，那就是，我的紧张和焦虑很大程度上源于担忧和焦虑，而焦虑导致了所有这些无数的、琐碎的问题，没有人，包括我在内，能够理解这些问题，因为它们错综复杂，弗朗西斯所做的很简单，我从来没有想过自己能够摆脱这些问题，而不是陷入其中，他说：“在你担心时会发生什么呢？”我的感觉是，我现在非常担心，如果我继续想下去，就会一直想着这个、那个和那个，当你担心的时候会发生什么，所以从那时起，在接下来的几天里，我能够阻止自己陷入极度严重的焦虑，但简单地说，我很担心在我担心的时候会发生什么，有人来帮助我，也许当有人来帮助我时，我是安全的，这就把我心智里那一块我永远找不到答案的东西都剔除了，心智里没有答案，一切都是被担心、焦虑而引发的。

Student: There's a lot of important points I think which came out of this other thing we've been talking about there, was this a great deal of my intensity and anxiety stemming from the fact was coming out of the worry and worry, and anxiety was causing all this myriad myriad of clever detailed problems that no one including me would ever be able to fathom, because of their intricacy and complexity, what Francis did was quite simply this, what I never thought, I would be able to get out of, instead of being into all of that, he said: "What happens when you're worried?" My feeling was I'm so worried now, if I'd gone on it would have been about this and about that and that, what happens when you're worried, so from then on, for the next few days I was able to stop

myself from going into severe intense anxiety in my mind, but just simply saying I'm so worried of what happens when I'm worried, someone comes and helps me, perhaps when someone comes and helps me, I'm safe, and it just cut out that whole vast chunk of my mind to which I would never find any answer in me, there was no answer in there, there was been prompted by the worry, by anxiety.

莱斯特：这就是我所说的.....如果你陷入低谷时，直面那个感受，

Lester: This is what I mean by... If you hit a lull, take that feeling up,

看，这是当你处于低谷中的一个例子，

see that was an example of when you're in a lull,

感受那个感觉，

take that feeling up,

或者他被焦虑、担忧阻碍了，

or he was stopped by anxiety, worried,

然后她直面那个感受。

and she took that feeling up.

学生：与其说我在担心什么，你知道为什么我.....你知道.....

Student: Instead of saying what is it I'm worried about, you know and why is I'm... you know...

莱斯特：但要明白这一点，你看焦虑和担忧是多么沉重的一个低谷、一个大的、沉重的、大块的感受。

Lester: But see that, you see how heavy a lull that is, anxiety, worry is, a big heavy block block feeling.

学生：一旦你丢弃了它.....

Student: as once you've dropped that...

莱斯特：她面对了它。

Lester: She took it up.

学生：这是我后来发现的另一件事，这样做了几天后我发现的，我对弗朗西斯说“这很好，太棒了”，但是这里还有别的东西，因为我把表层的处理掉了，你是什么意思？比如注意力、安全感，我们都还不错，但是下面有一些东西实际上引发了焦虑，换句话说，有几天我只是简单地认为，我担忧是为了获得注意，这让我满足了一段时间，然后我发现实际上一定有一些现实原因，但我发现，我看到的是，通过直面我的感受，引发焦虑的根源就很清晰地呈现出来了，根本不需要思考探究它。

Student: Here's another thing I discovered later on, after doing that for a few days, I said to Francis this is great, this is fine, but there's something else under here because I'm managing to take the top slice of it off as it where, what is what do you mean? Attention, security boom boom we're fine, but there is something down, there that is actually prompting the anxiety in other words for a few days I was simply saying the reason, I worry is to get attention, it satisfied me for a period of time, and then I saw that there must be some reality actually, but what I discovered, what I'm seeing is that by taking my feelings up that, which was the cause of the anxiety presented itself quite clearly without the thinking process of probing for it.

莱斯特：那根源是什么呢？

Lester: And what was that?

学生：基本上是想认同，还涉及到无数的其他事情，我很容易看出这一点，虽然你知道，我花了很长时间才看到了这一点，就是这样，肯定是因为所有这些其他的東西，因为我年轻的时候经历过，那时候发生了这样的事。

Student: Wanting approval, basically, going into myriads of other things, I can see that quite easily though, you know and yet it took me a long time to see that it was now, it was exactly what it was, it had to be all these other, because this happened to me when I was young and then that happened.

莱斯特：所以这是所有疗法的特点，它们让你.....

Lester: So that's the habit of all the therapies, they get you...

学生：是的，它很简单。

Student: Yeah, it's simple.

莱斯特：但有人说这很简单，很容易，

but someone said it's simple and it's easy,

事情越简单，就越正确。

that simpler a thing is, the more correct it is.

学生：好吧，现在我自己明白了，所有的恐惧都源于对死亡的恐惧，我现在自己明白了，所有焦虑的根源在于，你必须.....你知道你得面对，因为我一直设法待在这里。

Student: Well, now I see for myself what is meant by the fact that all fear is based in the fear of dying, I understand it now for myself, that the root of all anxiety is you've got to, you know you've got to come, because I'm so I've managed to stay here.

莱斯特：恐惧是个很可怕的东西，每个人都有如此强烈的恐惧，如果能丢弃它的话，我觉得是可以的。

Lester: Fear is a horrible thing and everyone has it so strongly, if that can be dropped well.

学生：嗯，确实如此，无论如何我认为这从来都不好笑，它从来都没在我的脑海里出现过，没注意过要使用它，因为你自己的存在，它是不容置疑的，我甚至没去理性地思考过会发生什么，如果我的身体出了问题或类似的事情，因为你.....

Student: Well it does, I think anyway it's never funny, it's never even entered my head, notice of using it, because your own Beingness, it's so unquestionable that I haven't even intellectualized in all of what would happen, if my body dropped me or something like that, because you...

莱斯特：你不会认为你就是那个身体。

Lester: You're not thinking you're that body.

学生：你甚至不会.....我现在开始明白这一切是怎么回事了，这是一切都和感觉有关，什么.....

Student: You're not even... I'm beginning to see now what it's all about, that it's about those feelings, what...

莱斯特：哈哈，就是这样，那里没有感受。

Lester: Ha ha that is all about, there's not feeling.

学生：并且关于直面你好的感受也是很重要的一点，因为我以前有时会对我的所谓的喜悦和幸福感到非常强烈，也许是因为我听音乐或者有时去做弥撒，做弥撒的时候我会得到如此的……我的意思是我不得不压抑它哈哈，然后我会变得非常不开心，我会纳闷是什么地方出了问题，因为我只是不知道该如何处理它，你知道我会很高兴，现在我明白了，即使是我的幸福也是一种强烈的想要认同，你知道，你可以一直处于这种状态，就像你一直处于这种状态一样，我觉得我只是想象它本该如此，你知道的，而且它什么都不是。

Student: And there is a terrific point about taking your good feelings up as well, because I used to get so intense sometimes with what I would call joy and happiness, maybe it would be with my music or going to mass sometimes, doing mass, I would get so, I mean it was just I had to suppress it ha ha, and I'd become very unhappy afterwards and I would wonder what was wrong, because I just didn't know what to do with it, you know I'd get so happy, now I see that even my happiness is a terrific wanting you know, approval, and you can stay even all the time, it's like you stay even all the time which is just, I think I just imagined that it's supposed to be you know, and it's so nothing.

莱斯特：哈哈，这是个好主意，它什么也不是，不管怎样它什么都不是。

Lester: That's a good way, it is a nothing, it's a no thing whatever,

它只是存在。

it's just being.

05.活在当下 Being in the Now 2

莱斯特：我希望你们这些人能接过教导，并传播给那些想要被传播的人。

I wish you people would take over the teachings and spread them to those who want to be spread over.

学生：你要怎么做呢？

Student: How do you do it?

莱斯特：你得先获得自由，

Lester: You've got to go free first

如果你不自由，你会被打倒的，

if you're not free, you'll get clobbered,

你真的必须自由，否则你无法继续传播教导，你会崩溃的。

you really have to be free, otherwise you cannot go on teaching, you'll collapse.

学生：现在这一点非常明显，而且对我来说越来越明显，还有一件事，弗朗西斯刚才跟我提到过，这很好，抱歉，我想还有一点其他的意思，那就是同情，这是我以前从未想过要用的词，但你知道我们都那么渴望爱，而且你提到了引导能让我们摆脱困境，因为现在我看到了我的心智，全世界所有的这些人都在寻求帮助，你知道他们真正想要的是什么，是爱，是认可，这就是所有人都想要的，几周、几个月、几年过去了，他们陷入了自己的问题，并告诉你这样那样的事情发生了，而他们一直对我说的其实是“请听我说，请听我说”。

Student: It's so obvious now, and more and more to me, this is another thing, Francis just mentioned it to me at one point that would be good, sorry there's a bit in something else comes I think, and it's compassion, and it's a word I never would even have thought of using before, but you see how much we are all desperate for love and think there's the counseling you mentioned counselling that's bringing us out specifically, because now I see my mind, all these people all over the world going for help, you know what it is they really want, a love, approval, that's all anybody wants, and weeks and months and years go by of going into their problems and telling you this and that happened, and all they are saying all the time to me is, please listen to me, please listen to me.

莱斯特：听我说，即使你去看医生，医生也知道大多数病人并没有病，他们只是想要关注，想得到关注。

Lester: Listen to me, even you go to a medical doctor people, doctors know that, it's all about the majority of their sick, people are not sick,

they just want attention, to get attention.

(学员讨论)

莱斯特：孩子们经常利用上厕所来得到关注。

Lester: Going to the toilet is used by kids a lot to get attention.

学生：目的是.....

Student: Intended...

莱斯特：我饿了，我摔倒了，伤到了自己.....

Lester: I'm hungry, I'm falling down hurting themselves...

学生：我想说的重点是，想象一下你有多少次告诉别人，但如果按下了按钮，你明白我的意思，你在寻找爱，没有什么可以阻止你，你在寻找它，你处处都能碰到它，而你却看不到它就在那里，直到这个方法让你感到非常安全。

Student: I suppose the point is imagine how often you tell somebody that, but if the button's pressed, you know what I mean, you're looking for love, nothing is going to stop you, you're looking for it, you can you're tripping it over all over the place and you can't see that it's there until there's something about this method that makes you very secure.

莱斯特：你在丢弃你虚假的安全，丢弃你错误的安全会让你安全。

Lester: You're dropping your false securities, that's what makes you secure, your false security.

学生：所以你感觉到自己是安全的，你知道你是安全的，你一直都是安全的，这对我来说是最重要的，这是一种非常好的、坚实的安全。

Student: And so you feel yourself in and you know you are secure, you always were secure, that's the biggest thing for me and it's a good, solid security .

莱斯特：是的，绝对的安全是你的真我。

Lester: Yep, the absolute security is your Self.

学生：好吧，你是说你丢弃了你错误的安全，对吧？

Student: Okay, you're saying you're dropping your false securities, right?

莱斯特：对。

Lester: Right.

学生：记得最后一件事，你获得的安全感是什么，哦，是的，我甚至看到我的渴望对我来说也是一种安全感，这种强烈的渴望潜藏在我一生中所做的所有事情背后，它是一种强烈的渴望，它是帮助我的最多的事情之一，而不是

在男人身上，我看到它是我的安全感，我相信我的渴望会让我得到我想要的东西，这就是为什么我无法放弃它的原因。

Student: Remember the last thing what is the security that you receive, oh one yeah I even saw that my desperation was a security to me, this terrific desperateness which was underneath everything I've ever done in my life, it's been a strong desperation, it's one of the biggest things that has helped me not in the dudes, I saw it's my security, I believed that my desperation was going to get me what I wanted and that's why I couldn't give it up.

莱斯特：这就是为什么我们会有亡命徒，

Lester: That's why we have desperados,

你知道亡命徒是什么样的吗？

do you know what the desperado is?

他通过持枪挟持你而获得安全感，

He gets the security by taking you with the gun,

我没有跟你开玩笑。

I wasn't making fun of you.

学生：不，即使她是，你知道，我也不会在意，我只是在想，你知道，换个角度来看，如果我绝望了，迟早会有人来帮助我，你知道，这就像是极端的情况，所以它其中也有一种安全感，最终你会发现你并不真的需要任何人。

Student: No, even if she were, you know it didn't bother me, I was just thinking the fact that, you know you see it another way if I'm desperate, somebody has to come and help me sooner or later, you know, it's just like the extreme of it, so there is a security built into it and eventually, you see that you don't really, you don't really need anybody.

萊斯特：是的，你得到了安全感，你不需要任何人，甚至是你自己。

Lester: Right, and you get the security, you don't need anybody, even your own.

直面一个感受就是将一个感受追溯到一个更基本的感受，直到你感受到根源的感受——想要控制或想要被认同。

taking a feeling up is tracing a feeling to a more basic feeling, until you get the source feeling, of wanting to control or wanting approval.

但是你们每个人都这么做过，你知道这是怎么回事，还有什么可谈论的该怎么去做呢？

But every one of you could done it, you know what it is, what is there to talk about how to do it?

学生：一开始并不是所有人.....

Student: Well, not everybody in the beginning...

莱斯特：哦，一开始你必须得到一些帮助，这就是我认为引导的作用，就像你和布兰迪一起做的那样。

Lester: Oh, well, in the beginning, you have to be helped a bit, that's where I think counseling will be doing just that, like you did with Brandy.

进入那个感受，他们无法看到它，你就不断引导，直到他们看到那个感受，
Get into the feeling, they can't see, you keep juggling until they see the feeling,

然后把它追溯到源头的认同或控制。

then trace it back up to the source of approval or control

学生：但是，看，你没有告诉我该怎么做，我现在想说的是，你告诉人们该怎么做，我这么做是因为它对我有用。

Student: But see, you didn't tell me what to do, what I'm saying now is what do you tell people to do, I did that because it worked on me, you've you've never said.

莱斯特：弗朗西斯，你已经在我这里学这个学了十年了。

Lester: Francis, you've been getting it from me for 10 years this thing.

学生：不是怎样追溯感受吗？

Student: Not how to trace the feeling back?

莱斯特：哦，自从我认识你起，我就一直在用这个方法。

Lester: Oh, I've been using this ever since I know you.

学生：好吧，那就是我当时在用的。

Student: Well, okay, then that's what I was using.

莱斯特：我总是试图进入一个基本的东西，也就是你想要认同，也可以说是用爱或者或者控制，

Lester: I was always trying to get into a basic thing that you want approval, let's use love if you will or control,

很多、很多年来，我总是试图让人们进入基本倾向，

I've always tried to get people into basic tendencies, I've been going on for years and years and years...

学生：但是如果你和一个没有这方面背景的人谈话，你怎么跟他们说上溯感受呢？你给了他们一系列问句来追溯它。

Student: But if you talk to someone who doesn't have this background, what do you say to them about tracing the feeling, you give them a series of questions to ask to trace it back.

莱斯特：我该怎么做？

Lester: How do I do it?

学生：我不知道。

Student: I don't know.

莱斯特：你已经拥有它 10 年或更长时间了。

Lester: You've had it for 10 years or more.

学生：我现在说的是和某人，如果你和某人说话.....

Student: I'm talking about with someone now, if you talk to someone who's...

莱斯特：你要让他们更基本地看到，那种感受是另有根源，

Lester: You get them to see that more basically, that feeling is something else,

如果没有接触到认同，再强调一次，你更基本地看到那个感受，它是别的东

西，直到他们在基本的认同或控制中看到它，

and if it doesn't hit approval, again, you see that more basically, it's something else, until they see it in the basic approval or control,

你先让他们搞明白他们的感受，去觉察他们的感受，去了解那个感受，

you get them first to get a handle on their feeling, get to see their feeling, get to know that feeling,

这是你要做的第一件事；

that's the first thing you do;

在你让他们进入那个感受之后，

After you get them into the feeling,

然后你试着引导他们追溯那个感受，直到到达想要被认同或想要控制的层面。

then you try to get them to trace that feeling back and back, until it's reached wanting approval or wanting to control.

我想当引导员们准备好时，我可能会花时间和他们交流，我一直都有这样的习惯和.....

I think when the counselors are ready to go, I'll probably spend time

with them, I've always had this and...

学生：你永远都不必.....

Student: You never have to...

莱斯特：现在除了凯西没有人在引导，我是说在外面，

Lester: Nobody's counseling except Cathy right now, I mean out there,

**当人们进入这个世界时，你知道的，情况就不同了，在这个世界做引导和这
里的完全不一样，**

when people get in the world, it's a different story, counseling in the
world than it is in here you know,

你在外面会遇到更大的挑战。

you'll meet far more of a challenge out there

06.贪恋与厌恶 Attachments and Aversions 1

**莱斯特：这个主题有时被称为真理、宗教、心理学，在我看来，这些都是同
一类主题，我应该说就是同一个主题，**

Now, this subject is sometimes called Truth, Religion, Psychology, as I
see it these are all the same subjects, I should say the same subject,

但方法来自不同的角度，因此有了不同的名称。

but the approach to it is from a different angle, and therefore it gets a different name.

但它是我们每个人都有意识或无意识都在寻找的东西，

But it is the thing that every one of us is looking for, either consciously or unconsciously,

它是每个人、每个生命的真正目标。

it's the actual goal in life for everyone, for every being.

然而，今天世界上很少有人朝着这个方向前进，

and so few of us in the world today are in this direction,

每个人都在寻找幸福，

everyone is looking for happiness,

但他们却在错误的地方寻找它，

but they're looking for it in the wrong places,

他们在没有幸福的地方寻找幸福。

they look for happiness where it isn't.

因此，我们今天有了这种不必要的和不寻常的情况，在物质层面，我们几乎拥有了想要的一切，我们现在的幸福却比 30 年前还要少，当时我们并没有今天所拥有的东西。

And therefore, we have this unnecessary and unusual condition today where we have, almost everything we want in the material sense, and we have less happiness now than we had 30 years ago when we didn't have the things that we have today.

我的目标是试着把我所看到的告诉你们，为你们指出方向，如果你愿意沿着这个方向走，就会找到这种幸福。

And my object is to try to give to you what I have seen, to point out to you the direction, which if you will take it, you will find this happiness.

对我来说，最好的方式就是让你们提问，在你们提问的过程中，我会尽力为你们指出应该寻找答案的方法或方向。

And the best way for me to get this across to you is to have you ask questions, and in the process of your asking questions, I try to point out the way or the direction in which you should look for you to find the answer.

据我所知，它是一件完全得自己做的事情。

As I know this, it's a strictly do-it-yourself thing.

我指出方法，你得到答案，不幸的是，它不能像我们在学校学习的那样，作为一门智力学科来教授，

I point out the way, you get the answers, unfortunately it cannot be taught as an intellectual subject as we learn things in school,

如果可以的话，只要通过和人们说一说，就能让每个人都处于这种永远快乐没有悲伤的美妙状态。

if it could, everyone could be given this wonderful state of constant happiness with no sorrow just by being spoken to.

所以释放法是一种从内而外的成长，

So the Method comes out to be one of evolvment, where it evolves from within, outward,

而我们找到这种幸福的地方就在我们自己的内在，

and the place where we find this happiness is within our very own self,

所以我的大多数答案，如果不是全部的话，都是想让你们进入内在去寻找答案。

so most of my answers, if not all, try to get you to go within to look there for the answers.

我们应该对发生在自己身上的任何事情负起全部责任，

We should take full responsibility for whatever happens to us,

因为生活中发生的一切都是我们自己造成的，

because we are the cause for everything that happens to us in life,

发生的一切都是被事件之前的那个想法引发的。

everything that happens is initiated and a thought prior to the incident.

但因为我们放入了一个叫做“时间”的东西，

But because we have put in a thing called time,

我们忘记了，有时甚至在事情发生之前很久，我们就有了那个想法。

we forget that, sometimes and sometimes long before the thing happened, we had that thought.

当别人带着自己的想法出现，当这两个想法相互契合时，两个人就相遇了。

Someone comes along with a thought of theirs, and when the two

thoughts complement each other, two people meet.

但是，我们必须向内去探寻——我们的思想决定了发生在我们身上的一切。

But again, we have to go within to discover that our thinking determines everything that happens to us.

想法分有意识的和潜意识的，

and that thinking is conscious and unconscious also,

潜意识想法是我们做事的习惯性方式，

and it's the unconscious thinking that is the habitual way in which we do things,

这就是为什么我们觉得自己是受害者，

and that's why it appears as though we are victims,

一直以来我们都不是受害者，我们才是根源。

when all the time we are not, we are caused.

心智只有创造性，

Mind is only creative,

心智创造了我们抓在心智里的东西。

mind creates the things that we hold in mind.

事情显化的速度取决于你是否会得到它的信念，

The quickness of the thing materializing depends upon the conviction as to whether you will or not get it,

信念也是一个想法。

the conviction is also a thought.

如果我的想法是“我会立即得到这个，毫无疑问”，无论你想到什么都会立即出现，但这需要一个绝对的信念，不能有丝毫怀疑。

If my thought is “I will get this instantly and there is no doubt whatsoever”, whatever you had in mind would appear instantly, but that takes an absolute conviction with no doubt whatsoever.

现在，如果你无法拥有绝对的信念，

Now, if you can't get the absolute conviction,

你要做的就是在心智中坚持你想要的，

the thing to do is to hold in mind that which you want,

然后带着它已经完成了的感觉放手。

then let it go with the feeling it is already accomplished.

因为“它已经完成了”的态度是对其已经实现的这一事实的接纳。

Because the attitude it is already accomplished is an acceptance of the fact that it is.

现在，那些有意识地尝试创造事物的人所犯的最大错误就是期待它在未来实现。

Now, the biggest mistake of all that is made by people, who are consciously trying to create things is expecting it in the future.

我们必须把我们想要的东西放到现在，

We must expect what we want NOW,

我们必须采取它现在就在这里的态度，然后放下它。

we have to take the attitude that it's here right now, and then dismiss it.

因为当我们在心理上把事物放在未来时，它就会永远停留在未来。

Because when we put things in the future mentally, it's always kept in the future.

所以若要创造一些东西并显化，我们应该总是在当下来显化。

So to create something to demonstrate, we should always demonstrate in the present.

你想要的任何事物，你必须接受它已经是你的，

Anything you want, you must accept that it is already yours,

否则它就一直在你前面、离你一步之遥。

otherwise it's just ahead of you all the time.

现在阻碍我们得到我们想要的东西的，是相反的潜意识念头。

Now, the things that prevent us from getting the things that we want are the unconscious thoughts to the contrary.

我们从小就有这样的观念“我们无法做到，我无法拥有它，它不可能发生在我身上，你必须努力工作才能得到东西，当然每个人都必须为生计而工作，因此每个人都这样做了”，

Concepts we have had since childhood that “We can't do, I can't have it, it couldn't happen to me, you must work hard to get things, of course everyone must work for a living and therefore everyone does”,

所以最大的障碍是潜意识或无意识中积累的与之相反的想法，也就是“我们不能拥有它，我们不能得到它”。

so the biggest obstacle is the accumulation of subconscious or unconscious thoughts to the contrary that “We can't have it, we can't get it”.

所以如果你有意识地开始进行显化，

So if you consciously start demonstrating,

如果你成功过一次，你就会更加坚信自己可以做到，

if you succeed once, you become more convinced that you can,

如果你成功了两次，信念变得越来越强，直到有一天你拥有了绝对信念。

if you succeed twice, conviction gets stronger and stronger, until someday you have the absolute conviction.

到那时，你必须小心你的想法，

Then you have to watch your thoughts,

因为无论你想什么都会立刻实现，

because whatever you think will come to you right away,

这也会是一个问题。

that can be a problem too.

07.贪恋和厌恶 Attachments and Aversions 2

让我告诉你一个难以置信的事，

Let me tell you one that's hard to believe ,

当我开始验证这个法则时，它只在一些小事上起作用。

when I started proving this law, it would work in small ways.

有一天我说：“天哪，它真的管用，我所要做的就是敢于想大的。”

And one day I said: “My gosh, it's working, all I need to do is to dare to think big”,

所以我说：“我能想到的最大的东西是什么？一辆车身特别的凯迪拉克。”

So I said: “What's the biggest thing I can think of? A Cadillac car, special built body.”

我有它的画面，而且我仿佛已经开着它了，

I had a picture of it and I was driving it already,

然后我释放它。

and I let go of it

大约两周后，一个熟人来找我说：“哦，莱斯特，我刚给你买了一辆最漂亮的凯迪拉克，特别的车身。”

Well, in about two weeks an acquaintance came to me, he said: “Oh, Lester, I just brought you the most beautiful Cadillac, special built body.”

他说：“我的一个朋友买的，他不想要，我只花了四千美元就买到了。”

He said: “A friend of mine brought it, my friend doesn't want it, I got it for only four thousand dollars.”

我想是 50 年代初吧，

I think the early 50's,

他说：“四千美元。”我看着他，他说：“不用担心钱，我会付的。”

he said: “Four thousand dollars.” I looked at him, he said: “Don't worry about the money, I'll pay for it.”

学生：你是什么意思？

Student: What do you mean?

莱斯特：哦，不，不，那是我有意识的想法。

Lester: Oh no, no, that was a conscious thought.

学生：我知道，我知道，但这是意识在起作用.....

Student: I know, I know but it's conscious at work...

莱斯特：我在验证这个法则的运作。

Lester: I was proving the operation of the law.

学生：是的，你说你在用你的想法得到一辆凯迪拉克。

Student: Yeah, you said you were trying to get a Cadillac with your thought.

莱斯特：呃.....

Lester: Hmm

学生：这就是为什么我在努力得到它，或者你只是.....

Student: That's why I'm trying to get it or you just...

莱斯特：不，我是说，只是通过想一想凯迪拉克，我就能拥有一辆凯迪拉克。

Lester: No, I said, gee, I can have a Cadillac just by thinking Cadillac.

学生：这就是我为什么努力去得到它的原因.....

Student: That's why I'm trying to get it...

莱斯特：我想象着那辆凯迪拉克，我看到我坐在里面，我能感觉到车里的感觉，当我驾驶它时，它是我的，我释放它，好像它已经实现了。

Lester: I picture the Cadillac, I saw it, I was sitting in it I could feel the a pulse rate in the car, when I was driving it, it was mine and I let go of it, as though it has already completed.

“觉得它已经实现了” 是显化过程中很重要的一环。

That already accomplished is a big part of doing.

学生：认同你想要的画面有帮助吗？

Student: It does it help to identify yourself with that which you want that would to picture?

莱斯特：有帮助。

Lester: Yes.

学生： 这就是你得到的， 当你.....

Student: ... that's what you get when you...

莱斯特： 是的， 我当时在车里， 我和它融为一体。

Lester: Yeah, I was in a car, I was one with it.

现在， 只要他或她愿意， 任何人都可以做到这一点。

Now anyone can do this if he or she will.

**但它需要一个不受其他想法干扰的想法， 或者用另一种说法， 它需要有信念：
如果你绝对确信自己能做到， 那它就会实现。**

But it takes a thought uncluttered with other thoughts or to express it another way, it takes the conviction, if you're absolutely convinced that will do it.

学生： 信念， 你不需要知道.....

Student: That's conviction, you don't have to know...

莱斯特： 那是一种信念。

Lester: That's a conviction.

你不需要了解形而上学，你不必很优秀，

You don't have to know metaphysics, you don't have to be good,

你只要拥有一个信念，就能让它实现，

you just have to have a conviction, that'll bring it about,

因为心智只是一个创造的工具。

because the mind is an instrument of creation only.

(学生说的听不清)

莱斯特：先从小事做起，

Lester: By trying it first in small ways,

敢于显化一件非常小的事情并不难，

it's not too hard to dare to demonstrate a very small thing,

当它起作用时，这会给你更多关于显化的信心，

when that works, that gives you more confidence in it,

尝试第二次、第三次……信心就会建立起来。

try it a second time, a third time, it builds up.

消除限制性概念，你会回到你本然的无限状态。

Eliminate the concepts of limitation, you're back to your natural, unlimited state.

学生：你说这是我们这是梦境中的现实，而且如果我们最终意识到“我们所是”就是我们所追寻的。

Student: You say that this is our this is really a reality in a kind of a dream world, and if we finally wake up to the fact that we are what we are seeking.

莱斯特：总有一天你会嘲笑你现在所做的这些努力，

Lester: Someday you'll laugh at all these efforts you're going through now,

因为你会在未来发现“你之所是”、你现在就是，而且一直都是。

because that which you're going to find out you are in the future, you are right now and always have been,

你可能会大费周章试图成为“你之所是”。

you may be kicking up a big fuss trying to become that what you are.

学生：我必须确定我们所见的事物是我们自己心智中创造的，这对我来说很难接受，我想你明白了，我希望你能更深入地解释一下.....

Student: I have to be sure of the things we see are what we've created in our own minds. That's very hard for me to accept. I think you understand. I'd like you to go into that a little bit more..

莱斯特：你在哪里能看到不在你心智里的东西？

Lester: Where can you see something that isn't in your mind?

你能吗？

Can you?

你所看到的一切，你在哪里看到的？

Everything you see, where do you see it?

学生：你所说的真理的感觉一定有一个超越我自己的现实，真的，它需要这个工具来意识到有一个超越我自己的现实，难道没有吗？

Student: The feeling of the Truth that you say, there must be a reality beyond myself, true, it takes this instrument to realize that there is a reality beyond myself, isn't there?

莱斯特：我不这么认为。

Lester: I don't think so.

但是看看你所感知到的一切，你是从哪里感知到的？

But look, everything that you perceive, where do you perceive it?

当你晚上人心智去睡觉时，这个世界会发生什么？这个世界会发生什么？

What happens to this world when you tuck your mind away to sleep at night? What happens to this world?

你让你的心智去睡觉，便不再有世界了，

You put your mind to sleep, there's no more world,

早晨你醒来，心智出来了，一个完整的世界又出现了。

the morning you awaken, the mind comes out and there's a whole world.

你是一个没有限制的存在，却错误地认为自己是一个有限的存在。

you are a being with no limitations, identifying wrongly as being a limited being.

但既然你是无限的，

But since you're unlimited,

这是无限的，

and that's an infinity,

这是完美的，

that's a perfection,

这永远不会改变，

that never changes,

你此时此地就是无限的、完美的存在。

you are that infinite perfect being here and now.

改变的是你释放了相反的概念，

What changes is your letting go of concepts to the contrary,

我们所是的无限存在，此时此地我们就是。

like the unlimited being that we are, we are here now.

目标是去看清这一点，

the object is to get to see it,

你能看清它的方法是让心智安静下来，

the way you can see, it is by quieting the mind,

因为心智的背后就是无限。

because just behind the mind is that infinity.

通过将心智转向内在，

By turning the mind inward,

你让心智安静下来，

you quiet the mind,

你释放所有外界的干扰，

you let go all the external distractions,

你的心智越安静，你就越能看到你的无限；

and the more you quiet the mind, the more you'll see this infinity that you are;

你越能看到自己的无限，你就越能烧焦那些限制；

The more you see the infinity that you are, the more you'll scorch the limitations;

你越摆脱这些限制，你就越能看到自己所是的无限存在；

The more you do away with the limitations, the more you'll see the infinite being you are;

你一直这样做，直到没有任何限制残留。

And you keep doing this until there's no more limitation left.

但释放法是向内的，

but the Method is go within,

把你的心智转回到心智上。

turn your mind back upon the mind.

学生：这似乎是一种小我的建立，但实际上我知道它不是，它的解构是使用.....

Student: It almost seemed like a building of an ego to all be in that way, but actually I know it isn't, its devolution is using...

莱斯特：看起来是这样，因为你是通过小我的眼睛在看它，

Lester: It seems that way, because you're looking at it through ego eyes,

但你越看到你所是的这个无限存在，你就会变得越谦卑，

but the more you see this infinite being that you are, the more humble you'll become,

只有小我才会傲慢和自尊自傲，并认为自己就是一切，就这么简单。

it's only the ego that's arrogant and proud, and thinks it is, that's it.

一个人上升得越高，他就变得越谦虚。

The higher an individual goes, the more humble he becomes.

总有一天你会发现很多人都在使用“我”这个词，

Someday you'll see that the word I is used by apparently many people,

后来会发现其实是同一个“我”，

later on turns out to be the exact same I,

这就是看到了真相，是表象背后的真相，

this is seeing the Truth, the reality behind the apparency,

现在这个世界是个表象,

the world is an apparency right now,

它不是真的。

it's not real.

当你看到真实时, 你看到的是一个贯穿一切的单一的“一”, 人们称呼它“上帝、真相、自己……”, 它有好几个名字,

When you see the reality, you'll see a singular oneness throughout everything, which people call "God, Truth, Self", it has several names

但那就是我们要努力追求的, 看到这个单一的“一”——“无处不在,

but that's the thing we have to strive for, to see this singular oneness everywhere,

它是不变的,

and it's changeless,

它是完美的,

it's perfect,

它是无限的,

it's infinite,

它是你。

and it's you.

事实是，当你看到它的时候，“认为自己是一个有限的存在”的错误概念就消失了,

It's the way it turns out, when you see it, the false concept of being a limited being disappears,

但“我”，你所说的“我”永远不会消失,

but the I, when you say I never disappears,

这是永恒的,

that's eternal,

当你说“我是哈利，是这个身体”，这会消失,

when you say "I am Harry, the body", that'll disappear,

然后你会看到 “我是无限的我”。

and you'll see that "I am the infinite I am".

你没有放弃任何事物，你没有失去任何东西，

You don't give up anything, you don't lose,

你只是得到的越来越多.....

you just gain more and more...

你扩展到无限。

you expand into the infinity.

你看，心智无法理解终极。

You see the mind cannot comprehend the ultimate.

因为心智是一个有限的工具，

Because the mind is an instrument that's limited,

停止思考，你会看到并存在，这是无限，

stop thinking and you'll see and be, it's infinity,

这才是真正的做法，

this is the real way of doing it,

每一个想法都是一个限制性的东西，

every thought is a thing of limitation,

总有一天你会明白，想法也是物质，

someday you'll see that thought is matter,

它们非常微妙，

it's very subtle,

它是所有物质中最微妙的，它是决定其他物质的物质。

it's the subtlest of all matter, it's the matter that determines other matter.

但关键是是要摆脱思考，

But what matters is to get rid of the thinking,

然后你会看到.....

and then you'll see...

你看，当你放下想法时，那种存在的感觉一直在那里，是想法覆盖了它。

You see, as you let go of thoughts, the sentiment of being is there all the time, the thoughts are covering it over.

所以当你放下了想法，就是在放下覆盖在无限之上的遮蔽物。

So as you let go of thought, you're letting go of the cover that covers over this infinite being.

学生：但是你有想法，就像在显化中，你有那个想法，然后你放它离开。

Student: But you have the thought, like in the demonstration, you have the thought, and then you let it go.

莱斯特：显化并不在无限中，那是在梦境中。

Lester: Demonstrating is not in the infinity, that's in the dream.

总有一天，你会发现这种清醒状态和夜间的梦境状态一样真实，

And someday you'll see that this waking state is just as real as the night dream state is,

就像你晚上做梦的时候，当你在梦中的时候，那是真实的；当你在做梦的时

候，你遇到了麻烦，你在受苦，或者如果那是一个非常愉快的梦，你真的很享受，那是真实的，对吧？

and like when you're in a dream at night, while you're in it, it's real while you're dreaming, you're in trouble, you're suffering, or if it's a very pleasant dream, you're really enjoying it and it's real, right?

直到你醒来后，你才说“我的天哪，这是一场梦，它从来不存在”，对吧？

It isn't until after you awaken that you say “My gosh, it was a dream and it never was”, right?

当你醒来的时候，你也会对这个世界有同样的体验。

You'll do the exact same thing with this world when you wake up.

我们所说的清醒状态实际上是一种快速睡眠状态，

What we call a waking state is really a fast asleep state,

当你从这些事情中醒来你会说“我的天哪，它从来都存在，它只是一个梦，我一直都是这个无限存在”，

when you wake up out of this thing, you say “Oh my gosh, it never was, it was just a dream, I was always this infinite, unlimited being”,

但在你做到之前，别买它。

but until you do it, don't buy it.

但如果你有兴趣获得它，这是值得为之努力的事，

But if you're interested in attaining it, it's something worthwhile striving for,

因为我想说，如果你通过释放法实现了它，你会获得无限，

Because, I'd say, if you accomplish it through the method, you gain an infinity,

你也会得到对所有事物完全的满足，这是你在梦中永远无法得到的，

you also gain a complete satisfaction of anything and everything which you will never have in the dream,

所有欲望都得到满足，不再有任何欲望残留，

realizations of the satisfying of all desires and no more are left,

然后你就达到了无欲的状态。

and you attain the desireless state.

但你拥有的每一份快乐都是在体验一点点的真我，

but every pleasure you have is experiencing your real Self a bit,

快乐越多，你体验到的真我就越多，

the more the pleasure, the more you experience your real self,

这就是幸福的全部了。

that's all that the happiness is.

如果你能看到这一点，你与世界的斗争就结束了，

and if you can get to see that, your struggle with the world is at an end,

然后你就直奔你的快乐，你直奔它所在的地方，并且能一直保持它。

then you go directly for your joy, you go right to where it is, and you can maintain it all the time.

08.摆脱自身限制 Riding Yourself of Limitations

1

我们的上一节课让我想起了一个叫做“解脱”的词，

Our last session brings to mind a word called Liberation, with a capital L,

“解脱”是“幸福”的另一种说法，因为发生的事情，一些美好的事物得以显现。

Liberation being another substitute for the word Happiness with a capital H, and because of what happened, it allows certain things to come out that were good.

解脱是快乐的，解脱是自由，自由是所有事物上的选择自由，选择做任何事或不做任何事的自由。

Liberation is happy, Liberation is freedom, which is freedom of choice on anything and everything, freedom to do or freedom not to do anything you choose.

当这个团体刚开始的时候，你在团体里并没有这种自由，这是我在开始时唯一提到的事情，

When the group first started, you didn't have this freedom in the group, this is the only thing that I remarked about in the beginning,

因为我们想要在这里实现目标受到了阻碍。

because there was a hindrance and what we were trying to accomplish here.

现在，我给的任何东西都是自由的，这意味着双方都是自由的，我发自内心地给予，同时你也不必接受它，

Now anything I give I give freely, and that means on both sides, I give it from my heart, at the same time you don't have to accept it,

如果你接受了，那很好；

if you accept, it that's fine;

如果你不接受，那也很好。

If you don't, that's fine.

我们从不试图强迫任何事情，

We never try to force anything,

任何强迫做的事都是错误的。

and anything done by force is wrong.

永远不要因为我说了什么就接受什么，

Never accept anything because I say so,

这与自由背道而驰。

this is just the opposite of freedom.

如果我说了你就接受，那你是在接受道听途说；

If you accept it because I say so, you're accepting hearsay;

如果你接受是为了验证，那就对了，

If you accept it for checking, that's it,

检验我所说的一切，去验证，

check everything I say, check it out,

在你看到它之前，你不应该接受它。

not until you see it should you accept it.

自由是对任何你想做或不想做的事有选择，也就是可以接受或不接受我所说的，

Freedom is choice to do or not to do on anything you want, and that is to accept or not to accept what I'm saying,

在你亲自看到它之前，永远不要接受它。

and you should never accept it until you see it yourself.

在我们看到绝对的实相、不变的实相之前，我们必须看到这个世界的实相，

Before we can see the absolute Reality, the changeless Reality, we have to see the reality in the world,

为什么？

Why?

为什么我们必须看到一些我们必须扔掉的东西？

Why do we have to see something we have to dump?

因为当我们看不到世界的真相时，那是因为对世界有厌恶，

Because when we don't see the reality in the world, it's because of aversions to the world,

贪恋和厌恶让我们看不清外面的世界，

attachments and aversions blind us to what's out there,

这就是为什么每个人看到同样的东西会有不一样的看法。

that's why everyone looks at something and sees something different.

如果我们都没有贪恋、没有厌恶，无论我们看到什么，我们看到的都会是一样的。

If we all had no attachments to no aversions, whatever we would see, we would see alike.

每一个贪恋、每一个厌恶都会有点蒙蔽我们，

Every attachment, every aversion blinds us a bit,

所以为了到达大写字母 R 的真相 (Reality),

so to get to the Reality with the capital R,

我们首先得看看世界上有什么，

we have to see what's in the world first,

让我们看看它本来的样子。

let us see it, just the way it is.

当发生事故时，事故的发生方式只有一种，即使六个人看到它的发生可能会有六种不同的方式，

When there's an accident that happened only one way, even though six people saw it happened maybe six different ways,

我们应该能看到事故发生的原貌，

we should be able to see the accident just the way it happened,

然后我们看到了世界的真相 (Reality),

then we see the Reality in the world,

在那之后, 我们通过看到真正的真相 (Reality) 而放下了世界的现实,

after that, we let go the reality of the world by seeing the real Reality,

这个世界变成了一场梦,

the world becomes a dream,

事情就是这样发生的,

just the way it happened,

你知道人们对事故的看法是不同的, 对吧?

you're aware that people see accidents very differently, right?

我们不可能都是对的,

We can't all be right,

但事故的发生只有一种方式,

but yet there was one way in which that accident happened,

但是，看到你眼前发生的事情，如实地看到它在发生，这是非常好的。

but it is very good to see what's going on in front of your eyes, exactly the way it's going on.

当你对一群人讲话时，有时你做一个陈述，几分钟后会有人说，但他说的正好与你说的相反，

when you talk to groups, sometimes you'll make a statement, minutes after someone says, well he said just the opposite of what you said,

之所以会这样是因为这个人有先入为主的想法，概念都已经固定了，

the reason why that happened is that person has preconceived ideas, the concepts are all set,

他们只听自己想听的，

and they only hear what they want to hear,

他们听到的和你所说的完全相反。

they hear just the opposite of the way you're saying.

这是通往自由之路上的一个障碍，

it well, that's a block on the road to freedom,

我们不应该有任何固定的观念，除了“我们想要绝对真理”这个观念以外，

we should have no fixed concepts except one, that we want the absolute Truth,

除此之外，我们不应该有任何固定的概念。

outside of that, we should have no fixed concept.

这是一种很好的治疗，也是一种帮助他人的、绝佳的实践，

It's very good therapy, it's excellent practice to try to help others,

总有一天，每个人都会这么做，

someday everyone does that,

你活着不是为了你的小我，而是为了你外面的大我，

you live, not for your little self, but for your big self out there,

你认同所有的人。

you identify with all people.

学生：你的生活变成了给予他人，希望他人成为他们本来的样子，成为无限的存在，无限快乐，而我.....你的意思是通过将他人视为无限存在来帮助他人吗？他说你帮助他人，这正是你说的通过认同你的真我来帮助他人？

Student: And your life becomes one of giving to others, wanting others to be what they are, infinite beings, infinitely happy, and I... do you mean to help others by seeing them as identifying them as an infinite being, he said you help others that's exactly what you mean by identifying your Self?

莱斯特：你所说的再加上我正在做的事，

Lester: By what you said plus doing what I'm doing,

当你遇到别人时，你和他们交谈，你努力提升他们，无论是在商业上、社会上、家里，你都要努力提升每一个人，让他们了解他们是谁、他们是什么。

when you meet people, you talk with them, you try to lift them, whether it's in business, social, family, you try to lift everyone in their understanding of who and what they are.

学生：从精神上讲，我们进行的是一次对话，而从实际意义上讲，你们进行的是另一次对话，你能给我举个例子说明一下吗.....我想你已经提到过关于那个谈论不同业务的人，但是你谈到要将他们与我所期望的联系起来，能再更清楚一点吗.....

Student: Mentally we have one conversation, and physically you have

another, could you give me an example of how... I think you did already regarding the man who talks about different business, but you spoke of identifying them with what I want that a little bit more clear...

莱斯特：上帝，你在和上帝交谈。

Lester: God, you're talking to God.

无论何时你和任何人交谈，你对每个人的态度都是一样的，

Whenever you're talking to any individual, your attitude can always be the same toward every everyone,

不管你说什么，你都是在与上帝交谈。

you're always talking to nothing but God, regardless of what you say.

学生：说你会感到愤怒或者.....

Student: Said you could feel angry or...

莱斯特：现在你无法生气，但你可以扮演生气，

Lester: Now you couldn't feel angry, but you could act angry,

有时候，为了和愤怒的人交流，你得比他们更愤怒一点，这不会影响到你。

Sometimes, it's necessary in order to communicate with angry people, to be a bit angrier than they are, this won't involve you now.

不过有时候我会这么做，如果有人对某件事很生气，我想和他们交流，我得比他们更生气，这样他们才会听我说话，否则他们根本不听我在说什么，这在日常生活中是显而易见的。

but sometimes I do that, if someone is very angry about something, and I want to communicate with them, I have to get a bit angrier than they are, and then they hear me, otherwise they don't hear the thing I'm saying, this is obvious in everyday life.

当别人生气的时候，你冷静地说话，他们根本不会听你说，

When someone's angry and you're composed and calm you talk, they don't hear a thing you're saying,

进入他们所处的情绪状态，他们会听你说的，

get into the mood that they're in, they'll hear you,

当你愤怒的时候，那只是一种扮演，

that's just an act when you're angry ,

你并没有真的感觉到愤怒，

you don't really feel it ,

你在演戏。

you're acting it.

09.摆脱自身限制 Riding Yourself of Limitations

2

这是你的态度，当你感受到除了这种崇高的爱以外的任何情绪时，你一直都只是在看外在的上帝，这是小我在表达；

That's your attitude that you maintain of seeing only God out there, when you're feeling any emotion but this high love, it's the ego expressing;

当你感受到这个纯粹的爱时，那是上帝、是“你”在表达。

When you feel this pure love, it's the God, You expressing.

当你有任何情绪时，你是在掩盖上帝的你，

And when you have any emotion, you're covering up the God you,

我想在《真理》这本书里，我对情绪的本质进行了前所未有的讲解，

I think it was in the Verities I took off on what emotion is like, it's never

been took off on before,

除了缺乏爱的感受以外，不存在任何情绪，仅此而已。

that there is no emotion but the feeling of lack of love, that's all it is.

我们越感觉到爱的缺失，就越想重建爱的感觉。

And the more we feel the feeling of lack of love, and wanting to reestablish the feeling of love,.

对于所感觉到的缺乏爱的程度，我们称之为恐惧、憎恨、嫉妒、妒忌，这是不同程度的缺乏爱的感觉。

And to the degree that we feel that lack of love we call it fear, hate, envy, jealousy, it's different degrees of the feeling of lack of love.

而这种重建它的渴望，我们称之为情绪。

and wanting to reestablish it that we call emotion.

爱本身并不是一种情绪，

Love itself is not an emotion,

它是.....它是所有事物中最安静的，

it's a very... It's the quietest of all things,

在这一类心理学情绪研究中，这是个很少涉及的方面。

this is something you never get into much in this group of psychology emotions.

我曾走过那段曲折的心理学之路，那还是在华生的行为主义盛行之时，别说是那会儿了，那是在 30 年代初，当时那可是很流行，我一直钻研心理学，直到最后研究弗洛伊德，对弗洛伊德的研究非常投入，他所有译成英文的著作我都仔细研读过，真的。

I went that tortuous road of psychology, way back in the days of Watson's behaviorism, don't say yes to that, that was back in the early 30's, that was popular, and I stayed with psychology right through the years ended up with Freud, very intense with Freud, I studied everything that he wrote that was translated into English, I really studied.

而弗洛伊德学说背后的核心思想就是消除你自身的抑制和强迫，

And the whole thing behind Freud is purging yourself of the inhibitions and the compulsions,

他称之为宣泄、精神专注，精神分析师试图让你回到形成这些强迫和低效的时刻，让你重新体验它，然后摆脱它。

he calls it catharsis cothexis, the psychoanalyst tries to get you back to

the times you set in these compulsions and inhibitions, have you relive it and free yourself of it.

我发现弗洛伊德的方式需要一年时间才能完成的事情，在戴奥奈蒂克科学教中一个晚上就能完成，我发现了为什么形而上学认为你在一个晚上所做的事情可以在数百万年的每个晚上完成，

I discovered what the Freudian way took a year to do in Dianetic Scientology you could do in one evening, and I discovered by metaphysics that what you were doing in one evening could be done every evening for millions of years,

有太多的这种抑制和强迫了，不仅来自这一世，而且来自以前的许许多多世，这是一个永无止境的过程，

there was so much of this inhibition and compulsion, not only from this lifetime, but from many many lifetimes before, that it was a forever process,

当我们真正看清自己时，会发现并非如此。

that rather than that, when we get to see who we are.

我们可以把这个小我连同它所有的抑制和强迫一次性地抛弃，我们释放所有的东西，这是唯一真正的办法。

We just dump this ego with all its inhibitions and compulsions in one

lump sum, we let go of the whole thing, and that it's really the only way.

因为当你试图摆脱这些强迫和抑制时,你其实是在承认小我,并且在强化它,

Because while you're trying to get rid of these compulsions and inhibitions, you're acknowledging the ego and you're validating it,

你会因此陷入困境。

and you're sort of bogging yourself down because of that.

所以最快也是唯一的方法就是认识到“你是谁”,

so the fastest and really only way is to recognize “Who you are”,

当你这样做的时候,你把小我烧成碎片,然后它就终结了。

and when you do that scorches the ego, you scorch it enough to burn it to pieces, then it's finished.

学生:我们真的创造了一种感觉,还是我们确实得学会接受真理并超越痛苦、疾病或死亡?

Student: Actually create a feeling or do we learn to accept the Truth and rise above pain or illness or death?

莱斯特:这取决于你看待它的方式。

Lester: It depends on the way you look at it,

第一个问题在这里，第二个问题在这里.....

the first one is here, and the second one is here...

学生：嗯，让你想到的是午夜你提到过甘地想下车，而且它得处理一些事情，为什么他无法治好自己的脚呢，是他不想，还是那不值得他费心？

Student: Well, what brought it to mind was midnight you know, you said about the time Gandhi wanted out of the car and he had to fix things, why couldn't he heal his feet or didn't he want to or was it not worth his trouble?

莱斯特：他不想做。

Lester: And he didn't want to.

学生：换句话说，他能够接受超越疼痛的平静，现在这对他来说更多的是对平静的渴望，而不是治愈。

Student: In other words, he was able to accept the peace above it, now this that more desire than healing to him.

莱斯特：没错，实际上，这对他来说是一个持续的提醒，提醒他“自己并非那个身体”。

Lester: Yes, it acts as a constant reminder to him that he is not the body.

学生：通过超越疼痛，好吧，我们再说一遍.....

Student: By being able to be above pain, well, I'll say that again..

莱斯特：一个有开悟的人，有时当他身处物质身体里时，会带着病体四处走动，不断提醒自己“他不是这个身体”，现在病体丝毫不会阻碍他，他会像他身体完好时一样快乐和有爱，但这没什么可担心的。

Lester: A realized being, sometimes when he's in a body will walk around in a sick body, as a constant reminder that he is not the body, now the sick body doesn't deter him one bit, to be just as cheerful and loving as when his body is perfect, but this is nothing to worry about now.

首先要学会如何让身体完美，

First, learn how to perfect the body,

我之所以提到这一点，是因为你偶尔会遇到一个带着残缺身体四处走动的大师，

the reason why I mentioned it is because occasionally you'll meet a master who walks around with a defective body,

我想知道其中的原因会有好处。

I thought it would be good to know why.

学生：但实际上我们没有，我们没有创造治愈，世界一直都在那里，我们在制造疾病，我们认为我们在创造治愈，其实并非如此，我们没有意识到.....

Student: But actually we don't, we do not create healing, the world is there all the time we're creating sickness and we think we're creating healing, we're not we don't recognize..

莱斯特：你放下疾病，仅此而已。

Lester: You let go of the sickness, that's all.

你的本然状态是完美的。

Your natural state is perfection.

现在世界上的一切都是心理上的，不管你想的是什么，你总是对的，因为你这么认为了。

Now everything in the world is mental, whatever you think is, you're always right, because you think so.

如果你认为穿堂风会让你感冒，那你是对的，它确实会，因为你是这么认为的；

If you think a draft gives you a cold, you're right, it does, because you

think so;

如果你认为走进一个有病毒的房子，你会被感染，那你就是对的，因为你是这么认为的；

If you think walking into a house where there's a virus, that you'll get it, you're right, because you think so;

如果你走进一间有病毒的房子并认为自己不会感染，那你也是对的，你不会感染。

If you walk into a house where there's a virus and you think you won't get it, you're right, you won't.

这是想法决定的。

it's a thinking that determines.

我们即全然的爱，在这个程度上，我们是觉醒的，

We, all love, to the degree that we are realized,

但我们会越来越多地增加爱以实现开悟，

but we try to increase it more and more to become realized,

我们总能再提升一点，

we can always lift it just a bit,

保持上升，

keep moving up,

总有一天我们会在顶端拥有它。

and someday we have it at the top.

看，爱并非只针对一个人、一件事、一株植物、一只动物，

See, love is something that cannot be applied to one person, one thing,
one plant, one animal,

但实际上爱是一个很普遍的东西。

but actually love is a general thing.

如果只爱一个人而不爱另一个，我们爱那个人的原因是因为我们认为自己需要那个人，那个人有我们想要的东西。

If it's for one person and not for the other, the reason why we love that
one person is because we think we need that one person, but that one
person has something we want.

爱是宇宙中最强大的力量，

Love is the most powerful force in the universe,

爱能创造宇宙，

love will create universes,

理解得越多，我们所拥有的爱就越多。

the greater the understanding, the greater the love we have love.

爱和理解是一回事，

Love and Understanding are the same thing,

你理解一个人，你就会爱那个人；

you understand one, you love that one;

如果你爱那个人，你就会理解那个人。

If you love that one, you understand that one.

你能做的最伟大的事情就是“存在”。

The greatest thing you can do is just be.

有一天, 你看会到, 当你到达高处时, 你会飘飘然, 你们聚在一起, 你说“哦, 虚无就在附近”,

One of these days instead of you see when you get high, you get giddy, you get together, you say “Oh, nothingness is near there”,

你不需要那样,

you don't need that,

你可以只是感受这一切, 甚至更多。

you can just feel all that and more.

但是由于习惯, 我们习惯了表达,

But because of habit, we're used to expressing,

我们觉得我们必须交流, 聊一聊,

we think we have to talk, make conversation,

但之后, 你会放下这一切。

But later on, you'll let go of all that.

我并不是说这样不还, 你现在做得很好。

I'm not saying that's bad ,what you're doing is wonderful.

笑是一种很好的疗法，如果你一直笑下去，你能把自己笑进觉醒中。

Laughing is a very good therapy, you could laugh yourself into realization if you just keep it going all the time.

但是你知道，有些课堂里，老师进来了，学生们围坐在一起，一句话也不说，他们会这样坐上几个小时，教导在静默中进行，这被叫做“静默教导”。

But you know there are classes conducted where the teacher comes in, the disciples sit all around, not a word is said, they'll sit for hours, that way and the teaching goes on, it's called the silent teaching.

所以，目标是仅仅“存在”，

So, the object is to only be,

老师坐在前面，只是存在着，老师只是在那里“存在”，祂看着所有人，他看到的只有“一”，祂帮助其他人只是“存在”，

so the teacher sits in front and only be's, so the teacher just he'll there's be, He'll see everyone, He'll see the Only one and He helps the others to just be,

就是这么简单！

that's how simple!

这就是为什么我说不要看着我，不要仰视我，看看我在说什么，努力做“你之所是”。

That's why I say don't look at me, don't look up to me, look at what I'm saying and try to be what you are.

在那个时候，我看到了你真正所是的样子是这个无限存在。

And at the time, I see the way you really are this infinite being.

这就是教导的成效。

That's the effectiveness in teaching.

在某种程度上，我知道你是一个大师，你是完美的、你是无限的，

To the degree that I know you're a master that you're perfect, you're infinite,

在那个程度上，不管你是否意识到，我在支持你认识到这一点。

to that degree, I support you in your seeing it, whether you're conscious of it or not.

所以当你意识到这些无声教导时，你可以随时使用它们，无论谁、无论你呼

唤的是谁，耶稣，莱斯特、约翰.....不管是谁，

So when you become aware of these silent teachings, you can always use them, no matter who, no matter who you call upon that individual, whether it's Jesus, Lester, Sylvester John whoever it is,

如果你意识到这种无声的教导，无论何时你寻求帮助，它都会立即出现，

If you recognize that silent teaching, whenever you call for help, it's there immediately,

你呼唤的那个人，最终证明是你的真我。

from the one whom you're asking it, from who in the end turns out to be your very own Self.

外在的老师试图引导你走向自己的内在真我，而祂就是你的内在真我。

The external teacher tries to steer you toward your own inner Self which He is.

10.沟通与爱 Communication and Love 1

学生：因为毕竟你没有遵循自己对任何词汇的概念，也没有遵循该词含义的任何观点取向，如果你执着于自己的概念.....

Student: Because after all you're not following your own concept of any

word, as any view orientation of the meaning of that word, if you're sticking your own concept...

莱斯特：所有这些词都在表达同样的意思。

Lester: All these words mean the same thing.

爱是接纳、认同、理解、沟通、真理、上帝、你、我，

Love is Acceptance, Identification, Understanding, Communication,
Truth, God, You, Me,

这所有的一切都是同一个东西。

it's all the same thing.

而且如果每个人都能从自己的内在中心这个角度去看它，那对每个人来说它都是相同的。

And it will be to everyone if they'll look at it through the same point from your very own center.

如果你从你自己的中心来看，你会发现一切都是一样的——你自己中心的存在、你自己的真我、你所是的真正的你.....

If you look at from your very own center, you'll see that it's all the same, your very own center being, your very own Self with a capital S, the real

you that you are...

而不是那个我们试图夸大的、虚假的小我。

Not this fake ego that we're trying to make a big thing of.

学生：我们所有的学生、所有的教育工作者，现在都在做着这样的事.....

Student: All our students, all educators, and now we're trying to make it all...

莱斯特：这就是为什么我说教育实际上是一个习得性无知的体系，

Lester: That's why I've said education actually is a system of learned ignorance,

就像如今一样，这是一种错误的教育，生活中所有重要的东西从来都不教，
it's a miseducation as it is today, the all the important things in life are never taught,

不管你上了多少年的大学，你都学不到关于幸福、爱、生活的课程，而所有这些都非常重要的、是每个人都在寻求的主题，

no matter how many years you go to college, you don't get any courses on Happiness, Love, Life, all these subjects that are so important that everyone is seeking,

在这个国家的任何一所大学里都没有一门课程是关于它的。

there is not a single course in any college in this country on it.

学生：每个人都在批判.....

Student: Everybody criticizes...

莱斯特：这是一种给予的态度，

Lester: It's an attitude of givingness,

这不是给予事物的行为，

it's not an act of givingness of thing,

现在，给予事物可能是其中的一部分，

now giving things could be part of it,

而给予事物也可能在爱的对立面。

and giving things could be just the opposite of love.

我能给你东西，是因为我想让你喜欢我，对我来说那不是爱，

I can give you things, because I want you to like me, that's not love in

my part,

这有点接近于我的“小我”。

that's kind of close to my ego.

然而，但可以被给予的、最伟大的给予是给予理解、给予智慧。

However, but the greatest givingness that can be given, is to give understanding, to give wisdom.

如果一个人向我要一顿饭，我给了他，五个小时后他又会饿，又需要它了.....

If a man asked me for a meal and I give it to him, five hours later he needs it again...

但如果我给他如何制作一顿饭的原理，他就不会再挨饿了。

But if I give across to him the principle on how to produce a meal, he'll never go hungry again.

所以最伟大的给予是理解、智慧。

So the greatest givingness is understanding, wisdom.

学生：我之前想说的是，保罗提到其他人做一些可能看起来不利于你的事情来获得内在的满足，但实际上他只是想通过为自己圈子中的人做这件事来获

得爱，因此，如果你理解了那一点，理解那一点，你就知道他这样做是为了获得爱，或者说，这看起来似乎是一种误解。

Student: I was trying to say before that Paul was talking about the other person doing things, which may seem to be against you to gain within, but really he's merely attempting to gain love by doing this for someone in his field, and therefore if you understand that that understanding that you know he is doing it to gain love or love that seems to be a misconception.

莱斯特：如果把这一点贯彻到底，你就会发现每个人的每个行为都是在寻求爱。

Lester: Now that carried out through to the extreme, and you'll see that every person in his every act is seeking love.

学生：好吧，如果我知道这一点，而且看起来他在做一些针对我的事情，我知道他在做一些对他有利的东西，因此他无法通过反对我来得到好处，我知道这一点。

Student: All right, if I know that and it seems that he's doing something against me, I know he's doing something for him and therefore he can't gain it against me, I know that.

莱斯特：只要你明白这一点，你是对的，就不会有什么能够伤害到你。

Lester: And as long as you know it, you are correct, it'll nothing can be

done against you.

学生：嗯，如果这个人是为了自己，那这当然是件好事，对吧？迈克尔对迈克尔，迈克尔对迈克尔，没错，但如果一个人在给予时犹豫，那是因为他觉得自己什么都没有，而且他可能觉得给予会让自己有所损失。

Student: well, if that person is doing it for himself then it's a good thing right? Michael to Michael, Michael to Michael, that's right, but if a person hesitates to give things it's because he feels he doesn't have at all, and that he may be taking something from himself.

莱斯特：这在于态度，而不是给予或不给予的行为.....

Lester: It's in the attitude, not in the act of giving or not giving...

学生：我看到很多人，当别人给予东西时，他们实际上会感到害怕，我看不出有什么区别，如果他们的心理足够强大，他们肯定拥有他们需要给予的一切。

Student: I see so many people, who are actually get frightened when these people giving things, and I don't see the difference, if they are so capable mentally certainly, they have all the things they need to give

学生 2：他们在即将面临的状况下，他们应该消除那些痛苦的感觉。

Some kind of feelings of pain they should stop behind the conditions they are about to be.

学生 1：哇~

Wow~

学生 2：就像你提到的关于心脏病的问题，如果我对心脏病感受到爱，那么我会给予心脏愉悦，可以这么说，如果我愿意，如果我真的想要对抗心脏病，我会在想法中看到不完美并认识到完美。

Like you mentioned about having heart problems, if I feel loved to the heart disease then I give to the heart's fun, so to speak, if I would I would want to actually fight heart disease, I would see imperfection in the thought and know the perfection.

莱斯特：帮助有不同的层次和程度。

Lester: There's all levels of helping, all degrees of helping.

学生：所以很多慈善捐赠实际上是在维持我们认为要消除的那种状况，把它保持在心智中，因此维持了现状，首先，给予是为了去除它背后的东西，你可以说，嗯，是的，完美，但在我们灵性层面的态度，不是提升也不是维持现状，而是在灵性层面超越这种状况，所以如果你这样做了，如果你看到了完美，看到的是完美的投射，而不是不完美。

Student: So a lot of this giving to charities of some of those things is really a sustaining of the condition, in which we think we're giving to eliminate, keeping it in mind, therefore sustaining, giving first to take

the thing behind it all you can say that well yeah, perfection, but the attitude in our part of of the spiritual, there are not lifting or not sustaining the condition, but lifting spiritually above the condition, so if you go and so if you see the perfection, seeing the reflection instead of the imperfection.

莱斯特：当你这么做的时候，你会影响宇宙中的每一个原子，

Lester: When you do that, you affect every atom in this universe,

你会影响每一个人，不管他们是否意识到，

you affect every person whether they realize it or not,

因为你在唤起最强大的力量。

because you're invoking the power, that's most powerful.

爱让每个人都成为完美的存在。

It's loving every person into a perfect being.

消除所有这些消极因素和疾病，以这种态度对待心脏病，实际上比捐款的作用要大得多，而且要看到这一点，但是.....

Minus all these negativities and diseases, and you actually do far more to all the heart disease, with that attitude than you would by giving

money, and see it but...

我想说的是，你给不给钱并不重要，

I'm trying to make a point that it's not important whether you give money to them or not,

重要的是你的态度。

the important thing is your attitude.

你可以为了给予的荣耀而给予，或者以给予者的身份而给予，这并不是说你不好；

You can give for the glory of giving or being put up as a giver, that says you're no good;

或者你也可以抱着你刚才所说的那种态度，实际上不捐钱，却能做到更好的效果；

Or you can have the attitude of what you just said and actually give no cash, and you are doing far more good;

所以这在于态度，态度很重要。

so it's the attitude, that's important.

11.沟通和爱 Communication and Love 2

不管问题是什么，爱是所有问题的答案。

Love is the answer to all problems, no matter what the problem is.

只要你尽最大程度地去爱并成功，问题会立即消失。

If you will just apply love to the fullest extent possible and succeed that problem will drop away immediately.

不要生气，要知道一切都很好，一切都没问题，只要感受到爱，不管问题有多困难，你都会看到问题自行解决。

Just don't get aggravated, just know that everything is fine, everything's alright and just feel loved, and you'll see that problem resolve itself, no matter how difficult the problem it is.

当有问题时，如果我们爱得多一些，问题就会消失。

When there are problems, if we would love more, they would disappear .

当爱达到圆满，问题立刻就会化解。

When the love is complete, the problem dissolves immediately.

爱是沟通，

Love is communication,

沟通和爱是相辅相成的，

communication and love go together ,

沟通是传达一个想法，

communication is getting across an idea,

我说“弗兰克吧啦吧啦”，然后你说“噢对吧啦吧啦”，

I say “Frank blablablabla” and you say “Oh yeah blablablabla”,

这是我向弗兰克传达一个想法并得到了回应，

it's an idea from me to Frank, and acknowledgment of it,

这就是沟通，我们在同一件事上达成了共识。

that's communication, we both see eye to eye on the same thing.

学生：这很重要，你刚才说的达成了共识（英文表达“从眼睛到眼睛”）是什么？让我们忘掉这个“眼睛”，好吗？

Student: Now this is very important, what did you just say both the eye to eye? Let's forget about this eye right?

莱斯特：好的~

Lester: Yep~

那个“从眼睛到眼睛”，我的意思是，这是“达成共识”的一种表达，我不是指物理层面的“眼睛”，

Well, that eye to eye mean, it's an expression I didn't mean a physical eye,

你可以在自己的生活中很容易地验证这一点：如果你增加了与一个人的沟通，你就增加了你们之间的爱，

you can easily test this out in your own life, that if you increase communication with an individual, you increase the love between the two of you,

这种练习交流的方式就是对他们说点什么，然后让他们通过复述来确认理解了信息，然后再继续下去，如此反复.....

this practicing communication, say something to them, have them acknowledged, that they got it by repeating it, and go on and on that way...

你们之间的爱会不断加深。

And the love between the two of you will keep going up and up.

增加沟通会增进爱，

Increasing communication increases love,

反过来说，增进爱会增加交流。

and the other way around increasing love increases communication.

你会注意到，你越爱，就越能与人们沟通，

You'll notice that the more you love, the more you are able to
communicate with people,

这是一件非常有趣的事情，很容易验证。

it's a very interesting thing that can be tested very easily.

只要增加沟通，你就会发现，在那一刻，爱会与支持你的人产生共鸣。

Just increase communication, and you'll see love deal with someone
who's again you at the moment.

**学生：事实上，你知道为什么吗？因为正如保罗之前所说，如果有人似乎在
做一些对你不利的事情，那是 因为你们之间缺乏沟通。如果你这样做了，
如果你打开沟通的渠道，那么这个人所说的对你来说便不再重要了，因为你**

的觉知已经提升到如此程度，以至于你们之间完全理解彼此，我没看到莱斯特说他做了什么。（学生笑）

Student: In fact that, because you know why? Because as Paul said before, if someone appears to be doing something that appears to be against you, there is a lack of communication between eye and eye, and if you do, if you open up that channel of communication and there is no longer anything, that this man is saying, that is important to you because your awareness has raised, to such a degree that there is a perfect this understanding between eye and eye, I didn't see what Lester said he did.

莱斯特：另一件事是，随着爱的增加，世界的实相也会增加。

Lester: Another thing happens as love increases, reality in the world increases also.

我们越有能力去爱，就越能如实地看到事情发生的真相。

The more we're capable of loving, the more we'll see things exactly the way they happen.

现在，如果你练习增加你在世界中对实相的认知，你的爱也会上升；

Now if you practice increasing your reality in the world, your love will go up too;

同样的道理，如果你练习增进沟通，你的爱也会增长；

Just the same way that if you practice increasing communication, your love will go up ;

反之，我们爱得越多，我们就越能看清世界的本来面目。

Or the converse the more we love, the more we see things the way they are in the world.

如果我们都是非常有爱的人，每次发生事故，我们都会以同样的方式看待它。

If we were all very loving people, every time there'd be an accident, we'd all see it alike.

(学生说的听不清)

再进一步，哈利。

That's further up, Harry.

如果你拥有圆满的爱，就永远不会有意外。

If you have the love complete, there never would be an accident.

(学生说的听不清)

莱斯特：爱是交流，爱是沟通，是给予支持，是希望对方得到他想要的，这就是爱。

It is Love is communing, love is communication, lending support, wanting for the other one what the other one wants, that is love.

一个人给予另一个人最大的帮助是——帮助他人获得对真相的理解，

The greatest help forgiving one may give to another is to help the other to get the understanding of Truth ,

就这样，一个人给了另一个人幸福的秘诀。

in this way, one gives the other the formula for happiness.

爱是宇宙的凝聚力，

Love is the cohesive force of the universe,

爱是具有吸引、整合力和建设性的，因此它所涉及的一切事物都会受到影响，

love is attracting integrating and constructive, and so affects everything and anything that it is applied to,

议会无法改变世界，

parliaments cannot write the world,

但有足够多感受到爱的人可以。

but enough individuals feeling love can.

我认为这是一个对我们这个时代来说很有趣的观点，

I think that's an interesting point for our present times ,

你无法通过立法来建立一个正确的世界，

you cannot legislate a correct world,

议会永远无法理顺这个世界，

parliaments will never straighten this world out,

只有当这个世界上的人们、当大多数人都有一种爱的态度，世界才会是一个美好的居所，它才会是和谐的。

only when the individuals when the majority people in this world have an attitude of love will the world be a nice place to live in, will it be harmonious.

几乎所有的人都把小我认同误认为是爱，

Almost all people mistake ego approval for love,

因为那不是爱，

because it is not love,

它无法令人满足，

it is not satisfying,

结果人们会不断地需要和索取，

consequently one continuously needs and demands it,

这只会产生挫败感。

and this produces only frustration.

下一个是很难的，我就只读一读，跳过它.....

The next one is a hard one, I'm gonna just read it and skip over it...

爱不是一种情绪，也许我不应该跳过它，

Love is not an emotion, well maybe I shouldn't skip over it,

当我说爱不是一种情绪时，情绪是一种流动的能量，它是一种强烈的、活跃的、令人不安的东西，情绪是.....爱的情绪是最平和的感受，从这个意义上

说，我的意思是，爱不是一种情绪。

when I say Love is not an emotion, emotion is energy in motion, it's an intense active disturbing thing, an emotion is... The emotion of Love is the most peaceful of feelings, and in that sense, I mean that, Love is not an emotion.

人们需要彼此，并认为这是爱，当一个人真正在爱的时候，不会对对方有所依赖或有所束缚，

People need each other and think it is love, there's no hanging on to or fencing in of the other one when one loves,

人类的爱不想与他人分享自己的爱，而是想要满足自己的私欲。

human love does not want to share its love with others, but rather wants its own personal satisfaction.

真正的爱想要分享自己的爱，而且分享得越多，就越快乐。

Real Love wants to share its love, and the more it is shared, the more joyous it is.

爱里没有渴望，

There is no longing for in Love,

因为渴望是分离，爱是“一”，所以它不允许分离。

because longing is separation, Love being oneness, it does not allow separation.

真正的爱无法通过婚姻获得，

True Love cannot be gotten through marriage,

它一定是婚前就有的，或者是在婚姻中发展起来的，

it must be there before marriage or developed during marriage,

爱不能只给一个人而不给另一个人，

love cannot be applied to one and not to another,

爱一个人而恨另一个人是不可能的。

it is impossible to love one and hate another.

当我们爱一个人超过爱另一个人时，是那个人为我们做了些什么，这就是人类的爱；

When we love one more than another, that one is doing something for us, that is human love;

当一个人因为别人对他好而去爱别人，那也是人类的爱。

When one loves people, because they are nice to him, that too is human love.

真正的爱是无条件的。

True Love is unconditional

真正的爱，一个人甚至会爱那些反对他的人。

And true Love, one loves even those who oppose him.

看，接下来这句话是对我们在“爱”这个话题上所处立场的真正考验：

See, the next sentence is a real test of where we stand on the subject “Love”:

我们应该平等地爱每一个人。

We should love everyone equally.

这是一个检验自己成长的绝佳标准，

This is a tremendous yardstick for checking yourself on growth,

平等地对待一切、平等地爱每一个人，这实际上是顶端的状态。

equal mindedness toward all being, loving everyone equally is actually the top state.

12.沟通和爱 Communication and Love 3

学生：爱的秘诀不正是认识到你拥有一切，他也拥有一切，因此不存在分离。

Student: Isn't the secret of love really a realization that you have all and he has all therefore there's no separation.

莱斯特：对的。

Lester: Yeah.

学生：因为如果说他有一些我没有的东西，麻烦就来了。这就像坐在一堆沙子上，你有一堆沙子，我也有一堆沙子，我在上面画一个小标记，说我想要一条河，我说很好，你也有一堆沙子，你只需要在上面画一个标记，也有了一条河。但是那“河”不过是个词而已，我有一切，你也有一切，没有压力。

Student: Because if if you say he's got something, I haven't got, that's where difficulty comes in, it's like sitting on a pile of sand, you have a pile of sand, I have a pile of sand, I put a little mark on it, and say I want your river, and I say well you've got a pile of sand, and you just have to make a mark on it, you have a river which you say I want your river, but a Palestinian it's just a word river, I have all, and you have all, so there's no

pluses there, that's right.

莱斯特：对的，当你看到真相，每个人拥有的都是一样多的，它是无限的。

Lester: When you see the Truth, everyone has exactly the same amount, it's infinite.

学生：所以如果你想要我所拥有的东西，那只是因为你没有看到自己已经坐在了一堆沙子上，那你也可以拥有沙子，因为你就坐在上面，所以我说你已经拥有了这个东西，你说我想要我的或者你可以拥有我的，因为它是无限的，我不在乎，如果我说我无法拥有，好吧，我说这很难，好吧，这说明我没有意识到自己坐在无限的沙子上。

Student: So if you want what I've got it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand to, because you're sitting on it, so I say you've got this thing you say I want mine or you can have mine, because it's infinite I don't care if I say I can't have well, that's a difficult I said, well, I'm not sitting on infinite sand.

莱斯特：这是把真相变成不真实的，变成了谎言。

Lester: It's making an untrue, making a lie out of the Truth.

学生：所以爱实际上就是指出，当你像我一样坐在一堆沙子上时，抓起这些沙子，这就是我们不断闪过的所有想法，但我们说不，我们否认，我们得到

了一些东西，这很好，我有一些你没有的东西，这不正是我们所有困难的根源吗？

Student: So love is really pointing out, when you're sitting on a pile of sand like I'm sitting on a pile of sand, take the sand, and this is all the thoughts, we're getting through our fingers, but we say no, we don't, we've got something, this is great, I have something you don't have something, isn't that all the cause of our difficulties?

莱斯特：不，要意识到“我们拥有一切”这一事实。

Lester: No, it's awakening to the fact that we have everything.

学生：首要的不是进入爱中吗？

Student: And this comes first doesn't it fall in love?

莱斯特：你为什么要从两个方面来做这件事？

Lester: Why do you work at it from both sides?

学生：我无法爱某样东西，如果哈利拥有我没有的东西，我怎么能爱哈利呢？如果我不想要，那只是，如果我有，他也有，如果他有，他就不能从我这里拿走任何东西，所以我们彼此相爱，因为我们都有，我们不会争吵，不是吗？因为我们一同欣赏并对我们所拥有的那个无限容量感到满足，不是吗？我们的能力没有区别，完全没有，所以我们所能做的就是一同享受同样的事物，无尽地享受，不是吗？

Student: I can't love something, if Harry's got something that I haven't got, how can I love Harry? If I don't I want it's only, if I have it and he has it, and if he has it, he can't take anything from me, so we both love each other, because we both have it, we don't fight over the air, isn't that right? Because together we admire and feel good towards that same infinite capacity that we have, isn't that right? There's no separation in our capacity, there's none so all we can do is enjoy the same thing, there's nothing but enjoyment isn't that right.

莱斯特：当启示开始降临的时候，让它们来，

Lester: When the revelations start coming, they come ,

不要停下，让它们继续来，

just don't stop, let them keep coming,

其实它一直在那里，

it's been there all the time though,

这才是奇妙的地方，

that's the odd part of it,

我们所做的是：睁开眼睛去看一些一直就在那里的东西。

all we do is open our eyes to something that's been there all the time.

学生：但这通常与你原本想的完全不同。

Student: But it's usually something exactly different than what you thought it was .

莱斯特：是的，那个概念是错误的，

Lester: Yeah, the concept was wrong,

你释放错误的概念，接着它就在那里了。

you let go of the wrong concept, then there it is.

停止念头，停止所有的思考，

Stop the thought, stop all thinking and...

得到爱是不可能的，

It is impossible to get love,

一个人只有去爱，才能感受到爱。

only by loving can one feel love.

一个人越是寻找爱，他就越不会爱，有点讽刺。

The more one looks for love, the more one doesn't love, kind of indicting.

人应该努力去爱，而不是被爱，

One should strive to love, never to be loved,

被爱带来的是短暂的幸福和小我的膨胀。

to be loved brings temporary happiness, ego inflation.

当一个人全心地去爱时，他就不会有不被爱的概念。

When one loves fully, one can have no concept of not being loved.

当一个人全心地去爱时，他就不会有不被爱的概念。

When one loves fully, one can have no concept of not being loved.

我觉得这是很好的一点。

I think that's a good one.

学生：这是肯尼的想法，它又回到了“存在”这个话题上，你知道，如果我们体验到我们的存在，我们就不会感受到任何的欲望，或者我们也不在意你

喜欢什么，我认为严格来说，因为.....

Student: That's Kenny's idea it comes back to this thing of Beingness, you know, if we experience our Beingness, we can't feel any desire, or we don't care what you like, I think really critically speaking, because...

莱斯特：这丝毫不会改变什么。

Lester: It doesn't change this one iota.

学生：是的，我是我所是。

Student: Yeah it is, I am what I am.

莱斯特：当对敌人产生爱时，会使敌人无力伤害我们，

Lester: When love is felt for the enemy, it makes the enemy impotent powerless to hurt us,

如果敌人执意要伤害我们，他只会伤害自己。

if the enemy persists in trying to hurt us, he will only hurt himself.

一个人无法增加他的爱，他只能消除了他的恨，这就是他之前提到的，对吧？

One does not increase his love, one merely gets rid of one's hate, that's what he brought up before, right?

我们无法增加自己的爱，

We can't increase our love,

因为爱是我们的本然状态，

because that's our natural state,

在这些非爱的概念背后，始终存在着我们无限的爱，

behind these concepts of non-love, there's always the infinite Love that we are,

我们无法增加它。

we can't increase it.

你能所做的就是剥去这些恨的概念，那么我们所是的这个充满爱的存在就不会被隐藏，

All you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden,

其实我们不是在地不断地增加我们的爱，

actually we don't we don't keep increasing our love,

我们只是在不断地消除我们之前所拥有的有限的、恨的概念，

we just keep doing away with the limited concepts of hate that we've had before,

我说的恨是指除了爱之外的一切，恐惧、嫉妒、妒忌、万念俱灰等等，所有这些态度都是不同程度的恨，至少我是这么用的。

by hate I mean anything that's not love, fear, envy, jealousy, apathy, all those attitudes are different degrees of hate, at least the way I use it they are.

所以我们真的没有增加我们的爱，

And so we really don't increase our love,

我们在消除恨的态度，

we undo our attitudes of hate

学生：我们的罪是什么？

Student: What are our sins?

莱斯特：我们恨的态度，也就是对限制性想法的态度。

Lester: Our attitudes of hate, our attitudes of our thoughts of limitation.

所有罪中最大的罪是小我意识——我是一个与 “一” 分离的个体，

The greatest sin of all sins the downfall is the ego sense , I am an individual separate from the all,

这才是人类真正的堕落。

that's the real fall into mankind.

(学生的听不清)

莱斯特：哦，不，我们所做的一切都是在亵渎上帝，实际上不仅仅是出卖灵魂，几乎所有事情都在亵渎上帝。

Lester: Oh no, everything we do prostitutes God, practically, not only prostitution almost everything does.

学生：(前面的听不清) 罪，把它倒过来，把它倒过来发音，这是什么意思？

Snis。有谁听说过 Snis ？ 这是什么意思？

Student: ...Sins, put it backwards, pronounce it backwards. What does it mean? Snis. Who ever heard of Snis? What does it mean?

莱斯特：倒过来是 n-i-s, 是 nis,

Lester: It's nis, n-i-s, it's nis,

哦，那是复数，你知道，邪恶(evil)倒过来拼写就是生存(live)，

Oh, that's plural, you know, evil is spelled backwards is live,

所以你要小心那些倒过来的东西。

so you have to be careful of that backwards stuff.

学生：这是他的概念，你知道，当你提到大学里没有关于快乐、幸福或平和的课程时，我想，最接近的就是福利课程了，你在开玩笑，我再说一遍，我觉得你没有说到点子上，我想罗杰斯也会有同样的观点，我读过他的传记，在他的传记中，他说“我从未遇到过一个我无法爱的人”。

Student: He that's his concept with a little he you know while you were mentioning that they don't have any courses on joy or happiness or peace in the college, I thought well the one that comes the closest education is welfare, you're being facetious, again well I think you don't have a point there, I think will Rogers have the same thing, I read his biography, and in his biography he made a statement he never met a man or a person I couldn't never to love.

莱斯特：是啊，还有另一种说法是他从未遇到过陌生人，

Lester: Yeah, there's another way of saying it that he never met a stranger,

但这是种概念，

but that is the concept,

也是他对人们的感受,

and that was his feeling about people,

这体现在他的哲学和幽默中,

it shows in his philosophies and his humor,

他拥有爱。

he had love.

(学生说的听不清)

莱斯特：我想“名字”这个词过去是指“本性”，名字和本性是同一个词，

Lester: I think the word name used to mean nature, name and nature are the same word,

因为人们是根据他们的工作性质来命名的，对吧？

because people were named by the nature of their work, right?

我引用他的话有什么意义呢？？

What's the point I'm going to bring out what he said?

你说了什么？

What did you say?

哦，谁的本性？我忘了自己想说什么了。

Oh, whose nature, I do not know what I wanted to imply.

他的本性就是我的存在，

His nature is my Beingness,

他就是我。

he is me.

(学生说的听不清)

莱斯特：有一天，你环顾四周，无论你朝哪个方向看，你只是看到你自己，你会有一种感觉——你毫无疑问你就是我，毫无疑问你就是我。

Lester: Someday you look around and you just see yourself every way you look, you have a feeling you are me without a question, without a doubt you are me,

(学生说的听不清)

莱斯特：你可以的。

Lester: You could.

13.存在永不改变 Beingness Never Changes

莱斯特：“我” 这个字，无论谁用，都是同一个 “我”，

Lester: That word “I” is the exact same “I”, no matter who uses it,

当你达到最高状态时，在最高状态下，你有一个持续的 “我、我、我” 的意识，

when you get the top state, you have a consciousness as a constant I, I, I goes on in the top state,

这就是你在这里看到、听到、感受到、想到、知道的一切，只是 “我、我、我、我”，也就是你的存在，

that's all you see, hear, feel, think, know, just I, I, I, I, which is your Beingness,

那时永不改变的存在，存在永远如此。

It's Beingness that never changes, Beingness always is.

学生：“成为”是“存在”的对立面吗？难道你不必先“成为”，然后你“存在”吗？你必须在“存在”之前先“成为”。

Student: Is is ah becoming the opposite of being? Don't you have to become before you be? You have to be before you become.

萊斯特：（笑）“成为”是一种表象，

Lester: The becoming is an apparency,

你是“我是”，只是“我是”，这是一种“存在”。

you are I am but I am, it's an amness.

学生：嗯，我不知道，我想我是这样设想的，你知道你的“存在”，但在你能够“存在”之前，你必须脱掉这些“外套”（遮蔽物），或者无论我认为它是“外套”的任何东西。

Student: Well, I don't know, I guess the way I visualize is is you're you know your being, but before you could be, you have to take off these coats or jacket, or whatever I think it was coats.

萊斯特：眼罩，眼罩。

Lester: Blinders, blinders.

学生：对，是的，眼罩，但这不是“成为”吗？

Student: Yeah, all right, blinders, but isn't that the becoming?

莱斯特：这是表面的“成为”，是的，

Lester: It's the apparent becoming yes,

但你已经是了，你怎么成为呢？

but you are, so how can you become?

“你在成为”只是一种表象。

It's only an apparency that you are becoming.

学生：或者看起来你还没在那里，所以你必须.....

Student: Or it seems like you're not there yet, so you have to...

莱斯特：看起来是这样，你是对的。

Lester: It seems that way, you're right.

因此，你看起来“正在成为”，但那是一种表象，

So therefore, it seems as though you're becoming, but that's a

seemingness,

这不是真相，

that's not the Truth,

真相是——在此时此地你就是。

the Truth is you are here and now.

学生：好吧，我想我可以明白这一点，但我的意思是，对我来说，你所说的是我不太明白，因为我在西科维纳，只是还没有到那里。

Student: Well I guess I guess I can see that but I mean it's to me what you're saying and I can't quite understand it, is that I'm in West Covina, I just haven't got there yet.

莱斯特：不，你现在在那里了，

Lester: No, you are there now,

但你却有一个愚蠢而又有限的概念——认为自己只在这里，你只是那个身体，只有通过那个身体你才能到达某个地方。

but you've got this silly limited concept that you're only here, that you're only that body, only through that body can you be somewhere.

这不是真的。

That's not true.

要是你能了解真相，你在和我说话的时候，你会看到家里发生的一切。

If you would see the Truth, you'd see everything going on at home right now as you're talking with me.

(学生说的听不清)

莱斯特：但这些是我们无法说服自己去接受的事情，这些是我们必须自己去领悟到的事情，

Lester: But these are things that we can't talk ourselves into, these are things we have to realize on our own,

我们必须通过自己的心灵之眼去看，而不是这样谈论它，

we have to see it through our own mind's eye rather so to speak,

否则，这只是言语而已，一个不认为自己无所不在的人会说“这很荒谬，我就在这里呢”。

Otherwise, it's just words, someone who doesn't think he is omnipresent says it's a ridiculous, I'm right here.

所以直到我们意识到这一点，

So until we realize this,

它对我们而言真的没有意义。

it has no mean really for us.

但是我要说的是，试着去认识到这一点，孩子，当你发现它意味着什么时，你就会发现，你一直都是存在，永远都无处不在。

But I say try to realize it, boy, what meaning, it'll take on, when you find out, you are always have been, always will be omnipresent.

学生 1：保罗，你为什么要这样对自己说呢？保罗，这样会让你很快乐。

Student 1: Why do you tell this to yourself Paul? It'll put you down to happy Paul.

(另一个学生说的听不清)

学生 1：有些人我不在乎他们的样子，我喜欢他们原本的样子，如果他们不喜欢他们所是的样子，那是他们的问题。

Student 1: I give some people care what they are. I like them for what they are. If they don't like them for what they are that's their problem.

莱斯特：当人们在议论你、反对你时，这是一个很好的机会，这是一个成长的好机会，

It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you,

它给了你一个践行真正的爱的机会，给了你一个践行真正的平和的机会，因为他们用嘴发出声音，你没有理由为此感觉不好。

it gives you a chance to practice the real love, it gives you a chance to practice the real peace because they're making sounds with their mouths, there's no reason why you should feel bad about it.

反对是一件很健康的事情，能促进成长。

Opposition is a very healthy thing, it provokes growth.

爱是一种全世界都在歌颂、写诗、拍电影却知之甚少东西，

Love is a thing that the world sings about, writes about, 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,

真正的爱是赢得宇宙，不只是一个人，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.

(学生讨论的听不清)

莱斯特：在实际操作中，我漏掉了一个重要的点，就是用爱来解决一切，

Lester: In the practical end of it, I left out square all with love,

这是一个绝妙的技巧。

this is an excellent gimmick.

在一天中，如果我们试着把我们所做的一切都融入爱，无论我们做什么，它都会使我们取得快速而巨大的进步，一切都用爱来解决。

During the day, if we try to fit everything into love whatever we're doing, it will make for rapid and tremendous progress, square all with love.

我这样做是出于爱吗？

Am I doing this with love?

不管是什事，都试着带着爱去做。

No matter what it is, try to do it with love.

这两种方法都有利于日常成长，

Both of those are excellent for daily growth,

不管你发生了什么事，都要负起全责，不管它是什么，问问自己“我做了什么导致了这一切？”，

take full responsibility for whatever happened to you, no matter what it is say, what did I do to cause this?

你会养成为发生在自己身上的事情找到原因的习惯，

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宰，是你造成了一切，

You'll prove to yourself that you are the master that you caused everything,

既然你是主宰，你就能消除或促进你想要的。

and since you are the master, you can uncause or cause what you would like to have caused.

但是，负起全部责任和用爱来对待一切是两种很好的成长方式，可以在我们每天与人的关系中使用。

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.

(学生说的听不清)

莱斯特： 那对你没什么帮助，哈里

Lester: That wouldn't help you any, Harry,

对你有帮助的是，你去做，采取这些步骤。

what will help you is for you to do it, take those steps.

有一条捷径，就是知道“你是谁”，

There is a shortcut, knowing who you are,

一个无所不能的、无所不知的人，要花多长时间才能知道他是无所不能和无所不知的？

how long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient?

他拥有所有的能力和知识，他需要多久才能意识到自己拥有、已经拥有了这些？

He's got all power, all knowledge, how long should it take him to realize that he has it, that he's got it?

一秒钟就能完成。

Could be done in a second.

对于第一次来的人，我们通常在讨论结束时会有一个简短的冥想。

For those who have come for the first time, we usually have a sharp meditation at the end of the talks.

14.关于释放 About Releasing

（以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来）

给你们全部的细节几乎是不可能的，所以，我给你们一个全面总结。

It's almost impossible to give you all the detail, but we give you the overall summary.

我们有两个基本的前提：

And we have two basic assumptions :

第一点是我们中的每一个人都有无限的潜能, 我们用潜意识中对限制的接受限制了它。

First, that each one of us has an unlimited potential, that we limit with our subconscious acceptance of limitation.

我们能够取消潜意识观念的限制, 当我们释放了它们, 我们是无限制的个体。

That if we can undo the subconscious concepts of limitation, what would be left over is the unlimited individual that we are.

第二点是宇宙间最基础的法则是和谐。

The second, assumption is the basic law of this universe is harmony.

在这个星球上, 它更多地运作在动物身上, 在人类那里却是缺席的。

It operates for the planets, it operates much more so for the animals and it's almost absent for man.

发生这种事的原因是因为潜意识的程序使它远离了我们。

And the reason for that is this subconscious programming that's holding it away from us.

我们需要做的事让这些潜意识方向中长久的混乱从我们的道路上离开。

What we need to do is to get this constant involvement with the subconscious direction out of our way.

于是，这个每个人都有的巨大潜能就变得可用了，我们中的每一个都可以。
and then this tremendous potential that is available to every one of us is usable by each and every one of us.

我们现在花了 99%的时间在潜意识心智上，压制着那些过去累积的感受。
We are now spending 99 percent of the time with our conscious mind holding down all the suppressed accumulation of feelings from the past.

如果所有的愤怒一次浮出来，我们会完全失控，可能会伤害某人，
If all our anger came up at one time, we would be totally out of control, we might damage someone,

因此我们有必要压制那些累积的愤怒。
and therefore, we must necessarily hold down all that accumulated anger.

同样的还有悲痛，如果悲痛一次性浮出来，我们会被悲痛压垮，达到我们不能控制自己的程度。

The same with grief, if all our grief came up at once, we would be

overwhelmed with grief to the point we wouldn't have control of ourselves.

这适用于所有的情绪。

And this goes for all the emotions.

有太多的过去累积的情绪，因此我们必须花费我们绝大多数的时间去压制住这些压力。

There is so much of an accumulation of all these feelings from the past, that we have to spend the major part of our time holding down these pressures.

我之所以叫它们压力，

And I call them pressures,

是因为每一个潜意识的感受都想要浮出来展现它自己。

because every subconscious feeling is wanting to come up and expend itself.

我们非常小心地让它浮现出来，并放开控制，

And we are very careful lest to come up and get out of control,

释放潜意识中的逼迫和驱动，倾泻它们。

now when these subconscious pushes and pulls and drives are dumped

接着我们会发现自己完全处于平静之中。不会有思想在心智中，也没有感受——除非我们想要一个思想或感受。

We find ourselves completely at peace, no thoughts in our mind, no feelings, except when we want a thought or want a feeling.

从而，我们有了自由的选择权。当我们选择放置一个思想或感受在头脑中，我们可以这么做。

And then by free choice, we put a feeling or thought into our mind, and we carry it out.

之前的情景是：我们是被驱动的，被我们潜意识中程序所驱动。

The before picture is we are being driven by our subconscious programming.

而之后的情景是：我们的心智安静了，只有我们选择的感受和思想能进入，

The after picture is our mind is quiet, and only when we choose to put a thought or feeling in, do we do so,

我们仅仅是选择去运用感受和和别人交流。

and we choose to use feelings in order to communicate with others.

所以，(完全释放)之前我们是感受的奴隶，之后感受是我们的奴隶。

So whereas before we were a slave to our feelings, after our feelings are slaves to us.

今天的问题是那些累积、那些潜意识的程序太沉重、太极致，我们只是被淹没在里面。

Our problem today is that the accumulation of this subconscious programming is so heavy, so extreme, we are just drowning in it.

我们需要一个非常有效率的方法去消除这些。

And we need a way of undoing this, that is very effective.

有很多方法可以清除这种潜意识的垃圾，

There are many ways being put out to dump this subconscious garbage,

但是我们已经发现了一种世界还不知道的方式，通过触及它背后的基础感受，并消除基础感受，

but we have discovered a way that is not known to the world yet, by getting to the basics underneath it and undoing the basic,

因此，通过切断根，我们切断了根，大多数的感觉也随之消失了，

so that it's like cutting the roots, we cut the roots and the majority of feelings go with it,

这是一个非常有效率的方法，

it is a very effective method ,

这是一个非常简单的方法。

it is a very simple method.

我们确实给了你心智和感受的完整图景，以及它们是怎样运作的。

We do give you a total picture of mind and feelings and how they operate.

我们给了你一张图表，那是你潜意识心智的图表，释放思想和感受。

We give you a chart, that becomes a chart of your subconscious mind, that release thought and feelings.

它们怎么被一起释放掉？

How they release to each other?

那些表面的感受是怎样被一些我们叫作情绪 (emotion)的更少的基本感受所涵盖？

How superficial feelings will sub-base into fewer feelings that we call emotions?

这些情绪是怎样被两个基本感受所涵盖？我们向它们进攻，就能消除所有的感受！

And how the emotions will sub-base into two feelings that if we attack it there, we can undo all these feelings!

它太基本了，

It's so basic,

因此极致高效。

it is extremely effective.

然后非常有趣的事情发生了：

Now there's the very interesting thing that happens:

当我们让自己摆脱潜意识的驱动后，一些东西替代了它。这个东西是我们都在寻求的，我们把它叫作"爱"。

As we rid ourselves of our subconscious drivers, something takes its

place, and that something is the thing we are all seeking and we call that thing love.

我们基本的固有的本质都是爱，仅仅是爱，

Our basic inherent nature is all Love, only Love,

它被我们压抑的感受覆盖和抑制了。

and it is covered over and smothered by our suppressed feelings

当我们倾泻这些潜意识感受，

That as we dump these subconscious feelings,

我们变得越来越有爱。

we become more and more loving.

当我们变得有爱时，

And as we become loving,

宇宙的和谐——它一直在那儿——开始为我们显化。

the harmony of the universe that is there all the time begins to manifest for ourselves.

当我们倾泻这些潜意识的被压抑的感受，

As we dump these subconsciously suppressed feelings,

生命中的所有事情变得更好，

everything in life gets better,

我们不需要去找具体的目标，所有事情都会变好。

we don't have to go for particular goals, although we may, everything gets better.

这是世界的本质——它是和谐。

That is the nature of the world, it is harmony.

我给了你们一个相当简短的"包裹"，一个陈述。

I have given you quite a short encapsulation presentation.

但我相信如果我们通过一些问题来进行，这样可以直接与你们自身关联起来，给你们更好的理解。所以如果你们有一些问题，不要吝于问出来，我们会尽可能地回答。

but I think if we open the floor the questions, we can relate directly to you and give you a better understanding, so if you have any questions,

please don't hesitate to ask and we will do our best to answer whatever your question is, yes.

问：这个技巧是什么？

What is your technique?

答：这个技巧首先展示给你心智、情绪的全貌，以及它们怎么关联起来。

It's a technique of first showing you the totality of mind, emotions and how it all relates.

这个技巧让你的潜意识心智浮现出来，从我们不去看，到浮现在你面前——这样你就能够对它做些什么。

The technique of getting your subconscious mind from out back there where you don't see it, right out in front of you, so you can work with it.

它展示了我们能对情绪和感受做的四件事，

It shows you the four things we can do with emotion, feelings,

我们能做到最坏的事情是压抑；

the worst thing we do, of course, is suppress it;

第二件稍微好一点的坏事情是逃避；

The next worst thing, or better, is escape it, movie and so forth;

我们能做的第三件事是从压抑中释放的开始，

The third thing we can do, which is the beginning of a release from the suppression,

它就是表达你的感受或情绪；

the third thing is express the feeling of the emotion;

第四件事就是我们要去做的，倾倒入你的压抑的情绪。

And the fourth thing is the thing that we work on, it is dumping the suppressing emotions.

所以你们看到了完整的图景，你的心智的图景，你会看到你的心智状态在图表中相当低。

So when you see that whole picture, the picture of your mind and you have your mind really down there, to be surprised what's in there.

图表中蕴含了一切：你现在在哪里，你要去到哪里。

But when it's on paper and on a chart in front of you, it charts the whole thing, where you are, where you need to go.

图表中还给了你完整的方法，

and it gives you the whole method right on that chart,

它是体验式的。

it's experiential.

(风的翻译到此结束)

15.展示波澜不惊 Demonstrates Imperturbability 1

另一个学生：精神科医生要花上一个人一生中相当长的时间去探究其内心世界，你怎么能在 30 小时内做到？

Student: Well, the psychiatry seems to have been a part of the present lifetime delving into his mind, how can you in 30 hours?

莱斯特：因为我自己从 20 年代到 1952 年一直在研究心理学和精神病学，我研究了所有的心理学，从华生的行为主义到弗洛伊德，直到现在，我在弗洛伊德的一个副手那里进行了四年的精神分析，每周四次。我经历了这一切，但通过精神病学的方法却从未得到答案。

Lester: Because I myself has been with psychology psychiatry from the 20s up until 52, I study all the psychologies, I started with Watson's

behaviorism, and through Freud up until the present time, I had four years of psychoanalysis under an associate of Freud who's not alive today, four times a week, I've been through all that, and I never got the answers through the psychiatric approach.

他们的目标是让我适应我的环境,

Their goal was to adjust me to my environment,

我在那里没有得到答案,

I didn't get the answer there,

我的情况越来越糟.....

I got worse and worse and worse...

在我第二次心脏病发作后, 我有足够的动力去寻找答案, 我必须找到答案。

After I had my second heart attack, I had enough incentive to get the answers, I had to get the answers.

在进驻内在的三个月时间里, 我发现我们每个人都是一个没有限制的存在,

I discovered by getting within myself in a period of 3 months time that each one of us is a being with no limits,

精神病学领域还尚未认识到这一点，

psychiatry doesn't know this yet,

但是我为自己发现了这一点。

but I discovered it for me.

如果它适用于我，那它对所有人都适用，

If it's for me, it's for everyone,

我所体验到的无论什么，任何人都能体验到，

whatever I went through, anyone can go through,

通过那个方法，我发现我们是没有限制的存在。

by taking that way, I discovered we are beings that have no limits.

一旦你看到整个画面，

And once you see the total picture,

你就会明白什么是心智，

you see what the mind is,

你看到精神病学界很难解释心智、幸福等等.....

you see the Psychiatric world has a difficult time explaining mind,
Happiness and so forth...

我可以告诉你它是什么，

I can tell you what it is,

它很简单！

it's so simple!

你的心智是你所有想法和感受的总和。

Your mind is the sum total collection of all your thoughts and feelings
period.

现在，其中大部分都是我们在潜意识里持有的。

Now, the majority of them we're holding subconsciously.

学生：或者你已经释放它了吗？

Student: Or have you released it?

莱斯特：因为.....

Lester: Because...

(学生说的听不清)

莱斯特：这很简单，

Lester: It's simple,

但我们已经习惯于用几乎全部的注意力来压抑我们的感受，

but we are so conditioned to use almost our total attention to keep our feeling suppressed,

我们必须绕过你一生的习惯，让你一次又一次经历它，让你沉浸其中去体验，

we have to bypass your habit of your lifetime to take you through it again and again, experiencing you in it,

这样你就能通过体验知道它是什么。

so that you know what it is through experience.

答案永远无法通过你的理性心智来获得，你会了解到这一点，

The answers will never be gotten through your reasoning mind is one thing you'll learn,

你今天可能知道了，对吧？

you probably know it today right?

你无法通过你的逻辑思维找到答案。

You can't get the answers through your logical mind.

我试过了，我不仅研究了精神病学领域，还研究了所有的哲学，我甚至研究了医学、经济学、人类的每个领域，试图找到答案，但都无济于事。

I tried, not only did I study the field of psychiatry, but I studied all the philosophies, I even studied medicine, economics, every field of man trying to get the answers to no avail.

当我到了山穷水尽的地步，他们告诉我，我随时都可能死去，

I reached the point where I was at the end of the line, they told me I might die any day,

那时我才意识到，这么多年来我一本又一本读教科书所积累的所有知识，一点用都没有，

then I realized that all the accumulated knowledge that I had gotten over so many years, reading textbook after textbook was of no use,

我不得不放弃这一切，从头开始。

that I had to drop all that and sort of start from scratch.

然后我发现了这个方法，它不在理性思维中，

Then I discovered this method, that it's not in the reasoning mind,

而是一种对感受的理解，

it's an understanding the feelings,

关键在于理解——压抑的感受是什么以及如何处理它们。

it's in understanding what suppressed feelings are, how to get a handle on them?

让它们上来，然后真正地把它倒掉。

Get them up, and actually dump them.

我必须带你去体验它，

I would have to take you through it,

我可以永远没完没了地说下去，却无法向你解释清楚，

I could talk forever and never explain it to you,

因为这是一种体验，就像我正试图告诉你橘子是什么味道一样，
because it's experiential, like trying to tell you what an orange taste like,

我无法向你解释清楚。

I can't explain it to you.

如果我给你一个橘子，你吃了它，你就知道了，
If I gave you the orange and you ate it, you would know,

这是我们必须带你体验的事情，
it's something we have to take you through,

我很乐意.....
I'd love to...

学生：我相信我们都同意这一点，我记得在这三年里，我曾经是一名销售员，我意识到我还有很多项目要推进，沟通、注册等等所有这些事，你没有给我足够的信息，你让我盲目地跟随你，我很确定你相信这一切说法，但你没有给我足够的信息让我放弃。

Student: Which I'm sure we all agree, I remember in these three years, I used to be a salesman, and I realized there were so many projects I had

to run as well, conversations, registration, all that. You haven't given me enough to say. You asked me to go along with you in blind faith. I'm quite sure you believe in everything this is saying. But you haven't given me enough to hang my head on.

莱斯特：你说得对，你说得对，我告诉你，这是我无法向你证明的东西，

Lester: You're right, you're right, and I'm telling you it's something that I cannot prove to you,

唯一的证明，真正的证明当然是你拿起它；

the only proof, the real proof would have to be your taking it of course;

下一个最好的证明是和那些你认识且信任的、亲身经历过的人谈一谈；

The next best proof is talking to someone that you know and have confidence in who has been through it;

第三个证据就是你从我这里学到的东西，

The third proof would be what you pick up from me,

我不能把它当作外部产品来卖，

I cannot sell it like an external product,

这是一门主观科学，

it is a subjective science,

这是一门科学，

it is a science,

它也没有外在的表现形式，

and there is no external presentation of it,

而是经历它、体验它，这会向你证明它。

it's the going through it, the experiencing of it, that proves it to you.

我的一个基本原则是——在你能为自己证明它之前，什么都不要相信。

And one of my basic principles is believe nothing until you can prove it for yourself.

这让我有点受阻。

I am handicapped by that.

所以我说，现在最好的办法是和那些经历过的人谈谈，尤其是你认识的人，

And therefore I say, the best thing now would be to talk to those who

have been through it, especially people that you know,

看，去年 2 月我们来到纽约，只靠大家的口口相传，我们一直在发展壮大，

see, we came to New York only last February, and it's just by word of mouth that we kept going and growing,

因为那些经历过的人会让他们的朋友也加入进来。

because the ones who have been through it got their friends to come in.

学生：你提到的你所是的这个无限存在，你是从灵性角度看待的吗？是与身体分离，还是身体的一部分？

Student: This unlimited being that you are, that you speak of, do you see that in terms of the spirit, separate from the body, or part of the body?

莱斯特：无限的意思是在各个方面都是无限的，包括身体。

Lester: Unlimited means unlimited in every direction, including the body.

学生：你能说得更具体一些吗？

Student: Would you be more concrete or specific?

莱斯特：如今，关于这类人的故事有很多，特别是来自东方的，那些做着不

同寻常之事的瑜伽修行者，那些在热煤上奔跑而脚却没有被烫伤的岛民。

Lester: Today there are enough stories of these people, especially from the East, the yogis who do these unusual things, islanders and Pacific islands who run over hot coals and don't burn their feet.

所有这些不寻常的事情都展现了我们所拥有的内在潜力。

All these unusual things show the inner potential that we have.

我们中的许多人偶尔会经历一些最不寻常的事情，这些事情没有合理的解释，

And there's many of us who occasionally experience something most unusual that happens, that has no rational explanation,

每天，不寻常的事情越来越多地呈现在我们面前，甚至在电视和媒体上也是如此。

the unusual is being shown to us more and more every day, even on TV and through the media.

所以我觉得自己在谈论的是如今大家都知道的東西，但这 10 年前并非如此。

So I feel as though I'm talking about something that is known today, 10 years ago, no.

学生：瑜伽修行者是那些有着非常特殊的背景和经历的人，这些背景和经历对其有着特定的指引，但我们所有人都有不同的背景和不同的经历，相对于我们的有限性，他的生活为他特定的限制性做好了准备，但我们的生活不一定是有限的，现在，当我坐在这里时，我受到社交训练和背景的限制，如果我想要解除限制，我就必须打破社会限制的界限和准则，我可能会感到一种做真实自己的冲动，但那样的话，我就会违背我们所有条件和程序的力量，所以我不会在地板上冥想然后放弃。

Student: The yogi is someone who's had a very special kind of background and experience that has directed him specifically, but we all here have a different kind of background and a different kind of experience, his life has prepared him for that specific limitlessness relative to our limitedness, but our lives aren't necessarily lives of limitedness, right now, as I sit here, I am limited by this situation in my social training and background, now if I wanted to delimit myself, I would have to violate the bounds and codes of social limitation, I may feel an impulse to be myself, but then I would be going against the whole force and the inertia of all our conditioning and programming, so I don't get up on the floor and do my meditation and give away.

学生 2：你也不会打破时空的限制吗？

Nor do you break the space-time?

学生 1：我也不会怎样？

Student 1: nor do I what?

学生 2：你也没有打破时空的限制，如果这个无限存在本身就是无限的，那么在这些限制的过程中，空间和时间就没有限制。现在，你能做到这一点吗？这是你过程的一部分吗？

Student 2: Nor do you break the space-time confines, and if this unlimited being is unlimited, then there is no limitation to space or time in the process of those limitations, now, have you been able to do that? Is that part of your process?

莱斯特：我经历过一些，我已经经历过其中一些情况了。

Lester: I have experienced some of it, I have experienced some of it.

现在，我们不指望你一下子能实现巨大的飞跃。

Now, we don't expect you to fly out the wind from our doors.

我们对你说，你将开始打破那些限制，你的生活会变得更好，

we say to you, you will begin to break the limitations, your life will get better,

自然的和谐开始显现。

the harmony that is natural begins to manifest.

学生：我可以说一下吗？瞧，我们正在进入一个对我们大多数人来说都充满推测性的领域，我的意思是，你信或者不信，它涉及到很多关于它的智力概念等等，如果我是无限的，会发生什么？那么我必须打破社会联结等等，这不一定，但这不是重点，重点是我们的方法是切实可行的，它不是要求你接受天上的馅饼，它不是要求你做异想天开的事，它甚至不是要求你打破时空什么的，因为如果你想做到这一点，你可以使用这种方法让自己到达那个你可以做到这一点的地方，但我们大多数人并不关心这些，真的，大多数人对此毫不在意，他们真正想要的是能够让自己的生活正常运转，快乐，不再痛苦，不再被世界摆布，而我们可以为你提供这样的可能，你可以用我们的方法，从第一天开始就能用，因为它实用，而且它已经在世界中得到应用，当有人让你心烦意乱时，你马上就能用它，你不必等到回家，你不必去心理医生的沙发上再做，你可以现在就使用它，现在当事情发生时，它非常实用，所以所有其他的讨论都很不错，理论也很好，想想都很美好，把它作为目标是一件很棒的事情。但事实并非如此，我们在谈论的是我们的方法，它是实用的。

Student: Can I say something about it? See, we're getting into an area that is, for most of us, very speculative, I mean, you believe it or you don't believe it, and it gets into a lot of intellectual concepts about it etc etc, and what would happen if I were unlimited, then I would have to break the social bonds and so on, not necessarily, but that's beside the point, point is that the method we have is practical, it isn't asking you to accept pie in the sky, it isn't asking you to fly out the window, it isn't asking you to even go so far as to break the space-time whatever, because if you want to do that, you can use the method to get yourself to that place where you can do that, but most of us don't care about

that, really, most people don't give a hoot about that, what they really want is to be able to make their lives work and be happy and not be miserable and not be pushed around by the world anymore, and that we can offer you, and that you can start doing the first day with our method, because it's practical, it's used in the world, it's used in, when somebody gets you upset, bang, you use it right then, you don't have to wait until you go home, you don't have to go on a shrink's couch, you can just use it now, right now when things happening, it's very practical, so all of the other talk is nice, and nice theory, and it's beautiful to think about, and it's a wonderful thing to have as a goal, but it's not, we're talking with our method, it's practical.

莱斯特： 我们开始看到限制.....

Lester: We begin to see limits.

学生 1： 当然， 我肯定他们会。

Student: Sure, I'm sure, they will.

学生 2： 我可以问一个问题吗？ 我同意你说的大部分内容， 但我不明白你所说的一些文化活动是一种逃避， 还会限制人们真正认识到他们自己， 比如电影、 戏剧这类活动。

May I ask this question? I agree with most of the things you've said, however, I didn't understand what you meant about some of the

cultural things that people do, as being an escape, necessarily, and limiting them from really seeing their own selves, for instance, film, theatre.

莱斯特：不，我说的是逃避我们的感受。

Lester: No, I said an escape from our feelings.

学生：他们可能看不到，他们可能只看到纯粹的文化层面的东西，但他们可能并未涉及。

Student: They may not see, they may see strictly cultural things but they may not be covered.

莱斯特：你说得对。

Lester: You're right.

学生：我可以看到，即便使用你的方法，当一个人最终无法享受生活时，他们仍然会以更快乐的方式做更多这样的事情。

Student: And I can see a person, even with your method, when they finally are unable to enjoy life, doing even more of those things in a more happy way.

莱斯特：嗯，我同意你的观点，可能是这样，但也不一定非得如此。

Lester: Well I agree with you, it could be, it doesn't have to be, as you said.

16. 展示波澜不惊 Demonstrates Imperturbability 2

好了，现在，我们要做的是阐述一些基本原则，

All right, now, what we do is set out some basic principles,

就像我说的，我们不会告诉你你会一步登天，

and as I said, we're not going to tell you you're going to fly,

但是我们告诉你，你的生活将在许多方面开始变得更好，

but we tell you your life will begin to get better in many aspects,

你会增加你的快乐，

you will increase your happiness,

你会增加你的幸福，

you will increase your well-being,

你会在日常生活中变得更安静、更平静，

you will get quieter and calmer in your everyday life,

这些事情你会去做的。

these things you will do.

学生：我想说一些关于表演方面的话题，我知道今晚有一些表演者在场，我想就这个方面说几句话，因为我知道你们中的一些人来了。表演面临的一个问题是，当我们必须上台时会感到紧张，这是可以消除的，另一个表演问题是试镜，这些事情是可以处理的，你可以在试镜前使用这个方法，在试镜期间使用，试镜后使用，它是可用的，实用的。表演中的另一个方面是感受，演员运用他们的感受，歌手运用他们的感受，你投入的感受越多，你作为表演者就越能发挥出效果，无论你的技能是什么，音乐家也是如此。我们说的是，大多数时候你必须应对那些驱使你的被压抑的感受，你会因为观众中的某个家伙打瞌睡或与别人交谈而紧张，影响你的表演，你必须绕过自己的感受进行表演。我们说，清除那些强迫性的感受，让创造性能量自由流动，你不会失去感受，只会拓宽你的范围，你不会失去任何东西，只会获得更多，你掌控你的感受。你可以把需要的感受带入角色，立刻拥有它，你不必回到童年，去找到用来唤醒感受的东西，你不必担心会伤害到对手戏演员而害怕在舞台上表达愤怒。你不必回避自己的感受，你可以清除那些让你害怕的强迫性感受，然后你可以在任何你想要的程度随时随地体验任何感受。我知道今晚有一些表演者，我想为这个特别的群体考虑到这一点。

Student: I'd like to say something about, I know we have some performers here tonight, some actors or performers, and I'd like to just

say a few words about that aspect, because I know some of you are here, one of the problems in performing is the uptightness we get when we have to go on stage, that can be eliminated, another problem with performing or getting into a performing situation are auditions, those things can be handled, you can use the method before the audition, you can use the method during the audition, you can use the method after the audition, it's usable, it's practical, and another aspect of the performing area is in feelings, actors use their feelings, singers use their feelings, the more feeling you have, the more effective you can be as a performer, whatever your craft may be, musicians also, now, what we say is that most of the time you have to work around your suppressed feelings that are pushing you, you get uptight about the audience, about some guy in the audience that's falling asleep or talking to somebody while you're trying to perform, and to the degree that you get involved with what's going on out there, your performance suffers, okay, you have to work around your own feelings in order to perform, we say get those compulsive feelings out of the way and you open the channel for that creative energy to flow so beautifully, you don't lose your feelings, you only widen your range, you don't lose anything, you only gain, you gain mastery over your instrument, you can take a feeling, that's required for a part, and bang, you've got it, you don't have to go into your childhood to figure out what you're going to use to get you that feeling, you don't have to be afraid to experience anger on stage, because you're afraid, you're going to really hurt the person you're playing opposite, you don't have to work around your own feelings, you

can dump those compulsive feelings, the ones that scare the heck out of you, and then you're free to have any feeling you want, any time you want, to whatever degree you want, so I know we have some performance here, and I wanted to include that for that particular group of gathering tonight.

莱斯特：总结一下，我们现在正在应对我们自身潜意识的推动和拉扯，

Lester: To sum it up, we are now working around our own subconscious pushes and pulls,

当这些感受不再阻碍我们时，作为一个表演者，我们可以把我们想要的任何感受以我们想要的任何强度、持续的时长而付诸行动，当我们表演结束时，我们把它放下，就好像它从未存在过一样，并且可以轻松地切换到一个完全相反的感受中。

when they're out of our way, as a performer, we can put whatever feeling we want into action to whatever intensity that we want for as long as we want, and when we're finished with it, we drop it as though it never was, and can go into an entirely opposite feeling with ease.

当潜意识感受不再阻碍我们时，我们就能完全掌控自己的感受。

When the subconscious feelings are out of our way, we are in total control of our feelings.

学生：你觉得这会取代精神病学吗？你觉得你的方法会取代精神病学吗？或者应该取代精神病学吗？

Student: Do you think this will replace psychiatry? Do you think your method will or should replace psychiatry?

莱斯特：它不会取代精神病学，因为人们需要精神病学，

Lester: It will not replace psychiatry, because people want psychiatry,

但它比精神病学有效得多。

it is extremely more effective than psychiatry, yes.

学生：嗯，据我理解，你是在指出不完美中的限制性，并通过移除感受来消除这些局限性，从而达到完美，当我们使用这些方法时，我们将能让这些能力和事物达到完美，而这本来就是我们的完美存在？

Student: Well, as I understand what you're doing, you're pointing out limitations to the imperfections and removal of these limitations through the emotional transplantations here to the perfection, and that when we utilize these methods, we'll then have a perfection of these abilities and of these things, which is already our perfect being?

莱斯特：是的，我们朝那个方向前进，

Lester: Yes, we move in that direction,

当我们摆脱了我们道路上的那些限制，我们受到的限制就会越来越少。

as we get the limitations out of our way, we are less and less limited.

学生：这太完美了。

Student: And that's perfection.

莱斯特：它正在朝着那个方向前进。

Lester: It's moving toward it.

学生：然而它已经存在了，只是我们还没有意识到，你是这个意思吗？

Student: And that already exists, only we're not aware of it, is that what you're saying?

莱斯特：这是我们的潜力。

Lester: It's our potential.

学生：换句话说，它已经存在了，我们需要将其构建出来。

Student: In other words, it already does exist, we have to build it.

莱斯特：我们必须把障碍清除掉，让潜力得以显现。

Lester: We have to get the blocks out of the way for that potential to manifest.

学生：怎么做？呃，它确实已经存在了，潜力存在了。

Student: How? Well, it does already exist, potential exist.

莱斯特：是的，潜力确实存在。

Lester: The potential exist, yes.

我想我们是在研究语义.....

I think we're into semantics...

学生：请问，你处理自己的那个特定情况多久了？

Student: Excuse me, how long have you been working on your own particular case?

学生 B：我能说点什么来验证一下你刚才提到的几个问题吗？现在我理解这是心智自由，这就是你所投射的，对吧？

Can I say something maybe to verify a couple questions that you've been bringing up? Now, I understand this is mind freedom, this is what are you projecting right?

莱斯特：是的。

Lester: Right.

学生 B：好的，就他们一直问你的问题而言，好吧，这都与“真我”有关，对吧？意识到“真我”，这就是潜意识心智的全部了，对吧？好的，现在，当你开始意识到“真我”时，你必须放弃很多东西，这就是你之前说的与爱和谐共处。好吧，为了去爱，你必须热情洋溢，一切都有所平衡，有积极能量，也有消极能量，但你需要这两种力量才能产生能量，对吧？好的，现在，呃，我的个人观点，我的个人生活，我 26 岁，来自俄亥俄州，他们知道我在这里待了五个星期，好吧，我已经……嗯，怎么说呢？我是一名演员，但我不在银幕上，我每天都在街头、大楼或其他地方表演，因为我对我的潜意识进行了编程，让它去做任何我想做的事情，好吧，我来到纽约的任务，我有 10 个天然指甲，只要这些，这些是我的天然指甲，好吧，为了让任何表演，任何人，无论男性或女性，长出这样的天然指甲，你必须保持协调，所以，一切都是关于心智的，无论你想要什么，你都可以对你的潜意识进行编程，你的潜意识就会找到你在寻找的东西，这就是自由的意义所在，为了获得自由，你必须先被束缚，你的身体也是如此，一切都与心智有关，一切都与物质有关，但你必须始终相信精神控制着所有这一切。

Okay, as far as what they have been asking you, okay, it's all about Self, right? Becoming aware of Self, that's what the subconscious mind is all about, right? Okay, now, when you come about to become aware of Self, you must give up a whole lot of things, that's what you were saying earlier about to come in harmony with love, okay, in order to love, you must be heated, there's a there's a balancer for everything, for negative

forces, there are positive forces, but you need both forces to create energy, right? Okay, now, uh my personal viewpoint, my personal life, I'm 26 years old, I'm from Ohio, they know how I've been up here for five weeks, okay I have ah, what do you say? An actor, I am an actor, but I'm not on the silver screen, I act every day out here on the street or a building or whatever, because I program my subconscious mind to do anything I want to do, okay, my mission of coming to New York City, I had 10 natural fingernails, as long as these, these are my natural nails, okay, in order for any play, any individual, not male or female, to grow a natural nails like this, you must be in tune, so, it's all about the mind, whatever you want, you can program your subconscious mind and your subconscious mind will find these things that you are looking for, and this is what freedom is all about, in order to become free, you must be locked in, and your body is, it's all about the mind, it's all about the physical, but you must always believe that the spiritual controls all of that.

学生 C: 你上过这门课吗? 你上过这门课吗?

Have you taken the course? Have you taken the course?

学生 B: 啊, 上过什么课? 为什么? 不, 不, 我第一次来这里。

Oh, taken the course of what? Why no, no, no, no, this first time I've been up here .

学生 C：你在教自己的课程吗？

Are you teaching your own course?

学生 B：不，我一直在问一些问题，你在哪里工作？你有工作吗？

No, I've been asking some questions and asking something sir, now, who are you employed at? Are you employed?

学生 C：没有。

No.

学生 B：你自己创业吗？

You self-employed?

学生 B：不.....

Don't know

莱斯特：我们不掺合这些事。

Lester: Let's not get involved in these things, all right.

好的，我们接受你所看到的、所做的事，这对我来说听起来不错，对吗？

We accept what you say as being what you see, what you do, and it

sounds good to me, okay?

学生：这听起来不错。

Student: It sounds good.

莱斯特：是的，好吧，现在，我想，我想回答你的问题。

Lester: Yeah all right, now, uh I would like to, I would like to answer your question.

学生：你是这个方法的创始人，你在处理自己的个人境况已经一段时间。

Student: You're the originator of this, so you've been working on your own personal situation for a while.

莱斯特：是的。

Lester: Yes.

学生 B：我无意冒犯，但你不希望发生这种事哈哈.....

I don't mean to be offensive, but you don't want that happening
hahaha...

(学生笑)

莱斯特：我得到的是.....

Lester: What I gain...

学生 B：没有什么比成功更成功。

Nothing succeeds like success.

莱斯特：是的。

Lester: Right.

17. 展示波澜不惊 Demonstrates Imperturbability 3

莱斯特：那是任何人都无法打扰的，我说这是目标，这甚至比幸福还美好。

Lester: On this, that no one can ever disturb, and that, I say, is the goal, that is nicer than even happiness.

当你达到高度的喜悦时，喜悦变得非常强烈，甚至喜悦本身也会变得令人不安，因为它带来太多的感受波动，

When you get to a high degree of joy, where joy gets very intense, even the joy itself can get to be disturbing in that it's too much action,

有一种比快乐更好的状态，叫做平和，我称之为平静，

there is a nicer state than joy called peace, I'm calling it calmness,

我说这才是我们的目标，

and I say that is the goal,

当你得到它的时候，你就处于最美好的状态。

and that when you get that, you are in the nicest place there is.

学生：顺便说一句，莱斯特，如果你一直看起来像阿尔弗雷德·E·纽曼，我想没人会喜欢你，我不会打断你什么的，但你说这整个理念是为了满足内心的平静，对吗？好吧.....

Student: By the way, Lester, if you did look like Alfred E. Newman all the time, I don't think anyone would like you, I'm not going to be cutting off or nothing, but you say this whole concept is to satisfy inner peace, right? Okay...

莱斯特：也是外在的平静，也需要外在的平静，

Lester: Outer peace, too, outer peace also,

学生：换句话说，投射你的物质世界。

Student: In other words, projecting your physical.

莱斯特：到达人事物不会打扰你的地方，这就是我所说的“外在”，人们在外面。

Lester: Yeah, get to the place where things and people do not disturb you, and that's what I mean by outer, people are out there.

学生：但换句话说，你正在运作，好吧.....

Student: But in other words, what you're running alright...

莱斯特：让我把这位先生的问题说完，让我先结束他的问题，

Lester: Let me finish with this gentlemen, let me finish with him first, please,

我想在我的能力范围内满足你的问题.....

I want to satisfy, to the degree that I'm capable of your question...

我已经使用了释放法，

I have used the Method,

我到达了生活中没有任何问题的状态，

I reached the place where I have no problems in life,

我知道心智只有创造性，

I know the mind is only creative,

我可以运用我的心智创造任何我想要的东西，

I'm able to use my mind to create whatever I want,

我所发现的东西，希望其他人也能发现，

what I discovered, I would love to see others discover also,

我试图把它呈现出来，让其他人发现他们也能到达那个不再被打扰的状态。

I am trying to get it out, so others can discover that there is a place
where they can be, where they are disturbed no more.

再问我一遍你的问题。

Ask me your questions again.

学生：好的，我知道大多数医生，当他们有了一项新发现，比如说，精神病学方面的新发现时，会向医学专业人士通报，并写一篇论文发表在《美国医学会杂志》之类的刊物上，换句话说，他们会把它公开，让全体医学生知道他们获得了这样的成功，我听说过这种情况，我听说过很多如今正在发生的这些思想和事情，这似乎是，这似乎是我决定用这个说法，融入自己的社区，

但我没有听说过你。

Student: All right, I know most doctors, when they come upon a discovery, let's say, psychiatrically, will make a dome to the medical professional and do a paper publish it in the AMA magazine, or whatever, in other words, they'll make it public and they'll make it known to the student general that they're involved, I've heard about that, I've heard about a lot of these minds and things that are going on today, it seems to be, that seems to be the phrase that I've decided to say , getting into one's own community, but I haven't heard about you.

莱斯特：是的，因为我们一直很低调，我们刚开始宣传，我们在二月份搬到纽约，我还在考虑是否应该这么做。我们不像你说的那些人那样大肆宣扬。

Lester: Right, because we have been very quiet, this week we started advertising, the first time we moved out, and I'm questioning whether I should, we're not that noisy as you say the others are, in shouting our wares, yes.

学生：你为什么要这么做？

Student: Why would you want to do?

莱斯特：嗯，我们所拥有的其实不是什么新鲜东西，

Lester: Well, what we have is really nothing new,

我所说的一切，许多人曾经都说过，并且和人类一样古老，

everything I said has been said by many others and is as old as man is,

人类的潜力一直都为人所知，对吧？

the potential of man has always been known, right?

我没说什么你以前没听过的新东西吧？

I haven't said anything new that you haven't heard before, have I?

学生：不不不，但我觉得你有一个我们不知道的流程**，其他人也不知道它。**

Student: No, no, no. But I think that was the idea that you have a process that we don't know. That nobody else knows about either.

莱斯特：我承认这是事实，我有，但我无法向你证明。

Lester: I say that is true, I have it, I can't prove it to you.

如果你没有那种感觉，你能得到的最好的证据是与你有信心**的、经历过它的人谈谈，或者唯一真正的证据是你亲自去做。**

The best proof you can get is talk to someone who's been through it and whom you have confidence, or the only real proof is if you take it yourself, if you don't feel that.

学生：我想听听这些人的经历，他们是如何获得好处的，以及他们的生活发生了哪些变化。

Student: I'd like to hear from some of these people how they've experience benefits and what changes they have in their life.

莱斯特：这里有毕业生愿意发言吗？

Lester: Are there any graduates here who would care to speak out?

要知道，我们不会施加压力，我们不相信那一套，

See we don't use pressure, we don't believe in that,

有毕业生愿意告诉我们他们在生活中是如何得到帮助的吗？

are there any graduates who would like to tell us their experiences on how they have been helped in their life?

学生 1：好吧，我想说，就你所说的方法而言，它就是方法，它是一种工具，你上过这门课程吗？

Student 1: Well, I will say that as far as you're saying the method, it is what it is, it's a tool, you have taken the course?

学生 2：是的，我已经参加了课程。

Student 2: Yeah, I have taken the course.

学生 1:我和莱斯特打交道的时间可能比这房间里的其他人都要长,我在 莱斯特还在亚利桑那州的时候就听说过他,我从一个在纽约的朋友那里听说了他,我的朋友是一名演员,当时他刚刚开始上这门课,那是两年前,我飞到亚利桑那州,在那里待了大约 10 天,我上了这个课,我当时就待在那里的一个中心,我在那里上课,然后我回到纽约,使用我的工具,我看到它的优势,有种东西你可以在任何情况下使用,在任何情况下,它与你直接相关,我的意思是,它与你当时所处的状态直接相关,我的意思是,我研究过形而上学,我研究过诗篇,我还研究过其他各种各样的东西,它们都用非常华丽的语言表达了所有的真理,我从小就知道我是一个无限存在,我从小就被灌输这种观念,听到这个我很高兴,我的意思是,这很不错,我说,我永远是一个无限的存在,但是,你知道,有很多事情会发生,你知道,我经历过危机、流过眼泪、打过硬仗,经历过各种各样的事情,而且这不仅是审视自己,而且还审视人类行为的方式绝对是极妙的,这是一种非常简单的方法,它并不复杂,这就是莱斯特的天才之处,如果他能以最简单的形式呈现出来,我认为最简单的就是最好的,也是最容易做到的方式,它始于 20 世纪的视角,它始于我们的生活方式,它不是让人像僧侣一样进入寺庙坐着冥想,但在我们复杂的社会中,它发挥了最大的作用,我有一个 15 岁的女儿,她是一位诗篇作者,这个方法也对她这个年龄段的人有帮助,它是那种只要你使用它,它就会发挥作用的东西,好吧,我会说嗯,我的一个问题是,我有点...当我去莱斯特那儿的时候,我处于一种非常冷漠的状态,悲伤的状态下,对生活中的事情...我会哭,我的意思是,我做不到,如果我正在和一个商人交谈,或者有什么事情违背我的意愿,我会突然...这些眼泪就会涌出来,如果我陷入这种糟糕至极的境地,我就无法正常行事,你看,我...而且,我能够看到这一点,这是一种无形的东西,能够看到为什么我会处于这种境地,并摆脱

它，在所有阻碍我在这个领域前进的方面取得进步，我是一名演员，一个有创造力的人，我还能够看到，我能够挖掘我自己的创造力和我自己的直觉，其程度远远超过我曾经的想象。

Student 1: I probably have been involved with Lester longer than anyone who others are in here in this room, I heard about Lester when he was in Arizona, and from a friend of mine here in New York, an actor, and that he was just starting this course, and this was two years ago, and I flew out to Arizona and stayed there for about 10 days and took this course, and I was sort of staying at what there was a center there, which there was at that time, and I took it there and then I came back to New York and used my tool, the advantage I see it and it is there is something that you can use in every circumstance, in every situation, and it's directly connected with you, I mean and where you are at that particular moment, and I mean, I've studied metaphysics and I've studied Psalms, and I've studied various other things which all say all the truths in very glowing terms, I was raised knowing that I was an infinite being, I was told this since I grew up, and I mean, that's great to hear, I mean, it's lovely, I said, I'm an infinite being forever, but, you know, there are lots of things that come up, you know, and you know, I had crisis and tears and battles and all kinds of things, and and and this way of looking at not only yourself, but looking at human behavior in general is absolutely fantastic, and it is a very simple way, it's not complex, that's the genius of Lester, if he has been able to put it in the simplest form, and I think the simplest thing for the best, and the easiest way to do it, it's started for 20th century viewing, it started for the way we live, it started not to

go into an institution, and sit as a monk and meditate, but it is within our complex society that it works the best, and I will say that I have a 15-year-old daughter who's a psalmist and it's helped with her age group, too, and it's one of those things as much as you use it, it works, well, I will say that well, my one problem was that I had sort of a... When I went to Lester, I was, I was in a very apathetic state in the state of grief where things in life... I would cry, I mean, I couldn't, if I was talking to a business person or if something went against my coil, I would suddenly... These tears would come up, and if I would get into this incredible situation, I couldn't function, you see, I was... And, I was able to see this, this is a more intangible thing, and able to see why it was where I was and to rid myself of it and sort of progress up the ladder in all things that were holding me back in this field, and I am an actress, actress and a creative person and I was also able to see that I was able to tap into my own creativity and my own tuition intuition far greater than I could ever dream I would be able to.

学生 2: 我能问你一个问题吗? 如果你选了这门课程, 而且工具又比较简单, 那这又会妨碍你建立自己的公司吗?

Student 2: Can I ask you a question? If you take the course and the tool is better simple, what does this stop you from starting your own company?

学生 1: 我一点都不想这么做。

Student1: I have no desire to do that.

学生 2：或者其他愿意接受它的人。

Student2: Or anyone else who would take it.

学生 1：当然可以，我的意思是，我确信，如果你想开设一门课程的话。但我的意思是，我喜欢这种平静和心灵的自由，我喜欢和莱斯特共事，我喜欢我们身边的人，我喜欢在没有.....的情况下支持它，除了创办自己的公司，我还有太多其他事情要做。

Student1: They certainly could, I mean I'm sure, if you'd like to start a course, but I mean, I enjoy the peace and mind freedom and I've enjoyed working with Lester and I've enjoyed the people around us and I've enjoyed supporting it without I mean, I have too many other things to do rather than start my own company.

学生 3：我想谈谈你刚才提到的，它的简单性是最令人惊叹的部分，而只是想让它比以前更简单，首先，如果你只有两个方向可走，你可以让它变得更复杂，但这不是办法，那样做会更糟糕，这再简单不过了，所以你不能让它更复杂，这只是.....

Student3: I want to say something about what you just mentioned, the simplicity of it is the most mind-blowing part of it, and just the idea of trying to make it more simple than it is before, first of all, if you there is only two directions, you could possibly go, you can make it more

complicated, which wouldn't be the method, which would be a lesser thing, you couldn't get more simple, so you couldn't go the other way, it's just...

学生 2：顺便问一下，是否有这样一个流程，也就是一个人学会了，然后可以将其传授给其他人。

Student2: By the way, is there a process is that what someone learns, and they can pass it on to someone else.

学生 1：不一定，就像.....使用锤子很简单，但也需要技巧，是的，这需要练习，也需要精力，需要技巧，这是一种方法.....这需要时间，这不是我能做到的.....你知道，在五分钟内，你可以说出它是什么，但这是你必须亲身体验的事情之一。

Student1: Not necessarily, it's just like... It's very simple to use a hammer, but there is a skill, and yeah, it does take practice, and it also takes energy, it takes skill, and it's a method that you... And it takes time, and it's something that can't just I... You know, in five minutes, you could say what it is, but it's one of those things where you have to experience it.

学生 3：这就是为什么课程安排了 30 个小时，它的设计是这样的，你可以边做边学，第一天，我大约两周前刚毕业，我第一天做到的时候，我用的是我正在使用的方法，有时，当一个人使用它时，他们会沉浸在喜悦之中，开始大笑，我没有笑那么多，对我来说最好的事情是，我的女朋友也说我们的

关系很美好，我们像飞翔的鸟儿。来到这里才几个星期，你比我多待了几周，这.....这是可以选择的，确实如此，它是可以选择的，你可以随心所欲地使用它，你用的越多，你就越不想停下，你可以在任何情况、任何地方、与任何人一起使用它，你可以随身携带它，我相信这就是你所说的，它是一种非常好用的工具。

Student3: That's why it structures for 30 hours, it structures in such a way that you learn as you're going on, the first day, I just graduated two weeks ago or so, the first day I did, I was using the method that I was working for, and sometimes, when a person uses it, they get overwhelmed with joy, they start laughing a lot, I didn't laugh so much stuff, I just I just believed they didn't enjoy myself, I hadn't laughed so much, and the greatest thing for me is that my girlfriend also said that we've got a beautiful relationship, we're just flying, and it's only been like a couple of weeks since we met, that you've been a few weeks more than I, it is... It's very permissive. It is. It's very permissive, you can use it as much as you want, the more you use it, the more you don't, and you can use it in any situation, anywhere, with anyone, you carry with you, I believe that's what you said, it's a tool that works great.

学生 2：我想说点别的，对我来说最伟大的事情就是摆脱了一种叫做绝望的东西，我可以说这种东西永远消失了，任何出现的事情，我都可以处理，我的意思是，我可以选择不去处理它，但它在跟我开玩笑，你知道，我立刻就看到了它，放开它，它就消失了，除了你自己抓着的限制性概念之外，没有什么能阻挡你的无限性，就是这样，我们紧抓着，对此感到非常神圣，你知

道，你就像一个圣人。

Student2: I want to say something else, the greatest thing that's done for me is gotten rid of a thing called despair, one thing I can say is permanently gone, anything that comes up, I can handle it, I mean, I may choose not to handle it, but I it jokes on me, you know, I see it immediately, let go of it, and it's gone, there is nothing in the way of your unlimitedness except your own holding on to concepts of limitation, and that's all, we're holding on, feeling very holy about it, you know, you're like a holy man.

学生 4：听起来，当每个人都在说，你知道，你能说出一些非常美好的事情时，每个人都在问，你知道，你感觉怎么样？你觉得快乐吗？你感觉好吗？你感觉美妙吗？情况如何？你知道，你觉得自己回归到真实了吗？

Student4: It sounds, when everybody's saying, you know, the way you'll be able to say something really beautiful and it's everybody who's always saying, you know, how do you feel? Do you feel happy? Do you feel fine? Do you feel beautiful? How is that? You know, do you feel like you've come back to reality?

18.展示波澜不惊 Demonstrates Imperturbability 4

莱斯特：我们的不快乐来自于我们持有的、被压抑的垃圾，

Our unhappiness is due to the suppressed garbage that we're holding,

压抑和强迫导致了我们的不快乐,

the inhibitions and the compulsions cause our unhappiness,

当我们丢弃它们时, 我们会获得快乐, 而且从现在开始, 那种快乐是永恒的,

as we dump them, we gain happiness, and it's permanent from here on,

我们丢弃的越多, 我们就越快乐,

and the more we dump, the happier we become,

所以随着时间的流逝, 我们变得更快乐,

so as time goes by, we get happier,

但我们所抛弃的东西都是永久性地抛弃了, 不管它是什么。

but what we dump is dumped permanently, whatever it is.

学生: 换句话说, 父母在童年时期给我们的困扰, 我们也能放下?

Student: In other words, hang ups from childhood that our parents may have dumped on us, we can let go of?

莱斯特：更确切地说，你从父母那里接受的任何东西都可以放下。

Lester: Anything that you accepted from your parents, is a better way to put it, yes.

学生：你的方法与自我暗示有关吗？

Student: Do you method has anything to do with the autosuggestion?

莱斯特：不，自我暗示是在编程，

Lester: No, the autosuggestion is programming,

我们试图解除所有程序，

we try to deprogram all the programs,

所有这些程序都是限制，

all these programs are limitation,

我们把程序清除出去，

we get the programs out of the way,

我们所是的直觉存在就会显现出来。

the intuitive being that we are come through.

(学生说的听不清)

莱斯特：不，不，你看到的是一种方法，它将成为日常生活中你可以使用的工具。

Lester: No, no, you're shown a method, that becomes a tool that you use in your everyday life.

学生：你会不会只看一眼就忘了工具.....

Student: Would you just look and forget the tool...

莱斯特：不，因为它太基本了，而且涵盖了所有的东西，你在世界中随处可见，

Lester: No, because it's so basic, and it's so cover-all, you can't help but see it in the world,

当你在世界中穿行时，你会看到它，

as you go through the world, you just see it,

这是对它全部内容的简单呈现，

it's a simple presentation of what it's all about,

在你的日常生活中，你肯定会看到这一点。

you cannot help but see it in your everyday life.

这个小组通常是 10 到 12 人，一个小组通常是 10 到 12 人，非正式的，我们围着桌子工作，

The group is usually 10 to 12 people, it's informal, we work around a table,

当我们展示资料时，我们尝试让你体验它，

as we present the data, we try to get you through the experiencing of it,

你体验它，其他人也体验它，

and you experience it, others experience it,

当一个人在体验，通常其他人也在和他一起体验，实际上是在丢弃潜意识的压力、驱动、抑制、强迫，这些是不同的词汇，都是同一个东西，

and when one is experiencing, usually others experience with them, in actually dumping the subconscious pressure, drive, inhibition, compulsion, these are different words for the same thing,

你在某种程度上丢弃了潜意识的推动和拉扯。

you're in a way of dumping the subconscious pushes and pulls.

不，不，我们在你面前的图表上为你呈现了全貌，

No, no, we give you the total picture on a chart right in front of you,

但方法是带你经历它，让你在其中不断尝试，学会如何掌控那些潜意识里被压抑的所有东西，

but the way is taking you through it, experimenting you through it, and how to get a handle on these subconsciously suppressed, all that stuff,

你掌握了它，实际就能释放、倾倒它。

you get a handle on it, and you actually discharge, dump it.

学生：我们有一个简短的演示。

Student: And we have a, just a sort of a brief demonstration.

莱斯特：我无法展示，因为它.....

Lester: No, I can't demonstrate, because it...

学生：如果有人遇到困难或者觉得可笑，有人走过去推了他一下，用鄙视的眼光看着他，说“你这个傻子，你让我想起了我的母亲”，你会怎么做？

Student: As far as someone who is up against the difficulty or is ridiculous, someone has just gone over to them and give him a nudge

and a dirty look and said, you damp fool, you remind me of my mother, how would you, what would you do?

莱斯特：有毕业生愿意回答这个问题吗？如果没有，我来回答。

Lester: Does any graduate want to answer that? if not, I'll answer it.

你以某种特定的方式有了不安的感觉，你实际上可以释放它，然后你就不会再不安了。

You get your disturbed feeling in a certain way, that you can actually discharge it, and you are not disturbed.

学生 1：这很模糊。

Student 1: That is very vague.

学生 2：不管你想要不想要.....

Student 2: You don't care whether you want it or not...

学生 1：你如何摆脱它？你是怎么做的？我想要实际的应用。

Student 1: how do you get rid of it? what do you do? I want the actual application.

莱斯特：这就是答案，

Lester: Here's the answer ,

我无法告诉你体验,

I cannot tell you experience,

理性思维永远无法理解它,

the reasoning mind can never ever comprehend it,

这是一种摆脱你被压抑的感的体验。

it's an experience of ridding yourself of suppressed feelings.

学生：我的推理思维是抽象的，它基于经验、生活和感觉，因此打个比方，即你所说的任何话都可以反映我的经验。

Student: My reasoning mind is an abstraction, it's based upon experience and life and feeling, so there's an analogy that anything you can say that will speak to my experience.

莱斯特：不是真的，不是这样的，

Lester: Not true, not true,

如果你的理性思维能做我们所说的，你早就做到了，你早就做到了，你会读它，你已经在书里读过了，

if your reasoning mind could do what we say, you would have it, you would have it, you would read it, you've already read it in books,

你知道怎样才能快乐吗？

you know what it takes to be happy?

如果你的理性思维能做到，你早就做到了。

If your reasoning mind could do it, you'd have it.

这门两个周末的课程费用是 195 美元，包括午餐。

The price of the course is 195 dollars for the two weekends, yeah you get your midday meal is included.

(学生说的听不清)

莱斯特：一样的价格。

Lester: Same price.

学生：300 人，他们有足够的 300 人，也许我们最好从底层入手，尽管我还没有学过，在我看来，正因为它规模较小，它才更受欢迎。

Student: 300, they had enough 300 maybe we better get in on the ground floor although I haven't taken this, it seems to me that the very

fact that it's on a smaller level makes it more desirable foreign.

莱斯特：是的，我们没有 250 人，我们有十几个人，我们和每个人一起工作。

Lester: Yeah, we don't have 250 people, we have about a dozen, and we worked with each one.

学生：你还有任何其他这些课程吗？

Student: Have you taken any other these courses?

19.展示波澜不惊 Demonstrates Imperturbability 5

学生：莱斯特，根据你的经验，这是任何一个还没有成功的人.....

Student: Lester, in your experience, this is anyone that has not been successful with...

莱斯特：不，人们可以选择不使用这个方法，也可以不成功。

Lester: No, one could choose not to use the method and not be successful.

学生：但是如果有人不想用它，说这是不可能的，我不知道方法，所以我只

是随口说说，那么就不会成功。

Student: But if there is somebody who would not want to use it as far as it's impossible, I don't know the method, so I'm speaking out of my head, then it would not be successful.

莱斯特：成功有不同的程度，

Lester: There are different degrees of success,

但每个人都能有所收获，

but there's some good gotten by everyone,

整个展示体现了它的简单性，

the totality of the presentation shows the simplicity of it,

因此每个人都会从中受益。

so that each one does gain.

学生：你真正想问的难道不是，有没有人说过“我没有得到任何东西，我想要回我的钱”或类似的话？

Student: Aren't you really asking, has anyone said "I didn't get anything out of it, I want my money back", or something like that?

莱斯特：还没有。

Lester: Not yet.

学生：你会提供额外的周末、或几天、或几个小时来强化吗？

Student: Do you offer reinforcers, like additional weekends or days or hours?

莱斯特：对于那些想要更多的人，我们每周三晚上都有工作坊。

Lester: We, for those who want more, we do have a workshop every Wednesday night.

学生：这是否也适用于戒烟，暴饮暴食和酗酒吗？

Student: Can this be applied to quitting smoking, overeating, overdrinking?

莱斯特：那些上过这个课程的人，有些已经轻松地戒掉了烟，

Lester: The people who have had the course, some have dropped smoking with no fight,

我想大多数人仍然在吸烟，或者曾经在抽烟，

I think the majority are still smoking though, or were smoking,

有些人减少了吸烟，大多数人没有减少吸烟，有些人减少了，是的，有些人毫不痛苦就戒了，有些人戒了暴饮暴食。

some have lessened, most of them have lessened their smoking who haven't dropped it, some have dropped it, yeah, some have dropped it with no fight, some have dropped overeating.

学生：你不认为人们的目标应该是正确的思考而不是摆脱诸如吸烟，暴饮暴食，酗酒之类的困扰吗？

Student: Wouldn't you say that the goals that people might have would be essentially right thinking rather than getting rid of obsession like smoking or overeating, drinking, whatever drugs?

莱斯特：那更重要。

Lester: That's more important.

正确的思考会引领你到达正确的地方。

Right thinking will get you to the right place.

学生：强迫包含了错误的思想，难道你不能纠正错误的思想吗？

Student: Amongst compulsion are resulted the wrong thinking. Can't you correct the wrong thinking.

莱斯特：好吧，你看，思考是由强迫引发的。

Lester: Well, see, the thinking is caused by the compulsion.

我们的感受驱动了我们的想法。

Our feelings motivate our thoughts.

我们饿了，就会想怎么找点吃的；

We get hungry, we think how to get something to eat;

我们很冷，我们就会想如何让自己温暖；

We are cold, we think how to get ourselves warm;

我们想赚钱，我们就会想如何找到一份工作；

We want to make money, we think how to get a job;

我们有了一份工作，我们就会想我们必须做点什么来保住这份工作。

We're in a job, we think what we must do to maintain that job.

看，感受驱动着想法。

See, the feelings motivate the thoughts.

(学生说的听不清)

当你的心智是平静到没有任何想法时，这就是终极状态，除非你想要放入一个想法。

The ultimate state is when your mind is that peace and has no thoughts until you want to put a thought in.

今天，不管我们是否想要它们，我们都在被各种想法所困扰，

Today we're plagued by thoughts, whether we want them or not,

因此，终极状态是达到心智完全平静的状态。

so the ultimate state, yes, is to get to the place where the mind is totally at peace,

当你到达那里的时候，宇宙自然的和谐将为你显现，

when you get there, the harmony that is natural to the universe will manifest for you,

生活变得越来越不需要努力，

life gets to be less and less requiring of effort,

我们可以到达一种几乎毫不费力的状态，

we can reach a place where it's almost effortless,

一切对我们来说都是顺利的。

everything falls into line for us.

学生：莱斯特，告诉我，如果有人说“我现在有一个紧迫的问题，我可以把它详细说一下”，你会怎么处理？

Student: Tell me, Lester, how do you deal with someone who says “I have a pressing problem right now and I can spell it out”, what do you do with that?

莱斯特：他们立即应用释放法。

Lester: They immediately apply the Method.

学生：因为我现在有一个紧迫的问题，我想知道即使我没有参加这个课程，我是否也可以运用课程里的方法呢。

Student: Because I have a pressing problem right now, I'm wondering if, even though I didn't take the course, if I could apply the course.

莱斯特：不，你得学会如何使用它，

Lester: No, you would have to, you'd have to learn how to use it,

你现在太习惯于做相反的事了。

you're so conditioned to do the opposite right now.

如果我告诉你它是什么，你也用不了，

If I told you what it was, you couldn't use it,

但是当你一遍又一遍地去做，持续体验 30 个小时后，

but when you go through it again and again and again for 30 hours,

根据体验你会发现，它确实有效。

by experience you see, oh, it does work.

你永远无法理解它，

You'll never understand it,

因为它而言，不存在理解。

because there is no understanding to it.

然而，我们在智性层面给你关于它的理解，

Yet, we give you the intellectual understanding of it,

表面上，你以为那就是理解，

the the outer, what you think is understanding,

但真正的理解是体验，

but the real understanding is the experiencing,

正是在感受中，我们才能理清它，

it's in the feelings where we get straightened out,

我们摆脱了潜意识的驱动，

we get rid of the subconscious drives,

不存在对潜意识驱动的理解，

there's no understanding of the subconscious drives,

如果有这种理解，你就不会被它们驱动，也就不会被它们困扰了。

if there were, you wouldn't have them, you wouldn't be plagued by them.

学生：爱从何而来？

Student: Where does love come from?

莱斯特：爱其实是我们最基本的天性，

Lester: Love is our really basic inherent nature,

所有这些潜意识的感受掩盖了它。

and all these subconscious feelings cover it over.

学生：你现在充满了爱吗？

Student: Are you full of love now?

莱斯特：是的。

Lester: Yes.

学生：你如何向我们展示你对爱的感受？

Student: How do you show us how you feel love?

莱斯特：如果你感觉不到，我就无法展示它。

Lester: If you don't feel it, I can't show it.

学生：哦不，不，不，那是逃避，那是逃避，因为如果你是无限制的，那么就没有什么可以限制你，甚至我的限制也不能，我不是，因此，向我展示你感

受到并表达和投射的爱， 好吧， 不要说我做不到， 因为那是在承认限制。

Student: Oh no, no, no, that's a cop-out, that's a cop-out, because if you are unlimited, then nothing can limit you, not even my limitation, I am not, therefore, show me that you feel and express and project love, well, don't say, I can't do it, because that's a confession of limitation.

莱斯特：我还没达到那么高的状态， 我也没有说过我达到了。

Lester: I am not at that high goal yet, and I have not said that I am.

爱是一种你得体验的东西，

and love is a thing you experience,

爱不是我对你说我爱你，

love isn't a thing I tell you I love you,

我可以整天说着我爱你我爱你我爱你， 却想着怎么伤害你，

I can say I love you, I love you, I love you all day long, and be thinking of how to hurt you,

我对你只有最美好的祝福，

my wishes for you are only the best,

我想让你得到你想要的，

I want you to have what you want,

这就是我的爱的来源。

that's where my love comes from.

(学生讨论的听不清)

莱斯特：我没法那样展示，所以只能这样来展示它。

Lester: I can't so the part, that I can only present it.

学生：我有两个有点相关的问题，首先，对于一个人一对一地开展这件事，其他人的经验是否必要呢？

Student: I have two questions that are kind of related, in the first place are the experiences of other people necessary for a human being to tell a one-on-one basis?

莱斯特：你可以一对一地做这件事。

Lester: You can do it on a one-on-one basis.

(学生说的听不清)

莱斯特：是的。

Lester: Yes.

(学生说的听不清)

莱斯特：为什么我没有这么做的原因只有一个，那是不可能的。

Lester: There's only one reason why I haven't, it's impossible.

如果我可以，如果我可以，我就不会让自己经历这些。

If I could... If I could have, I won't be putting myself through this ever

你看，我知道心智的法则，

You see, I know the mind laws,

心智只有创造性，

mind is only creative,

我们只创造我们在心智中持有的东西。

we create only that which we hold in mind.

不幸的是，我们大多数持有的东西都是潜意识的，并创造了我们认为我们不想要的。

Unfortunately, we are holding most of our stuff subconsciously and creating things we think we don't want,

因为我们没有看到我们在持有负面念头。

because we don't see that we are holding negative thoughts.

我没有生活问题，我不需要这个，

I have no problem with life, I don't need this,

只是出于他所说的那种同情心，我很希望看到其他人能得到这个。

it's only out of what he's talking about, compassion, I would love to see others get this.

当这件事步入正轨后，我会退出，

As soon as this will get on its feet, I'll step out of it,

我不需要它，也不需要荣誉。

I don't need it, I don't need the glory.

学生：我有另一个问题莱斯特.....

Student: I have another Lester...

莱斯特：当我在做这件事的时候，我有一种同情心，

Lester: It's got a compassion that I'm doing when I'm doing it,

我告诉你这将是你这辈子中最划算的交易，

I'll tell you this, it'll be the biggest bargain you ever will have had in your entire lifetime,

这个我知道，但我无法向你证明这一点。

this I know, I can't prove it to you.

20.展示波澜不惊 Demonstrates Imperturbability 6

如果你对它没有信心，你知道的，我会告诉你关于保证的事，

If you don't have faith in it, you know, I'll tell you on the guarantees,

我在讲我的经验，我可以很容易地做到这件事，

I'm telling my experience with it, I could do it very easily,

我见过好几个人没做到，

I have seen several people not get it,

因为他们觉得自己有保证，

because they are a guarantee,

我见过一些人用它来不参加课程。

I've seen it used by the person not to get the course.

我会告诉你我收费的原因，

And I'll tell you the reason why I charge,

24 年来，我不仅不收费，也不接受捐赠，

for 24 years I put this out, not only would I not charge, I wouldn't take a donation,

捐款被募集起来交给我，而我把它们退回去了，

donations were collected and given to me, and I turned them back,

我知道这样做对人们造成了伤害，但我就是不能收费。

I was aware of my doing a disservice to people, but I just couldn't charge.

弗洛伊德一开始就说过：“不幸的是，我的病人好转的程度与他们必须为此付出的费用成正比”，

Freud said it way back in the beginning “Unfortunately, my patients get better to the degree that they have to pay for it”,

我们下意识地习惯于根据付出的多少来衡量价值，如果我不向你收费，我反而是在害你。

we are subconsciously so conditioned to value in accordance with what we put out, if I didn't charge you, I would be doing you a disservice.

(学生说的听不清)

莱斯特：这就是我的爱，我不会对你这样做。

What I do, this is the love I have which I wouldn't do to you.

学生：你做这个已经 24 年了吗？

Student: Have you been this for 24 years?

莱斯特：是的，我只是在过去两年里以有组织的方式推出它，现在的收费，

我大约在两年前开始，过去两年我的效果比过去 22 年要好得多，因为.....

Lester: Yeah, I have only put it out in an organized way, now charging for it in the past two years, I started roughly about two years ago, and I had far more effectiveness in the past two years than I had in the previous 22 years, because...

学生：这些钱让我有点想说点什么，我是个毕业生，我第一次来这里的时候也有同样的感觉，我不认识任何人，我在某处读到过相关公告，我觉得这听起来像是骗局，因为他们没有告诉我这是什么，他们自己来然后发现了，某种直觉告诉我“好吧，风险，如果你之前注意到的话”，我使用了它，现在五个月过去了，我得到的回报真是太不可思议了，甚至没有那么跌宕起伏，我没有躺在阴沟里痛苦地尖叫，不，我的适应能力很强，因为我经历了一切，你能想到的，美妙的生活、正念的思想，我走了太多的道路，我从每条道路上都学到了一些东西，我感觉自己越来越好了，而且它运作得很好，谢谢你，但在此之下有很大的痛苦，我把它压了下去，它起作用了，这带走了这些痛苦，并且真的消融了它，我所处的状态真是太美妙了，相信我，195 美元这个价格简直不值一提，不管你的财务状况如何，如果你有的话，我的意思是它远不止值这么多钱，如果你去找两三年的精神分析师，他们肯定会考虑 3,000 美元的收费。

Student: This money almost gets me itchy to say something, I'm a graduate, and I had the same feelings when I came here the first time, I didn't know anybody, I read the notes somewhere, and it sounded like a rip-off to me, because they don't tell me what it is, they come and find out, some intuition said to me "Okay, risk, if you had noticed before",

and I took it, and now five months later, it is so incredible what I've gotten for it, it's not even that dramatic, I wasn't uh lying in this gutter and was screaming in pain, no, I was pretty well-adjusted, because I had taken everything, you name it, delicious life, mindful thoughts, I've gone through too many paths, and I took something from each path, and I felt I was getting better, and it was functioning very nicely thank you, but underneath there was a great deal of pain, I kept it down, and it worked, and this has taken this pain and literally dissolved it, and I'm in a state which is absolutely beautiful, and believe me, \$195 is ridiculous to even talk about, and no matter what your financial position is, if you have, I mean it's worth that and many thousands more, if you go for two or three years to an analyst, you would consider 3,000 chief surely, and they thought.

学生 2：我想说，我想说，嗯，第一，它对你有效，就像很多人一样，呃，他们带着一线希望求助于精神医生，这对他们很有效，然而，许多其他人，成千上万的人没有得到帮助，所以对一个人好的东西可能对另一个人没什么用，而且，我不想评论精神病学的治疗方式，他们说“如果你不付钱，你就不会好转，你不会好转”，这是一个烂摊子，你必须付出代价，嗯，最近《今日心理学》的一篇报告显示，他们发现即使病人不付钱，比如当他们通过医疗补助或诊所接受治疗时，病情恶化或没有好转的人数与付费的人数是一样的。

Student2: I want to say, I want to say that, well No. 1 it worked for you just as many people who are uh, want to waiting in a one-eyed

psychiatrist ,it works for them very well, and yet, many other, thousands of others, who want these one-eyed, Freudian psychiatrists, it hasn't worked for them, so what good for one may not be good for the other, and also, I'm not going to comment on the old way of psychiatry where they said they said "if you don't pay for it, you won't get better, you won't get better", it's a mess, that has to be sacrificed, well, there was a reason report in psychology today that, said that they found that even when the patients don't pay for it, like when they get it on Medicaid or a clinic, the amount of people that grow or that don't get well, is the same as for the ones who pay for it.

学生：嗯，先生，我说的不仅仅是身体恢复，我是说身体处于一种可以正常运转的状态，但我不会像以前那样对它抱有同样的期待，这是远远超出康复范围的事情。

Well, sir, I'm not talking about just getting well, I'm talking about being in a state where the world can do its thing, but I'm not expected the same way I was before, that's something which is far beyond well.

另一个学生：你的生活发生了什么变化？你听起来很确信，它有什么变化？

How has your life changed? You sound very convinced. How has it changed?

学生：首先，我现在站在这里说话，这就是一个变化，这是一个很大的变化。

而且我不再感到紧张不安, 如果你们告诉我闭嘴坐下, 我也不会感到被拒绝, 而被拒绝在我一生中是一个重大问题, 虽然并不总是承认, 但它一直存在, 并且许多关系中表现出来, 产生了一些不愉快的小事情。对我来说, 这是一个非常戏剧性的变化, 可能对你来说不算什么, 但对我来说是个大变化, 换句话说, 这让一切变得更加容易了。包括如果房东给我制造麻烦, 我不会紧张, 我能更好地应对, 我能更好地看透事情, 我能更好地感受他们, 无论在职业上还是其他方面, 我感觉自己充满活力。

Well, first of all, that I stand here and talk, that's a change, that's a big change, and I don't feel uptight about it, if you all could tell me to shut up and sit down, I wouldn't feel rejected, now, a rejection has been a major thing in my life, it wasn't always acknowledged, but it was there, and in many relationships it came out inside, and those little things that weren't very nice, that is a change which is very dramatic to me, maybe not to you, but to me it's a big one, in other words, it makes everything easier, including if the landlord gives me a hard time, I don't get uptight, and I'm able to function better, I can see better through them, I can feel better with them, professionally, I find me very alive.

(另一个学生说的听不清)

学生: 好吧, 如果你直接问我, 答案是肯定的, 这不再重要了, 世界对我做了什么, 我如何应对, 这对我来说不重要了, 我对此感到很放松, 一年前, 如果我回答“是的”, 我肯定会很震惊。

Well, if you ask me a direct question, the answer is yes, it's not that

much more, that's not that important anymore what the world does to me, is how I react to it, that's fine with me, I feel relaxed about it, I would have been shaken up saying a year ago, yes.

另一个学生：你是否能够处理那些让你陷入困境的事情？

Have you been able to deal with things that fell into your shell?

学生：哦，这太广泛了，我甚至无法开始谈论，我需要三个星期才能向你解释清楚，我确实摆脱了这些东西，就像一个有 50,000 层的鸡蛋壳一样，它们自己脱落了，当它们浮现时，这就是我们所说的放手，呃，感觉就像我在飞翔，呃，我感觉就像在一个气球里，束缚脱落了，我只是飘飘然，因为这些事情发生了，甚至是不记得的事情，心智仍然将它们向前推进，不断回顾，它们就脱落了，是的，这可能是最伟大的一种方法。

Oh, that is so big, I can't even start talking about, it would take me three weeks to explain to you, I have literally shed these things like shells like an egg that has 50 000 shells that came off, just by themselves and as they came up, that's what we call letting go, uh it's like I'm flying, uh I'm uh like in a balloon, and the baggage comes off, and I'm just floating, because these things that happen even things that I don't remember that still the computer carries them forward and presses and presses, and they are coming off, yeah that's probably the greatest one.

另一个学生：这是永久的吗？你不需要每个月都在家里做这个……

And this is permanently, you don't have to keep doing this every month in the house....

学生：一旦完成了，是的，不，一旦释放了，就不会再回来。我有一个非常简单的例子，可能不是特别戏剧化，但我有一只小狗，不太喜欢吃东西，她年纪大了，是一只阳光明媚的约克夏梗，就在我上完课之后，她长了一个肿瘤，然后变成了癌症，这非常令人难过，但我运用了这个方法，我看到她受苦，非常痛苦，而我没有受到同样的影响，我可以更爱她，但不会受苦，然而，四周前，她患上了第二次癌症，长了一个肿瘤，这似乎真的很严重，这一次，我不需要再经历同样的过程，它起作用了，这对我来说是一件大事，因为我认为我必须经历同样的事情并应用我所学到的东西，但不必如此，这是一个相同的情况，不需要重复做，这并不意味着如果一个新的情况会出现，我不会再这么做了。但这次，我成长了，我思考，动机是什么？无论如何，我让自己更爱它，因为我现在不担心失去它，而这在不久的将来是可以预见的，我不担心会痛苦，因为我可以让自己爱它，而这就是需要付出的。

Once it's done yeah, no, once it's done, it doesn't come back, I have a very simple example, it may not be terribly dramatic, but I have a, I have a little dog, not very fond of thins, she was old and she's a little sunshine in Yorkshire Terrier, and right after I took the course, she came down with a growth and it became, it was cancerous, and it was very sad, but I applied the method, and I saw her suffer, a very deeply suffer, and I was not affected in the same way, I was able to love her more, but not suffer, however, four weeks ago, he came down with the second cancer, a growth, and this seemed to be really serious, and this time, I did not have

to go through the same process again, it worked, that to me was a big thing, because I thought I would have to go through the same thing and apply what I learned, it didn't have to be, it was an identical situation, and it didn't need to be redone, that doesn't mean if a new situation would come up, I wouldn't do it again. But this time, I had a growth, and the thought, what is the motive? However I'm letting myself love him more, because I'm not worried about losing him now, which is foreseeable in the near future, I'm not worried about suffering, because I can just allow myself to love her, and that's going to pay the price.

女士，请问，你在这里学习这门课程，是不是感觉自己掌控了一切？通过这门课程，你自己是否就是一切发生的起因和结果？

Excuse me, madam, by you taking this course here, do you feel like you are the master of yourself? Are you the cause and affects of everything that happens to you through this course?

学生：我是根源，是的，我接受了...

I'm the cause, yes, I accept it...

另一个学生：我是说，你觉得你现在是自己的主人吗？

I mean, do you feel like you are the master of your own self?

学生：我感觉我处于一种和谐的状态，是的，我觉得我在和谐中。

I feel that I'm in harmony, yes, I feel that, yes.

另一个学生：你处在和谐中，你是自己一切发生的原因和结果。（中间说的听不清）你在所有事上都处于和谐中吗？

You are in harmony, you are the cause and affect everything happens to you... Are you in harmony with everything?

另一个学生：但我还没有，但绝对不会在这么短的时间内。在这五个月里，从我的角度看，这是不可思议的，这样的变化是我以前从未见过的，我从一切事物中都汲取了一些东西。如果你长时间地修习佛法，你会变得更好，但这需要很长时间，而即使在我安静地冥想时，内心仍然有很大的痛苦，我无法应对。

But I'm not yet, but certainly not in this length of time, at these five months that from where I can see, it's incredible that that something I've never seen before, I have taken things from everything, if you sit long enough and practice Buddhism, you get better, but it takes a very long time, and there was a great deal of pain underneath, even when I was peacefully meditating, that I could not cope with.

另一个学生：谢谢你。

Thank you.

学生：那么这个过程是否有可能帮助你释放一些东西呢？（后面说的听不清）

So is there any chance that the process that helps you release stuff?

莱斯特：不，你丢弃的其实是潜意识里的压抑和强迫，它们没有一个是好的，每一丝的压抑和强迫都在生活中干扰你的自由和幸福。

Lester: No, which you're dumping are really subconscious inhibitions and compulsions, none of which are any good, every bit of which is interfering with your freedom in life and happiness.

(学生说的听不清)

看，我所说的和你从许多学派中听到的一样，

See, what I say is the same as what you have heard from many schools,

但是我们的方法和其他的不一样，

but our method is not like any other one,

它是独特的。

it's unique.

学生：据你所知，在其他文化或历史上从来没有这样做过。

Student: As far as you know, it's never been done in the other culture or time in history.

莱斯特：对的。

Lester: Right.

学生：还有一种现象叫做意识、洞察力、觉知，换句话说，就是对来自所谓无意识的感受进行解释，使它们变得有意识，然后解释它们？

Student: There's also a phenomenon called consciousness, insight, awareness, in other words, making the, interpreting the feelings that come from the so-called unconscious, making them conscious, illuminating them?

莱斯特：不，我们不解释，我们并不陷入其中，

Lester: No, we don't interpret, we don't dwell in them,

我们释放它们，倾倒它们，

we discharge them, dump them,

我们说所有潜意识的感受都不过是垃圾。

we say it's all the subconscious feelings are nothing but garbage.

如果你在倒垃圾，为什么要检查它、闻它、看它呢？

If you're dumping garbage, why bother examining it, and smelling it,

and looking at it?

扔掉它，摆脱它。

dump it, be rid of it.

学生：你怎么倾倒它？

Student: How do you dump it?

莱斯特：这就是课程，

Lester: That's the course,

它会变成这样，

it'll come to this,

我不能用理性思维把它给你，

I can't give it to you with the reasoning mind,

就像我之前说过的，如果可以的话，我早就把它写在书里了，这样我就可以省掉这一切了。

as I said before, if I could have it would have been in a book, and I could have spared myself all this.

学生：在我看来，像“心灵力量”这些东西的领导者们，以及你们自己，都是要求公众基于信任购买某样东西，不，我不是说.....

Student: It seems to me that the leaders of s and other things, and yourself as well are asking the public to find something on faith, no, I don't say that.

莱斯特：不，不，我不是说凭信心，

Lester: No, I'm, no, I'm not saying on faith,

和那些经历过的人谈谈。

talk to those who've been through it.

学生：我不是说要基于信任购买，去跟那些经历过的人谈谈，看看他们未经请托的见证，或即使是请托的见证，这些人都通过了，尤其是那位女士。但还是，这是在信任的基础上购买的，因为我们在这里看到一位显然真诚的女士在积极地为课程发声。

Student: Even that, even that through the unsolicited testimonial or even solicitive testimonial, that we have and these people come through very very nicely especially that lady, but still it's buying something up great, because we're looking at alright obviously, sincere woman over there who's speaking positively for the course.

莱斯特：我同意你的看法。

Lester: I'll go along with you.

学生：如果我决定参加这个课程，我是在基于信任的基础上买的。

Student: And if I want to say yes I think I'll take it, I'm buying it on faith

莱斯特：是的，你得有一定的信心。

Lester: Yes, you have to have a certain amount of faith.

学生：没错。

Student: That's right.

莱斯特：是的。

Lester: That's true.

(后面俩学生说的听不真切)

百年纪念

100th Anniversary

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方法，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，我做了四年的精神分析，每周四次，在弗洛伊德的一位同事 Kilian Bloom Bouam 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时，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.

我们忘记了自己正在做什么，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 he 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，“一分钱不地带去洛杉矶”，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 if there 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的快乐，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.

但如果你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.

本然状态是无限的喜悦，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一件事——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 阅读祂的书籍 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.

因为最后是发现“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.

只要你自己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 apperency.

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 he 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，我们就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 riding 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种挑战，

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 effortlessness 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：“我怎样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，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，我必须在外面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，当祂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

萊斯特：欲望。

Desire.

学生：欲望？

Student: Desire?

萊斯特：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：如果你们想走奉爱路径，

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那种生活，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 eternality.

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。

所以你从低处仰望高处，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

萊斯特：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——只是想一想就让事情发生，

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 coxer 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 felt 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.

如果你需要其他的東西，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? Gyrating 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,

因为它们在不断地、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.

所有这些努力，你们看待我的方式都不一样，

All this effort, you don't see me the same,

你们每个人对我的看法都不一样。

every one of you sees me a bit different than the other.

就像在一场事故的例子中，为什么 5 个人在看同一件事时会有 5 种看法，甚至那个事故与他们无关，从客观上看，他们也无法看到相同的东西？

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,唯一的东西就是“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,

死的是什么？

what dies?

小我，

The ego.

什么是小我？

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；现在原子内有数百个粒子。

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，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时侯，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.

但是你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想要的经历、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，绝对不做任何事，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，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?

怎样才能才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.

终极目标第一卷

**The Ultimate Goal
Volume 1**

01.终极真理 The Ultimate Truth 1

磁带旁白：1952 年，一位名叫莱斯特·利文森的物理学家发现了一种脱离所有限制的方法。在此之前，他已经非常成功，但却饱受伴随世俗成功而来的身体和情绪方面的疾病困扰。但自从他有了这个发现之后，他一直享受着完美的健康、内在的平和以及幸福。直至今日，了解他的人都能明显感受到他的平和与快乐，他对生活的掌控已经成为了传奇。而他对他人的慈悲之心促使他帮助许多人也获得了他所享有的那种平和与幸福。在 1964 年到 1972 年间，莱斯特向许多团体发表过演讲。其中一些团体录制了他的演讲内容，这个特别的盒式磁带节目包含了其中的 11 次演讲。这些演讲的表达方式是经过精心设计的，在录制这些演讲的时候，莱斯特已经学会了用一种能让人们将注意力集中到他所传达的信息上而非他本人身上的方式来进行演讲。如果你聆听他所传达的信息，并开始将其运用到日常生活中，你会发现它有着超乎你最高期望的特质和力量。

In 1952, a physicist by the name of Lester Levenson discovered a way to free himself from all limitation, prior to that time, he had been very successful, but he suffered from the physical and emotional ills that so often accompany worldly success, but since his discovery, he's enjoyed perfect health, peace and happiness right up to this day, his peace and joy are very evident to those who know him, his mastery of life has become legendary and his compassion for others has led him to help many people toward achieving the same peace and happiness that he enjoys, Between 1964 and 1972, Lester spoke to many groups, some of whom recorded his talks, this special cassette program includes 11 of those talks, the delivery style of the talks is deliberate, by the time these

talks were recorded, Lester had learned to speak in a manner that would draw attention not to him, but to his message, as you listen to his message and begin applying it in your everyday life, you will discover it to have a quality and power well beyond even your highest expectations.

第一次课程的标题是“终极目标”，录制于 1964 年 9 月 28 日。

The title of this first session is “The Ultimate Goal”, it was recorded September 28th, 1964.

莱斯特：我们每个人在这个世界上寻找的东西都是一样的，我们都在寻找什么呢？

The thing that every one of us is looking for in this world is exactly the same thing, and what is it that we are all looking for?

没有悲伤的幸福，没被任何悲伤污染的、持续的幸福。

Happiness with no sorrow, a continuous happiness with no taint whatsoever of sorrow.

好吧，这就是目标。

All right, this being the goal.

为什么这是目标呢？

Why is this the goal?

之所以这是目标的原因，是因为无限的幸福是我们最基本的本性。

The reason why this is the goal is because unlimited happiness is our very basic nature.

在我们给它加上各种限制之前，这是真正的自然状态。

This is the real natural state before we encumber it with limitations.

现在，为什么我们大多数人都没有这种持续的、没有悲伤的幸福呢？

Now why is it that most of us don't have this continuous happiness with no sorrow?

只有一个原因，无限存在、拥有无限幸福的无限存在，我们摒弃了这种幸福，通过宣称：

There is only one reason, Beingness, infinite being with infinite happiness, we do away with this joy, this happiness by saying:

首先，我是一个个体；

First, I am an individual;

然后，我有一个心智；

Then, I have a mind;

接着在这个只有想法的心智中，我们开始积累限制性想法——我有一个受限的、有着诸多麻烦的心智、身体。

Then, with this mind which is nothing but thoughts, we start accumulating thoughts of limitation, I have a limited mind, body with all sorts of troubles.

用这种方式，我们把自己的无限存在限制到了极致。

In this manner, we take our unlimited Beingness and we limit it to the extreme.

如今，我们在这个地球上唯一真正的目的就是去学习或者忆起我们没有限制的、最初的自然状态。

Now, the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitations.

一旦我们开始认识到这就是我们的自然状态，接下来我们就会着手放开所有的限制。

Once we are led to seeing that this is our natural state, then we proceed to let go of all the limitations.

首要的、排第一的限制就是“我是一个与整体相分离的个体”，

The prime number one limitation is “I am an individual separate from the all”,

消除它，你就消除了所有的麻烦、所有的限制、所有的疾病和所有的贫穷。

eliminate that, and you eliminate all trouble, all limitation, all sickness, all poverty.

从相反的角度来说就是“放手，让上帝接手”，

Saying that on the opposite side is saying “Let go and let God”,

不是我，而是天父通过我在运作。

it is not I but the Father who worketh it through me.

我们必须释放小我感，只是允许我们自然的存在仅仅只是存在，

We must let go of the ego sense, and just allow our natural being just to be,

然后一切就都会落入完美之中。

and then everything falls perfectly into line.

现在，这一切都非常、非常简单。

Now, this is all very, very simple,

如果你想要复杂，你就永远都看不到简单。

If you want complexity, you'll never see simplicity.

但首先必须接受这一点，一旦这种方式被整体接受，我们会发现做到这一点并不容易，

But this must first be accepted, once this is accepted as the overall way, we do not find it easy to accomplish it,

我们之所以发现它并不容易，是因为过去成千上万年来养成的习惯，

we don't find it easy because of past habits that have been established over thousands and thousands of years,

而且由于某些愚蠢的原因，我们喜欢这些带来麻烦的、过去的习惯，于是我们延续着它们，我们以拒绝去看这些习惯的方式做到这一点，我们称之为无意识行为；

and for some silly reason, we like these past habits of trouble, and so we continue them, we do it a manner that we refuse to look at, we call it unconscious behavior;

无意识或潜意识的，我们不断地、自动地重复着所有这些限制性行为，还称之为无意识。

unconscious or subconscious, and we go on and on and on repeating all this behavior of limitation automatically, calling it unconscious.

现在，这个无意识心智只是我们拒绝去看的那部分心智。

Now, the unconscious mind is only that part of the mind we refuse to look at.

当我们的渴望足够强烈时，我们就会挖掘出这个无意识习惯，并开始释放它。

When our desire is strong enough, we will dig up this unconscious habit and begin to let go of it.

我们无法成长为我们所是的那个自然的存在，此时此地，那个存在就是完美的。

There is no growing into the natural being that we are, that being is perfect here and now.

只是释放相反的观念，比如我们有麻烦、我们有限制。

There is only letting go of concepts to the contrary that we have troubles, we have limitations.

任何说“我有麻烦”的人，麻烦只存在于他们的心智里，那是它唯一存在的地方。

Anyone who says “I have trouble” is just in their mind, that's the only place where it is.

因为除了在你的心智里，你在其他任何地方都看不到任何东西，无论你看到什么、听到什么、感觉到什么，都是通过你的心智，那是一切所在的地方。

Because you can't see anything anywhere else but in your mind, whatever you look at, whatever you hear, whatever you sense is through your mind, that's where everything is.

改变你的心智，外界的一切都会发生改变，改变你的想法，你就能为自己改变世界。

Change your mind, and everything out there changes, change your thinkingness, and you change the world for you.

所以，方法很简单。

So, the way, the path is simple.

但消除它的方法并不容易，由于过去的习惯，我们需要一个非常强烈的渴望来开始放下这些过去的错误习惯。

The method of undoing it is not easy, because of the past habit, we need a very strong desire to begin to let go of these wrong habits from the past.

没有这种渴望，就不会有成长，这个渴望必须比让这个世界真实存在的渴望更强烈，而这个世界不过是我们想象中的虚构。

Without the desire, there is no growth, this desire must be stronger than the desire to make this world, real rather than, it's a fiction of our imagination.

当你看到真相时，它确实是虚构的。

It really is a fiction when you see the Truth.

事实证明，这是一场从未存在过的梦。

It turns out to be a dream that never was.

但首先你会把它看作是一个梦，然后你会看到这个梦从未存在过，就像在夜间的梦中发生的那样。

But first you'll see it as a dream, then you'll see that this dream never was, exactly as happens in a night dream.

当我们在夜梦中时，我们有一个身体，还有其他的身體，有行为、有互动，

有好有坏。

While we're in a night dream, we have a body, there are other bodies, there's action, interaction, there's good and there's bad.

然而只要我们还停留在那个夜梦中，那里的一切对我们来说就是真实的。

And so long as we remain in that night dream, everything there is real to us.

当我们从夜梦中醒来时，我们会说：“天哪，那只是一场梦，根本没发生过。”

When we awaken from the night dream, we say: “My gosh, it was just a dream, it never happened.”

就像我们从这个被称为清醒状态的梦中醒来一样，我们看到这只是我们想象中的虚构，它只是一场梦，然后我们释放它，即故障、卡住、障碍。

And exactly the same way we awaken from this dream called the waking state, we see that it was only a fiction of our imagination, it was only a dream, and we let go of it, bug, stuck and barrel.

然后，我们称自己已经完全觉醒了。

Then we call ourselves fully realized.

实际上，我们一直都是完全觉醒的，我们是完全觉醒的存在，却声称自己没

有觉醒。

Actually, we are fully realized all the time, we are fully realized beings saying that we are not.

所以，我们要做的就是释放我们所不是的，剩下的就是我们所是的、完全开悟的存在了。

So, all we do is let go of we are not, what's left over is the fully realized being that we are.

对我刚才讲的有什么问题吗？至少在理性层面，大家都理解了吗？

Are there any questions on what I've said so far? Everyone understands this at least intellectually?

好吧，如果你在理性上理解了它，但却无法运用它，那是因为你没有真诚地、真实地、带着深切的渴望来了解你自己。

All right, if you understand it intellectually, and you are not able to use it, it's because you're not looking at yourself honestly, truthfully, with deep desire to see yourself.

在这个过程中，你把所有你不想看的东西都设置成了潜意识心智。

In the process of which you have set up as the unconscious mind all the things you don't want to look at.

然而，其实没必要深挖这个潜意识心智。

However, it's not necessary to dig into this unconscious mind.

事实上，试着让心智安静下来会更好。

In fact, it's much better to try to quiet the mind.

当我们能够让心智完全安静下来时，剩下的便是无限的真我。

When we are able to get the mind totally quiet, what's left over is the infinite Self.

每一个想法都是一个限制性的东西。

Every thought is a thing of limitation.

**所以，当我们让心智安静下来时，我们所是的那个无限存在就会清晰地呈现
在我们面前。**

Therefore, when we quiet the mind, this infinite being that we are becomes self-obvious to us.

我们看到了这一点，我们意识到我们从来都不是那个心智、那个身体，

We see it, we recognize that we never were that mind, that body,

从那一刻起，心智和身体就对我们没有任何影响了，它们只是按照它们自己的方式继续着，它就像在一场朦胧的梦境中穿梭，但对我们不会有任何影响。

and from that moment on, the mind and body has no influence upon us, it just goes its way, it just keeps floating through life in sort of a hazy dream that has no effect upon us.

所以，所有方法中最好的方法就是让心智安静下来，去探寻你所是的那个存在，去问那个问题——“我是谁？”，

So, the very best method of all method is to quiet the mind, to seek the being that you are, to pose the question--“Who am I?”

如果有其他想法出现，就问：“这是谁的想法？” 答案是：“我的”，好吧，那么“我是谁？”，然后你就回到正轨了。

And if other thoughts come in, ask to “Whom are these thoughts?”, And the answer is “To me”, well “Who am I?”, and you're back on the track.

“我是谁”是每个人都会回答的最后一个问题，

“Who am I?” is the final question that everyone answers,

那么，为什么不从最后一个问题开始呢？

So why not begin with the final question?

当我们向顶端移动时，所有的方法都是一样的；

All methods get to be the same as we move toward the top;

我们只需让心智安静下来，消除想法，让心智越来越安静，直到心智完全安静下来，

We simply quiet the mind, eliminate thoughts, get the mind quieter until the mind gets totally quiet,

剩下的就是我们辉煌的、无限的真我了。

what's left over is our glorious infinite Self.

02.终极真理 The Ultimate Truth 2

成长有两种方式，一种是消除消极面，进入心智，看到问题的根源——问题源于过去某个时刻的某个想法或多个想法，

There are two ways of growing, one is the eliminating the negative, going into the mind, seeing the cause of the problem, which originates in a thought sometime in the past or many thoughts,

当我们察觉到这个念头，当我们把它带入意识中时，我们自然会放下它，我们会看到持有它是多么愚蠢，并纠正那种行为。

and when we see this thought, and when we bring it up into the consciousness, we naturally let go of it, we see how silly it is to hold it, and correct that behavior.

然而，更好的方式是让心智安静下来，看看你是谁、是什么。

However, the better way is to quiet the mind, and to see who and what you are.

我就是我，我就是祂。

I am that I am, I am He.

好了，现在我从我刚才说的地方开始。

All right, now I'll take up a step below where I was talking.

这个所谓的幻象叫世界，世界只是我们创造的一个幻象，

This so-called apparency called the world, the world is only an illusion that we created,

有一天你会发现你创造了整个宇宙。

someday you'll discover that you created this entire universe.

创造的方式，首先是创造一个我们所谓的“心智”，

The method of creating is by first creating what we call a mind,

我们创造了我们的心智，它只不过是我们所有想法的集合，

we create our mind with, which is nothing but a composite of all our thoughts,

而想法创造了物质世界，

and thoughts create the material world,

我们每个人身上发生的每一件小事都是由我们的思想创造出来的。

every little thing that happens to each and every one of us is created in our thinking.

我们设置了一个叫做“时间”的东西，它让我们看清事物变得愈发困难。

We set up a thing called time which makes it even more difficult to see things.

因为我们现在思考的东西可能好几年后才会发生。

Because we think now and things might happen years later.

但唯一的创造工具就是心智，你的心智。

But the only creator there is, is the mind, your mind.

上帝是一个创造者吗？

Is God a creator?

是的，因为“你是”，你就是那。

Yes, because you are, THOU ART THAT.

你设置了一个心智，然后心智产生创造。

You set up a mind and a mind creates.

发现一切正在发生的事情都是由我们的思想导致的，这很不错。

It is good to discover that everything happening is caused by our thinking,

我们所经历的一切都是由我们自己的想法创造出来的，这是迈向认识到我们是创造者的一块垫脚石。

everything that happens to us is created in our own thought, it's a stepping stone toward realizing that we are the creators.

首先你发现你创造了你的麻烦，然后你发现你可以创造美好的事物，接着你发现你可以创造任何你想要的东西。

First you discover that you created your trouble, then you discover that you can create good things, then you discover that you can create anything you desire.

在发现没有什么是你不能创造的之后，你仍然不快乐。

After you discovered that there is nothing that you cannot create, you are still unhappy.

原因在于你已经将自己与“一”分离了。

The reason being that you have separated yourself from the One.

所以当你试图控制心智时，你已经控制了物质。

So then you try to control the mind, you have already gained control over matter.

你可以通过以下方式控制心智：

You control the mind in ways like:

如果你有疼痛，你不会感觉到它；

If you have pain, you don't feel it;

如果外面很冷，你却感觉温暖；

If it's cold outside, you feel warm;

如果天气炎热，你却感到舒适；

If it's hot, you feel comfortable;

这些都可以在心理上完成，这属于获得心理控制力的范围。

This can be done mentally, this is in the line of getting mental control.

当心智真正被控制时，你就会消除心智。

When the mind is really controlled, then you'll eliminate the mind.

当心智被消除时，除了你所是的无限真我外，什么也不会剩下。

When the mind is eliminated, there's nothing left over but the infinite Self that you are.

因此，我们从成为物质的主宰开始，然后我们成为心智的主宰，最后我们成为大师。

So we start by becoming masters over matter, then we become masters over mind, then we become masters.

所以如果还有任何问题存在，那只是因为你在抓着它们，

So if there are any problems that remain, they only remain because you are holding on to them,

当你释放它们的时候，它们就会消失。

the moment that you let go of them, they are gone.

如果你告诉我那对你来说不是这样的，那不是事实，事实是你仍然在抓着它，还告诉我它行不通。

If you tell me that isn't so for you, that isn't true, the truth is you're still holding on to it, telling me that it doesn't work.

现在，试图摆脱一个问题就是在抓着它，任何我们试图摆脱的东西，都会保留在心智中，从而使那个问题持续存在。

Now trying to get rid of a problem is holding onto it, anything we try to get rid of, we are holding in mind and therefore sustaining that problem.

所以解决问题的唯一方式就是放手，不要只看到问题，只看你想要的。

So the only way to correct a problem is to let go of it, see not the problem, see only what you want.

要是你从这一刻起就只看你想要的，那么你得到的就会全是你想要的。

If you would only from this moment on see what you want, that is all that you would get what you want.

但你却非常强烈地在心智里抓着你不想要的东西，你努力消除你不想要的东西，这反而在维持着它们。

But you hold in mind the things you do not want very strongly, you struggle to eliminate the things you don't want, thereby sustaining them.

你应该只有一个渴望，那就是一个完全解脱、完全开悟的渴望。

You should have only one desire, a desire for complete liberation, complete realization.

任何其他的渴望都会让你陷入麻烦，我们应该试着释放所有的欲望。

Any other desire will keep you in trouble, we should try to let go of all desires.

我们不应该试图满足任何欲望。

We should not try to fulfill any desires.

每当我们满足一个欲望时，我们便强化了这个欲望，而不是削弱它，我相信这对我们所有人来说都是显而易见的，我们永远无法满足欲望，我们越试图

满足它们，我们就越想要更多。

Every time we fulfill a desire, we strengthen that desire rather than weaken it, which I believe is obvious to all of us, that we never satiate desires, the more we try to satisfy them, the more we want them.

所以最好不要满足欲望，这么做，会让心智安静下来。

So it's better to not satisfied desires, and by doing so, the mind gets quieter.

当心智安静时，我们更有机会看到真相，当我们看到真相时，我们就能烧焦欲望。

When the mind is quieter, we have a better chance to see the Truth, when we see the Truth, we scorch the desire.

这是更好的方式，实际上也是摆脱欲望的唯一、真正有效的方法。

And this is the better way, actually the only really effectual way of getting rid of desire.

当你看到了真相，欲望就被烧焦了。

When you see the Truth, desires are scorched.

因为欲望是试图通过某种间接的方式、通过某个人、通过某件事来成为你自

己的真我。

Because a desire is trying to be your own real Self through some indirect means, through some person, through something.

当你看到这一点时，你就会放下这些愚蠢的欲望。

When you see this, you let go of these silly desires.

因为为什么要通过一种间接的方式来挣扎着成为你自己呢？间接的方式无法让你成为你之所是。

Because why struggle through an indirect means to be that what you are, the indirect means cannot uh make you what you are.

所以这是徒劳的，而且极其令人沮丧，因此我们才有了这个令人沮丧的世界，他们都在试图满足欲望，这是绝不可能做到的，他们一生又一生地重复着，直到我们认识到欲望是我们的敌人。

So it's fruitless and extremely frustrating, therefore, we have this frustrated world, they are all trying to satisfy desires, it's absolutely impossible to do it, they go on and on, lifetime in lifetime out, until we recognize that desires are our enemy.

欲望是对匮乏的承认。

Desire is an admission of lack.

如果我是无限的“一”，我便什么也不想要，我是一切。

If I am the infinite One, I desire nothing, I am the all.

你必须回到那个状态，像在那个状态下的人那样行事，我们能做的最伟大的行为就是像一个完全开悟的存在那样生活。

You must get back to that state by behaving as one would in that state, the greatest behavior that we can perform is living as a fully realized being would live.

试着达到无欲的状态，试着达到这种着迷的状态——没有贪恋，没有厌恶；

Try to attain the desirelessness state, try to attain the state of dispassion, no attachments, no aversions;

试着达到一个平静的状态，对每件事、每个人都抱有平等的心态。

Try to attain a state of equanimity, a feeling of equal mindedness toward everything, everyone.

这样做会推动我们朝着那个方向发展。

Acting this way will push us toward being that way.

通过消除外在的影响，有助于我们消除根源。

By eliminating the effects out there, we help to eliminate the cause.

03.体验真理 Experiencing Truth 1

磁带旁白：本次课程的主题是“体验真理”，录制于1965年2月4日。

The title of this session is “Experiencing Truth”, recorded February 4th 1965.

莱斯特：我们所需要的就是释放限制性概念，剩下的就是自然的、无限的、没有限制的存在。

All we need to do is to let go of our concepts of limitation, and what's left over is the natural, infinite, unlimited being.

这个主题有时被称为“真理”，有时被称为“上帝”，或“形而上学”。

Sometimes this subject is called Truth, sometimes God, metaphysics.

但实际上，无论他是否意识到这一点，这是每个人都在努力学习的课题。

But actually, it's a subject that every human being, whether he's aware of it or not, is trying to learn.

这就是为什么我喜欢用“幸福”这个词，而不是“上帝”、“无限”、“真理”。

That's why I like the word Happiness instead of God, Infinity, Truth.

这个被称为“幸福”的东西正是这个无限存在的本质。

This thing called Happiness is the very nature of this unlimited being.

每当我们感到幸福时,我们就是在让这个无限存在多展露一点、多流露一点,或者说,是在消除加诸于这无限存在之上的某种程度的限制,然后我们说“我很幸福”。

And every time we're happy, we're allowing a bit more of this unlimited being to express itself, to come out, or we're cutting off a certain amount of limitation of that infinite being, and we say “I am happy”.

所有幸福都是你内在真我的感受,幸福就是如此。

There is no happiness that isn't a feeling of your real inner Self, that's what it is.

因此,我有时称这个主题为“幸福”,目标是获得一种持续的、绝对没有任何悲伤的幸福;

Therefore, I call the subject sometimes Happiness, that the goal is to attain a continuous happiness with absolutely no sorrow whatsoever;

当我把这个主题定义成“真理”这个词时,我说真理是永不改变的;

When I define the word Truth, I say truth is that which never changes;

这种持续幸福的状态永远都不会改变。

This constant state of happiness never changes.

正如我之前所说的，我喜欢让这一点变得实用些，什么是永不改变的呢？

And as I said before, I like to make this practical, what is it that never changes?

存在就是存在，它不会改变。

Beingness just be, it doesn't change.

存在只是存在着，它不会改变。

Existence just exists, it doesn't change.

所以，真理就是存在。

So, Truth is Beingness.

但是，存在是一切的存在。

But, it's Beingness being all Beingness.

当你使用“我”这个词的时候，没有任何东西附加给它，只有“我”这个词，

那种“我”的感受，

It's the very Beingness that you are when you use the word "I", with nothing added to it, just the word "I", that feeling of I,

那就是你的存在，那是无限的，那是没有限制的，直到你用限制性概念覆盖它，并把它遮蔽起来。

that's your Beingness, that's infinite, that's unlimited, until you put concept of limitation over it and hide it.

因此，最高目标是存在，是一切的存在。

So the top goal is Beingness, being all Beingness.

当我们认识到“你就是我”或“我就是你”、“我就是一切存在”，随着你释放限制的概念，这件事会自然地发生。

When we recognize that "You are me" or that "I am you" "I am all beings", as you let go of the concepts of limitation, this thing comes about naturally.

另一个不变的东西是觉知，即一切觉知的觉知，

Another thing that doesn't change is awareness, that is aware of all awareness,

那就是终极，无法再改变了。

that's the ultimate, can't change anymore.

意识，是所有意识的意识。

Consciousness, conscious of all consciousness.

看，这个无限存在，有些人称之为上帝，

See, this infinite being, which some people call God,

仅仅通过体验我们的存在，我们每时每刻都在体验，

we are experiencing all the time, every moment, by just experiencing
our Beingness,

但我们把它限制在了这个身体和这个心智里，

but we limited to this body and this mind,

但那种存在实际上是无限的，那个觉知是无限的。

but that Beingness is actually infinite, that awareness is infinite.

而我们所需要做的就是释放那些限制的概念。

And all we need to do is let go of the concepts that limited.

现在我们犯的第一个重大错误就是说：“我是一个个体，与所有的存在相分离”。

Now the first major wrong step we make is to say “I am an individual separate from all Beingness”,

然后我们必须创造一个分离的工具，

Then we have to create an instrument to be separate with,

那就是心智。

and that's the mind.

心智会按我们的意愿，把这种无限存在尽可能多地反射给我们，

The mind reflects back to us as much as this infinite Beingness as we want it to,

这种反射被切断得越来越多，我们接受的限制性概念也就越来越多。

that reflection is cut more and more, the more we take on concepts of limitation.

我们无法成长为这个无限存在，

We cannot grow into this infinite being.

因为我们此时此地就已经是了。

because we are that here and now.

但我们可以放下一切与之相反的概念。

But we can let go of all concepts to the contrary.

现在，为什么你们中的一些人在短时间内非常快乐，然后突然之间好像天塌下来了一样，

Now the reason why some of you have been so happy for a short period of time, and then all of a sudden it seems as though the sky fell in,

这只是因为你能够感知到你所是的这个无限存在，但你无法阻止所有在过去积累的限制性概念时不时地出现，

it's only because you were able to perceive this infinite being that you are, but you weren't able to keep out all the accumulated concepts of limitation from the past that pop up every now and then,

每次限制性概念出现时，你就不再是无限的，你会很痛苦。

every time a concept of limitation comes up, you're not infinite anymore, and you're miserable.

不幸福是对完全自由、对无限的一种束缚。

Unhappiness is a restriction upon being totally free, unlimited.

因此，这些过去的思维模式现在成为了一种倾向和习性，即使在我们非常深刻、非常深地了解了我们所是的内在存在之后，它们仍然会冒出来。

So these patterns of thought from the past are tendencies, predispositions now, they prop up even after we've seen very deep very deeply this inner being that we are.

所以，我们需要做的就是——当它们突然出现时，我们不断地摆脱这些限制，直到没有任何限制，

So what we need to do is to keep throwing off these limitations as they prop up until there are no more,

到那时，剩下的就是我们所是的这个无限存在。

Then what's left is the infinite being that we are.

但要做的就是不断地把它们扔出去，直到全部清除为止。

But the thing to do is to keep throwing them out until there are no more.

现在，我们有些人已经积累了数万年这些东西，所以它们很难根除，它们不

容易消失。

Now some of us have been accumulating these things for tens of thousands of years, so they die hard, they don't go very easily.

然而，作为没有限制的无限存在，凭借纯粹的意志力，少数人可以把它们全都扔出去，

However, being unlimited, infinite beings, by sheer power of will, a few people can, just like that, throw them all out,

这种情况偶尔会发生，每个时代，全世界或许有几十个人能做到这一点，
it happens occasionally, or maybe a few dozen people each generation do it in the entire world,

他们就是所谓的大师，

they are the so-called masters,

他们认识到自己不受身体和心智的限制，当他们死亡时，他们有意识地离开自己的身体，这让他们可以选择是否回到身体里。

they recognize that they are not limited by the body, mind, they consciously exit their body when they die, which allows them to come back in a body or not to come back in a body as they choose.

伟大的领袖，伟大的精神领袖是那些选择回到自己身体里的人，其实他们本不必回来的。

The great leaders, the great spiritual leaders, are those who have chosen to come back in a body, they didn't have to come back.

我们其余的人则是出于习惯的力量被迫回来，

The rest of us must come back by force of habit,

因为我们对这里的事物有渴望，所以我们回到了这里。

we have a desire for things here, and so we come back here.

04.体验真理 Experiencing Truth 2

欲望是唯一能让我们回到这种生活状态的东西，这种状态对于任何生物来说都是最困难的，这就是我们现在所处的状态。

Desire is the only thing that keeps us coming back to this state of life, which is the most difficult possible state to any being, is the state we are in now.

但正如我所说的，正因如此，它才能够带来最大的成长。

But as I've said, because of that, it affords the greatest of growth.

这是门研究生课程，我们通过了这门课程，我们就能获得毕业资格、拿到我们的学位。

It's the postgraduate course, we pass this course, we get our wings, our degrees.

因此，尽管这极其困难，但来到这里是一个巨大的优势，尽管你在理解这一点之前，它看起来并不像这样。

So even though it's extremely difficult, it's a tremendous advantage to be here, although it doesn't look that way until you understand this.

它看起来更像一个地狱而不是天堂。

It looks more like a hell than a heaven.

这是因为过去自我强加的限制，现在已经被归到我们无意识的那部分里了，

That's because of limitations, self-imposed in the past, that have now been relegated to the unconscious part of us,

我们把它放入我们暂时不去看的心智背后。

We've put it in the back of the mind where we don't see it for the moment.

但所有这些限制的概念依然存在，并且发挥着作用，它们持续地限制着我们、

压迫着我们、禁锢着我们；

but all those concepts of limitation are there and are effective and keep us confined, pressed down, bottled;

而我们有意识地想要自由，比鸟儿更自由；

And consciously we want to be free, freer than a bird;

因此，这种有意识的渴望自由与无意识的限制性概念之间存在着冲突，

And so there's a conflict between this conscious desire to be free and the unconscious concepts of limitation,

然后你就会感觉不开心，

and you feel unhappy,

但你看不到这种冲突，因为它是无意识的。

you don't see it, because it's unconscious.

解决这个问题的方法有两种，一种是把无意识的变成有意识的，当你看到它时，把它扔掉。

There's two ways of licking that, one is make the unconscious conscious, and when you see it, throw it out.

更简单、更快、更好的另一种方法就是——安静下来，把你的心智转向你自己的内在，问：“我是谁？我是什么？这个世界是什么？我和它是什么关系？”

It's an easier, faster, better way by getting quiet, by turning your mind within yourself, asking: "Who am I? What am I? What's this world? What's my relationship to it?"

如果你坚持探寻这些问题，你就会看到你所是的这个无限存在。

If you will stick with those questions, you will see this infinite being that you are.

由于那是一个已经持续了千年的习惯，要做到这点并不容易，

It's not easy because of the habit that's been going on for millennium.

我们需要对这个真理或我们所追求的任何东西有强烈的渴望才能实现它。

it takes a tremendous desire for this Truth or whatever we're seeking to accomplish it.

我们大多数人都是因为被这个世界狠狠打击后才产生了这种渴望，这让我们最终鼓足劲头想要自由。

Most of us get the desire from being beaten so hard by the world, we finally get up enough gumption to want this.

接下来，当它开始让你的生活更幸福时，你就会想要它，因为你知道这就是你想要的。

And then when it begins to make your life happier, then you want it, because you know this is it.

幸福和快乐没有上限。

There's no top limit to happiness, to joy.

当你体验到这种从内在获得的快乐时，你总是会想要重建那种非常快乐的状态，而这正是自然的状态。

When you experience some of this joy gotten from going within, you will always want to reestablish that very happy state, which is the natural state.

无论你离开了它多久，你都会回到道路上，试图建立这种恒久不变的幸福。

No matter how much you'll get away from it, sooner or later, you'll be back on a path, trying to establish the constancy of this happiness.

宇宙的基本法则是和谐。

The basic law in this universe is harmony.

上帝是绝对的和谐。

God is absolute harmony.

当我们与宇宙合拍时，我们的生活是完全和谐的，做任何事情都不需要努力，一切都会完美地步入正轨。

When we are in tune with the universe, our life is completely harmonious, no effort is required to do anything, everything falls perfectly into line.

当我们视上帝为一切时，我们知道上帝是和谐。

When we see God as all, and we know God is harmony.

现在一切都在和谐之中，在某种程度上，我们接纳这一点的速度也正在其中。

Everything is in harmony right now, and to the degree, we accept that is the quickness thereof.

我想，另一种表达方式就是看到上帝在万事万物中、在每个人身上、也在每个地方。

Another way of putting that, I guess, is to see God in everything, in everyone, everywhere.

上帝是美丽、和谐、正义、美好的一切。

God is beauty, harmony, rightness, everything good.

接受这一点，

And accept that,

然后允许上帝的法则为你安排一切。

and then allow this God principle to arrange things for you.

我们必须摆脱我们的小我，“我是一个分离的个体，我必须做一些事情”的小我感是造成所有问题的根源。

We have to get our little selves out of the way, the sense of egoity “I am an individual, separate, and I've got to do things” is what makes all problems.

当我们释放小我感的那一刻，让世界成为上帝的世界，

The moment we let go of that sense of egoism, let it be God's world,

让上帝来安排，祂知道该怎么做。

let God do it, He knows how.

当我们这样做的时候，一切都会井然有序，无论是法庭审判，还是任何事情，或是一具病体。

When we do that, everything falls into line, it can be a court trial, be anything, it can be a sick body.

一旦我们接受了这个法则，一切都会变得和谐。

The moment we accept that principle, everything harmonizes.

完全信赖上帝就会做到这一点，

Radical reliance upon God will do it,

放手，让上帝接手。

let go and let God.

我进展得异常快，是因为我要么得到答案，要么完蛋。

I moved unusually fast, because either I got the answers or I was finished.

但我用的方法恰好是最高的方法“我是谁？”，这是一个强有力的问题——我是谁？我是什么？

But the method I used happened to be the very highest possible method “Who am I?”, that was the driving question, “Who am I? What am I?”

我是如此地下定决心，我的心智是专注的。

I was so determined, my mind was concentrated.

当你的心智专注时，答案就在那里。

And when your mind is concentrated, the answers are there.

一个专注的心智可以排除杂念，只专注你感兴趣的事情，

A concentrated mind is a mind that keeps out extraneous thoughts,
holds only the thing you're interested in,

当你这样做的时候，答案就来了。

and when you do that, the answer comes.

会有想法出现，当想法出现时，问“这个想法是谁的？”“好吧，这个想法是我的。”“好吧，我是谁？”然后你就又回到正轨了。

Thoughts will come in, when a thought comes in, say “To whom is this thought?” “Well, the thought is to me.” “Well, who am I?” And you're back on a track again.

通过这种方式，你就可以不断地消除这些想法。

In this manner, you can keep knocking out these thoughts.

如果你继续这样做，你就会到达一个不再有想法涌入的状态，

If you continue that, you'll reach a place where the thoughts don't come in anymore,

然后你就从想法中解脱出来了。

and you're free of thoughts.

我们中的许多人都有过这样的经历，这是一种与万物完全合一的感觉，是一种别无他物的感觉，是一种非常深刻的平静，即使有活动，你也看不到任何行动，一切都只是存在。

Many of us have experienced it for a certain length of time, it's a feeling of complete at oneness with everything, it's a feeling of no otherness, it's a thing, feeling a very profound peace, even though there's activity, you see no action, everything just is.

最顶端的状态是一种极其深邃的平静状态。

The very top state is one of very profound peace.

看，起初，这是一种令人兴奋的愉悦，

See, first it's an exciting joy,

接着，这是一种非常旺盛的喜悦，你无法抑制它，它开始让人难受，

then it's a very exuberant joy, you can't contain it, it begins to hurt,

因为它只是一直在膨胀、涌出，这可能会变得有些烦人，

because it just swells up and wells up all the time, it can get to be annoying,

然而，这并不是因为它涌现出了巨大的喜悦，然后，它会进入一种更高层次的平静状态。

and yet it isn't because it's tremendous amounts of joy coming up, then it moves to a higher state of peace.

这就是为什么《圣经》说，这种平静是超越一切理解的。

That's why the Bible says that the peace that passes all understanding

这是一种非常深邃、美妙、深刻的平静，这是最美妙的东西，

It's a very deep, wonderful, profound peace, it's the most delicious thing there is,

但是无法描述它，平静是最接近它的词。

but you can't describe it, peace is the word that comes closest to it.

你会发现，由于这些状态不是通常所能体验到的，因此没有对应的词汇来描述它们。

You see, because these states are not ordinarily experienced, there are no words for them.

首先，它是感觉，它是感受，

First, it's feelingness, it is feelingness,

然后，当这种状态持续下去时，它就变成了存在。

then when it goes on, it turns to Beingness.

当你刚开始对这条道路感兴趣的时候，一切都是想法、想法，贯穿整个心智的都是思考；

When you first get interested in this path, everything is thought, thought, through all mind-thinking;

然后，想法会带有一定的感觉，就像想法和感受同时存在，这是“想法-感受”的层次；

Then thoughts take on a certain feeling, it's like a thought and a feeling at the same time, the thought-feelingness;

随着你的移动，你会进入感受的层次；

And as you move, you get into the realm of feelingness;

接下来，再上一层就是存在的层次。

And then the step above that is the realm of Beingness.

所以，这取决于你所处的状态，它是感觉状态还是存在状态，

So, it depends on where you are as to whether it's feelingness or Beingness,

其实，每个人在他的每一个行为中都在寻找他的真我，

actually, everyone in his every act seeking his real Self,

除非我们达到完全了解我们自己的状态，否则我们永远都不会满足。

we will never ever be satisfied until we reach that state of knowing our Self completely.

05.释放小我 Letting Go of Ego 1

磁带旁白：本次课程的主题是“释放小我”，录制于1966年5月19日。

The title of this session is <Letting Go of Ego>, recorded May 19th 1966.

莱斯特：我想开场的最好方式是从我们方向的整体图景开始，这样它就可以包括那些已经在这里待了一段时间的人和初次来到这里的人。

I guess the best way to start is with an overall picture of our direction, in

such a way that it embraces those who have been here for some time and those who are here for the first time.

我认为哲学家们提出并试图解答的所有问题，心理学家也会问，甚至医学领域和宗教领域也会问，实际上所有人都在从不同的角度切入问同一个问题。

I think all the questions that the philosophers ask and try to get the answer, to that the psychologist ask, but even the field of medicine asks, and the world of religion are really all asking the very same thing, approaching it from different angles.

每个人都在寻找答案。

Everyone is seeking the answers.

如果我们梳理出我们都在追寻的东西，我们给它赋予了不同的名字，有些人称之为“灵性”，有些人称之为“真理”，有些人称之为“哲学”、“智慧”、“理解”。

And if we sift out what is it that we're all seeking, we put different names to it, some people call it spiritual, some truth, some philosophy, wisdom, understanding.

但每个人在寻求的基本东西非常简单，

But the basic thing that everyone is seeking is very simple,

它是幸福，它只是终极幸福。

it's happiness, but it's the ultimate Happiness.

它不神秘，不遥远，也不复杂。

It's nothing mystical and nothing far, and nothing complex

每个生命都在以一种没有任何悲伤的方式寻求着纯粹而简单的幸福。

Every being is seeking pure and simple happiness in a way that there is no more sorrow.

所以，我最喜欢用“终极幸福”这个词来形容我们所谓的道路。

So the word I like best for our so-called path is the ultimate Happiness.

终极幸福当然就是我们存在的终极真理，是宇宙的真理，

The ultimate Happiness, of course, is the ultimate Truth of our Beingness, Truth of the universe,

而且最终证明，终极真理只有一个。

and there is only one ultimate Truth, is the way it turns out to be.

所以我们所有人都在寻求这种持续的、没有丝毫悲伤的幸福。

So all of us are seeking this continuous happiness with never a taint of sorrow.

当然，世界上大多数人都犯了一个错误：他们在它所不在的地方寻找它，因此没有得到它，反而变得极度沮丧。

Most people in the world, of course, are making the error of seeking it where it is not, and therefore not attaining it, and becoming extremely frustrated.

因为他们越想从他们自认为有幸福的地方获得幸福，他们越会发现幸福不在那里，他们没有找到幸福，反而发现越来越多的不满、越来越多的痛苦。

Because the more they try to get of it where they think it is, the more they discover that it isn't there, in place of the happiness, they're finding more and more discontent, more and more misery.

我们从来没有像现在这样拥有如此多的物质，而且我认为我们从来没有像现在这样不快乐过，至少在过去的 50 年里，我们从未如此。

We never had so much material as we have now, and I don't think we've ever been so unhappy, at least in the past 50 years we haven't as we are today.

因此，在追寻这种终极幸福时，最重要的事情之一就是：有人为我们指出这

种幸福是什么以及如何获得它。

So in seeking this ultimate happiness, there's one most important thing necessary and that is to have pointed out to us what this happiness is and how to get it.

正如我所说的，这非常简单。

Now, as I said, it's very simple.

真理、幸福、上帝是简单的。

Truth, Happiness, God is simple.

如果它不是简单的，它就不是神圣的，它就不是真理，它就不是幸福，它是由人类的无知而建立起来的人为的复杂。

If it's not simple, it's not godly, it's not Truth, it's not Happiness, it's an artificial complexity set up by man's ignorance.

因此，我再说一遍，我们所处的整个方向非常简单。

So again, I say this whole direction we're in is very simple.

现在，阻碍我们看到终极幸福的首要因素是我们的小我感，它与这个终极幸福的真正目标背道而驰。

Now, the number one thing preventing us from seeing what this

ultimate happiness is is our sense of egoity, so opposed to this ultimate happiness, which is really the goal.

而唯一阻止我们拥有这种没有悲伤的持续幸福的东西,就是这种分离感——
“我是一个与整体相分离的个体”。

And the only thing stopping us from having this constant happiness with no sorrow is the sense of separation, “I am an individual separate from the all”.

一旦我们产生了这种分离感,我们似乎就会越来越发展它,并且不断远离那个终极幸福,远离我们最初所处的那个终极状态。

Once we take on this sense of separation, we seem to develop it more and more, and we keep pulling away from that ultimate happiness, the ultimate state, which in the beginning we were all in.

我们越来越开始相信,我们是一个受限的心智、一个受限的身体,受限到我们需要一种叫做氧气的东西才能生存,或者需要食物等等等等。

And more and more we begin to believe that we are a limited mind, a limited body, so limited that we need a thing called oxygen to survive, or food, and so forth and so on.

这个终极幸福是我们的目标,它永远不会离开我们,它一直在我们的内在,
This ultimate happiness that is the goal, is something that never ever

really leaves us, it's right within us all the time,

但是我们用限制和分离的概念掩盖了它,

but we cover it over with concepts of limitation, of being separate,

而且我们越这样做, 我们建立的概念就越多, 直到我们到了今天的地步, 我们被限制性概念压得不堪重负。

and the more we do it, the more concepts we build up until we get to the point where we are today, extremely overloaded with concepts of limitations.

现在我们所追求的终极快乐是我们的自然状态,

Now, this ultimate joy that we are seeking is our natural state,

这是全人类的自然状态。

it's a natural state to all mankind.

为了获得这种自然状态的终极幸福, 我们需要做的就是释放我们设置的障碍, 看清这种幸福是什么。

To get this ultimate happiness, which is our natural state, all we need to do is to let go of the obstructions that we have set in the way of seeing what this happiness is

我们在我们所是的自然存在的无限存在之上建立了无数的限制性概念。

We have built up endless concepts of limitation over this unlimited being that we are naturally.

因此，这个方向很简单：我们是自然的、没有限制的存在，现在就拥有无限的快乐，但却被一种被称为小我的限制感掩盖了。

So the simplicity of the direction is this: We are that natural unlimited being, possessing right now that unlimited joy, but covering it over with a sense of limitation called the ego.

我们需要重新发现我刚才所说的内容，我们需要重新去发现它，

We need to rediscover what I just said, we need to rediscover it,

它就在那里，它一直都在那里。

it's there, it's there all the time.

那么，我们如何重新发现它呢？

Well, how do we rediscover it?

首先，我们需要有人告诉我们方向是这条道路，

First, we need someone to tell us that the direction is this way,

必须有人指出那个方向；

someone must point out the direction;

其次，我们必须朝那个方向看，

Secondly, we must look in that direction,

而且我们必须自己去发现它，

and we must discover it for ourselves,

没有人能把它给我们，我们必须看到它，我们必须通过我们自己的心灵之眼看到它。

no one can give it to us, we must see it, we must see it through our own mind's eye.

当我们这样做的时候，我们就会认识到我们一直都是拥有无限喜悦的无限存在。

And when we do, we re-recognize that which we always were, an unlimited being with unlimited joy.

现在方向必须是向内的，

Now, the direction must be inwardly,

它不是向外的。

it is not outwardly.

我们在外面发现的一切，都是我们想象出来的，然后还给它贴上了“真实”的标签。

Everything out there, we discover, is something that we have dreamed up and then put a tag on it as being real.

这个世界、这个宇宙都是我们幻想出来的，由于长期接受这个幻想，我们便以为它是真的。

This world, this universe, we have dreamed and through accepting this dream for so long, we think it's real.

所以我们需要做的是将注意力转向内在，重新审视，重新发现一切的真相。

So what we need to do is to turn our attention inwardly to re-examine, rediscover what is the Truth of everything.

当我们这样做的时候，我们开始看到世界的虚假或幻觉，

And as we do that, we begin to see the falsity or the illusion of the world,

通过专注于内在，我们看见了我们所是的这个无限存在。

and by getting concentrated in the inward direction, we see this infinite being that we are.

所以，这条道路就归结成两点：

So the path resolves itself into two:

一、看到我们所是的这个无限存在；

One, seeing this infinite being that we are;

二、看到我们强加在它之上的限制，并释放它们。

And two, seeing the limitations that we have superimposed over it and letting go of them.

06.释放小我 Letting Go of Ego 2

因此，我再重复一遍，要获得这种无限的幸福，方向已经为我们指明了，我们必须深入内在，重新发现我们所是的这个奇妙的、无限的、永远快乐的存在。

So to repeat what I said, to attain this unlimited Happiness, the direction is pointed out to us, we must take it by going inwardly and rediscovering this wonderful, unlimited, ever joyful being that we are.

我们做这件事所花的时间只取决于一个东西,那就是——我们对它的渴望有多强烈。

The time it takes us to do this is determined by one thing only, the intensity of our desire for it.

如果我们坚信我们的快乐存在于这个世界之中,我们将永远无法获得这种幸福,我们将永远充满痛苦。

If we are convinced that our joys lie in the world, we will never ever attain this happiness, we will always be with much misery.

但是,当我们接受并开始验证快乐只是我们的自然状态,且不依附于任何外在的东西时,我们的生活就会开始变得更加快乐,我们也能更坚定地朝着那个正确的方向迈进。

But when we accept and then begin to prove that the joys are just our natural state, are not attached to anything out there, then our life begins to become more joyful, and we can with more conviction take the right direction.

一开始,驱使我们走向这个方向的似乎是所谓的痛苦,

It seems at first the thing that drives us in this direction is the thing called misery,

我们在错误的方向上走得太远了，我们再也无法忍受它了，

we go so far in the wrong direction, we just can't stand it anymore,

由于这种痛苦，我们被迫到世界之外的其他地方去寻找幸福。

and because of the misery we are driven to seeking happiness elsewhere than in the world.

当我们开始收获探索的果实时，我们开始感受到这些曾经从未体验过的快乐，

when we begin to receive the fruits of our search, we begin to feel these joys that we never experienced before,

接下来，仅仅是这条道路上的喜悦就能给予我们朝着正确方向前进的强大动力。

Then the mere joy of the path is what will give us the intensity of the drive in the right direction.

我们还发现，如果我们真的想在这条道路上成功，这条路就不能只是业余的事情。

We also discover that this path can not be a part-time thing if we really want to make it.

我们花了那么多个世纪、那么多的时间走在错误的方向上，

We have spent so many centuries, so much time going in the wrong direction,

现在需要超凡的努力才能将我们引向正确的方向。

that it takes a superhuman effort now to redirect us into the right direction.

所以，再说一遍，整个事情很简单，

So, again, the whole thing is simple,

我们就是我们所追寻的那个无限的、没有限制的快乐，我们就是我们所追寻的上帝，

we are that infinite unlimited joy we are seeking, we are that God that we are seeking,

我们必须转向内在，并发现这一点，

we must turn within and discover that,

当我们这样做的时候，我们就会知晓它，并抓住它不放。

when we do, we know it and we hold on to it.

然后，我们继续经历消除所有限制性概念、所有小我概念的过程，直到我们完全立足于那个崇高的“存在状态”中。

Then we go through the process of continuing the elimination of all the concepts of limitation, all the ego concepts, until we are fully established in that high exalted state of Beingness.

我相信我来到这里的唯一原因就是提供帮助，如果我无法提供帮助，我就没有理由待在这里了。

I believe the only reason why I should be here is to help, that if I can't help, there's no reason for my being here.

我相信我们每个人都已经在这条道路上走了相当长的时间了，

I believe every one of us have been with the path quite some time,

我不想处于一个谈论这个话题的状态，谈论这个话题会成为这条道路上的阻碍。

I wouldn't like to be in a position where I'm talking about the subject, talking about the subject is an obstacle on the path.

这里应该发生的是：每个人都在向前迈进，而且是切实地取得进展。

What should happen here is that each one moves forward and very definitely moves ahead.

如果这没有发生的话，我认为我在这里没有任何意义。

If that doesn't happen, I see no reason for my being here.

因为我们都会阅读，几乎我说的每一句话，你都能在书里读到、在某个地方找到，关于真理，这没什么新的东西，

Because we can all read, almost everything I'll say, you can read it in books, it's found somewhere, there's nothing new on the subject of Truth,

它是永恒的，过去是、现在是、将来也永远都是。

it's eternal, it always was, it always will be the same.

所以，不同的是，或者我希望不同的是，这里有些东西受到影响，有些东西产生了影响，让我们比来到这里之前能获得更多的领悟。

So the thing that's different or I hope is different is that there is something affected here, that something will happen to give us more realization than we had before we came here.

我相信我所秉持的对这个主题的总体方法被称为“不二论”，或者在英语中叫“非二元性”，也可以翻译为“合一”，

I believe the general approach to the subject that I have is called Advaita,

or in English non-duality, which can also be translated as oneness,

而只有一种独特的成长方式，那就是放下我们的小我。

and that there's only one singular method of growth, that that one method of growth is letting go of our ego.

现在，小我是一种分离感，即“我是一个个体”。

Now, egoity is a sense of separation, "I am an individual".

一旦我成为一个个体，我就是与整体或一切相分离的，

And once that I become an individua, I am separate from the whole or the all,

这种小我感正是我们一切麻烦和妄想的根源。

this sense of egoity is what starts all our trouble, all our delusion.

所以我们必须回到那个地方，再次看到我们是“一”。

So we must get back to the place where we again see that we are the only One for the capital O.

事实上，不存在逐步实现完全开悟这回事，这是因为我们现在是、我们一直是、我们也将永远是那个被称为上帝或真我的无限存在，

In Truth, there's no such thing as growing into full realization, and that is because we are now, we always have been, we always will be that infinite being called God or the Self,

这一点我们无法逃避，我们是那，我就是我，这是我们不变的那部分。

that's one thing we cannot get away from, we are That, I am that I am, that's the changeless part of us.

我们用一个分离的个体感觉来掩盖这一点。

We cover that over with a sense of being a separate individual.

所以成长仅仅在于释放我们的小我。

So growth consists only of letting go of our ego.

我希望通过这些聚会，我们能更多地做到这一点，比以前做到更多。

And I hope that through these meetings we do that more, more so than we have done before.

此时此地，我们就是那无限的存在。

We are that infinite being here and now.

我们在蒙蔽我们自己，宣称：我、这个无限的存在是一个被限制的小我；我、

这个无限的存在是与无限相分离的。

We are blinding ourselves to it by saying: I, the infinite being, am a limited ego, I, the infinite being, am separate from the infinity.

我们必须改变这些观念，

We must change those concepts,

释放它们。

let go of them.

我希望找出觉察小我在我们之内运作的方法和途径，

I hope to bring out ways and means of sensing the ego operating in us,

我们能用方法和途径来指出我们什么时候在被小我驱动，

ways and means that we can use to point out to ourselves when we are being ego motivated,

每当我们被小我驱动时，如果我们释放它，我们就是在释放一点小我。

and each and every time that we are if we let go of it, we are letting go of a bit of ego.

如果我们从现在开始，一直保持这样做，直到最后，我们最终会到达一个不再有小我剩下的地方，在那里，小我不存在，上帝就在那里，无限的真我会以其纯粹、原初的存在状态留存下来。

If we keep this going from here until the end, we eventually get to the place where there's no more ego left, and where the ego is not there, god is there, there the infinite Self is left in its pure pristine Beingness.

所以，我们要做的就是移除遮蔽物，

So all we do is remove the cover,

如果我们失去了小我感，在我们现在所处的状态下，我们会免去在更高维度上数百万年的成长历程，

If we lose our sense of egoity, in the state we're in now, we save ourselves millions of years of growing on the higher planes,

即便身处更高的星光界、因果界或最高界，我们仍然需要一种分离感、一种小我感，

to be in a higher astral realm or a causal realm or the highest of realms, we still need a sense of separation, a sense of egoity,

我们需要一种更高层次的体感。

we need a sense of a higher body.

关于我们现在所处的状态，最伟大、最美妙的事情之一就是——它能让我们走完全程，直接回家，直达顶端。

And one of the greatest and most wonderful things about the state we are in now is that it allows us to go all the way back home, right to the very top.

即使是小写“g”的神灵和天使也无法做到我们所能做到的事，

Even the gods with the small g, the angels cannot do what we can do,

我们可以通过彻底丢掉成为小我的意识来走完全程。

we can go all the way by completely losing the sense of being an ego.

07.释放小我 Letting Go of Ego 3

我试着提出最高的教导，我喜欢从顶端开始，

I try to bring out the very highest of teachings, I like to start from the top,

如果我们希望知道真相，就必须从真相出发，并以此开始推理，

if we ever expect to know the Truth, we must start with the Truth and reason from there,

我们无法从虚假、谎言和大多数世人看到的世界现实中获得真相，

**we can't get to the Truth from the falsity, the lie, the reality of the world
as most people see it,**

如果我们试图从这个世界出发去探寻真理，它行不通的。

if we try to grow from this world up to the Truth, it just won't work.

因为我们是在从谎言开始，并试图以此进行推理，

Because we're starting with the lie and trying to reason from there,

我们必须从真理出发进行推理。

We must start reasoning with the Truth.

真理是绝对的“一”，不会改变，永不改变的就是真理。

**Now the truth is the absolute One, the changeless, that which never
changes is true.**

如果它变了，那它一开始就不是真的，因为它发生了变化。

If it changes, it wasn't true in the first place, it changed.

因此，我们将真理定义为永不改变的东西。

So we define Truth as that which never changes.

所以，如果我们进行推理，我们应该从“一”、从是一切的无限开始，并由此进行推理。

So if we reason, we should start with the One, infinity as being the all, and reason from there.

现在，随着我们继续，我相信将会出现各种洞察我们小我的方法，

now as we go on, I believe the various methods of seeing our ego will come out,

我们通常采用的总体方式不是我一味地讲述，而是更多地回答问题，

and the general method we have used has not been my talking as much as my answering questions,

如果我回答一个问题，我总是试着让答案从内在呈现出来，

and if I answer a question, I always try to answer by letting the answer come from within

如果我这样做，它会带出提问者背后的小我，或者有时会把问题直接放入真我之中，

and if I do that, it will bring out the ego behind the questioner, or sometimes will put the question right into the Self,

我用这种方式回答往往是为了引发思考，而不是回答问题。

and very often the answer is put in such a way as to provoke thinking rather than answer the question.

不幸的是，我们都知道问题实际上无法由他人为我们解答，每个人都必须自己回答问题。

Unfortunately, we all know that questions can't really be answered for us that, each one must answer the question himself or herself.

所以，我回答问题的方式可能经常看起来有点奇怪，它不是直接的，它有点迂回，或者说带有启发性，

So my method of answering questions very often might seem kind of odd in that it's not direct, it's round about or it's provoking,

但目的是让提问者明白小我动机或小我，

but the purpose is to make obvious to the one asking the ego motivation or the ego,

这样他就能看到它，如果他愿意，他就可以释放它。

so that he may see it, and if he chooses to let go of it.

当我走进来，坐下，我只知道，我确信“你就是那”，

When I come in, I sit down, I just know, I have a conviction that THOU
ART THAT,

我在多大程度上确信这一点，就能在多大程度上帮助你进入那种心境、那种状态。

and to the degree that I have this conviction, to that degree I help you
be in that mood, in that state.

现在，当我们处于那种状态中时，我们应该认出它，我们应该明白那是一种非常高的状态，

Now when we are in that state, we should recognize it, we should get to
know that that is a very high state,

我们不应该试图把它和小我世界联系起来，它和小我根本就不相关，

and we shouldn't try to relate that to our ego world, it just doesn't relate
to it.

它是一种平静、一种平和、一种非常愉悦的状态。

it's a calmness, it's a peace, it's a very delightful state.

当我们处在这种状态中时，不会有“行动状态”、“拥有状态”的感觉，
And there's no sense of doingness, havingness when we are in that
state,

它只是存在。

it's just Beingness.

但这是我们需要越来越多地建立的体验，直到它是完全的、完整的、唯一的，
But that is the experiencing that we need to establish more and more,
until that is full, and complete, and only,

这就是所谓的“完全证悟”。

that's what's called full realization.

关于我们的教导，另一点是——我们想要去除其中所有的神秘色彩。

Another point about our teaching is we like to get all the mystery out of
it.

因为它本质上非常简单，“你就是那，别再试图成为不是那的”是基本教义。

Because it is basically so simple, “THOU ART THAT, stop trying to be not
THAT” is the basic teaching.

如果我们能认清那种状态是什么， 我们就会到达那种持续存在的状态，
If we can recognize that state for what it is, we will get to the place
where that remains,

接下来我们会自然地行动、自然地拥有、自然地交谈等等，
and then we automatically do, have, talk and so forth

我们不再把自己和“行动状态”、“拥有状态”等等联系在一起。
and we no more associate ourselves with the doingness, havingness and
so forth.

但是无声教导才是最有效的教导， 这是所有古鲁所给予的教导，
But the silent teachings are the most effective of teachings, and this is
the teaching that all the gurus give,

这就是为什么他们大多数不选择进入身体的原因之一。
this is one reason why they're mostly not embodied.

因为当他们在身体里时， 我们大多数人会认为他们有小我的特质，
Because when they are embodied, most of us attribute egoity to them

因为对我们来说，祂们有一个身体，祂们吃饭、祂们也睡觉等等。

because they have a body to us, and they eat and they sleep and so forth.

当祂们没有身体的时候，我们会给予祂们更多应得的信任，

When they don't have a body, we give them more credit that is due them,

祂们试图通过无声的方式教导我们，

and they try to teach us via the silent methods,

我们在多大程度上能接受这一点，就会在多大程度上从祂们那里接收到它。

and to the degree that we can accept it, to that degree we receive it from them.

它是思想漩涡的平息，它是平息念头，

It's the stilling of the whirlpools of thought, it's quieting thought,

当不再有念头的时候，这就叫开悟。

when there is no more thought, that is called realization.

所有的念头都是被小我驱动的，

All thought is motivated by the ego,

当不再有小我时，就不再有念头了。

when there is no more ego, there is no more thought.

正是那个与一切分离的小我认为它需要各种东西，

It's the ego that being separate from the all thinks it needs things,

当我们是一切时，我们就什么都不需要了。

when we are the all, there is nothing we need.

如果还有一个欲望，就还有我们所没有的东西，这就是小我，

If there's a desire, there's something we don't have, that's the ego,

所以我们需要释放的是小我。

so it's the ego we need to let go of.

08.完美的身体 The Perfect Body 1

磁带旁白：本次课程的主题是“完美的身体”，录制于1965年10月。

The title of this session is “The Perfect Body”, recorded October 1965.

莱斯特：如果我们没有完美的身体而又想要一个完美的身体，这就意味着我们不相信或没有信心觉得我们能让身体变得完美，

If we don't have a perfect body and we want a perfect body, that means we do not believe or have a conviction that we can make the body perfect,

这意味着我们在心智中正抓着一个不完美身体的意识。

it means we are holding in mind a consciousness of an imperfect body

因为身体是心智的精确复制，身体是我们向外投射的意识。

Because the body is an exact copy of the mind, the body is our consciousness projected outwardly.

现在有必要拥有完美的身体吗？

Now is it necessary to have a perfect body?

没必要，

It's not,

但有必要的是拥有一个完美的认知。

it's necessary to have a perfect understanding.

在其他条件相同的情况下，如果你无法拥有一个完美的身体，那就让自己的身体变得完美。

Everything else being equal, if you can't have a perfect body, make your body perfect.

然而，通过获得“我不是这个身体”的灵性理解，你可以超越一个完美身体的必要性，

However you can go beyond the necessity of a perfect body by getting the spiritual understanding of “I am not the body”,

因此，身体不会影响我。

therefore, the body does not affect me.

这是一个更高的状态，事实上，我认为这是最高状态之一，

And this is a much higher state, in fact, I think this is one of the highest of states,

无论身体发生了什么，你都能保持灵性上的平静。

to be able to maintain your spiritual equanimity regardless of what happens to the body.

因为我们不是这个身体，

Because we are not this body,

这个身体不是无限的，

this body is not infinite,

它是一个极其受限的车架子，非常、非常脆弱，

it's an extremely limited vehicle, very very delicate,

温度改变一百度，它就死了；

change the temperature hundred degrees, it dies ;

在身体中放入许多微量的化学物质，它就死了；

Put many tiny amounts of chemical in it, it dies;

切断氧气，它就死了；

Cut out oxygen, it dies;

所以这个身体是一个极其受限的车架子，最好不要成为这个身体。

So this body is an extremely limited vehicle, and it is much better to not be the body.

拥有一个不完美的身体并且不被它打扰的灵修是一种非常高的灵性训练，

The spiritual discipline of having an imperfect body and not having it bother you is a very high spiritual discipline,

许多完全了悟的大师将带着病体度过一生，树立了一个不看重身体的榜样。

many fully realized masters will go through life with a sick body, setting an example of non-emphasis on the body.

因为身体是我们陷入限制的最大、最大的陷阱——“我就是这个身体”。

Because the body is our biggest, biggest trap into limitation, “I am this body”,

身体不止是限制，而且与之相关的还有成千上万的其他限制。

Not only is the body is the limitation but associated with it are thousands of other limitations.

所以，鲍勃，就我自己而言，现在我更喜欢不修正这具身体，不管它发生了

什么，我都不让它影响到我，哪怕是一点点。

So, Bob, for myself, I prefer not to correct the body now, but to have it touch me not, not even in the slightest, regardless of what happens to it.

完美的身体并不是最高的状态，

A perfect body is not the highest state,

身体是一个限制，即使它是完美的，即使它是一个完美的身体，它仍然只是一个完美的身体而已。

a body is a limitation even when it's perfect, it's a perfect body, it's still a body, but perfect.

更高状态是不成为身体。

A higher state is not being the body.

你现在正摇头，回答.....

You're shaking your head now, and by answer...

学生：现在你要进入的是.....

Student: Now, what you're getting in...

莱斯特：看，所以再强调一次，这是水平的问题。

Lester: See, so again, it's a matter of level.

但是因为我们进入了一个很高的水平，我必须保持在那里，

But because we're into a level that is high, I've got to stay up there,

不要做身体，做你真正的自己，成为无限。

be not the body, be what you really are, be infinite.

完美不是做一个完美的身体，

Perfection is not a perfect body,

完美是绝对完美，

perfection is absolute perfection,

哦，你有一个把它归结为完美事物的倾向，

oh, you have a tendency to bring it down to perfect things,

完美与事物无关，

perfection does not relate to things,

没有什么事物是完美的，

no thing is perfect,

一切事物都有其局限性。

everything is a thing of limitation.

所以最高状态，即绝对状态，是一种无物的状态，

So the top state, the absolute, is a state of no things,

它只是存在、或者纯粹的意识、纯粹的觉知、最高的状态，

it's just Beingness, or pure consciousness, pure awareness, the top state,

它不是一个东西、一个身体，

it's not being a thing, a body,

它只是存在。

it's just being.

所以总结一下，我们当然应该拥有完美的身体，

So to sum it up, of course we should have perfect bodies,

如果身体一直分散着我们的注意力，那么冥想就会很困难，

if we have bodies that pull on our attention all the time, it's difficult to meditate,

所以摆脱对身体的需求，尽可能地让身体完美。

so rid yourself of body demands, make the body as perfect as you can.

然而，它是一种更高的状态，因为我们不认同身体，所以身体就不再影响到我们。

However, it is a higher state, when the body does not affect us because of not identifying with the body.

但最高状态只是存在，只有存在，或者说是意识，只有意识，

But the top state is just Beingness, only Beingness, or consciousness, only consciousness,

它是意识，是所有意识的意识；

it's consciousness, conscious of all consciousness;

它是存在，是一切存在的存在；

It's Beingness, being all Beingness;

在最高处，意识和存在是同一个东西。

And consciousness and Beingness means the same thing at the top.

成为任何事物都是一种限制。

Being anything is being a limitation.

要明白，幸福是我们与生俱来的自然状态。

See, happiness is our natural inherent state,

我们就是一切，

We are the all,

我们人为地创造了匮乏，

we artificially create a lack,

然后产生了消除这个匮乏的渴望，当这个渴望得到满足时，我们会感觉更好，

and then a desire to undo that lack, which when that desire is fulfilled,

we feel better,

它就像是把针扎进你的身体里，很疼，然后你把它拿出来，说：“哇，感觉真好！”

it's like sticking a pin into you, and it hurts, and you take it out and say:
“Gee, that feels good!”

这正是享受事物和人的本质——我们伤害自己, 在消除那个痛苦后, 说: “这
感觉真好, 这让我快乐!”

This is exactly what enjoying things and people is, we hurt ourselves,
remove the pain and say: “That feels good, that makes me happy!”

每当你感受到幸福的时候, 你或多或少都是在感受你的真我,

Every time you feel happiness, you feel only your real Self more or less,

越快乐, 你就越能感受到你的真我,

be happier, the more you feel your real Self,

然而你把它归因于外面的事物和人。

And you attribute it to things and people out there.

它的机制是, 当我们创造匮乏时, 我们会产生 “我需要这个人、这个东西让
我快乐” 的想法, 那种需要、那种匮乏就导致了一些痛苦, 当我们从那个想
法中解脱出来时, 我们就会回归做我们自己, 这就是我们所说的幸福。

The mechanism of it is that when we create the lack, we start up
thoughts “I need this person, this thing to make me happy”, that causes

a bit of pain, that need, that lack, which when we are relieved of that thought, we return back to being ourselves which is what we call happiness.

这是人生中值得实现的伟大目标。

This is something great to be achieved in life.

当你看到你的快乐是与生俱来的，而你一直所说的快乐其实是——消除它，然后恢复它，还把它归因于人和事。

When you see that your happiness is inherent, and that what you have been calling happiness is doing away with it, and then restoring it and attributing it to people and things.

所以如果你想享受身体，那是你的权利。

So if you want to enjoy a body, that's your privilege.

如果你想要更多的快乐，就不要享受身体，

If you want more joy, don't enjoy the body,

只是做你自然所是的快乐，那是自然的状态，

just be joy which you naturally are, that's the natural state,

当你看到你就是一切的时候，就没有必要再需要什么东西了，什么都不缺，
it's not necessary to need things when you see that you are the all,
there's nothing lacking,

所以直接拿取你的喜悦吧，
so take your joy directly,

做你自己，
be yourself,

那是存在的无限喜悦。
that's being infinite joy.

09.完美的身体 The Perfect Body 2

我发现在这个身体里的生命和一块木头里的一样多，身体和一块木头的化学成分一样，都是碳水化合物，

I saw that there's as much life in this body as there is in a piece of wood,
it's carbohydrates, the same chemicals as a piece of wood,

这身体里唯一的生命就是“我”，我赋予了这个身体生命，
that the only life in this body is me, I put the life in the body,

我看到身体就是我的意识，而我的意识赋予了这个身体生命。

I saw that the body is my consciousness and my consciousness puts the life in the body.

当你意识到你创造了身体，你就可以改变它，你就可以在心理层面改变它。

When you see that you make the body, you can change it, you can mentally change it.

现在，我们当下所拥有的身体，是迄今为止我们在身体层面所积累的“教育成果”，

Now, the body we have right now is the education body-wise that we have accumulated up to date,

这是我对身体的认知，

this is my concept of a body,

那是你对你的身体的认知，

that's your concept of your body,

它现在处于极深的潜意识层面，

it is deeply subconscious right now,

这就是为什么这件事很难,

this is why it is difficult,

这个完美身体的画面一定得比所有过去不完美身体画面的总和更强有力,

This picture of the perfect body must be with more powerful than the sum total of all the pictures in the past of an imperfect body,

现在你必须有一个完美身体的画面, 这个画面所带有的念头得比过去所有不完美身体的念头的总和更强有力,

right now you have to get that picture of a perfect body with a thought that's stronger than the sum total of all the thoughts of imperfect body of the past,

当你能够做到这一点时, 你的身体会立即依照这个完美身体的新念头而发生改变, 因为这个新念头比过去所有的念头都更强有力,

when you are able to do that, your body will immediately change to this new thought of perfect body which is more powerful than all the past thoughts,

明白了吗?

does that make sense?

这就是它的机制。

This is the mechanics of it.

好吧，那么现在，什么是一个强有力的念头？

All right, now, what's a powerful thought?

一个强有力的念头是一个专注的念头，越专注，这个念头就越有力量。

A powerful thought is a concentrated thought, the more concentrated, the more powerful the thought.

专注的念头，就是一个在当下没有其他无关杂念的念头。

A concentrated thought is a thought without other extraneous thoughts present at the time.

获得最强有力的念头的最佳方式就是释放你自己，释放你的小我，

The very best way to get a most powerful thought is to let go of yourself, your little self,

释放你的感受——“我是鲍勃，我有这个，我有那个”，

let go of your feeling, “I am Bob, I have this, I have that”,

然后说：“是的，只有完美存在，包括这个身体。”

and say: “Yes, there is only perfection, including this body.”

如果你能放下这个世界，所以你...我意思是，你那思维心智是你最大的障碍，

If you can let go of the world, so you... I say your thinking mind is your biggest obstacle,

无论你是否意识到，你的心智一直都比光速还快地运转着，

your mind is going uh faster than the speed of light all the time, whether you're aware of it or not,

如果你没有意识到它，它也会在潜意识层面运作，

if you're not conscious of it, it's going on subconsciously,

你已经把自己养成了不断思考的习惯。

you've trained yourself to think think think think...

你被所有的这些想法搅得团团转，

you've got it spinning with all these thoughts,

在过去，你非常重视这种思考，

you've put a lot of importance upon this thinking in the past,

它的重要性也是在潜意识层面的，

the importance of it is also subconscious,

所以，要放下思考的重要性并不容易，

so it's not easy to let go of the importance of thinking,

这些都是你放下思考的障碍，

and these are obstacles to your letting go of thinking,

如果你能放下思考，只留下一个简单的、没有其他杂念的念头——“我很完美”，（莱斯特打了个响指）你马上就是完美的，我在说的是身体。

which if you could let go of thinking and just one easy thought with no other thoughts around, "I am perfect", instantly you'd be perfect, I'm talking about the body.

因此，你得不断努力，直到你实现目标为止。

So it will take a continuous trying until you achieve it.

在某一天，那种感觉就像是仅凭一个几乎毫不费力的想法，它就发生了，
And some day through an almost effortless thought is the way it feels,

因为那时你的心智非常安静，

because your mind is so quiet at the time, it'll happen,

当它发生时，你甚至可能都没有意识到，

and you might not even be aware of it when it happened,

你可能之后才有所察觉。

you might become aware of it later on.

我刚想起一个我听说的例子，一个坐了轮椅很多年的男人，我忘记有多少年了，房子着火了，他收拾了两个袋子，然后跑了出去，然后他坐在袋子上，在他坐下之后，他才意识到自己做了什么，他已经忘记自己无法行走了。

I'm just reminded of a case I heard of a man who was in a wheelchair for so many years, I forget how many, house caught on fire, he packed two bags and ran out and sat down on them, it was after he sat down on the bags he had realized what he had done, he had forgotten that he couldn't walk.

你看，当这种情况真的发生时，你如此欣然接纳积极的一面，以至于那消极

的部分被暂时忘记了。

See, when it does happen, you're accepting the positive so much that negative thing is forgotten for the time being.

所以总结一下，影响完美身体的是一个非常强烈的信念——“我是一个完美的身体”，

So to sum it up, the thing that will affect a perfect body is a very strong conviction “I am a perfect body”

或者换句话说是一个专注的念头，这是一个在当时不受其他念头干扰的念头，此时你的心智里没有其他的念头，

or a concentrated thought, which is saying in another way, which is a thought undisturbed by other thoughts at the moment, that your mind is clear of other thoughts at the moment,

这种感觉是一种放手的感觉，

and the feeling is a feeling of let go,

你只是放手，然后让身体呈现出完美状态。

you just let go and let the perfection be about the body.

现在我认为看到这一点最佳方式是通过夜间梦境，这就像一个梦境，就像一

场夜间的梦境，

Now the best way to see this I believe is through the night dream, this is like a dream, just like a night dream,

当你在那场夜梦中时，你身处其中，那里还有其他的角色，那里有一个世界，那里有各种事情在发生，

while you're in the night dream, you are there, there are other characters, there's a world there and things are going on,

当你身处其中、当你梦到它的时候，它是真实的，对吧？

and while you're in it, it's real, right? While you're dreaming it.

只有当你从梦中醒来时，你才会说：“它从未存在过。”

It's only when you awaken from the dream, that you say: "It never was."

这就是这场梦所发生的事情。

That's what happens to this dream.

当你从中醒来时，你会发现它从未存在过，从来都不存在任何东西，

When you awaken from it, you'll see that it never was, that there never was anything,

但一直存在着完美，

but perfection all the time.

所以这是一个从梦中觉醒的过程。

So it's a process of awakening from this dream.

要想明白这一点，你必须亲自去经历，我无法把它给你。

To see this, you're going to have to go through it, I couldn't give it to you.

但如果你坚持下去，你就会到达一个状态，那时你会发现：“天哪，这只是一个梦！”

But if you continue, you'll reach a point, where you'll see that: “My gosh, it's just a dream!”

然后你会发现，它本就是一个从未存在过的梦，其实一直以来都是完美的。

And then you'll see that it's a dream that never was, that there had always been perfection.

但是，只有亲自体验它，你才能理解这一点，

But, again, you can't comprehend that until you experience it,

你可能会在某一瞬间有所领悟，很多人都这样，
you might get it momentarily, many people do,

你会有一个瞬间的画面，整个事情就像一场梦，
you get a momentary picture of the whole thing as being a dream,

在那里什么都不存在，只有完美，
that there never was anything but perfection,

然而下一刻，你又骗自己陷入了错觉中，认为它是真实的。
and then the next moment, you trick yourself into the delusion again, of
thinking that it is real.

你看，在这个世界上，我只想做一件事，那就是让所有人都知道我所知道的，
You see, there's really only one thing I want to do in the world is to have
everyone know what I know,

与此同时，我不会把这件事强加给任何人，
at the same time, it's not for me to push this on anyone,

但如果他们确实想要它，我真的希望他们能够拥有它，

but if they really want it, I really want them to have it,

这样双方就达成一致了。

so that two get together.

所以我没看到这有什么大胆之处，我认为这是正确的事。

So I don't see the boldness, I see it doing the right thing

当你看到完美的時候，就没什么需要做的了。

When you see the perfection, there's nothing to do.

实际上，我真的觉得自己不是一个老师，我从来都没有在教导，我仍然无法习惯那个被称为老师的概念，

And I actually, I really feel that I am not a teacher, I am never teaching, and I still can't get used to the concept of being called a teacher,

弗朗西斯让我现在比以往任何时候都更能接受这一点，我已经可以更多地說：“哦，是的，我是在教导。”

now, Francis has got me to accept it more now than ever before, I can do it more readily say: “Oh, yeah, I'm teaching.”

但在我的意识里，我并没有在教导，

But in my consciousness, I'm not teaching,

我怎么能教导一个全知的完美存在呢？

how can I teach a perfected being who is omniscient?

在这个最高状态中，你会把这个世界看作你真正的“我”（大写的“我”）。

In this top state, you perceive this world as nothing but your very own Self, with a capital S,

除了真我，什么都没有；

there is nothing but the Self;

或者除了上帝，什么都没有。

Or there is nothing but God.

上帝是一切，

God is all,

你所看到的一切都是上帝，

everything you see is God,

你就是它，

and you are it,

这是你看待世界的方式，

that's the way you see the world,

而其他人看到同样的事物后会说：“呃呃，恰恰相反。”

Others look at it and say: “Uh-uh, it's just the opposite.”

你看着它，它是完美的，它是上帝，它是我，它就是我。

You look at it, it's perfect, it's God, it's me, it's I.

因此，当你处于最高状态中时，在别人眼中，你和他们一样轻松自在地生活，这并不矛盾；

So there's no contradiction when you're in a top state, and you, to the eyes of others, float through life the way they do;

但在你看来，它不是他们看到的那样，

But in your perception, it's not the way they see it,

而那个真正的最高状态，是既处在顶端状态中，又置身于这个世界之中。

and the very top state is being in that top state and in the world at the same time.

呃...总有一天你会笑，所有这些巨大的努力都是为了成为你本来的样子、一直以来的样子，这真是一个笑话。

Uh... Someday you'll laugh and all this tremendous effort to be exactly what you are and have always been, it's such a joke.

经历巨大的挣扎，只是为了成为那个你一直都是、永远都是的样子，创造出所有这些迂回的方法，只为了假设你没有无限的快乐、甚至放弃了所有的快乐，然后再付出巨大的努力试图重建无限的喜悦，

To go through a tremendous struggle only to be what you are, always have been, always will be, creating all these devious means of assuming you don't have infinite joy, even giving up all joy, and then going through a tremendous effort of trying to establish infinite joy again.

但这是个笑话。

but it's a joke.

在实相中，根本不存在时间这种东西，

In Truth, there is no such thing as time,

时间是一个变量。

time is a variable.

实相是永恒不变的，

Truth is that which never changes,

完美就是永远完美的，它不会改变，

perfection is always perfect, it doesn't change,

任何会改变的事物都是不完美的，是不真实的，

anything that changes is imperfect, is unreal,

时间只不过是一个心理概念。

time is nothing but a mental concept.

你晚上做了一个梦，你可能经历了 80 年，

You have a dream at night and you cover maybe 80 years,

现在当你在梦里的时候，那是 80 年的时间，

now while you're in that dream, it was an 80-year period,

在你醒来后，它花了你多长时间？

how much time was it to you after you awakened?

80 年可能变成了几分钟。

That 80 years becomes maybe minutes.

我只是想说明时间只不过是一个心理概念，

I'm just trying to bring out how time is nothing but a mental concept,

在梦里，它是 80 年，

in the dream it was 80 years,

你醒来后说：“天哪，它才几分钟！”

you awakened say: “Gee, it was just minutes.”

当你从这场梦中觉醒，你就会明白，没有时间，它一直都存在，过去和将来的一切都在这里。

you awaken out of this dream, you'll see it was no time, it was always there, everything that was or will be is here now.

时间就像拿着一卷电影胶片，一次只看一帧，说：“前一帧是昨天，后一帧

是明天。”

Time is like taking a movie reel, and looking at one frame at a time, and saying: “The frame before it is yesterday, and the frame after it is tomorrow.”

一切都在那里。

It's all there.

你现在就可以看到一切。

You can look at it all now.

但在时间方面，我们选择只看一帧，

But in time, we choose to look at one frame,

然后说：“这边的这个是过去，那边的那个是未来。”

and then say: “The one on this side is the past, and the one on that side is the future.”

如果你看整个胶片，你可以看到你从开始到结束的整个一生。

If you'd look at the whole reel, you could see your entire life from beginning to end.

但在心理上层面，你选择按照你现在的方式去做。

But mentally, you choose to do it the way you're doing.

时间只是一个心理概念。

Time is only a mental concept.

但为了接受这一点，你必须亲自看到它，

But in order to accept this, you've got to see it yourself,

你必须感知到这一点，

you've got to perceive it,

你必须意识到这一点，

you've got to realize it,

深入思考它，总有一天你会意识到：“哇，它只是一个心理概念！”

thinking on it deeply, you'll get the realization someday: "Wow, it's just a mental concept!"

永恒就在当下，

Eternality is now,

它是一个永恒存在的当下，

it's an ever-present now,

没有过去，没有未来，一切都在此时此地，

there's no past, no future, it's all here now,

在实相中只有当下。

there's only a nowness in Truth.

10.心镜 The Mind Mirror 1

磁带旁白：本次课程的标题是“心镜”，录制于1966年5月31日。

The title of this session is "The Mind Mirror", recorded May 31st 1966.

莱斯特：那么为什么我们比其他人更深入这个主题呢？

Now why do we, who are more with this subject than others?

为什么我们不能一直处于只有快乐而没有悲伤的状态中呢？

Why are we in a position where we don't have joy all the time with no sorrow?

为什么在研究了主题，追随了大师们之后，为什么我们仍然无法得到我们在寻找的东西？

Why after having been with this subject and following the great masters, why can't we get that thing we are looking for?

哪里出了问题？

What is wrong?

我相信如果你仔细研究一下，你会发现只有一个东西出了问题，

Well, I believe if you look into it, you will discover that there's only one thing wrong,

只有一个东西——我们对成长的渴望不如我们对这个世界的渴望那么强烈，不如我们对小我认同的渴望那么强烈。

only one thing, our wanting this growth is not as strong as our wanting this world, as our wanting ego approval.

因此，我尽可能地讲求实际，为你提供一些你每天都能运用的成长方法。

Therefore, I try to be as practical as can be by presenting you with methods that you can use every day to grow by.

生命中没有哪个时刻不能用作成长的机会。

There is no moment in life that cannot be used as an opportunity for growth.

生命中没有哪个时刻不能用作成长的机会。

There is no moment in life that cannot be used as an opportunity for growth.

现在，唯一的成长，我强调的是“唯一”这个词，唯一的成长就是放下小我。

Now the only growth and I'm underlying this word "only", the only growth is letting go of ego.

当小我为零时，上帝就是全部。

When the ego is zero, God is all.

如果我们还没有找到足够的上帝或足够的幸福，那只是因为我们在抓着小我的渴望不放。

If we are not finding enough of God, or enough of Happiness, it's only because we are holding on to our ego desires.

所以我想在每次研讨会上，我都介绍一种我们在日常生活中可以使用的具体方法，来帮助我们释放我们的小我。

So I think at each meeting, I'll present one particular method that we can use in everyday life to help us let go of our ego.

我想今天我想说的是：你所看到的世界，也是你。

I think today I would like to say this: As you see the world, so are you.

现在，我要引申一下，“一个人心里相信什么，他是什么”，这是对的，

Now I'm taking off on "As a man believe in his heart, so is he", which is correct.

但我认为这是一种更进一步的看待它的方式：

But I say this is a much more advanced way of looking at it:

你所看到的世界，也是你。

As you see the world, so are you.

现在，每天当我们起床睁开眼睛，我们开始看着这个世界，我们遇到一些人，我们看到的那些人，也反映出我们自身的样子。

Now every day when we get up and open our eyes, we start looking at the world, we meet people, and as we see those people, so are we.

我们不可能在别人身上看到我们自己没有的缺点，

It is impossible to see a fault in anyone else that we don't have in ourselves,

如果我们身上没有这个缺点，就不可能在外界的任何人身上看到它。

if the fault is not in us, it's impossible to see it out there in anyone else.

这几乎和为了理解希腊语，你必须懂希腊语是一样的。

It's almost the same as, in order to understand Greek, you must know Greek.

我们在外界理解的任何东西，我们在内在也知道它。

Anything we understand out there, we know within.

所以每次我们看到一些我们不喜欢的东西，有人在做一些我们不喜欢的东西，这让我们很困扰，

So every time we see something out there that we do not like, a person who is doing something that we don't like and it bothers us,

这只是因为同样的东西也存在于我们的内在，

it is only because that very same thing as in us,

这是一个强有力的成长方式。

now this is a powerful method of growth.

因为不幸的是，我们大多数人看到的都是这个世界上错误的东西，

Because most of us unfortunately see things that are wrong in this world,

当一个大师看这个世界的时候，他除了完美，什么都看不到，

when a master looks at the world, he sees nothing but perfection,

我们也应该试着获得相同的视角。

we should try to get the same viewpoint.

如果我们只坚持这一点，就会有巨大的成长。

If we will hold on to just this one thing, there will be a tremendous growth.

每次你看到某人身上有什么不对的地方时，在自己身上找找它，

Every time you see something wrong in someone, look for it in yourself,

当你看到它的时候，释放它，保持释放，

and when you see it, let go of it, keep letting go,

每次你释放它的时候，你就是在释放一点小我。

and every time you let go of it, you're letting go of a bit of ego.

整个事情非常简单，

The whole thing is very simple,

此时此刻，你就是那，

THOU ART THAT, here and now,

移除小我的遮蔽物，释放小我，

remove the covering of the ego, let go the ego,

当小我完全消失时，唯一剩下的就是无限的真我，

and when the ego is completely gone, the only thing left is the infinite Self,

在小我不会升起的地方，就有真我。

where the ego rises not, there is the Self.

所以在日常生活中，当我们与人交往、遇到各种情况时，每当我们看到自己

不喜欢的事物时，我们都应该转向内，看看我们自己的内在，释放它。

So in everyday life, as we meet people, situations, every time we see something we don't like, we should turn within, see it within ourselves, let go of it.

现在，这不是在一天或一周之内就能解决的，

Now this will not clear us in one day or one week,

因为有太多的东西需要清理了，

because there's an awful lot to be cleared,

历经累生累世，我们已经发展了如此之多对小我的依恋和欲望，

we have developed through many lifetimes ego attachments and desires,

它们不会一两天就消失的。

and they don't go in one or two days.

当我们开始释放小我时，有时看起来好像小我变得越来越强大、越来越膨胀，

When we start letting go of the ego, it appears sometimes as though the ego is getting stronger and stronger and bigger and bigger,

事实并非如此。

that's not true.

它永远不会比现在更强大了。

It will never get any bigger than it is right now.

那是发生了什么呢？

What happens is that?

当我们释放它的时候，它会更多地显现在我们面前，

As we let go of it, more of it presents itself to us,

我们在更多地看着它，

we are looking at it more,

有时看起来好像是小我在变得越来越强大，

and it appears sometimes as though the ego is getting bigger,

实际上，我们只是在面对更多的小我，它一直都在那里。

actually, we're just facing up to more of it, that was there all the time.

把目光从小我身上移开并不能消除它，它只会留在那里，

looking away from ego does not dissolve it, it just remains there,

直到有一天，我们被迫释放它。

until the time comes that we are forced to let go of it.

所以，在每一天中，如果我们只是看着这个世界，并且意识到我们是通过自己的眼睛、我们自己的意识、我们自己的理解来看待它的，意识到我们所看到的外部世界只不过是我们自己而已。

So daily, right through the entire day, if we will just look at the world and realize that we are seeing it through our own eyes, through our own consciousness, through our own understanding, that what we see out there is nothing but ourselves.

这可能会促成一个快速的、正向的成长，并且效果立竿见影，第一周你就会感觉好很多。

This can affect a rapid positive growth that will show results immediately, the first week you'll feel better.

随着你继续这样做，你会变得越来越轻松、快乐会越来越多、悲伤越来越少。

And as you keep doing this, you'll get lighter and lighter and lighter, happiness will get more and more and more, sorrow will get less and

less.

但我给你的主要提醒是，不要指望它在一夜之间发生。

But the main warning I give you is don't expect it overnight.

如果小我似乎显得愈发强大，那只是因为你正在面对它，而在此之前你却在回避它。

And if the ego appears to loom up larger, it's only because you're facing it, whereas before you were looking away from it.

南希刚刚问：“你是怎么做到的？”

Nancy just asked: "Well, how do you do it?"

你看到有人在试图成为派对上的主角，成为头号人物，你不喜欢这样，我举的是一个很明显的例子，

Well, you see someone out there who is trying to be the life of the party, the number one, you don't like it, I'm taking a very obvious thing,

如果我们不喜欢别人争当第一，那只是因为我们想成为第一。

if we don't like the other one trying to be the number one, it's only because we want to be the number one.

好吧，那么我们该怎么办？

All right, so what do we do?

你必须向内，寻找它，坚持下去，直到你看到它。

You have to go within and look for it, and stay with it, until you see it.

如果你愿意深入内在，冥想它，让你的心智安静下来，答案总会出现的。

If you will go within, meditate on it, quiet your mind, the answer will always come.

你会明白为什么，“是的，我也想成为第一，我很不满，因为另一个人也在试图成为第一”。

You will see why, “Yes, I too want to be the number one and I was resentful, because the other one was trying to be the number one”.

然后当你发现自己想要成为第一时，对自己说：“我必须释放。”

And then when you see that you want to be the number one, say to yourself this: “I must let go of.”

带着一个放手的意愿，仅仅是带着放手的意愿，

With a wish to let go, and just by the wish to let go,

你就释放了一点小我。

you are letting go of a bit of ego.

11.心镜 The Mind Mirror 2

没有比我们从家庭中学到的更好的功课了，你会发现家庭是成长的最佳途径。

There are no better lessons than those we get from our family, you'll find family the best means of growing.

主要原因是我们选择了父母，我们选择了和我们有着相似特质的父母，

And the main reason for that is that we choose our parents and we choose parents who have similar characteristics to our own,

所以，正因如此，父母和孩子之间总会有相互的影响和互动。

and so there's always a to and fro between parent and child because of this.

父母告诉孩子们要做什么，孩子们一直在反抗、反抗，来来回回，没完没了。

Parents are telling the children what to do, the children are fighting right back, up and back, up and back, all the time.

大多数时候，父母和孩子在一起时，在我们所谈论的事情上，这种你来我往的情况一直持续着。

Most of the time, a parent and child are together, there's a constant to and fro on the thing we're talking about.

因为我们自己身上就有这种特质，所以我们能在父母身上看到它，或者在我们的孩子身上看到它，

Because we have it in ourselves, we see it in our parent or we see it in our child,

而他们也能在我们的身上看到这一点，

and they see it in us,

这就导致了很多的矛盾。

it causes a quite a lot of friction.

现在，这也可以是相反的关系，

Now, that can be the opposite relationship too,

如果我们的父母有我们喜欢的东西，父母和孩子一起在某事上达成一致，我们会有一种小我的提升，

we can have an ego lift, if our parent has the things that we like, if

parent and child together on something that they both agree on,

并且会有一种兴奋感，对小我的支持也一直在持续，这也是可能的。

and there's an elation, a support of the ego going on all the time, that's possible also.

同样的道理，小我在遭到拒绝时受挫，在受到赞美时扬升，

Now, ego, the same way goes down on rebuff, goes up on praise,

所以我们应该从两方面来看待这一点。

so we should look for two ways.

记住，任何能被赞美之词捧起的东西，都能被相反的话语迅速摧毁。

And remember, anything that can be lifted by words of praise can be as quickly dropped by the opposite word.

我们想要达到的状态是一种平静，在这种平静的状态下，我们总是快乐的，或者我们的快乐不依赖于我们自己之外的事物和人。

The state that we want to attain to is one of equanimity where we are always happy, or where our happiness that does not depend upon things and people outside of ourselves.

真正的幸福是我们的自然状态，是独立于人和事物的。

The real Happiness with a capital H is our natural state and is independent of people and things.

任何时候，当快乐依赖于我们自身之外的任何事物时，都是一种小我的快乐，之后必然伴随着小我的痛苦。

Any time it's dependent upon anything outside of ourselves, it's an ego pleasure, which must necessarily have an ego pain after it.

然而，我们在这个世界上感受到的所有快乐，或多或少都只是真我的感觉，即使我们将其归因于外部的某人或某物。

And yet all joy that we feel in this world is only the feeling of the Self more or less, even though we attribute it to someone or something outside.

我们所感受到的那种喜悦的感觉，只不过是真我本身。

That feeling of joy that we feel is nothing but the Self.

所以我说，我们感受到的所有快乐都源于真我，我们感受到的所有痛苦都源于小我。

And so I say, all joy that we feel has its source in the Self, and all misery that we feel has its source in the ego.

还有另外一种方式可以放下小我，

And there's another way of letting go of ego,

每当我们感觉不快乐时，就寻找小我的动机。

every time we feel unhappy, look for the ego motivation.

有一些我们想要的东西，于是我们很沮丧、很不开心，

there's something we want and we're frustrated and we're unhappy,

寻找小我的源头，你会看清它，

seek the ego source, you'll see it,

你就自然会释放它，

you'll automatically let go of it,

然后你会再次感到快乐。

and you'll feel happy again.

换句话说，外面除了我们的意识之外，什么也没有。

Another way of saying it is, there is nothing out there but our

consciousness.

无论我们看到外面有哪里不对，问题其实出在我们之内。

Whatever we see wrong out there, the moat is in our I.

一位大师所看到的你、每个人以及每件事都是完美的。

A master sees nothing but perfection in you, in everyone and in everything.

如果祂不这么说，祂只是在为了听众的利益而说话，以便进行沟通。

If He says otherwise, He's just talking for the benefit of the hearer in order to communicate.

只有真理，那绝对的永恒、无限、没有限制、喜悦、全知，全在，一切都是荣耀的，这就是真理的全部。

There is only the Truth, the absolute eternal, infinite, unlimited, joy, omniscience, and omnipresence, all glorious, that's all there is in Truth.

除此之外的一切都只是虚假、表象、错觉、幻象。

Anything other than that is a falsity, the appearance, the delusion, the Maya.

所以你问我的是：“玛雅不是真的吗？”

So what you ask is: “Well, isn't this Maya true?”

我唯一能说的就是：“不，它不是真的。”

So the only thing I can say is: “No, it isn't.”

看清真相，你就会发现一切都是绝对完美的。

See the Truth, and you'll see that everything is absolutely perfect.

每个人都在努力地回归完整的真我，释放他们的小我，

Everyone is trying to return to the full Self to let go of their ego,

我们中的一些人在这个方向上犯了错误，越往小我的方向走，我们表面上就会陷入越来越多的麻烦等等，这是一种表象，

some of us make errors in that direction, by going further into an ego direction, we get more and more apparently in trouble and so on, that and it's an apparency,

直到这种表象变得如此难以明了，我们才开始看向另一个方向。

until the apparency gets so difficult, we start looking in the other direction.

如果你想了解光明，就不要盯着黑暗；

If you want to know light, don't look at the darkness;

如果你想知晓真理与善，就不要看向邪恶。

If you want to know Truth good, don't see evil.

小我是与一切相分离的感觉，

Ego is the sense of separation from the all,

在我们陷入这种表面上的幻觉之前，我们就是我们现在所追寻的无限存在。

before we got ourselves into this apparent delusion, we were that infinite being that we are now seeking.

12.心镜 The Mind Mirror 3

通过一些奇思妙想和“存在状态”，我们决定玩一场游戏，真的是一场受限的游戏，

Through some quirk and Beingness, we decided to play a game, really a game of limitation,

我们只是决定稍微受限一点，

we decided to be just a little limited,

现在为了做到这一点，我们必须摒弃“一切”，“一切”是没有限制的。

now, in order to be that way, we had to move away from the All, the All is unlimited.

所以我们在我们的周围画了一个很大的圈，那一刻我们几乎是无限的，

And so we drew a wide circle around us, we were nearly unlimited at that moment,

然后我们想再次体验无限的感觉，

and then we wanted to play with the feeling of becoming unlimited again,

但是当我们开始朝着那个方向发展时，我们掉入了一个陷阱，

but when we started that direction, we fell into a trap,

在限制的游戏里，我们没有回到无限，反而走得更远，在自己周围画了一个更小的圈，变得更加受限，并试图摆脱那种限制，

in the game of limitation, we instead of going back to the unlimited, we went further and drew a less wide circle around ourselves and became more limited and tried to get out of that,

我们一直在这样做，这个主要的分化过程是：首先我们处于一个被称作“因果体”的状态，

we kept doing that, and the main divisions of it is first we were what is called a causal body,

我们创造了一个分离的身体，

we created a body to be separate in,

在因果体中，对我们来说，它是观念形成的领域、观念的领域，

and in the causal body, it's the realm of ideation to us now, the realm of ideas,

在那个因果体中，当我们有一个想法的那一刻，它就完全实现了，

and in that causal body, the moment we had an idea, it was completely fulfilled,

这几乎就像是你伤害了自己，然后停下来说：“哇，感觉真好~”

it's almost like hurting yourself and stopping and say: “Gee, that feels good~”

你创造了一个小的分离，然而每次朝着“一切”迈进，都能让你感觉很好。

You create a little separation, and it feels good to go toward the All each

time.

所以我们首先创造了因果体，当我们有了一个想法、一个愿望的时候，它就立即实现了。

So we first created the causal body, and the moment we had an idea, a thought, a wish, it was immediately fulfilled.

然后我们尝试通过一个星光体进行更受限的游戏，对于我们这些现在处于物质世界的人来说，这是一种天堂般的生活，

Then we tried playing more limited through an astral body which to those of us who are now in the physical is a heavenly life,

在星光体中，无论你想到什么都会立即产生影响，

in the astral body, whatever you think is immediately affected,

在那里，我们不受时间的限制。

we are not limited by time there.

然后我们从星光界进入物质界，这是对宇宙中的任何生命来说最慢、最密集的领域，

Then we moved from the astral into the physical, which is the slowest, the most dense realm possible to any being in the universe,

这是可能达到的最低状态——物质状态，

this is the lowest state possible, the physical,

只有一种更低的可能性，那就是在物理层面上更低，

There's only one possibility of going lower, and that's lower in the physical,

但物质状态是最低的状态，

but the physical state is the lowest state,

这是我们可能遇到的最死寂的状态，

this is the deadest state that's possible unto us,

当你知道这一点时，你就不会再害怕死亡了。

when you know this, you'll never fear death.

因为死亡就像是一种美妙的解脱，所以在你经历死亡之后的体验是非常奇妙的，而不是在经历死亡之前，

Because death feels like a wonderful freeing, it's a tremendous experience after you do it, not before.

因为在此之前，我们认为我们只不过是这个身体，当这个身体消失时，我们也就消失了。

Because before we think we are nothing but this body, when this body goes, we go.

即使是死亡的痛苦也远不如你在生活中所遭受的痛苦，

And even the pain in death is not nearly as much as the pain you suffer through life,

你遭受着偏头痛、头痛和疾病，还有家庭、心碎和爱情带来的精神痛苦，这比死亡更难熬，

you have migraine, headache, and diseases, and mental agonies with families and heartbreaks and love, that's more severe than dying at death,

因为死亡通常只是一时的痛苦，随后就会有巨大的解脱感。

because dying at death, generally is just a pain for a moment and then this tremendous feeling of freedom.

所以我们进入了这个被称为物质界的最受限且最致密的状态。

So we came down to this most limited and densest state called the

physical.

而现在我们所有人都在回归的路上，这是毋庸置疑的，我们正处于一个世界振动频率相对较低的时期，非常艰难，非常物质化，

And now all of us are on the way back, and there's no question about that, we're in a period of the world that is relatively low in vibration, very difficult, very physical,

而我们这些已经走上这条道路的人，肯定是在走向解脱，

and those of us who are on the path are definitely on the way out,

因为要是我们能在当今生活的泥沼中找到正确的方向，

because if we can get the right direction in this morass of livingness as it is today,

是因为我们很久以前就踏上了这条道路，而且可以说，无论世界如何变化，我们都会继续下去。

it's because we started on this a long time ago, and we're continuing it in spite of the world, so to speak.

我们可以从物质界出发，在物质界毕业后长出翅膀，飞向星光界，你可以在星光界度过更漫长的千年时光，然后你在这里继续，因为那是一种更轻松的

生活方式，然后我们就可以从星光界毕业，进入因果界。

And we can go from the physical, we can graduate, get our wings and fly off into the astral, and you can spend far more millenniums in the astral, than you do here, because it's an easier way of life, and then we can graduate into the causal.

但如果你理解了小我是什么，你就可以从我们现在所处的最低状态走完全程，

But if you understand what the ego is, you can go all the way from the lowest realm that we are in now,

通过消除小我感，直接回到最高处。

back to the highest by eliminating the ego sense.

当我们失去所有的小我感时，我们就会完全觉醒，我们走完了全程，我们会回归到“全者”。

When we lose all of our ego sense, we are fully realized, we go all the way, we return to being the All.

在这个领域，做到这点的机会比其他任何领域都要多，

The opportunity to do this exists more in this realm than any other realm,

因为它太艰难了，所以在这个领域中的动力是最大的。

Because it is so difficult that the incentive is greatest in this realm.

而生活越容易，成长的动力就越小。

as life gets easier ,the incentive to grow gets less.

但当你想到你要没饭吃了，整个世界都在崩塌等等，而你的身体生病了，还有所有的这些麻烦，你就会有一个巨大的动力去摆脱这种困境，而且这种动力在这个领域中会强大得多，

But when you think you are not going to eat, and the whole world is going to collapse on you and so forth, and you have a sick body and all these troubles, you have a tremendous incentive to get out of that, and the incentive being some much stronger in this realm,

超越所有的领域、直接回到“一”或者“全者”是有可能的。

it's possible to transcend all the realms and go right back to the one, or The All.

所以这种小我感是非常基本、非常重要的，它是一切麻烦的开始，

So this sense of egoity is very basic and very important, it's the start of all trouble,

释放它就是在消除所有的麻烦。

and letting go of it is the elimination of all trouble.

它是一种不是“全者”的感觉，不是我们所是的那个上帝的感觉。

It's the sense of not being the All, not being that God which we are.

如果你不是一切，就缺少了一些东西，然后你会努力地去得到它，首先是 100 美元、接着是 1000 美元、然后是 100 万美元、再然后是 10 亿美元，之后是地球、接着是月亮、再之后太阳系、然后是银河系.....

If you're not the All, there's something missing, and you're trying to get it, first \$100, then a thousand, then a million, then a billion, then the earth, then the moon, then the solar system, then the galaxy...

直到你觉醒于“你努力获得的一切都是你自己”的这个事实。

Until you wake up to the fact that everything you're trying to get, you are.

一旦你看清这一点，就再也没有什么可以得到的了，你就是它。

And once you see that, there's nothing to be gotten anymore, you are it.

当你看到人们为了获得他们所是的微小部分而苦苦挣扎的全貌时，这真的是

一个笑话。

It's really a joke when you see the overall picture of how people struggle to get tiny bits of what they are.

所以每当你看到这个世界上有什么不对劲的事情时，把它当作一面镜子，这就是全部了。

So every time you see something wrong in the world, look upon it as a mirror, and that's all it is.

它正在向你反映你的意识。

It's reflecting to you your consciousness.

如果你接受这一点，你就可以利用它来消除你的小我。

And if you accept this, you can use it to undo your ego.

外面除了我们的意识，什么都没有。

There is nothing out there but our consciousness.

如果你想知道你的意识是什么，只要检查一下你周围的事物，你所看到的、以及你每天在生活中经历的事情，那就是你的意识。

If you ever want to know what your consciousness is, just take a check on what is around you and what you see and what you go through every

day in life, that's your consciousness.

这就是读报纸、听广播的危险所在，

This is the danger in reading newspapers, listening to the radio,

总的来说，这个世界有着非常消极的意识，

the world in general has a very negative consciousness,

如果你跟着它走，它就会把你往那个方向拉。

if you go with it, it helps you in that direction.

现在有人告诉你那是逃避，其实不是。

Now, someone tells you that, that's escape, but it's not.

当你在任何时候认可世界上的任何事情时，你都是在支持它。

Any time you acknowledge anything in the world, you're supporting it.

如果你认可战争、死亡和苦难，你就是在支持它，你就是在向外发出这类心理念头。

If you acknowledge war and death and misery, you're supporting it, that's the mental thoughts you're sending out.

看看，我们所有人都在发出念头。

You see, we all send out thoughts.

每当我们有一个念头时，我们以为它是我们内心的一个小秘密，

Every time we have a thought, we think it's a secret little thing within ourselves,

但实际上，它会散发到宇宙中去。

it goes out to the universe.

所以大师们在支撑着这个世界，

So the masters support the world,

他们仅仅坐在山洞里，发出美好的、完整的思想、建设性的思想、合一的思想，以此来抵消所有明显的、消极的东西。

they counterbalance all the apparent negativity by just sitting in a cave and sending out the good, whole thoughts, constructive thought, thoughts of Oneness.

所以我们能够真正帮助整个世界的唯一途径就是帮助我们自己，

So the only way we can give real help to the entire world is by helping

ourselves,

我们的意识越积极，我们就越能将这种积极传递给每一个人。

the more positive our consciousness is, the more we send that out to everyone.

13. 通往幸福的道路 Your Path to Happiness 1

磁带旁白：本次课程的主题是“通往幸福的道路”，录制于 1966 年 6 月 7 日。

The title of this session is “Your Path to Happiness”, recorded June 7th, 1966.

有两条法则可以涵盖所有的行为，

There are two laws that will cover all behavior,

我说，如果你能运用这两条法则，它将把你引至完全开悟。

and I say, if you'll use these two laws, it will lead you to full realization.

第一条是对所有生灵都无害的态度；

The first is an attitude of harmlessness toward all beings;

第二条是互惠法则，即任何行为，如果双方达成共识，就是正确的，如果一方不同意，另一方就不应该试图强迫对方去做。

And the second is the law of mutuality, that any behavior, if agreed to by both, is correct, if one doesn't agree, the other should not try to make the one do it.

比如我想去看电影，我说：“走，我们去看电影吧。”你说：“不去。”我说：“为什么不去？走吧，你应该去看看。”诸如此类的事。

For instance, I want to go to the movies, I said: "Come on, let's go to the movies." And you say: "No." And I say: "Well, why not? Come on, you should go." And so forth and so on.

那是我的错。

That's wrong on my part.

如果你不想去，我就不该勉强你去，

If you don't want to go, I shouldn't want you to go,

只有双方都达成一致，它才是互惠的。

it's only mutual if we both agree on it.

没有什么行为是不能用来帮助一个人在道路上成长的，

There is no act that cannot be used for helping one grow on the path,

如果我们想要获得开悟，它就必须是一件全职的事情，

and it must be a full-time thing if we want to get realization,

它不可能是一个周末、或者晚上一小时、或者早上一小时的事情，

it can't be a weekend or one hour in the evening or one hour in the morning thing,

相对而言，除非每时每刻、日复一日都在持续这个主题，否则不会有什么进展。

it must be all the time, relatively speaking, there's little growth and until the subject is every minute, every day.

我们越快乐，我们就越能安住于神、安住于真我之中。

The happier we are, the more we are dwelling in God, in the Self.

我们错误地将幸福归因于外面的人或事物，

We falsely attribute the happiness to the person out there or the thing out there,

但实际情况是，当外界的人或事满足了我们的欲望时，我们就会停止思考。

but what actually happens is, is when the person or thing out there satisfies our desire, we stop thinking.

当我们停止思考时，我们感觉很好，

when we stop thinking, we feel good,

当我们停止思考时，我们就是我们自己的真我。

when we stop thinking, we are being our own Self.

总有一天我们会发现，世界上唯一的快乐就是我们的存在、我们的真我，而我们之前却把它归因于人和事物。

Someday we all discover that the only joy there is is the joy of our Beingness, of our Self, which we before attributed to people and things.

好了，明白这一点，当我们明白这一点时，那个唯一的快乐就是我们自己的真我。

All right, knowing that, when we know that point, that the only joy is our very own Self.

那么与之相反的痛苦就只是小我，更具体地说是小我的挫败感，

It follows that the opposite, misery is just ego, and more specifically,

ego frustration,

我们有欲望，我们想要东西，但我们无法得到它们，我们就感到不快乐。

we have desires, we want things, we can't get them, we feel unhappy.

所以，所有的痛苦都源于小我，

So, all misery has its source in the ego,

所有的快乐都源于真我。

all happiness has its source in the Self.

现在，这一点可以在一天 24 小时都用来成长，

Now this can be used 24 hours a day for growth,

正如我之前所说，唯一的成长就是做我们现在是、过去一直是、将来也永远都是的这个无限真我，它是永不变的、完美的。

as I said before, the only growth there is, being that we are now, we always have been, we always will be this infinite Self, it is changeless, perfect.

所以唯一的成长是我们无法成长为真我，因为我们就是那个真我。

So the only growth is we cannot grow into the Self, because we are That.

但我们确实摆脱了小我，

But we do grow out of the ego,

唯一的成长就是释放小我。

the only growth there is is letting go of the ego.

所以，运用幸福与痛苦的这个概念，

So to use this concept of happiness versus misery,

每当我们不开心的时候，如果我们只是假定这种痛苦的根源是小我，

every time we are unhappy, if we just assume that, well, this has its source in the ego,

我们也许就可以去寻找痛苦的根源，

we may then look for the source of the misery,

当我们发现它时，我们自然会放手。

and when we discover it, we automatically let it go.

我们无法摆脱痛苦的唯一原因是我们没有看到痛苦的根源。

The only reason why we don't let go of misery or can't is because we don't see the cause of it.

当任何人看到了痛苦的原因时，他自然会释放它。

When anyone sees the cause of the misery, he lets it go naturally.

所以，如果我们坚持这个观念，即“所有痛苦的根源都在于小我”，我们就可以通过审视痛苦而把它当作一个成长的方法。

So, if we hold on to that concept that all misery has its source in the ego, we can use this as a method of growth by looking at.

每当我们不开心的时候，看着它，但要带着放手的渴望。

Every time we are unhappy, looking at it, but with the desire to let it go.

好吧，现在，看着它并不是那么容易，

All right, now, looking at it is not so easy,

因为我们必须学习如何看着它。

because we must learn how to look at it.

当我们不开心的时候，我们应该向内寻找受挫的欲望，

When we are unhappy, we should look within for a frustrated desire,

这是一切痛苦的根源。

this is the source of all misery.

我们有一个欲望，而且它是自私的，

We had a desire, and it's selfish,

我们想要某样东西，却无法得到它，因此我们不快乐。

we wanted something, we couldn't get it, therefore, we're unhappy.

所以每当我们不开心的时候，我们应该坐下来，看着它，看到它在小我中的根源，

So every time we are unhappy, we should sit with it, look at it, see its source in the ego,

当你看到它的根源，当你看到那个欲望，那个受挫的欲望，你自然而然就放下它了。

and when you see the source of it, when you see that desire of being frustrated, you automatically let go of it.

通过这样做，你就释放了一点小我。

And by doing so, you're letting go of a bit of ego.

继续这样做，你会获得彻底的开悟，你会消除小我。

Continue this, and you'll get full realization, you'll eliminate the ego.

这个方法每天都能用，

This can be used every day,

如果你试一试，你会发现它能带来非常快速的成长。

if you try it, you will discover that it affords very rapid growth.

当你痛苦的时候，安静下来，向内看，

When you're miserable, get quiet, look within,

寻找它背后的欲望，

look for the desire behind it,

当你看到它时，你自然就会放手了。

when you see it, you're automatically let go.

欲望还有另一面，叫做厌恶，

There's another side to desire called aversion,

对我们不喜欢的东西，我们有厌恶，

things we dislike, we have aversions to,

但厌恶是一种不想拥有的欲望，

but an aversion is a desire not to have,

即使是厌恶也是一种欲望，

even an aversion is a desire,

它是一种不想拥有的欲望。

it's a desire not to have.

所以，总结一下我刚才所说的，一个非常快速的成长方式，一个能让我们完全觉醒的方法——只是简单地审视我们的快乐和痛苦。

So to sum up what I've just said, a very rapid means of growth, one that could give us full realization, is simply looking at our joys and sorrows.

看着痛苦，我们寻找它的小我根源，即欲望和它的挫败感，

Looking at the sorrows, we look for the ego source of it, the desire and its frustration,

当我们看到它时，我们自然会放手，

and when we see it, we automatically let go of it,

通过这样做，我们就释放了一点小我，

by so doing, we let go of a bit of ego,

我们持续下去，

we keep it up,

最终将不再有小我。

and eventually there's no more ego.

现在从另一个角度来看待它，从幸福的角度来看待它也是件好事，

Now it's also good to approach it, on the other side, on the happiness side,

如果你研究一下你的幸福，你会发现你越是与真我在一起，或者你越是与上帝在一起，你就越幸福。

if you'll study your happiness, you'll see that the more you are with the Self, with a capital S, or the more you are with God, the happier you are.

当我们看到我们的幸福不过是做我们自己时, 我们自然会更努力地做更真实的我们自己。

When we see that our happiness is nothing but being that which we are, we will automatically try to just be what we are, more so.

所以我们可以看看幸福, 发现它是什么, 然后发现它只是我们自己的存在,

So we may also look to the happiness, discover what that is, and find that it's simply our very own Beingness,

这将鼓励我们越来越多地做真正的自己。

and that will encourage us to just be what we are really, more and more.

所以生活中的这两大方面, 即快乐和痛苦, 每天都能用来成长。

So these two big things in life, joy and sorrow, can be used every day for growth.

现在我们都知道了这一点,

Now we, since we all know it,

如果我们不使用它，我说这只是因为我们对世界的渴望、对痛苦的渴望超过了对无限快乐的渴望，

if we don't use it, I say it's only because our desire for the world, our desire for misery, is greater than our desire for this infinite joy,

而我们仅仅是出于习惯才执着于那种欲望。

and that we hold on to that desire merely by habit.

我还想重复一下我说过的另一件事：

And I also want to repeat something else that I said, that:

这条道路必须是全职的，不能是兼职的，

This path has to be a full-time occupation, it cannot be part-time,

我们必须每天 24 小时都和它待在一起，

we must be with it 24 hours a day,

如果我们期待开悟，无论我们现在的生活有多忙，如果我们有正确的态度，如果我们一直有这种追寻的态度，我们就会做那些能带领我们走出这种束缚的事情，走出我们已经陷入的陷阱。

if we expect realization, it matters now how busy we are in life, if we have the right attitude, if we have that seeking attitude all the time, we

will be doing those things that will be leading us out of this confinement,
out of the trap that we've gotten ourselves into.

它必须是一天 24 小时不间断的，

It must be 24 hours a day,

现在，当我说一天 24 小时的时候，这包括了睡觉，

now when I say 24 hours a day that includes sleep,

我们会带着白天的意识流进入睡眠中，

we carry into our sleep the stream of consciousness of the daytime,

当我们入睡时，意识流是什么样，它在夜间就会保持什么样。

what the stream of consciousness is when we fall asleep, it so remains
during the night.

如果我们在白天专注在这条道路上，实际上我们在夜间也会成长。

If we're intensely on the path during the daytime, we actually grow
during the night.

我们的梦境会改变，不再是噩梦，而是会做好梦，甚至能在我们的睡眠状态
中、在我们的梦境中遇见更高层次的圣人和智者，

Our dreams will change, instead of having horrible dreams, they'll become good dreams, we'll even meet higher saints and sages in our sleep state, in our dream state,

在那种状态下，我们会从他们那里得到教诲，有时这比清醒状态下更容易。
we will get lessons from them in that state, sometimes more easily than in the waking state.

但是，如果我们在清醒状态下做出了足够的努力，我们确实会在睡眠中继续成长。

But growth does go on during sleep if we make enough effort in the waking state to make it all the time.

所以，成长可以是一天 24 小时全天候的，也应该是这样的，

So growth can be 24 hours a day, and should be,

如果我们想要开悟，它就必须是这样的。

and if we want realization, it must be.

14.通往幸福的道路 Your Path to Happiness 2

我们想从头开始，我们只能帮助我们自己，

We can only help ourselves, thy want to take it from the top,

帮助别人，其实只是在帮助自己，

and helping the other one, you're only helping yourself,

你会看到，到最后只有你自己，

there only is yourself in the end, you'll see,

从分离的角度来看，每个人都要对发生在他或她身上的事情负全部责任。

And looking at the separation, each one is fully responsible for what happens to him or to her.

我根本帮不了你，

I can't help you one iota,

我在帮助你只是一个表象，

it's only an apparency that I'm helping you,

要是你得到了任何帮助，那也是你自己做到的，

if you get any help, you do it,

你会听他的话，然后你会说：“哦，我喜欢那个，我要采用那个方法。”

you'll listen to what he says, and you'll say: "Oh, I like that and I'm going to use that."

但是是你做到的，没有人能帮你。

But you do it, no one can help you.

如果没有人能帮助你，那么就没有人能伤害你，知道这个也很好。

If no one can help you, no one can hurt you, that's also nice to know.

好的，我会从顶端把它给你，正如《圣经》所说：在你们祈求之前，要相信你们已经得到了。

All right, I'll give it to you from the top, "Before ye asked, believe that ye have already received", that's the way the Bible puts it.

当我们祈祷时，如果我们知道我们的祈祷已经得到了回应，那么事实就会如此，无论我们想要什么都会立即实现。

When we pray, if we know that our prayers are already answered, so it is, whatever we want would be ours instantaneously.

如果你对上帝也这么有信心，你的祈祷就会立即得到回应；

If you've got that much faith in God, your prayer will be answered

immediately;

如果我们没有那么强的信心，那我们就必须竭尽全力，用你最擅长的方式去祈祷。

If we haven't got that much faith, then we must do our best, pray how you best know how to pray.

现在，在所有祈祷中，我们最应该做的一个祈祷就是祈求智慧。

Now, the one prayer that we should have, above all other prayers, is to pray for wisdom.

心智只有创造性，它创造了我们持有在心智中的东西，

Mind is only creative, that creates what we hold in mind,

它无法识别“没有”或“不”这样的词，

and it doesn't recognize the word "not" or "no",

如果我不想去想一只猴子，那我满脑子就都是猴子；

if I don't want to think of a monkey, I'm only thinking of a monkey;

如果我不想生病，如果我不想发生意外，其实我是在想着意外，并且在促成它发生。

If I do not want to be sick, if I do not want an accident, I am thinking of accident, intending to create it.

因此，我们不应该想着不发生意外，我们必须想着安全；

So instead of thinking of no accident, we must think of safety;

我们不应该想着疾病，而应该想着健康。

Instead of thinking of sickness, we must think of health.

这就是在所谓的“显化”中最大的问题，

This is the greatest weakness in so-called demonstration,

人们总是消极地思考，他们不想要这个，他们不想要那个，然后他们就创造了那些他们不想要的。

people think in negatives, they don't want this, they don't want that, and that's what they create.

所以我们必须只想我们想要的，而不是我们不想要的，

So we must think only what we want, never what we do not want,

如果我们只想着我们想要的，那我们最终得到的就会是这些。

and if we would think only what we want, that is all we would ever get.

它就是这么简单,

It's as simple as all that,

不容易, 但很简单。

not easy, but it's simple.

如果我们只想着我们想要的, 那就是我们所能得到的一切。

If we would think only what we want, that is all and everything that we would get.

业力是一种自动的行为模式,

Karma is the automatic behavior,

业力是过去的习惯,

Karma is past habit,

业力是我们的潜意识心智等等。

Karma is our unconscious mind, etc, etc.

作为无限的存在，我们可以超越业力，

Being infinite beings, we can transcend karma,

但解决业力是不可能的。

it's impossible to work out karma.

因为当你在解决一个行为时，你就是在为未来创造一个类似的行为，

Because as you are working out one act, you're creating a similar act for the future,

从定义上来说，业力是无法解决的，

by its very definition, it's impossible to work out Karma,

现在的每个行为都会在未来引发相应的行为。

every act now creates an act in the future.

因此，当我们试图解决所有过去的行为时，我们是在为未来创造行为，

So while we're trying to work out all the past action, we're creating action for the future,

所以解决业力是不可能的。

so it's impossible to work out karma.

业力为小我而工作，

Karma works for the ego,

业力是小我的法则。

karma is a law for the ego.

一旦我们知道了我们是谁、我们是什么，业力就无法运作，业力就不存在了。

Once we know who and what we are, karma does not operate, karma does not exist.

总有一天，当我们看到这一点的时候，我们就会跳出来超越业力，业力便不再存在了。

Someday we get to the point where we see this, and we just step out and above karma, and there is no more.

要明白，如果你从顶端来看，这些事情非常简单，

See these things are so simple if you look at it from the top,

我使用“从顶端”这个词，

I use the word "from the top",

任何时候我们推理，都应该从真理、从一个真实的陈述开始推理，

any time we reason, we should always start reasoning with truth, with a true statement,

接下来，一切就都简单了。

then everything is simple.

作为真理的表述，我们可以认为上帝是一切、上帝是完美的，

As statements of Truth, we may take God is all, God is perfect,

从那里开始推理，看看你的麻烦在哪里，它们会消失的，它们必须消失。

start reasoning from there, and see where your troubles are, they'll disappear, they have to.

但当我们从真理出发时，一切都很简单。

But when we start with the Truth, everything is simple.

如果它是复杂的，那它就是错的，

If it's complex, it's wrong,

它很复杂，那就是深陷进了小我的范围，

it's complex, it's steeped in the realm of ego,

小我越强大，就越复杂。

the greater the ego, the greater the complexity.

上帝是简单的，小我是复杂的。

God is simple, the ego is complex.

业力是在我们的念头中产生的，行动只是念头的一个结果，

Karma is created in our thought, the action is just an aftermath of thought,

你不可能在做出任何行为之前没有相关的想法，对吧？

it's impossible for you to commit any act without a thought of it prior to it, right?

行动是创造...业力是在念头中产生的，

The act is create the... Karma is created in the thought,

重要的是我们的想法，而不是行为，

it's the thoughts we take with us, it's not the acts,

行为一旦发生便已经结束，但念头仍然存在，

the act is gone through and finished, but the thought remains,

就我们所处的时代，这是个卡利时代，

in the era that we're in, it's called Kali Yuga,

这是一个很低的时期，

it's a low period,

大多数人处于惰性状态或昏睡的状态，

the majority of people are in the Tamasic or in the state of lethargy,

注：《吠陀经》描述的三种心智状态，它们的梵语(古印度语)名称是
Tamasic(惰性状态)、Rajasic(变性状态)和 Sattvic(悦性状态)。

当一个人身处其中时，它看起来就像一个非常平和、温顺的状态，

it looks like a very peaceful, docile state when one is in there,

但它是一个万念俱灰的状态。

it's a state of apathy.

而变性状态，这个活跃的状态要高很多，

The Rajasic, the energetic state is much higher,

当我们开始进入那个活跃的状态时，我们开始表达这些潜意识的欲望和愿望，

when we start to move into that energetic state, we begin to express these subconscious desires and wishes,

所以它们冒出来了，我们发现它们比一开始更糟了，

and so they come out, and we see them beginning worse,

而之前我们是无意识在思考它的，现在我们想要将它付诸行动，我们想打人，我们很生气，我们开始打架.....

whereas before we were thinking it unconsciously, now we want to carry it out, we want to hit somebody, we're angry, we start fighting...

而且它看起来就像我们正在朝着错误的方向前进，

And it looks as though we're going in a wrong direction,

但它是一个更高的状态。

but it is a higher state.

阿朱那不想战斗，他完全是被迫战斗的。

Arjuna did not want to fight, he was totally had to fight.

注：阿朱那是印度古代梵文史诗《摩诃婆罗多》中的人物。

如果你不能战斗，你必须战斗；

If you can't fight, you must fight;

如果你能战斗，你就不必战斗；

If you can fight, you don't have to fight;

事情就是这样。

The way it comes out.

如果你能战斗，你就已经超越了变性状态，即那个活跃的状态，你正在进入悦性状态，即灵性上的平和状态。

If you can fight, you're already moving above the state of Rajasic, the energetic state, and you're moving into the Sattvic, the spiritually peaceful state.

当你迈向那个灵性平和的状态时，你有能力去战斗，但你不想战斗，所以你不会那么做。

when you're moving toward that spiritually peaceful state, you're able to fight, but you don't want to, so you don't.

所以当你摆脱那个昏睡状态时，看起来你的性格有时会变得更糟，

So when you move up out of the lethargy state, it looks as though your character sometimes is becoming worse,

其实并非如此，你只是表达得更多了，它表露出了之前在无意识中的东西。

it isn't, you're just expressing more, and it's showing what before was unconscious.

愤怒的情绪比万念俱灰的情绪更高，

An anger mood is a higher mood than the mood of apathy,

最高的情绪是平和、幸福，

the highest mood is that of peace, bliss,

在这三种状态之间有着不同的程度。

and it's all degrees between those three states.

一个完全觉醒的大师, 耶稣或者任何你敬仰的大师, 你都可能一直与祂为伴,
A fully realized master, a Jesus, or any master to whom you look to, it's
possible to keep His company all the time,

你可以通过验证它来积极地了解这一点。

you can learn that positively by testing it out.

这些大师们无处不在, 他们无时无刻不在我们身边, 他们很容易接触到, 也
不难接触,

These masters are omnipresent, they are right where we are all the time,
they are readily contacted, they're not difficult to contact,

因为他们对我们的推动远比对他们的推动要大得多。

because they are pushing toward us much more than we are pushing
toward them.

但是我们必须敞开心扉,

But we must open ourselves to it,

我们必须建立这种联系。

we must make the contact.

所以最好的神圣伙伴是一个完全开悟的人，

So, the very best of holy company would be a fully realized being,

其次是圣人，依此类推。

next best would be a saint and so forth on down.

回到日常生活中，好的伙伴是那些与我们一起在道路上的人，是那些与我们想法一致的人。

Coming down to everyday life, it would be people who are on the path with us, people who think the way we think.

但最好的伙伴是那些在最高处的人，他们是能被接触到的，但不是在你与人们待一起的时候，而是你独处的时候。

But the very best is the highest, the highest can be contacted, not with people, but when you're by yourself.

因此，你越能独处就越好。

Therefor, the more you can be by yourself, the better.

15.创造你想要的一切 Creating All You Desire 1

磁带旁白：本次课程的主题是“创造你所想要的一切”，录制于 1966 年 6

月 14 日。

The title of this session is “Creating All You Desire”, recorded June 14th 1966.

莱斯特：当然，主题是“真理”、“上帝”，我更喜欢称之为“幸福”。

The subject, of course, is Truth, God, and I preferably like to call it Happiness.

因为最终我们会发现，我们所寻求的上帝是没有任何悲伤的终极幸福，

Because in the end we discover that the God we're seeking is the ultimate happiness with no sorrow whatsoever,

这使得上帝比仅仅使用“上帝”这个词或其他一些曾经被使用过的词更亲密、更易懂。

this makes God far more intimate, more knowable than just using the word God or some of the other words that have been used.

大写的“我”这个词对我们所有人来说都比“上帝”这个词更亲近、更有意义，

The word Self, with a capital S, is a much closer, a more meaningful word to all of us than the word God is,

上帝对我们每个人来说都是一个我们所拥有的概念，而人们心目中的上帝往往是我们自己概念中所能想到的最伟大的人、是一切事物中最伟大的那个，
God, to each one of us, is the concept that we have, and more often than not, God in people's minds is the greatest person we could think of within our own concept, just the greatest of everything,

然而上帝并不完全是那样的。

and God is not exactly that.

上帝，我们称之为“我”，

God, we call the Self,

因为我们每个人内在的真我就是我们所追寻的上帝，我们所追寻的上帝给予了我们终极幸福。

because the inner Self of each one of us is that God that we are seeking, the God we are seeking gives us the ultimate happiness.

因为它是没有限制的，我们每个人此时此刻都是没有任何限制的无限存在，却表现得好像我们是受限的，并且我们大多数人还深信自己就是受限的。

Because it is without limitation, each and every one of us, here and now, is that unlimited being with no limits whatsoever, acting as though we are limited, and fully convinced, most of us, that we are limited.

因为上帝、真我或者我们所是的存在本质就是永不改变、也是永恒的。

And since God, or the Self, or the very being that we are, is changeless and eternal.

我们只能是那，别无其他。

We can only be That and nothing else.

我们现在就是那个被称为上帝的无限存在，但我们假装我们不是，我们建立了一个被称为世界的表象，一个被称为多元化、他者性的表象。

We are right now that infinite being called God, pretending that we are not, setting up an apparency called the world, an apparency call diversification, otherness.

然而，我们忘记了这样一个事实：是我们建立了这个叫做世界的虚妄。

And we have lost sight of the fact that we have set up this falsity call the world.

我们开始真的相信，我们建立的这个虚假投射是真实的。

And we began to really believe that this real false projection we have set up is real.

但是我们永远都无法放弃做我们真正所是的那个无限真我。

But we can never ever let go of being that which we really are, the infinite Self.

现在所有的麻烦都源于无知、源于不接受我们所是的那个无限存在，

Now all troubles stems from not knowing, from not accepting the infinite being that we are,

所以，我来到这里的目的是帮助你们释放这个错误观念——我们是受限的存在。

so the purpose of my being here is to help you let go of the false concepts that we are limited beings.

我所做的方式是尽可能简单地向你展示，唯一能掩盖我们所是的无限存在的东西就是小我感，即“我是一个与全者相分离的个体”的小我感。

And the way I do that is to keep it as simple as possible by trying to show you that, the only thing that covers up this infinite being that we are is the sense of egoity, the sense of ego, that “I am an individual separate from The All”.

而在我们开始分离的那一刻，我们就开始了所有的麻烦。

And the moment we start that separation, we start all trouble.

所以真实除了我们所是的那个无限真我，什么都不是。

So the reality is nothing but the infinite Self that we are.

所有的麻烦都在说：“我是一个与‘一’、与无限、与所有的存在相分离的个体。”

All trouble is saying: "I am an individual separate from that one, infinite all being."

因此，唯一可行的方法是帮助我们释放这种“小我”、“分离”的错误观念。

Therefore, the only practical methods there are are those which help us let go of the false concept of being an ego, of being separate.

当然，除非我们拥有“我们并非如此”的那种智慧，否则在一天中，我们无时无刻不是在践行做一个小我，

There isn't the moment during the day that we are not practicing being an ego unless of course we have the wisdom that we are not,

所以，我推荐的方法是那些可以而且应该每天、全天都能使用的方法。

and so the methods I propose are those that can and should be used all day, every day.

到现在为止，我们已经把自己彻底搞糊涂了，

We have so confounded ourselves so thoroughly by now,

以至于为了消除“我们是受限的”这个错误的信念，我们需要全职投入到这个主题中，以便认识到我们的真正所是，

that in order to undo this false belief that we are limited, we need a full time givingness to this subject in order to realize what we really are,

为了摆脱所有的错误观念，即我们基本上认为“我们是一个有着有限心智的、受限的身体”。

in order to let go of all the false ideas, we have conceived of basically that we are a limited body with a limited mind.

现在，第一天，我抛出的关键是：一个人所看到的那个世界，也是他。

Now the first day, the key that I sort of threw out was as one sees the world, so is he.

你所看到的外部世界，也是你。

As you see the world out there, so are you.

现在，一开始这可能会让人很震惊，我们小我的那部分会抵触它，

Now at first, this might be quite shocking, the ego part of us rebels

against it,

但这可以每天、全天地用来审视我们自己的意识是什么。

but this can be used every day, all day for checking ourselves to see what our consciousness is.

我们不可能在外面看到不在我们心智里的东西，

It is impossible to see something out there that is not in our mind,

外面除了我们自己的意识之外，什么都没有。

there is nothing out there but our own consciousness.

一个大师、一个完美的人，看到的只有完美。

A master, a perfected being sees only perfection.

因此，如果我们掌握了这个关键点，在一天中审视我们自己，尤其是所有尤为消极的想法，

So, if we would take this key and check ourselves during the day on all the especially negative thoughts,

然后开始向内看，去发现这些想法的源头，我们会看到这些想法就在我们之内，它们是我们的想法，

and start looking within to discover the source of this, we will see that these thoughts are right in us, they are our thoughts,

我们原以为存在于外面的那些可怕事物，其实就在我们之内，

that the horribleness that we thought was out there is right in here,

因为我们处在一个相对低的世界状态中，我们大多数人的思维都比较消极，
because we are in a state of the world that is relatively a low state, most of us are far more with negative thinking,

因为我们接纳了消极，

because we accept negativity,

因此，我们可以通过面对它来消除这种消极，通过首先学习如何发现这种消极，通过说“如果我们在外面看到了它，那它就正在我们之内，否则我们无法看到它”，

and therefore we can undo that negativity by facing it, by first learning how to discover this negativity, by saying that if we see it out there, it's right within us, otherwise we couldn't see it,

然后利用这一点来放下它，

And then using it to let go of it,

现在，最重要的事就是利用这一点来释放它，

now using it to let go of it is the most important thing,

所以我们看到外面有任何不对的东西时，我们转向内，我们在我们自己的内在寻找这个东西，

so we look out there and anything and everything we see that is not just right, we turn inwardly, and we look for this very thing within ourselves,

如果我们诚实地检视，我们会发现那个想法就在我们之内，

and if we look honestly, we'll discover that that thought was right within us,

这个观念是我们的观念，它并不适用于其他人，只适用于我们，

that that concept is our concept, that it doesn't apply to the other one, it applies right to us,

接下来，当我们看到它时，我们自然会释放它。

and then when we see it, we automatically let go of it.

因为我们在追求真理，我们在追寻幸福，

Because we are seeking Truth, we are seeking happiness,

所以抓着那些让我们痛苦的东西是荒谬的。

and it's ridiculous to hold on to the things that keep us miserable.

所以，第一点是：你所看到的这个世界，也是你。

So, the first one was as you see the world, so are you.

因为快乐和悲伤可能是我们每天最关心的事情，

Since happiness and sorrow is probably the thing that we are most concerned with every day,

快乐和悲伤都可以作为成长的方式。

happiness and sorrow can be used as a means of growth.

我想在这里插一句，这些实用方法中的任何一种，如果持续不断地使用，都能让任何人获得彻底的开悟，

I want to interject here that any one of these practical methods, if used constantly will give anyone full realization,

因为这指向了引发所有麻烦的根源，

because there leads on to the very thing that's causing all the trouble,

如果我们消除了那个根源，开悟就会随之而来。

if we undo that, realization results.

这些方法中的任何一种，如果持续不断地使用，都会导向彻底的觉醒。

Any one of these methods, if used constantly will lead to full realization.

16.创造你想要的一切 Creating All You Desire 2

关于幸福和悲伤，所有的幸福都不过是我们所是的无限真我。

On happiness and sorrow, all happiness is nothing but being the very infinite Self that we are.

一切的幸福都源于真我。

All happiness has its source in the Self.

每当我们快乐的时候，我们只是更多地感受到了我们所是的这个无限真我，

Anytime we are happy, we are merely feeling this infinite Self that we are a bit more,

我们感受到的越多，我们就越快乐。

and the more we feel it, the happier we are.

我们错误地将幸福归因于外面的事物或人，

We falsely attribute the happiness to the thing or the person out there,

但是当我们向内看时，我们发现这种幸福的根源就在我们自己的存在中，它并不依赖于人或事物，

but when we turn within, we discover that this happiness has its source right in our very own Beingness and is not dependent upon people or things,

我们建立了一个错误的观念，认为它依赖于人和事物。

that we have set up a false concept that it is dependent upon people and things.

所以，所有幸福、所有快乐的源泉都是真我。

So the source of all happiness, of all joy is the Self.

但你必须转向内，你必须亲自看到这一点，

But you must turn within, you must see this yourself.

我所说的任何东西，如果你只是相信它，那对你没有任何帮助，

anything I say, if you believe it, it helps you none,

但如果你能亲自验证它，那么你就会了解它，

but if you will prove it out for yourself, then you will know it,

这才是最有用的。

and it will be most useful.

所有的知识都必须经过验证，没有老师能传授给你知识，

All knowledge must be proven out, no teacher can give you knowledge,

你得自己把它挖掘出来，

you have to dig it out yourself,

你必须看到它，你必须把它变成你的知识。

you have to see it, you have to make it your knowledge.

老师只能指出道路，我们每个人都必须自己去探索它。

A teacher can only point the way and each one of us must take it by himself or herself.

所以对于那些第一次来到这里的人，我想我应该强调一点：永远不要因为我说了就接受我说的任何东西，只接受那些你能亲自证实的东西，只有这样，它才对你有意义、才有用。

So for those who are here for the first time, I think I ought to make a point of that: Never accept anything I say because I say it, only accept that which you can prove out for yourself, only then is it meaningful and useful to you.

所以你必须转向内在，直到你能看到所有快乐的源泉都是你自己，

So you must turn within until you can see that the source of all joy is your very own Self,

当你看到这一点的时候，这是一件意义非凡的事情。

this is a tremendous thing when you see it.

所有的事情都无法再束缚你，所有你认为离开他们就活不下去的人，你都不再需要了，

And all things lose their hold upon you, all people that you thought you couldn't live without, you need no more,

你自己就变得完整而圆满。

you become whole and complete onto yourself.

当你发现你所有的快乐都源于你自己的真我时，相反，所有的痛苦、所有的悲伤都源于小我。

When you discover that all your joy has its source in your very own Self, now on the opposite side, all misery, all sorrow, has its source in the ego.

所有的痛苦都不过是小我的挫败感，

All misery is nothing but ego frustration,

所有的痛苦都不过是小我在宣称：“我的快乐取决于他或她，或拥有那个东西，如果我得不到，我会很痛苦。”

all misery is nothing but the ego saying that my joy lies upon him or her or that having that thing, and if I don't get it, I'm miserable.

现在如果我们使用这一点，每次我们不开心、任何我们不满意的时候，如果我们寻找这个不快乐的根源，我们会发现它是基于“我是一个小我，我想要这个，我必须拥有那个等等”的小我概念，

Now if we will use that, every time we are unhappy, any time we are dissatisfied, if we will seek the source of this unhappiness, we will discover that it's based on a concept of egoity that “I am an ego, and I want this, and I must have that, and so forth and so on”,

我们没有得到它，所以我们会很痛苦。

and we are not getting it, and therefore we are miserable.

当我们真正得到它时，我们就会感到很开心，

Then when we do get it, we feel happy,

这只是因为我们已经放下了需要某个东西的限制，

only because we have let go of the limitation of needing something,

然后我们就回归到了我们所是的真我，而我们称之为幸福。

and we fall back into the very Self that we are and we call that happiness.

所以，我再重复一遍，所有的快乐都源于真我，所有的痛苦都源于小我，

So to repeat, all happiness has its source in the Self, all misery has its source in the ego,

通过追溯快乐或悲伤的源头，

and by tracing either the joy or the sorrow back to the source,

我们获得了一点智慧，一点真理，并迈向开悟。

we gain a bit of wisdom, a bit of truth, and move toward realization.

现在我觉得好像我已经把我们的新人带到了上周的所处的进度，

And now I feel as though I've brought the new ones of us up to where we were last week,

当你看到真相时，想出方法就很容易了，

when you see the Truth, it's very easy to come out with methods,

因为你看到每个人每时每刻都在寻求真理。

because you see everyone spending every moment of his time seeking Truth.

世界上只有两种人，一种是有意识地追寻真理的人，另一种是无意识地追寻真理的人。

And there are only two kinds of people in the world, those who are consciously seeking it and those who are unconsciously seeking it.

我们在座的都在有意识地追寻真理。

We here are consciously seeking it.

我想我会进入心智的领域，试着给你一个关键点，这是一个非常强大、非常

了不起的东西。

I think I'll go into the realm of mind and try to give you a key, that is a very powerful and a very tremendous thing.

我这么说吧，想着你想要的，你就会得到你想要的一切。

And I'll put it this way, think what you want and that is all that you will get.

想着你想要的，你就只会得到你想要的。

Think what you want and that is only what you will get.

当我们进入这个被称为“心智”的工具时，我们发现心智只有创造性。

When we go into this instrument called the mind, we discover that the mind is only creative.

心智只有创造性。

The mind is only creative.

心智创造了我们持有在心智中的东西，

The mind creates what we hold in mind,

当我们创造出不喜欢的东西时，我们称之为破坏性的；

when we create things that we don't like, we call it destructive;

当我们创造出我们喜欢的东西时，我们称之为建设性的；

When we create things we do like, we call it constructive;

但创造过程是一样的，

But the process is just the same thing,

心智只有创造性。

mind is only creative.

我们当中有太多人总是想着这些事情：我们不想要，我不想要这个，我不想要那个，我担心我会出事，我可能没有足够的钱买这个，我不希望这样的事情发生。

Too many of us hold in mind the things: We don't want, I don't want this, I don't want that, and I'm afraid I'll have an accident, and I might not have enough money to buy this, and I don't want this to happen.

心智不理解“不”这个词，

The mind doesn't understand the word "not", n-o-t,

心智是通过图像思维来运作的，

the mind works on picture thinking,

当我说“桌子”这个词时，每个人脑海中都会浮现出一个桌子的画面，而不是“桌子”这个词的画面；

when I say the word “table”, everyone gets a picture of a table, they don't get a picture of the word “t-a-b-l-e”;

如果我说鞋子，你就会浮现出一只鞋子的画面；

If I say shoe, you get a picture of a shoe;

如果我说“不是鞋子”，你就会想着不是鞋子的画面，然后你就会创造鞋子。

If I say “not shoe”, you're thinking not the picture of a shoe, and you will create a shoe.

这是大多数人在试图显化、试图创造某些东西时所犯的基本错误——把许多他们不想要的东西保持在了心智中。

This is the basic error that most people make when they try to demonstrate, try to create something, so hold in mind many things they do not want.

顺便提一句，这就是恐惧的可悲之处，我们所恐惧的事情会降临，只是因为

我们把它保持在心智里，然后创造了它。

And incidentally this is the sad thing about fear that, which we fear, we bring on, only because we hold it in mind, and create it.

17.创造你想要的一切 Creating All You Desire 3

所以，如果我们想要幸福的生活，如果我们有任何事情在困扰着我们，而且我们不喜欢它，

So, if we want a happy life, if we have anything that's bothering us and we don't like it,

我们所要做的就是放下关于那件事的想法，

all we need to do is to let go of the thoughts of that thing,

然后它就会消失。

and it is gone.

这甚至在身体层面也同样适用。

This goes to the extreme of the body.

在没有无意识地持有疾病念头的情况下，要拥有一个病体是不可能的。

It is impossible to have a sick body without unconsciously holding the

thought of sickness.

纠正一个病体的方法不是去想疾病，而是只持有着健康的念头，

The way to correct a sick body is not to think on the sickness, but to hold only the thought of health,

当我们这样做的时候，当我们只想着健康的时候，就不会再有疾病了，疾病会立即消失。

and the moment we do that, the moment we have only a thought of health, there is no more sickness, it'll drop away instantly.

所以，关键在于只去想你想要的，然后你就会朝着你所想的方向改变自己的生活。

So, the key is to think only what you want, and you'll change your life in that direction that you are thinking.

我想我应该补充一点，我们不应该对其设限，我们不应该限制我们想要的东西，我们永远不应该说“通过谁、通过什么手段、用什么方法得到我们想要的东西”，

I guess I ought to add, we shouldn't qualify it, we should not limit what we want, we should never say "Through whom, by what means, through what method, we would like to get that which we want",

一旦我们这样做，我们就是在掺杂小我，我们是在试图控制我们想要的东西以特定的方式来到我们身边。

once we do that, we are interjecting the ego, we are trying to direct the way this thing that we want is to come to us

我们应该放手，让上帝接手，让无限找到把我们想要的东西带给我们的方式。

We should let go and let God, let go, let the infinite find the way of getting to us that which we want.

我们应该只想我们想要的，而不是通过谁或者用什么方式得到它。

We should think only what we want, not through whom, or by what means.

同时，我们必须用“现在时”来想着它，

And also, we must think in present time,

任何时候当我们期望在未来得到某样东西时，我们就是在未来创造它，而它只会停留在未来，

any time we expect to get something in the future, we are creating it in the future, and that's where it remains in the future,

我们无法得到我们期望在未来得到的东西。

we cannot get things that we expect to get in the future.

因为具有创造性的心智会在未来创造它，而未来总在我们的前方，它永远都不会到来。

Because the mind being creative will create it in the future, and the future is always ahead of us, it's never here.

因此，当我们想要创造某个东西时，我们必须接受已经得到它了这一点。

So that when we want to create something, we must accept it as having been already received.

正如《圣经》所说：在你祈求之前，要相信你已经得到它了。

As the <Bible> says: Before you ask, believe that you have already received it.

无论我们想要什么，我们都必须感觉到它现在就是我们的，不是明天，也不是未来，

Anything we want, we must get the feeling that it is ours now, not tomorrow, not in the future,

现在它就是我们的，

it is ours now,

接着我们只是放手，并期待着拥有它。

and then we just let go, and we expect to pick it up.

任何带有未来概念的显化行为，都会让它永远地停留在未来。

Any demonstrating done with concept of the future and it will always keep it in the future.

更具体地说，如果它是一个事物，我们应该视觉化想象它，看着它，感受它，品尝它，闻着它，就好像它现在是我们的了一样，完成，掉落。

To be more specific, if it is a thing, we should visualize it, see it, feel it, taste it, smell it as though it is and is ours now, period, finished, dropped.

许多学派建议你一次又一次地重复，好吧，如果你第一次没有接受它，那重复是必要的，

Many schools suggest that you repeat again and again and again, well, repetition is necessary if you don't accept it the first time,

但最好的显化方式是知道它现在就在这里，然后释放，接着它很快就会到来。

but the very best way to demonstrate is to know that it is, here and now,

and let go, then it comes very quickly.

但我们必须有“现在”的概念——它现在就是我们的。

But we must have the concept of the present, it is ours now.

所以我们应该永远只想着我们想要的，永远不要想我们不想要的。

So we should always think only what we want, never think that which we do not want.

这很简单。

this is so simple.

如果你这样做，你的生活就会如你所说的那样。

If you will do this, your life will be exactly the way you said it.

“想着你想要的”，把它当作一个标语，当作一种生活方式，然后你就能掌控自己的生活，你会得到自己所想的东西。

“Think what you want”, use that as a slogan, as a way in life, and you will become master over your life, you will have exactly what you are thinking.

大师看到的只有完美，听不到邪恶，看不到邪恶，也不想邪恶，就不再会有

邪恶。

A master sees only perfection, hear no evil, see no evil, think no evil, and there will be no evil.

你就是那。

THOU ART THAT.

释放“试图成为其他的”，

Let go of trying to be otherwise,

你可以为你创造的所有消极的一切负责，这也是非常有帮助的。

you can take credit for all the negativity you're creating, and that's very helpful too.

当我们在生活中创造了一些消极的东西时，我们不喜欢它，我们应该看着它，在我们的心智中寻找导致这件事发生的想法，

When we create something that's negative in our life, we don't like it, we should look at it, look for the thoughts in our mind that cause this thing to happen,

如果你把这培养成一种方式、一种习惯，它很快就会起作用，

and then if you develop this as a way, as a habit, it'll come very quickly,

你会说：“现在，我做了什么导致了这件事？”

you'll say: "Now, what did I do cause this?"

然后这个想法会立刻浮现出来，你说：“噢嚯~”

And immediately the thought will come up, and you say: "Oh ho~"

你会微笑着，然后你会放下它。

You'll smile, and you'll let go of it.

但这也在教导我们，我们只不过是创造者。

But that too is teaching one that we are nothing but creators.

当你发现自己能够创造疾病、意外、贫穷时，它会给你“你有能力创造”的信心。

And when you discover that you're able to create sickness, accidents, poverty, it'll give you confidence that you can create.

如果我们在生活中遇到困难，我们可以用这种方式来应对这些困难，发现一切事物的根源都是过去某个时候在我们心智中的一个或一些想法，

If we're having difficulties in life, we can use those difficulties just this way by discovering that the source of everything is a thought or

thoughts in our mind at some time previous,

当我们看到这一点时，我们就知道是我们创造了这个负面的事物，

and when we see that, we know that we have created this negative thing,

然后我们就会想到：“好吧，如果我能创造一些负面的东西，我所要做的就是扭转它，然后我就能创造一些正面的东西。”

and then it will occur to us: “Well, well, if I can create something negative, all I have to do is reverse it, and I can create something positive.”

但是每个人每时每刻都在创造，

But everyone is creating every moment of his life,

因为他一直在思考。

because he is thinking all the time.

如果事情没有发生，那是因为我们有时会想“是”，而有时又想“不是”，然后相互抵消了，

If the things do not occur, it's because one time we can think yes, and the next time no, and balance it out,

但这些“是”比那些“不是”更强有力，它终将发生。

but the yeses are stronger than the noes, it'll come into being.

每个人在他思考的每一个时刻都在创造。

Everyone is creating every moment that he's thinking.

你无法不是一个创造者，

You cannot help but be a creator,

只要一个人思考了，他就会创造。

so long as one thinks, he creates.

不幸的是，我们深信自己只能非常缓慢地进行创造。

Unfortunately, we are convinced that we can only create very slowly.

如果我们坚信我们能够即刻创造，事情就会立即发生。

If we were convinced that we could create instantly, things would happen immediately.

但对我们所创造的消极事物负起责任，这向我们表明，我们才是创造者，

But take credit for all the negativity that we create, it shows us that we are the creator,

然后我们就能有意识地做出决定，停止创造我们不想要的东西，并开始创造我们想要的。

then we can consciously make a decision to stop creating that which we do not want, and to start creating that which we do want.

这将与“上帝是创造者”的概念相冲突，

This will conflict with the concept that God is a creator,

在终极真理中，上帝不是创造者，只有人类才是。

in the ultimate Truth, God is not a creator, only man is.

在绝对的完美中，没有什么可以创造，也没有什么可以毁灭，一切都是绝对完美的，

In an absolute perfection, there is nothing to be created, nothing to be destroyed, everything is absolutely perfect,

所以，在终极中，没有创造。

so in the ultimate, there is no creation.

在上帝所在的最高处，既没有创造，也没有毁灭，

Where the top God is there can be no creation and no dissolution,

唯一的创造者是不知道自己是上帝的人类。

the only creator is man when he doesn't know that he is God.

18. 毫不费力的奇迹 The Effortless Miracle 1

磁带旁白：本次课程的主题是“毫不费力的奇迹”，录制于 1966 年 7 月 12 日。

The title of this session is “The Effortless Miracle”, recorded July 12 1966.

莱斯特：总结一下整件事，它很简单，就像那句古老的格言：你就是那。

To sum up the whole thing, it's very simple, it's the old dictum: THOU ART THAT.

而知道这一点的方法就是保持静止，静止就是心智的平息，直到不再有任何念头。

And the way to know that is to be still, being still is simply stilling of the mind until there are no more thoughts.

因此，我们只要让心智安静下来，就能发现我们所是的这个无限存在。

So, this infinite being that we are, we discover by just quieting our mind.

当我们这样做的时候，无限真我就会自行闪耀，在没有念头的地方，我们找到了上帝，找到了我们的无限真我。

And when we do that the infinite Self shines on its own and where no thought rises, there we find God, our infinite Self.

好吧，那么我们怎么达到这个状态呢？

Alright, well how do we get to this state?

我们大多数人踏上这条道路已经有一段时间了，但还没有获得开悟，为什么？

Most of us have been on the path for some time, and we have not attained for realization, why?

既然我们这些完全觉醒的存在知道自己内在有无限的力量，也知道我们想要它，为什么我们还没有完全觉醒？

Why aren't we fully realized beings knowing that within us is the infinite power, knowing that we want it, why aren't we fully realized?

答案还是很简单，

Again the answer is simple,

事实上，此时此地我们就是完全觉醒的，我们都处于涅槃、三摩地、狂喜的状态中，或者不管我们用任何词汇来形容这个状态，

in reality we are fully realized here and now, we are all in the state of Nirvana, Samadhi, ecstasy or whatever word we use for it,

但我们将目光从那个状态中移开，通过心智转向“我们不在那个状态”的念头和概念中，

looking away from that state, looking away via the mind into thoughts and concepts that we are not in that state,

所以我们的注意力就从我们完全觉醒的自然状态中偏离了。

so our attention is pointed away from our natural state of full realization.

此时此地我们就是完全觉醒的，我们只是把目光从它身上移开了而已。

We are fully realized here and now, we are simply looking away from it.

我一直在努力做的是通过给你提供每天、整天都能使用的方法，把我们的注意力、我们的目光转向那个状态，

What I have been trying to do is to turn our attention, our eye back toward that state by giving you methods that can be used every day,

all day,

无论你在做什么，你都能使用这些方法，

no matter what you're doing, these methods could be used,

它们只是将我们指回那个方向，让我们能看到我们是谁、我们是什么。

and they simply point us back in the direction wherein we can see who
and what we are.

我想第一个是.....第一个方法是：你所看到的这个世界，也是你。

Believe the first one was... The first method as you see the world, so are
you.

通过观察这个世界上我们不喜欢或喜欢的种种事物，

By looking at all these things that we don't like or do like about the
world,

**如果我们将注意力转向内在，我们会发现它只不过是我们自己的意识，我们
在外面看到的就是我们的内在，**

if we will turn our attention inward, we will discover that it's nothing but
our own consciousness, that what we see out there is within us,

我们可以利用这一点让自己从外面的事物中解脱出来。

and we can use this to free ourselves from the things out there.

我想第二个是：我们感受到的每一丝喜悦都只是我们自己的真我、我们或多或少地允许它展露出来的那个无限真我。

I believe the second one was every bit of joy that we feel is nothing but our very own Self, the infinite Self, which we allow to express more or less.

当我们允许它更多地展露出来时，我们会更快乐；

When we allow to express more, we are happier;

当我们压抑它时，我们就没那么快乐。

When we squelch it, we are less happy.

但每一丝幸福都只能是我们自己存在的感觉、是我们所是的真我的感觉，

But every bit of happiness can only be the feeling of our very own Beingness, of the Self that we are,

如果我们追溯所有幸福的源头，就会发现这一点，

that if we trace all happiness to its source, we discover just that,

通过发现这一点，我们也为自己证实了这个事实：所有的快乐都只不过是我們自己的真我。

and by discovering that, we confirm this fact for ourselves that all joy is nothing but our very own Self.

相反，所有的痛苦、所有的不幸都源于小我感，小我是与一切相分离的感觉，即“我是一个与一切相分离的个体”，

On the opposite side, all misery, all unhappiness, has its source in the ego sense, the ego being the sense of separation from the all, "I am an individual separate from the all",

在我们这样做的那一刻，我们无法拥有一切，我们想要得到一切中的一部分，于是我们会感到沮丧，我们把这叫作不快乐。

the moment we do that, we don't have the all, we have want to get some of that all, we have frustrations and we call that unhappiness.

所以如果我们追溯所有痛苦的源头，我们会发现它源于受挫的小我欲望。

So if we will trace the source of all misery, we will discover that it has its source in ego desires frustrated.

我们还有另一个意思是“想你想要的”，

Another meaning we had was on think what you want,

只想你想要的，这样你就会得到你想要的一切。

think only what you want and that is all that you will get.

心智只是一个创造工具，无论我们在心智中持有什么，我们都会创造它。

The mind is only a creator, whatever we hold in mind, we create.

如果我们仔细研究这一点，就会发现确实如此。

If we look into this, we discover this to be so.

当我们亲自看到它的时候，我们就成为了主宰。

And when we see it for ourselves, then we become masters.

我们所做的就是把我们想要的东西保持心里，这就是我们会得到的。

And all we do is just hold in mind the things we want, and that is all we get.

我们开始释放心智中持有的消极想法，

We begin to let go of holding negative thoughts in our mind,

我们开始释放接受的负面事物，

we begin to let go of receiving negative things,

但是心智只有创造性，它创造了我们持有在心智中的一切。

but mind is only creative, it creates whatever we hold in mind.

当我们不喜欢它时，我们称它为负面的；

When we don't like it, we call it negative;

当我们喜欢它时，我们称它为正面的。

When we like it, we call it positive.

所以如果我们练习只想着我们想要的，那就是我们所能得到的。

So if we would practice thinking only what we want, that is all that we would ever get.

我想今晚我要讲的与自由、解放、解脱有关，

I think the one that I suggest for tonight is related to freedom, liberation, moksha,

存在的至高状态被称为解脱，

the very top state of Beingness is called liberation,

我们想要从什么中解脱出来呢？

what is it we want liberation from?

我们想要从中解脱的东西，本质上就是今天这个世界所说的潜意识心智，《吠陀经》称之为习气、倾向、习惯。

The thing we want liberation from is essentially what the world calls today the unconscious mind, that the <Vedas> call Vasana, tendencies, habits.

因此，我们在追寻的这种自由，就只是从我们自己的思维习惯中解脱出来。

So this freedom that we are seeking is simply freedom from our own thought habits.

现在任何人都能很容易地使用这个方法，

Now this method can be used very easily by anyone,

它确实是一个简单易用的方法，

it's really a simple method to use,

我们从释放或改变一个非常简单的习惯开始。

we start by letting go or changing a very simple habit.

例如，如果我们总是走某条路去上班，那么明天我们就改走另一条路；

For instance, if we always go to work on a certain street, tomorrow we start going to work on another street;

或者，如果我们想改变一个更深层次的习惯，我们可以选择一种我们一直在吃但知道不吃会更好的食物，我们在心里说：“好吧，从今天开始，我不吃这个了”，然后我们就不吃那种食物了。

Or if we want to take a deeper habit, we can choose a food that we have been eating that we know we would be better off not eating, and we mentally say: “Well, this, I let go as of today,” And we stop eating that food.

打破那个习惯就是在打破一种束缚，

Breaking that habit is breaking a bondage,

打破那个习惯就是打破一种在运作的、潜意识的东西，就是打破一种先前想法的无意识奴役。

breaking that habit is breaking an unconscious thing that's going on, an unconscious enslavement to prior thoughts.

任何习惯都会奴役我们。

Any habit whatsoever enslave us.

一个大师是自由的，他根据当时所遇到的情况决定当下的任何事情，

A master is free, he determines anything on the moment in accordance with the circumstances that he meets at that moment,

而我们大多数人却是通过我们的感受和过去发生的事情，即我们的习惯来做决定。

whereas most of us we determine things by our feelings and things that have happened in the past by our habits.

因此，从开始打破习惯起，我们开始打破那些无意识的束缚。

So, by beginning to break habits, we begin to break bondages that are unconscious.

我认为这是一个非常好的方法，每天都可以用它来解放我们，最终它会带我们一路走向完全的觉醒，

I think this is a method that's excellent and can be used every day to free us, and eventually it would carry us all the way to complete realization,

我们将变得彻底自由，

we would become totally free,

不再有潜意识心智，

there would be no more unconscious mind,

不再有过去的倾向，

there would be no more past tendency

我们会掌控着一切。

we would be in control.

正如我所说的，这是一个相对简单的方法，因为你可以从你选择的任何习惯开始，

As I said, this is a relatively easy method, because you can start with any habit you choose,

你可以从一个简单的习惯开始，

you can start with an easy habit,

随着你的练习，它会变得更容易去做，

as you practice it, it becomes more easy to do,

然后你就可以打破更深层次的习惯、然后是更更深层次的习惯.....

then you can go after deeper habits and deeper habits...

我再说一遍，它是一个非常简单实用的方法，能让我们走得非常、非常远。

Again, I say it's a very simple and practical method that can take us very very far.

19.毫不费力的奇迹 The Effortless Miracle 2

现在，一个大师的身体是一个纯能量体，

Now, a master's body is a body of pure energy,

而我们看着它，它看起来跟我们的身体一模一样，

and we look at it, and it looks exactly like our body,

但在构成上，它不一样。

but in composition, it isn't.

如果一个科学家能够观察到它，他将看到一种更加纯净的能量状态，身体的所有细胞都处于和谐之中，一切都在非常和谐地运作着。

And if a scientist were able to look at it, he would see a far more purified state of energy, where the total cells of the body are all in harmony,

everything is functioning together very harmoniously.

我们的身体现在存在着大量的不和谐，疾病、痛苦、不适、沉重都证实了这一点。

As our bodies are now, there's a tremendous amount of disharmony, which is evidenced by sickness, pain, discomfort, heaviness.

当我们有一个轻盈的身体、一个纯净的身体时，我们就感觉不到身体的重量了。

When we have a body of light, a body of purity, we feel no weight in the body.

如果我们想要移动它，它立刻会毫不费力地瞬间移动。

If we want to move it, it moves instantly without effort.

如果你抬起手，不会消耗任何能量，感觉就像是它自己漂浮起来一样。

If you lifted your hand up, there would be no energy, it would feel as though it just floats up on its own.

因此，身体中发生了一种物理层面的转化，它从粗糙的物质转化为纯粹的能量。

So, there is a physical change that goes on in the body, it goes from

gross matter into pure energy.

现在每个大师都有一个轻盈的身体，为了不吓到我们，为了不与我们拉开太大的距离，他们不会向我们展示他们所能做到的事情，

Now every master has a body of light, so as not to startle us, so as not to put themselves too far away from us, they don't show us what they can do,

但他们可以带着那个身体立即出现在他们想去的任何地方，或者他们可以随心所欲地立即造出跟那个身体一样的许多身体。

but they can instantly be anywhere they want to with that body, or they can instantly make as many bodies just like that one as they choose.

但我还是要说，他们不会这么做。

But again I say, they don't do it .

因为这会让他们显得高出我们太多，然后我们往往会说：“哦，对于你们大师来说这么做没问题，你是一个大师，你是上帝，但我们这些可怜的凡人怎么办呢？”

Because it puts them too far above us and we tend to say: “Oh, that's alright for you master, you're a master, you're God, but what about us poor mortals?”

而大师看着我们，明白我们和他一样都是大师，只是表现得好像我们不是一样。

And a master looks at us and sees that we are masters just like he is, just acting as though we are not.

所以，为了不让我们之间产生隔阂，大师不会展示他用那个身体所能做到的事情，

And so, as not to put a gap between us, a master doesn't show what he can do with that body,

但因为那个身体是一个纯能量体，因为处于和谐的状态，所以他能毫不费力地用那个身体做任何事情。

but because that body is a body of pure energy, because it's in a state of harmony, he can do anything with that body without effort.

相反，我们越远离那种和谐状态，我们在移动身体时所付出的努力就越多、也越困难，

On the other extreme, the more we go away from that state of harmony, the more effort, the more difficulty we have in moving the body,

最极端的情况是疾病等等.....

the extreme of which is sickness and so forth and so on...

学生：说到疾病，你能给我们举例说明一下，如果我生病了，我该怎么想我的身体呢？

Student: Speaking of sickness, could you illustrate to us how if I felt sick, for example, I would think of my body?

莱斯特：是的，如果我们感觉不舒服，只有当我们有“我生病了”的想法时，我们才会有这种感觉。

Lester: Yes, if we feel sick, we can only feel that way, if we have the thought "I am sick".

任何事物在出现之前都会事先有一个念头。

Nothing but nothing manifest in this world without a thought prior to it.

如果不抱有关于疾病的念头，就不可能生病。

It is impossible to hold on to a sickness without holding on to the thought of that sickness.

一旦你放下了生病的念头，不管病得有多严重，那个疾病都会消失。

And the moment you let go of the thought of that sickness, no matter how severe it is, that sickness is gone.

我相信我们大多数人都经历过这样的情况：我们真的疼痛难忍、病得很严重，然后发生了一些引起我们强烈兴趣的事情，我们暂时忘了那个病，然后就感觉好了起来。

And I'm sure most of us have gone through situations where we were really aching and sick, and something came about that took our interest intensely, we forgot about the sickness for a moment and felt fine.

任何时候，只要有比疾病更让我们感兴趣的事情出现，我们就会忘记它，然后疾病就消失了，我相信我们大多数人都有过这样的经历。

Any time anything comes in that's of much more interest than the sickness, we forget it, and the sickness is gone, I believe most of us have had experiences of that sort.

宇宙中最容易做的事情就是奇迹。

The easiest thing in the universe to do is a miracle.

原因在于，奇迹是毫不费力的，

And the reason for that is it is effortless,

只有当我们到达能够毫不费力的地步时，奇迹才会发生在我们身上。

it's only when we get to the point where we can be without effort, that

miracles happen to us.

正因为它是毫不费力的，所以这是最容易做到的事情。

And because it's effortless, it's the easiest thing to do.

我们现在没有这么做的唯一原因是：我们坚信自己做不到。

And the only reason why we don't do them now is the strong conviction that we cannot.

因此，我们需要做的是释放所有的这些限制性信念，剥去覆盖在我们所是的那个无限真我上的面纱。

So what we need to do is to let go of all these concepts of limitation, peel off the cover over this infinite Self that we are.

即使是南海群岛的当地人都能创造奇迹，创造奇迹不需要一个大师，也不需要一个像上帝一样的人，

Even natives the South Sea Isles perform these miracles, it doesn't take a master, it doesn't take a godlike person to do a miracle,

我们知道，这些当地人赤足奔跑在红热的煤上，然而并没有被烧伤，

we know that these natives run over red hot coals with their bare feet and are not burnt,

有些当地人使用心灵感应在岛屿之间进行交流，

there are natives that use telepathy to talk from island to island,

有人用负面的方式使用魔法，他们称之为黑魔法、巫毒术，有人能够在精神上杀人。

there is magic used in a negative way, they call black magic, Voodoo, where people are able to kill people mentally.

我应该说，除非我们接受别人可以在精神上对我们做任何事情，否则没有人可以做到这一点。

I should say that no one can do anything to us mentally unless we accept that they can do it to us.

如果你能让我相信，你仅凭一个念头就能伤害我，而我也接受了这一点，那么你就能做到；

If you can convince me that with a thought you can hurt me, and I accept that, then you can;

如果我不接受这一点，你在精神上就什么也做不了。

If I don't accept it, there's nothing you can do to me mentally.

20.毫不费力的奇迹 The Effortless Miracle 3

现在，那些对真理一无所知的当地人之所以能够使用奇迹，是因为我们每个人都扎根于神性，我们每个人都是无限的、没有限制的存在，

Now, the reason why natives who have no understanding of Truth can use miracles is that each one of us has our base in God, each one of us is the infinite, limitless being that we are,

因此，任何人都能挖掘出这种力量。

and therefore, anyone can tap that source.

但随着我们逐渐迈向大师的境界，我们会越来越意识到这一点，

But as we grow towards mastership, we become more and more conscious of this,

然后我们就能更轻松地把它用在一个更好的方向上。

and then we can use this with far more ease and to a much better direction.

但我想回到今晚的基本点上，为了获得这种开悟，我们必须剥去成千上万层认为“我们不是大师”的负面想法。

But I want to get back to the basic point of the evening, to get this

realization, we must peel off the thousands and thousands of layers of negative thoughts that we are not a master.

所有这些限制性概念现在都存在于我们所谓的潜意识中，

All these concepts of limitation are now with us in what we call our subconscious mind,

潜意识心智只不过是所有我们现在拥有却没有在看的念头。

the subconscious mind is nothing but all the thoughts we have that we are not looking at right now.

出于方便的需要，我们建立起了一种机制，把我们当下不感兴趣的所有念头都推到我们称之为潜意识心智的背景中，

Through necessity for convenience, we have set up that mechanism of taking all the thoughts we are not interested in at the moment and pushing them to the background, which we call the subconscious mind,

但不幸的是，无论我们是否看它，潜意识心智都是活跃的、都会对我们产生影响，并且在阻碍着我们，

but unfortunately, the subconscious mind is active whether we look at it or not, and is effective, and is holding us down,

即使我们知道我们想要彻底自由，但由于积累的所有这些被我们推到背景中的、被称为潜意识心智的想法，我们无法立即实现自由。

even though we know we want to be totally free, we are not able to move into it immediately because of the accumulation of all these thoughts, that we have pushed into the background and called the unconscious mind.

正如我所说的，消除这种状况的方法是从一个习惯开始，明天开始打破那个习惯。

Now the way to undo this, as I said, is start with one habit, begin breaking that habit tomorrow.

当你成功地打破了一个习惯，再继续打破另一个习惯.....

When you succeed with one habit, take another habit...

你会发现我们被无数的习惯奴役着，

You'll discover that there are hundreds and hundreds and hundreds of habits that we are enslaved to,

每当我们释放了一个习惯，我们就会更自由一点、就会离完全的自由更近一步。

and that each time we let go of one habit, we are a bit freer, we are one

step closer to full freedom.

我喜欢这个打破习惯的方法，因为它没有什么神秘之处，

I like this method of habit breaking, because there's nothing mysterious about it,

这很简单，也很容易。

it's simple and it's easy.

因为小我的层面，我们不喜欢攻击我们的小我，我们不喜欢释放小我。

Because ego-wise, we don't like to attack our ego, we don't like to let go of the ego.

但我们总能挑一个小习惯，然后开始改变它。

But we can always take a habit that it is a small habit and begin changing it.

当我们这样做的时候，我们就摆脱了一点小我，因此，驱使我们追求真我的动力就会变得更强。

And the moment we do that, we are doing away with a bit of ego, and therefore the drive in us for the Self becomes a bit stronger.

当我们坚持使用这个方法时，我们会获得动能、获得力量。

And as we go along with this method, we gain momentum, we gain strength.

然后我们进入所谓的苦行戒律阶段，我们可以开始在饿的时候不吃东西，然后在不饿的时候吃东西；在累的时候不睡觉，在完全清醒的时候睡觉；这是我们可以攻克的更深层次的习惯。

And then we move into what is called tapas, discipline, where we can start not eating when we're hungry, and then eating when we are not hungry, not going to sleep when we are tired, and going to sleep when we are wide awake; this is a deeper layer of habit that we can attack.

使用这种方法却备受煎熬是不对的。

To use this method and to suffer under is wrong.

如果我是一个有烟瘾的人，我说：“好吧，我不抽烟了”，但它却无休无止地困扰着我，那我还不如抽，总比一直陷入想要抽烟却不能抽的持续困扰、挣扎和负面想法中要好，因为那样只会让我消沉而不是上升。

If I am a habitual smoker, and I say: “Well, I'm not going to smoke.” And it just bothers me no end, I would be better off smoking than going through a constant trouble and struggle and negativity of thought of wanting it and not having it, it would put me down rather than up.

但是当我从这些小习惯开始，走一条不同的路、做一些小事、摒弃一个小习惯，

But when I start with a small habit of taking a different street, of doing something small, doing away with a small habit,

我会发现我有能力改掉一个习惯，

then I find out that I am capable of breaking a habit,

每次我改掉了一个习惯，改下一个习惯就更容易了，

and each time I break one habit, it's easier to break the next,

接着，某一天我就能戒掉吸烟的习惯。

and then someday I can attack the smoking habit.

我认为我们今天讨论的方法是目前为止最简单的一个，也是每个人每天都可以使用的，

I think the one we're on today is the easiest one so far, and it's one that everyone can use every day,

如果我们从今天开始做，我们就是在通往自由的道路上迈出了明确的一步。

and if we start today, we are starting with definite steps on the road to freedom.

通过转向内，我们开始发现我们所是的这个伟大的存在，

By turning inward, we begin to discover this great being that we are,

然后当我们发现这一点再向外看时，我们看不到任何区别，当我们发现真理时，内外之间没有什么区别；

and then when we discover that and we look outward, we see no difference, there is no difference between in and out when we discover the Truth;

当我们发现绝对真理时，精神和物质之间并没有区别；

There is no difference between the spiritual and the material when we discover the absolute Truth.

一切都是“一”，都是一样的，所有的差异都被全部消除了。

It is all One and the same, there's a total elimination of all differences.

最高状态是无差别、无分化的状态。

The top state is a state of non-difference, no differentiation.

但我再次强调，我们每天所能做的最重要的事情是：朝着自由的方向迈进，朝着释放一点小我的方向迈进。

But again, I repeat, the prime thing we could do is daily do something toward becoming freer, toward letting go of a bit of ego.

小我不再升起的地方，就有无限的真我。

Where the ego rises not, there is the infinite Self.

任何时候，当你处于小我不再升起的状态时，你就是一个无限的、没有限制的、全知的、全能的、全在的存在。

Any time you're in a state where the ego rises not, what there is the infinite, limitless, omniscient, omnipotent, omnipresent being that you are.

但是每天我们都必须开始释放这个小我，

But daily we must begin to let go of this ego,

每天我们都应该释放习惯，

daily we should let go of habits,

每天我们都必须变得越来越自由，

daily we must become freer and freer,

直到我们到达一个我们能看到“我们就是这个无限存在”的地方，

until we get to the point where we see these things that we are this infinite being,

然后我们就一次性把所有东西都扔掉了。

and then in one lump sum we drop the whole thing.

起初，它是逐渐消失的，一点一点地消除，

At first, it's a chipping away, doing away with bit by bit,

直到我们足够清楚地认识到我们是谁、我们是什么，

until we get a clear enough sight of who and what we are,

这样我们就能用我们的意愿摆脱整个限制，从那一刻起，我们就永远自由了。

so that we use our will to drop the whole thing of limitation, and from that point on we are eternally free.

21. 静默、爱和恩典 Silence, Love and Grace 1

磁带旁白：本次课程的标题是“静默、爱与恩典”，录制于1966年7月26日。

The title of this session is "Silence Love and Grace", recorded July 26th 1966.

莱斯特：我相信，虽然我们这个房间里的大多数人都接触过形而上学，但对所谓的无声教导却知之甚少，然而它们却是所有教导中最强有力、最有效、最好的。

I believe that most of us in this room although every one of us has been with metaphysics, has not heard much about the so-called silent teachings, and yet they are the most powerful, the most effective and the very best of all teachings.

它们是一直都在进行的教导，无论我们是否接受它们，但它们始终都在发挥作用，

They are the teachings that go on all the time, in spite of our not accepting them, they are going on just the same,

它们是由所有最伟大的大师们在传递的教导，

and they are the teachings that are being projected by all the greatest of masters,

我们观念中的每一位伟大的大师仍然存在于实相中，并一直在默默地传递着这些教导。

every great master that in our concept has been in Truth still is, and is sending out the teachings all the time in silence.

解释这种方法并不容易，大致是这样的：

It's not easy to explain the method, but something like this:

对于一个大师来说，祂拥有无限可用的力量，并能加以运用，

A master has the infinite power available to him and he uses it,

一位大师能够同时联结到地球上的 40 亿人，

**a master is able to contact every one of us 4 billion people on this planet
at the same moment,**

如果一位大师愿意，祂甚至可以用物质身体分别出现在 40 亿人面前，与每个人交谈，并满足每个人的需要。

**if a master wanted to, He could even appear in a physical body to 4
billion people individually with 4 billion bodies, and talk to each one and
satisfy the need of that one.**

大师是没有任何限制的。

A master is one who has no limits.

如果祂能创造一个身体，祂就能创造 40 亿个身体，但祂不会这么做。

If he can create one body, he can create 4 billion, but he doesn't do it.

因为，首先没人请求祂这么做；其次，如果祂这么做了，祂吓到的人会比祂帮助到的人还要多。

Because first, He's not being asked; Second, if He did it, He would frighten more people than He would help.

但是，凭借祂所有的无限力量，祂在把绝对真理投射到我们每一个人身上，

But with all His infinite power, He is projecting the absolute truth to each and every one of us,

祂在投射着他的信念，即“我们就像祂一样是一个无限的存在”。

He is projecting His conviction that we are just like He is an unlimited being.

而体验那种无限的唯一方式就是在静默中，

And the only way to experience that limitlessness is in silence,

如果有任何声音、如果有任何景象、如果有任何除了单一的“一”之外的其他东西，我们就无法体验到绝对。

if there's any sound, if there's any vision, if there's anything other than the single one, we are not experiencing the absolute.

因此，大师用祂的力量向每个人投射“我们是什么”的真理，

So the master projects with His power to each and everyone, the Truth of what we are,

祂每时每刻都在向我们传达着这一点，祂无时无刻不在这样做。

He is at every moment sending that to us, there is no time when He is not doing that.

问题出在我们这边，我们把自己封闭起来，不愿接受这些教导，

The difficulty lies on our side, we have ourselves closed off to it,

我们更愿意相信自己是有着有限心智的、受限的身体。

we prefer to believe that we are limited bodies with limited minds.

这是上帝赋予我们的权利，

And this is the God given right that we have,

我们拥有自由和权利，基本上，作为上帝，我们选择被限制，我们这样做已经很久了，以至于我们确信我们自己就是受限的。

we have the freedom and the right being basically the Gods that we are to choose to be limited, and we have done it for so long a time that we have convinced ourselves that we are.

我们内在关于限制的声音，淹没了这些一直在向我们传递的、最高层次的无声教导。

So that the noise goes on within us of limitation, it drowns out the highest of these silent teachings that are being sent to us all the time.

因此，接受这个最伟大教导的途径就是安静下来。

So the way to receive this greatest of all teachings is to get quiet.

当我们安静下来的时候，我们开始感受到最高层次的教导，我们开始感受到我们所说的更高、更平和、更快乐，我们有一种幸福的感觉，我们的所有问题都消失了。

When we get quiet, we begin to feel this highest of teachings, we begin to feel what we call higher, more peaceful, happier, we get a feeling of well-being, all our problems disappear.

我们大多数人没有意识到，每次我们朝着那个方向前进时，我们都得到了伟大的“一们”的支持。

Most of us don't recognize that we are being supported by the great Ones, every time we move in that direction.

一旦我们体验到来自大师的助力，我们就应该明白发生了什么。

Once we experience an assist from a master, we should be convinced of

what happened.

很多时候，我们得到了助力，却认为这是偶然的，或者只是碰巧发生的，

Very often we get an assist, and we think it's accidental or just something that happened,

我们越是认清助力的来源，我们就越能更多地得到同样的帮助。

the more we recognize the source of it, the more we will receive of the same thing.

没有哪个大师不这么做的，

There isn't any great master that doesn't do this,

我们越向祂们敞开自己，祂们就越能更多地进入我们，就越能让我们认识到我们是什么。

the more we open ourselves to them, the more they come in, the more they establish us in the knowledge of what we are.

总而言之，所有教导中最伟大的就是无声教导，而获得这些教导的途径就是安静下来，接受它，并认识到自己正在接收它。

So to sum it up, the greatest of all teachings is the silent teachings, and the way to them is to get quiet and receive it and recognize that you are

receiving it.

让自己达到这种状态的一个实用方法是保持静默，练习安静，不说话，

One of the practical methods of getting oneself to this place is the method of silence, of practicing quietude, of not talking,

尤其是在你的休息日，一整天不说话、不写字，

especially on your days off, spend an entire day without talking or writing,

如果可能的话，一整周都这样。

spend an entire week if possible.

但我们应该尽量保持安静，

But we should try to keep as quiet as we possibly can,

我们唯一应该进行的交谈，仅限于维持身体所需以及与道路相关的东西。

the only conversation we should engage in is only that which is necessary to maintain the body and also anything pertaining to the path.

如果我们不是在谈论道路或维持身体，我们就是在表达我们的小我，

If we are not talking about the path or about sustaining the body, we are expressing our ego,

每次我们表达小我，我们都会让它变得更强。

and each time we express the ego, we make it stronger.

保持安静，

Keeping quiet,

不要强化小我，

does not strengthen the ego,

因此，这是一种极好的成长方式，

and is therefore an excellent method of growth,

最终会引领我们中的任何一个人到达能够接受最高教导、无声教导的地方。

that will eventually lead any one of us to get to the place where we are able to receive the very highest of the teachings, the silent teachings.

22.静默、爱和恩典 Silence, Love and Grace 2

人类的爱与神圣的爱。

Human love versus divine love.

人类的爱就是我们所认为的爱；

Human love is what we think love is;

神圣的爱是持续不断地接纳宇宙中的每一个生命，完全、完全、全然地接纳另一个生命所是的样子，爱他们，因为他们就是他们所是的样子；

Divine love is a constant, persistent acceptance of every being in the universe, fully, fully, totally as the other being is, and loving them, because they are the way they are;

神圣的爱允许另一个人成为他想要成为的样子；

Divine love is allowing the other one to be the way the other one wants to be;

神圣的爱是平等地看待每个人，

Divine love is seeing everyone equally,

我认为这是对我们的爱有多神圣的考验。

and I think that is the test of how divine our love is.

我们对每天遇到的每个人的爱都是一样的吗？

Is it the same for every person we meet every day?

我们对反对我们的人的爱，和对支持我们的人的爱，是否一样强烈？

Is our love for those who are opposing us as strong as our love is for those who are supporting us?

神圣的爱是无条件的，对每个人都是一样的。

Divine love is unconditional and is for everyone alike.

我想最好的例子就是基督，

I guess the greatest example of it is Christ,

那些耶稣的教导 “有人打你的右脸，连左脸也转过来由他打” “爱你的敌人” 等等。

but those teachings of “Turn the other cheek” “Love your enemy” and so forth.

如果我们整个国家都能践行这一点，我们就能通过爱他们，使我们表面上的每一个敌人完全无能为力，他们将再无力伤害我们。

If we as a nation were to practice this, we can make every apparent enemy of ours completely impotent just by loving them, they would be powerless to do any harm to us.

但是我们必须整个国家都这样做，至少这个国家的绝大多数人必须这样做才行。

But we would have to do it as a nation, at least the great majority of the people would have to do that.

爱本身不是我们可以开启或关闭的东西，我们要么有，要么没有。

Love itself is something we can't turn on and turn off, either we have it or we don't have it.

我们不可能爱一个人而恨另一个人。

And it's impossible to love one person and hate another.

我们对任何人的恨的程度，就是我们对其他人的爱的程度。

To the degree that we hate anyone, to that degree we love the others.

我们对任何一个人的爱都不会大于我们对他的恨。

Our love is no greater than our hatred is for any one person.

我们所谓的爱，只不过是對那个人的需要。

What we call love is simply need for that person.

如果我们说，我爱这个人，但我不爱那个人，我们感觉我们需要这个人，因此而对这个人好，这样我们就能得到我们想要的，

If we say I love this person but not the next, we feel that we need this person and therefore we'll be nice to this person, so we can get what we want,

但那不是爱。

but that's not love.

人类的爱是自私的，

Human love is selfish,

神圣的爱是完全无私的。

divine love is completely selfless.

我们采用的应该是最适合我们、我们喜欢且能从中获益最多的方法，

The methods we use should be the ones that suit us best, the methods that we like, we are able to gain most from,

因此，每个人都应该遵循自己最喜欢的方法。

therefore, each one should follow that method which he likes best.

所有的方法最终都会导向这个探究真我的方法：我是谁？我是什么？

All methods will eventually lead to the one method of Self-investigation:
Who am I? What am I?

当这个问题得到圆满的回答时，那就是终点，再没有别的地方可以去了。

And when that question is fully answered, that is the end of the line,
there's nowhere else to go.

一旦我们发现了我们是谁，我们就会发现我们是无限的存在，全能、全知、全在。

Once we discover who we are, we discover that we are infinite beings,
omnipotent, omniscient, omnipresent.

因此，外在的导师引导我们走向内在的导师，内在的导师只不过是我们在向自己展示真正的“我”，

So the outer teacher pushes us toward the inner teacher which is
nothing but we revealing our real Self to our self,

那是我们几个世纪以来一直在外界寻找的东西，其实一直与我们在一起，比

肉体更亲近，

that which we have been seeking over the centuries outwardly in the world has always been right with us all the time, closer than flesh,

它一直都是我所是的我。

it's always been the I that I am.

我们一直愚蠢地自己把目光从它身上移开，

We foolishly have been looking away from it,

当我们开始把注意力转向它的那一刻，当我们开始向内看的那一刻，我们开始发现我们是谁、我们是什么，

the moment we start turning our attention toward it, the moment we start looking inwardly we begin to discover who and what we are,

我们应该持续这样做，直到完全彻底地发现真我，发现我们是谁就等于发现我们不是小我、等于发现我们不是那个受限的存在。

we should continue this until it's full complete, and discovering who we are is the same as discovering that we are not the ego, we are not that limited being.

因为我们已经偏离绝对认知太远了，所以我们几乎有必要从消除小我的消极

面开始，把它清除到足够的程度，这样我们才能开始看到我们所是的真我。

Because we have strayed so far from the absolute knowledge, it's almost necessary for us to start on the negative side of eliminating the ego to get enough of it out of the way, so that we can begin to see the Self that we are.

如果我们致力于消除小我，我们应该始终在保持安静、崇敬大师、进驻真我、阅读鼓舞人心的作品之间取得平衡。

If we work on ego elimination, we should always balance that with getting quiet, worshiping the masters, dropping into the Self, reading inspirational writings.

如果我们在小我上花了太长或太多时间，我们会被它缠住，它对我们来说变得真实，它变得过于真实了，

If we work too long or too much on the ego, we get caught up with it, it becomes real to us, it becomes too real,

然后，我们就不是在释放它，反而开始试图维系它。

and then instead of letting go of it, we begin to try to sustain it.

所以，无论何时，当我们在采用任何消除小我的方法时，我们都应该用一种积极的方法来平衡它，这种积极的方法就是进驻真我、进入宁静或进入极乐的

So, anytime we are working on any method of eliminating the ego, we should always balance it with a positive method of dropping into the Self, into the quietness, into the feelings of bliss,

这样我们就不会过度认同小我了。

so that we don't validate the ego too much.

23. 静默、爱和恩典 Silence, Love and Grace 3

唯一的成长就是消除小我，直到小我消亡，然后无限的真我就在那里，

The only growth there is is ego elimination, die until the little self, then the infinite Self is there,

无限的真我一直在那里。

the infinite Self is always there.

你永远都是一个圆满的大师，这是完美的，这是永恒的，这是永远不会改变的。

There's never a time when you are not a full master, that's perfection, that's eternal that can never be changed.

但是你的观点、你对它的认同，可以改变。

But your point of view, your identity with it, you can change.

因为身为无限存在，你没有限制，所以你可以假设自己有限制，

Because being infinite, you have no limitations and therefore you can assume limitation,

但它只是一个假设、只是一种表象，它不是真的。

but it's only an assumption, it's only an apparency, it's not real.

所以，我们应该让小我消亡。

So, we should die to the little self, the ego.

当我们消除它时，我们所是的这个无限存在就变得显而易见了，

When we eliminate that, this infinite being that we are becomes self-obvious,

它一直都在那里，

it's there all the time,

只是被限制性概念遮蔽了，而这些概念只是小我的概念。

just covered over by concepts of limitation which are only ego concepts.

我说，永远不要忘记，上帝永远在背后。

I say, never forget, God, always keep in the background.

如果没有上帝的感觉，把这个“我是谁”的问题、或者“我不是做者”、“是身体在行动”、“我是见证者”、“成为见证者”等保持在背景中，

If not the feeling of God, the question “Who am I?” or always keep in the background “I am not the doer” “It's the body that doing this” “I am the witness” “Be the witness”,

这样，成长就会一直持续下去，

and in that way, growth goes on all the time,

无论一个人在工作中做什么，总有空间让我们专注在上帝、专注在道路、专注在特定的方法上，

no matter what one is doing at work, there is always room to keep our mind on God, to keep our mind on the path, to keep our mind on a particular method,

如果我们希望摆脱自己陷入的困境，就应该这样做。

and this should be done if we expect to get out of the mess we got ourselves into.

如果我们期望获得证悟，就需要全职的时间来做这件事，因为我之前说过，我们在错误的思考上投入了太多、太多、太多的努力，

It requires full time if we expect to get realization, because of what I said before, we have tons and tons and tons of effort put into wrong thinking,

既然我们走上了正确的方向，

now that we're in the right direction,

要消除它也需要付出同样多的努力。

it's going to take that much effort to undo it.

除非我们认识到，作为无限的存在，我们确实有意愿力，如果我们愿意这么做，我们就能瞬间开悟。

Except if we recognize that being infinite beings, we do have the will power, we could will instant realization if we would just do it.

一个无限存在需要多长时间才能认识到他是无限的？

How long does it take an infinite being to know that he is infinite?

我们每个人都是无限的，只要我们运用我们全部的意愿力，我们就能在瞬间

做到这一点。

And each one of us being infinite could do it in an instant if we would but apply our full will power.

但我們在那个方向的意願并不強烈，

But our will is not that strong in that direction,

我們的意願仍然在說：“我們是身體、心智，需要這個，需要那個，想要這個，想要那個.....”

our will still says: “We are bodies, minds, need this, and need that, and want this, and want that...”

但那并不能改变这个事实——在我们付诸行动的那一刻，就可以瞬间实现开悟。

But that doesn't take away the fact that realization can be instantaneous the moment we do it.

我是我所是，你就是那。

I am that I am, THOU ART THAT.

所以真正的恩典不是外在的，而是內在的，

So the real Grace is not external but internal,

真正的恩典永远在那里。

the real Grace is always there.

你永远不会停止尝试回到这种没有悲伤的无限快乐中，

You will never ever stop trying to return to this unlimited joy with no sorrow,

因为那是真我的自然状态，那是恩典一直在起作用，

because that is the natural state of the Self, and that is the Grace operating all the time,

你总是被推动着去寻找幸福，也就是寻找真我，

you're always being pushed towards seeking happiness which is seeking the Self,

所以恩典每时每刻都在运作着。

so the Grace is operating every moment.

但如果我们期望别人替我们做这件事，它就永远都不会发生。

But if we expect someone other than us to do it for us, it will never happen.

但我相信这点很明显，当你看到大师和周围的人在一起时，他们周围的人并没有获得瞬间开悟，不是吗？

But I believe it is obvious when you look at masters with people around them, people around them are not being given instantaneous realization, are they?

不是因为大师不想，而是因为我们必须自己去做。

Not because the master doesn't want it, because we have to do it.

导师所做的唯一的事就是指出我们必须走的方向，

The only thing the teacher does is point the direction that we must take,

每个人都必须为自己去做。

and each one must do it for himself or herself.

从某种意义上说，臣服于大师、臣服于上帝是好的，

Now in a sense, it's good to surrender to a master, to God,

但什么是臣服？

but what is surrender?

臣服就是说：你的旨意，而非我的旨意，不是我的小我的旨意，而是整体的神圣旨意。

Surrendering is saying: Thy will but not my will, not my little ego will but the overall divine will.

如果从那一刻起你的小我完全臣服了，一切都会变得完美。

And if you surrendered your ego, from that moment on, everything would be perfect.

但是我们大多数自认为在臣服的人，都是有条件地在臣服，一次只做一点点，然而必须彻底臣服才会有效。

But most of us who think we are surrendering are doing it very conditionally, just a little bit at a time and it must be complete to be effective.

如果只是一点点，那就是……我们得到的好处也只是一点点。

If it's just a little, that's... All the benefit we receive is just a little.

神圣的恩典总在运作着。

So divine Grace is always operating.

这是你的真我想要你释放小我、释放限制的概念，它驱使你朝着追寻幸福、朝着真我的方向前进。

It's the Self of you wanting you to let go of the ego, concepts of limitation and it drives you toward the Self in the direction of seeking happiness.

总有一天，你会发现唯一的快乐就是真我或多或少地在展露、或多或少地在闪耀，

Someday you'll see the only joy there is is of the Self expressing more or less or shining forth more or less,

我们更多地揭开一点它的面纱，我们感觉就会更快乐。

we uncover it a bit more, and we feel happier.

所以每次你在寻求幸福的时候，都是恩典在运作。

So every time you're seeking happiness, that's Grace in operation.

所以恩典总是在那里。

So the Grace is always there.

但是除了你自己，没人能为你做到这一点。

But no one will do it for you, but you.

因为你就是那。

Because you are That.

如果我们想要完全觉醒，就必须对发生在我们身上的一切负起全部责任。

It's necessary to take full responsibility for everything that happens to us if we want realization.

上帝本身无法赐予我们证悟，

God himself cannot give us realization,

因为我们都拥有它。

because we would all have it.

他不能的原因，是因为我们就是我们所追寻的上帝，

The reason why He can't is because we are that God that we are seeking,

它对我们来说并不是外在的东西，

it's nothing external to us,

因为上帝就在我们之内，比在肉体更亲近，

because God is right within us, closer than flesh,

因为我们是上帝，所以我们是做到这一点的人。

and since we are that God, we are the ones who do it.

24.拥有一切 Having It All 1

磁带旁白：本次课程的主题是“拥有一切”，录制于1966年7月4日。

The title of this session is "Having It All", recorded July 4th, 1966.

莱斯特：我们所走的道路是从这里开始直到我们达成目标，这是我想说的第一点，

The path we're on is from here on until we make the goal, that's the first point I'd like to make,

我们将沿着这条道路一直走到无限；

we are on this path until we are infinite;

第二，我们可以在此生做到这件事。

Second, we can do this this lifetime.

一般来说，绝大多数人要花很多很多世才能做到，

Now generally, it takes many, many, many lifetimes for the great, great majority of people to make it,

然而，我们可以在这一世就做到。

however, we can do it this time.

有两个原因：

For two reasons:

首先，我们是一个不同寻常的群体；

First, we are an unusual group;

其次，我们有正确的方向在此生实现它。

Second, we have the right direction to make it this lifetime.

所以如果我们将来回来了，那是我们的选择，而非必要。

So that if we ever come back in the future, it's by choice, it's not by necessity.

通常我们中那些想要帮助别人的人会回来帮助别人，

Usually those of us who want to help others to that point will come back just to help others,

但这是我们个人选择的问题，

but that's a matter of individual choice what we do,

最重要的是要达到那个状态。

the main thing is to achieve that state.

现在，掌控生活真的是一个基本且必要的步骤，通过这个步骤，我们知道自己不是生活的受害者，而是主宰。

Now becoming master over life is really a basic and necessary step, through which we learn that we are not the victims in life, but we are the masters.

在我们掌握了让环境如我们所愿的方法和手段之后，我们就要看得更远。

After we master the ways and means of making our environment the way we want it, then we look beyond.

无论我们让自己的生活变得多么幸福，只要它还局限于生活本身，它就永远无法满足我们，

No matter how happy we make our life if it's involved in livingness itself,

it'll never satisfy it,

因为我们真正的状态是无限的，而在生活和生存中获得快乐是有限制的。

because our real state is that of being infinite, and being happy in life and living has limitations.

对此还有什么疑问吗？

Are there any questions on that?

这差不多让我们了解了目前的情况，现在我将谈谈我认为的我们未来的方向。

That sort of brought us up to date, now I'll go into what I think should be our direction in the future.

我们必须变得更加普世，

We have to become more universal,

我们应该放下我们自己的生活，到我们能更多地为他人而活的程度。

we should let go of our own livingness to the point where we can live outwardly more for others.

如果我们是普世的人，我们就必须是普世的存在，

If we are universal beings, we must be universal being,

每一个人都是我，这是我们应该有的感觉，

every human being is me, is the way we should feel,

你就是我，是我们对待所有人都应该有的态度。

you are me is the attitude we should have toward all people.

现在我用“态度”这个词，

Now I use the word “attitude”,

我们无法通过给他们物质来帮助这个世界，

we can't help the world by giving them things,

需要的太多了，

it's just too much needed,

但我们能给他们更多高于物质的东西，

but we can give them that which is much more than things,

我们可以开始给他们那些我们正在获得的知识，

we can begin giving them the knowledge that we are getting,

我们的态度应该是帮助每一个需要帮助的人，

and our attitude should be one of wanting to help everyone who wants help,

而我们绝不帮助那些不想要帮助的人，这是强加给他们的，

and never helping those who don't want it, that's imposing upon them,

我们应该尽力帮助那些与我们在道路上相遇的人，

we should try to help just those who cross our path,

我们不需要将自己扩展到各个方向，

we don't have to extend ourselves into directions,

因为人们会自然地进入我们的生活，

because people will just fall into our lives,

他们会问我们问题，当我们给他们答案时，我们发现某些人会觉得你给了他们正确的答案，你在帮助他们，然后他们会问更多的问题，

they'll ask us questions, and as we give them the answers, we find that

certain people will feel that you are giving them the right answers, that you are helping them, and they'll ask more,

对于那些真诚地来找你寻求正确方向的人，回答他们的问题真的是一种义务。

and it's really an obligation to answer questions of people who come to you sincerely, seeking the right direction.

当我们开始为他人而活，更少地考虑自己、更多地考虑他人时，我们帮助的不是别人，而是自己。

As we begin to live outward, and think less of our little self and more of the other, we are helping no one but ourselves.

世界会有不同的看法，他们可能会把它理解为我们在帮助另一个人，

The world sees it differently, they would probably interpret it as we helping the other one,

但没有人需要帮助，除了我们自己。

but there's no other one to help but ourselves.

事实上，我们通过帮助别人获得的最大好处是，除非我们对每个人都有这种合一的悲悯感、希望他们也知道我们所知道的，否则我们永远都无法达成目

标。

And actually we get the greatest benefit, and we'll never make it unless we have this feeling of compassion of oneness with everyone with a wish that they too know what we know.

所以再重复一遍：我们已经学会了如何掌控生活并让它更幸福，现在我们应该试着帮助那些想要做到这一点的人。

So to repeat, we have gotten to the point where we have learned how to control life and make it happier, now we should try to make it happier for others who want it.

这并不意味着停止我们自己的成长，我们永远不能停止，

This does not mean stopping our own growth, that we never stop.

我们不断为自己的进一步成长而努力，但同时我们也要帮助他人。

We keep working for our own further growth, but at the same time we help others.

每一个活着的灵魂都渴望平静，

Every living soul wants peace,

他们都在寻求幸福、平静。

they're all seeking it, happiness, peace.

因此，只要你愿意，它就会降临。

Therefore, if you would expect it, it would come to you.

学生：期待平静，然后我拥有.....

Student: Expect peace, then I have the...

莱斯特：不，希望能帮助人们找到这种平静。

Lester: No, expect to want to help people find this peace.

学生：定义一下你所说的爱和慈悲，定义一下它对你来说意味着什么。

Student: Well, define you spoke of love and compassion, define what it means to you.

莱斯特：嗯，只有当你在爱的时候，你才会理解爱。

Lester: Well, love is only understood when you love.

慈悲就是理解他人正在经历的事，

Compassion is understanding what the other one is going through,

慈悲就是理解他人正在体验的事，

compassion is understanding what the other one is experiencing,

但情绪的共鸣是自然而然产生的。

but the emotional part sort of comes automatically.

如果你活着是为了看到别人幸福，那么践行这样的生活方式将会带来巨大的幸福。

If you live to see the other one's happy, practicing that way of life would bring tremendous amounts of happiness.

25.拥有一切 Having It All 2

我想要表达的基本观点是，既然生活变得更快乐了，现在我们该做什么？

The basic point I tried to get across was what to do now that life has become happier?

如果可以的话，下一步就是活得更慷慨，为别人而活，更多地为别人而活。

And the next step is to live more outwardly if you can, live for others, live more for others.

这是另一种说法：“在每个人身上看到神性。”把他们视为完美的存在，那么

你就最大程度地帮助他们。

This is another way of saying: "See God in everyone." See them as perfect, then you help them most.

要感觉每个人都是你，

Feel that everyone is you,

因为只有你，只有上帝，

because there is only you, there is only God,

而上帝才是我真正的所是。

and God is that which I am, really.

基本的绝对真理是什么？除了绝对完美的“一”之外，什么也没有，那就是“我”。

The basic absolute Truth is what? There is nothing but an absolute perfect Oneness, that is I.

所以总有一天你会到达一个境界：你只是想一想，事情就会发生。

So some day you reach a point where you just think and things happen.

再往后，你会超越这一点，你只知道完美，没有什么是需要思考的。

Some day you go beyond that, you just know the perfection, and there's nothing to think about.

一切都是完美的，因此不需要思考。

Everything is perfect, therefore is no thought required.

每个人都会达成目标，所有人都会，

Everyone makes, everyone does,

但就我们目前所知道的时间而言，绝大多数人将在一百万年后才能实现这个目标，

but in terms of time as we now know it, the great, great majority will make it in over a million years from now,

而我们在此生就能做到，我们也应该做到。

we can do it this lifetime, and we should.

我们都在朝着那个方向前进，最伟大的圣人仍然在这里，他们有的在身体里，有的不在身体里，无论我们是否意识到这一点，他们都在引领着我们。

We're all moving in that direction, the very greatest of the sages are still here, some embody, some not embody, leading us on whether we're

aware of it or not.

我们所需要的就是敞开心扉接受他们的帮助，这是最强有力的助力。

And all we need to do is to open ourselves to their help which is the most powerful help there is.

然后专注在此生的完全觉醒上。

And look at full realization this lifetime.

我努力追随他们，如果你追随我，你就是在追随他们，

I try to follow them, if you follow me, you're following them,

我从他们那里得到指引，再通过我传递给你，

I take my guidance from them, through me to you,

所以我们都在朝着那个方向前进，

so we are all moving in that direction,

但是这个群体的前进速度比绝大多数人要快得多、得多、得多。

but this group is moving much, much, much faster than the great majority of people are.

波澜不惊是我们已经取得了多大进步的一个标志。

Imperturbability is an indication of how far we have gotten.

我会被打扰吗？

Can I be disturbed?

我会被惹恼吗？

Can I be annoyed?

如果会，我就必须消除它。

if I can, I must eliminate that.

我们应该达到一个没有人、没有事能打扰我们的境界。

We should get to the place where no one and no thing can annoy us.

但毫不费力确实表明了我們在这条道路上走了多远。

But effortlessness does show how far we have gone on this path.

但我认为更好的衡量标准是平和。

But I think a better indicator is peace.

我有多平和？

How peaceful am I?

你越平和，你就前进得越远。

Greater your peace, the further you've gotten.

你应该以同样的态度对待我们的好与坏，

Your attitude should be the same to all good and bad,

不管它是好的还是坏的，它在哪里呢？

if it's good or if it's bad, where is it?

它在这个有限的世界里。

It's in the world of limitation.

我们想要超越限制，

We want to transcend limitation,

好事物是硬币的另一面、是坏事物的另一面，

the good thing is the other side of the coin of a bad thing,

好和坏都在这个梦幻的、充满限制的虚幻世界里。

it's all in this dream world, illusory world of limitation, good and bad.

所以在我们学会如何让我们的生活变得美好之后，

So after we learn how to make our life good,

我们应该把好和坏视作同一个东西，视作同一枚硬币的两面，

then we should look upon good and bad as the same thing, as the opposite side of the same coin,

这一切都是虚幻世界的一部分。

it's all part of the illusory world.

但我们对世界的态度表现在最高层次，

But our attitude toward the world is expressed in the highest,

当我说关于身体，我说过以同样的方式接受好与坏，

when I said about the body, what I said about accepting good and bad the same way,

它对这个身体有什么好处？它对这个身体有什么坏处？

what is it good for, what is it bad for this body?

好的东西和坏的东西都是针对这个身体而言的，不是吗？

Things that are good and bad are for this body, are they?

但我们远不止是这个身体，

But we are so much more than this body,

我们是不朽的，我们是完美的，

we are immortal, we are perfect,

所以这些东西不会影响我们。

so these things don't touch us.

我们对待好与坏的态度应该是一样的，要有一种“它不会影响到我”的态度，

Our attitude should be the same toward good and bad, have an attitude

“It doesn't affect me”,

我是永恒的，我是不朽的，没有什么能影响我，

I'm eternal, I'm immortal, nothing can affect me,

对待漏气轮胎的态度应该一直延伸到对待身体上。

so that an attitude toward the flat tire should be applied all the way up to the body.

我们一直在让生活变得更好，

We have been making life better,

既然我们能够做到这一点，我们就不应该在意生活是变好还是变差，

now that we can do that, we shouldn't care what is better or worse,

因为我们不是它，所以我们不受它的限制，

because we are not it, we are not limited by it,

这是一个重大的进步。

this is a big step.

我们对待好与坏的态度应该是一样的，对吗？

Our attitude toward good and bad should be the same, right?

不要认同外面发生的事情，一切都在我自己的意识里。

Do not identify what's happening out there, it's all in my own consciousness.

所以，我做个好梦还是噩梦有什么区别呢？

So, what's the difference whether I think a good dream or bad dream?

一切都在我的意识里。

It's all in my consciousness.

26.拥有一切 Having It All 3

你必须实践你所学到的东西，

It's necessary that you apply what you learn,

你必须这么做，我无法替你做，

you have to do it, I can't do it for you,

我只是为你指出你应该走的路，

I'm just pointing out the way you should go,

你必须自己走这条路。

you have to go it.

因此，我必须退到一旁，这样你就可以自己游了，

Therefore, I have to step away, so that you can swim on your own,

我在告诉你如何游向正确的方向，你必须自己去做。

I'm telling you how to swim in the right direction, you have to do it.

如果我留下来，你就会发展出依赖关系，

If I were to stay, you would develop a dependency relationship,

当我在你身边的时候，你会感觉很好，

you would feel good while I'm around,

你会无意识地把那种感觉和我联系在一起；

you would unconsciously attach that to me;

当我离开你时，你自己就不会做那么多；

you would not do on your own nearly as much as when I leave you;

接着我回来了，你再次进入那种状态；我走了，你又从那种状态中出来，反

反复复.....

Then come back in and out...

我给你理论，

I give you the theory,

当我离开时，你在这个世界中进行实践，

you get your lab course when I leave in the world.

我离开了你，这个世界在冲击你，

I leave you, the world bumps you,

每当它冲击你的时候，它都会让你思考，让你朝着这个方向思考。

every time it bumps you, it makes you think, you think in this direction.

但你读到的内容也是真的，如果你确实需要帮助、确认、重建基本的真理和方向，而每次我来的时候你都会得到这些。

But what you read is also true, if you do need the assist, the confirmation, the re-establishing of the basic truths and directions, but you get that each time I come.

总有一天，你将不再需要听任何人的话。

Someday there will be no need to listen to anyone.

而且我们每次只能吸收一定量的知识。

Also there's only a certain amount that we absorb at a time or each time.

现在因为时间的原因，我离开之前都会把所有内容都告诉你，很多时候我把所有内容讲了，但它需要时间来消化，在实践中去运用也需要时间。

now there isn't the time that I don't give you the whole thing before I leave, many times, right? The whole thing, but it takes time to digest, it takes time to work it out in practice.

所以我说，我这样来来去去对你来说是一种绝佳的方式，它不会建立起依赖关系。

so I say, you're getting an excellent way of my coming and going, there's no dependency relationship set up.

而当人们一直和老师在一起的时候就会产生这种依赖关系，这会阻碍他们。

And this dependency relationship is a thing that happens when people are with the teacher all the time, which holds them back.

现在我所说的可能不是百分百都这样，

Now what I'm saying might not be 100% so,

如果我们安排大家在某个时候都住在一起，实际上就是都住在同一个地方，这样教导就可以一直持续下去，

if we had a... Say it's set up where we all live together at one point, actually all live together right in the same place, this teaching could go on all the time,

你们可以像吉尔和肯有时做的那样，相互配合着进行练习，

you would get your practice working with each other, like Gill and Ken sometimes would,

你会练习释放那些反对的感受，直到它们完全消失。

you would practice letting go of those feelings of opposition until there was none.

换句话说，你和你的朋友会觉得世界是好的，要看到走出这个世界的方法就是穿过它，与世隔绝并不好。

In other words, the world would be right with you, in your friends, see the way out of the world is through it, isolation isn't good.

除非你彻底摒弃了这个世界，除非你到了这个“在这世界上再也看不到任何

你想要的东西”的地步，除非你知道你的幸福并不存在于这个世界，那么，与世隔绝才是可行的。

until you have completely renounced the world, until you have gotten to the place where you see nothing in the world that you want anymore, you know that your happiness does not lie in the world, then isolation is alright.

你对这个世界不再有任何欲望，你便可以与世隔绝了。

You have no more desires for the world, then you may isolate.

但在此之前，在这个世界中的成长会更快、更好。

But until then growth is faster and better in the world.

如果你在达到这一点之前就与世隔绝，你是在逃避，你是在从这个世界中逃离，这非常糟糕。

Should you isolate before you reach that point, you are escaping, you are running away from the world, and that's very bad.

但如果有一天看到我们所有人都生活在同一个地方，并且这种成长也一直在持续，我不会感到惊讶。

But it wouldn't surprised me someday to see us all living together in one place and this growth going on all the time.

27. 个人达成自由的关键 The Key to Individual Freedom 1

磁带旁白：本次课程的标题是“个人达成自由的关键”，录制于 1972 年 7 月 8 日。

The title of this session is “The Key to Individual Freedom”, recorded July 8th, 1972.

莱斯特：我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

摆脱一切的自由，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，我们当中极少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the Inness of us, the isness of us, the amness of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not "I am something", "I am a body",

而只是存在，仅仅存在。

but just the amness and that alone.

当我们看到这一点时，我们就会明白，我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

然后我们在我们所是的这个无限存在上，叠加了我们称之为“想法”的概念，即“我是这个身体，我的名字是某某”，名字和形式无处不在，还认为这是真实的。

And that we superimpose upon this unlimited being that we are mental concepts which we call thoughts that “I am this body, and my name is such and such”, and the name and form is everywhere, and that is the real.

我们创造了整个宇宙，却忘记了是我们创造了它，还说它是真实的，而且与我相分离，

We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me,

它实际上只是我们心智中的一幅画面，

and all it really is a picture in our mind,

你唯一能看到这个世界的地方就是在你的心智中。

the only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界就永远不再出现了，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做心智的东西，它只不过是所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲眼看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的，

And so by now we have millions, if not billions, of thoughts of limitation that we accept as being real,

所以我们要做的就是消除这些念头，消除心智，

so what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯然的“存在状态”，在这种状态下，我们拥有这种深邃的、极为深远的平静的终极状态，

Everyone, all life is seeking to return to that state of just pure Beingness, and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成了的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here, could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see, they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than one second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you're free of it.

但重要的是，无论我们身处何种境地，我们每天都有机会丢弃这些倾向，

But the important thing is every day, no matter what we're in, we have this opportunity to drop these tendencies,

丢弃一个倾向，你就丢弃了过去的数百万个想法，

drop one tendency, and you're dropping millions of thoughts from the past,

这是在座的每个人都能做的事情。

this is something everyone here can do.

28.个人达成自由的关键 The Key to Individual Freedom 2

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say “I am through with this”, it’s dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在，要是几个星期也太长了，

Okay, alright now if weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotions come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在，

what remains over after the mind is let go of is the infinite being that you are here and now,

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

you will have removed the total covering over the infinite being that you are.

我认为利用欲望的一种更简单的方式是使用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel as he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两件事会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心会做到任何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内就把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做，并养成习惯，它只需要几个月、最多几年的时间，你就会完全自由。

and if you'll do it and make a habit of it, it will only take months, the most a few years to become totally free.

但这必须是每天都要做的事情，

but it must be a daily thing,

它不能是“哦，我有这种倾向，我明天、下周或下个月再去做”，

it can't be "Oh, I have this tendency, I'll work on it tomorrow or next week or next month",

现在你必须当场就做，

now you've got to do it right there and then,

因为它只需要不到一秒钟的时间，

because it only takes less than a second,

然后下一秒你就可以丢弃另外一个，

and then the next second you can take another one,

下一秒又是另一个.....

and the next second another one...

因此，不是 2、3 个月做一次，你可以在 4 秒钟内完成一整年的工作，而不是花一年的时间。

So, instead of doing it once every two or three months, you can get a whole year's work accomplished in four seconds instead of a year.

所以我在强调的是每天做这件事的价值。

So, I'm emphasizing the value of getting into doing it every day.

当它出现的时候你去做，

then you do it as it happens,

然后你一个月内就能完成普通人许多世才能完成的事情。

and then you're doing in one month what the average person does in many lifetimes.

你在以一种你能很快获得自由的方式做这件事，

And you're doing it in a way in which you can get your freedom very very soon,

它应该是几个月，

it should be months,

但如果你进展慢，你可以在几年内做到，

but you could do it in a few years if you're slow,

我的意思是，我不是在开玩笑，你可以在几个月内完成。

I mean this I'm not kidding, you can do it in months.

我怎么知道的？

How do I know that?

像我这样对这条道路一无所知的人，我在三个月内就做到了我现在所说的这些，

A guy like me who knew nothing about the path, I did in three months that's what I'm talking about,

如果我知道方向的话，不会超过一个月，

had I known the direction, it would not have been more than one month,

因为这就是我最后一个月发生的事，

because that's when it really happened was the last month,

我知道这是可以做到的，

I know it can be done,

你所需要的只是你自己，以及对自由的渴望和决心。

and all you need is you and the desire for it, the determination.

29. 个人达成自由的关键 The Key to Individual Freedom 3

现在，这条道路很容易，

now, the path is easy,

它并不难，

it is not difficult,

如果你觉得这很难，那是因为你在看向相反的方向，说“这不可能做到”，

if you think it's difficult, it's because you're looking in the opposite direction and saying "It can't be done",

这就是为什么我要强调“要么简单，要么不可能”。

and that's why I'm emphasizing "It's easy or impossible".

事情就是这样，要么简单，要么不可能。

and that's just the way it is, it's either easy or impossible.

如果你做，就很容易；

if you do it, it's easy;

如果你不做，它就不可能。

if you don't, it's impossible.

我一直在强调处理倾向，我看到每个人都能做到，每个人，

And I've been emphasizing working on tendencies of late, and I see everyone can do it, everyone,

那些和我一起实践的人中，谁还没有丢弃过一个倾向？

There isn't anyone who's been working with me who hasn't dropped a tendency?

你可以丢弃 1 个，你就能丢弃 2 个；

You can drop one, you can drop two;

你能丢弃 2 个，你就能丢弃 4 个；

You can drop two, you can drop four;

你能丢弃 4 个，你就能丢弃 8 个.....

You can drop four, you can drop eight...

它们全都离开了。

They're all gone.

现在你丢弃得越多，你就会变得越自由，这让你能使用更多的力量丢弃更大、更难的倾向。

Now the more you drop, the freer you become, which allows you more power to use than dropping bigger and more difficult tendencies.

所以现在就丢弃一些东西，先丢弃一个，你就能成功。

so just drop something now, drop one thing, you'll succeed.

当你丢弃 1 个，你就能丢弃 2 个、你丢弃了 2 个，你就能丢弃 4 个、然后无限个.....

When you drop one, you can drop two, you drop two, you can drop four and infinitum...

但重要的是每天都这样做。

but the important thing is to do it every day.

我们应该完全接纳一切，

we should be totally accepting of everything,

如果我们没有，我们就是在做出反应。

if we're not, we are reacting.

所以随着时间的流逝，我们必须接纳一切，坏老板、坏人、炎热的天气、寒冷的天气、好吃的食物、难吃的食物.....

So as the day goes by, we have to accept everything, bad bosses, bad people, hot weather, cold weather, good food, bad food...

完全接纳这个宇宙就是完全的自由，这意味着接纳它本来的样子，让它是它所是的样子，除了你自己，不想改变任何东西。

Total acceptance of this universe is total freedom, that means accepting it the way it is, letting it be the way it is, not wanting to change anything but yourself.

完全接纳意味着你没有欲望，你既不希望它这样，也不希望它那样。

Total acceptance means you have no desires, you don't want it to be this way, you don't want it to be that way.

我想最容易看到的事情之一就是你对人们的反应，

I guess one of the biggest and easiest things to see is your reaction to people,

当你和人们在一起时，这种情况总在发生，

that's going on all the time when you are with people,

放下你所有的反应行为，并获得自由。

drop all your reactive behavior and be free.

丢弃 1 种东西，然后你就彻底自由了——丢弃欲望，

Drop one thing, and you're totally free, drop desire,

丢弃 8 种东西，你就完全自由了——丢弃你的 8 种情绪，

drop eight things and you're totally free, drop your eight emotions,

第一，接受你能丢弃它们；

Number one, number one, accept that you can drop them;

第二，下定决心丢弃它们，

Number two, be determined that you will drop them,

然后你会发现这很容易。

then you'll find it's easy.

真正的爱是成为另一个人。

The real love is being the other one.

你了解某个人吗？

You want to understand someone?

成为那个人。

Be that person.

如果你能体会到他们所经历的一切，你就能理解那个人。

Will you understand that one if you can experience what they're experiencing.

同一性是真正的神圣之爱，

Identity is the real divine love,

成为另一个人，与另一个人合一，

being the other person, oneness with the other person,

所以真正的爱与世人所认为的爱相去甚远。

so the real Love is so far from what the world considers as love.

记住，如果你是一个完整的无限存在，你不需要别人，

And remember, if you are a whole infinite being, you need no other,

你自己就是完整的、圆满的、无限的。

you're complete, total, infinite by yourself.

只要我们认为我们需要别人，我们就是受限的。

So long as we think we need another, we are limited.

所以，不要需要别人，成为别人，

So, don't need the other one, be the other one,

通过认识到你是什么，你认识到你是每个人。

by recognizing what you are, you recognize that you are everyone.

通过把你的方向转向你自己，发现你真正是什么，你会发现你真的是每一个人。

By turning your direction back on yourself and discovering what you really are, you discover that you are really every being.

这就是通往它的道路，

And that's the way to it,

我只能指出如何到达那里的方向，

I can only point the direction on how to get there,

我不能为你做这件事。

I can't do it for you.

但你可以体验它，

But you can experience it,

我确定你过去在某种程度上已经体验过它了，我知道你有过，

and I'm sure you've experienced it to a degree in the past, I know you have,

然后你对这个世界的整个画面就会发生改变，

then your whole picture of this world changes,

接着你会看到完美。

then you see the perfection.

当你看到真相时，你看到的只有美好的完美，

When you see a right, you see nothing but beautiful perfection,

这就是真正的真实画面。

and then this is the true, true picture.

当我们看到不完美时，我们的认知是有缺陷的。

When we see imperfection, our sight is defective.

在真实中，一切都是绝对完美的。

in the Reality, everything is absolutely perfect.

这就是为什么他们说“上帝是完美的、上帝是一切”，

That's why they say “God is perfect, God is all”,

如果上帝是一切，上帝是完美的，那也包括我们。

and if God is all, and God is perfect, that includes us.

如果我们看到不完美，我们的认知是有缺陷的，

If we see an imperfection, our sight is defective,

如果我们看到不完美，那是不完美在我们之内。

the imperfection is in us if we see it.

在看似不完美的地方看到完美，

See the perfection where the seeming imperfection seems to be,

这种不完美只是一种表象、是表面上的。

the imperfection is a seemingness and seeming.

不要把我看作是这样~（学生笑）

Don't see me as it~

在你看到完美之后，你就自由了。

After you see the perfection, you're free.

30.莱斯特的发现 Lester's Discovery 1

磁带旁白：从 1952 年到 1974 年初，莱斯特与成千上万的人共事，以你刚刚听到的方式帮助他们。然后在一次深刻领悟和完全臣服的瞬间，莱斯特取得了突破，他看到了一种方法，能将自己 1952 年的发现，通过一种任何人都能使用的技巧传达出去，让人们快速回归完全的自由。圣多纳释放法就是那个技巧，圣多纳释放法是一个强有力却又简单的技巧，一整天里都能随时使用，能轻松快速地释放覆盖在我们所是之上的感受。一旦从体验层面学会这个技巧，它就会向每个人展示他们如何从根源上释放这些感受。圣多纳释放法课程的毕业生所取得的成果非常显著，全球已经有成千上万的人参加了这门课程。圣多纳释放法是莱斯特送给世界的礼物，这最后一盘录音带是莱斯特本人在讲述他的发现。

Lester work with thousands of people from 1952 until early 1974, helping them in the manner that you have just heard, then in a moment of profound understanding and total surrender, Lester had a breakthrough, he saw a way of communicating what he'd discovered in 1952, through a technique that anyone could use to quickly gain their own complete freedom, the Sedona Method is that technique, the Sedona Method is a powerful yet simple technique that can be used moment to moment all day long to easily and quickly let go of the feelings that cover who we really are, this technique once experientially learned shows each person how they can let go of these feelings at their roots, the results achieve by graduate of the Sedona Method course have been so profound that thousands of people around the world have taken the course, the

Sedona Method is Lester's gift to the world, this final tape is Lester himself describing his discovery.

莱斯特：我于 1909 年 7 月出生在新泽西州伊丽莎白市的一个中产阶级家庭，我是一个非常害羞的人，

Lester: I was born July 1919 in Elizabeth New Jersey into a middle class family as a very shy person,

我试着做应该做的事，做正确的事，我接受了良好的教育，成为了我所在领域的佼佼者。

I try to do things as things were supposed to have been done, doing the right thing, getting a good education, being the best in my field.

我天生就对科学感兴趣，尤其是对世界和人类本质的科学。

And my natural inclination was toward science, especially the science of the world and man himself.

1931 年，我以物理学家的身份从罗格斯大学毕业，之后我在物理学和工程学领域工作了 20 多年。

And I was graduated from Rutgers College in 1931 as a physicist, after which I worked 20 some years in physics and in engineering.

在物理方面，我从事测量仪器和自动控制的研发工作，与布朗仪器公司合作，这家公司后来成为了霍尼韦尔的子公司；

In physics, I worked at research and development on measuring instruments and automatic control connected with Brown Instrument Company which became a subsidiary of Honeywell;

在工程方面，我做过机械工程师、电气工程师、建筑工程师、采暖与通风工程师和轮机工程师，实际上横跨了 14 个不同的领域；

And in the engineering field, I worked as an electrical engineer, a mechanical engineer, construction engineer, heating and ventilating engineer, marine engineer... actually 14 different fields;

我实际上还进入了与工程相关的各种行业，包括餐馆、木材、建筑和石油，我想赚钱，想在世界上有所成就。

I also actually went into various businesses, intertwined with the engineering, wanting to make money, wanting to make it in the world.

那时候，我并不知道我现在所知道的——我所寻求的实际上是生命本身的答案，而我做的一切都无法给我这个答案。

At that time, I did not know what I know now that what I was seeking, was actually the answers to life itself, and that nothing I had worked at would give me that answer.

随着岁月的流逝，我的抑郁和疾病开始加重，到了 1952 年，我不断遭受病痛的折磨，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，在形成的病变中穿孔，然后我还患有至少 10 年的偏头痛。1952 年，我得过两次冠状动脉血栓，在第二次动脉血栓后，我被告知我活不了多久了，我随时都有可能死。除非绝对必要，我甚至不能走楼梯。

And as the years went by, I became heavy with depression, with sickness, and by 1952 I had been through constant ailments like being jaundiced three or so times a year, constantly within a large liver, kidney stones, spleen trouble, hyper and hypoacidity, ulcers that perforated, and formed lesions, then I had at least 10 years of migraine headache, and then toward the 1952, I had had two coronary thromboses, and after the second one, I was told I wouldn't live much longer, that I might die any day, that I shouldn't even take the effort to go up a step unless I absolutely had to.

我非常害怕死亡，

I was extremely fearful of dying,

但我意识到了，我对自己说：“你还在呼吸，莱斯特，你还有机会。”

but I realized, I said to myself: "You're still breathing, Lester, there's still a chance."

于是我坐下来，开始全天候地思考。

So I sat me down and began thinking on an around the clock basis.

我一直被认为是一个非常聪明的男孩，我总是获得荣誉，在发放奖学金不多的年代，我获得了罗格斯大学的四年奖学金。

I had been considered a very smart boy, I had always made the honor role, I had a four-year scholarship to Rutgers back in the days when not many scholarships were handed out.

但当我第二次心脏病发作后被告知我活不了时，我对自己说：“莱斯特，你真是愚蠢，愚蠢，愚蠢！活了差不多四十三年，快活到头了，却没有幸福没有健康，因此你所积累的这一切知识都是无用的。”

But then when I after the second heart attack, and when I was told I wouldn't live, I said to myself: "Lester you are stupid, stupid, stupid, having lived 43 or so years, and having reached the end of the line without happiness, without health, therefore all this knowledge that you have accumulated is of no avail."

我曾在 30 年代研究过沃森的行为主义，在 30 年代末和 40 年代初研究过弗洛伊德，我学过哲学、学过逻辑学、学过经济学、学习了人类的所有主要领域。

I had studied Watson's behavior, Watson's behaviorism in the 30s, Freud in the later 30s and early 40s, I had studied the philosophies, I had

studied logic, I studied economics, I studied all the major fields of man.

当我掌握了所有这些知识之后，当我走到生命的尽头时，我才意识到，人类所积累的知识是没有用的。

And with all that knowledge, there I was at the end of the line, making me realize that the accumulated knowledge of man was of no use.

所以我决定从头开始，忘记所有这些知识，从零开始，看看自己能找到什么。

And so then I decided start from scratch, forget all that knowledge, begin from point zero and see what you can pick up.

因此，我提出了问题“我是什么？”“这个世界是什么？”“我和它的关系是什么？”“什么是心智？”“什么是智慧？”“什么是幸福？”

So I pose the questions “What am I?” “What is this world?” “What is my relationship to it?” “What is mind?” “What is intelligence?” “What is happiness?”

我开始问自己：“我想从生活中得到什么？”

And I began by asking myself :“What do I want out of life?”

答案是幸福。

And the answer was happiness.

再进一步地探寻，我回忆了自己感到最幸福的时刻，我发现了一些在当时令我吃惊的事情：当我在爱时，我是最幸福的。

Investigating further, I went into the moments when I was feeling happiest, and I discovered something which to me was startling at the time, that it was: When I was loving, that I was happiest.

这种幸福等同于我去爱的能力，而不是被爱的能力。

That happiness equated to my capacity to love rather than to being loved.

这是一个起点，

That was a starting point,

我开始纠正我所有的想法和感觉，从想要被爱的方向到爱的方向。

I began correcting all my thoughts and feelings in that direction, from that of wanting to be loved to that of loving.

在这个过程中，我发现了另一件令我震惊的重要事情。

And in that process, I discovered another major thing that kind of shocked me.

我发现我想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

I saw that I wanted to change this entire world, and that was the cause of my ulcers, or one of the major causes of it.

当我意识到我是多么想改变这个世界的时候，我看到它是如何让我成为这个世界的奴隶的。

On realizing how much I wanted to change things in this world, and that that made me a slave of this world.

我做出了扭转这种情况的决定。

I made a decision to reverse that.

在遵循这两个方向的过程中——实际上是卸下了这些方向上的所有潜意识概念和压力，

And in the process of falling out these two directions, of actually unloading all these subconscious concepts and pressures in those directions,

我发现自己变得更快乐、更自由、更轻松，总体上感觉更好。

I discovered I was getting happier, freer, lighter, and feeling better in

general.

当我看到这个方向是好的，我做了一个决定：如果一块馅饼的味道这么好，我想吃整个馅饼。

On seeing that this direction was good, I made the decision that: If a slice of the pie tastes as good, I want the whole pie”.

我决定不离开这个方向，直到我得到那一整块幸福的馅饼，并得到“我是什么？生命是什么，我和它有什么关系？”的答案。

I decided not to let go until I got that whole entire pie of happiness, and with it, the answer to what am I, what is this life, what is my relationship to it.

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

This decision allow me to... As I claim get the answer to life itself in a matter of 3 months' time.

我相信如果我能做到，任何人都可以做到，只要他们有强烈的想要。

And I actually believe if I did it, anyone could do it, if they had that much want to.

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个一直快乐而没有悲伤的状态。

And in that three-month period of time, all the ailments I had in my physical body corrected, all my miseries dropped away, and I ended up in a place in which I was happy all the time with no sorrow.

并不是说世界停止了对我的推动，它仍在继续，而是我处于一个几乎可以立即解决问题的状态。

Not that the world stopped pushing against me, it continued, but I was in a place where I could resolve things almost immediately.

清除所有负面的恐惧，所有负面的“我不能”，

Having cleared out all the negative fears, all the negative “I cannots”,

我会专注于每个问题的答案，并很快得到答案。

I would focus right in on the answer to every problem and get it very quickly.

就这样，我的整个人生从此改变了，从之前的抑郁和生病，变成了一直快乐，一直保持完美的健康。

And so my whole life turned around from being one of formally being depressed and sick to one of being happy all the time, and in perfect

health all the time.

在这个过程中发生的一件事是我对他人的认同。

One of the things that happened in this process was identification with others.

我看到我们都是相关的，我们都是相互联系的，我们的心智是相互联系的。

I saw that we are all related, we are all interconnected, our minds are interconnected,

每个心智都像一个无线电广播和接收站，我们在无意识地相互调谐，我们只是没有意识到这一点，

Each mind is like a a radio broadcasting and receiving station, that we are all tuned into each other unconsciously, we're just not aware of it,

当那些大量的被压抑的能量得以释放时，这点对我们来说就变得很明显了。

and that if a lot of the suppressed energies are allowed out, this becomes obvious to us.

一旦我们对其他人产生认同感，我们自然就会希望其他人也能发现我

们所发现的，

and once we identify with everyone else, it's just natural that we want everyone else to discover what we have discovered,

生命本应是美好的、本应是一直快乐没有悲伤的，本应是拥有完美的健康的。

That life was meant to be beautiful, meant to be happy all the time with no sorrow, meant to be with perfect health.

因此，在 1952 年达到理解的顶峰后，我就一直想帮助其他人发现我所发现的。

So from that, um reaching that high point of understanding in 1952 from that time on, I have wanted to help others discover what I discovered.

31.莱斯特的发现 Lester's Discovery 2

莱斯特：谢谢大家，向你们每一个人致以问候与爱。我想今晚我才是收到最大惊喜的人。直到八点差十分，我才知道我要上场讲话，当时我被告知我要作为“惊喜”出场。

Lester: Thank you, greeting and love to each and every one of you, I think the biggest surprise tonight was to me, I didn't know I was going

to talk until about 10 minutes before 8 this evening when I was told I was going to be the surprise.

于是我开始思考我该说些什么呢？谈谈你们，或是说说我自己？

So I began thinking, you know, what am I going to talk about, talk about you? Or talk about me?

然后我意识到，这又有什么分别呢？

And I realized, what's the difference?

我们都在同一条叫做“生活”的船上，

we are all in the very same boat called life,

在我看来，我们都在做着和我曾经所做的一模一样的事情。

we're all doing, in my eyes the exact same thing that I did.

我们都在寻找至善、寻找最高的善、寻找终极之处、寻找最大的幸福，我们一直为此追寻，为之挣扎，为之奋斗，到处找了又找，找了又找，想知道它究竟在哪里。

We are all looking for the Summum bonus, the highest good, the ultimate place, the greatest happiness, and we're about it all the time, struggling for it, struggling for it, looking for it, looking for it,

wondering where is it.

早在 1952 年我就宣称我找到了这个地方，

Well, back in 1952 I claimed I found the place,

它就在我所在的地方，它就在你所在的地方，

it's right where I am, it's right where you are,

所有那些日复一日、年复一年的寻找，真是浪费时间。

and all this looking for it everywhere, every day, year in and year out is
such a waste of time.

为什么？

Why?

它就在你所在的地方。

It's right where you are.

我们都在这个叫做地球的教室里，试图发现一些终极的东西，

We're all here in this classroom called earth, trying to discover
something the ultimate,

我们总是在它所不在的外界寻找它，

and we're all looking for it externally where it isn't,

如果我们只是把方向转回到我们自己身上，我们就会发现，它就在我所在的地方，就在你所在的地方，就在你自己的存在中。

if we will only turn our direction back upon ourselves, we will discover it's right here, where I am, where you are, right in your very own Beingness.

我说：“是你吗？”

I say: "Are you?"

你说：“是。”

You say: "Yes."

我说：“就是这样。”

I say: "That's it."

除了存在，你什么也不要做，你会处于至善和幸福的终极状态中。

Do nothing else but that, and you'll be in the ultimate good and the ultimate state of happiness.

但你为什么不这么做呢？

But why don't you do it?

你太习惯于在那里、在这里、在他身上、在她身上、在这份工作中寻找它，但它从来都不在那里。

You're so habituated into looking for it over there, over here, in him, in her, in this job and it never is there.

所以我们都在经历同样的旅程，试图发现这一切是怎么回事、我的幸福在哪里。

So we are all going through the same trip of trying to discover what is this all about, where is my happiness?

当我们不再去外界追逐它，而是转向内在，我们会发现所有这些难受的、消极的、糟糕的感受都只是一种感觉，

And when we stop chasing after it out there, and we turn inward, we discover that all these hard, negative, terrible feelings are only a feeling,

可以通过释放它们来摆脱这些感受，

and that it is possible to get rid of these feelings by releasing them,

所有的这些感受都是潜意识的程序，

and all these feelings are subconscious programs,

每一个都是为了生存而设定的，

every bit of them put in as pro-survival,

他们所说的“战斗或逃跑”不仅仅只是恐惧，也是为了生存。

it's not only fear that they say as fight or flight that is survival.

我们所有的感受都被自动设定为维持我们生存下去的程序，

All our feelings have been programmed in to automatically keep us surviving,

它们让我们一直在向外看，努力生存，让我们的心智在潜意识里一天 24 小时都保持着活跃，

they keep us all the time looking out there, trying to survive, keep our minds active subconsciously 24 hours a day,

因此，我们从来没有一刻停止思考，去发现我们是什么。

so never for even one moment do we stop thinking and discover what we are.

如果你能有片刻在停止思考，你就会经历最奇妙的体验，

if you could just stop your thinking for one moment, you will go through the most tremendous experience there is,

在你的存在中，你就是整个宇宙的全部。

that you are the totality of this universe in your Beingness.

当你的心智安静下来时，你会自然地看到——我是这个宇宙中最了不起的存在，我是完整的、圆满的、完美的，我过去是、现在是、将来也永远是。

That when your mind goes quiet, you automatically see, I am the most terrific being there is in this universe, I am whole, complete, perfect, I always was, I am now, and I always will be.

那么，是什么阻碍我们处于那最愉悦的状态呢？

So, what is it that keeps us from being in our most delectable state there is?

简单地说，就是那些被称为“感受”的累积的程序。

Simply the accumulated programs called feelings.

所有这些负面感受让我们不断地为生存而挣扎，让我们持续地将目光从我们所是的那个了不起的存在上移开。

All these negative feelings have us constantly struggling to survive, have us constantly looking away from this tremendous thing that we are.

我们所要做的就是让那个心智安静下来，

And all we need to do is to quiet that mind,

然后我们所是的这个了不起的、充满爱的存在，对我们自己来说就变得显而易见。

and we become Self-obvious to ourselves of this tremendous loving being that we are.

我们该怎么做呢？

How do we do it?

我说这很简单，

I say it's simple,

它就是圣多纳释放法，

it's the Sedona Method,

它恰好是到达这个存在的至高状态最快、最有效的方法，

it happens to be the fastest, the most effective way there is to achieve this high state of being,

在那里，我们完全控制着我们的宇宙；

where we are in total control of our universe,

在那里，每时每刻都是美妙的；

where every moment is a wonderful, wonderful moment,

在那里，不可能不快乐。

where it is impossible to be unhappy.

当这些负面情绪被释放时，那便是我们的自然状态。

And I say that's our natural state when these negative feelings are released.

总有一天你会这么做的，你们在同一条船上，你在挣扎，你在做一切的事来获得那种幸福，

Some day you're going to do it, you're in the same boat, you're struggling, you're doing everything to achieve that happiness,

但总有一天你会得到它的，

but someday you'll get it,

因为在你到达那里之前，你永远都不会停下来。

because you will never stop until you get there.

但如果你想更快地做到这一点，试试我们的方法，

But if you want to do it faster, try our way,

我向你保证，你会非常惊喜的。

I promise you, you'll be very pleasantly surprised.

你所寻找的一切都在你所在的地方，

Everything you're looking for is right where you are,

你所需要做的就是摘下眼罩，

all you need to do is to take off the blinders,

你的视野非常模糊，你在透过所有这些潜意识程序来看，

your vision is very blurred, you're looking through all these
subconscious programs,

当你释放它们时，你的视野会变得清晰起来，你会发现你是最伟大的，你是完整的、圆满的，你是永恒的，你所有对死亡的恐惧都消失了。

when you release them, your vision becomes clear, you discover you are the greatest, you're whole, complete, you're eternal, all your fear of dying disappears.

之后的生活会变得无比惬意，当你让这些消极感受都上浮并离开，就没有挣扎了，不再有任何挣扎。

And life is so comfortable after that, and there's no struggle, no struggle whatsoever when you get these negative feelings up and out.

所以我强烈建议你们使用这个方法（圣多纳释放法），它是一个工具。

So I urge you to take this method, it's a tool.

在一周之内，你会有一个很大的变化，变得更好。

In one week's time, there will be a big change in you for the better.

从那以后，你会持续变得越来越好、越来越轻松、越来越快乐。

And from there on, you will continue to get better and better and better, lighter and lighter, happier and happier.

这个被称作“爱”的东西是你的本质，

And this thing called love is your basic nature,

宇宙中所有的爱都存在于你的本质之中，

all the love there is in the universe is right in your basic nature,

你会发现，你的幸福等同于你爱的能力，

and you'll discover that happiness, your happiness equates to your capacity to love,

相反，你所有的痛苦都等同于你对被爱的需要。

and conversely, all your misery equates to your need to be loved.

只是去爱、爱、爱，你就会非常幸福、健康和富足。

Just love, love, love, and you'll be so happy and healthy and prosperous.

但是再强调一遍，你需要消除那些非爱的感受。

But again, you need to lift out these non-love feelings.

所以我再次建议你尝试我们的方法，我保证你会非常满意。

So again, I urge you to try our way, I promise you, you'll be very satisfied.

试试吧，你会喜欢的。

Try it, if you'll like it.

非常感谢你们的到来。

Thank you so much for coming.

(演讲在掌声中结束。)

磁带旁白：现在，有请莱斯特最后说几句话。

And now, here's Lester with a few final words.

莱斯特：你好，我是莱斯特，发自内心地与你交谈，

Greetings, this is Lester talking to you from his heart,

如果你听过的录音带对你有帮助，那么还可以获得更多的帮助，

if the tapes you have heard have helped you, there is much more help
that is available,

在这些磁带中，我以一种激发你内在思考的方式与你对话，

on the tapes, I talk to you in a manner that is oriented to provoke

thinking in you,

这会让你有新的领悟，

that leads you to a new realization,

我以一种试图触及那部分“真正的你”的方式与你对话，那部分的你远比你目前的智性能力理解得更本质、更直觉，

I talk to you in a way that attempts to reach the part of You that inherently and intuitively understands more than your present intellectual ability,

这一切都把你导向智慧，智慧是高于现在的智性知识的。

all this leads you to wisdom, wisdom that is higher than present intellectual knowledge.

我已经发展出一个自己做的方法，这可以告诉你如何每天增加你的理解，

I have evolved a do-it-yourself method that can show you how to everyday increase your understanding,

它被称为圣多纳释放法，

it is called the Sedona Method

这将大大提高和促进你自己的成长，并从现在开始继续下去。

it will greatly enhance and increase your self growth and keep it going from here on.

圣多纳释放法的哲学很简单，我们每个人都没有限制，除了那些我们在潜意识里紧抓不放的东西，

The philosophy of the Sedona Method is simply that each one of us has no limits except those that we hold on to subconsciously,

当我们释放我们的潜意识限制时，我们发现我们在健康、幸福、富裕和物质方向的潜力是无限的，

and that when we let go of our subconscious limitations, we discover that our potential is unlimited, unlimited in the direction of health, happiness, affluence and materiality,

圣多纳释放法是能每天最有效地实现上述所有目标的操作方法，

the Sedona Method is the how-to to achieve all the former in a most effective way on a daily basis,

圣多纳释放法是你听过的这些磁带的研究生课程，它能让你实现你在生活中所期望的终极目标，

the Sedona Method is the postgraduate course to the tapes you have

heard and will allow you to achieve the ultimate of that which you wish
in life,

我强烈建议你参加这门课程,

I strongly recommend that you take the course,

谢谢。

thank you.

终极目标第二卷

The Ultimate Goal Vol 2

01.幸福就是爱 Happiness is Love 1

好吧，我回到了纽约，这是我一生中最低落、最糟糕的状态，我手头有大把时间，却满心沮丧，没有出路，也无法得到答案。

Well, I'd back to New York, in the lowest and worst state I had ever been in my entire life, and with time on my hand and totally frustrated, no way out anymore, incapable of getting the answer.

我大声呼唤着寻求答案，却始终得不到，我伤透了心，最终心脏病发作了。

I cried out for the answer and I couldn't get it, and it broke my heart, in the form of a heart attack.

心脏病发作后，医生告诉我，除非万不得已，否则一步都不要走动，因为我随时都有可能倒地而死。

After a heart attack I was told not to take a step unless I absolutely had to, because it was a possibility that I'd drop dead at any moment.

当然，这是一件可怕又令人震惊的事情，我一生中都那么活跃，突然被告知我不能再这样了，这太可怕了。

Of course, this is a terrible shocking thing, I haven't been so active all my life and suddenly being told that I cannot be active any more, it's a horrible thing.

而且.....而且，那种对死亡的强烈恐惧笼罩着我，我觉得自己随时都可能倒地而亡，这种感觉持续了好几天。

And it... And also that intense fear of dying overwhelm me, that I might drop dead any minute, and this stayed with me for days.

那真是一段非常可怕的低谷期，我被死亡的恐惧强烈地笼罩着，我害怕自己余生都会是个残废，害怕自己再也无法好起来，我该如何照顾我自己？

It's a real horrible low spinning period there, being an intense grip of fear of dying, of being a cripple for the rest of my life and that I wouldn't be able to be active, how could I take care of me and all that?

这样过了几天后，我说：“嗯，我能做的一件事就是，我还活着，得想办法以摆脱它，或许还有出路。”

And after several days of that I said: "Well, one thing I can do is still alive, try to get out of it somehow, maybe there's a way out."

怀着极度渴望摆脱困境、不想死的绝望心情，我开始质疑“这一切到底是为了什么？”，并开始反思“生命究竟是什么？”。

And with the extreme desperation of wanting out, not wanting to die, I began to question "What the hell is it all about?", and began to review "What is life?".

我必须从头开始，我必须把这一切都抛到一边。

I must happen scratch, I must put all this aside.

于是我开始思考：我是谁？这个世界是什么？我和它有什么关系？我想从这个世界得到什么？

And I began to look see: What am I? What is this world? What's my relationship to it? What do I want from it?

幸福。

Happiness.

什么是幸福？

What is happiness?

是被爱。

Be in loved.

我想到所有这些想嫁给我的女孩，这些美丽迷人、聪明的女孩，而现在，身边我不仅有这些女孩，不仅有想嫁给我的女孩，而且我还赢得了朋友们的尊重，但我却很痛苦。

And I thought of all these girls who wanted to marry me, these beautiful charming intellectual girls, and that right now I have not only these girls, not only girls wanting to marry me, but I do have the esteem of my

friends, and yet I'm miserable.

我所感受到的最接近幸福的東西就是愛。

The closest thing I sensed as a way to happiness was love.

于是我开始回顾并重温过去的恋爱经历，审视那些我曾经拥有过的幸福的点点滴滴。

So I began reviewing and reliving my past love affairs, looking at the points where the happiness the little happiness that I had.

突然间，我隐约意识到，当我在爱她们的时候，我才会有最美妙的感受。

Were and all of a sudden, I got an inkling that it was when I was loving them, that I had the highest feeling.

我开始仔细剖析和反复回想我所有充满爱意的美好时刻.....

I began to dissect and pull up, pull up and dissect all my high moments of loving...

记得有一个夜晚，我和弗吉妮娅在山里露营，那是个美丽和煦的夜晚，我们俩都躺在草地上一起仰望着天空，我搂着她，让她枕在我的手臂上，那种涅槃、极致的完美和幸福就在那里。

Remembered one evening, beautiful balmy evening in the mountains

when I was camping with Virginia, we were both lying on the grass, both looking up at the sky, and I had my arm around her, under her head, and the nirvana, the perfection of height, of happiness was right there.

我当时正感受着对弗吉尼亚的爱是多么亲密，了解这里的大自然是多么美妙，环境是多么完美.....

And I was feeling how great is love for Virginia, how wonderful is knowing all this nature, how perfect is setting...

我发现，正是因为我对她的爱，才有了这份幸福。

And I saw that it was my loving her that was a cause of this happiness.

所以我立刻转向另一面，好吧，当她爱我的时候，感觉很棒，然而我感觉它并没有我刚刚发现的那么好。

And so I immediately turned to the other side, well, when she loved me, it was great, and I sense it was not as great as what I just discovered.

我还记得这些时刻，这个美丽迷人的女孩公开向公众表示她认可莱斯特、她爱莱斯特，我能感受到那种被认同的美妙感，但那种感觉并不持久，它仅仅存在于那一刻，为了获得那种感觉，她得一直说下去.....

And I remember the moments, when publicly this beautiful charming girl told the public that she approves of Lester, she loves Lester, and I could feel that nice feeling of approval, but it was not a lasting feeling, it

was just for that moment, and in order to get that feeling, she had to continue saying that...

然而就在这短暂的时刻，这种小我的认同并没有之前爱着她的感觉那么好。

And at this momentary, ego approval was not as great as that former feeling of loving her.

因为只要我在爱着她，我就会感觉很幸福。

Because as long as I was loving her, I was feeling so happy.

但当她爱我的时候，只有那片刻的认同才让我如此幸福，事实确实如此。

But when she loved me, there's only moments of approval that gave me, it happens that it did.

当我发现让我幸福的不是被爱时，我探究得更深入了。

When I saw that it was not being loved that was making me happy, I went into it further.

我知道这类事情与我所拥有的幸福有关，我不断地深入研究着.....

I knew it was connected with that kind of thing the happiness that I was having, and I kept digging into it...

我发现当我感觉很好的时候，我是在爱的，或者当我在爱的时候，我感觉很好，并举出其他事件向自己证明了这一点。

And I discovered that I was loving when I was feeling good, or that when I was loving, I felt good, and pull up other incidents to prove to me that this was so.

我发现当我在爱的时候，我是幸福的。

And I saw it that when I was loving, I was happy.

噢，当我发现我的幸福取决于我爱的能力时，我说：“哇，我已经掌握这一点了。”

Oh, when I saw that my happiness was determined by my capacity to love, I said: “Wow, I've got a handle on this thing.”

我抓住了幸福链上的一环，我拉出了一环、两环、三环，于是我决定我要拉着那条链子，直到把整个链条都拉出来，得到完整的链条。

I got my hand onto the chain of happiness onto a link of it, and I pulled out one or two or three links, and I decided I'm going to pull on that chain until I get the whole thing out, get the entire chain.

我不断地回顾着过去的事情，当我看到自己没有爱的时候，我会转变那个感觉，去爱那个人，我不再想让他们为我做些什么，而是把它转变成我想为他们做些什么，诸如此类。

And I kept reviewing instance from the past and where I saw that I was not loving, I would change that feeling to loving that person, instead of wanting them to do something for me, I would change it for my wanting to do something for them, things like that.

这是我第一次隐约明白是什么带来了幸福，这是一件了不起的事情。

I did was the first inkling I had as to what brings about happiness, and it was a tremendous thing.

**因为此前我从未拥有过幸福，于是我说：“哇，如果这是幸福的关键，那我
已经拥有最棒的东西了。”**

Because I hadn't had happiness, and I said: "Gee, if this is the key to happiness, I've got the greatest."

**甚至是想要得到越来越多幸福的希望在当时也是一件意义非凡的事情，因为
这就是我曾以为我想要的另一样东西——幸福。**

And even the hopes of getting more and more of happiness was a tremendous thing at the time, because this is what I thought was another thing that I wanted, happiness.

不幸的是，大多数人都像我一样，大多数人也想要爱，却从未感觉到自己拥有过爱。

Unfortunately, most people are like I was, most people want love, and

never feel as though they have it.

仅仅只是因为，为了感受到爱，你必须去爱，这是一扇通往幸福的奇妙之门。

Only because in order to feel love, you must love, this is a tremendous door opener to happiness.

正如我所说的，不幸的是，大多数人不明白这一点，即使他们听到了，也不会尝试去验证它是否如此。

And as I said, unfortunately most people don't see it, and even when they hear it, don't try to test it out to see whether it is so.

如果他们愿意试着验证一下，就会发现他们的幸福取决于他们的爱，他们爱得越多，就越幸福。

If they would try it out, they would discover that their happiness depends upon their loving, the more they love, the happier they are, period.

爱。

Love.

这个世界现在需要什么？是爱，充满爱。（莱斯特哼唱了起来~）

What the world needs now? It's love, with love.

我看到这些孩子在说：“如果你爱我，就按我的方式去做。”

I see these kids are saying: "If you love me, you do it my way."

这就是这个世界存在的问题。

That's the trouble with the world.

我所看到的是，我越爱，我就越快乐。

What I saw was the more I loved, the happier I was.

这是我所发现的，它们其实是一回事。

That's how I discovered, and it equates.

后来，当我开始再次走入人群中时，我用这一点来进一步扩展我的爱。

Later on, when I began to move into people again, I used that to further develop my love.

我发现自己变得越来越幸福、越来越幸福，我想要所有我能得到的幸福，我想要终极幸福。

Having discovered that I was getting happier and happier, I wanted all of it that I could get, I wanted the ultimate Happiness.

因此，在我一次次的与人交往中，当他们做了我不喜欢的事情时，我的内在有一种非爱的感觉，我会立即将那种态度转变为爱他们的态度。

So, when I mixed with people again and again, when they did things that I didn't like, and within me was a feeling of non-love, I immediately would change that attitude to one of loving them.

即使他们在反对我，但直到我达到这种状态：无论我遭到多大的反对，无论他们如何诋毁我、甚至试图将我撕碎，我都能保持对他们的爱。

Even though they were opposing me, until I got to the point where no matter how much I was being opposed, no matter how much they defiled me and tried to rend me asunder, I could maintain a feeling of love for them.

那种极度沉重的感觉越来越少，我感觉自己变得更轻盈了，实际上更快乐了，我感觉到了某种更大的自由，正因如此，我的思想也更容易集中了。

The extreme heaviness was becoming less, I thought myself becoming lighter, in fact happier, there was a certain greater freedom I felt, there was an easier concentration of my mind because of it.

我开始更好地审视自己的心智：“我的心智是什么？什么是智慧？”

And I began to look better at my mind: "What is my mind? What is intelligence?"

突然，一幅画面闪过，在游乐园的碰碰车娱乐项目中，所有的车都从上方的
一根屏幕电线获取能量，他的绿色电线象征着所有的智慧、所有的能量，每
个司机都从那根电线中获取他想要的能量和智慧，但他却盲目地驾驶着他的
车，因为他撞到了其他的车，撞、撞、不停地撞.....

And suddenly a picture flashed, the amusement park bumper car
entertainment thing where all the cars got their energy from a screen
wire above, and his green wire symbolized all intelligence, all energy,
that each driver the car was taken the amount of energy and intelligence
that he wanted from that wire, but steering his car blindly, because he
was bumping into other cars, and bumping and bumping...

然而，如果我愿意的话，我可以获得越来越多的整体智慧。

And that if I chose to, I could take more and more of that overall
intelligence.

于是，我深入研究这一点，开始审视思维以及它与正在发生的事情之间的关系。

So I dug at that, I began to examine thinking and its relationship to what
was happening.

我发现，正在发生的事件背后，在之前某个时刻都有一个想法，而由于想法
和发生的事件之间存在时间因素，我以前从未将这两者关联起来。

It was revealed that what was happening had a thought behind it some time prior, that I never before related the two because of the element of time between the thought and the happening.

我的确发现，发生在我身上的所有事情，在之前的某个时刻确实都有一个朝着那个方向的想法。

And I did discover that all that was happening to me did have a thought in that direction at some time prior.

然后突然间，我意识到发生在我身上的每一件事，在发生之前都有一个与之相对应的想法，如果我能抓住这一点，我就能有意识地决定发生在我身上的一切。

And then all of a sudden, I realized that everything that was happening to me had a thought of it, before it happened, and that if I could grab a hold of this, I could consciously determine everything that was happening to me.

然而最重要的是，我要对发生在自己身上的一切负责。

And above all, I was responsible for everything that had happened to me.

我通常觉得这个世界在亏待我，我看到我过往的整个人生为赚钱付出了的巨大努力，然而却以失败告终，仅仅是因为我以为自己在追求幸福，我在赚钱

中追求幸福，然而每当生意开始盈利时，我便开始失去兴趣。

Normally thinking that the world was abusing me, and I saw that my whole past life and a tremendous effort to make money, and in the end failing was too only to my thinking that I was seeking happiness, and I was seeking it in making money, and whenever the business start to make money, I began to lose interest.

因为钱并没有给我带来我想要的幸福，因为它没有幸福，然后我便失去了兴趣，生意也就失败了。

Because the money did not bring me the happiness I was wanting, and because it didn't, and I lost interest, the thing collapsed.

我总是把生意失败归咎于他人和其他因素。

And I had always blamed others and other things for the business collapsing.

而实际上，仅仅是我无意识地知道这不是能让我幸福的事，这导致我对它失去兴趣，进而导致了生意失败。

And here it was simply my subconsciously knowing that this is not the happiness thing, that caused me to lose interest in it, that caused the business to collapse.

当我失去策划工作室和一切的时候，我想起当我关闭它时，我有一种这样的

感觉：哦，多么巨大的努力，我希望自己永远都不要再经历这种事了。

When I lost the planing mill and everything, I remembered that when I closed it down, it was a feeling: Oh, this tremendous effort, I hope I never go through this again.

要让那种面临极端困难的生意运转起来，所付出的努力实在是太巨大了，我耗费了所有的努力、精力和时间，夜以继日地克服如此沉重、困难的障碍，才得以让它运转起来。

It was such an extreme effort to make that business pay with the extreme odds against it, it just took all my effort, energy and time right around the clock to get it going under such heavy, difficult obstacles.

所以当它倒闭的时候，我有个念头：天呐，我希望自己永远别再重蹈覆辙了。

So that when that collapsed, I had the thought: Gee, I hope I never come back to this.

但当我几个月后重新回来时，却发现每一栋楼都被洗劫一空，所有的设备都不见了，我说：“喔，那些混蛋，他们这样对我，但他们会为此付出代价的，因为这可是马格达莱纳小镇的唯一工业啊，哈哈.....他们真是蠢透了。”

But when I did come back in several months and found every building stripped, every piece of equipment gone, I said: "Oh, those son of a guns, they did it to me, but they'll suffer for it, because this was the only industry in that small town of Magdalena, ha ha ha... How stupid they

are.”

我们消除了这件事再次发生的可能性，而且在离开时心里有一丝满足。

We undid the possibility of this thing ever starting up again, and run away with a little satisfaction in there.

但我曾经确实以为是他们害了我，是市场害了我，是别人造成的这一切……

But I did think that they did it to me, that the market did it to me, that others are the clause for...

直到我意识到，我想要的不是赚钱，而是幸福，但是当金钱滚滚而来的时候，幸福却没有降临。

Until this realization that it wasn't money making that, I wanted it was happiness, and that when the money was coming in, the happiness was not there.

噢，一想到我不是这个世界的受害者，想到我有能力按照我想要的方式来安排这个世界，想到我现在不再是它的果，而是能做它的因，我可以按照我想要的方式来塑造它，真是让人如释重负。

Oh, this was a tremendous piece of freedom to think that I am not the victim of this world, that it lies within my power to arrange the world the way I want it to be, that rather than being an effect of it, I can now be a cause over it, arrange it the way I would like it to be.

那是一种巨大的领悟、一种巨大的自由感，这让我明白：金钱并没有给我带来幸福，赚钱也没有给我带来幸福。

And that was a tremendous realization, a tremendous feeling of freedom, a realization that money did not give me happiness, making money did not give it to me.

我回过头来反思并审视其他人，我发现我所有的朋友和以及那些有钱人，当他们赚到钱的时候，他们却从未停下来放松地享受它，反而开始不断地驱使自己赚更多的钱，他们所拥有的财富无法满足他们，他们在追逐更多的财富.....

It had me thinking and looking at others and I saw how all my friends and all the rich men, when they made the money, they never stopped and relaxed to enjoy it, but they began to drive themselves more and more to get more and more of it, but what they had couldn't satisfy them, and here they are going after more of it...

这毫无意义，赚钱并不会带来幸福。

It made no sense, there's no happiness in getting money.

我看到这个世界正在疯狂地朝着错误的方向发展。

I saw the world madly in the wrong direction.

于是，我对赚钱的需求和渴望被释放了。

So my need and want to make this money was let go of.

我还发现，我们拥有的东西越多，我的生意就越大，我承担的责任就越多，它就越是让我日夜不停地工作，生意上的问题会跟着我入睡，早晨醒来时它们还在，甚至在夜晚的梦境里也摆脱不了它们。

And I also saw that the more we had of things, the bigger my business was, the more responsibility I had, and the more it had me day and night right around the clock, the problems of business I would take to bed with me, and I would wake up in the morning with them, and even carry them through the night in their dreams.

我意识到，不是我在运作着这些东西，而是它们在运作着我。

I realized that I didn't have these big operations, and they had me.

我发现我的幸福等同于我的爱，发现我的思想是导致我生活中所发生事情的原因，这让我越来越自由，让我得以从这些“我必须工作、我必须赚钱、我必须拥有女孩”的无意识强迫观念中解放出来。

Discovering that my happiness equated to my loving, discovering that my thinking was the cause of things happened to me in my life, give me more and more freedom, freedom from unconscious compulsions that I had to work, I had to make money, I had to have girls.

这种自由和一种“我现在能够决定自己命运、能够掌控自己的世界，能够塑造适合自己的环境”的感觉，极大地减轻了我内心的负担，我觉得自己根本没有非得做任何事情的必要。

Freedom and a feeling that I am now able to determine my destiny, I am now able to control my world I am now able to arrange my environment to suit me, and lightened my internal burden so strongly, that I felt there was no need that I had to do anything.

此外，这种幸福是如此美妙，它对我来说是一种全新的体验，我正在体验着一种我从未知晓其存在、从未想过会如此美妙的喜悦。

Thus, this happiness was so great, it was a new experience for me, I was experiencing a joy that I never knew existed, never dreamed could be so great.

如果这种喜悦是如此地美妙，我绝不会放开它，直到我带着它走完全程。

And if this is so great, I'm not going to let go of this until I carry it all the way.

我不知道它会发展到什么程度，

I had no idea how far it could go,

也不知道一个人可以有多快乐，

I had no idea and how joyous a person could be,

所以，我开始进一步探索如何延续这份喜悦。

so, I began digging further, and how to extend this joy.

我也进一步开始改变了自己对“爱”的态度。

I further begin changing my attitudes on Love.

我会想象我最心仪的女孩嫁给了我的朋友，或者嫁给我最不想让她嫁的男孩，然后享受着他们之间的彼此陪伴，对我来说，这才是爱的极致。

I would imagine the girl that I wanted most marrying my friend or the boy I would want her to marry least, and then enjoy their enjoying each other, to me, this would be the extreme in loving.

如果我能做到这一点，它能更多地给予我我所发现的这种奇妙体验。

And if I could achieve it, it would give me more of this wonderful thing that I was discovering.

于是我不断探索着，我选定了当时在伯勒镇的一个特别的女孩，我挑了一个特别的年轻人和一个女孩，我绝不放弃，直到我真正地感受到他们之间彼此相伴的快乐，然后我就知道我做到了，或者说几乎做到了。

And so I worked on it, and I took a particular girl at that time in Burle , I

took a particular youth and a particular girl, and I wouldn't let go until I could really feel the joy of their enjoying each other, then I know I had it, or almost had it.

后来，通过和那些无休止地反对我的人交谈，我进一步验证了这一点。

Then, later on, I had further tested this in talking to people who were opposing me no end.

我试图帮助他们，当他们在攻击我的时候，我会有意识地感受到对他们至高无上的爱，那种感觉太棒了！

And I was trying to help them, and I would consciously feel the greatest of love for them when they were attacking me, and it was so wonderful!

我会毫不犹豫地感谢他们给了我与他们交谈的机会，而这让他们陷入了慌乱和质疑之中。

I would without any thought thank them, so profusely for having given me the opportunity of talking with them, and it threw them into a dither and question.

但我确实有那样的感受，我从心底感激他们给了我爱他们的机会，尽管这事做起来困难重重，但我没有告诉他们，只是由衷地感谢他们让我有机会和他们交谈。

But I really felt that, I thank them at the bottom of my heart for having

given me the opportunity of loving them, merely making it as difficult as it possibly could, I didn't express that to them, I just thanked them profusely from the bottom of my heart for the opportunity of having been able to talk with them.

接着我知道自己拥有了它，它就是基督之爱。

Then I knew I had it, it was the love of a Christ.

在思考智慧和能量的源泉时，我发现它也是可用的，并且无穷无尽。

Contemplating the source of intelligence and energy, I discover that it too was available, in unlimited amounts.

只要我把自己从所有这些过往的强迫、抑制、纠葛、烦恼中解脱出来，它自然会出现，我不需要做任何事情，也无需受制于任何事物。

And that it came simply by my freeing myself from all these former compulsions, inhibitions, entanglements, hang-ups, but I didn't have to do anything, I didn't have to be subject to anything.

看到这一点，潜藏在我心智背后的这股力量前所未有地流淌了出来。

Seeing this, allow this power that was right behind my mind to flow through, like it was never flowing through before.

我意识到，我曾将这股能量、这股力量禁锢起来，我所需要做的就是撬开堤坝上的那些原木，而这正是我正在做的事，我正在探索这些东西，我正在移除水坝上的原木，允许这种无限的力量像水坝中的水一样流淌出来。

I saw that I had dammed up this energy, this power, and all I had to do was pry loose the logs of the dam, and that's what I was doing and discovering these things, I was removing a log and allowing this infinite flow just like a water dam would flow.

如果你只是把原木一根一根地拉出来，拉出来的原木越多，水流就越大。

If you just pull the logs out one by one, and the more logs you pull out, the greater the flow.

我所需要做的就是移除这些障碍，让无限的力量和能量流淌出来。

And that was all I needed to do is to remove these logs, and let the infinite power and energy flow.

有时候，当我获得我之所是的领悟时，会有巨大的能量涌入，我甚至会从椅子上跳起来，径直走出前门，我开始走路、走路，会一次走上好几个小时，有时甚至走好几天，我只是觉得自己的身体无法承载它，我必须通过走路或者跑步来消耗掉其中的一些能量。

And there are times when I get this realization of what I am, that would put so much energy into me, I would just jump up in the air from my chair, I would go right straight out the front door, I would start walking

and walking and walking for hours at a time, and sometimes for days at a time, I just felt as though my body could not contain it, but I had to walk or run some of that off.

我记得自己曾漫步在纽约街头，有时是凌晨时分，只是用很轻快的步伐在行走，其他什么都做不了，我不得不消耗掉一些能量，确实是这样的。

I remember walking the streets of New York City early hours of the morning sometimes, just walking at a very good pace, not being able to do anything otherwise, I had to expend some of that energy, it was so to use.

正如我所说的，我不会停下来，直到看到幸福的尽头，我会越升越高、越升越高、越升越高，然后说：“噢，天哪，没有比这更高的了。”

And as I said I would not stop until I could see the end of the line on this happiness, I would go higher and higher and higher and say: “Oh, my gosh, it could be nothing higher than this.”

接着我会继续尝试，然后升得更高，我会说：“喔，再也不会有比这更高了。”

But I would try and I would go higher, I'd say: “Oh, there can't be anything higher than this.”

但我会尝试走得更高，我会说：“噢，不可能有比这更幸福的了。”

but I would try and go higher, I'd say: “Oh, there can't be anything

happier than this.”

直到我意识到，幸福是没有限制的。

Until I realized there is no limit to it.

我失去了行动能力，我看着自己的身体却动弹不得，我是如此地沉浸在狂喜和喜悦中，但实际上已经动不了了，我会这样持续几个小时，越升越高，然后不得不努力花几个小时把自己降下来，一直降到我可以回到身体里再次操控它。

I would get incapacitated, I could look at my body and I couldn't move it, I was so top-heavy with ecstasy and joy, I was actually incapacitated, I would do this for hours, going higher and higher ,and then I would have to work for hours to keep coming down and down and down, until I could start be in the body again, in order to operate.

02.幸福就是爱 Happiness is Love 2

我看到所有这些能量、所有这些智慧的源头，本质上都是和谐的。

I saw the source of all this energy and all this intelligence was a characteristic that was basically harmonious.

而和谐是宇宙的法则。

And that harmony was the rule of the universe.

这就是为什么行星不会相撞，这就是为什么太阳每天都会升起，这就是为什么一切都能正常运转。

And that's why the planets were not colliding, and that's why the sun rose every day, and that's why everything went.

当我发现这种和谐，当它降临到我身上的时候，我走在街上，人们会看着我，微笑着和我打招呼。

And on discovering this harmony, it fell in on me, I would go out into the streets, people would look at me smile and say hello.

当我不想停车时，有时会有两三个人从人行道上走过来，他们从人行道上走过来并帮我引路把车倒进一个狭窄的停车位；

When I didn't want to park my car, people from the sidewalk, two, three at a time sometimes, they get off the sidewalk and help direct me into a tight parking spot;

当我找不到停车位时，警察、出租车司机会把他们的停车位让给我。

Policemen, taxi cab drivers would give me their parking spot when I couldn't find one.

那段时间，我一切都很顺利。

Everything was falling into line for me at that time.

我觉得自己不该说这件事，我开车的时候从来没遇到过红灯，在最夸张的时候，我可以一路从纽约开车过来，完全碰不到一个红灯。

I don't think I ought to say this thing, I never would need a red light, at the extreme, I could drive from New York City and not need a red light.

我开始想象那些我想要的小东西，它们很快就出现了。

I began imaging things that I wanted small things, and they came very quickly.

然后我意识到，唯一阻止我得到一些大的东西的原因是——我不敢想大的。

Then I realized the only thing that stop me from getting something big, because I just didn't dare to think big.

所以我问自己：“我能想到的最大的东西是什么？”

So I asked myself: "What's the biggest thing I can think of?"

我说：“哇，一辆有着特别设计车身的凯迪拉克。”

In the way of things I said: "Gee, a Cadillac with a specially built body."

所以，我想象了一辆有特殊车身的凯迪拉克，我看到自己坐在里面驾驶着，它是我的，然后我释放了它。

So I pictured a Cadillac with a specially build body, and I saw myself riding in it, and it was mine, and I dropped it.

大约两周后，一位熟人来找我，说：“莱斯特，我刚刚给你买了一辆最漂亮的凯迪拉克。”

In about two weeks, an acquaintance came to me, and said: “Lester, I just bought you the most beautiful Cadillac.”

他描述了那辆车，正是我心目中的颜色，一切都和我想象的一样。

He described it, it was the color I had in mind, everything just like I had seen it.

他说：“我一个朋友买了那辆定制车身的车，但他不想要了，我只花了 4000 美元就买到了。”他这么说，然后我看着他：“我没有钱。”

He said: “A friend of mine bought it that especially built body, but he doesn't want it, and I got it for only \$4,000.” He said that, I looked at him: “I didn't have the money.”

他说：“噢，不用担心钱的事，钱我来付。”

He said: “Oh, don't worry about the money.” He said: “I'll pay for it.”

然而，那天晚上我想了想，我刚把我的车处理掉，在纽约开车太麻烦了，坐出租车会便宜得多，而且比自己有辆车方便多了，于是我放弃了那辆车。

However, overnight, I thought about it, I had just gotten rid of my car, it was a nuisance in New York City, it was far cheaper to go by taxi, and far far more convenient than it was to own your own car, so I had given up my car.

我说：“这辆车会像我以前开的那辆一样成为麻烦，而且我也不想让自己成为别人嫉妒的对象。”

And I said: “This car will be just a nuisance like the one I had before, and also, I did not want to be in a position where I would be the envy of man.”

第三，我对自己说：“如果我现在能得到它，那么以后我任何时候想要都可以。”

And thirdly, I said to myself: “Well, if I've done it now, I can do it at any time I want.”

所以第二天，我拒绝了那辆车。

So the next day, I refused it and turned it down.

然后我一次又一次地验证它.....

And I tested it again and again...

当然，在凯迪拉克之前，我在一些小事上进行了测试，我发现它是有效的。

Of course, before the Cadillac, I tested on small things, and I discovery it worked.

我意识到是我自己在限制自己，这引发我去思考：“我能想到的最棒的东西是什么？” 一辆定制车身的凯迪拉克，然后我释放了限制，接着视觉化想象它是我的，然后它就出现了。

And I realized I was limiting myself, that's what caused me to think: “Well, what's the greatest thing I can think of?” Cadillac, a special body, and I let go of the limitation, and I visualize that as being mine, and it came to me.

后来，我敢想更大的了。

And I dared even further.

天气很冷，我想去一个温暖的地方度两周的短假，而洛杉矶比佛罗里达离纽约还远。

It was cold, and I wanted a short vacation of two weeks in warm country, and Los Angeles was furthest away from New York City, further in

Florida.

于是我说：“嗯，我要在圣诞节和新年假期期间去洛杉矶度假。”

So I said: “Well, I'm having a vacation in Los Angeles over the Christmas, New Year holidays.”

我满怀信心，觉得一切都会很顺利，我走出家门，立刻碰到了一个人很多年都没见的人，他说：“嘿，莱斯特，我一直在找你，还记得我欠你的钱吗？我一直想还给你，我不知道你怎么了。”

Full confidence that everything is okay and taken care of it, I walked out of the house, I immediately bumped into a man I hadn't seen for many, many years, he said: “Hey, Lester, I've been looking for you, remember that money I owed you? I've been wanting to pay you, I didn't know what happened to you.”

而且他还给我的钱足够我买一张环球航空去洛杉矶的往返机票，我买完之后就立刻离开了。

And he paid me enough money to buy me a round-trip TWA ticket to Los Angeles, which I did, and immediately left.

当我到洛杉矶时，突然想到给一个老朋友打电话，他说：“噢，我很高兴你打电话来，莱斯特，我们刚搬了一套新公寓，有一个空房间，你一定要来和我们住，你在哪儿呢？”

When I got to Los Angeles, it occurred to me to call an old friend, he said: "Oh, I'm so happy you called, Lester, we just got a new apartment, we have an extra room, and you must stay with us, where are you?"

第二天早上他们来接我，当时我在厨房，心想：“天哪，我在洛杉矶没有车，这就像没有腿一样。”

They picked me up next morning, I was in the kitchen thinking: "Gee, here I am in Los Angeles without a car, it's like being without your legs."

我说：“好了，事情已经处理好了。”然后我放下了这件事。

And I said: "Well, that's taken care of." And I dropped it.

接下来我想到的是打电话给伯尔，几年前我曾开车带他从纽约到洛杉矶，我打电话给伯尔，他说：“莱斯特，我一直想着你呢，你在哪里？我想见你，我马上就过去。”大约 15 分钟后，他见到了我。

The next thought came call Burl, an old friend that I had driven some years earlier from New York to Los Angeles, I called Burl, and he said: "I've been thinking of you, Lester, where are you? I want to see you, I'm coming right over." And he was able to see me in a matter of about 15 minutes.

我们在厨房的餐桌旁喝着咖啡，我还没开口，他就把手伸进口袋，掏出钥匙，隔着桌子扔给我，说：“只要你在这儿，我的车就给你用了，我不需要它，

我住在工作室附近，走路去上班。”我说：“谢谢你。”

We're having coffee over the kitchen table, and without my asking, he puts his hands in his pocket, takes his keys out, throws it to me over the table, and says: "You've got my car as long as you stay here, I have no need for it, I'm living near the studio, and I walk to work." I said: "Thank you."

所以那时，我拥有了自己所需要的一切。

So I had everything I needed by that time.

大约 10 天后，我看了看伯尔，我想我要回纽约了，当时大约是 1 月 3 日，我打电话给环球航空，他们说：“哦，很抱歉，您 30 天内没有预订，都已经订满了，我们甚至无法把您放在候补名单上，因为候补名单上至少 30 个人了。”我只是说了声：“谢谢。”然后挂断了电话，我说：“好吧，谁需要预订呢？你想去，就去吧。”

And after all about 10 days, I looked at Burl, and I thought I'm going to back to New York, it was about January the 3rd, I called up TWA, and they said: "Oh, I'm sorry, you have no reservations for 30 days, all taken up, and we can't even put you on a waiting list, because the waiting lists are 30 or more people." I just said: "Thank you." And I hung up, and I said: "Well, who needs a reservation, and you feel like going, go."

第二天早上我醒来，问自己：“你想离开吗？”他说：“嗯，我想我是想离开

的。” “好，收拾行李走吧。”

The next morning, I woke up, and I asked myself: “Do you want to go?”

He said: “Yeah, I think I want to go.” “Okay, pack your bags and go.”

所以我收拾好行李，大约 10 点左右到了机场，问从纽约飞来又飞回纽约的飞机在哪里，到了登机口，有个人正在往一架飞往纽约的飞机上装行李，我说：“有没有未登机的乘客？”他说：“是的，有一个，但是得等我把大家的行李都装完再说。”我就站在这儿，当他装行李的时候，有个女人问了同样的问题，他说：“我不知道，女士，但如果你站在这个人后面，我们会查一下。”

So I pack my bags, and I got back to the airport about 10 o'clock, asked where the planes depart from New York, for New York ,went to the gate, and the man was loading a plane for New York, and I said: “Are there any man shows?” He said: “Yes, there is one.” But wait until I load everyone, just stand here, while he was loading, a woman asked the same question, he said: “I don't know, madam, but if you stand behind this man, we'll find out if they are behind me.”

他装完了行李，径直朝我走来，用手拉住我，然后拉着这个女人的胳膊把她送上了飞机，但就我而言，一切都很好。

He loaded the plane, walked right toward me, put his hand around me, took this woman by the arm, and put her on the plane, as far as I was concerned, everything was 100 percent okay.

他回到我身边，下巴都惊掉了，嘴巴张得大大的，才意识到自己干了什么，所以我不得不让他冷静下来，不是他让我冷静下来，是我让他冷静下来，当我让他冷静下来后，我问：“那么，下一班飞机什么时候来？”他说：“哦，大约一小时后，哦，它正飞过来呢。”

He came back to me, and his jaw dropped, his mouth opened, and he realized what he had done, so I had to calm him down, instead of him calming me down, and when I calmed him down, I said: "Well, when's the next plane?" He said: "Oh, in about an hour, oh, there it is coming in right now."

他们让我上了那班飞机，这班飞机比之前他让我上的那班提前两个小时到纽约，而且这是直飞航班，也是我第一次坐跨州直飞的航班。

They put me on that plane, which got me to New York two hours earlier than when he took me off, and it was a nonstop flight, the first one I ever had had cross country.

在那个时候，所有航班都至少要经停一次，直飞航班在当时还是新鲜事，那时候还是 DC-6、DC-7 和星座客机的时代，当时还没有喷气式飞机，对他们来说跨国直飞并不容易。

At that time, they all made at least one stop, nonstop flights were new at that time, this was in Dajia, DC-sixes and sevens, and constellations, and no jets at that time, it wasn't too easy for them to make cross country

non stop flights.

我记得当我挂断电话时说“谁需要预订”的时候，我还说了：“不仅如此，我想要我的第一个跨州直飞航班。”这就是他推迟我上那班飞机并让我乘坐下一班的原因。

Then I remember when I hung up and said “Who needs a reservation?”, I said: “ Not only that, I want my first nonstop flight cross country.” That was the reason for his putting me off that flight and putting me on the next one.

所以我回到了纽约，出发时没带钱，回来时依然没带钱。

And so I got back to New York, started out with no money, and came back with no money.

一天早上，大约凌晨 2 点左右，在纽约市西侧的大道上几乎没有车辆，我以超出限速 10 英里的速度行驶，在凌晨 2 点且周围没有车的情况下，也还好吧，突然间，不知从哪里冒出来一个警察跟在我车后，命令我把车驶下匝道，我开下匝道时，他给我开了一张超速罚单。

One morning, about 2 o'clock in the morning, with hardly no traffic on the West Side Drive in New York City, I was going along about 10 miles above the speed limit, which isn't bad, at 2:00 in the morning, and no cars around, and all of a sudden, from nowhere there was a policeman behind me, ordering me to drive off the ramp, I went off the ramp, and

he gave me a ticket for speeding.

第二天中午，我沿着东大道往相反方向的上城区行驶，我决定超车，就在我经过他们时，我以超过限速 5 英里的速度行驶，因此我吃了一张罚单。

The next day, I was going the opposite direction, down on East Drive in the midday, I decided to pass a car, and as I was passing them, I went 5 miles an hour above the speed limit and got a ticket for it.

在收到第二张罚单后，我说：“这不对劲，我到底做了什么导致了这种情况？”

And after the second ticket, I said: "Something's wrong here, what am I doing to cause this?"

这让我回想起几天前，我对自己说：“我应该改掉超速的习惯，我似乎做不到。”“该怎么办呢？”“好吧，一些罚单会帮到你的。”

I was going back to just a few days prior, when I was saying to myself: "I should cut out this speeding habit I have, I can't seem to do it." "How can I do it?" "Well, some good tickets will do it for you."

当时就像是在做白日梦，我并没有意识到自己在做什么，但当我问自己“我做了什么导致这一切”的时候，那个念头就浮现了，我看着它，我把它扔掉，并扭转了它，于是超速罚单就停止了。

At the time, it was sort of like daydreaming, and I wasn't aware of what I was doing, but when I asked: "What did I do to cause this?" That

thinking came up, I looked at it, and I dropped it, and reversed it, and the speeding tickets stop.

我曾经以为那些无比真实和坚固的东西，它既不真实也不坚固，它是我心智的产物。

And I thought that what, that forming I thought was so real and solid, it wasn't real and solid, it was a product of my mind.

因此，我那坚实的基础正在崩塌，我知道自己必须释放它。

And therefore, my solid concrete foundation was cracking, and I knew I had to let go of it.

要释放我花了大半生建立起来的东西并不容易，这让我浑身颤抖，我能感觉到我的胃和十二指肠之间的粘连被解开了，因为之前它们连在一起时，胃的蠕动会带动十二指肠一起运动，当时我感觉整个胃像在翻腾起伏，但这次治愈之后，就再没复发过了。

It was not easy to let go of something I spent most of my life building up, that caused me to shake, I could tell that the adhesion of my stomach and duodenum was undone, because formally from the peristalsic movements of them that were not together, I used to feel as though my whole stomach were jumping up and down, and after this healing, I never experienced that again.

因此，我知道，所有其他我认为已经纠正的事情都被纠正或治愈了。

Therefore, I knew that all the other things that I thought were corrected were corrected or healed.

我的心脏完全康复了，因为在那之后，即便进行高强度运动，我也没什么不适。

My heart was 100 percent okay, because after that I would exercise strenuously, and nothing bothered me.

有一次我走出家门，心里十分笃定：我去吃饭根本不需要带钱。当我沿着街道走的时候，碰到了一位朋友，他跟我打了招呼说：“嗨，莱斯特。”接着我们聊了起来，然后他邀我共进午餐。

I once walked out of the house feeling fully convinced that I need no money that I am going to eat, and as I walked along the street, I met a friend who said: "Hi Lester", he start talking to me and invited me out for lunch.

还有一次，我明知自己要去吃饭，却没带钱出去，结果我看到地上有一张 5 块钱的钞票，我捡起来，正好付了那天的饭钱。

There was another time, I went out without money, knowing I was going to eat, and I saw a five-hour bill on the ground, and I picked it up, and that paid for it.

我之所以要验证这些事情，是为了确保我没有在和自己开玩笑，我坚持一条准则：我只了解自己能做到的事。

The reason for my proving things should be that, in order to insure myself that I wasn't kidding myself, I held on to a maxim that: I only know that which I can do.

因此我通过做到它来证明一切。

And therefore I proved everything by doing it.

看电影是个新鲜事，有一天我决定要去看电影，当时我不知道电影票根本搞不到，但我知道我要去看这部电影。我走在百老汇大街上，走进电影院附近的一家三明治店，点了一份三明治，店主问我：“你要去看电影吗？”我说：“是的。”他说：“演出几分钟后就要开始了。”我说：“哦，没关系。”他说：“嗯，你有票，对吧？”我说：“没有。”他说：“你进不去的。”我说：“哦，我一定要去看。”

Cinerama was a new thing. I decided one day I want to see it, tickets, I didn't know at that time were impossible to get, but I knew I was going to see the picture, walking down Broadway, I stepped into a sandwich shop right near the theater, and ordered a sandwich, and the man asked me: "Are you going to cinema?" I said: "Yes." He said: "The show is going to begin in a few minutes." I said: "Oh, that's all right." He said: "Well, you have your ticket, don't you?" And I said: "No." He said: "you never get in there." I said: "Oh, I'm going to see it."

然后我吃完三明治，等我到电影院的时候，演出已经开始了，我根本没法靠近窗户口，因为我和窗户之间起码隔着六七十个人，不过，穿制服的门卫就站在窗户旁边，他看着我，打手势问我：“你想干什么？”我竖起一根手指，表示要一张票，他示意说：“好的。”他拿了一张票，穿过人群，把票递给了我，并告诉我票价，我把钱给他，然后径直走进去，我知道电影才开始 5 到 10 分钟，我坐到了座位上。

I ate my sandwich, when I got to the theatre, it had already started, and I couldn't get anywhere near the window, because there must have been 60, 70 people between me and the window, however the doorman in uniform was standing right alongside the window, and he looked at me, motioned: "What do you want?", and I put my finger up, one, he said motioned: "Okay." He got one ticket, drove through the crowd, gave it to me, and told me the price of it, I gave it to him, and I walked right in, I know the show had been on only for about 5, 10 minutes, I had my seat.

我还看到了一件非常特别的事，你在电影院看电影时，仿佛自己置身于.....就像坐了一趟一个小型过山车之类的，画面很美，这一点确实很有趣。

And I saw a very unusual thing, you're watching a movie in the theater, he goes, oh, you're right in me, it was like a little roller coaster and things like that, it was beautiful, it was a real interesting principle they had.

所以没有什么是不可能的，一切都是顺利的。

So nothing's impossible, and everything falls into line.

我甚至都不用挤过人群到窗口说：“请给我一张票。”门卫隔着所有人的头顶看到了我，问我需要什么，他很高，我只是伸出手指示意一张票，他就把票拿给我，我就径直进去了，不用等。

I didn't even have to break through the crowd to go through the window to ask: "Give me a ticket please." The doorman saw me asked me what I wanted, over the heads of everybody, he was tall, I just put my finger up, one, he got the ticket, brought it out to me, and I went right in, no wait.

伴随着所有这些不寻常事物带来的美妙感，并不是这件事本身的不寻常，而是那种上帝在运作的感觉。

The wonderful feeling that goes with all these unusual things is not the unusual in this other, but the feeling of God in operation.

当你看到你身上神性的部分，并且明白你的本质就是上帝时，那才是一件令人愉快的事情。

When you see the God part of you, and you know that your very essence is God, that is a delightful thing.

当事情发生时，你感觉这不是你，而是上帝，这种上帝在运作的感觉是最美妙的感觉。

And when things are happening, it's not you, it's God as your feeling, and this feeling of God in operation is the most wonderful of feeling.

事情有多神奇或多不寻常对你来说都无关紧要，但上帝的合一性却是所有事物中最伟大的。

The more miraculous or unusualness of it means nothing to you, but the oneness of God is the greatest of all things.

当我开始探索的时候，我是一个非常坚定且绝对的唯物主义者，唯一真实的事物就是你能感觉和触摸到的东西，我的世界曾经坚如磐石，我对世界的理解也同样坚如磐石。

When I started my search, I was a very convinced and absolute materialist, the only thing that was real was that which you could feel and touch, my world was as solid as concrete, my understanding of the world was as solid as concrete.

然而当这些启示降临到我身上时，这个世界只是我心智的产物，这个世界是我心智的后续想法，思想决定一切物质，物质并没有智慧，我们的智慧决定了所有物质及其相关的一切。

And when some of these revelations came to me, that the world was just a result of my mind, that the world was an after thought of my mind, that thinking determined all matter, that matter had no intelligence, that our intelligence determined all matter and everything about it.

但当我意识到我曾经所认为的坚实只不过是一个想法时，我那美好、坚实的基础开始出现裂痕，20年的积累开始崩塌，我的身体开始颤抖，抖得很厉害，我抖了好几天，就像一个紧张的老人一样。

But when I saw that the solidity that I formally had was only a thought itself, my nice, solid, concrete foundations began to crack, 20 years of build-up began to tumble, and my body shook, and it shook so much, I just shook for days, I just shook like a nervous old person.

我知道自己对世界的那种刻板认知永远都不会再出现了，但它却没有轻易消散。

I know that that concrete view I had of the world was never going to be again, but it didn't drop away gracefully with ease.

实际上好几天我都在颤抖，直到我觉得自己把整个东西都震松了。

For days I actually shook, until I think I shook the whole thing loose.

然后我的视角和之前完全相反。

Then my view was just the opposite of what it had been once previously.

真正坚实的东西不是这个物质世界、也不是我的心智，

The real solid thing was not the physical world, it was not my mind,

而是某种更伟大的东西，我的本质、我的存在才是真实，它没有限制，它是永恒的。

but something which was much greater, the very essence, the very Beingness of me was the reality, and that it had no limits, that it was eternal.

而且我所看到的那些形式化的东西，不过是最微小的部分，而非我的全部。

and that, all that formal thing I saw was the least of me, rather than the all of me.

我的全部就是我的存在。

That the all of me was my Beingness.

我发现我对这个宇宙中所发生的一切负有责任，

I saw that I was responsible for everything that was happening in this universe,

我对这个宇宙中最遥远的个体、人或生物的最细微的行为都负有责任。

that I was responsible for the least action of the farthest individual, or person, or being in this universe.

因为我的存在是唯一的存在，这唯一的存在便是一切的起因。

Because my Beingness was the one, and only Beingness that was the cause of everything.

正是我的存在在思考，

It was my Beingness that did the thinking,

我的存在创造了心智，

my Beingness created the mind,

我的存在创造了心智，

my Beingness created the mind,

心智创造了身体，

and the mind created the body,

一切的根本源头仅仅是我们的存在。

the basic source of everything is simply our Beingness.

总有一天你会看到它，你创造了整个宇宙，如果你没有创造它，它就没有任何意义，有一天你会看到这一点的。

Someday you'll see it, you create this whole universe, it doesn't mean anything if you didn't create it, you'll see it someday.

所以，当你看到这一点时，你需要什么？

So what do you need when you see that?

什么都不需要。

Nothing.

你对任何事物最细微的想法都会立刻实现，这是一种和谐的生活。

The slightest thought you have for anything comes to you immediately, a harmony of living.

好吧，在这三个月之后，我想证明一切，我知道我要试着把这一点传达给我的其余部分。

Well, after this three month period, I wanted to prove everything, knowing that I was going to try to convey this to the rest of me,

我决定做的第一件事就是成为一个百万富翁。

The first thing I decided to do was to become a millionaire.

世界上任何人都可以成为百万富翁，只要有这个信念，任何人都可以成为百

万富翁。

It occurred to the world that anyone can be a millionaire, just by the conviction of it, anyone can be a millionaire.

所以我在没有现金的情况下投身房地产行业，毫不费力地通过抵押贷款购买公寓楼，这些东西就这样朝我涌来，直到我建成了 23 栋公寓楼，每栋有 20 到 40 个单元，这一切对我来说是如此地轻而易举。

So I went into the real estate business with no cash, and I was buying apartment houses through mortgages loans, with no effort, these things were coming into me, until I had built up 23 apartment houses, 20 to 40 units each, it fell into me so easily.

然后在我把它积攒起来之后，一个更高的想法出现了：“现在，扔掉这一切，就穿着一件衬衫走出去，从现在开始，当你想要它的时候，随心所欲地创造你想要的任何东西。”

Then after I had it accumulated, then a higher thought came to me: “Now, drop this, and walk out with just a shirt on your back, and from here on, produce everything you want at will when you want it.”

从那时起，它就一直在为我运作。

And since that time, that has been operating for me.

我所需要的一切，都会在我需要的时候来到我身边。

Everything I need comes to me as I need it.

这是每个人都应该有的生活方式。

And that's the way life should be for everyone.

就像麻雀一样，鸟儿们也要努力工作、奋斗挣扎、精打细算、并积累财富才能生存吗？

Just like it is for the sparrow, do the birds have to work hard, struggle, and calculate, and pile up in order to live?

不，它们被给予了这些东西。

No, they're just provided for.

动物们口渴了，它们需要地图才能找到水吗？

The animals are thirsty, do they have to have maps to find out where water is?

不，凭直觉，它们直接就找到了。

No, instinctively, they read right to it.

如果上帝会照料动物和鸟儿，那么祂也一定会照顾我们。

And if God will take care of the animals and the birds, He will certainly take care of us.

你说的囤积是什么意思？

What do you mean to accumulate?

囤积显然是缺乏安全感的表现。

Accumulation is obviously a sign of insecurity.

每个人都坚信，为了生存，他必须做自己正在做的事，这就是他必须这么做的原因。

Everyone's convinced that he must do what he's doing in order to survive, and that's the reason why he must do it.

每个人都是对的，因为我认为是他造就了这样的局面——无论我想什么，它都会发生。

Everyone is right, because I think he makes it so, whatever I think will happen.

如果我认为所有的人都是不诚实的，那么我和所有人相处的经验就会变成：大家都在试图对我不诚实；

If I think all peoples are crooked, my experience with all people will be

there trying to be dishonest with me;

如果我完全信任每个人，根据我的经验，我确实这么做到过。

And if I trust everyone implicitly, I know from experience, I have trusted.

当我在做房地产生意的时候，有一个出了名不诚实的人，我给了他 6000 美元现金让他去买一栋楼，他拿着钱说：“你信任我吗？”我说：“是的。”他打了个手势，他觉得我信任他这事太不寻常了，然后他拥抱我，说：“你没什么可担心的。”然后他就出去谈成了那笔交易，并买下了三栋公寓楼，后来证明这非常赚钱，然后我和他们分享了利润。

When I was in a real estate business, one man was known to be dishonest, I handed him \$6,000 in cash and drove buy a building, he took the money and said: "Do you trust me with this?" I said: "Yes." And he went for a gesture that I'm sure was most unusual for him, he hugged me, and said: "You got nothing to worry about." And he went out and he got the deal, he bought three apartment houses, it turned out to be very profitable, and I split profit with them.

每笔交易都必定是非常和谐的，参与其中的每个人都能有所获。

Every deal had to be a very harmonious deal, everyone in it had a gain.

我确保如果交易中有经纪人参与，他能拿到足额的佣金；

I made sure if there were a broker in it, he got his full commission;

如果是卖家在出售房产，他会得到他想要的东西并受益——房子会被卖出；
if the seller was selling it, he benefited by getting what he wanted, the building sold;

如果有律师参与，他也能得到他的份额；
And if there was a lawyer, he got his share;

每笔交易中的每个人都会受益。
Everyone benefited in every deal.

这才是交易应该有的样子。
And that's the way all deals should be.

没必要让任何人因交易而受苦，每个人都应该从中得到自己想要的东西，我们所有人都应该受益，每个卖家都想卖，每个买家都想买。
There's no need for anyone to suffer from a deal, everyone should get what he wants out of it, we all should benefit, every seller wants to sell, every buyer wants to buy.

和谐是宇宙的基本法则。
Harmony is the basic law of the universe.

03.所有智慧的源头 The Source of All Intelligence 1

三个月后，我参加了一个形而上学的小组，就在两个街区之外，是谢弗博士的小组，他会把学生叫到前面，让他们给小组做个发言，他第一次叫我时，我告诉他我不想上去，所以他绕过了我，当他不再叫我之后，我意识到这很傻，我不想上去的唯一原因是旧有的习惯依然还在，但它们的影响力已经完全消失了，那种强迫性已经没有了，尽管这种倾向依旧存在，但它就像一根烧焦的绳子，看起来像一根绳子，似乎是一根绳子，但它没有力量了，你去捡起一根烧焦的绳子，它立马就散了。

After the three-month period, I attended a metaphysical group just two short blocks away, Dr Schaefer's group, and he would call the students up to the front and ask them to give a talk to the group, and the first times he called me, I told him I didn't want to go up, so he bypassed me, and then after he stopped asking me, I realized this is silly, the only reason why I wasn't doing it was the old tendencies remain, but the effectiveness of them is totally gone, the compulsiveness is done away with, even though the tendency remains, it's like a burnt rope, it looks like a rope, it seems to be a rope, but it has no strength, you go to pick up a burnt rope, it just falls apart.

明白了这一点，我就自告奋勇上台演讲，这是我有生以来头一遭，站在大概60人面前，谈论着频率和振动，我站在那里惊讶极了，我居然不紧张，我

看着他们，他们也看着我。

And so seeing that, I volunteer to go up and give a talk, first time in my life, here I am up in front of a group of about 60 people talking on frequencies and vibrations, and I got up there, and I was so surprised, I wasn't nervous, I was looking at them, they were looking at me.

当我发言的时候，心智背景中又响起了第二件事：“哇，这挺容易的嘛。”我从来不知道它这么容易，那是我人生中第一次站在一群人面前讲话，那会大概是 1953 年。

And as I was talking, I had a second thing going on in the background: “Gee, this is easy.” I never knew it was this easy, and that was my first experience in my lifetime of getting up in front of a group and talking, that was probably 1953.

那种过度敏感消失了，因为你的小我消退了，而在此之前，我一直在听到它们的声音。

The super sensitivity drops away, because your ego drops away, whereas before I was hearing them all the time.

如果我听到有人发表反犹太言论或其他任何诋毁性言论，我看着他们，我同情他们，我看到他们心怀恨意，所以我只是对他们有更多爱的感觉，因为他们需要爱。

If I heard someone coming out with an anti-semitic remark or anti-any

other remark, I saw them, I had compassion for them, I saw them hating, so I just had a feeling of more love for them, because they needed it.

他们的反对行径伤害的只有他们自己，他们伤不到其他人，除非另一个人自己想被伤害。

The only one they were hurting with their anti was they themselves, they can't hurt anyone else with it, that's the other... the other one else wants to feel hurt.

有一次，当我走在麦迪逊大道还是第五大道来着，我记不清了，白天的时候，世界上最美丽、穿着最考究的女人们会去那里购物，我看看她们，又看看那些高档商店的橱窗，我看看她们，再看看橱窗里的模特，我再看看她们，又再看看模特，就这样反复看了三次，却看不出任何区别。

And once I was on Madison Avenue or 5th Avenue, I forget which, where the most beautiful and very best-dressed women of the world go shopping during the day time, I looked at them, looking in windows of those very expensive shops, and I looked at them, and I looked at the mannequin, and I looked at them again, and I looked at the mannequin again, I did it a third time, and I couldn't see any difference.

我说：“天哪，这就是我原本认为的美！”

I said: "Holy, mackerel, and that's what I thought was beautiful!"

她们不过是些人体模特，只对皮囊感兴趣，她们打扮它、呵护它，在这上面花大把大把的钱，而唯一真正的美是她们自己，而非那层外皮。

They're just mannequins, they're interested only in the skin, the outer skin of their body, dressing it, pampering it, spending untold sums of money on it, and the only real beauty is they themselves, not they outer skin.

所以，于我而言，美丽的是一个怀有着很高的爱的人，是一个人的灵魂。

So, what became beautiful to me was a person of high love, the soul of a person.

我记得有一次，我跟我两个小伙子说起一个我认识的女孩：“哇，她真漂亮！”从他们看我的眼神中，我能感觉到有点不对劲，我说：“难道她不漂亮吗？”他们摇了摇头：“不。”我又仔细看了看，说：“哦，我明白你们的意思了。”在他们的眼中，或者从外表上看，她是一个普通的女孩，但她很有灵性，用“灵性”这个词不太好，她有很强的爱的能力。

And I remember an incident where I was saying the two fellows of a girl I had known: “Gee, isn't she beautiful?” I could tell by their looking at me there was something wrong, I said: “Well isn't she?” And they shook their head: “No.” And I looked again and I says: “Oh, I see what you mean.” And she was, in their eyes, or in physical eyes, a homely girl, but she was quite spiritual, that's a bad word, she was high in her capacity to love.

从根本上说，这就是所有美丽背后的本质——爱。

And basically that's what is behind all beauty, love.

你能明白吗？

Can you see it?

所以，我对美的观念发生了彻底的改变。

So, my concepts of beauty did a flip-flop.

我原本觉得美极了、棒极了的人，结果就像人体模特一样，而那些我觉得奇丑无比的人，结果却很美。

The ones that I thought were, oh, they're the most, they're the greatest, turned out to be like mannequins, and others whom I would have thought horribly homely, turned out to be beautiful.

无论在哪里我都感觉很自在，在谢弗博士的课堂上，他的学生个个都是精英，每个人都穿着得体、整洁、端庄，而我居然敢留着胡子、头发也不梳、穿着脏裤子就走进教室了。

I was so at home, anywhere and everywhere, that in Doctor Schaefer's classes where he taught, always the finest, everyone was so well-dressed and so neat and so proper, that I had the nerve to come in with a beard

and my hair not combed and dirty slacks on.

当然，每个人都注意到了，但他们都很得体，没人跟我说什么，尽管他们都用犀利的目光盯着我，我却完全放松地坐在那里。

Of course, everyone noticed it, but very properly, no one said a thing to me, and I sat there 100% at ease, in spite of all them looking kind of dagger-eyed at me.

我故意这么做的，是为了向自己证明我没有任何反应、也没有小我残留。

I did it on purpose, to prove to me I had no reaction, no ego left.

我心里一直有个准则“我只了解自己能做到的事”，这是对自己的一个绝佳检验。

I always held the maxim in the back of my mind, that “I only know that which I can do”, which is an excellent check upon oneself.

我只了解自己能做到的事，所以我会做到它，验证它。

I only know that which I can do, and so I would do it, test it out.

如果我发现自己有任何反应，我发现有任何不完美的地方，我会立即着手纠正它，直到它达到极致，把那件事做到最好。

And if I did find any reactivity, I did find anything not up to perfection, I

immediately went to work to correct it, until it was the ultimate and that particular thing was achieved.

我把每件事都做到极致，确保在任何事情上都没有残留任何东西，对任何特定的事都不再感到困扰。

I did everything to the extreme limit, to be sure I had nothing left on it, no more hang-ups on any particular thing.

这次的洛杉矶之行是为了证明我的发现和领悟，而且我始终秉持着那条准则：我只了解自己能做到的事。

The trip to LA was for the purpose of proving what I had discovered and knew, and always with that maxim: I only know that which I can do.

我相信我是从小事开始一步步来的，从小事到大事，这就是我当时真正在做的事情。

I believe I went step by step from smaller bigger and bigger things, that's what I was really doing.

这是一件大事，不带一分钱去洛杉矶，于是我收拾好行李，满怀信心走出公寓，坚信自己正踏上前往洛杉矶的旅程，完全确信这事会成，而事实也确实如此。

That was a big one, to walk out with any money and go to Los Angeles, and so I packed my bag, walked out of the apartment, with absolute full

confidence that I was on my way to Los Angeles, with no doubt that it would not happen, and so it did.

这不是一场测试，而是一个验证。

And it's not a test, it's a proving.

测试意味着怀疑，任何怀疑都会让事情无法成功。

Test implies doubt, any doubt would stop it from working.

我没带钱就出门了，因为我想证明我不用花钱也能得到任何我想要的东西，

I went out without money, because I wanted to prove I could have anything I wanted without money,

嗯，当你能证实一些东西的时候，你就不需要钱了。

well, you don't need money then when you demonstrate things.

你永远都别考虑钱，你永远都不应该考虑钱。

you never think of money, you never should think of money.

因为你最终得到的会是钱，而不是你真正想要的东西。

Because instead of the thing, you'll end up with money.

但认为做事需要钱是一种怀疑。

But thinking you need money to do things is a doubt.

确实，高级意识决定低级意识，这就是人们为我服务的原因。

Really, higher consciousness determines for lower consciousness, that's why people serve me.

是的，对每个人来说都是如此。

Yes, it's true for everyone.

每当我们有想法时，宇宙中的每个分子都会运动起来去实现那个想法。

Whenever we think, every molecule in the universe moves to fulfill that thought.

我知道自己要去看那部电影，而大多数人都在消极地思考，并且为自己创造了那样的结果。

And I knew I was going into that movie, most people think negatively and are creating that for themselves.

大多数人思考的时候都充满了限制，也在为自己创造那样的局面。

Most people think with very much limitation and create that for

themselves.

但我当时在想，我当时知道我要去看那部电影，我绝对相信它一定会发生。

But I was thinking, I was knowing, I was going into that movie, I was so absolutely convinced that it had to happen.

但是，只存在一个意识，只存在一个智慧，而且我们都身处其中。

But there is only one mind, there is only one intelligence, and we are all in it.

所以那个人的心智转向并朝着我的方向调整了。

And so this man's mind was turned and tuned in my direction.

对任何事有绝对信念的任何人，都能让那件事发生。

Anyone who has the absolute conviction of anything causes that thing to come about.

任何坚信自己能成为百万富翁的人都可以成为百万富翁，但这不能有任何潜意识里的怀疑。

Anyone who has the absolute conviction that he can be a millionaire can be a millionaire, this requires no subconscious doubts to it.

因为无意识的怀疑会成为阻碍。

Because the unconscious doubting would get in the way.

当你与所有人都身处其中的宇宙心智协调一致时，你运用它的力量、你使用它的能力实际上比别人更强，而且它会朝着你的方向以这种方式影响他们。

When you're up in tune with the universal mind in which everyone is in, your power of its use, your ability to use it, is greater really than others, and it affects them that way in your direction.

这是一种高层次的爱，你沉浸在一片令人陶醉的、如痴如狂的爱的海洋里，你爱每一个人，你甚至可以走上前去拥抱和亲吻一棵树，这份爱意也会感染其他人，让他们想要爱你并为你付出。

It's a high state of love, you're swimming in a high sea of giddy, punched-drunk in which everything, and you love everyone, you can even go up and hug and kiss a tree, and that goes over to other people, and causes them to want to love you and do things for you.

我发现爱就是为对方做对方想做的事，爱是一种不求回报的给予。

I saw that love was doing for the other one what the other one wanted, it was a giving without any expectation of receiving for it.

然而我之前却希望从我的友善中得到一些回报，这就是我友善的原因：我想得到一些什么。

And here I was wanting something in return from my being nice, that was the reason why I was being nice, I wanted something.

我刚认识弗吉妮娅的时候，她病得很重，我尽责地去看望她，花了很多时间陪她，那时候她的状态不怎么好，还吐在了椅子上，我坐了上去，她又惊又愧疚地向我道歉，我很有风度地说：“哦，那没什么。”我说：“我一点也不介意。”我擦了擦裤子，然后坐了下来，我对她的好是为了赢得她的芳心，我知道这会有效果，也确实如此。

Uh when I first knew Virginia, she had gotten very sick, and I dutifully visited her and spent a lot of hours with her when she was not too attractive a condition, and she had thrown up on a chair, and I sat down in it, and she was so horrified and apologetic about it, and I very gallantly said: "Oh, that's nothing at all." I said: "I don't mind it one bit." And I just wiped my pants off and sat down, that was being nice to her, to win her over, and I knew it would, and it did.

所以，我回想起这件事，我发现自己真的很恼火，非常不舒服，我当时只是装作不在意，只为了赢得她。

So I went back to the incident, this incident, and I saw that I was really very annoyed by it and very uncomfortable, and then I just acted as though it were nothing only to win her.

当我看到这种自私时，我决定，我丢弃它，我释放它，然后我做到了。

And when I saw this selfishness, I resolve, uh uh, this I dump, this I let go of, and I did.

我当时把“想要这样做只是为了得到她”的感觉变成了对她纯粹的爱。

And I changed the feeling right there and then of wanting to do this just to get her my way to one of just feeling love for her.

每次回想起这些事，我都会意识到，起初我以为那真的是爱，但我首先会认识到那不是爱，然后我会释放它，接着就能感受到对那个女孩或那个人的爱，这是一种很美好的感觉。

Each time I would see these incidents, I would recognize, now originally I thought it was really love, I would first recognize that it wasn't love, and I would let go of that, and then feel love for the girl or person, which is a nice feeling.

你喜欢并认同那个人本来的样子，你接纳了他们本来的样子。

You like and approve of that person the way they are, you accept them just as they are.

那件事让这份甜蜜的爱稍稍有些酸涩，但后来我明白了，我觉得这对我来说是个好消息更合适，因为就像在其他事情上一样，我能够把它运用到极致，我可以爱那些在反对着我的人。

That incident was a little souring of the sweet love, instead of then I

knew I had it, I think it would be better to say this was good news to me, because like in other things, I was able to carry it to the extreme, I could love people who were opposing me.

我努力维持着生意的运转，但内心其实已经失去兴趣，只是当时我并没有意识到这一点。

I struggled to keep the businesses going, but inwardly wanting to wasn't interested, but I wasn't aware of the fact at the time.

如果每个人都处于和谐之中，大自然会慷慨给予，当我们与之和谐共鸣、与之协调时，就永远不会有短缺这种事，会有不受限制、无限的能量以及我们想要使用的一切极为丰富的资源供我们使用。

If everyone were in harmony, provides, in super abundance, when we get in harmony, we get in tune with it, there would never be such a thing as shortages, there is unlimited, infinite energy available to us, as well as a super abundance of everything we would want to use.

当你与自然相和谐时，不需要付出任何努力。

When you're in tune with nature, no effort is needed when you're in tune with nature.

当你在对抗自然时，你就需要付出努力，因为你与它不协调。

Efforts required when you're working against nature, you're not in tune

with it.

这个世界是为了供我们使用和娱乐而存在的，认为“需要征服自然”是个非常消极的想法，需要征服的是我们的消极想法，然后积极的事情才会发生。

This world was put here for our use and play, the idea of nature needing to be conquered is a very negative idea, what needs to be conquered is our negative ideas, and then only positive things happen.

感受爱的唯一方式就是去爱，你不能像拧水龙头那样转来转去地开或关，这是一个丢弃“你的恨”的过程。

The only way to feel love is to love, you can't turn around like a faucet, it's a process of dropping your hate.

恨与爱是截然相反的两个极端，恨越多，爱就越少。

Hate and love are two opposites of a pole, and the more hate, you have the less love you have.

所以，你要想得到爱，就必须丢弃恨。

So you to get to love, you've got to drop hatred.

“我要爱这个人”的这种观念是行不通的，除非你心中没有了恨，你才能去爱。

This concept, love, I'm going to love this one, you can't love anymore than you've got no hate in you.

“赞同某人比反对某人是更有爱的”，就是这个意思，但它并没有说明如何增加爱。

“Agreeing with someone is more loving than disagreeing with them”, that's all that means, but it doesn't show how to increase love.

我所说的这一切都是必须的，而且能帮助你们增加爱。

Everything I say is required and helps one increase love.

我和他们沟通、交谈，这有帮助，但这是较低层次的增加爱的方式。

I communicate with them, talk to them, that helps, that's lower level approach.

对人们来说，为了增加一个人的爱，与人交流会有帮助，为什么呢？

For people to increase one's love, communicating with people helps, why?

因为，首先我们会关注到他们，当我们这样做的时候，就不再以自我为中心了；

Because first we recognize them, we're getting away from our self

centering when we do that;

然后，当我们和他们交谈时，我们会发现他们和我们是相似的，这有助于我们更好地认同他们，而认同他们就是爱；

And then when we talk to them, we discover that they are like we are, and that helps us better identify with them, and identify with them is Love;

随着交流，陌生感会消失，我们大多数人都害怕陌生和未知的事物，所以与人们交谈往往能消除对他们的未知和陌生，这样我们就会对彼此感觉更亲切；

And as we talk to them, strangeness drops away, and most of us fear the strange, the unknown, so talking with people tends to do away with the unknown and the strangeness of them, and therefore we feel more affinity for them and they for us;

所以，与人交流是一种增加爱的方式。

So communicating with people is one way of increasing one's love.

04.所有智慧的源头 The Source of All Intelligence 2

现在，改变过去的感受也能对我有所帮助，因为当我回顾它时，我发现它并

不是爱，而我现在能在那件事中感受到爱，所以我此刻是在将“非爱”转化为“爱”，在潜意识层面没有残留任何东西。

Changing a feeling I had in the past can help me now, because when I review it, and I see it was non-love, I feel love in that incident right now, so I'm converting what was non-love to love at this present moment, there's nothing about subconscious .

当我现在回顾一些当时没有爱的感觉、但现在我却能感受到爱的事情时，我此刻正在增加我的爱，我一次又一次地用这些事来唤起爱、感受爱、并学会去爱。

When I now review something that was not with a feeling of love, but right now I feel love, I am at this moment increasing my loving, I use those incidents again and again to turn on love, and feel it, and learn to love.

在那些过去的经历中，我试图得到爱，然而感觉却没有现在这么好。

In those former incidents, I was trying to get love and not feeling so good as I could feel right now.

当我感受到爱时，一个人如果愿意，如果一个人想成为百万富翁，每个人都可以成为亿万富翁、万亿富翁甚至千万亿富翁，如果意识是这样的，那么我所说的这个真理会起作用，你内在的信念会做到这一点。

When I feel love, one can if one wants to become a millionaire, every

person can be a billionaire or a trillionaire or a quintillionaire, if that were as consciousness, that this truth that I speak of works, your inner conviction does it.

当你的思想做到了这一点，当你潜意识里的消极想法被与之相反的“你能”的有意识想法压倒了，你就能做到。

When your thinking does it, when your unconscious thinking that is negative on the thing is overwhelmed by the conscious thinking to the contrary that you can, then you can.

现在，你不记得昨天的早餐吃了什么，但是当我向你提起它时，你就会开始思考、开始回想，然后那些想法就会浮现到意识层面，你想起了它：我吃了培根和鸡蛋，好多培根呢。

Right now, you're unaware of what you had for breakfast yesterday, but when I mention it to you, you start thinking on it, you start looking for it, and those thoughts come up into consciousness, you remember it: I had bacon and eggs, a rash or a bacon.

在我问你那个问题之前，你并没有意识到前一天或一周前你早餐吃了一堆培根这个事实，而当我问你这件事时，你就把它从无意识层面带到了意识层面。

Before I asked you that question, you were not conscious of the fact that you had a rash or bacon for breakfast the day before or a week before, and when I asked you that, you brought it from the unconscious into

consciousness.

我一直以为穿堂风会让我感冒，而实际上它确实也让我感冒过。有一天，我正坐在微风中享受着，突然想起了这件事，我说：“天哪，这和我称作“让我感冒的穿堂风”是同一个东西啊。”

Well, I always had the idea that a draft would give me a cold, and it used to actually give me colds, one day thinking on it, while I was sitting in a breeze enjoying it, I said: “Boy, this is the same thing that I call it a draft that gives me colds.”

然而我现在享受着这微风却没有感冒，真是一阵凉爽的微风。我说：“抓着那个‘穿堂风会让我感冒’的想法，这太傻了。”从那以后，我再也没有因为穿堂风而感冒过。

And here I'm enjoying the thing and not getting a cold, it was a cool breeze, I said: “That's silly to hold on to that thought that a draft gives me a cold.” After that I never got a cold again from a draft.

我把“穿堂风会让我感冒”这个无意识想法转变为了“微风、凉爽的微风很舒服，不会让我感冒”，这确实在我身上发生了。

I change that unconscious thought that drafts give me cold to one that a breeze, a cool breeze is nice and does not give me a cold, that actually happened to me.

想法是唯一阻碍我们所是的无限存在的东西，但它们并不一定必须如此。

Thoughts are the only things that dam up the infinite being that we are, but they don't necessarily have to.

我们可以有宏大的想法，例如：我是个亿万富翁；我可以成为亿万富翁；我是一个亿万富翁；我可以像鸟儿一样飞翔；我能像鱼儿一样游泳；我可以像鹿一样奔跑.....但是我们在思想上却绝对确信我们无法跑那么快。

We can have large thoughts, for instance: I'm a billionaire; I can be a billionaire; I am a billionaire; I can fly like a bird; I can swim like a fish; I can run like a deer... But we're absolutely convinced in our thinking that we can't run that fast.

所以，我们的想法就是我们的限制，即使是一个宏大的想法，它的宏大程度也是有限的，它仍然不是无限的。

so our thoughts are our limitations, and even a large thought is limited to the largeness of it, it's still not infinite.

你总能拥有更多，不是吗？

You can always have more, can't you?

越来越多、越来越多，这是在思考中会发生的情况，越来越多、越来越多.....

More and more and more and more and more, and that's what would happen in

thinking, more and more and more and more...

首先你想赚十万，然后想赚一百万，接着想赚更多的数百万，再然后你想赚上亿，想赚数十亿、数千亿，而今天我们有了万亿富豪，然而万亿富豪不会停下，他们会试图成为千万亿富豪，如果他们成为了千万亿富豪，他们又会想成为千万亿亿富豪，如果他们成为千万亿亿富豪，他们就会想成为千万亿亿亿富豪，我现在不太确定这个说法了，应该是亿亿亿亿亿亿富豪.....

First, you want to get a hundred thousand, then you want a million, then you want more millions, and you want hundreds of millions, and you want billions, and hundreds of billions, and today we have trillionaires, and the trillionaires won't stop, they'll try to come quadrillionaires, if they become quadrillionaires, they'll want to be quintillionaires, if they become quintillionaires, they'll want to be septillionaires, I'm not sure of that one now, octillionaires Sept would be nine...

是的，想法决定了为我们所显化的无限的大小。

Yeah, the thoughts determine the amount of the infinity that manifests for us

所以，你丢弃限制性想法，接受那些限制较少的想法。

So, you drop thoughts of limitation and take on thoughts of less limitation.

开始的时候我病得很严重，我感觉自己病入膏肓了，当我意识到正是我的想法导致了我所遭遇的状况时，我立刻把自己的身体从下巴到脚趾都视作是完美的，而且我立刻就知道它是完美的，我甚至从未想过要去测试它，我知道自己有肠道损伤和粘连的情况，但肠道的穿孔性溃疡已经好了。

I was so ill when I started, I was shot in the grave, and when I saw that my thinking was caused for what was happening to me, I immediately saw my body from my chin down to my toes as perfect, and instantly I knew it was perfect, I never even thought of the idea of checking it out, I knew the lesions and adhesions of my intestines, the intestines did a perforated ulcers were undone.

我知道自己内在的一切都在完美地运行着，事实也的确如此。

I knew everything within me was in perfect running order, and it was.

当我看到所有智慧的源泉就在我的心智背后，而我的心智却过滤掉了其中的一部分，我便让越来越多的智慧流淌进来，我不断地探索着，想知道我之所是，我看到自己越来越清晰地呈现在面前，而且限制也越来越少，我想在这条路上走完全程。

As I saw that source of all intelligence was right behind my mind, that my mind was filtering through bits of it, I allowed more and more of it to come through, and digging for this, wanting to know what am I, and seeing myself revealed to myself more and more with less and less limits on it, I wanted to go all the way on that.

我开始意识到，我所拥有的唯一限制就是我自己所接受的那些限制。

And I began to see that the only limitations I have are the ones that I accept.

所以，我去探寻那个我早已隐约感知到的、我所是的无限存在，我逐步领悟到自己就是这个极其美妙的无限存在。

So, looking for this unlimited being that I already had an inkling of that I was, I got insides of this tremendous unlimited Being that I am.

看到这一幕时，我当场就意识到：我并不是自己所认为的这个受限的身体，我也不是自己所认为的有着诸多限制的心智。

and on seeing that, I right there and then realize: Well, I'm not this limited body that I thought I was, I am not this mind with its limitations that I thought it was.

我仅仅通过说“我不是它”就解除了所有的身体限制和几乎所有的心智限制，结束，完成，就是这样。

And I undid all body limitation, and almost all mind limitation just by saying “I am not it”, finished, done, period, that's it.

我这么说，很明显我并非是自己曾经以为的身体和心智，我只是领悟到了这

一点，仅此而已。

So declared, it was obvious to me that I wasn't that body and mind that I had thought I was, I just saw it, that's all.

当你领悟这一点时，这很简单，然后我释放了对这个身体的认同，当我这样做的时候，我发现我的存在就是一切的存在。

It's simple when you see it, and I let go of identifying with this body, and when I did that, I saw that my Beingness was all Beingness.

这种存在就像是一片浩瀚的海洋，它没有被切成所谓的“身体水滴”，它是一整片海洋，这让我认同了宇宙中的每一个生命、每一个人、甚至每一个原子，那是一种极其美妙的体验，简直无法形容。

That Beingness is like one grand ocean, it's not chopped up into parts called drops of bodies, it's all one ocean, which caused me to identify with every being, every person, and even every atom in this universe, and that's an experience that's so tremendous, it's indescribable.

你会发现，首先，你看到宇宙在你之内；

You see that, the universe is, first you see the universe is in you;

然后，你把宇宙视作你自己；

Then you see the universe as you

接着，你就明白了这个宇宙的一体性；

Then you know the Oneness of this universe;

然后，你将永远结束分离以及由分离引发的所有地狱般的痛苦，那么，你就不会再被世界表面的限制所愚弄，你会把它们看作是一场梦、一种幻象，因为你知道你自己的存在是没有限制的。

Then you are finished forever with separation and all the hellishness that's caused only by separation, then you can no more be fooled by the apparent limitations of the world, you see them as a dream, as an apparency, because you know that your very own Beingness has no limits.

你应该选择展示它们吗？

And should you choose to express them?

你可以，但你不会这样做，出于对他人的怜悯以及他们无法接受这一切的事实，你会把它们放在幕后，把它从他们身边拿开，而不是强加给他们。

You can, however you don't because of your compassion for others, in fact that they cannot take it, you hold it in the background, you hold it away from them, rather than impose upon them.

这就是为什么大师们很少展示自己的能力，他们希望另一个人去发现自己所拥有的所有这些能力。

And that's why the masters rarely, rarely ever show their abilities, what they want is the other one to discover that the other one has all these abilities.

当你进入那种状态时，没有什么是不可能的。

Nothing is impossible when you get into that state.

只存在一种意识，如果我们与它协调一致，每个人都会完美地融合在一起，甚至没有人需要被告知该做什么。

There's only one mind, and if we're in tune with it, everyone fits together perfectly, no one has to be told even what to do.

心智是我的，身体也是我的，我开始追问：我是谁？谁拥有这个身体和心智？

...was mine, that the body was mine, I began to question: who am I? who has this body and mind?

而我所看到的是，我是一个无限的存在，这个存在是万物之源，然而它并不受制于它所引发或创造的任何事物。

And what I saw was that I was an unlimited Beingness, that this Beingness was the cause of everything, and yet was not subject to

whatever it caused or created.

这个存在是无限的，唯一的限制是由心智自己创造的，或者说是我限制了自己的心智活动。

And this Beingness being unlimited, the only limitation was created by the mind limiting itself, or by my limiting the action of my mind.

存在仅仅只是存在、存在、存在，是我所是的“我”，是我的本质，而那部分是没有限制的。

Beingness is simply existence, isness, amness, it's the I that I am, it's the I-ness of me, and that part is without limitation.

当你发现这一点时，你所意识到的第一件事就是——没有必要成为环境的受害者、成为自然的受害者，你能够有意识地按照你想要的样子创造你所处的环境。

When you discover this, the first thing you recognize is that there's no need to be a victim of your environment, to be a victim of nature, that you can consciously create your circumstances to be the way you would like them to be.

从那时起，你的意识就是：我能在自己需要它的时候拥有自己所需要的一切。

And from then on your consciousness is one of I have everything I need as I need it.

一切都是完美协调的，一切都很好，这便成了你的世界。

Everything is in perfect attunement, everything is good, that becomes your world.

每个人都在凭借他的心理观念创造着自己的世界，每个人都在按照自己的想法和观念看待这个世界，你改变你的思想，你的世界就会改变。

Everyone makes his world by his mental conceptions, everyone sees the world in accordance with his ideas and conceptions, you change your thinking, and your world will change.

你心智里的想法，那些你没有在看的想法，那些我此刻没有在看的想法是无意识的；

The thoughts that are in your mind, that you're not looking at, the thought that I'm not looking at at this moment is unconscious;

当我看向它的那一刻，我们称之为“意识”或“有意识的”。

The moment I look at it we call it consciousness or conscious.

所以，无意识思想是我们过去所有思想的累积，这些思想被我们搁置在背景中，暂时不去看它。

So, the unconscious thinking is the stored up accumulation of all our

past thinking that we're holding in the background and not looking at it for the moment.

因为我们不想看它。

Because we don't want that.

但在我们看来，把过去所有的东西都留存在意识的后台是一项艰巨的任务，我们此刻称之为“无意识”。

It looks to us like a tremendous piece of work to hold in consciousness everything in the background, we call it unconscious at the moment.

唯一的方法就是让这些无意识浮出到意识层面，然后在意识层面，我们就能改变它们，而这是我当时正在做的事情。

The only way to is to make them conscious, and then on a conscious plane, we can change them, that's what I was doing while I was making.

“如果你释放所有的这些限制，你就消失了。”

“If you let go of all of them, you disappear.”

因为身体是一种限制，身体会消逝，但你不会消失。

Because the body is a limitation, the body would disappear, you wouldn't disappear.

堤坝里的木头就是潜意识想法, 当它们被拉出时, 堤坝背后的无限会流经你。

The logs in the dam are the subconscious thoughts which when are pulled out, the infinity behind the dam can flow through you.

人们没有发现这一点的原因, 首先是他们没有在它所在的地方寻找它, 他们都在一种他们称之为“幸福”的东西里无意识地寻找。

The reason why people do not discover this as first, they're not looking for it where it is, they're unconsciously all looking for it in a thing they call happiness.

但他们不知道, 那种幸福在于他们发现自己是无限的存在, 并且出于习惯的力量, 他们接受了自己受限于身体、受限于麻烦的境况。

But they do not know that this happiness lies in they are discovering that they are beings with no limits, and by force of habit, they accept that they are limited to their bodies, to their troubles.

而接受这一切, 意味着这种状况会继续下去, 我们越是任由它持续下去, 情况就会变得越来越糟, 所以我们的问题和困难也就越来越多、越来越多.....

And accepting of it is the continuing of it, and as we continue it, we make it better and better and better, so our problems, and our difficulties get better, get more and more and more...

当这些问题和困难发展到极致，就像在发生在我身上的那样，似乎只有到那时，人们才会受到足够的震撼，重新审视这一切，才会意识到我们现在走的路不是正途。

When they go to the extreme, like they did with me, it seems that only then are peoples shook up enough to re-question the entire thing, enough to see that the way that we are going is not the way.

然而我们的幸福并不在于名望、财富和被爱，当事情发展到极端状况时，他们会意识到，追求这三样东西的人最终都会陷入沮丧和不幸。

And that our happiness does not lie in fame, fortune, and in being loved, when things get to the extreme, they realize that those seeking those three things invariably end up in frustration and unhappiness.

然后当他们走到极致时，便只有一条路可走了，不是他们以前所走的那条寻找幸福和物质的道路，而是深入内在，探寻“这一切究竟是为了什么？”

And then when they hit the extreme, there's only one way to go, not the way that they were going, looking for happiness and materiality, but to go within and question “What is this all about?”

然后他们就会发现我所发现的东西，并且任何人都能做到。

Then they will discover what I discovered, and anyone can do it.

首先，他听说了这条出路；

If first, he hears of the way out;

其次，他相信这就是出路；

And second, believes that this is the way out;

第三，他对这条出路极度渴望，以至于它成为了他生命中最重要的事，比任何事情都重要，比他一直以来寻求幸福的方式都重要；

And third, wants it so much that it becomes first in his life, more important than anything else, more important than seeking the happiness the way he had been seeking it;

接下来，他就会发现自己是无限制的，他的快乐没有任何限制。

Then he discovers that he is unlimited, that his joy has no limits.

真正自然的生活方式是完美和谐的，大自然是和谐的，他所需要做的就是与自然相协调，并生活在其中。

That the real natural way of life is perfectly harmonious, that nature is harmonious, and that all he needs to do is get in tune with it and live it.

05.答案一直在这里 The Answer is Here All the Time 1

所有其他的想法都在逐渐消散, 那些日常琐碎的想法, 比如他对我做了什么、她做了什么、我本应做什么、我演讲得不好、我的老板给我加薪、某某想抢走我的工作等等, 所有这些事情都在潜意识层面运作着。

All other thoughts keep dropping away, thoughts of the day, what he did to me, what she did and what I should have done and my speech wasn't well, and my boss give me a raise, and so-and-so trying to take my job, all these things are going on on a subconscious level.

当你专注于一个想法时, 这些潜意识的想法就会安静下来, 它们会平息, 它们退到了背后, 从而心智便安静下来了。

As you hold to one thought, these subconscious thoughts quiet, they get still, they drop into the background, and that quiets the mind.

现在, 我认为在冥想中让心智安静最重要的因素之一就是兴趣。

Now, I think one of the most important things in quieting the mind in meditation is interest.

当你对某件事非常感兴趣并想找到某个问题的答案时, 你就会排除其他所有的杂念。

When you're very interested in something and getting an answer to a

question, you'll override all other thoughts.

所以，如果我们强烈地想知道“上帝是什么？我是谁？这个世界是什么？我和它有什么关系？”，如果对这些问题中的任何一个都怀有真正迫切想要得到答案的渴望，并且高度专注在这个问题上，那么所有的杂念都会消散，心智会变得极为专注，那么，答案就会自行显现出来，它源自内在，答案一直都在那里。

So if with intensity we want to know what is god? who am I? what's this world? what's my relationship to it? Any of those questions if there's a real burning desire to get the answer to it, and we hold that question with intensity, then all thoughts will drop away, and the mind becomes extremely concentrated, and then the answer shows itself, it comes from within, the answer is there all the time.

平息念头让我们能够看到它，看到一直都存在于那个领域中的答案。

The quieting of the thoughts allows us to see it, to see the answer that was there all the time in the realm.

当这种渴望非常强烈时，我们就能得到答案。

When that desire is intense, we get answers.

瞧，这就是为什么.....开始思考我认为它是什么.....我的，可能是吗？

see, that's why... start thinking is what I thought it was... mine, could be?

(这段音频稀碎，断断续续插播了海尔的声音，莱斯特的部分并不完整)

但是我曾走到尽头，他们告诉我，我的情况没救了，我只有十一周的时间。我认为那是给相信童话故事之类的意志薄弱的人准备的无稽之谈。

But I was at the end of the line, they told me I was finished, I only had days eleven weeks, I thought it was nonsense for the weak-minded people who believe fairy tales and things like that

但正是因为想要得到答案的强烈渴望，我必须得到答案，事情才开始有了转机，并且进展得相对较快。

but it was only because of the intensity of the desire to get the answer, I had to have the answers that things began to come, and they came relatively quickly.

在三个月的时间里，我从一个极端的唯物主义者变成了完全相反的人，物质变得毫无意义，只有灵性才是一切。

Over a period of three months, I went from an extreme materialist to the opposite extreme, material was nothingness, and only the spiritual was the all.

但是想要得到答案的愿望是如此强烈，尽管我的心智是最嘈杂的心智之一，答案还是开始出现了，我不自觉地进入了我不知道用什么词来形容的状态，比如三摩地。

But the wish to get the answer were so strong that in spite of that mind being one of the noisiest of minds, the answers began to come, and I automatically fell into things I knew no words for them like Samadhi.

我会专注于某件事，我会失去对这个世界的意识，我会失去对这个身体的意识，只剩下纯粹的念头，那个念头本身是这个宇宙中唯一存在的东西，这就是“专注”。

I would concentrate on something, I'd lose awareness of the world, I'd lose awareness of this body, and I would be just pure thought, the thought itself would be the only thing existing in this universe, that's absorption.

当冥想者和所冥想的对象合二为一时，你会失去对所有其他事物的意识，而只是意识到那一个念头，那是一种高度集中的心智状态，答案就在那里。

When the meditator and the thing meditated upon becomes one, you lose consciousness of everything but that one thought, that's a very concentrated state of mind, and the answer is right there.

然后，另一个念头会出现，我首先开始思考：什么是幸福？什么是生活？我想要什么？什么是幸福？

Then another thought would come up, I first started on: What is happiness? What is life? What do I want? What is happiness?

然后我发现幸福取决于我去爱的能力。

Then I saw happiness depended upon my capacity to love.

一开始我以为是我想要被爱，但其实不是，我发现是我去爱的能力给了我幸福。

First I thought it was I wanted to be loved, that wasn't it, and I saw it was my capacity to love that gave me happiness.

什么是智慧？

And what is intelligence?

专注在它身上，专注在它身上，我发现，宇宙中存在一种智慧，我们所有人都能直接与之相连。

Hold to it and hold to it, I'd see it, there's only one intelligence in the universe and we all have direct line to it.

就这样持续了三个月的时间，仅仅是因为这种专注的方式，我相信我看到了整条道路的完整画面。

And this went on in a matter of three months time, I believe I saw the entire picture went all the way, only because of the concentrated approach.

**我对这个主题一无所知，对方向、道路和路径都一无所知，但是我知道：
这个世界是什么？我是谁？我与它有什么关系？是什么让它运转的？**

I know nothing about the subject, I know nothing about the direction,
the way, the path, but I wanted to know: What is this world? Who am I?
What's my relationship to it? What makes it tick?

**然后你会发现整个世界除了你，什么都没有，从来就只有你，全都只是你，
因为只存在“一”。**

And then you see that the whole world is nothing but you, that there
never was anything but you, all alone, because there's only One.

但那不是最终的状态，你从那种状态中出来，仍然会有一定程度的心智残留。
But that isn't the final state, you come out of it and there is still a certain
amount of mind left.

所以你重新回到冥想中，直到不再有心智控制你。

So you go back into meditation, until there is no more mind controlling
you.

当你消除了所有的思维习惯、所有的心智倾向，你就自由了。

When you've eliminated all the habits of thought, all the tendencies of
mind, you are free.

然后你可以使用心智，你成了它的主宰，它不再支配你，而是你支配它。

Then you can use mind, and you will be the director of it, it no longer determines you, you determine it.

你知道，我们超过 90%的人都在被潜意识心智控制。

You know we're over 90 percent controlled by the unconscious mind.

好吧，意识心智很容易控制，但潜意识心智却不是。

Well, the conscious mind is easily controlled, subconscious is not.

因为它是我们建立起来的一种机制——不去看我们的想法，并让它们自动运行。

because it's a mechanism we set up of not looking at our thoughts, making them operate on automatic pilot.

我们对整个身体都进行了同样的操作，所以现在一切都是自动运作的。

We did it to the entire body, so it's all automatic now.

我们对所有的想法也是这样做的，但对我们当下感兴趣的那个想法除外。

And then we did it to all thoughts, but the thought we are interested in at the moment.

我们一开始就不想要那些想法，所以才把它们推开。

We don't want the thoughts in the first place, so we push them away.

当没有任何念头的时候，我们是最快乐的。

We are happiest when there are no thoughts.

有时当你做手上的活计时，你没空去想什么，你很开心，对吧？

Sometimes when you work with your hands, you're occupied, you're very happy, right?

为什么？

Why?

因为那些想法都被抛到一边了，甚至连潜意识层面也更安静了。

The thoughts are out of the way, and even subconsciously it's quieter

我们真的不想要各种想法，想法是让我们不快乐的东西，甚至是那些快乐的想法也会让我们不快乐。

We really don't want thoughts, thoughts are the things that make us unhappy, even the happy thoughts make us unhappy.

因为如果我们在享受某个东西，那么，我们会担心维持这种状态的可能性，而我们知道这种状态不会长久。

Because if we're going to enjoy something, then we're concerned about the possibility of maintaining this which we know is not going to last.

所以，快乐的念头在带来愉悦的同时，也会唤起它不会长久的体验。

So, the thought of the pleasure at the same time invokes, the experience of that it's not going to last.

因此，即使是快乐的想法也是有限制的。

So, even thoughts of happiness are limited.

因为真正快乐的状态是没有念头的状态、是全知的状态，它是超越念头的。

Because the real happy state is the no thought state, the state of omniscience, it's beyond thought.

现在我们开始谈谈冥想，但冥想似乎总让许多常年冥想的人产生疑问，最好的冥想方式是带着问题冥想。

Now we start on meditation, but meditation does seem to be a question, many people's minds who have meditated for years and years, and the best type of meditation is with question.

当你不带任何问题而进入一种美好的宁静状态时，你会感觉很好，但在获取大写字母 K 的真知（Knowledge）方面并没有任何进展，你只是在朝着宁静状态迈进而已。

When you just drop into a nice quiet state without question, you get a good feeling, but no progress of getting the Knowledge of the capital K, you're moving toward the quiet state.

所以，要是我们想走捷径，就应该从提出问题开始，最终我们都必须回答“我是谁”这个问题。

So, if we want to take the shortcut, we start off with the question, we finally have to answer “Who am I?”.

现在我要在冥想中持续这个问题，为了更快速的成长，冥想应该带着问题进行，在这一点上，智者比信爱者更有优势。

I want to keep this with meditation now, now meditation should be with questions for more rapid grow, it is where the Jnanis get the advantage over the Bhakti.

这种臣服和虔诚会让我们产生美好的感觉，这很好，但是智者会更进一步，说：“好吧，不要停在那里，去获得答案。”

This surrender and devotion throws us into nice feelings, and they're good, but a Jnanis goes further, says: “All right, don't stop there get the

answer.”

只有当我们完全知晓自己是谁、是什么的时候，我们才是站在道路的终点。

It's only when we fully know who and what we are, that we're at the end of the road.

所以，最快、最好的冥想方式是带着一个问题，然后安静下来，直到答案浮现，接着再进入下一个问题.....直到所有的答案都在那里。

So the fastest and best way to meditate is to with a question, and get quiet until the answer shows itself, and go to the next one until all answers are there.

我很幸运，因为我对这个主题一无所知。

I was very lucky that I knew nothing.

关于这个主题的智性知识是一种障碍，小我会用智性知识来代替对它的真正体验。

Because intellectual knowledge about the subject is an obstacle, the ego substitutes the intellectual knowledge for the real experiencing of it.

我非常、非常幸运没有任何这方面的知识。

I was very very fortunate not to have had any knowledge of it.

然而，我给你这个方向：不要相信任何东西，从零开始，在坚实的论证基础上一步一步地建立自己的知识。

However, I provide you in this direction, don't believe anything, start from scratch, build up your knowledge on a solid foundation of proof step by step.

每个人都必须这样做，对我们来说，唯一有用的是我们自己所体验到的。

Everyone must do this, and the only useful thing to us is that which we experience.

我以开车为例，如果我说我知道怎么开车，你转动钥匙，踩下离合器，挂上档，踩油门，然后出发.....我在一本书里读到了这些，但我坐进车里就能开车了吗？

I related to driving a car, if I say I know how to drive a car, you turn the key on, you step on a clutch, you put it in gear, and let the gas out, and gradually so forth and so on... I read that in a book, I get into a car, can I drive a car?

除非我亲自体验它，否则我开不了车。

Not until I experience it, can I drive it.

这条道路也是一样的，我们必须亲自体验一切。

The same thing on the path, we must experience everything.

当然，我们必须有这样的态度：这些伟大的“一们”所说的是真实的，他们已经体验过了，但我必须为了自己验证和证明它。

We must of course adopt the attitude that what these great ones are saying is so, they have experienced it, however I must check it out and prove it for myself.

基本的真理是：只有一个实相，只有一个绝对真理，也就是这整个世界和宇宙什么也不是，只是上帝；

And the basic truth is that there is only one reality, there is only one absolute truth, and that is that this whole world and universe is nothing but god;

但更好的说法是——那只是我自己，上帝是遥远的，他可能远在宇宙空间的无尽之处，但我自己就在这里，这是我所能了解的，是我几乎能具体化的，我自己就是祂。

But better than that is nothing but my very own Self, the God is far away, he can be miles and miles into cosmic space, but my very own self is right here is something I know about, is something I can almost make concrete, my very own self so.

把自己当作上帝，我觉得这比把上帝置于遥远的地方、与我们相分离要实际得多。

Using self as God, I think it's far more practical and putting him out there, putting him apart from us.

但每个人都必须从底部开始，向自己证明这一切，随着证据不断涌现，证据出现得越多，我们就越能接受那些伟大的“一”所说的话，直到我们亲身体验到这一切。

But each one must start from the bottom, and prove this whole thing out to themselves, and as the proofs begin to come the more they come, the more we accept what the great One say, until we experience the whole thing.

每一个辅助都应该是安静心智的一种方式。

Every aid should be a means of quieting the mind.

现在，如果冥想有困难，我们可以通过唱诵来做准备，唱诵能让我们的心智集中在唱诵本身上，日常的杂念会消失，从而让心智安静下来。

Now, if meditation is difficult, we can prepare the way by chanting chanting puts our minds on the chant itself and the thoughts of the day drop away, that quiets the mind.

锻炼身体，做一些体式等等，也有同样的效果。

Exercising the body, doing certain asanas and so forth do the same thing.

无论它是什么，任何有帮助的东西都是好的。

Anything that helps is good whatever it is.

但最根本的是要让心智安静下来，心智是唯一阻止我们看到自身无限的东西。

But the basic thing is to quiet the mind, the mind is the only thing that keeps us from seeing our infinity.

心智只是限制性想法的集合。

A mind is nothing but a collection of thoughts of limitation.

在冥想中，我们试着让心智安静下来，这样我们才能看到我们所是的这个无限存在。

In meditation, we try to quiet that mind, so we can see this infinite being that we are.

但冥想永远不应该是被动的，我们绝不能试图强迫头脑一片空白，冥想应该总是带着问题来做。

Meditation should never be passive, we should never try to force the

mind to go blank, meditation should always be with questions.

对于最佳的冥想来说，我们练习得越多，就越容易做到。

For the best, meditation, the more we practice meditation, the easier it is to do.

要获得真正深刻的洞见，需要一定的动能。

To get the real deep insights requires a certain momentum.

当冥想变得比这个世界上的各种事物都更令人愉悦时，我们就会充满活力、热情和渴望地投入其中，然后我们只会每天都迫不及待地想回到冥想中。

When meditation gets to be more enjoyable than things of the world, then we go at it with vigor and enthusiasm and desire for it, and then we just can't wait until we get back to it each day.

当我们获得那种动能的时候，心智会变得越来越安静、越来越安静，直到无限的真我清晰地呈现在我们面前，我们只会哈哈大笑。

When we get that momentum going, the mind gets quieter and quieter until the infinite Self is just glaring at us, and we just laugh.

既然大家都在谈论冥想，也许你也应该尝试一下，好吗？

Maybe with all this talk on meditation, you got to try it, okay?

冥想有很多的专注中心，有人专注于鼻尖、肚脐，但最好的位置是在这里：两眉之间。

Have a lot of centers, they concentrate on the tip of their nose, the navel, the best place is up here, between the eyebrows.

专注在两眉之间，能让你的注意力从身体的其他部位转移开，而且这里是第三眼、星光眼、灵性之眼的中心，它能将我们从较低的身体中心里拉出来，把注意力放到这里。

Concentrating here takes your mind off other parts of the body, besides it being the center for the third eye, the astral eye, the spiritual eye, it pulls us away from the lower centers of the body, come up here.

所以，如果让我推荐一个位置，那就是这里，但只要有帮助的地方都可以。

So, if I were to recommend a spot, but anything that helps helps.

心是一个好地方，因为它是感觉中心，而感受比念头更接近真我。

The heart is a good place, because it is a center of feeling, and feeling is closer to the Self than thought.

这取决于你的背景，如果你是金刚智者，那么可以专注于心的位置，但不是左边，而是右边；如果你是瑜伽士，可以选择肚脐或者鼻尖。

It depends on your background, if you're a Vajra Jnani, it would be the heart, but not on the left side, and the right side; If you are a yogi, either the navel or the tip of the nose are up here.

而你喜欢的地方是你前世一直在用的地方。

And the place you like is the place you have been using in prior life.

当我集中注意力的时候，并没有特定的地方，只是专注在想要获得答案上，这就是为什么我专注于此。

When I did my concentrating, it wasn't in any location, it was wanting wanting to have the answer, that's why I concentrated on it.

每一个想法的背后必然都会有欲望，否则你就不会思考了，难道不是吗？

Every thought has to have desire behind it, otherwise you wouldn't think, isn't that so?

所以，欲望不止有一个。

So, there's more than one desire.

你唯一要消除的就是欲望本身，不只是对这个东西的欲望、对那个东西的欲望，你有数十亿个需要消除的欲望，这需要无尽的时间，但消除了欲望，你就完成了，再没什么需要做的了。

The only thing you eliminate is desire itself, not desire for this thing, desire for that thing, you have billions of desires to eliminate, it takes more than forever, but eliminate desire, then you're finished, nothing else to do.

我可能会把这个三角形进一步细分，我想我会从顶部的“欲望”开始，然后向下分为两类，也就是贪恋和厌恶，接着再细分到底部的情绪、倾向和想法。

I'll probably break the triangle down into more, I think I'll start with desire in the top and come down to two, attachments, averse, and break that down into probably emotions and tendencies and thoughts at the bottom.

成长其实很简单，没什么复杂的，就是摆脱那些最终会形成倾向、情绪和欲望的想法，把它们消灭掉，你就彻底自由了。

Growth is so simple, there's nothing complicated about, it's getting rid of these thoughts that culminate in tendencies, that culminate in emotions, that culminates in desire, run them out and you're totally free.

这就是你需要去做的全部了，丢弃欲望本身，好好想想这一点。

That's all you have to do, run out desire itself, think on that.

欲望可以分为贪爱和嗔恨，如果你有欲望，是谁有欲望？

Desire breaks down to attachments and aversions, if you have desire,

who has it?

是你有。

You have.

如果你有欲望，只有你想保持住它，你才能拥有它，这样你才能拥有欲望。

If you have it, you cannot have it unless you want to hold onto it, then you can have it.

实际上，是欲望在运作你，你被它束缚了，控制是一种欲望，每个人都渴望控制别人。

Actually, it has you, now you have it, control is a desire, everyone desires to control every other one.

消除欲望，控制也就随之消失了。

Run out desire and you run out with the control.

欲望、倾向、念头都是小我的产物，消除它们，也就消除了小我。

Desires, tendencies, thoughts are all the effect of the ego, knock them out and knock out the ego.

现在，我眼中的参究真我和过去不同了，过去，我会像薄伽梵那样教你，仅

仅是发现“你是什么”，现在我明白，远不止于此，还要消除你所不是的东西，这才是成长。

Vichara looks different to me now than the way he used to, I used to give it to you like Bhagavan, just discover what you are, I can see now that it's more than that, It's knocking out what you're not, that is growth.

因为你们可能会进入一个很高的状态并停留在那里，而你不去消除你所不是的。

Because you people can get into a high state and stay there, and you don't knock out what you're not.

所以，在参究真我中，当你看到你之所是的时候，你必须消除你所不是的。

So, in vichara, when you see what you are, you must knock out what you're not.

如果你是白人，你就不是黑人；如果你很冷，你就不会热。

And if you're white, you're not black, if you're cold, you're not hot.

所以，当你在参究真我中看到自己所是的样子时，你并不是其对立面。

So, when you see what you are in vichara, you're not the opposite.

你消除了对立面，即使在参究真我中，这才是成长，消除你所不是的，才有可能看到你自己并远离心智。

And you knock out the opposite, and even in vichara, that's the growth, knocking out what you are not, it's possible to see yourself, and move away from the mind.

你只是淹没了心智，但这并不是成长。

You just submerge the mind, that's not growth.

我想你们都曾有过瞥见真我的经历，为什么你不一直保持在那种状态呢？

I think you've all had sight to the Self, why don't you remain that way?

因为你被心智淹没了，瞥见真我时，你只是暂时把心智搁置一旁，你感觉很好，然而过一会儿，心智又会再次出现，你就感觉没那么好了。

Because you submerged the mind, you put it aside for the time being, and you felt great, and after a while, the mind re-emerges and you don't feel great.

所以，在参究真我中，你必须解决掉你所不是的，当你看到你之所是时，当你看到你是无限的时，你知道自己不是那个受限的身体，你必须消除对那个受限身体的认同。

So, in vichara, you've got to work out what you are not, when you see

what you are, when you see you're unlimited, you know you're not that limited body, you've got to knock out identification with that limited body.

所以，再说一次，成长就是清除你所不是的，即使在参究真我中也是如此。

So, again, the growth is willing out what you are not, even in vichara.

但是你看，薄伽梵并没有强调这一点，不是吗？

But to see, Bhagavan doesn't emphasize that, does he?

早期我好像也没强调过，对吧？

I don't think I used it either in the early days, did I?

因为它太自动化了，如果你认识到自己是无限的，怎么还会认为自己是有限的呢？

Because it's so automatic, if you see you're unlimited, how can you see that you're limited ?

当你抵达那里时就是这样的。

It's the way it seems to you when you're there.

06.答案一直在这里 The Answer is Here All the Time 2

所以，从较低的层面来看，你必须消除那些你所不是的，当你看到你是什么时，看，当你上升到那里，就像薄伽梵一样，你不再看到自己所不是的东西，你已经把它忘了。

So down below, you've got to knock out that which you are not, when you see what you are, see, when you get up there, like Bhagavan is, you no more see what you are not, see you've forget about it.

当你进入真我，你会发现你不是身体，所以你不会再认同身体。

Well, when you get into the Self, you see you're not the body, so you don't identify as the body anymore.

但成长并非是看到你自己，成长是不认同身体。

But the growth is not seeing yourself, the growth is not identifying with the body.

如果再次深入阐述，我还是会说同样的东西。

And if I move up again, I'll say the same thing.

你所要做的就是看清你是什么。

What you've got to do is just see what you are.

所以，记住，即使在参究真我中，成长也是清除那些你所不是的东西。

So remember that, even in vichara, growth is willing out that which you are not.

你去到高处看到了你是什么，这样你就能看到你不是身体、不是心智，然后你就可以丢弃它，当你看到你所是的时候，你就可以很容易地丢弃它了。

And you go high to see what you are, so you can see that you are not the body, mind, and you can will it out, you drop it off so easily, when you see what you are.

当你看到自己是什么时，毫无疑问你会知道自己并非这是有限的、由一堆肉、情绪思想、黏液和粪便组成的垃圾，关于这一点毋庸置疑。

When you see what you are, there's no doubt whatsoever that you're this limited clump of garbage, clay, mud, slime, excrement, there's no doubt about it.

所以，当你看清你是什么时，自然而然就能看到你所不是的。

So, it seems automatic, when you see what you are, you will automatically see what you're not.

这个身体与你的本质是截然相反的，你不可能比在一个物质身体里更受限的了，它是你无限存在的另一个极端，还有比人类的物质身体更低的一个层次，然而比动物的物质身体低不了多少。

This body is the opposite extreme of what you are, you can't be any more limited than in a physical body, it's the other extreme end of your infinite Beingness, there's one step lower than being a human physical body, and it's not so much lower than being an animal physical body.

物质身体处于最底层，在无限的另一端，这就是你拼命抓着的東西，愚蠢。

The physical body is the bottom end, the opposite end of infinity, and this is what you hold on to for dear life, silly.

现在，再说一次，你应该已经非常清楚这条道路了，唯一的成长就是丢弃你所不是的东西，丢弃对身体和心智的认同，其他的一切都只是你达成目标的辅助。

Now, again, the way should be so clear to you, the only growth is dropping what you are not, dropping identification with the body, mind, everything else is just aid to do that.

有什么问题吗？

Any questions?

整个主题可以总结为：你就是那，丢弃所有这些与之相反的想法，剩下的就

是无限的你。

The whole subject summed up is: THOU ART THAT, drop all these thoughts to the contrary, what remains over is the infinite you.

这很难吗？ 这很神秘吗？

Is that difficult? Is that mystical?

为了阻止自己意识到这一点， 你选择阅读相关内容， 而不是去认清它。

To keep yourself from realizing it, you read about it instead of realizing it.

阅读没什么好处， 我真的觉得如果你阅读的话， 它是在阻碍你。

Reading is not doing any good, I really believe it's holding you back if you read.

你听我说过， 对你来说， 做你自己就像做一个女性那样困难， 这是真的。

You've heard me say that this is difficult for you to be yourself as it is for you to be a female, that's true.

但这是你应该努力去做到的事情， 直到你看清它， 这才是毫不费力的地方。

But that's something you ought to work on until you see it, that's where effortlessness fits in.

做你自己所付出的努力，和你现在作为一个女性所付出的努力，是一样的。

It takes as much effort for you to be yourself as it does for you now to be a female.

那么，所有的努力都去哪儿了？

So where's all the effort?

我说，信仰不应该是上帝，而应该是幸福。

I say the fate should be not God but Happiness.

因为我认为每个人都或多或少地在有意识地寻找它。

Because everyone I think is more or less consciously seeking it.

实际上，任何寻求幸福的人都是在寻找他们自己的真我，他们在它所不在的外界寻找，然而只有当停止思考的片刻里，他们才能感受到他们自己。

Actually, anyone seeking happiness is seeking their very own Self, looking for externally where it isn't, and feeling themselves only momentarily when they stopped thinking.

只有在你停止思考的瞬间，你才能感受到你的真我。

The only time you feel your Self is when you stop thinking.

所以思想掩盖了真我，思想掩盖了幸福。

So, thinking covers over the Self, thinking covers over happiness.

这就是为什么当欲望得到满足时，那些想法会停止，我们不再为之奋斗，我们很快乐。

That's why when the desires are fulfilled, the thoughts stop, we're not striving for it anymore, we're happy.

但这不是获得某样东西而带来的快乐，而是停止思考如何得到它所带来的快乐。

But it isn't the attaining of the thing that causes the happiness, it's the stopping of the thinking of how to get it.

停止思考，允许真我存在，这就是幸福，或多或少这就是真我的意义。

That stops of thinking, and allows the Self to be, and that's what happiness is, it's a Self meaning more or less.

出离，真正的出离在于内在，既不会通过身体上的舍弃来达成，也不会因未在身体上出离而受到阻碍，这就是帕拉宏撒·尤迦南达在一开始时所说的。

Renunciation, true renunciation is in the mind and is neither achieved by physical renunciation nor impeded by the lack of it, that's what

Paramahansa Yogananda said in the beginning.

别把这个世界当作是真的，也不要逃离这个世界。

It's not taking the world as real or running away from the world.

出离者明白这个世界上没有幸福，真正的出离在于心中，既不会通过身体上的出离来达成，也不会因为未对身体物理出离而受到阻碍。

A renunciate knows that there is no happiness in the world and being true renunciation is in the mind and is neither achieved by physical renunciation, nor impeded by the lack of physical renunciation.

出离者明白，幸福不存在于这个世界上、也不存在于人和事物中，唯一的幸福在存在中，在成为我们所是的真我中。

A renunciate knows that there is no happiness in the world, in people or things, that the only happiness is in Beingness, being the Self that we are.

出离者接纳一切事物本来的样子，不抗拒任何东西，也不贪图任何东西，因此，他处于平和、平衡、宁静和安详之中。

He accepts all and everything as they are, resists nothing, covets nothing, he is therefore at peace, in equipoise, tranquil, and serene.

因为出离者没有欲望，所以他能调和所有的冲突。

As he is desireless, and harmonizes all conflict.

总而言之，出离就是放弃小我。

Summed up, renunciation is giving up of the ego.

持续出离的方法就是每天释放小我，并且每天更多地处于真我的觉知中。

The continuous method is daily letting go of the ego and daily being more in the consciousness of the Self.

真正的出离是摆脱欲望、激情和贪爱，这将扩展一个人的爱，让他能包容自己的家人、所有人乃至整个世界。

True renunciation is off desire, passions and attachments, this will expand one's love to embrace his own family, all people, the whole world.

这就是剥离小我，融入一切之中。

It is the divesting of the smaller to merge into the all.

这是为了更伟大的部分而释放较渺小的部分，是放弃“我”和“我的”观念，而不是放弃财物，一切都被一次性地放弃了，占有欲的种子也被摧毁。

It is the letting go of the lesser for the greater, give up I and mine rather

than my possessions, and all is given up in one stroke, and the very seed of possessiveness is destroyed.

一个人是在心理层面出离的，并非改变身体所处的位置。

One renounces mentally not by location.

真正的出离只存在于心智之中，出离不是退缩，而是爱的扩展，出离是放弃欲望、激情和贪爱。

The only real renouncing is in the mind, renunciation is not a withdrawal, but is a widening of love, renunciation is renouncing desire, passions and attachments.

人们要明白自己可以在世界中出离，这一点很重要。

It is important for people to know that they can renounce in the world.

在如今这样的生存状态下，从世界中出离比远离这个世界的出离要困难得多，在与世隔绝中出离比在这个世界中出离要容易得多。

Renouncing in the world because of this state of Beingness today is far more difficult in renouncing than one is away from the world, it is far easier to renounce in isolation than it is in the world.

出离变得越来越艰难。

This is getting rougher and rougher.

很少有人能做到在这个世界中出离，只有修行状态高的人才能做到这一点。

Rare there's the individual who can renounce while remaining in the world, it takes a very advanced being to be able to do that.

因为我们被过去积累的倾向所淹没了，自动控制的运作是如此之多，我们受过去的倾向驱使，处于自动控制的状态，我们很容易陷入世界的洪流之中，最终被它淹没。

Because we're so swamped by the accumulated tendencies of the past, and there's so much operating on automatic control, being automated by these past tendencies, that we very easily slip into the stream of the world, and are actually sunk by it.

所以，尽管不一定非要与世隔绝，但这样做也是非常有帮助的，而且几乎每个人都需要，只是因为小我的习惯实在太强大了，这一点从始终忠诚的弟子的数量就可以得到印证。

So, even though it's not necessary to isolate, it's very very helpful and is needed by almost everyone, only because the ego habit is so so strong and this is worn out by the number of disciples who remained faithful.

比如耶和花生前，只有两名门徒一直保持忠诚到最后，对吗？

Like Yeshiva's lifetime, there's only two who remain devoted up until the

end, right?

如今的倾向是如此之强，过去的习性、业习、过去的思维习惯极其强大，以至于很少有人能凭他自己在这个世界上做到这一点，甚至在摆脱某种业习之后还能在世间做到这一点的人也是少之又少。

The tendencies today are so strong, the past tendencies, the vāsanās, the past habits of thoughts are so strong that rare is the individual who could make it on his own in the world or even make it in the world, after leaving a vāsanā.

但这是可以做到的，只是极为罕见而已。

But it can be done, but it's rare.

因此，正如罗摩·克里希纳所说，最好先与世隔绝，然后当你足够强大、不会沉沦时，再踏入这个世界。

Therefore, it's advisable to isolate, as Rama Krishna said and then when you're strong enough, but you don't sink, then go into the world.

你看，祂甚至要把祂的 12 个门徒先带出这个世界，然后训练他们，这样他们才能在进入世界后不被其裹挟。

You see, He had to take even his 12 disciples, He had to take them out of the world and train them first, so that they could go into the world and not be caught up in it.

再说一次，我要强调，由于处于卡利时代，如今要做到这一点是多么困难，我觉得我们四面受敌。

Again, I'm emphasizing how difficult it is today because of the Kali Yuga, I think we're covered from all sides.

首先要出离的是放弃小我，这在世界中或远离世界都可以做到，居家之人或出家人都能做到。

The first, renunciation is renouncing the ego, that can be done in the world or out of the world, it can be done by a householder or by a monk.

但对于居家之人来说要困难得多，因为他处于那种可能沉沦其中的危险境地。

It's far more difficult for a householder, because he's in that dangerous situation where he can sink.

我想总的来说，最好的方法是在一段时间内与世隔绝，隔离一段时间，然后进入世界，再离开世界，接着回到世界中，进进出出，我认为这是成长的最快方式。

I guess all in all the very best way is to isolate for periods of the time, go back into the world, out of the world, back into it, in and out, I think is the very fastest means of growth.

但在所有听我讲这些话的人中，几乎所有人都沉沦过。

But there's hardly anyone who of all the people who have been listening to me and hearing me say all these things who hasn't sunk.

所以，在某种程度上，他们似乎觉得自己有了力量，然后他们决定：“好吧，我要在这个世界中运用这一切。”

So, in a way, they seem to sort of feel their own strength, and then they decide: “well I'm going to use this in the world.”

而这就是他们沉沦的原因。

And this is where they sink.

在这个世界中运用这一点是不可能的，一旦你开始试图在这个世界中运用这一点，这个世界就会是真的，你会想让生活变得更好、得到更多的东西、得到更多的帮助，帮助别人了解这些东西等等.....

It's impossible to use this in the world, once you start trying to use it in the world, the world is real, so make life better, get more things, get more help and help the others to know these things like that...

这条道路就像刀刃的边缘一样狭窄笔直，在你偏离的那一刻就会坠落。

the great narrow is the path like a razor's edge, this narrower path is a

Razor's edge, in the moment you step off it, you fall.

我想，现在，我在强调的是：每天保持警惕是多么重要，哪怕是松懈一两天也不行。

I guess now I'm emphasizing how important it is to keep up the vigilance every day, you let go for one or two days.

然而，我们所做的一切努力都不会白费，我们做的所有努力都在让我们朝着正确的方向前进。

However, no effort we make is ever lost, all the effort we make is moving us in the right direction.

但问题是，你想什么时候做到？今生还是在今后几世？

But the question is when do you want to make it? This lifetime or several lifetimes from now?

如果你想在此生觉醒，就必须全力以赴。

If you want to make it this lifetime, it has to be all out.

道路中的每一步都在为你指明方法。

Each step of the path shows you the way.

当你进入三摩地时，你开始获得你的领悟，每个人都觉得：“哇，天哪，这就是三摩地！”就是这样，那是开始。

See when you drop into Samadhi, you begin to get your realizations, everyone thinks: “Oh, boy, that's Samadhi!” That's it, that's the beginning.

消除小我与安静心智得携手并进。

Ego elimination and quieting in mind go hand in hand.

小我创造了所有的念头，每个念头都会得到小我的满足，所以你越消除小我，就越是在消除思考。

It's the ego that creates all the thoughts, every thought gets satisfied by the ego, so the more you eliminate the ego, the more you eliminate thinking.

当你做得足够多时，心智至少能在某些时刻保持安静，那个时刻就是三摩地，无法用语言描述这种感觉是什么样的，他们称之为“专注”，你在思考世界是什么，你保持持续专注，然后其他所有的念头就都消散了。

And when you do it enough, so that the mind can remain quiet at least at moments, that moment is Samadhi, and it can't be described in words what the feeling is like, they call it absorption, you're thinking on something that what is the world, you keep thinking and thinking, and all other thoughts drop away.

随着念头的消失，你会失去对周围世界的感知。

As thoughts drop away, you lose awareness of the world around you.

当你持续专注时，你会失去对自己身体的感知，你会忘却自己的身体、忘却你自己。

As you keep thinking, then you lose awareness of your own body, you forget your body, if you forget yourself.

接着，当你忘却世界、忘却自己时，心中唯一留存的便是那一个念头，而那一刻宇宙中唯一存在的就是那一个念头，因为只有那一个念头——你就是它，似乎在这个宇宙中就只有这一个纯粹的念头。

And, then, when you forget the world, you forget yourself, the only thing in mind is that one single thought, and that's the only thing existing in the universe at that moment is that one thought, and since there's only the thought, you are it, the way it seems that there's only a single thought in this universe.

当你到达那个点时，答案就在那里，你会从狂喜的状态中走出来，那种感觉美妙极了，同时你也会很高兴，因为你得到了一个绝佳的答案。

And when you hit that point, the answer is there, you come out of it in a state of ecstasy, so high, you're also ego you elated, because you got a tremendous answer.

但这会促使你一次又一次地这样做，直到获得所有答案。

But it encourages one to do it again and again until all the answers are gotten.

当你得到每一个答案时，你就离“我是谁？我为什么存在？”这个问题的最完整答案越来越近了。

As you get each answer, you're moving closer to the fullest answer to the question "Who am I? Why am I?"

现在，要进入三摩地的状态，需要我所说的那种动能。

Now, to get to the state of Samadhi takes that momentum that I've talk about.

它必须是每天都要做的事情，每一天都要如此。

It has to be daily, every day.

而且我们对自由的渴望必须超过我们想要其他任何事物的渴望。

And we have to want this more than we want anything else.

我们对冥想、对这种心智的引导必须超过对其他任何事物的渴望。

We have to want this meditation, this directing of our mind more than

anything else.

你会得到真正的乐趣，你会比享受其他任何事物更享受它。

You gets to be a real delight, you enjoy it more than anything else.

因为你变得越来越安静，而心智的安静能带给我们幸福和快乐。

Because you're getting quieter, there's a quietness of mind that gives us happiness and joy.

所以，当你达到某个点时，他们称之为“渡过难关”，当冥想比其他任何事物都更令人愉悦时，我们就渡过难关了，然后我们就能形成这种势头。

So, when you reach a certain point, they called it getting over the hump, when meditation is more enjoyable than anything else, then we're over the hump.

然后我们可以让这种势头继续下去，我们冥想得足够多，以至于对身体所处的这个世界失去了意识；

Then, we can get this momentum going, we meditate enough, so that we lose consciousness of the world in our body;

然后我们就进入了三摩地，进入了这种专注的状态，思考者和念头合二为一；

And then we're in Samadhi, We are in the state of absorption where the

the thinker and the thought become one;

接着，答案就在那里了。

And then the answer is there.

这能消除大量源于小我的错误认知，能消除很大一部分小我，我们消除的小我越多，下次能更深入地让心智安静下来。

And that wipes out tremendous amounts of false knowledge of the ego, that wipes out tremendous chunks of ego, and the more ego we wipe out, the deeper we can go into quieting of the mind the next time.

当动能开始时，永远不要放手，直到你走完全程，这样就不会再有小我残留了。

When the momentum gets started, never let go until you go all the way, so that there's just no more ego left.

因为如果你在任何时候停下，都会被残留的小我拉回到这个世界中去；

Because if you stop at any time, you'll be sucked back into the world by the amount of ego that's left;

或者如果你达到了一个相当高的状态，你会被卷入成为一个世界甚至宇宙的主宰，我们在书中有时会谈到这个，你达到了很高的状态，但还残留了一点

小我，然而你就成了世界、太阳系之类的一个统治者，然后，按照我们的时间概念，你可能需要数百万年甚至数十亿年才能走完最后这段路。

Or if you're extremely high into it, you'll get sucked into being a ruler of a world or even a universe, some of the times we talk about this in the book, you go so high, and you have a little ego left, and you get to be ruler of a world, or a solar system or something like that, and then it's going to take you in terms of our time, millions and maybe billions of years to go the last bit away.

你能进步最快的地方就是当下的所处之地。

The place you can go fastest is right here.

你的状态越高，成长的速度就越慢。

The higher you go, the slower the rate of grow.

因为我们此生所面临的鞭策是最严厉的，也是最困难的，你达到的状态越高，事情就会变得越容易，一切都会顺遂，成长的需求也就越少。

because this is the severest of prodding we get right here in this life that we're in, it's the most difficult, the higher you go, the easier things get, the more everything is okay, the less need there is to grow.

这正是星光界的问题所在，那是一个非常美妙的世界，在那里很少有人成长，他们回到这里来成长，但这里的情况就没那么美妙了。

And this is the trouble in the astral world, it's such a delightful world, very few people there grow, they come back here and do their growing, but things are not so delightful.

事实上,我想说答案不在于事物本身,而在于对念头、对事物的欲望的平息,念头平息了,心智便安静了,心智安静下来,真我就在那里,真我一直都在那里,此时此地它是完美的,它是无限的,我们无法改变这一点。

In fact, I say it's not coming from the things, it's coming from the stilling, of the thoughts, of desire for the things, the thoughts are quiet, the minds quiet, and the Self is right there, the Self is always there, it's perfect, it's infinite here and now, we can't change that.

你唯一能改变的是与之相反的概念,小我的概念就是相反的概念。

The only thing you can change are the concepts to the contrary, concepts of ego are the concepts to the contrary.

所以,你必须要小心,你可能会陷入其中,一开始,一切都很好,它确实会鼓励你,你掌控了世界,但你必须得小心,不要陷入那种试图保持掌控世界的状态,以至于迷失自我。

So you have to be careful, you can get caught up in that thing, at the beginning, it's all right, it did you encourage you, you master the world, but you've got to be careful that you don't get caught up in trying to remain a master of the world, to the degree that your ego is let go of it.

爱不是你能随意开启或关闭的东西，它就是它本身，这取决于你的“存在状态”。

Love is something you can't turn on, nor can you turn it off, it is what it is, it's according to your state of Beingness.

这个世界所说的爱与我们正在谈论的爱不是一回事，你内在爱的能力和你爱的层次，都是一样的。

What the world calls love is other than what we're talking about, your capacity to love, your level of love inwardly is the same all the time.

但在某一时刻你释放的爱会比其他时刻多，你能释放出的爱只能达到你所拥有的程度，但它总会让人感觉处于一种很高的状态，因为这是你去爱的最大能力。

But at one moment you let it out more than at another moment the amount that you have, you can only let out to the degree that you have it, but it always feels high, because it's your highest capacity to love.

在爱的极致状态下，你会平等地爱每一个人，无论他们是你的家人、孩子还是陌生人，但爱是完全平等的，这是诠释爱的崇高境界的另一种方式。

In a high state of love, you love everyone equally, whether they are your own family, your own children, or strangers, but the love is exactly equal, that's another way to tell the high state of love.

但只有在我们所拥有的程度内，我们才能将其表达出来。

But only to the degree we have it, can we express it.

当我们在我们的最高点感受到爱时，对我们而言，这永远是极致的感受，因为那是我们所知晓的最高点。

And when we're feeling it at our highest point, that's always high to us, because that's the highest point we know.

但你会进入一种狂喜的状态，有时这种感觉会令人难以承受，每一刻都有全新的喜悦不断涌现，你会达到一个自己无力承受的状态，然后，通过进入一种深沉、极度深邃平静的状态，你便超越了那种状态。

But you get into a state of ecstasy where it's overwhelming at times, it gets to be this ever new joy welling up every moment, you reach a point where you become incapacitated by it, and you rise above that by it dropping into a state of deep, very profound peace.

原本令人兴奋的东西变成了宁静，那是超越所有理解的平静，这是一种永远不会被任何事物扰乱的平静，即使你看到一颗子弹朝你飞来，你也不会因此而受到搅扰。

What was sort of an excitement thing turns out to be a serenity thing? and that's the peace that passes all understanding, it's a peace that can never be perturbed by anything, even if you see a bullet coming at you,

it wouldn't disturb it when they are.

记住，你能利用这个世界上在发生的一切来成长，这是一个消除小我的绝佳机会。

Remember, you can use everything that's happening in the world to grow by, it's an excellent chance to undo a lot of ego.

你强化自己的方式就是保持练习，每晚、每天早上冥想，永远、永远都不要放弃。

The way you fortify yourself is to keep the practices going, meditating every night, every morning, never ever let go.

当你在城市中时，你必须收敛心神，每天早晚都要集中精力获取必要的力量。

You must withdraw it when you're in the city, every night and every morning gather yourself in to get the necessary power.

07.不存在任何问题 There Are No Problems 1

如果我能先跟你们讲讲我对你们的印象，在我看来，自从我上次来过之后，人们的问题似乎变得更严重、更棘手了。

If I could start with something, tell you my impressions of you, it appears to me that since I was here last time, people seem to have

greater, more intense problems.

这是普遍针对所有人而言的，并非针对某个人。

This is for all people in general, not someone in particular.

而且和我交谈过的大多数人来说也是这样的，问题比我们这里的人还多，

And also for the majority of people that I was talking with, which is more than what we have here,

就在今晚我来之前，我和五个不在我们这个群体的人聊了聊，他们不是我们群体的人，他们上次也不在我们这个群体里。

just tonight alone, before I came, I spoke to five different people who are not with our group, they weren't with our group last time either.

现在，问题变得愈发严重，看起来人们好像在倒退。

Now, this intensification of problems appears as though people are going backwards.

但事实并非如此，人们开始上升进入一个能向外表达自己的状态，现在，问题开始显现出来，而不是只停留在心智中。

That isn't true, people are beginning to rise to this state where they can outwardly express themselves, their problems are now coming out into

the manifest rather than staying held in the mind.

当人们非常冷漠的时候，他们很难表达自己，也很难有所行动，所以这些问题就一直萦绕在他们的脑海里，其中大多数问题都没有在世界中表现出来。

When people are very apathetic, it's difficult for them to express, it's difficult for them to do, and so their problems remain around in their mind, and most of them don't come out in the world.

当他们仅仅比那种状态再往上走一步时，他们仍然处于这种冷漠状态，这是一种非常低的状态，然而他们开始具备一些行动能力了。

When they get just one step above that, they're still in this apathetic state which is a very low state, and they're beginning to acquire some of the capability of doing.

接着，他们的问题就会显现，而且似乎整个世界都在向他们压来。

And then, their problems become manifest, and it seems as though the world is falling in on them.

实际上，这是一种成长状态，从惰性状态、完全的惰性态上升并进入变性状态的开端，这就是惰性-变性态。

It's actually a state of growth to move up from the tamasic, the complete tamasic state, and come up into the beginnings of the Rajas state and that's a state of tomasic-rojasic.

注：《吠陀经》描述的三种心智状态，它们的梵语(古印度语)名称是 Tamasic(惰性状态)、Rajasic(变性状态)和 Sattvic(悦性状态)。

关于这些宗教术语，惰性状态、变性状态、悦性状态，你们都熟悉吗？

Are you all familiar with these terms, tamasic, rojasic, sattvic on religion?

因此，当我们进入这种惰性-变性态时，我们开始处理惰性态的倾向。

So, when we come up into this tamasic-rajasic state, we begin to do with tamasic tendencies.

所以，我们多少都具有破坏性，这当中也包括对我们自身的破坏。

So, we're somewhat destructive, and that includes ourselves.

因此，当我们对自己造成破坏时，我们就会出现问题，而且情况似乎会变得更糟，有时候我们以为自己是在倒退，但实际上我们正在前进。

So, we become destructive to ourselves, we have problems, and things seem to get worse, sometimes we think we're going backwards, but actually we're moving ahead.

现在，惰性-变性态的上面一层是纯粹的变性态，这是一种“行动状态”，处于正中间的位置，你有同等程度的破坏性和建设性。

Now, the step above tamasic-rajasic would be pure rajasic, one of

doingness, right in the middle, you're equally destructive and constructive.

再往上迈一步，你就进入了变性-悦性态，在那里，你是一个充满建设性的大实干家。

Move up another step, you move into the rajasic-sattvic area, where you're a big doer constructively, you step up from there.

从那里再进一步，你就进入了悦性状态，你不必做些什么，仅仅只需存在。

You go onto the sattvic state, you don't have to do, just have to be.

所以，在我看来，总体情况是世界正在朝着这种惰性-变性态发展，每个人似乎都有越来越严重、越来越棘手的问题，当然，不是每个人都如此。

So, the overall pictures that I see is that the world is moving up into this tamasic-rajasic state, and everyone seems to have bigger and better problems, now it's not everyone.

当然，走在灵性道路上的人占比要少于世界上的其他人，他们都被卷入了这个状态，你能看到它在种族问题、青少年犯罪、越南问题、塞浦路斯问题、刚果问题中的体现吗？

Of course, the percentage of those on a path is less than the percentage of those in the world, they're all involved in this, you see it expressed in the race issue, juvenile delinquency, Vietnam, Cyprus, Congo?

如今，这种现象随处可见，人们应对问题的方式是惰性的、具有破坏性的，问题不必通过互相残杀、暴力或抢劫来解决，问题可以通过讨论来解决，也应该如此，但这是从较低状态向前迈出的一步。

It's prevalent everywhere today, the way they're coping with it is in a tamasic way, a destructive way, problems don't have to be solved by killing each other, by violence, by looting, problems could be solved by discussion, and should be, but it's a step forward from a lower state.

当今世界处于一种非常低的“存在状态”，通常被称为物质主义时代，你还没读过圣尤地斯瓦尔关于周期的《神圣科学》，这本书阐述了地球的各种周期，以及我们如何每 24,000 年经历从顶端到低谷再到顶端的过程。

The world today is in a very low state of Beingness, usually called the materialistic age, you haven't read Sri Yukteswar's <Holy Science> on the cycles, it lays out the various cycles of earth, and how we go from the top to the bottom to the top every 24,000 years.

我们是从公元 500 年的最低阶段中走出来的，你知道黑暗时代是怎么回事；

We came out of the lowest stage of 500 A.D. you know what the Dark Ages work;

我们正在进入第二阶段，正经历着从第一阶段过渡到第二阶段的成长痛苦，但第二阶段不是一个高度灵性化的阶段，它是一个我们在技术上取得巨大进

步的阶段;

We're moving into the second stage, and we're having the growing pains of getting out of the first into the second, but the second is not a highly spiritual stage, it's a stage where technically we advance tremendously;

第三阶段开启了我们认识到这是一个心理世界的状态，我们不再互相争斗，开始彼此爱护；

The third stage begins the state of we know as the mental world, we stop fighting each other and we begin to love each other;

而第四阶段是人类认识到自己的“存在状态”就在上帝之中。

And the fourth state is a state in which man knows his Beingness in God.

然而，在任何时候，只要有人愿意，他就能直接进入最高状态中，总体而言，我们不必停留在世界所处的层面。

However, at any time, whenever anyone chooses, he moves into the highest state, we don't have to stay at the level that the world is in, in general.

我们这些走在道路上的人正在从这个世界的普遍层面中上升，我们难道不幸运吗？

And those of us who are on the path are pulling up out of this general level of the world, aren't we lucky?

对世人来说，一切都没有希望，他们感到无助，而我们知道有一条出路，无论有多痛苦，我们都知道有出路，我们有希望。

To the world, everything is hopeless, they feel helpless, we know there's a way out, no matter how much it hurts, we know there's a way out, we have a hope.

出路是什么？

What's the way out?

不是向这个世界寻求幸福，不是向他人寻求幸福，而是寻找幸福所在的地方，那个地方就在我们之内，在我们的意识之中，这是我们自然的、固有的状态。

Not looking to the world for happiness, not looking to people for happiness, but looking for the place where happiness is, and that place is right within us, within our consciousness, it's our natural, inherent state which we have.

由于无知，通过强加限制性概念破坏了这种状态，即“我需要这个、我需要他、我需要她，如果我得不到这些东西，我就会有麻烦，我会受伤”。

Through ignorance, undone, by imposing concepts of limitation “I need this, I need him, I need her, and if I don't get these things, I have trouble,

I am hurt”.

成长不过是释放这些限制性概念，或者从积极的方面来看，是进驻内在，看到我们所是的这个无限存在。

Growth is only letting go of these concepts of limitation, or on the positive side, going within and seeing this unlimited being that we are.

任何时候我们遇到麻烦、任何时候我们碰到问题，我们都是在试图成为小我，我们都是在试图通过受限的小我来展现真我，但小我太小了，它受到挤压就会受伤。

Any time we have trouble, any time we have a problem, we're trying to be the ego, we're trying to express the Self through the limited ego, and it's too small, it gets squeezed and it hurts.

所以，如果出现问题，要做的就是问你自己：“我在做什么？我的小我在哪些方面有所要求、有所追求，等等？”

So, if there is a problem, the thing to do is to ask yourself: “What am I doing? wherein is my ego demanding, seeking, and so forth?”

如果答案浮现了，如果你发现，从小我的角度看，是你自己造成了这个问题，你就会把问题的根源从潜意识层面拉到意识层面，一旦它是有意识的，你自然就会释放它。

If the answer comes, if you see how ego-wise, you're causing this

so-called problem, you pull the cause up from the subconscious into the conscious, and once it's conscious, you'll naturally let go of it.

人们之所以释放不了它, 是因为引发这个难题的想法是潜意识层面的, 所以, 要么我们让这个想法进入意识层面并释放它, 要么我们足够坚定地认识到, 我们不是这个身体, 这个心智、这个世界, 我们是真我。

The reason why one doesn't let go of it is because the reason the thought that initiated this difficulty is subconscious, so either we make the thought conscious and let go of it, or we know strongly enough that we are not this body, this mind, this world, we are the Self.

当你感受到真我时, 对真我的感觉就只有无限的喜悦, 你还想要什么呢?

And when you feel the Self, the feel of the Self is nothing but unlimited joy, what more do you want?

现在你已经拥有了一切。

Now you've got everything.

当我说任何问题、任何麻烦都是由小我驱动的时候, 这听起来可能很有指责性, 但你会发现这是真的, 当你做你自己时, 就没有问题了, 任何事都能完美、和谐、毫不费力地顺利完成。

It might sound quite indicting when I say any problem, any trouble is ego-motivated, but that you'll find is true, when you be yourself, there is

no problem, there is nothing that will not fall into line perfectly, harmoniously, with no effort.

我们越是受小我的驱动，世界就越艰难，完成一件事就越困难，和谐越少，我们遭受的痛苦就越大。

The more ego-motivated we are, the more difficult the world is, the more difficult it is to accomplish something, the less harmony there is, and the greater the misery we have.

事情真的就像我所说的这么简单！

It's really as simple as I'm putting it!

不容易的是释放这些执着于小我的错误习惯，我所说的这些习惯已经根深蒂固了数千年，甚至可能是数十万年。

What's not easy is to let go of these wrong habits of insisting upon being an ego, the habits I've called have been well ingrained over millennia, or maybe hundreds of thousands of years.

但我们所有走在这条道路上的人都在释放这些东西，我们不容易放下，是因为这些习惯已经存在了很长、很长的时间。

But all of us on the path are now letting go of these things, and we don't let go easily because of habit has been there over a long, long period of time.

然而，当我们选择释放它们的那一刻，我们就能做到。

However, the moment we choose to let go of them, we can.

如果我们说我们无法放手，那是因为我们真的不想放手，释放痛苦的渴望还不够强烈。

If we say we can't let go, it's because we really don't want to, the desire to let go of the misery isn't strong enough.

但实际上，事情就是这么简单，不容易，但很简单。

But actually, it's as simple as this, not easy, but simple.

但一旦我们接受它，就能看到它的简单之处，我们所要做的就是接受它。

But once we accept it, see the simplicity of it, all we need to do is accept it.

没人能替我们做这件事，只有我们自己能做到。

No one can do it for us, but we ourselves.

你必须释放小我感，小我就是“我是一个独立的莱斯特，我有一个身体，我可以做事”，这是错误的。

You have to let the ego sense go, the ego is "I am an individual Lester,

and I have a body, and I can do things", that's wrong.

如果我是真我，就不存在莱斯特了，我必须让莱斯特离开，让真我、也就是上帝来运作。

If I am the Self, there is no Lester, I have to get Lester out of the way and let the Self, the god operate.

实际上，你会移动，就像漂浮着穿过所有的事物一样，但这并不存在努力。

Actually, you'll move, you'll sort of float through things, but there's no effort.

如果存在努力，那就是小我。

If there's effort, it's ego.

当然，现在，你不得不努力，因为你并不是从完全开悟的真我开始的。

Now, of course, you're going to have to use effort, because you're not starting off as the fully realized Self.

但你看，当这个女孩走到极端时，她放手，事情就毫不费力发生了，这就是放手，让上帝接手。

But you see, when this girl goes to the extreme, she lets go, and things happen effortlessly, that's letting go and letting God.

宣称有信仰，宣称所有这些东西并不能解决问题，得真正拥有它们才行。

Professing faith, professing all these things doesn't do it, actually having them does it.

她有麻烦、有信仰的这个事实，正是她对上帝没有信仰的绝对证明。

The fact that she has troubles, faith, is absolute proof that she doesn't have the conviction of God.

因为上帝是一切，上帝是完美的，如果上帝是一切且上帝是完美的，那么一切就都是完美的，我还有什么可做的呢？

Because God is all, God is perfect, and if God is all and God is perfect, everything is perfect, what is there left for me to do?

如果你持有这种态度，它就会是这样的，不存在努力，也不存在小我。

And if you take that attitude, so be it, when there is no effort, there is no ego.

当努力达到极限时，就会存在极端的小我。

When the effort is extreme, there is extreme ego.

然而在你完全觉醒前，都会持续付出努力。

And you're going to use effort until you're fully realized.

现在，有时候你不需要努力，事情就会按照你想要的发生，所以有时你是你的真我，是见证者，而不是行为者，让它发生，这是上帝的世界，无论发生什么，都是好的，无论好坏，都是一样的。

Now, there will be times when you'll use no effort, and everything will fall perfectly into line for it, so at times you'll be your Self, be the witness, be not the doer, let it happen, God's world, whatever is happening is good, be it good or bad, it's the same thing.

不管世界上发生什么，都是在幻象中发生的，有没有做梦又有什么区别呢？

Whatever is happening in the world is happening in the illusion anyway, what difference does it make whether you have a dream?

假如梦是好或者坏，它仍然只是一个梦。

If the dream is good or bad, it's still a dream.

但真实的你是完美的、充满着所有的喜悦、所有的荣耀和所有的幸福。

But the reality of you is perfect, all joyous, all glorious, all happy.

如果你看到了真相，你就会永远自由。

You're always free if you'll see the Truth.

除了你的意识，外面什么都没有，你所看到的一切都存在于你的心智中，对吗？

There's nothing out there but your consciousness, everything you see is in your mind, right?

你是在哪里看到的所有事物呢？

Where do you see anything in everything?

在你的心智里。

In your mind.

拿走那个心智，这一切又在哪里呢？

Take away that mind, where is everything?

消失了。

Gone.

当你躺下入睡时，你就是这么做的，你放开了心智，整个物质世界便随之消失了。

And you do this when you lay yourself down the sleep, you let go of the mind and this whole physical world drops away.

所以，外界的一切都是你的意识。

So, whatever is out there is your consciousness.

所以，如果你设定了另一个人以及一个问题，那也是你的意识。

So, if you set up another person and a problem, that's your consciousness.

看到完美，这就是它的全部了。

See the perfection, that's all it will be.

一旦你认定有问题，你就会被困住。

The moment you recognize a problem, you're stuck.

贯穿一切的只有一个纯粹的“一”，而你就是它，这就是为什么我说你无法摆脱某个问题。

All there is a singular oneness throughout, and you are it, that's why I say you can't get rid of a problem.

因为你承认了它，它就会是真的。

Because you recognize it, it's real.

而此刻我们看到了真正的东西——完美，如果我们只是自己本然的真我，问题便会瞬间消失。

And at the moment we see the real thing, the perfection, there is no problem, instantaneously, if we will just be our natural Self.

但我们是在试图成为一个受限的小我，这就需要努力，当你的自然状态是无限的时候，限制自己是需要付出努力的，你越是试图限制自己，付出的努力就越多；

But we're trying to be a limited ego, that takes effort, it takes effort to be limited when your natural state is unlimited, and the more you try to be limited, the more effort it takes;

但做你的无限真我，这不需要努力。

But to be your unlimited Self, it takes no effort.

就像你的朋友一样，当她走到极端时，她放手了，一切就都理顺了，没有努力。

Just like your friend, when she got to extremes, she let go, everything was straightened out, no effort.

此前她一直在努力、努力，情况却变得越来越糟。

All the time she was trying and trying, things were getting worse and worse.

我说，她所要做的就是做她自己，即便她把自己锁在房间里，还挂上了把锁，事情也会自然地发生，你不用等待，也不用做任何事，你只需知道一切都是完美的，那么你最细微的想法也会立即实现。

I say, all she had to do is be her Self, And if she locked herself in a chamber somewhere with a padlock, the thing would have come to her, you don't sit down and wait, you don't do anything, you just know that everything's perfect, then the slightest thought you have will come into being immediately.

上帝和真我是没有限制的，即使你这样想也并不完整，但如果你放手，无论你想什么就都会实现。

There's no limitations on God, the Self, even if you thought this way and that not whole, whatever you thought would have to come into being if you let go.

因为你正在调用你的无限力量，没有什么能够阻止它。

Because you're invoking your infinite power, nothing can stop it.

祈祷是为那些尚未超越祈祷的人准备的，当你知道你所知晓的一切时，你在向谁祈祷？如果你就是那个人，你为什么还要向它祈祷？

Praying is for those who are not beyond praying, when you know as much as you know, to whom are you praying to? If you are that, why do you have to pray to it?

祈祷意味着承认二元性——我向上帝祈祷，这就是为什么大师说“需求”，而不说“请求”。

See praying admits duality, I pray to God, that's why master says "demand", he doesn't say "ask".

当一个人祈祷时，应该只祈求一件事，那就是更多的智慧，这样你就根除了对任何祈祷、任何请求的需要。

And when one prays, one should pray for one thing only, more wisdom, so that you eliminate all need for any prayer, for any asking.

然而，这一切都取决于一种理解的状态。

However, it all depends on one state of understanding.

如今，世界上的大多数人都需要祈祷，这是个开始。

Most people in the world today need to pray, it's a beginning.

但祈祷承认了二元性，这正是基督教世界中最薄弱的环节，即二元性，上帝在外面。

But prayer admits duality, now this is the weakest point in the Christian world, duality, god is out there.

然而，我们知道上帝在我们之内。

And we know that god is within.

尽管耶稣说：“要在你们之内寻求神的国。”但我们仍然在向外寻找上帝。Even though Jesus said: “seek ye the kingdom of god within”, we still look for God without.

然而祂并不在外面，祂只在我们之内，祂就是我们自己的存在。

and He's not out there, He is only within, He turns out to be our very own Beingness.

“我”这个词是不带有任何附加的上帝。

The word “I” is God with nothing added to.

当你仅仅说“我”时，那种“我”的感觉，就是真我，就是上帝；

When you just say “I”, that feeling of “I”, that's the Self, that's God;

但是当你说“是某物”时，那便不是了，或者“我是某物”，那也不是，而只是纯粹的“我”，唯有“我”，这才是你所看到的一切，也是你所知道的一

切，那就是上帝。

But when you say “Am something”, that isn't, or “I Am something”, that isn't, but just pure “I”, and only “I”, and that's all you see and all you know, that's God.

这就是为什么他们说“上帝比肉体更亲近”，那是“我”，“我”有多近呢？

That's why they say “God is closer than flesh”, it's “I”, how close is “I”?

它比肉体更亲近，那就是上帝，它在提醒你你所知晓的事——你就是那。

It's closer than the flesh is, and that is God, it's reminding you of what you know that you are that.

所以，只是抓住“我”这个词，只有我、我、我、我，你会比现在感觉更兴奋，当你独处时试试看，只有我、我，而不是“我是一个身体、我是一个心智”，而只是我、我、我，那种存在的感觉。

So, just hold on to the word “I”, only I, I, I, I, and you'll be more exhilarated than you feel now, just try it when you're alone, just I, I, and not I am a body, I am a mind, but I, I, I, that feeling of being.

我认为，比任何其他词都更能描述上帝的词是“存在”，上帝是一切的存在，当我们向内看时，我们就是一切的存在，却假装自己只是它微小的一部分，即一个有限的身体、心智。

I think the word that describes God more than any other single word is Beingness, God is all Beingness, we are, when we look within, all Beingness, pretending were a tiny part of it, a limited body, mind.

但是当你向内看，你会发现我们是所有的存在，存在就是上帝，存在也是觉知、意识，其实是同一个意思，之后你会发现它们是相同的——存在、觉知、意识。

But when you look within, you'll see that we are all Beingness, so Beingness, Beingness is God, Beingness is also awareness, consciousness, it's the same word, later on, you'll see them as identical, Beingness, awareness, consciousness.

所以，做你自己，就永远不会存在问题。

So, be yourself and there never will be a problem.

在这个世界上看到问题是在试图成为一个受限的小我，即身体、心智。

Seeing a problem in the world is trying to be a limited ego, body, mind.

如果你认为你有一个问题，那你就会真的有一个问题；

If you think you have a problem, you do;

如果你接受上帝就是一切、上帝是完美的，那这也就是一切。

If you will just accept that God is all, God is perfect, that's all there is.

看向完美，你所遇到的就只有完美。

And look at perfection, that's all you'll ever meet with.

你必须抹去所有“问题”、“不能”、“不会”、“不愿”这些负面词汇。

You have to wipe out the word "problem""can't""don't""won't", all negative words.

在未来，当人类处于一个和谐的状态之中时，所有这些词都会消失。

In the future, when man is in a state of harmony, all these words will disappear.

你上升得越高，就越能看到完美；

The higher you go, the more you see the perfection;

你所看到的问题越多，你的状态就越低，你谈论的都是问题，那些看到问题的人希望你和他们一样，他们会说你错了，这是你必须再次警惕的一点。

The more you see problems, the lower you are, what you're talking about is problems, if people who see them want you to be the way they are, will tell you that you're wrong, and this is one thing you have to be on guard again.

随着你的成长，那些不如你的人会试图把你拉低到他们的层次，要知道，不是你多能识别出问题说“哎呀，这是个问题”就能体现出无私，你爱的程度才会体现无私。

As you grow, those who are not up to you will try to pull you down to where they are, now it's not how much you recognize the problem and say "Oh, boy, this is a problem", that shows unselfishness, it's how much you love, that shows unselfishness.

当你爱的时候，无论你是否在外界付诸行动，你都是极具建设性的，只是感受到爱，你什么都不用做，你为这个世界做的贡献会比所有那些四处行动的行善者加起来还要多。

When you love, you're very constructive whether you're out swinging or not, just feel love, you don't have to do a thing, you'll be doing more good for the world than all the do-gooders put together who are out here in action.

因为念头比行动更有力量，它是行动的基础、是行动的启动程序，它先于行动存在，它决定着行动。

Because thought is far more powerful than action, it's the basis of action, it's the initiator, it comes before it, it determines action.

一个在山洞中独处的高级存有，他为这个世界所做的贡献远比那些所有联合

起来行动的组织所做的贡献还要多。

A high being sitting in a cave somewhere all by himself is doing far more good for the world than all these organizations that combine and get into action.

现在我们回到之前谈论的话题，最低的阶段是不作为，中间的状态是非常活跃的状态，最高的状态是无为。

Now back to what we were talking about before, the bottom stage is inaction, the middle state is a very active state, the top state is inaction.

现在最低的状态是一种惰性状态，具有破坏性，它只想让一切停止，实际上是要摧毁一切。

Now the bottom state is a one of inertia, it's destructive, it just wants to stop everything, actually destroy everything.

最高的状态是让一切只是它本来的样子，因为一切都是完美的。

The top state lets everything be just the way it is, because everything is perfect.

中间的状态是“行动状态”，它可能把你向上拉、或者把你往下拽。

The middle state is the action state with pulls you up or pulls you down.

当你开始上升时，那些处于活跃状态、具有破坏性倾向的人会试图把你拉到他们所在的层次，如果你与他们为伍，你的信念在哪里？

As you start coming up, those who were in the active state with the tomathic, destructive tendency will try to pull you down to where they are, where is your conviction if you go with them?

如果你和他们混在一起，你就会更倾向于认同他们的方式。

If you go with them, your tendency is to believe more the way they do.

现在，正确的方法很容易，任何时候情况变得艰难，那就是方法错了。

Now, the right way is easy, anytime it's difficult, it's the wrong way.

正确的方法是放手，让上帝接手，然后所有的问题就都会自行解决，没有任何努力。

The right way is letting go, letting God, and everything falls into line perfectly, no effort.

但当我们必须去做的时候，这不是上帝，而是我、小我，想要去行动，想要改变现状、纠正这个世界，诸如此类。

But when we only have to do, it's not God, it's me, the ego wanting to do, to change things, correct this world and so forth.

无论是什么，只要是能帮助你去做你认为应该做的事、去成为你认为应该成为的人、去了解你是谁及你是什么，都是最好的东西。

Whatever will help you to do and be what you think you should do and be, to know who and what you are is the very best thing.

有时候，你会放手，然后感受到你的真我，那是怎样的一种感觉？

There's been moments when you let go and felt your real Self, how does it feel?

此时此地，你就是无限的、全知的、全能的，就是这样，别再受限制，别再痛苦，别再受困了。

You're infinite, omniscient, omnipotent, right here and now, be that, stop being this limited, miserable, jam.

如果你想帮助这个世界，那就帮助你自己，你越有爱的能力，就越能帮到这个世界。

You want to help the world, help yourself, the more you're capable of loving, the more you're helping the world.

那句话是什么？议会无法书写世界，但有着爱的人可以。

What's that sentence? Parliament cannot write the world, the people loving can.

美国总统必然代表着全体美国人的意识及思想的总和，神圣的法则高于人定的法律，意识决定一切，这就是全部了。

The president of the United States must necessarily represent the sum total consciousness, the sum total thinkingness of all the people of the United States added together, divine laws supersede man-made laws, consciousness determines everything, that's all.

外界的存在都是意识，发生在我们个体身上的也是我们的意识。

There is out there, it's consciousness, what happens to us individually is our consciousness.

这个世界中，我们不喜欢正发生在我们身上的事，我们所要做的就是改变我们的意识，然后这整个世界就会随之不同。

We don't like what's happening to us in the world, all we have to do is change our consciousness, and the whole world would not be any different.

你怎么看待“你就是那，你是全能、全知、全在”那句话的？

What do you think of that statement that "THOU ART THAT, you are omnipotent, omniscient, and omnipresent"?

仅仅只是倾倒你所不是的身体、心智以及限制性的存在，就这么简单。

Just dumping what you're not a body, a mind, a limited being, so simple.

这个世界的问题是无解的，你永远都在不停地解决世界上的问题，结果却有了越来越多的问题。

Now there's no solution to problems in the world, you go on forever and ever solving problems in the world, and you will have more and more and more.

只要你认定有问题，问题就会存在。

As long as you recognize problems, they exist.

让你放下问题的东西是问题的严重性，我们所做的就是把手伸进火里说：“哦，好烫，我的手被烧伤了，天呐，我遇到麻烦了。”我回到家就会说：“为什么要把手伸进火里呢？”就是这样。

The thing that makes you let go of problems is the severity of problems, what we do is we stick our hand in a fire and say: "Oh, it's hot, my hand is burning, boy, hey, I have a problem?" I come home, and I say: "Why stick your hand in the fire?" That's all.

如果你遇到了问题，就好比把手伸进了问题里，然后大喊疼，却表现得好像你没有把手伸进去一样，你装得不是自己在做这件事。

If you have a problem, you're putting your hand into a problem, and yelling it hurts, and acting as though you're not putting your hand into it, you act as though you are not doing it.

但那个问题只存在于你的意识里，它在你的心智中，改变你的心智，改变你的意识，外面的世界立刻就会发生改变。

But that problem is only in your consciousness, it is in your mind, change your mind, change your consciousness, immediately the world out there is changed.

试试看，你会发现确实如此。

Try it, and you'll see that it's so.

或者回想一下，你会发现这些心智改变世界就改变的事情早已发生过了。

Or think back and you'll see that these things have happened already.

更好的答案是与圣洁的同伴为伍，不是听他们的话，试图取悦他们，而是与你朝着同一方向前进的人交往。

The better answer to what to do is to keep holy company, rather than listen to them and try to please them, mix with people who are with you in your direction.

你很容易就能找到与你不同路的人，几乎无论你走到哪里，人们都不是和你同道的，那么为什么还要以那种方式去交朋友呢？

You'll have no problem finding people who are not, almost everywhere you move, people are not, so why make your friends that way also?

这就是为什么有团体是有好处的，这就是为什么集体冥想也是有好处的，星期三、星期五、星期日、星期一、星期二、星期四、星期六，然后在这期间只和那些有积极意识的人交往。

And that's why it's good to have groups, that's why it's good to meditate in a group, Wednesday, Friday, Sunday, Monday, Tuesday, Thursday, Saturday, and then in between just mix with people who are conscious of the positive.

这就是作为一个团体聚集在一起的最大好处，你的方向是.....你会不断被提醒自己的方向，你和那些朝着那个方向努力奋斗的人在一起，而你所处的氛围，实际上与这个世界希望你进入的环境相反。

That's the very prime good of coming together as a group, your direction is... You are constantly reminded of your direction, you are with people who are striving in that direction, and you were in an atmosphere that is moving actually opposite to what the world wants you to move in.

所以，尽可能地与圣洁的同伴为伍。

So, keep holy company as much as possible.

08.不存在任何问题 There Are No Problems 2

问候大家，爱你们每一个人，欢迎回到我们美丽的圣多纳，这里没人想改变我吗？（学生笑）尤其是当我说“这很简单，很容易”的时候。（学生大笑）但当然，我疯了，其他人都是对的。

Greetings, love to each and every one of you, welcome back to our beautiful Sedona, no one here wants to change me? Especially when I say "It's simple and it's easy", but of course, I'm crazy, everyone everyone else is right.

但我会一直对你说这些，直到你释放了想要改变我，几乎在一夜之间，你就会获得自由。

But I'll keep saying it to you until you let go of that wanting to change me and almost overnight you'll go free.

为什么？

Why?

因为你本来就是自由的，只是表现得、假装得好像自己不是一样，不是吗？

Because you are already free, acting and pretending as though you're

not, are you?

就是这样，这很难吗？

That's it, is that difficult?

只是做你的存在，除此之外你还有其他选择吗？

Just be your Beingness, do you have any choice otherwise?

没有，你是自由的，过去是、将来也永远都会是，只是别再表现得好像不自由了。

No, you are free, always were, always will be, just stop acting unfree.

怎么做？

How?

让心智安静下来。

Let the mind go quiet.

怎么做？

How?

摆脱你的 AGFLAP，你的心智就会安静。

Get rid of your AGFLAP, and your mind is quiet.

如果你做，就简单又容易；

Simple and easy if you do it;

如果你不做，就不可能。

If you don't do it, it's impossible.

那么，要做到全宇宙中最简单的事，也就是做你自己、成为无限，需要做些什么呢？

So, what does it take to do the most simplistic thing there is in the universe, which is to be yourself, to be infinite?

简而言之，我想我要在第一步里补充一点，第一步说的是“你想要真正的自由应该超过你想要其他任何事物”，我想补充的是：把你的所有想要、所有欲望都转化为一个——对获得自由的渴望，把你所有的欲望都转化为对获得自由的渴望。

To bring it down to the push and pull, I think I'm going to add something to step No. 1, which says you should want really freedom, more than you want anything else, I think I like to add to it, convert all your wants, convert all your desires to one desire to go free, convert all

your desires into the desire to go free.

现在，我向你保证，不出几个月，甚至几周内，你就能获得自由。

Now, I'll guarantee you, you'll get it in a matter of weeks, if not a few months.

把你所有的欲望都转化为对获得自由的渴望，你看接下来会发生什么？

Convert all your desires and into the desire to go free, you see what happens then?

在这个世界上，除了自由，你所追求的一切都与自由背道而驰；

Everything you go after in the world other than freedom is in the opposite direction of freedom;

在这个世界上，除了通往自由的方向，你所选择的其他任何方向都与自由背道而驰。

Every direction you go into in this world other than that of freedom is in the opposite direction of freedom.

你想在这个世界里发现你自己，你觉得这件事可以做到，或者那个人能做到，我不知道你们当中有多少人发现了这一点——只存在一种纯粹的幸福、一种纯粹的喜悦，那就是当你安静了你的心智、你只是存在的时候，这很难吗？

You're looking to the world to discover yourself, you think this thing can do it, or that person can do it, I don't know how many of you have discovered that there's only one single happiness, one single joy, and that's when you quiet your mind and you just be, is that difficult?

但如果你所有的欲望都没有集中在对获得自由的渴望上，你就是在背离自由，你是无法在没有自由的地方得到它的，这难道不简单吗？

But if all your desires are not focused in on the desire of going free, you're looking away from freedom, you're looking to get it where it is not, isn't that simple?

有谁不明白、不理解我刚才说的？

Is there anyone who doesn't see, understand what I just said?

认识到你所追求的东西不在那里，你所拥有的渴望不会满足你的所求，唯一的快乐就是做你自己，这样你就不会再去追逐彩虹了，也不再总向外求，你将开始保持向内，释放你的那些欲望、那些想要。

Recognize that what you're going after isn't there, the desire that you had will not give you what you're looking for, but the only joy is you being you, you'll stop chasing rainbows, you'll stop all the time being outward, and you'll start being all the time inward and releasing the desires, the wants.

首先，觉察到它们下面的认同、或控制、或安全，然后释放它们，否则你就是在浪费它。

First, get them under approval, or control, or security, then release them, otherwise you're wasting it.

你可以释放愤怒，但这不够有效。

You can release anger, but it is not effective enough.

释放一个单位的认同或控制等于释放了一个单位的各个感受。

Releasing one unit of approval or control is releasing one unit in every feeling.

所以释放认同或控制的效果比仅仅释放愤怒要强数百倍。

So releasing approval or control is releasing hundreds of times more than just releasing on anger.

你要花很长时间才能释放完所有的愤怒，有太多累积的愤怒了，每种感受都是这样，你已经积累了数百万年。

It would take you forever to release all your anger, there's too much of an accumulation of it, this goes for every feeling, you've been accumulating them for millions of years.

但是在认同或控制之下，你能把它们全都清除。

But under approval or control, you can wipe them all out.

首要的欲望、排第一的想要，就是对这个身体的绝对安全，对吗？

The number one desire, the number one want is for absolute security for this body, right?

为了获得那种安全，如果我能让你和其他所有人都认同我，我就安全了，我就会生存下去，对吗？

In order to get that security, if I can get you and everyone else to approve of me, I'll be safe and I will survive, right?

如果我做不到，那我就想让你认同我，这样我就安全了，我就能生存下去，这就是控制。

If I can't, then I want to make you approve of me, so I'll be safe and survive, that's control.

所以第一个愿望、欲望，是为了这个身体的安全；

So the first wish, desire is for security of the body;

第二个是认同；

the second is approval;

第三个是控制；

the third is control;

第四个、第五个，奇数项、无穷项都在情绪表上。

and the forth, fifth, odd infinite item is on the chart.

但是，如果消除第一个，即想要生存，就会消除其他所有的感受。

But knocking out the first one, wanting to survive will undo every other feeling.

当你不再以身体的形式想要生存，你就没有任何想要了。

When you no more want to survive as a body, you have no more want.

然后你会发现你在自己的永恒真我上开了个天大的玩笑，你能够让这个物质身体永远存续下去。

Then you'll discover the big joke you played upon your Self that you are eternal, that you could keep the physical body going forever and ever.

但比起把自己困在这具极其脆弱的物质身体里，还有很多更好的方式。

But there are much better ways than cooping yourself up in a very fragile physical body

你可以有一个完整、健全、完美的身体，它看起来像这个身体，但那是有瑕疵的；

You can be a whole, complete, perfect body, and it looks like this one, but that is defects;

或者你可以走完全程，进入全然、完整、彻底、绝对、波澜不惊的平静中，那只是存在，那只是意识，你只是意识本身，不是任何身体和你的身体，你只是意识本身。

Or you could go all the way into the total, whole, complete, absolute, imperturbable peace, which is just Beingness, which is just consciousness, you're just conscious, not of bodies and your body, you're just conscious.

也许最接近这种状态的，就像是一种你什么都不想的白日梦状态。

Maybe the nearest thing to it would be like a daydreaming state where you're thinking of nothing.

每个人都能够体验到这种终极状态。

Everyone can experience the ultimate state.

因为你一直都处于其中，当你的心智安静下来时，你能体验到这种状态。

Because you're in it all the time, and you experience it when your mind goes quiet.

只有心智会将你带离它，只有心智会制造喧嚣，这难道不简单吗？

It's only the mind that takes you away from it, it's only the mind that makes the noise, isn't that simple?

真的很简单。

It really is.

如果你做，就很容易。

And it's easy if you do it.

当你所有的欲望都集中在获得自由的这一个渴望上时，你就能做到。

You'll do it when all your desires focus into one desire, to be free.

在你确信自由是最令人向往的东西之后，你欺骗自己并且现在认为：是的，我想要自由超过想要其他任何东西。

After you are convinced that freedom is the most desirable thing there is, you kid yourself and you think now that: Yes, I want freedom more than anything else".

如果那是真的，你现在就已经自由了。

Were that true, you'd be free right now.

是的，我想要自由，但我还有在这个世界上所有的小玩意、表演和游戏，我也必须照管它们。

Yes, I want my freedom, but all my little toys and play acts and games in the world, I've got to take care of them also.

当你试图从外部体验一种外部所没有的存在时，这个世界的表演会把你带离你存在的方向。

The play acts of the world take you away from your Beingness in a direction when you're trying to experience a Beingness externally where it isn't.

当你的心智安静下来，你会发现整个外部世界都是你构建的，你设定了它，它只在你的心智中，当你的心智安静下来，你就会发现这一点。

And when your mind goes quiet, you discover you set up the entire externality, you set it up, it's only in your mind, and when your mind goes quiet, you discover it.

让你的心智安静，你会知道这个世界是什么。

Quiet your mind, you'll know what the world is.

我无法告诉你世界对你来说会是什么样。

I can't tell you what the world's going to be like to you.

因为世界对你来说是由你自己创造的，它只是你心智的外在投射。

Because it is to you what you make it, it's nothing but the out projecting of your mind.

现在要改变的是你对这个世界的态度。

Now what changes is your attitude toward the world.

当你看清它的本质时，你看它就像看待夜间的梦一样，当你从夜梦中醒来，它就在那里，但它是一个从未真正存在过的梦，那么你的态度该是怎样的呢？

When you see it for what it is, you'll see it like a night dream appears to you, after you awaken from the night dream, it's there, but it's a dream that never really was, and so what is your attitude?

在潜意识层面，你的心智会被那些感受卷入所有的行动中，这就是心智的本质——它是那些感受的集合。

Subconsciously your mind is sucked right into all that action by those feelings, that's what the mind is, it's a composite of those feelings.

心智只不过是扰动罢了，有这样一个词吗？

The mind is nothing but perturbation, be there such a word?

每一个念头都是一种干扰。

Every thought is a disturbance.

没有念头，你怎么生活呢？

How do you live without thoughts?

凭直觉，毫不费力地生活。

Effortlessly by intuition.

当你的心智安静下来后，你什么也不用做，只是见证，甚至不用移动，连一根手指都不用动，你见证着一切。

You don't do a thing after your mind is quieted, you just witness, without even moving, without lifting a finger, you witness everything.

所以，要做到这一点需要什么呢？

So, what does it take to do that?

不再有任何的 AGFLAP。

No more AGFLAP.

审视 AGFLAP，所有的感受都是为了身体的生存而设置的程序，你明白这一点吗？

See the AGFLAP, all the feelings are programs put in as pro-survival of the body, have you seen that?

所以，在潜意识层面，只要你还有一个感受，你就会为了生存而防卫。

So subconsciously as long as you have a feeling, you're on guard in order to survive.

但这些感受太多了，你不去看它们，就好像它们不存在一样，然后你把它称作“潜意识的”。

But it's so much of it, you look away from it as though it isn't, and you call it subconscious.

但只要你还有感受在潜意识里，你就会陷入巨大的混乱之中，你时刻都处于戒备状态，生怕自己死去，一天 24 小时都是如此，感觉想说一天 25 小时。

But as long as you have feelings subconsciously, you're in a tremendous turmoil, you're on guard lest you die all the time, 24 hours a day, felt like saying 25 hours a day.

如果我能让你明白我现在所说的关键点，这应该能帮助你停止追逐彩虹、停止在幸福所不在的地方追逐幸福。

If I can get you to see the points I'm making now, it should help you stop chasing rainbows, chasing after happiness where it isn't.

而且很明显你无法满足欲望，如果你能满足一种欲望，它就会消失，不再有欲望了，对吗？

And so obvious that you cannot satisfy a desire, if you satisfied a desire, it would be gone, no more desire, right?

你满足了，它就消失了。

You're satisfied, it's gone.

你需要多久才能在短时间内满足你现在所有的欲望呢？

How long would it take you to satisfy all your present desires in a short time?

你会处于一种满足的状态，你的心智会安静下来。

You'd be in a state of satiety, and your mind would be quiet.

但你越是试图满足欲望，它就会变得越强烈。

But the more you try to satisfy the desire, the stronger it becomes.

因为欲望是无法满足的，只有释放它才行得通。

Because there is no satisfying of a desire, there is only a releasing of it.

通过把所有的欲望都集中到对获得自由的渴望上，你必须变得没有欲望，要明白那才是你终极幸福的所在之处。

You must become desireless by focusing all your desire into the desire to go free, knowing that that's where your ultimate happiness lies.

你看，你不相信你的终极幸福就在于完全摆脱你的所有感受，如果你相信了，你就只会撤销它们、消除它们，只是让它们排出去。

you see, you're not convinced that your ultimate happiness lies in being totally free of all your feelings, if you were, you'd just undo them, undo them, just let them push out.

每个感受的每一部分都在试图把自己往外推，试图消耗它自己。

Every bit of every feeling is trying to push itself out, trying to expend itself.

然而你正坐在它上面，用同样多甚至更多的能量压制着它。

And you're sitting on top of it, holding it down with that much energy

plus a little more.

如果你不再压制那些被压抑的东西，它们就会在几分钟之内自行释放出来，这就像给压力水壶扎个洞一样，咻~~~你就自由了。

If you just stopped holding the suppressed stuff down, it would all run out on its own in a matter of minutes, it would be like puncturing a pressure kettle, you'd be free.

你有没有看到自己对那些束缚、对那些困住你的东西抓得有多紧？

Do you see how much you're holding on to the bondages, the things that are keeping you bound?

每一个欲望都像一根缠绕在你身上的铁链，把所有的欲望加起来，你就有了所有正在绑着你的铁链了。

Every desire is like an iron chain around you, count up all the desires and you have all the iron chains that are binding you.

所以，总结一下，你得让自己相信，终极幸福就是自由，然而终极自由是不再有任何的 AGFLAP。

So, to sum it up, you've got to convince yourself that the ultimate happiness is freedom, and the ultimate freedom is no AGFLAP.

当你做到这一点的时候，你自然会将所有的欲望都转化为获得自由的渴望，然后你会迅速获得自由。

And that when you do that, then you'll naturally convert all your desires into going free, and you'll do it quickly.

我们希望你实现目标的原因是，带出那些关于目标的反对程序、障碍、消极感受，这样你就能够释放它们。

The reason why we wanted to achieve goals is to bring up the antis to it, the blocks, the negative feelings , so you can release them.

在你释放它们之后，你会确信并勇往直前、全力以赴，

After you release them, you get convinced and go for it, go all out for it,

然后你会发现自己可以想一想就能立即拥有各种事物。

and you'll discover you can think and instantly have things.

我觉得在座的每一位都有过毫不费力、仅仅只是想一想它、事物就达成了的经历。

I think everyone here has had experiences of things coming without effort, just for the thought of it.

如果它发生了 1 次，它就能发生 2 次；

If it happens once, it can happen twice;

如果它发生了 2 次，它就能发生 4 次；

If it happens twice, it can happen four times;

如果它发生了 4 次，它就能发生 16 次；

if it happens four times, it can happen 16 times

如果它发生了 16 次，它就能发生 64 次；

If it happens 16 times, it can happen 64;

然后继续、继续.....

And on and on...

直到一切都完成为止。

Until it's all done.

然后，你只需要想一想就让世界发生。

Then, you just think and let the world happen.

你会发现我们的整个方法就是释放，

You notice our whole approach is letting go of,

我们永远不会费力地、试图极端地做某件事情，

we're never with effort trying to extremely do something,

这与那个积极思考的世界中过度用力的做法不同，

the pounding of the positive thinking world,

你必须让世界是它本来的样子。

you've got to allow the world to be what it is.

你必须付出的只有一种努力，

There is one effort you must use,

那就是将你所有的欲望都转化为获得自由的这一个渴望，

and that is to convert all your desires into one desire to go free,

这是你需要付出、并且应该付出的努力。

that is the effort you need to use and should use.

只是把你在这个世界上浪费的所有努力，都投入到想要自由中，然后你很快

就会获得自由。

Take all that effort that you're wasting out there on the world, put it into wanting freedom only, and you'll get it quickly.

现在，你成长最快的时刻就是当你到达高处的时候。

Now, the times you can grow the fastest are when you're up high.

我们大多数人在这个世界让我们痛苦不堪、再也无法忍受的时候才使用这个方法，然后我们释放。

Most of us will use a method when the world is hurting so badly, we can't stand it anymore, then we release.

当你升到高处的时候，也应该释放。

You should release when you're up.

当你升至高处时，你能够向下并触碰到深处的对死亡的恐惧、对生存的恐惧、对作为一具身体的想要生存和分离的恐惧。

When you're up high, you can bend down low and deep to get a hold of the fear of dying, the fear of living, the wanting to survive as a body, the fear of separation.

当你在高处时，你能够解决掉那条底线，也就是安全。

It's when you're high, you can tackle the bottom line, security.

现在，当你不再有对死亡的恐惧时，你就完成了；

Now, when you have no more fear of dying, that's it;

或者当你自由的时候，你会嘲笑死亡，它和你想的正好相反。

Or when you're free, you laugh at dying, it's just the opposite of what you thought.

你经历过最大的死亡其实是出生，当你死去时，你会有一种自由的感觉，那是你在这个身体里所体验到的最大的自由。

The greatest death you ever went through was being born, and when you die, you get a sense of freedom, that's the greatest you ever had in the experience of this body.

所以，再次强调，把你所有的想要、所有的欲望都集中到对获得自由的渴望上来，

So, again, focus all your wants, all your desires into the desire to go free,

把所有的 AGFLAP 都拿出来，

get all the AGFLAP out,

做你自己，没有限制，

and be what you are, unlimited,

摆脱你的 AGFLAP，然后你的思想就能毫不费力地创造；

get rid of your AGFLAP, and then your thinking will create without effort;

摆脱 AGFLAP，你能成为世界上的头号歌手、头号女演员，不过，在那时你也不会有这样的需要了。

Get rid of the AGFLAP, you can be the No. 1 singer, the No. 1 actress in the world, you won't have a need for it though.

在你生命中的每一刻，你都处于某种情境之中，有没有哪一刻你不在任何的情境里？

You're in the situation every moment of your life, is there a time when you're not in a situation?

那就是当你睡着的时候。

When you're asleep.

在你获得自由之前，你永远不知道自己接下来会做什么，

You'll never know what you're gonna do after until you go free,

你可能会一路坚持成为顶尖歌手，然后放手。(学生笑)

you might carry through on being the No. 1 singer, and then let it go.

你不需要任何东西，当你自由的时候，你是一切，你不必追逐一切，每个人都是你，一切都是你，这都是你的造物。

You don't need anything, you are the all when you're free, you don't have to go for everything, everyone is you, everything is you, it's your creation.

但是再说一次，如果我们觉得自己做不到，那就把它设为一个目标，它给了我们一个释放的机会，但你现在并没有特别强化这一点。

But again, if we think we can't, we make a goal of it, it gives us an opportunity to release, but you aren't any super intensive now.

我现在告诉你，放下这一切，为什么还要继续努力、苦苦挣扎呢？

I'm telling you, drop the whole thing, why keep working pushing it?

摆脱你的 AGFLAP。

Get rid of your AGFLAP.

如果你释放了 1 次，你就能释放 2 次；

If you're released once, you can release twice;

如果你释放了 2 次，你就能释放 4 次；

If you release twice, you can release four times;

你能把一切都释放掉。

You can release the whole thing.

你为什么不释放一切呢？

Why don't you release the whole thing?

因为就像我在一开始说的，你渴望的是别的东西，而不是自由。

Because of the first thing I said, you have desire for rather than freedom.

欲望是你的敌人，

Desire is your enemy,

欲望是你的头号敌人，

desire is your No. 1 enemy,

利用你的头号敌人，把它拿来对付它自己，

take your No. 1 enemy and use it against itself,

把你的头号敌人，也就是欲望，转化为对自由的渴望，以牙还牙。

take your No. 1 enemy desire and convert it into the desire for freedom,
and be fighting fire with fire.

当我说把你的头号敌人“欲望”都集中到对获得自由的渴望上时，你听起来觉得怎么样？

How does that sound to you when I say take your No. 1 enemy desire
and focus it in on the desire to go free?

但让我困惑的是，你们所有人都觉得释放是一件很棒的事，然而你们却不释放到底，你们就是不释放到底，为什么？你们能告诉我吗？

But it does puzzle me as to why all of you discover that releasing is a
great thing and that you do not take at all, you just don't take at all,
Why? can you tell me?

你的程序接管了一切，你的程序有思想、有力量、有冲击力，它们会影响你，对吗？

Your programs take over, are your programs have a mind and a power
and a punch and they hit you, right?

恭喜你对自己的程序负起责任。

Congratulations for taking responsibility for your programs.

因为只要你把自己的力量交给这些程序，你就完了。

Because as long as you give your power to the programs, you're finished.

但究竟是谁赋予那些程序力量的？是谁在抓着它们？

But who gives the power to those programs? Who holds on to them?

瞧，又回到了想要上，你不想去看它们。

See, it's back to want, you don't want to see them.

这就是基本原则，方法就是释放想要、想要、想要、想要、想要、想要.....

And that's the basic principle, and the method is the letting go of want, want, want, want, want...

当不再有想要时，你会发现你就是整个宇宙的全部。

When there's no more want, you'll discover you are the all of the entire universe.

我仍然认为，你需要将所有的欲望都集中到获得自由的渴望上。

I still see it as you're needing to focus all your desire into the desire to go free.

我觉得我们应该强化和超级强化第一步，不是想要自由超过想要认同或控制，而是把我们所有的想要都集中到想要获得自由上，这样就行了。

I think we ought to make that step one of the intensive and super intensive, not wanting freedom more than we want to approve or control, but taking all our wants and focusing them into the want to go free, that will do it.

如果你去做，它简单而且容易。

It's simple and it's easy, if you do it.

所以，我现在对你说的是：直接去做。

So what I'm saying to you now is do it.

总的来说，你外界的所有时间，都是在朝着错误的方向前进，你以为你的幸福和安全在那个世界里。

In general, all the time you're out in the world, you're going in the wrong direction, you think your welfare and security lies out there in the world.

只有当你在释放的时候，才是在正确的方向上。

That's only when you're releasing that you're in the right direction.

参加这样的课程是你所能做的最棒的事，这让你暂时停止在错误的方向上前行，并专注在正确的方向上前进。

Coming to courses like this is the very best thing you can do, is stopping going in the wrong direction for a while to concentrate on going in the right direction.

是时候像修行的兄弟姐妹们一样，齐聚一堂，下定决心立刻获得自由了。

It's about time you got together under one roof, like brother monks and sisters with the resolve to go free immediately

如果你满足了那个获得自由的渴望，你的心智就会完全安静下来，你只是存在，那感觉棒极了。

If you fulfill that desire, your mind goes quiet and you're being, it feels great.

认识到那种美好的感觉究竟是什么，这个世界上只有一种纯粹的幸福，那就是当你成为你的存在时，去发现这一点。

Recognize what that good feeling is, there's one single joy happiness

only in this world, that's when you're being your Beingness, discover that.

它们会加快你前进的步伐，而不是试图满足欲望。

They'll expedite your going directly forward instead of trying to fulfill desires.

现在，因为它让你感觉很棒，你自然会想释放一次又一次、一次又一次、一次又一次、一次又一次.....直到永远。

Now, because it made you feel great, you'll naturally want to do it again and again and again and again and again and again and again, and here until eternity.

欲望，我的敌人，“欲望是我的敌人”，把这句话记在你的脑子里是个不错的座右铭，你也可以把它换成任何你想用的语言来表述。

Desire, mine enemy, desire, mine, m-i-n-e enemy is a good motto to keep in back of your head, or put it in any language you want.

我在引用.....我想这是圣尤蒂斯瓦尔写的一首歌，还是别的什么人写的——欲望，我的敌人。

I was quoting, I think it was Yukteswar wrote a song or somebody wrote a song, desire, my my enemy.

但欲望就是你的敌人。

But desire is your enemy.

因为欲望只是匮乏的痛苦。

Because desire is simply the agony of lack.

09.成为你之所是的步骤 The Steps to Being What You Are 1

今天早上，我想帮你们认清我们能意识到的三种状态，帮你们发现自己所处的位置、你要去往的方向，以及如何到达那里。

This morning, I would like to help you identify with the three states that we are conscious of, and help you discover where you are at and where you need to go and then how to go there.

我想把重点都放在这上面，而且我已经把它们都写下来了，我觉得你们最好把这些内容抄下来带在身上。

I would like to keep it mostly up there and I've written it all down, I think it would be very good for you to copy it and take it with you.

因为如果你们理解了我在这里写下的这些句子，你们就在那里了。

Because if you understand these sentences that I will put down here, you will be there.

这样将来你们可以看着它们，读一读它们，并试着把这些知识变成你自己的知识。

So in the future, you can look at them, read them, and try to make that knowledge your knowledge.

当你们这样做的时候，这就对了。

When you do, that's it.

所以，要辨识出你所在的位置。

So, to identify where you are at.

你知道你就在那里，当我只是问你“是你吗？”，你说“是”的时候，就是了，它设定了你的心智、你的身体和世界，这是你可以觉察到的这三个东西。

You know there's you, and that's simply when I ask "Are you?" and you say "Yes", that's it, which sets up your mind, which sets up your body and world, and so you are aware of these three things.

现在，真正的你、你的本然、你的存在、你的实相等等，其实都是同一个东

西，它没有限制、是完整、圆满、完美且永恒的。

Now, the real you, your Beingness, your amness, your existence, your areness etc, it's all the same thing, has no limitation, it's all, complete, perfect, eternal.

当你认同这一点的时候，你就完成了。

And when you identify with that, that's it.

但是你已经构建了自己的心智，它历经岁月，现在已经很古老了，被各种程序以及由此产生的想法塞得满满当当。

But you have already set up your mind, which is ancient by now, and is extremely overloaded with programs and their resultant thoughts.

你最大的程序是“我就是这个身体”，为了让这个身体生存下去，有无数件必不可少的事要做，这些事情让你一天 24 小时忙得团团转，一会儿忙着做事，一会儿休息，然后又接着做事、休息.....

And your biggest program is "I am this body", with all the incumbent millions of things, I need to do to keep it surviving, and these things keep you busy 24 hours a day, working at them, resting from them, working at them and resting from them...

所以，试着找出自己所处的位置，忆起你上升到这里时的体验。

So, try to find out where you're at, remember the experiences you had when you were up here.

第一个，记住那种状态是多么美妙，这会鼓励你不断尝试，直到你能一直保持那种状态，第一个是真正的你、是不变的你；

Number one, remember how wonderful that state was, it will encourage you to keep trying until you can sustain that state all the time, number one is the real you, is the changeless you;

第二和第三个是小我人格的你、是虚构的你、是故事中的你、是程序化的你，在第二和第三个中，你累积并背负着千百年来给自己施加的所有限制。

Number two and three is the ego personality you, is the fiction you, is the story you, is the program you, in 2 and 3, you gather up and hold all the limitations that you have placed upon yourself over the millennia.

那么，我们需要做些什么呢？

So, what do we need to do?

回溯我们来时的路，开始消除成为身体、成为心智的概念。

Backtrack the way we came, Start undoing the concepts of being a body, of being a mind.

当然，你们都知道怎么做，释放。

And of course, you all know how to do that, release.

这是你们的基本程序，认同、控制和安全。

That's your basic programs, approval, control, security.

这里的三种状态，正如你们所知道的，存在就只是你们的“存在状态”，如果你是你的存在，别无他物；当你是你的存在时，完全没有他物的概念，你们在外面看到的也只有“我”。

And the three states that in here, as you know, being is your Beingness only, if you are being your Beingness, there is nothing else; When you are being your Beingness, there is no otherness whatsoever, and what you see is I only out there.

就像我之前说的，如果你真的理解了我所说的，你就在那里了。

As I said before, if you really understand what I'm saying, you're there.

所以请把这些写下来，带回家并去做，直到你稳稳地处于那里。

So please write these down, take them home with you, and work on them, until you are established There for the capital T.

“行动状态”当然指的是你在这个世界中的地位、位置，

The doing state of course is your position, your place in the world,

你上升得越高，就越自由；

the higher up you are, the greater you are with freedom;

你越有所作为，你的地位就越高；

The more you are doing, the higher your place;

在存在中，总统比参议员地位高，参议员高于众议员，众议员又高于普通民众，他们已经释放了足够多的东西，大部分处于“行动状态”。

The president in Beingness is higher than the senate which is higher than the house which is higher than the average public, they have released enough to be mostly in the doing state.

当然，这些都是企业巨头、所有的大实干家、大成就者。

Of course, these are your corporate heads, all the big doers, all the big achievers.

而这里 95%的人都处于“拥有状态”，他们认为自己的幸福在于拥有，“要是我能拥有这个、要是我能拥有她、要是我能拥有他、要是我能拥有这辆车、要是我能拥有一辆劳斯莱斯、一辆玛莎拉蒂、要是我能拥有一百万等等等等……”。

And down here we have 95 percent of the population who are in havingness, who think their thing lies in having, "If only I could have this, if only I could have her, if only I could have him, if only I could have this car, if only I could have a Rolls Royce, a Maserati, if only I could have a million and on and on and on it goes".

你总是在认同各种事物，认为这些事物能给你带来幸福。

And you're constantly identifying with things, that things give you your welfare.

你向上移动，踏入无畏，在这两者的正中间，你正处于“行动状态”中。

You move up, get into courageousness and right around both sides of that, you're in doingness.

向上进入“存在状态”，我们处在那里的人甚至不足人口的 1%，可能连 1% 的零头都不到，我们什么都不用做，只是一直认同着存在，

Up in Beingness, we don't even have 1% of the population there, it's a small fraction of 1%, we'll do nothing but all the time identify with their Beingness,

他们就是基督、佛陀、尤迦南达、罗摩·克里希纳等等，他们从不在世间为生计而工作。

they are the Christ, the Buddhas, the Yoganandas, the Rama Krishnas etc,

they are never out there in the world working for a living.

所以，在这里，我们只有不到 1%的一小部分。

So, up here, we have a small fraction of 1%.

在“行动状态”的领域，占大约 5%，小的做者是那些自己出去做小生意的专业人士，他们不必打卡上班，也不在别人手下工作。

In the doingness area, you have about 5%, smaller doers are professionals that go out on their own small business people, people who don't have to punch a time clock, people who don't hold jobs under someone else.

工作是一种奴隶意识。

Holding a job is a slave consciousness.

我只能靠给别人工作、按照别人的吩咐做事来维持生计。

I can only live by working for someone else, doing what they tell me to do.

要是这个地球上没有奴隶意识，就不会有人为别人工作了，那将是一个完全彻底的合作社会。

Had we not be slave consciousness on this earth, no one would be

working for anyone, it would be a totally, complete, cooperative society.

所以你看我们把自己折腾到了什么地步，我们真的跌到了谷底。

So you see where we have gotten ourselves to, we really went down to the bottom.

但现在我们正在从谷底往上走，向上，不断攀升。

But we are now coming up from the bottom going up, up and away.

“拥有状态”就是你的存折和财产，我觉得这点是显而易见的。

Havingness is your bank book and possessions, I think that's kind of obvious.

你所认同的有三样东西：你——也就是你的存在、你的心智以及你的身体。

There's three things that you identify with, you, your Beingness, your mind and your body.

现在，真正的你是你的存在。

Now, the real you is your Beingness

当你认同你的存在时，你处于最美妙的状态中。

And when you're identifying with your Beingness, you're in the most wonderful state there is.

而当你认同身体时，你处于最糟糕的状态，你会不断陷入麻烦之中，

And when you're identifying with the body, you're in the worst state there is, and you're in constant trouble,

而且你在试图让一个终将消逝的东西生存下去，你把所有的时间都花在做那件蠢事上了。

and you're trying to survive a thing that will not survive, and you're spending all your time doing that stupid silly thing.

现在，当你释放你的程序时，你会减少对身体的认同，从而更多地认同你的存在。

Now, as you release your program, you identify less with the body and more with your Beingness.

当这些程序离开后，你自然就会一直认同你的存在了，就是这样。

When the programs are out, it's only natural for you to identify with your Beingness all the time, and that's it.

所以，下次你上升到这里，尽可能地保持在那里，从那里，你真的能够把所

有的垃圾都清除出去。

So next time you get up here, remain there as much as you can, and from there you can really get up the garbage.

把它写下来是不可能的，你无法描述“存在”。

It's impossible to write it down, you cannot describe Beingness.

要使用文字，你就必须从“存在状态”降下来，进入心智当中。

In order to use words, you have to come down from Beingness into mind.

心智永远无法理解存在。

Mind can never comprehend Beingness.

因为心智低于存在，你可以忆起那种美妙的感觉，并希望通过倾倒程序、用你的心智回到那里。

Because it's below it, you can remember it was great, and want with your mind to go back there by dumping the programs.

没有了程序，你会一直在那里。

No programs, you're there all the time.

如果你掌握了这些概念，这将帮助你继续向上移动。

If you get these concepts, it will help you keep moving upward.

当你抵达那里时，利用那个状态，让最深处的垃圾浮上来、排出去，从而保持在那个状态中。

And when you get there, using that state to remain in that state by getting the deepest garbage up and out.

当你上升到那里时，理论上，你可以像这样倾倒所有的垃圾。（莱斯特打了个响指）

When you're up there, you could theoretically like that dump all the garbage.

“我不是所有的那些垃圾，搞定它！”

“I am not all that garbage, done with it.”

理论上讲，如果你愿意这样做的话，这是可行的。

It's theoretically possible if you'll do it.

但你至少可以做到，当你上升到那里时，释放，倾倒那些正在涌现的感受。

But the least you can do is when you're up there, work, to dump the feelings that are coming up.

如果它们没有浮现，那就沉下心，深入挖掘，把它们找出来，你可以深入探寻。

And if they're not coming up, duke down, dig down, look for them, you can look down.

因为你在高处，你完全有能力处理并释放它们。

And because you're up, you are very able to handle them and release them.

只是敞开，让它们出去，就能停止压抑的状态，所有的压力都会离开。

Just opening and letting it out is stopping holding it down, really all that pressure would push out.

抗拒，我们正在耗费能量去压制那些所有被压抑的 AGFLAP。

Resistance, we're using energy to hold down all that suppressed AGFLAP.

所以，没错，当你不再压着它，它就出去了。

So, yes, when you stop holding it down, it goes out.

当你上升到高处时，这种情况会非常明显。

When you're up there, it happens much more so.

因为你不会愚蠢地压着那些垃圾，不会像你在里面打转、挣扎时做的那样。

Because you are not going to stupidly hold that garbage down, as you do when you are spinning in it, swimming in it.

当你深陷其中时，你会以为那些垃圾就是你；

When you are down in it, you think the garbage is you;

当你在高处时，你知道不是这样的，所以你愿意把它释放出去。

When you are up there, you know it isn't, so you are willing to let it go out.

当你释放时，你就是在上升；

When you're released, you're up;

当垃圾起作用时，你就会陷进去。

When the garbage is in play, you're down.

认识到你永远是你的存在，在这一点上你没得选，让我看看你不存在的样子，你能做到吗？

See you are always your Beingness, you've got no choice on that, let me see you not be, can you do it?

即便是那些试图通过自杀来消失的人也没能成功，他们反而用更好的身体感受到了更强烈的活着的感觉。

Even those who try to be by committing suicide don't succeed, they get a sense of thing more alive with a better body.

不存在是不可能的，这就是整件事的荒谬之处。

It's impossible to not be, this is a ridiculousness of the whole thing.

你就是那，你就是你所追寻的，你是一个无限的存在，这是你的本质，认同它，仅此而已。

THOU ART THAT, which thou art seeking, you're an infinite being, it's your Beingness, identify with it, that's all.

我有五个词来表明自由的状态，你可以把它作为一个要实现的目标。

There is, I have 5 words and indicate the free state that you can use as a goal to be achieved.

这是你词汇库里最重要的五个词，也是你心里最重要的五个词，当你一旦获得其中任何一个时，你都能处于这种自由的状态。

Five of the most important words in your vocabulary, five of the most important words in your mind, any one of which when obtained has you in this state of freedom.

第一个，你到达一个没有任何人或任何事物能够再打扰到你的状态，

Number one, you get to the place where no one and nothing can ever disturb you again,

即便死亡就在你面前，也不会扰乱你一丝一毫，而且你可以看着自己，你可以面带微笑地看着自己的身体慢慢被挤出去。

even death facing you doesn't disturb you one bit, and you could watch yourself, you could watch your body being squeezed out slowly with a big smile on your face.

当你上升到这里时，没什么东西，甚至是死亡本身、接近死亡也无法打扰你。

When you are up here, nothing, not even death itself can disturb you, not even not even approaching death.

无欲是心理上的安静、心理上的平静。

Desirelessness is mental quiety, mental quietness.

欲望是匮乏的痛苦，当它得到满足时，心智会暂时停止躁动，你就是你的存

在了，这很棒，这是一种愉悦，也是一种幸福。

Desire is the agony of lack, which when fulfilled, momentarily stops the mind from its agitation, and you are being your Beingness and it's great, and it's a pleasure, and it's happiness.

你没意识到的是，让你快乐的不是某个东西、也不是某个人，而是你念头的平息。

What you don't see is that it was not the thing, it was not the person, but it was the quieting of your thoughts that made you happy.

别再把幸福寄托在关系上了，你无需靠他人获得快乐。

There goes all hanging on relationships, you don't need the other person to be happy.

现在，我不是说要结束所有关系，而是要知道它的本质，你的关系是在满足一种需求、一种欲望，释放这种欲望，然后你可能会继续这段关系，也可能不会。

Now, I'm not saying break up all relationships, know what it is, your relationship is filling a need, a desire, release the desire, then you might continue the relationship and you might not.

如果你继续的话，你所有的努力都是为了帮助对方发现你所发现的东西。

If you do, your whole effort is to help the other one discover what you discover.

所以，从根本上说，一段关系应该是希望帮助对方获得自由。

So, a relationship should be basically wanting to help the other one go free.

如果不是这样的话，我会说这种关系是病态的，你们所有人都从自身的经历中明白了这一点。

And if it isn't that, I say it is sick, as all of you know from your experiencing.

你人生中最大的痛苦就来自于你们的关系，你得到了片刻的欢愉和巨大的痛苦。

Your greatest misery in life is from your relationships, you get moments of pleasure and tremendous amounts of pain.

当你正确地认同你的存在，并渴望释放对另一个人的贪恋、认同和控制时，所有的这一切都会消失。

All that disappears when you identify properly with your Beingness and have the wish to release the attachments, the approval, the control over the other one.

如果你想要一种表述方式，你可以说：“他人即上帝，我的孩子是上帝的孩子。”

If you want an expression, you can say: "The other one is God, my children are God's children."

释放，放手，让上帝接手，你的孩子会长得非常出色。

Release, let go, let God, and your children will come up the best.

所以，欲望是我们的头号敌人，它是一种人为制造的匮乏，我们不断地试图满足它，却永远、永远、永远都无法满足它。

So, desire is our number one enemy, it's an artificially created lack which we continually try to satisfy and never, never, never satisfy it.

你所拥有过的任何欲望，没有一个是真正满足过的。

There isn't a single desire you've had that you've ever satisfied.

因为你越是试图满足它，欲望就变得越强烈。

Because the more you try to satisfy it, the stronger that desire becomes.

满足欲望是不可能的，释放它才是完全可行的。

It's impossible to satisfy desire, it is very possible to release.

你看，如果你能满足欲望，你就能一次性拥有一切，然后你就满足了。

You see, if you could satisfy desire, you'd have everything once and you'd be satisfied.

但是在试图满足那个欲望的过程中，你只是一次又一次、永无止境地想要它。

But in trying to satisfy that desire, you just want it again and again and again and forever.

所以，欲望是我们的头号敌人。

So, desire is a number one enemy.

当你释放掉那种匮乏的痛苦时，你会发现你拥有了一切，毫不费力，整个宇宙都属于你。

And when you let go of that agony of lack, you discover you have everything, the universe is yours with no effort.

所以第三个就出现了，既然宇宙是你的，你需要付出什么努力才能拥有它呢？

And so number three comes into being, since the universe is yours, what effort do you have to go through to get it?

什么都不需要。

None.

实际上，生活变得毫不费力。

Life actually becomes effortless.

因为一切都是我的，没必要为了得到它而挣扎、抢夺和争斗。

And since everything is mine, there's no need to struggle, scratch and fight to get it.

所以，我们获得了一种无为的内在感受。

So, we get the inner sense of actionlessness.

这让我想起我第一次发现这一点的时候，我当时正沿着第 57 号街朝着第六大道和第七大道之间的汉堡天堂走去，我说：“保罗，我们从未移动过。”接着我继续往前走，“我们从未移动过，保罗。”在我们正走进餐厅时，我非常激动地告诉他我们从未移动过。

It reminds me of a time when I first discovered this, I was walking down 57th Street toward Hamburger Heaven between 6th and 7th Avenue, and I says "Paul, we have never moved", now I'm walking along, "we have never moved Paul", I was so excited telling him we have never moved as we're walking into the restaurant.

从那时起，它就从未离开过我，我从未移动过。

And since that time, it's never left me, I have never moved.

真正的我从未移动过，它无法移动，它是全在的，它能移动到哪里去呢？

The real I has never moved, it can't, it's omnipresent, where is it gonna move to?

但是，在心智屏幕上虚构出来的身体却编造出了一种移动，但这不是真的。

But the fictionalized body on the screen of the mind concocts a movement, but it's not real.

10.成为你之所是的步骤 The Steps to Being What You Are 2

你的心智就像电影院架子上的屏幕，它是不变的，它是纯洁的，它是纯粹的，它是静止不动的，它是毫不费力的，它是波澜不惊的，但投射在屏幕上的可能是人群、打斗、战争、洪水、火灾、暴乱，这对屏幕会有什么影响呢？

Your mind is like the screen in a cinema shelf, it's changeless, it's white, it's pure, it's actionless, it's effortless, it's imperturbable, but projected on that screen can be people, fights, wars, floods, fires, riots, what does that go to the screen?

没什么影响，对我们来说就是这样。

Nothing, and it's exactly that way for us.

然而，如果你在看电影，并且觉得自己是那个角色，而那个角色在受苦，你就会哭泣。

However, if you're watching a movie and you think you are the character, that character is suffering, you're crying.

同样地，你认同这个身体以及你为它设定的所有程序。

Likewise, you identify with this body and all the programs you set up for it.

如果你不认同这个身体，如果你不认同这个屏幕以及屏幕上所投射出的画面，你会发现你是那个波澜不惊、无欲无求、毫不费力且静止不动的存在，你只是见证着一切。

If you don't identify with the body, if you don't identify with the screen, with the projected pictures on the screen, you discover you are the imperturbable, desireless, effortless, actionless being, just witnessing.

当这些事情发生时，你会有一种“我从未移动过”的感觉，从那一刻起，你会像看电影一样见证着世界的变迁，你会以这种方式看待整个世界。

When these things set in, you hold the sense that I have never moved, and from that point, you witness the world go by the same way you witness a moving picture, you see the entire world that way.

为了帮你抵达那里，我把几个有用的指引分成几个看似相关的类别罗列了出来。

To help you get there, I set out helpful directions in several groups that seem to group together.

如果你能持续不断地认同你的存在，你就会一直处于一种美妙的、至高的状态，这将有助于你永远地建立这种状态。

If you will constantly keep identifying with your Beingness, you will stay in such a beautifully high state, it will help you establish it for all time.

试着不断地认同“我是”。

Try to keep identifying with “I am”.

另一件事是只持有“我，我，我，我”的想法，别无其他。

Another thing is to hold the thought “I, I, I, I”, nothing else.

因为当你只说“我”而不带任何附加内容时，这就是你的存在。

Because when you say “I”, just alone without anything with it, it's your

Beingness.

当你自由的时候，这就是你所拥有的意识感，一直都是“我”，就像维韦卡南达所说的，当祂到达终点时，祂发现除了“我”，从来就没有别的东西，只有“我”。

And when you're free, that's the sense of consciousness you have, just I all the time, as Vivekananda said, when He reached the end of the line, He discovered there never was anything but I all alone, there's nothing but Iness.

而“我”投射出了所有所谓的“其他”，但既然它是“我”的投射，那它就是“我”。

And the Iness projected all the supposed otherness, but since it was a projection of the “I”, it is the “I”.

第三，不做“做者”，如果你在认同你的存在，你就不会把自己视为一个做者。

Number three, be not the doer, if you are identifying with your Beingness, you don't see yourself as a doer.

我还记得当我刚开始和人们交谈的时候，他们会说：“你是个老师。”我会说：“不，我不是。”他们会说：“是的，你是。”而我会说：“不，我不是。”

I can remember when I first started talking to people, they would say:

"You're a teacher." I'd say: "No, I'm not." They'd say: "Yes, you are."
And I say: "No, I'm not."

我无法想象自己在教导，无法想象在和除了自己以外的任何人交谈，如果我在和自己交流，那我就不是老师了。

I could not see myself teaching, talking to anyone other than me to me, if I'm talking to me, I'm not being a teacher.

所以试着体验到不是做者的感觉，做“存在者”，不是“啤酒”这个词，是“存在”，还有个撇号。

So, try to get the sense of being not the doer, be the "be"er, that's not b-e-e-r, that's b-e-apostrophe.

好了，现在，第四点非常重要，它会为你省去很多努力。

Okay, now, number four is a very important one, it's going to save you so much effort.

只存在一种纯粹的幸福，那就是当你通过安静心智来满足欲望、从而做你的存在时，这便是唯一的幸福。

There's only one single happiness, and that is when you are being your Beingness by quieting your mind in satisfying desires, it's the only happiness there is.

当你是你的存在时，你却错误地将它归因于事物、人。

When you're being your Beingness, and you wrongly attribute it to the thing in person.

所以如果你能养成一种习惯，即：留意到你体验到的所有幸福的感受，都出现在你安静下来并只是存在的时候。

So if you make it a habit of noticing that all the feelings of happiness you experience are when you're quiet and just being.

如果你能做到这一点，你就不会再生生世世地去外界追逐那并不存在的幸福了。

If you will do that, you will stop chasing lifetime in and lifetime out for happiness out there where is not.

当你发现你所有的幸福都源于你认同自己的存在时，这是非常重要的。

It's so important when you discover that all your happiness is when you're identifying with your Beingness.

因为这会减少你在生活中的绝大部分努力。

Because it takes the majority of effort out of your life.

当你做到这些事时，你会认同每一个人都是你，你会认同这个宇宙中的每个原子都是你。

And when you do those things, you will identify with everyone as being you, you will identify with every atom in this universe as being you.

真正的知道就是存在，除了一样东西之外，没有什么是可以知道的，是什么呢？

And the real knowing is being, there is nothing to know except one thing which is to be, which?

也就是知道“你知晓一切”，真正的知晓意味着存在，这是每个人在他或她的每一个行为中都在寻求的东西，那是大写的“真知”。

Knowing that you know everything, real knowing means being, that's what everyone, in his or her, every act is seeking, that is the Knowledge with the capital K.

但那种“真知”并非知晓某些东西，而是知晓只是存在。

But that Knowledge is not knowing something, it's knowing to only be.

稍微降下来一点，也就是说，发现外面除了你全部的思想总和外，什么都没有。

Coming down just a bit, see nothing out there but your sum total

thinkingness.

因为事实的确如此，你所有的思想，其中大部分都处于潜意识层面，也就是你看到的外界景象，这是从你的心智中投射出来的画面。

Because that is exactly what it is, all your thinkingness, most of which is below the level of consciousness, is what you're seeing out there, it's your picture projected from your mind.

然而你只是在你的心智中看到它，只有你的心智在说：“它在外面。”

And you're only seeing it in your mind, it's only your mind that says:
“It's out there.”

证据就是——当你去睡觉的时候，这个世界去哪里了？

And the proof of that is when you go to sleep, where does the world go?

它消失了。

It's gone.

那么它在哪里呢？

So, where is it?

它在你心智里。

It's in your mind.

你唤醒心智，世界便再次出现了。

You wake up the mind, there's the world again.

让心智进入睡眠中，整个世界就都消失了。

Put the mind to sleep, that whole world is gone.

即使你失去了一位近亲、一个亲密的人，当你入睡时，那种死亡也消失了。

Even if you've lost a close relative, a close one, you go to sleep, that death is gone.

那么，死亡究竟在哪里呢？

So, where is dying?

只在心智中。

But in the mind.

外界除了你全部思想的总和外，什么也没有，而其中大部分都是潜意识的。

There is nothing out there but your sum total thinkingness, most of which is subconscious.

当你意识到，如果你不喜欢外界的东西，你改变内在的画面，外部画面就会立即改变。

When you realize that, if you don't like it out there, you change the picture in here, and the picture out there changes instantly.

就像我跟你说过的，每个人都有自己的画面。

As I told you, each one has his or her own picture.

我们以为我们看到的是同一个事物，但其实我们看到的只是自己的画面。

We all think we're seeing the same thing, but we're only seeing our own pictures.

而这点在一桩与我们无关的事故中，体现得淋漓尽致。

And it's brought out so succinctly in an accident which is not related to us.

我们五个人目睹了这件事，结果我们交了五份关于事情经过的报告，你能想象在与我们切身相关的事情上，这会有多扭曲吗？

Five of us look at it, we handed five reports as to what happened, can you see how distorted we get on things that concern us?

我们甚至看不清外界那些与我们无关的真实情况，那么，我们在看到别人的画面或正在发生的事情，能有多准确呢？

We can't even see what's external, actual out there, that doesn't concern us, so how accurate are we in seeing the other one's picture or what's going on?

我们在外面看到的，只是自己全部思想的总和。

We only see our sum total thinkingness out there.

如果你不喜欢外界的画面，改变你自己。

If you don't like the picture out there, change yourself.

外界所存在的，实际上是你的存在。

What is actually out there is your Beingness.

世界的实相不是我们所看到的那个幻象，世界的实相是它背后的存在。

The reality of the world is not world as the illusion we see it, the reality of the world is the Beingness behind it.

当你认同你的存在时，这个世界背后的那个存在就是你的存在。

And that Beingness behind the world is your Beingness when you identify with your Beingness.

所以，实际上，外面除了你的存在，什么也没有。

So, there is in actuality nothing out there but your Beingness.

当你理解这一点时，你就会明白这里的第三点：没有客观性，只有主观性。

And when you see that, you see number three here: no objectivity, only subjectivity.

不是看到你自己在身体里、身体在世界上，而是身体在你之内，世界在你之内，宇宙在你之内。

Instead of seeing yourself in the body, and your body in the world, the body is in you, the world is in you, and the universe is in you.

就像在一个夜间的梦一样，当你睡着的时候，你可以把一场火星之旅带进你的卧室，对你而言，你正在飞往火星。

Just like in a night dream, when you're sleeping, you could bring a whole trip to the Mars into your bedroom there, and as far as you're concerned, you're flying to Mars.

那么，那个火星之旅在哪里呢？

So, where was that trip to Mars?

其实就在你之内，在你的卧室里，在你的梦境中。

But within you, in your bedroom, in your dream.

所谓的清醒状态也是完全一样的情况，这种清醒状态是一种睡眠状态，在你从中醒来之前，你不会意识到这个事实。

It's exactly the same way in the so-called waking state, this waking state is a sleep state, until you wake up from it, you're not aware of that fact.

但随着你不断地释放，总有一天你会明白，这种状态、这种清醒状态就像夜间梦境那样真实，当你从中醒来后，你便从这个所谓“清醒状态”的梦中觉醒了，然后你会发现这一切只不过是一场从未真正存在过的梦，哈哈……

But as you keep releasing, someday you're going to see this state, the waking state is as real as a night dream state is real, after you wake up from it, you wake up from this dream called waking state, then you see that this whole thing was just a dream that never really was, ha ha...

所有的努力都只是为了痛苦。

All that effort for nothing except misery.

所以，你的世界变得主观了，对你来说，它在你之内，而非在你之外，它是你的造物。

So, your world becomes subjective, it's in you, it's not an external to you,

it's your creation.

所以要努力让心智彻底安静下来，直到没有任何念头。

So, work to totally quiet the mind until there are no thoughts.

这个叫做“心智”的机制，它现在是一片时刻都能看到海浪翻涌的海洋，但它会从一片波涛汹涌的海洋转变成所有海浪、所有细微的涟漪都消失的海洋，变成一片没有边界、不起一丝涟漪的海洋。

The mechanism called mind changes from being a very turbulent ocean where you see waves all the time, that's the way it is now, to all the waves disappearing, all the tiny ripples disappear, then it's a waveless ocean with no boundaries.

你的心智也会变成那样，彻底安静下来，什么也没有，甚至不起一丝涟漪。

And your mind becomes that way, totally quiet, nothing, not even a ripple.

当这种情况发生时，从你的“我”中，你会变得有直觉，一切都会以这种方式出现。

And when that happens, you become intuitive, from your “I”, everything comes out of it anyway.

你的“我”、你的存在是全能、全知且全在的。

The “I” of you, your Beingness is omnipotent, omniscient, and omnipresent.

当你让心智安静下来，你自然会认同你的存在，并且仅凭直觉行事。

And when you quiet the mind, you naturally identify with your Beingness and are intuitive only.

从实际角度来讲，当你凭直觉行事时，即便从未研究过这个主题，你也可以和任何人谈论他们所关注的话题，并帮助他们了解更多的东西，甚至是其中的细节和事实也是来自全知的层次。

To bring it down to practicality, when you are intuitive, you can talk to anyone on his or her subject and help them learn more, even though you have never studied it, even details and facts, they're coming from omniscience.

我曾经就这样做过，刚觉醒的头几年就是如此，那种感觉就像是你一动不动，看自己的身体就像看别人的身体一样，你看着你的身体在说话，你听到你的身体说话，然后你会说：“哇，真有意思！”

There was a time I did this when I first, the first years after I got three, and it's like, see you don't move, you watch your body like you're watching other bodies, you watch your body talk, you listen to your body talk, and you say: “Gee, that's interesting!”

瞧，这就是你个性的一面在观察着你自由的那一面、直觉的那一面。

See, that's the personality side of you watching the free side, the intuitive side.

当你连接到全知的时候，所有的学习都变得无用了。

All study becomes useless when you're in touch with omniscience.

所以，数千年来，所有这些在这个方向、在那个方向以及其他方向上的灵性教导并没起到太大作用。

So, all these teachings are spirituality in this direction, in that direction, another direction, over the thousands of years hasn't helped much.

所有那些教导都活跃了心智。

All that teaching has activated the mind.

然而唯一的答案只有通过安静心智才能获得，这样你自然就会认同你的存在。

the only answer can be gotten by quieting the mind, so that you will naturally identify with your Beingness.

第三，不要认同你的身体和心智，把它们当作一个外在的角色，让它们做该

做的事，不要过度关注它们。

And three, do not identify with your body and mind, take it as a character out there, give it its just do, do not overdo on it.

再说一次，你听我说过，这种化学药物对这个身体的作用，比我自身的掌控力还强吗？

And again, you have heard me say, does this chemical have more power than I have over this body?

我们现在所处的是药丸时代，一切都能用药丸治愈。

This is the pill generation we're into now, everything can be cured by pills.

药丸怎么会比我们更有智慧呢？

How does a pill get more intelligence than we?

这太荒谬了。

It's ridiculous.

如果它对我们有帮助，那是因为我们的智能在告诉我们这颗药丸会起作用，这不是药丸在起作用，而是我们认为它会起作用。

If it helps us, it's our intelligence saying this pill is going to do

something, it's not the pill doing it, it's our saying that the pill will do it.

让身体做它该做的事，不要过度关注它，这样你的注意力才能更多地转向存在。

Give the body its just do, don't overdo with it, so that your attention can go more toward Beingness.

过度关注身体则会让你深深陷入那个极其受限的车架子里，而这从一开始就是一场必输的局，它会消逝。

Overpaying attention to the body keeps you bogged down into being that extreme limited carcass, which is an absolute no win in the first place, it goes.

在你出生的那一刻起，它就开始在走向死亡，最终也确实死去了。

From the moment you get it born, it starts dying and finally succeeds in dying.

那为什么还要把所有的注意力都拿来关注它呢？

So why put all that attention to it?

我们得在周围放一些躯体，这样人们就可以和它们玩耍，这一点可能会唤醒你。

We've gotta to have carcasses around, so people can play with them, it might wake you up.

因为那个身体将会是一个车架子。

Because that body is going to be a carcass.

就像我过去常说的，你开着车四处跑，那辆车是你吗？

And as I used to say, you ride around in the car, is that you?

不，那是一个车架子，一具躯体，这是一个车架子，就像一辆汽车那样。

No, that's a carcass, a carcase, this is a carcass, like an automobile.

你不会因为在车里活动就是那张车，也不会因为在身体里活动就是这个身体，所以车架子和躯体非常类似。

You're not the automobile, because you move around in it, you're not this body, because you move around in it, so a carcass and a carcase are very similar.

所以，只是让身体做它该做的，花时间认同你自己，花时间释放那些阻碍你认同自己的障碍，直到最终你不再有任何的贪恋和厌恶。

So, give the body its just do, and spend your time identifying with yourself, spend your time releasing the blocks to identifying with

yourself, until you end up with no attachments and no aversions.

你应该拥有各种事物，你应该不带任何贪恋和厌恶地使用各种东西。

You should have things, you should have things for use with no attachment and no aversion.

当你没有贪恋和厌恶的时候，你只需毫不费力地想一想它，就能拥有一切。

And when you have no attachments and no aversions, you will have everything for a mere effortless thought of it.

所以，如果你有任何在这条道路上放弃的念头，那么你只需要放弃一样东西：那就是你的痛苦、你的限制。

So, if you have any concepts of giving up on the path, there is one single thing you give up: That's your miseries, your limitations.

在这条道路上，你会获得越来越多、越来越多，直到你拥有整个宇宙。

On the path, you take on more and more and more until you have the universe.

不要让你的心智通过说“如果你自由了，你将失去一切”来阻碍你，也别让你的心智通过说“如果我获得自由，我就会死”来阻碍你。

Don't allow your mind to sabotage you by saying "you're going to lose

everything if you go free", don't allow your mind to sabotage you by saying "I will die if I go free".

这些感受此刻在你的内在十分强烈，“如果我获得自由，我就会死”，要是你没有那个想法，你就自由了。

And these feelings are strong within you right now "I will die if I go free", if you didn't have that you'd be free.

你知道方法，允许所有那些被压抑的能量浮上来，然后出去。

You know the way, allow all that suppressed energy up and out.

如果你不压在它上面，它就全都出去了，在几分钟之内，你就会自由。

If you didn't sit on it, it would all go out, and you'd be free in minutes.

不要让你的心智阻碍你，它会为了生存而抗争。

Don't allow your mind to sabotage you, it fights for its survival.

因为我们就是这样给它设定程序的，就像电影《2001 太空漫游》里的计算机一样。

Because we programmed it that way, it's like how the computer in the picture <2001>.

但既然我们给它编了程序让它使我们陷入困境，我们也总能解除它的程序，那么它就无法影响我们。

But since we programmed it to keep us bogged down, we can always deprogram it, so it cannot touch us.

既然现在你已经了解了一切，我也没什么可说的了。

Now that you've got everything, there's nothing more for me to say.

做你自己，在这一点上你别无选择，这就是整个现实世界的荒谬之处。

Be yourself, you've got no choice on that, that's the ridiculousness of this whole world of living.

此时此刻，你是无限的，你是全能的，你是全知的，你是全在的，却捏造了一个另有说法的心智。

You're infinite, you're omnipotent, you're omniscient, you're omnipresent right here and now at this moment, concocting a mind which says otherwise.

11. 存在 Beingness 1

我仍然会说任何的辅助都是一份好的相助，

I'll still say any aid that aids is a good aid,

甚至是一份鳄鱼的辅助，有时候，我认为在身后的鳄鱼都会推得你往前走。

be a gator aid, sometimes, I think an alligator on the backside might make you go up.

这就是我们实际在做的。

And that's the way we really do.

我们让自己经历如此沉重的挣扎与斗争，

We give ourselves such heavy bites and fights,

最终我们都会放手，回家。

we eventually let go and go back home.

我不希望你认为我是在让你放下对你有所帮助的辅助工具。

I don't want you to think I'm putting down the aids that help you.

如果你需要外部帮助并且它有用，那就使用它。

If you need an external aid and it helps, use it.

当你理解了那种外部帮助后，你就会超越它了。

When you understand that external help, then you'll move above it.

现在走在这条道路上，并没有要你去放弃任何东西。

Now, there is no giving up anything on this path.

我们已经身处最底层，并不是从现在开始就放弃一切，它已经触底了。

We are at the bottom, there's only one thing we can give up from here on, it's got to be the bottoms up.

当你自由的时候，并没有什么是被放弃的。

There is no giving up as you go free.

会拿到越来越多、越来越多、越来越多美好的东西，直到最后你拥有一切。

There is a tremendous taking on of more and more and more until eventually you have the all.

首先，你会看到每个人都是自己；

First, you'll see every person is yourself;

接着，你会看到一切的事物都是你自己；

Then, you'll see everything is yourself;

最后，你会看到整个宇宙都是你。

Then, you'll see the whole universe is you.

当你是“一切”时，你就不再需要任何东西了，

And once you are the all, there is nothing you need,

不再有欲望，不再有贪恋，不再有厌恶，你是自由的。

There is no more desire, no more attachment, no more aversion, and you are free.

正如我所说的，世界不会在你面前消失，它就像是一片沙漠中的绿洲，

And as I said, the world won't disappear for you, it's like an oasis on a desert,

你看到了水，甚至看见了周围生长的树木，

you see water, you even see trees growing around it,

但是当你走近它时，却发现它只是一种幻觉，不过是沙子罢了。

but when you go over to it, you discovered it was an illusion, it's just sand.

现在你要穿越沙漠。

Now, you walk the desert.

一旦你获得自由，穿越沙漠之后，你仍然会看到那片绿洲。

Once you go free, you walk the desert, you'll still see that oasis.

与其不同的是，你不会再去向那里饮水了。

With this difference, you won't go there to drink.

这就是你需要了解的世界，

And this is what you need to learn about the world,

别再去那里饮水了。

stop going there to drink.

你只是喝醉了。

You just get drunk.

不要再从这个世界寻找快乐，

Stop looking to the world for your joy,

从你自己身上找到所有的快乐，

look to yourself for all the joy,

因为那才是唯一的快乐。

because that's the only joy there is.

**当你拥有幸福、任何的愉悦和快乐时，仅仅是因为你已经让心智安静下来，
平息了那个欲望。**

When you're having happiness, anything pleasurable, any joy, it's only
because you've quieted the mind for that desire.

当你的心智安静时，你就是你的存在，

And when your mind is quiet, you're being your Beingness,

那是你所能体验到的唯一的幸福。

that's the only happiness you can ever experience.

你自己去发现这一点。

Discover that for yourself.

别再追逐那些彩虹了，你已经追逐了数百万年。

Stop chasing those rainbows, you've been doing it for millions of years already.

而现在你有一个选择，继续享受这无尽的亿万年时光，而这也将花费你亿万年的时光来完成这件事；

And you now have a choice to go on enjoying over eons, it will take you eons to do this;

或者，你可以从这里直接回到家，回到顶端。

Or, you could go from here right back home to the top.

这就是处于底端的优势，你离顶端很近，相比于其他任何地方，你都是离顶端最近的。

This is the advantage of being at the bottom, you're close to the top, you're closest to the top of any area there.

我们给自己了施加的沉重负担、层层束缚和极端的限制，

The heaviness, the incrustation, the binds that we have put upon ourselves,

我们永远都不会忘记我们是如此沉重，

and we never forget really what we are so heavy,

以至于想要挣脱枷锁的渴望极为强烈，

the desire to break out of the bondage is so great,

我们可以沿着这条道路径直向上，

we can go straight up this way,

从身处一具物理身体的状态出发，

from this state of being in a physical body,

我们可以在短短数月甚至更短的时间内走完全程。

we can go all the way home in a matter of months or less.

很少有人做到这一点，并不意味着你做不到。

The fact that very few people do it does not make it true that you cannot.

当你们中的任何一个人决定这么做时，就去做吧。

When any one of you decides to so do it, so be it.

当你决定你想要自由超过想要其他任何事物时，你就能在几个月内做到，

When you decide, you want freedom more than you want anything else,
you can do it months,

你甚至不必去探寻是如何做到的，你就已经得到它了。

you don't even have to discover the how-to, you've already got it.

不再有任何感受，心智安静下来了，就是这样。

No feelings, the mind goes quiet, and that's it.

我认为你们没有走完全程的主要原因是，潜意识里害怕如果我自由了，我就会死。

I think the main reason why you are not going all the way is a
subconscious fear of dying if I go free.

这种潜意识里对死亡的恐惧，实际上是对失去小我的恐惧。

Now this subconscious fear of dying is actually the fear of losing your
ego.

小我的确会消亡，

The ego does die.

那种认为“我是这个有限的身体——莱斯特”的感觉消亡了，

The sense that “I am this limited body Lester” dies,

但取而代之的是某种好得多得多的东西。

but in place of it, comes something infinitely better.

你来到这里的全部目的，就是去发现这个你所是的、自由的存在，

Your whole purpose for coming here is to discover this free being that you are,

你所做的一切都在朝着那个方向前进，

everything you do is moving in that direction,

但是，你却到它不存在的地方寻找，

but looking for where it isn't,

它不是外在的，

it is not external,

它不在更多的金钱、更多的玩伴中，

it's not in more money, more playmates,

在于你去发现自己真正是什么——无限自由的存在。

it is in you discovering what you really are, unlimited free Beingness.

是你构建了你所看到的整个世界。

And that you set up the whole world as you see it.

外面除了你的画面，什么都没有。

There is nothing out there but your picture.

并且我们把自己的画面叠加在其他人也叠加了他们画面的同一个空间里。

And we superimpose our picture on the same space that others superimpose their pictures.

然而，我们每个人都只看到了自己的画面。

And each one of us is seeing only our picture.

但这种对获得自由的恐惧，其实是对失去小我感的恐惧。

But the fear of going free is the fear of losing the ego sense.

现在，在你失去小我感后会发生的事情非常简单，身体会四处活动，但是你

清楚这个身体究竟是什么。

Now, what happens after you lose your ego sense is simply the body moves around but you know the body for what it is.

曾经你认为这是自己的全部，结果不过是自己微不足道的部分。

What used to be the all of me turns out to be the least of me.

我的身体只是我极其微小的一部分。

One infinitesimal speck of me is this body.

因为我是全在的，并非只存在于这一处。

Because I'm omnipresent, not just in this spot.

我们每个人都是无处不在的，

Every one of us is everywhere present,

**却一直以来都只关注着这个小小的身体，还说：“我就是这个小小的身体。”
并试图让这个身体永远存活下去。**

all the time focusing on a little body saying: "I am this little body."

Trying to keep the body surviving forever.

有谁能成功地让身体永远存活下去呢？

Who succeeds in keeping the body surviving forever?

你看看这有多蠢！

You see how stupid it is!

我们都看到身体一直在走向死亡，

We see the body is dying all the time,

我们每天都在走向死亡，

we are dying every day,

我们每天都在为了生存而挣扎，

we are struggling for survival every day,

这是一个绝对没有胜算的方向。

it's an absolute no-win direction.

我们都看到了这一点。

We see it.

顺便说一下，温蒂汉堡店是个吃饭的好地方。

By the way, Wendy's is a good place to eat.

为什么呢？

Why?

在店里的桌子上有 19 世纪的广告，我昨天看了看，他们做的那些稀奇古怪的事和我们做的一样，比如如何防止脱发，他们有各种各样的疗法……

On a table, they have ads from the 1800s, I was looking at it yesterday, and they do the same voodoo things that we do, how to keep from going bald, singe your hair, they have all these uh... Singe...

他们有许多不寻常的身体治疗方法等等，而我们现在也在用着这些方式，给它们取不同的名字，称它们为神药，你会纳闷为什么。

They have all these unusual ways of healing the body and etc, etc that we use now, put different names on it, call them wonder drugs, you wonder why.

但它向你展示，它应该让你感受到万物的无常。

But it shows you... It should give you a sense of the impermeability of everything.

因为你读到的所有内容，如果你住在纽约，他们还会给你地址，你曾经已经去过那里了，而且离他们很近，可你在广告上读到的那些东西如今已经不复存在了。

Because everything you're reading about, they give you addresses in if you live in New York City, that you've been around and very close to them, and you know it's not there now, the things you're reading.

它向你展示了世事无常。

It shows you the impermanency of everything.

我想让你不再执着于这个身体的生命，

I'm trying to shake you loose of your life hold on a body,

让它去做它该做的，

give it its just do,

你花时间释放，获得自由。

and spend your time releasing, going free.

如果你真的很喜欢这个身体，

And if you really like the body that much,

你可以让它按你想要的状态一直保持下去，

you can make it go on as long as you want to,

你也可以让它永葆青春。

you can make it as youthful as you want to also.

有一些罕见的生物，他们一生都停留在 18、20 岁左右的模样，在我们临近星球上的朋友，他们大多数看上去只有 16、18 岁，最多 20 岁，但他们实际是已经一两千岁了，我们也可以做到同样的事情。

There are some rare beings who stay at the age of around 18, 20 all their life, our friends on our nearby planets, most of them look 16, 18 as high as 20, very few look older than that, and they're 1 to 2,000 years old, we can do the same thing.

但在摆脱身体束缚的过程中，要明白是你掌控着身体，

But in the process of breaking free of the body learn that you're in control of the body,

它只是你的想法而已。

it's only your thought.

但使用这一点能立刻治愈身体，

But use this heal the body instantly,

你的身体在烧红的煤上行走而不会被烧伤。

walk over red hot coals and don't get burned.

几周前，一个叫汤姆·贝尔的人来到了这里的小镇，带领一群人走过燃烧的炭火。

Tom Bell was in town here some weeks ago and took a group over burning coals.

你也能做到这一点，而且能做到的远不止于此。

You can do that and much, much more.

摆脱你的枷锁，

Get rid of your shackles,

这会让你开始经历这一切，

It'll start you going through this,

这会将你从被束缚在身体的状态中解脱出来，

it'll free you from being bound into the physical body,

你可以在滚烫的炭火上行走，在水面上行走，诸如此类，你开始超越这个物理身体了。

you could walk on hot coals and then walk on water and things like that, you're beginning to transcend the physical body.

你会需要这个的。

You're going to need this.

今天早上，我在这里的面包店里读《基督教科学》，这份报纸讲的全是关于核袭击的种种缘由以及如何阻止核袭击。

This morning, I was reading breakfast in the bakery down here a <Christian Science> newspaper on all the house and wherefores of nuclear attack how to stop it.

核袭击的头五分钟你根本来不及反应，接下来的 20 分钟最为关键，但关于最后两分钟的内容却没完没了地说个不停。你不会在前 5 分钟就明白，接下来的 20 分钟是最重要的，这就是基督教科学的内容，在讲解阻止核袭击的最佳方法。

And you don't get it the first 5 minutes, the next 20 are most important, but the last two minutes on the way down goes on and on, this is Christian Science, explaining the best ways to stop a nuclear attack.

我现在就给你一个方法——发现你是身体的创造者。

I'm giving you a way now, discover that you're the creator of the body.

你可以从核爆炸中穿过，而它伤不到你；

You could walk through a nuclear explosion and it wouldn't touch you;

你可以把手放进火中，而它不会灼伤你；

You could put your hand in fire and wouldn't burn you;

你可能会需要这些东西。

You might need these things.

在这十年里，当他们口口声声说要消除这些核相关的事物时，实际上却在增加它们，不仅数量在增多，威力也在成倍增强。

In this decade, as they talk about undoing these nuclear things, they multiply them, not only in numbers but in ability.

你看到了这个方向，

You see the direction,

别再浪费时间了，

stop wasting time,

释放 AGFLAP,

release the AGFLAP,

获得自由。

go free.

不管怎样，哪怕要花上一百万年，你终究是要去做这件事的。

You're going to do it anyway even if it takes you a million years.

为什么不现在就做呢？

Why not now?

你已经有方法了。

You've got the Method.

不再有任何的想要认同或控制，让心智足够地静止下来，

No more wanting approval or control, freeze the mind enough,

这样你就能往深处挖掘出这个头号程序——作为一具身体的想要生存、对死

亡的恐惧,

so you can dig down into the No. 1 program, wanting to survive as a
body, fear of dying,

把这个程序拔除,

you pull that out,

你就自由了。

you're free.

把它拔除后,

You pull that out,

你能轻而易举地倾倒入那点剩余不多的垃圾,

the little remaining garbage you can dump so easily,

然后你就只是保持着你本来的样子, 不会再挣扎了。

and then you just remain as you really are, you'll be out of the struggle.

孩子, 如果我有在滚烫的炭火上行走的能力,

Boy, if I got this power to walk over hot coals,

我有瞬间移动的能力，

I got the power to teleport,

我至少有能力安排好自己的生活，

I got the power to at least arrange my life,

因此，我不必再挣扎了。

so, I don't have to struggle anymore.

从这个意义上说，它可能会有帮助。

In that sense, it could help.

如果我能在滚烫的炭火上行走，那我能理想地安排自己的生活吗？

If I can walk on hot coals, can I arrange my life ideally?

当然，你拥有了那种能力。

Of course, you got that power.

但这些能力并不能让我们获得自由。

Uh... Powers do not free us.

那些对它们感兴趣的人们的经历是，他们会陷入各种力量之中。

The experience of people who get interested in them is that they get stuck in powers.

其实，这些力量只不过是掌控世界的捷径而已。

Now, powers are just working the world shortcut, that's all.

力量本就是你的，

Powers are inherently yours,

宇宙中所有的力量都是你的，

all the power there is in the universe is yours,

此刻，所有的力量都归你所有。

all the powers are yours right now.

但如果你向自己展示其中一种力量，

But if you show yourself one of them,

这或许会鼓励你展示另一种、再另一种，

it might encourage you to show yourself another one and another one,

然后你就开始挣脱束缚了。

and then you start unshackling.

你或许可以释放所有的力量，然后就只是存在。

You might let go of all the powers and just be.

有很多人创造了奇迹，然而他们并没有意识到。

There's a lot of people do miracles and they're not aware of it.

因为当他们做到的时候，一切是那么地轻松且专注。

Because when they do it, it's so easy and concentrated.

等他们回归到日常中时，他们甚至都不记得这件事。

They get back into the world, they don't even remember it.

就像这些老太太、小孩举起汽车的事例一样，

Like these old ladies lifting cars and kids lifting automobiles,

危急情况让他们全神贯注，

the emergency concentrates them,

他们完全专注于一件事，“我得把那辆车从我朋友或亲戚的身上抬起来”，

they're on one thing totally concentrated, “I got to lift that car off my friend or relative”,

毫无疑问，他们直接把它抬起来了。

with no doubt they just lift it.

我在中央公园南站时，遇到过一件趣事。我正要进电梯，电梯操作员是个非常强壮的男人，但他就是打不开瓶子，怎样都打不开，我说：“我来帮你开。”然后我接过瓶子，只是稍微拧了一下就把瓶盖拧开了，然后把瓶子递给了他。拧不开瓶子全是他的臆想。每次我上楼，他都会盯着我看，那是他特有的举动。

I just got a funny picture when I was on looking on Central Park South, I'm getting in the elevator and the operator is a very strong man, he just can't open a bottle, it can't, I said: “I'll do it for you.” and I took it, I just with a little twist and took the thing off, and give it to him, it's all thought, he used to stare at me every time I went up, that was something peculiar to him.

当你认同你的存在时，

And when you identify with your Beingness,

你会认识到唯一存在的就是你的存在，一切的存在。

you recognize the only thing that is, is your Beingness, being all Beingness.

那是唯一永恒不变的绝对真理，

That's the only absolute truth that never ever changes,

其他一切都会改变。

everything else changes.

因为它们并非真实。

Because it's untrue.

如果一个东西是真的，那它就永远是真的。

The thing is true, it's true forever.

如果它变了，那在此之前它就不是真的。

If it changes, it wasn't true the moment before.

因此，一切会变的都不是真的，都是我们自己创造的幻象。

So, everything changing is not true, it's an illusion created by us.

但请记住，当你释放时，你并没有放弃任何东西，反而收获更多。

But try to remember as you let go, you don't give up anything, you take on more.

谁在释放后变得更痛苦了？有人吗？

Who got more miserable from releasing? Anybody?

你可能会这么想。

You might think so.

因为当你摆脱了最沉重的负担时，或者当你摆脱了此刻浮在最表面的感受时，底下更深层的感受出来了。

Because as you free yourself of the heaviest or as you free yourself as the thing that's right on the surface now, it uncovers more that's deeper.

然后你可能会把这种更深层的觉察归因于释放了此刻在最表面的更沉重、更微妙的感受。

And you might attribute the deeper vision to the releasing the heavier, subtle thing right on top now.

然而当你释放得越多，你会变得越敏感。

And the more you release, the more sensitized you become.

因此，无论你有什么感受，这种感受都会更加明显。

So, whatever you feel, you feel more so.

因为在此之前，你一直都在蒙蔽自己，不去感受它，

Because before you were blinding yourself to feeling it,

你一直在把它压进心智里，让它变成潜意识。

you were driving it down in the mind, making it subconscious.

因此，当你把它变得有意识时，你觉察到了，并且感觉就像是新的东西浮现出来一样。

And so when you make it conscious, you're aware of it, and it feels as always something new coming up.

但它其实一直都在那里。

But it was always there.

所以，你可能会有这样的想法：老天，我的情况越来越糟了，我从没这么强

烈地感受过。

So, you might have a thought that “Gee, I'm getting worse, I never felt so sharply”.

但你会发现，你不会像以前那样长时间地处于沉重状态了，即便你的感受更强烈，但你停留其中的时间远没有以前那么长。

But you'll discover that you don't remain nearly as long in that heavy state as you did before, even though you feel it more so, you'll feel it for a far shorter period of time.

为你感受到的以及经历到的一切负起责任。

Take responsibility for everything you feel and experience.

这是我对我非常想要的东西的强烈渴望，谁占主导，是它还是我？

This is my heavy desire for this thing that I want so much, who's dominant? It or me?

欲望会钻进你的身体，然后告诉你“我掌控了你”吗？

Does the desire come to you in the body, and tell you “I am in power over you”?

不会。

No.

所以，负起责任。

So, take responsibility.

这是谁的欲望？

Whose desire is this?

至少它会让你处于一个“你能”的位置。

At least, it'll put you in a position where you can.

如果你愿意，彻底释放那种欲望，然后你就再也不会被它打扰了。

If you choose, release that desire totally, and never be bothered by it again.

对我来说，教导耶稣为我们的罪而死是一件相当糟糕的事。

For me, it's a terrible thing to teach that Jesus died for our sins.

如果他为我们的错误而死，那我们就不必纠正这些错误了。

If he died for our errors, we don't have to correct them.

不，他的死是为了证明永生，是为了向我们展示通往永生的道路是放下你的物理身体，然后你就会获得永生。

No, he died to prove immortality, to show us the way to immortality is to die to the physical body, then you'll get your immortality.

这只是一些不理解教义的宗教领袖的误解。

That's just a misinterpretation of some of the leaders in religion who did not understand.

教皇代表着希望，他前往南美洲，那里有生活在底层的人们，他给了他们希望。

The Pope is for hope, he goes down to South America, and there are people down at the bottom, he gives them hope.

我认为没有这种希望，他们反而会过得更好，

My thinking is they'd be better off without it,

他们要么沉沦，要么自救。

then they'd either have to sink or swim.

希望让人们在苦难中不断、不断、不断地煎熬。

The hope keeps us going on and on and on in the misery.

然而，从某种角度来看，希望当然是好的。

Yet, from a certain space, of course hope is good.

没希望了，你就死定了。

No hope, you die.

但是，负起责任。

But take responsibility.

当你处于非常“想要”的状态中时，你释放它，然后就进入富足的状态了。

When you're enough in want, you let go of it and be in affluent.

“我”、真我创造了有“想要”的心智。

I, the Self create the mind that has the want.

那么谁该为此负责呢？

So who's responsible?

我认为强调“保持简单”的原则是有好处的。

I think it's good to emphasize the KISS theory.

保持简单。

Keep it simple.

我希望我的其余部分，也就是所有人，都能获得自由。

I wish for the rest of me to go free, which is everyone.

另外，在你来到这个世界之前，你会做出某些决定，并贯彻它们。

Plus, before you come in, you make certain decisions and you'll carry them out.

在你出生之前，你就已经预见了自己的整个人生，而且你做出了明智、强有力的决定，并且贯彻到底。

Before you're born, you see your whole life ahead of you, and you make good decisions, good strong decisions, and you carry them through.

就像我之前说的，当你获得自由后，你有两种选择：

As I said before when you go free, there is one of two things you'll do:

你要么与所待的身体相分离，或者回来帮助剩下的其他人做你所做到的事。

You'll just isolate the period of the body, or you'll come back and help the rest of the people do what you did.

但这群人中的大多数就这么离开了，为什么？

The majority of people just leave, why?

这是一个幻象。

This is an illusion.

极少数人会回来，他们就是耶稣、佛陀之类的人。

A very small minority come back, and they're the Christs, the Buddhas, etc.

你知道吗，可能并不是我说的那样，但你怎么会知道呢？

For all you know I might just not be anything I'm saying, how do you know?

只有你自己做了才知道，只有“一”才知晓“一”。

Only by doing it yourself will you know, it takes One to know One.

一直以来，你都在想着保护这个身体，没有停下一刻去看看你所发现的那份美好，你一刻都不去关注它。

All the time putting your thoughts out to protect the body, not for one moment taking a look-see at that beauty that you discovered, not for

one moment would you look at it.

因为你一直在为生存而挣扎，这让你的心智始终处于忙碌状态。

Because all the time you were struggling for survival, it keeps your mind busy all the time.

你看，当你的心智安静下来，你就开始看到美、看到完美了。

See as your mind gets quiet, you begin to see the beauty, the perfection.

心智是敌人。

The mind is the enemy.

我们必须让心智安静。

We have to quiet it.

每一个念头都是一种限制。

Every thought is a thing of limitation.

所以，最佳状态是一种没有念头的状态。

So, the best state is a no thought state.

当你让自己的心智安静下来，你会在直觉层面运作，而这只是源于你的全知层次。

When you quiet your mind, you just come from your Knowingness, you operate intuitively.

听着，理论上你可以这么做，像这样“我不是这个心智，脱离了”，结束。

See theoretically you can do it like that, “I am not the mind, out”, finished.

但没有人做到。

No one does it.

如今，我花了好多年试图想出一条捷径，一个能让人一次性就获得自由的方法。

Now, I spent many a year trying to think up a shortcut, a one shot way of going free.

要知道，我们所有人的心智都积累了层层枷锁，我们需要消除它。

See, we all have accumulated the encrustation of the mind, and we need to undo it.

它是如此沉重，那里的东西是如此之多，以至于我们只能背负着它们继续前

行。

And it's so heavy, there's so much there that we go along with it.

但你应该做出决定，“我受够了这个心智！”，那么，你就能够在数周、数月内做到。

But should you make a decision “Enough of that mind!”, and you can do it weeks, months.

因为那时你所有的欲望都会集中在摆脱心智的欲望上，

Because then all your desire focuses in on a desire to rid yourself of the mind,

然后你就会一直不断地释放，整天都在释放，即便你和别人在一起时也是如此。

and you just keep releasing all the time, all day long, even though you're with people.

你或许体验过那种感受浮起浮出、浮起浮出的状态，

You've probably experienced the state where it comes up and floats out, comes up and floats out,

真的得达到那个程度才行，

It has got to get to that point really,

因为垃圾实在是太多了。

there's so much of it.

偶尔的释放也会有所帮助。

Releasing occasionally helps.

但如果你想把所有积累的感受都释放出去，

But if you want to get it all out of huge accumulation,

就必须持续释放，

it's got to be constant,

这点在《六步骤》里有提到。

so it's in the Six Steps.

你得让释放持续下去，

You've got to make it constant,

一整天感受都会不断地浮现上来并排出去。

and all day long it's floating up and out.

你能感受到那个感觉，也能看到它消散，

You see the feeling and you see it release,

这有点像是你往后靠，看着它，看着它不断在释放。

the sort of like sitting back and watching it, watching the show go on.

对于那些想要戒掉长期吸烟习惯的人，

People who have let go of a long time habit of smoking,

我总是先让他们接受“吸烟也无妨”这个观点。

I've always got them to first accept that it's okay to smoke.

现在，这一点对他们来说很难做到。

Now, that's hard for them to do.

对他们而言，接受吸烟没问题这件事比戒烟要难得多。

It's much harder for them to accept that it's okay to smoke than it is to let go of smoking.

你可以把这一点应用到自己身上。

You can apply that to yourself.

你看，比如说，就拿抽烟这件事来说，

you see like put it on a smoking,

要是抽烟是不对的，

if it's not right to smoke,

我就会一直认为抽烟是不对的，

I'm taking up with it's not right to smoke,

以至于我甚至都无法开始考虑戒烟。

so much I can't even begin to think of letting go of smoking.

我在努力与“吸烟有害”这个事实作斗争，大家都这么说，连我自己也清楚，吸烟可能会让我患上肺气肿。

I'm fighting the fact that it's not good to smoke, and people say so and even I know so, it might give me emphysema.

所以，你必须.....当你先接受它，释放就会容易得多，然后你就能释放了。

So you must... It's so much easier to release when you first accept, and then you can let go.

12. 存在 Beingness 2

你们当中有多少人是等到自己的感觉走高了才去释放的？或者有多少人是释放到高处继续释放的？

How many of you wait until you get high before you release? how many wait or go high to release?

这就是问题所在，你们没做到正确的释放。

There's your problem, you're not doing it.

你们在做什么？

What are you doing?

你想让自己感觉好，所以你等到感觉不好的时候，然后通过释放让自己感觉好起来。

You're wanting to feel good, so you're waiting until you get down, and then you release to feel good.

然而，因为你只想感觉好，而一次释放就能让你感觉很好，就这么简单。

And because you only want to feel good, that one release can make you feel good, and that's it.

目前而言，直到你再次感觉不好时，你才会再次释放以重新感觉到好，从而拖长了整个过程。

The time being, until you feel not good again, you release again to feel good again, thereby dragging out the whole process.

现在，如果你是为了想要获得自由的目的而释放，那么可能只需要花你几个月的时间就能清理掉所有的垃圾。

Now, if you would release for the purpose of wanting to go free, then it would take you months to clean out all the garbage.

但你释放并不是为了获得自由，而是为了摆脱痛苦。

But you're not releasing to go free, you're releasing to get out of the misery.

这样一来，这就会是一个漫长的过程。

It's a drawn out process that way.

一开始，你别无选择，你深陷沉重和痛苦之中，需要有摆脱地狱的动力来让你释放。

In the beginning, you have no choice, you're so bogged down in heaviness and misery, you need the incentive to get out of the hell to cause you to release.

但现在你已经上升了，那应该成为过去式了。

But now that you have moved up, that should be past history.

释放的原因应该就是为了获得自由。

The reason for releasing should be to go free.

最好的感受、你所能达到的最高状态就是彻底的自由。

The highest feeling, the highest state you'll ever get is total freedom.

你相信这一点吗？

Do you believe that?

好吧，那你为什么不全力以赴追求这个最高的状态并获得自由呢？

Okay, so why don't you go all out for the highest state and go free?

因为你在紧紧地抓着那种沉重的状态，而这种状态等同于小我。

Because you're holding on to the heavy state which equals ego.

小我是一切痛苦的根源。

Ego is the cause of all misery.

小我是我们与宇宙万物以及宇宙一体性相分离的方式。

Ego is the manner in which we separate from the all of the universe, from the oneness of the universe.

如果你想认同你的“一”，小我必须消失。

Ego must go, if you're going to identify with the oneness of you.

小我是所有 AGFLAP 的集合。

Ego is a compilation of all the AGFLAP.

你从“我是一切”开始，通过建立一个心智、在自己周围筑起一道名为“我、莱斯特、我、你的名字”的围墙，而这个心智只是你想法和感受的总和。

You start from being the all to putting a fence around you called “I, Lester, I, your name”, by setting up a mind which is only the sum total of your thoughts feelings.

并且不断用更多的想法和感受把这个心智向外扩展。

And expanding it outward more and more with more thoughts and

more feelings.

你越是这样做，就越是在用那个几乎是无限的心智从“我、我的存在”偏离到“我、莱斯特”。

And the more you do that, the more you're moving away from "I my being" to "I being Lester" with the mind that's almost unlimited.

因此，我们会从“一”走向极端，而这就是我们所做的。

And therefore, we can move away from the oneness to the extreme, and this is what we have done.

但你没有快速获得自由的原因是，你在释放以感觉很好，当感觉好的那个目标实现时，你就会停下来。

But the reason why you're not going free quickly is you're releasing the feel good, and that causes you to stop when that goal is accomplished.

然而，如果你是为了获得自由而释放，你就不会停下，

Whereas if you were releasing to go free, you wouldn't stop,

你会感激每一个能让你获得更多自由的机会，

you would bless every opportunity that would come your way to gain an additional piece of freedom,

每一个低谷对你来说都是一个绝佳的机会，

every down would be a wonderful opportunity to you,

每一个低谷都是一个释放和上升的绝佳机会。

every down is a marvelous opportunity to release and go up.

你没有落入《六步骤》中的后续步骤，

You're not falling into the later steps of <the Six Steps>,

因为你遗漏了第一步——“想要获得自由”，反而是想要满足小我，即那个“我”的个体感。

because you're missing the number one thing “wanting to go free”, and replacing it with wanting to satisfy the ego, the I personality sense.

在外部世界追求那种最高的状态，在那里，你每享受一盎司的快乐，都会承受成磅、成磅、沉重无比的痛苦。

Chasing after the highest state externally in the world, where for each ounce of pleasure you take, you get pounds and pounds and pounded with pain.

如果你稍加审视，这是很明显的。

This is so obvious if you just look at it.

那些你曾以为生活中最能带来快乐的事物，却给了你极大的痛苦。

The things that you thought were most pleasurable in life had given you the agonies.

最难以忍受的痛苦，基本上是异性带来的。

The greatest agonies, basically the opposite sex.

随着你上升，你的性欲应该被释放，你会到达一个没有性别的地方。

As you move up, your sex desires should be released, and you reach a place where there is no sex.

在那里没有男性或女性之分，你看待灵魂时不会贴上男性或女性的标签。

There is no male or female, you look at souls without a tag male or female.

但每一个欲望都是一种极端的束缚。

But every desire is an extreme bondage.

每个欲望都在说：“我缺少那个。”

Every desire is saying: "I lack that."

“万有” 一无所缺。

The All lacks nothing.

整体即一切。

The All is everything.

“一体” 包含每一个原子。

The oneness includes every last atom.

所以你把自己抽离出来，形成了一个小小的人格，并试图让那个人格存续下去。

And so you've pulled yourself away into a little personality, and are trying to keep that personality surviving.

而这对你来说，比达到这种极其美妙的至高状态更重要，

And that's more important to you than taking this tremendous high state,

这种状态是你与生俱来、内在固有的，你无法改变它，

which is yours by nature, which is inherent, which you cannot change,

但你可以将目光从它身上移开，并认同这个小小的小我、身体、心智。

but you can look away from it, and assume this little ego, body, mind.

你并不想获得自由，这就是为什么你们这一大帮人至今都没能获得彻底解脱的原因。

You're not looking to go free, and that's why the whole gang of you are not all the way by now.

你想要满足这个身体、心智，以为这其中蕴藏着你的幸福。

You're looking to satisfy this body, mind, thinking therein lies your welfare.

然而，每一天的经历都在向你证明，你的幸福不在那里。

And every day it's proven to you that your welfare does not lie there.

你永远不会赢，你通过身体、心智拿取的每一丝快乐，都会伴随着巨大的痛苦。

You never win, for each ounce of happiness you take via the body, mind, you get hit with so much pain.

每一个念头都带有一定程度的痛苦。

Every thought has a certain amount of pain to it.

为什么？

Why?

它把你的注意力从你的存在中移开。

It pulls you your attention away from your Beingness.

当你的心智安静时，你就处在最奇妙的地方。

When your mind is quiet, you are in the most wonderful place there is.

但每次你被卷入心智中时，都是对内在那种自然的、完全平静、镇定和安宁的一种扰乱，这是自然的。

But every time you brought into it, it's a disturbance of the inherent, natural, total peace, equanimity, tranquility, that is natural.

但再说一次，你之所以无法建立起那种极其美妙的状态，是因为你在它所不存在的地方寻找它。

But again, the reason why you're not establishing that tremendous state is you're looking for it where it isn't.

你并不想要自由，你想要的是那种玩弄小我、享受片刻欢愉却伴随着长期痛苦的糟糕的游戏。

You don't want freedom, you want that terrible game of playing ego and having moments of pleasure with long periods of pain.

所以，我建议你认清这个事实。

So, I'm suggesting that you wake up to this fact.

当你在高处时释放。

Release when you're high.

这一点你应该用大写字母写在你的笔记里：在高处时释放，升到高处继续释放。

That ought to be put down in your notes with big caps: RELEASE WHEN HIGH, GO HIGH TO RELEASE.

在我们所有的欲望中，每个人都有他或她想要的。

Everyone has exactly what he or she wants in the sum total of our wanting.

心智只有创造性。

Mind's only creative.

当你想要自由时，你很快就会得到它。

When you want freedom, you're going to get it quickly.

我说的是几个月的时间。

And I say months.

因为这将是你的第一要务，无论你的生活中发生了什么，你都会持续释放。

Because it'll be your number one priority, and regardless of what's going on in your life, you'll keep releasing.

所有被压抑的能量都在试图向上涌出，而你却在试图压制它。

All that suppressed energy is trying to push up and out, and you're trying to hold it down.

停止按住它，它的每一点都会流出去，它会直接排出去。

Stop holding it down and every bit of it would leak out, it would push right out.

压抑它就是在抓着自我的程序不放。

Holding it down is holding on to the ego programs.

首先，你必须认识到你想要成为一个受限的小我；

You've got to recognize at first you want to be a limited ego;

然后，你必须接受这不是你真正的样子。

Then, you've got to accept that that it isn't it.

只要审视一下你的生活就会明白，它已经悲惨了数百万年。

Just by looking at your life, it's been miserable for millions of years.

我们都以为自己很聪明，但孩子，实际上我们都很蠢。

We all think we're so smart and boy are we dumb.

对于一个无限存在来说，生活在我们这种极端的限制中，这有多聪明？

For an infinite being to live in the extreme limitations that we do, how smart is that?

但那种我们所感觉和以为的聪明，其实是潜意识里我们知道我们的存在，而蠢则是忘记了这一点。

But that smartness that we feel and think we are is subconsciously knowing our Beingness, and the dumbness is forgetting that.

那是我们的存在，那是全知且明智的。

That it is our Beingness, that is omniscient and smart.

所以，我们必须到达始终认同我们存在的地方。

So, we must get to the place where we identify all the time with our Beingness.

当你做到那一点的时候，你会把这个身心世界视作你所构建的、心智的外部投射。

And when you do that, you see the mind-body world as an out projection of your mind, that you set up.

那么你的态度是什么呢？

And so what will be your attitude?

在那部投影出的电影里，好与坏是完全一样的。

And good and bad are exactly alike in that projected movie.

它是一个投射，这是你必须要了解的事情。

It's a projection, that's the thing you got to get to know.

是黑是白、是好是坏、是热是冷，有什么区别呢？

What's the difference whether it's black or white, good or bad, hot or cold?

它是一个外部的投射、是想象、是我心智中的影像，是我设定的“我不是那，我是我的存在”。

It is a projection out there, an imagination, an imaging in my mind, a thing that I set up “I am not That, I am my Beingness”.

当你认同你的存在时，心智便无关紧要了，因为你清楚它的本质。

When you identify with your Beingness, the mind matters not, because you know it for what it is.

当你认同你的存在时，心智中的所有垃圾都不重要了，因为你知道心智的本质。

When you identify with your Beingness, the mind in all its garbage matters not, because you know the mind for what it is.

小我感包括了所有的喜欢、不喜欢和所有的念头。

The sense of ego contains all likes, dislikes, all thoughts.

你必须把注意力从它身上移开，转而关注你的存在，它一直都在那里。

You must get your attention off it, and put it on your Beingness which is there all the time.

有哪一刻你是不存在的吗？

Is there any time when you are not?

没有。

No.

你所是的这个无限存在一直都在那里，认同它，坚持“我的心智不是它，我的身体不是它，我的心智和身体都是源自它的外部投射”。

This infinite Beingness that you are is there all the time, identify with it, hold "My mind is not it, my body is not it, my mind and body are out projections from it".

认同你的存在。

Identify with your Beingness.

当你处于高处的时候释放。

Release when you're high.

我们所处的状态越高，就越接近我们的存在，高处和宁静是等同的。

The higher we are, the closer we are to our Beingness, highness, quietness, equate.

当你往高处走时，你有能量在这里；

When you go high, you got the energy up here;

在这里，你的能量最少，在万念俱灰中，你已经放弃了；

Here, you have the least energy, in apathy, you've thrown in the towel;

上升到这里，你会拥有最高的能量。

Up here, you've got the highest energy.

所以上升进入这个区域，然后挖掘对死亡的恐惧。

So, move up into this area, and then dig for the fear of dying.

向下到这里，你被这种恐惧淹没了，你无法释放；

Down here, you are drowning in it, and you cannot let go;

向上到这里，你可以直面对死亡的恐惧。

Up here, you can confront the fear of dying.

当你把这些大部分都释放掉之后，就可以相对轻松地清理剩余的部分了。

And when you get that out mostly, you can clean out the remaining relatively easily.

目标是上升到这里来释放。

Aim to go up here to release from.

要是我在不久之前跟你说这些，那根本毫无意义的。

If I would have said these things to you some time ago, it would have been meaningless.

因为你已经被你的 AGFLAP 淹没了，你根本无法看清，你唯一能看到的就是 AGFLAP。

Because you're so drowning in your AGFLAP, you just can't see straight, the only thing you see is the AGFLAP.

但我们每个人都已经升入了这个区域，都知道这里是什么情况，可以把自己置身其中，然后深入挖掘并直面对死亡的恐惧、不安全感、对活着的恐惧，这样做下去，你将摆脱所有的恐惧。

But every one of us has moved up into this area, knows what it's like, can put ourselves there, and then dig down deep and confront the fear

of dying, the insecurity, the fear of living, by so doing you'll get rid of all fear.

恐惧是不自然的，一个永恒的存在有什么可害怕的呢？尤其是对死亡的恐惧。

Fear is not natural, what does an eternal being have to fear about?

Dying especially.

所以，从现在开始，一定要上升到这里，感受到高的状态，然后深挖对死亡的恐惧并释放它。

So, from here on, make it a point to get up here, feel high, and then dig for the fear of dying, and release it.

你关注的焦点从身体、心智转移到纯粹的存在本身，

Your point of focus shifts from body, mind just onto Beingness only,

你不再去想这种或那种化学物质会不会对我产生这样或那样的影响，

you stop thinking about whether this chemical or that chemical is going to do this or that to me,

也不会去想“我是否会得到认同或控制？”，

you don't think "Am I going to get approval or control?",

无论别人对我们说什么，都不会伤害到我们。

no matter what anyone says to us that does not hurt us.

因为我们是无限的存在，别人说的话怎么可能干扰到我们呢？

Because we are infinite Beingness, how can what someone says interfere with that?

他们不能。

They cannot.

所以，你要迈向波澜不惊的状态。

And so you move toward the imperturbable state.

而且我知道，表明你现在所处位置的最佳标准莫过于你能被打扰的程度。

And I know of no better yardstick of checking where you are at now, by the degree to which you can be bothered.

移动到那个再也没有人、没有事能够打扰到你的地方。

Move to that place where no one and no thing can bother you anymore.

记住，小我是心智、身体。

And remember, the ego is the mind, body.

而且心智必须安静下来。

And the mind has to be quieted.

然后你就只认同你的存在，那便是终极的状态。

And then you identify only with your Beingness, and that's the ultimate state.

这就是我今天想对你说的，从坑里出来，上升到这里，完成这项工作，这只需要几个月甚至更短的时间。

And that's what I wanted to say to you today, get out of the pits, go up here, complete the job, it only takes months or less.

如果第一步能够做到——也就是你想要自由超过想要小我的胡说八道，你就会落入其他步骤中。

If step one is in there, wanting freedom more than you want the ego nonsense, the other steps fall into line.

然后你就会进入第六步，在这一步，你每时每刻都能感受到愉悦。

And you get down to the step sixth, where it's at delight all the time.

因为你只会越升越高、越升越高，直到你再也无法升高，无处可去，你遍布整个宇宙，你是无限的，只是一直认同你的存在、“我是”。

Because you just go higher and higher and higher and higher until you can't go higher anymore, there is no place to go, you're all over the universe, you're infinite, and that's simply all the time identifying with your Beingness, I amness.

然后你会看到存在的全部真相，除了我、我的存在，什么也没有，其他的一切都是想象、是幻觉。

Then you'll see the whole truth that there is, there is nothing but I, my Beingness, everything else was an imagination, an illusion.

所以我说，释放吧。

So I say, go for it.

记住这一点，去到高处并释放。

Keep it in mind, go high and release.

当然，如果你处于低谷，释放以升高，这样你就能更深入地释放。

Of course, if you're down, release to go high, so you can release more deeply.

但不要停在那里，从那里继续向更高处迈进。

Don't stay there, move on from there to higher.

你说得对，我们大多数人一直在用它来逃避痛苦。

You're right, most of us have been using it to escape the misery.

我是说不要停下，继续往上走，直到你无法再高，再也没有地方可以去，你遍布了整个宇宙。

I'm saying don't stop, go higher until you can't, there's nowhere to go anymore, you're all over the universe.

利用高峰来释放。

Use the highness to release.

你一直在用释放让自己感觉好，仅此而已，然后你停下了。

You have been using releasing to go, to feel good, that's it, and you stop.

你正在摆脱数百万年的积累，但这可以在几个月内完成。

You're ridding yourself of millions of years of accumulation, but it can be done in months.

我怎么知道的呢？

How do I know?

我早在 1952 年就做到了，那时我还不知道你所知道的，要是我当时就知道这个方法，我真的相信原本三个月的时间会缩短到一个月。

I did it back in 52, not knowing what you know, had I known the method instead of taking three months, I really believe it would have taken one month.

因为第一个月我只是在释放认同和爱，然后第二个月我在释放想要控制和改变，接着在最后一个月，这些都是大致的阶段，我看到了对死亡的恐惧，然后我致力于释放它。

Because the first month I just released on approval, love, and then I was spending the second month releasing on wanting control, change, and then the last month, these are approximate zones, I saw the fear of dying and I worked on that.

所以我当时确实是一个一个来释放的，认同、控制、安全。

Though I was really going one at a time, approval, control, security.

对这个世界的厌恶很难察觉到，你的贪恋很明显，而且你一直在追逐它们，

但对那些你厌恶的，你会把它们推开。

The aversions to the world are difficult to see, your attachments are obvious, and you're chasing them all the time, but the aversions you push out of the way.

所以，当你追求一个目标时，反对程序就会出现，“噢，我害怕、我不能”，诸如此类。

So, when you go for a goal, up come the anti's, "Oh, I'm afraid, I can't", and all that stuff.

所以这是一种消除对世界的厌恶感的手段，让它们浮现出来，这样你就能释放它们了。

So, it's a gimmick for getting up the aversions to the world, getting them up into sight, so you can let them go.

你没有让一个东西进入到意识层面，你就无法看到它，也就无法处理它。

You don't get a thing into consciousness, you cannot see it or handle it.

所以在这个世界上成功是一种让消极程序浮现的方式。

So achieving in the world is a way of getting up the negative.

这个世界没有让你富足、拥有一切的唯一原因是——你有相反的想法，而它

们都在被压抑着。

The only reason why the world doesn't serve you with affluence and abundance of everything is you have thoughts to the contrary, and they're suppressed.

为了得到世界上的东西，相反的感受就会出现，然后你就能释放它们。

Moving to get things in the world, the contrary feelings come up, and you'll release them.

因为如果你无法取得成功，你是在紧紧抓着那些阻碍你的程序，而你却不看它们。

Because if you cannot be successful, you're holding onto programs that hold you down, and you don't see them.

那些你不喜欢的、不想看到的、不想成为的，你总想避开它，那是你想要避开的。

That which you don't like, don't want to see, don't want to be, you want to avert it, that what you want to avert.

与之相对的就是贪恋，也就是那些你想要抓住的。

And the opposite side is attachment, that which you want to hold on to.

贪恋和厌恶是两个很关键的概念，它们束缚着我们。

Those are two big words, attachments and aversions, they keep us bound.

如果你是“一切”，你怎么会有贪恋或厌恶呢？

If you are the All, how can you have an attachment or an aversion?

除了你之外，什么都没有。

There's nothing apart from you.

最终你会有一种感觉：这个宇宙是我的。

And you end up with the feeling: The universe is mine.

从无限到无限，这个宇宙是我的，它是，哈哈.....

From infinity to infinity, the universe is mine, and it is ha ha...

莱斯特的存在课程第一卷

Lester's Beingness

Sessions

Volume 1

1.莱斯特摆脱错觉 Lester Letting Go On The Delusion, 1970

我不知道该说些什么，就先从我们一直徘徊其中的这个梦境泡影开始吧。

I don't know what to talk about, let's start on this dream delusion that we're walking around again all the time.

我一直在想，见鬼了，如果这是一个梦境泡影，那我干这些是为了什么？各种各样的问题不断地涌入我的脑海，为什么？

I keep thinking, son of a gun, if this is a dream delusion, then what am I doing this for? And I have all sorts of questions that keep coming to mind, why?

如果我都是在做这样的梦，那我到底在做的什么梦？这是一个费劲的活计。

If I'm dreaming this, what the son of a gun am I dreaming? That's an effort program.

然后我就一直想，好吧，我什么时候才能觉醒？

And then I keep thinking, well, when am I going to wake up?

可我就算睡着了也没觉醒，所以我不知道“觉醒”意味着什么。

And I don't even wake up when I go to sleep, so I don't know waking up

what it means

或者说，为什么不只是梦到自己想要的梦？

Or, why not dream just what you want?

学生：不用担心.....

Student: Not worrying about...

莱斯特：天使和.....你知道，我觉得这就是之前和之后的根本区别，你们以为我看到的和你们看到的是一样的，这不是真的。

Lester: Angels and... You know, that's the basic difference, I think, before and after, you people think I'm seeing the same thing you're seeing, it's not true.

而且不管我们在店里一起做着什么，我永远都看不到你们所看到的東西，这很奇怪，不是吗？

And no matter what we do together in the shop, I never see what you see, this is queer, isn't it?

学生：我宁愿看到你所看到的，也不愿看到我自己看到的。

Student: I'd rather see what you see than what I see.

莱斯特：请便吧。

Lester: Please, be my guest.

学生：我正想让你这么做。

Student: Trying to get you to do that.

莱斯特：但这么长时间过去了，你们为什么还是不明白？

Lester: But why don't you see it after all this time?

一直有人给你指明走完全程的方向，可我们谁都没有真正地走完全程。

You've had a direction point how to go all the way, and none of us have really gone all the way.

我们都选择了那种生活惬意、轻松舒适的状态，我们感到满足，但不是完全满足，但也已经满足到不去走完全程，是不是我承诺的东西还不够有吸引力？

We've all gone to the place where life is nice, and easy, comfortable, we're satisfied but not totally, but satisfied enough not to go all the way, is it that what I promised would be there isn't enticing enough?

我想是因为我承诺的还不够有诱惑力，对吧？

I guess it wasn't made promising enough, was it?

为什么你该走完全程呢？

Why should you go all the way?

学生：好吧，我倒是想走完全程，但它总是要翻过下一座山，我到了这个地方，发现它不在那里；然后我到了那个地方，它还不在那里。

Student: Well, I'd like to go all the way, but it's always over the next hill, I get to this point and it's not there, then I get to that one and it's not there.

莱斯特：不完全是，它就在你所在的地方，翻过下一座山的地方才是它所不在的地方，你所在的地方，你的“我”所在的地方，正是它所在之处。

Lester: Not really, it's right where you are, over the next hill is where it ain't, right where you are, where the I of you is where it is.

瞧，每个人当下都是无限的、全能的、全知的。

See, everyone is infinite, all-powerful, all-knowing, right now.

学生：为什么我们没有更容易地了解到这一点呢？

Student: How come we don't know it easier?

莱斯特：是啊，怎么就没意识到呢？

Lester: Yeah, how come?

这正是我的疑问。

That was my question.

那么，答案是什么呢？

Well, what is the answer?

我说，没意识到这一点就太傻了。

I say, it's silly not to.

因为一旦你意识到了，你就永远都不会再有不愉快的时刻，也永远不会再有不开心。

Because once you do, you'll never ever have a moment of unpleasantness ever, ever again, it's impossible to be unhappy.

要是有问题，那也只是没有表现出你有多开心而已，这有什么问题呢？

And if there is a problem, it's just not showing how happy you are, what's wrong with that?

我们为什么不这样做呢？

why don't we do it?

我会说，你不相信我，你不相信，你不相信你没有限制，你不相信生活可以每一秒都充满狂喜，你不相信生活可以完全毫不费力，你不相信你能在心理层面做事，甚至在心理层面就能建造公寓大楼，就像这样（莱斯特打了个响指）。

I would say you don't believe me, you don't believe it, you don't believe that you have no limits, you don't believe that life can be every second ecstatically happy, you don't believe that it can be totally effortless, you don't believe that you can do things mentally, even build apartment houses mentally, like that.

现在，要是你发现自己能做到这一点了，你也不会这么做，因为你的同伴们会太过震惊，所以这不会强加给他们；

Now, if you when you find out you're not going to do it, because the others of you would be too shocked, and so it's not to impose upon them;

可以说，如果你要做，也是在私下里做，但在心理层面做事有什么错呢？

If you do it, you do it in your privacy, so to speak, But what's wrong with that mentally doing things?

现在我是真的想问，为什么我们不走完全程呢？

Now, I'm really asking why don't we want to go all the way?

我想说的是，如果我们确实想走完全程，我们就会做。

And I'm saying if we do want to go all the way, we do it.

我们都知道自己想要什么，我们各自都有自己思想的总和，我想我们作为一个群体是认同这一点的。

We all have exactly what we want, we all have the sum total of our thinking, and I think we as a group accept that.

所以，再问一遍，我们为什么不走完全程呢？

So again, why don't we go all the way?

困扰我们的是：我们害怕自己会失去身体、失去家、失去家人，事情不会那样发生的。

What's bothering us is that we're afraid we're going to lose the body, we're going to lose our homes, we're going to lose our families, it doesn't happen that way.

我甚至可以夸口说我已经走完了全程，我仍然还有一个身体，我还在这里，而且我现在有了一个超级庞大的大家庭，真的有好几百人呢，我没有失去任何东西，我得到了更多。

I'll brag to the point that I'll say I did go all the way, I still got a body, I'm still here, and I got a big, big, bigger family now, really hundreds, I didn't lose anything, I got more.

你不会消失。

You don't disappear.

但我们越是朝着完全自由的方向前行，幸福就会越来越强烈，直到达到一个你再也无法承载它的地步，然后你会把它融进一种无比美好的平静中，那种平静永远都不会再被打扰，而那种平静远比那种强烈的喜悦要美妙得多。

But the happiness gets more and more intense, the more we move toward total freedom, until it reaches the point you just can't contain it anymore, and then you resolve it into a very beautiful peace that is never ever again disturbed, and that peace is really far more delicious than that intense joy was.

然后，当你选择置身于这个看似真实的世界时，你永远都不会失去那种你一直都能感受到的内在宁静。

And then when you choose to be in the apparent world, you'll never ever lose that background that you feel all the time.

而且你可以在这个世界上做任何事情，你可以表现出愤怒、害怕、贫穷或富有，你能做任何你想做的事，你并不会消失。

And you can do anything in the world, you can act angry, scared, poor, rich, you can do anything you want, you don't disappear.

这个世界永远、永远都无法再触及你，因为你看清了真相。

The world can never, never touch you again, because you see the Truth.

现在，我总是忍不住这样看待这个世界，只把它看成是一部动态的画面，所以当我听到关于越南以及杀戮之类的事情时，这其实就和你在看一部有战争和人员伤亡情节的电影一样，那你为什么不一起呢？

Now I can't help always see this world, just the way you see a moving picture of this world, so when I hear about Vietnam and killing and so on, it's really the same as it is to you when you're watching a moving picture that has a story in it there's a war going on and people are being killed, so why don't you come along?

学生：我没有足够的勇气直接说，好吧，这样不行，我会用换种方式去做，因为那时我会交叉手指暗自祈祷，然后说，万一不行怎么办？

Student: I'm not strong enough to just say well this isn't it, I'll do it the other way, because then I cross my fingers and I say, what if it doesn't work?

莱斯特：它会这样的，如果你这么说，你在指望它不起作用。

Lester: It would, you expect it not to work if you say that.

学生：是的，但问题就出在这，也许是缺乏信心，不是说它对你不管用，而是担心它对我是否管用。

Student: Yeah, but that's where the hang-up is, maybe it's the lack of faith, not that it hasn't worked for you, but whether it'll work for me.

莱斯特：对，你没有朝那个方向走，你看着它，然后站在原地不动。

Lester: Right, you don't take the direction, you look at it and stand still.

到一个没有任何人或任何事物会打扰你的状态，这会带你走完全程。

Get to the place where no one and no thing will disturb you, it would have taken you all the way.

完全无私，只对别人感兴趣，对自己不感兴趣。

Be totally selfless, be interested only in others, have no interest in you yourself.

如果我们每天的行为都能做到完全地无私，不为自己而只为他人行动，试着帮助他们得到他们想要的东西，做他们希望你做的事，而非你想做的事，这会快速实现目标。

If we would be totally selfless in our behavior every day, act not for ourselves but for the other ones, try to help them get what they want,

do what they want you to do rather than what you want to do, this would do it rapidly.

我再给你讲一点，到达你不再有欲望的状态，不断地释放欲望，直到没有任何欲望，就是这样。

I'll give you another one, get to the place where you have no more desire, keep letting go of desires until there are no more, that's it.

如果有人能坚持做到这一点，做到不再有任何欲望，只是在欲望出现的时候放走它们，你就能走到顶端。

If anyone would carry that through until there's no more desires, let's just letting go of them as they come up, you'd go to the top.

但我们为什么没有运用这些方法呢？这些不是没有.....

But why haven't we used these things? these are not no...

学生：这正是我真心想为自己弄明白的问题，我所掌握的那些知识学问，以及我实际运用这些知识所做的那点事，这一切简直荒谬至极，这是怎么回事，有多少人在他们的家庭中拥有自己的个人上师？然后你给了我们所有这些东西，接着我说，我怎么处理这些是我的责任，你为什么没做呢？

Student: That's what really I'm earnestly trying to decide for myself, this is ridiculous all this intellectual knowledge that I've acquired and what little I've actually done with it, and it's alarming, what all this how many

people have their own private master in their family? And then you've given us all this stuff and then I say, well it's my responsibility, what I do with it, why haven't you?

莱斯特：是的，你的个人上师就是你自己，就在你家里.....

Lester: Yeah, your private master is you and is in your family...

(学生说的听不清)

莱斯特：哦不，是你。

Oh, no, it's you.

学生：你是.....我被困在那里了。

Student: You're... I'm stuck there.

莱斯特：不，这很重要，你的个人上师就是你。

Lester: No, this is important, your private master is you.

学生：难道只有一个吗？

Student: Is there only one anyway?

莱斯特：当你看到你之所是时，你就看不到其他的东西了，你会把每个人都看成是你。

Lester: When you see what you are, you see no more otherness, you'll see everyone as you.

学生：我试着窥视它，但不管我怎么做，我看到的仍然是分离。

Student: I try to squint, no matter how I do it, I still see separation.

莱斯特：你接近它的方式就是这样的，总是窥视它，而不是睁大眼睛去看清全貌。

Lester: That's the way you're approaching it with squinty eyes all the time, you won't look at a full view wide open.

因为你害怕自己会失去一些东西，首先，你害怕自己会失去身体。

Because you're afraid you're going to lose something, you're afraid you're going to lose your body, number one.

学生：嗯，我们没有意识到，我不害怕.....

Student: Well, we're not consciously, I'm not afraid...

莱斯特：不，但这是潜意识的，而且这种恐惧很强烈，你害怕自己会消失。

Lester: No, but it's subconscious and it's effective, you're afraid you're

going to disappear.

所以，你要做的就是往内在深处挖掘，把它拉出来，好好看着它，一旦你看到它，你自然就会放它离开。

So what you have to do is to dig down within, pull it out on the table and see it, once you see it, you'll naturally let go of it.

你真的害怕你会失去你的个性，你的个体性，但个体性是你永远、永远都不会失去的东西，它会永恒地与你相伴，我所是的那个“我”永远都不会失去。

You're really afraid you're going to lose your personality, your individuality, the individuality is something you'll never, never lose, it's with you through eternity, the I that I am never ever is lost.

会发生的是，我们只是不断地扩展它，让它包含越来越多的东西，直到它涵盖整个无限。

What happened is we just expanded it to include more and more until it includes the entire infinity.

但当我说你害怕时，你害怕的是失去你自己、你的身体、你的心智、你的家人、你的事业、以及你所有的小东西，在潜意识层面，你害怕自己会失去它们。

But I say you're afraid you're afraid of losing yourself, your body, your mind, your family, your business, all your little things, you're afraid

you're going to lose them subconsciously.

要是你意识到了这一点, 你会对它付之一笑, 你会成为一个完全觉醒的存在。

If you were conscious, you'd laugh at it, and you'd be a fully realized being.

学生：为什么我看不到我是什么？

Student: Why can't I see what I are?

莱斯特：因为你害怕如果你这样做了, 你就会消失, 有人感觉到这一点了吗, “如果你走完全程, 你就会消失”？

Lester: Because you're afraid if you do, you're going to disappear, does anyone feel that, that you'll disappear if you go all the way?

学生 1：害怕我会失去自己的心智。

Student 1: Afraid I'd lose my mind.

学生 2：不, 这正是你必须要做的事。

Student 2: No, that's exactly what you have to do.

学生 3：不, 鲍勃, 你把事实弄反了。

Student 3: No, you have truth in reverse, Bob.

萊斯特：实际上，你确实失去了心智。

Lester: You actually do, you lose your mind.

然后你会拼命挣扎着重建心智，这样你才能进行交流，重建心智比当初释放它要困难得多。

And then you struggle like hell to reestablish it so you can communicate, it's far more difficult to reestablish the mind than it was originally to let go of it.

因为心智本身是对你的一种束缚，你不想回到那种状态中，但你会这么做，你会重新开始思考。

Because the mind itself is such a clamping down of you, you don't want to come back to it, but you will, you'll start thinking again.

然而之前和之后的画面，唯一的区别是：

And the only difference in the before and after picture is:

现在，你是在潜意识想法的驱动下被迫思考的；

Now, you're thinking through compulsion motivated by subconscious thoughts;

而在之后的画面中，不再有潜意识心智了，所以每个想法都是完全自由的想法。

In the after picture, there's no more subconscious mind, so every thought is a totally free thought.

如果我想上楼梯，而你也想上楼梯，这是同一件事，

If I think walking up the stairway, and you think walking up the stairway, it's the same thing,

但在我的行为表现上，我是自由的，只是因为我已经消除了潜意识心智，它无法再驱动我了；

but in my behavior I'm free, only because I've undone the subconscious mind, it doesn't motivate me anymore;

而你仍然有潜意识的想法在驱动你，实际上，它们将你束缚得极为受限。

Whereas you still have subconscious thoughts motivating you, actually and slaving you into being very limited.

我过去从不谈论奇迹，不是吗？

I never used to talk about the miracles much, did I?

瞧，我现在比过去十七八年里的任何时候都更融入这个世界了，所以我更能侃侃而谈，现在如果我谈论奇迹，我不会像以前那样觉得自己是在向你们炫耀。

See, I'm more back in the world now than I have been in the past 18 years, 17 years, so I can brag more, I don't feel as though I'm posing on you now as I used to feel if I were to talk about miracles.

但当我最初独自搬到圣多纳时，一切都是想一想就完成了。

But when I first moved out to Sedona by myself, everything was done by thought

我当时就那么坐着，无论我想什么都是这样，可能我跟你说过，它甚至发生在其他人身上。

I just sat, and whatever I thought would be, I might have told you, it even happened with others.

我肯定跟你讲过那个瞬移事件，那次可有意思了，因为它还涉及另外两个人，一个接受这条道路，另一个则完全不接受。

I must have told you about that teleportation incident, this one was a cute one, because it involved two others, one who was accepting of this path, and a third one who was totally non-accepting.

这个叫迪米特里的小伙子，是托尼的儿子，你们都认识托尼，他想从凤凰城

来圣多纳，问我愿不愿意和他们一起散步，我说：“好，你来的时候我陪你。”

This fellow Dimitri, son of Tony, you all know Tony, wanted to come up to Sedona from Phoenix, and asked me if I would take a walk with them, and I said: “Yes, when you come up, I will.”

他来的那天，我毫无缘由地感到身体极度疲惫，就是有那种感觉。我们开始散步，当然，他选了一条上山的路，同行的有弗朗西斯、迪米特里和我，我们一起往山上走了几英里。

The day he came up, I was physically exhausted for no reason at all, except I felt that way, we started walking, and naturally he would choose a path going up the hill, we walked a few miles uphill with Francis, Dimitri and I.

当我们到达山顶，也就是行程结束时，我说：“好了，我们现在喝水吧。”我之前告诉过他们，在到达山顶之前不要喝水，因为下山比上山容易，而且一旦你开始喝水，就会越喝越想喝。

And when we got to the top, the end of our trip, I said: “Okay, let's drink the water now.” I told them not to drink until we get up the top, because coming down is easier than going up, and once you start drinking water, you want more and more and more.

我们三个人只有一品脱（注：美制液体大约 473ml）的水，我们把它都喝光了，然后我们开始往下走，只走了一小段路，就比喝水之前更渴了。

So we only had a pint of water for three of us, we drank it up, then we started walking down, we walked only a short distance, and we were thirstier than before we drank that water.

然而我们只剩下一点点水了，水壶底部大概也就八分之一英寸高的水，但我们三个人都很渴。

And we had a little tiny bit of water, maybe an eighth of an inch of water in the bottomless of this canteen, but the three of us were thirsty.

然后我释放，接着觉得一切都是完美的。

And I let go, and I feel everything is perfect.

“你想喝点吗，弗朗西斯？” “当然想。” 那里有个小杯子，在水壶上面套着一个小杯子，我给弗朗西斯喝了一杯，迪米特里和我也喝了，我们不停地喝，每人喝了七杯，直到大家都喝饱了。

“You want a drink, Francis?” “Sure.” There were small cups, there was a small cup fitted over the top of the thing, I gave Francis a drink, Dimitri, I, we kept drinking, we each had seven drinks until everyone was satiated.

我回头看了看那个壶，里面的水量和最开始差不多，水壶底部大概还剩八分之一英寸高的水，我只是这样想着。

I looked back in the thing, the same amount of water was in there as was originally, just about an eighth of an inch on the bottom of the canteen,

I just thought.

然后我们又走了几步，我感觉自己再也走不动了，然后我只是放手，说道：“噢，主啊，一定有更好的办法。”我说：“当然，一切都完美极了。”当我说“完美”的时候，我们三个人先是往上迈了一步，接着下一步就落到了地面上，落在了我家和采石场山之间。

Then we took some more steps, and I felt as though I couldn't walk anymore, and I just let go, and I say: "Oh, Lord, there must be a better way." And I said: "Of course, everything is perfect." And as I said "perfect", we, the three of us had one step up there, and the next step was down on our grounds with Quarry Hill between my house and where we landed.

为了不让迪米特里看出端倪，弗朗西斯反应过来后说道：“莱斯特，我们瞬移了。”我说：“哦，你疯了，弗朗西斯，你在胡思乱想什么。”因为迪米特里皱着眉头，心烦意乱，他头疼得厉害，所以我只好说：“这是你乱想的，弗朗西斯。”我让她住嘴，然后我们就回去了，我回到牧场主屋，他俩去了小屋。

So as not to make it obvious to Dimitri, Francis caught and said: "Lester we teleported." I said: "Oh, you're crazy, Francis and you're imagining it." Because Dimitri's mind was he had a frown and a consternation, his head was hurting him, and so I had to say: "It's your imagination, Francis." And I shut her up, and we went back to the ranch house, and the two of them went to the cottage.

第二天弗朗西斯进来的时候, 我不确定她是否知道, 因为一切都是那么顺利, 那么完美。

The next day when Francis came in, I wasn't sure that she knew, because it's so smooth, it's so perfect.

这就是我想要表达的重点, 当你是和谐的, 一切就都是完美的。

This is the point I want to make, when you're in tune, everything is perfect.

迪米特里甚至都不知道这件事发生过, 但弗朗西丝知道, 她回来后, 我问她: “你怎么会觉得我们瞬移了呢?” 她又笑了起来, 她说: “你不记得上山的路上, 迪米特里和我在捡石头, 还在好几个地方把石头放在了路的左边吗? 你看, 这条路是沿着山的一侧开凿出来的, 我原本想在回来的路上捡起那些石头, 结果我们绕过了所有的那些地方。”

Dimitri doesn't know that it even happened, Frances knew, when she came back, I said: “What made you think we teleported?” And she laughed again, she said: “Don't you remember on the way up, Dimitri and I were collecting rocks, and in several places we put on the left-hand side of the road? See, the road was cut into the side of the hill, and I wanted to pick up those rocks on the way back, and we bypassed every one of those places?”

现在要做到这些事，仅仅是一个毫不费力的想法。

Now to do these things, it's a mere effortless thought.

你放手，然后就会有一个不带任何推、挤、或强迫的想法，这是你能想到的最简单的想法，然后它就发生了。

You let go, and you have a thought with no push, drive or anything to, it's the easiest thought you could have, and it happened.

当初我刚搬到圣多纳的牧场时，一直都是这么生活的，我当时没意识到这一点，对我来说，一切都是那么自然，无论我有怎样的想法和期望，它都像每个人的生活方式那样自然。

Now when I first moved into Sedona, into the ranch, I was living this way all the time, I couldn't see it, to me it was so natural, whatever I thought I expected, it was just as natural as the way everyone lives.

现在我们真的应该以这种方式生活，尽管要是我们在当今社会这么做，我们会很难融入其中，所以当你看到这些事情时，这并不重要，你可以用人们的方式生活。

Now it's really meant for us to live that way, although if we did it in our present society, we wouldn't fit in very well, so when you see these things, it doesn't matter, so you go the way of people.

奇迹不过是这个梦幻世界的捷径，而且奇迹并不一定意味着灵性发展。

Miracles are just this dream world shortcut, and miracles don't necessarily mean spiritual development.

因为宇宙中的大多数人都会运用这些能力，他们在其他星球上使用它们，然而他们在灵性上并未高度发展，这是他们的生活方式，他们想一想事物，然后事物就出现了。

Because the majority of people in the universe use these things, they use them on other planets, and they're not spiritually advanced, it's their way of life, they think things, and things happen.

在一些星球上，他们会处于中间状态，那里有计算器，计算机，他们像我们一样输入一些数据，而有些数据他们是在心理层面输入的，他们处于那种中间的状态。

On some planets, they'll have in-between states, where's calculators, computers, they feed some of data in like we do, and some of it they feed it mentally, they're in the in-between state.

但最简单的生活方式是纯粹的心理层面，在心理层面做到所有事。

But the easiest way to live is purely mentally, mentally do everything.

你们这些人应该能做到这一切，为什么你们不想做呢？为什么你们想用更艰难的方式做事？

You people should be able to do all this, why don't you want to? Why do

you want to do things the harder way?

我觉得是因为你们害怕自己会消失。

I think it's because you're afraid you're going to disappear.

我想说的是，你看，我把这些事都做了，但我穿着西装打着领带，我就站在这儿呢，我并没有消失。

I'm saying, look, I did these things, I got a suit and a tie on it, and I got a body here, I didn't disappear.

我在试图引诱你。

I'm trying to entice you.

我刚把拖车搬进来的时候，有人问我：“你多久给那个小丁烷瓶加一次气？”我说：“每个月充一次。”接着我又说：“哎呀，都过去八个月了，是时候给它加点气了。”

When I first moved in with the trailer, someone said: "How often do you refill that little butane bottle?" I said: "Every month." I said: "Gee, it was 8 months ago, that's time I put gas in it."

当我试图向弗朗西斯展示如何节约用水时，我让她把我那 55 加仑（注：美制 1 加仑≈3.785 升）的桶装满，我每天早上都用桶里的水洗澡，满足我所

有的用水需求。

When I was trying to show Francis how to conserve water, I let her fill my 55-gallon drum, out of which I took a shower every morning and took care of all my needs.

我之所以希望让她负责这件事，是想让她知道，一个人每周只用 5 加仑的水也能生活。

And the reason why I wanted her to take care of it, I want to show her that you can live on five gallons a week.

但我没留意时间，当我让她注意到这个问题时，她却嘲笑我。

But I lost track of time, and when I brought it to her attention, she laughed at me.

我记得已经过了四五个月，我才跟她提起这件事，然而那段时间我一直在用水，而我的水箱却一直没空过。

I think it was four or five months, I let go by before I mentioned it to her, and so I kept using water, my tank wouldn't empty out.

如果我没记错的话，当我们打开它的时候，里面仍然是满的，用了好几个月都还是满的，如果我之前不放手的话，水箱肯定早空了。

If I remember right, when we opened it, it was still full after using it for

months, it never would have emptied out if I had not let go of it.

学生：你说的“不放手”是什么意思？

Student: "Had not let go of it," what do you mean?

莱斯特：消除它，撤销它。

Lester: Undone it, undone it

学生：你再次把它看成是有限的东西？

Student: You thought again of it as being a limited thing?

莱斯特：不，我选择像正常人一样生活，因为如果我不这样，我就无法与人交流，会吓到别人。

Lester: No, I choose to live like people live, because if I live that way, I'm out of communication, I scare people.

学生：不会吓到人，却会得到感谢。

Student: He wasn't scaring anybody getting the thankful.

莱斯特：我告诉你，真的会吓到别人。

Lester: I'm telling you, it scares people.

学生：副总统可能还好。

Student: But the vice president is probably fine.

莱斯特：我刚开始遇到这种情况的时候，我在纽约，因为发生了这些事情，不少人都不敢靠近我了。

Lester: See when I first hit it, I was in New York City, quite a few people wouldn't come near me because of these things happening.

学生：也许是因为你没有消耗掉任何的水，不太对，否则我会做一些他认为正确的事情。

Student: Maybe it's because you didn't use any water, not very, or I would have done something about what he thought is the right thing to do.

莱斯特：他是对的，我不仅在没消耗水的情况下做了这些事，而且我在纽约，在不吃东西的情况下也做了这些事。

Lester: He's right, not only did I do without water, or I did without food in New York City.

它仅仅是个念头而已。

It's just a thought.

你可以直接获取你的能量。

You can take your energy directly.

所有的这些东西有什么问题吗？你为什么不直接获取能量？

What's wrong with all these things? Why won't you take them?

这些能量本来就是你的。

They're yours.

现在我想贿赂你，看看你为了谋生所经历的艰难困苦。

I'm trying to bribe you now, look at the difficulties you go through to make a living.

学生：他在跟我们俩说话.....

Student: He's talking to both of us are...

莱斯特：是对我们所有人说的，在其他星球上，他们不用为了谋生而工作，他们让大自然为他们服务，这就是为什么他们能在一秒钟之内从那里飞到这里。

Lester: To all of us, on the other planets, they don't work for a living, they let nature serve them, that's why they can zoom from there to here

in one second.

学生：莱斯特，我是为了额外福利才工作的，你能保证有额外的福利吗？

Student: Lester, I work for the fringe benefit, do you guarantee fringe benefit?

莱斯特：我觉得我们都处于有附加福利的状态，因为我们真的在反对所有的这些限制，如今我们是不是有点像有额外福利的人了？

Lester: I think we're all on the fringe, because we're really objecting to all these limitations, aren't we kind of fringe people today?

但我确实认为这对你来说是件值得去做的好事。

but I do think it would be a good thing for you to work on.

所以问问你自己：为什么我不走完全程？为什么我没有直接用念头获取事物？为了它，为什么我不展示自己的彻底自由呢？

so ask yourself: Why don't I go all the way? Why don't I take things directly just directly by the thought? For it, why don't I express my total freedom?

也许答案会浮现出来，然后你就会明白你正在做什么来束缚自己。

And maybe the answer will come up, and you'll see what you're doing to

hold yourself down.

学生：我想我们现在还在思考的一个原因是，我们已经习惯了陷入困境，我们都意识到我们可以摆脱它，因为我从来没有想过要放弃，却陷入了反复中，并纳闷为什么没有完全摆脱呢？我想不想离开？我知道我每次都会消灭它，就是这样，所以我知道这一点。

Student: One reason I guess about our thinking now is that we are so used to being in hamper that we all realized that we can get out of it, because I was just thinking I've never throw in the towel, I was getting in exchange and asking why not do, I want to leave or not? I know I kill it every time and this is, so I know that.

莱斯特：没错，确实如此，你的思维习惯运作着你，这就是我想说的。

Lester: Yeah, that's true, that your habit of thought runs you, this is what I'm saying.

但是消除所有的思维习惯、也就是消除潜意识心智的方法，就是看到你是什
么。

But the way to undo all habit of thought, which is subconscious mind is to see what you are.

好好地看看你自己，当你全面地审视自己时，你会自动地烧掉整个心智。

Take a full look at yourself, and you by looking at yourself fully, you will

automatically scorch the entire mind.

学生：这就是你所做的，再跟我们多讲一些关于烧掉心智的事吧，这是我发现的最重要的事。

Student: This is what you do, tell us a little more about scorching that mind, which is most important which I have found out.

莱斯特：你看，你最近刚获得过一个领悟，要做这件事的人是你，对吗？

Lester: See, you've got a realization just recently that the one who's going to do, it's you, right?

然而你却没有贯彻下去，有了这样的领悟，你本可以安静下来，说：“是的，只有我能做到，看看我，伙计，我是无限的。”

And yet you didn't carry through on it, with that realization, you could have gotten quiet and said: “Yeah, only I can do it, and look at me, boy, I am infinite.”

凭借那个无限的力量，你只是把手在心智上一抹，就完成了，你所做的不过是一次心理清除，仅此而已。

And with that infinite power, you just pass your hand over the mind and it's finished, it's just a mental wipeout which you do, and that's it.

你知道这需要多长时间吗？

You know how long it takes?

比那还短（莱斯特打了个响指），不到一秒钟，当你获得领悟时，那是瞬间的事。

Less than that, less than a second, when you get your realization, it's instantaneous.

你可以带着更少的限制尽情玩耍，越来越少的限制，这种状态年复一年地持续着，直到你决定彻底释放这一切，然后你就完全开悟了。

You play around with a little bit less limitation, a little bit less limitation, this goes on and on, year in and year out, until you decide to let go of the whole thing, then you've got full realization.

当它来临的时候，真的是瞬间就到了。

It really comes instantaneously when it comes.

你真的意愿它的话，你看，意愿是你的力量。

You really will it, see, will is your power.

你极其坚定地调动你的意愿，你就能瓦解整个心智。

You turn on your will so strongly, you just undo the whole mind.

而那个无意识心智，是你唯一的敌人。

And that's your only enemy, the unconscious mind.

学生：这根本讲不通，这就好像你把世界上所有的钱都递给我，说拿去吧，而我坐在那里心想“我为什么不拿呢？”

Student: This just doesn't make any sense at all, it's just like you're handing me all the money in the world and say, here, and I'm sitting there and saying why don't I take it?

莱斯特：是这样的。

Lester: Yeah.

学生：我这是怎么了？到底怎么了？

Student: What's wrong with me?

莱斯特：这就是我要提出的重要问题，问题到底出在哪里？我知道你们都相信这是有可能的，否则你们一开始就不会听我讲了。

Lester: What is... That's the big question I'm presenting, what is wrong? I know you all believe that this is possible, otherwise, you wouldn't have listened in the first place.

学生：阻碍我们的是智性。

Student: It's intellect that's in the way.

莱斯特：那么，为什么不把它清除掉呢？就是这样，那么，为什么不做呢？

Lester: Well, why not wipe it out? this is it, well, why not?

学生：我没有智性，那是冷漠的蠢货，还是.....？

Student: I don't have intellect condom, is that the apathetical dumb or the...?

莱斯特：智性就是心智，我们必须消除的就是这个心智，我们得明白我们不是心智。

Lester: The intellect is the mind, it's the mind we have to undo, we have to see that we're not the mind.

当我们认识到我们并非那个心智，而且它是外在的东西时，我们就能让它失去作用，就这么简单，这就是你要用的方法。

When we see we're not the mind and it is out there, then we just make it ineffective, just like that, that's the way you'll do it.

是的，我一直都这么想的。

Yeah, I always think that way.

我自己从来没有移动过，真的，上帝作证，我从来没有移动过，但我会送莱斯特和他的身体四处活动，让它看起来像是在做事。

I myself I never ever move, honest, so help me God, I never ever move, but I'll send Lester and his body around and make it appear to be doing things.

在我开悟之后，花了很多年我才可以用“我”这个词，在我谈起莱斯特、谈起他的时候，人们会笑话我，有时候我会说“莱斯特”，有时候我会说“他”，尽管每次都有人纠正我，但我就是说不出来“我”，为什么？

Now after I got the realization, it took me years before I could use the word “I”, people would laugh at me I'd talk about Lester, I'd talk about him, and sometimes I'd say it, “Lester, Lester he”, I couldn't, even though I was being corrected every time, I couldn't say “I”, Why?

我不是这个家伙，我可以谈论这个生物，但那种认定是如此地明显和刺目，我无法说我就是这个东西，就像你不能说你是地板，或者你是那辆载着你到处跑的车一样。

I was not this thing, I could talk about this thing, but the conviction was so obvious and glaring, I couldn't say I was this thing, any more than you could say you were the floor, or you were your car, your car carries you around.

这或许是个更好的例子：你开着车四处跑，但你会把自己称作是那辆车吗？

This might be a better illustration: You're driving around and would you call yourself the car?

同样的，你以后也会这样看待这具身体，这是一具躯体，一个车架子。

The same way, you'll look at this body sometime, this is a carcass, carcass.

我说，肯，你不把那些钱都拿走，真是傻透了。

I say, you're silly not taking all that money, Ken.

学生：我觉得用“傻”都不足以形容了。

Student: I think there's a stronger word than silly.

莱斯特：这真的很蠢，是他让我这么说的，他逼我说的。

Lester: It's really stupid, he made me say it, he made me say it.

如果在生命的每一刻都不能感受到极度满足、喜悦、平和与美好，那简直是太愚蠢了。

It's so stupid to go through life with anything but extreme contentedness and joy and peace and loveliness every moment.

因为那是你的本然状态，做自己不需要努力，但成为你所不是的却要付出极大的努力，一个充满限制、烦恼、疾病、需要这、需要那的身体，这一切都需要努力才能成为你所不是的样子。

When that is your natural state, and it takes no effort to be what you are, but it takes extreme effort to be what you are not, a body with limitations and troubles and sicknesses and needing this and needing that takes effort to be what you're not.

但成为你本来的样子所需付出的努力，就像你们女性要展现女性特质、男性要展现男性特质所需付出的努力一样。

But to be what you are takes as much effort as you women need to be female, as much effort as you men need to be male.

做真实的自己不需要努力，然而你们却执意费力去成为你们所不是的，这真的是很蠢。

It takes no effort to be what you are, and yet you persist in using effort to be what you're not, it's really stupid.

学生：嗯，我坚持努力让自己试着成为你那样的人，我一直在努力做到毫不费力，这说得通吗？

Student: Well, I persist in using effort to try to be what you, I keep working at this thing of being effortless, does that make sense?

莱斯特：不，说得通吗？

Lester: No, does it?

学生：对我来讲可能说不通。

Student: Not to me.

莱斯特：对，这里面肯定有问题。

Lester: Right, there's something wrong there.

学生：我刚才说什么了？

Student: What did I say?

莱斯特：你在运用努力，在试图让自己毫不费力。

Lester: You're using effort and trying to make yourself effortless.

学生：是的。

Student: Yeah.

莱斯特：这不可能。

Lester: Impossible.

学生：我只是向上...

Student: I just go up...

莱斯特：你无法通过下降的方式来上升，这是矛盾的。

Lester: You can't go up by going down, it's a contradiction.

你必须停止运用努力，你必须放手，让它存在，这就是他们所说的“放手，让上帝接手”，你就是它，你就是上帝，放手，让你的真我来接手。

you've got to stop using effort, you've got to let go and let be, that's what they mean by let go and let God, you're it, you're the God, let go and let your Self be.

学生：如果我能触及那个造梦者而不是那个梦，那我就成功了，这就是我过去几天一直在努力思考的事，我一直说这是一个梦，然后我在想“造梦者在哪里？”我的意思是，这是谁的梦？

Student: If I could arrive at the dreamer instead of the dream, then I'd have it made, and that's what I've been trying to think for the last few days, I keep saying this is a dream, and then I think "where's the dreamer?", I mean, whose dream is this?

莱斯特：真相是，是梦在梦着这个梦，但为了让它更贴近一点，我、这个无限存在，正在梦见自己是一个受限的身体。

Lester: The truth is it's the dream dreaming the dream, but to make it a little more intimate, I, the infinite being am dreaming that I am a limited body.

现在，当你处于那个夜间的梦境中时，你认为自己在梦中是一个身体，那个身体会持续存在，如果你不醒来，那么，那个身体就是真实的。

Now, while you're in that night dream, and you think you're a body in that night dream, it persists that body, if you don't wake up, and the body is real.

清醒状态也一样，我们都以为自己是身体，就像在做梦一样。

The same thing with this waking state, we're dreaming we're bodies.

我们必须醒来，必须认识到我们是无限的这一事实。

We have to wake up to the fact that we are infinite.

你必须停止幻想我们是身体，仅此而已，停止做梦，放手，让它存在。

You have to stop dreaming that we're bodies, that's all, stop dreaming, let go, let be.

就是“臣服”这个词，如果我们能在这一刻臣服，那就对了。

“Surrender” is the word, if we would surrender this moment, that would

be it.

不是我，而是你，不是我的意愿，而是你的意愿，一切存在，存在，这就是臣服，我们可以这样做，就现在，就是这样。

Not I, but thou, not my will, but thy will, what will be, will be, this is surrender, we could do that, right now, that would be it.

但不，我们非得做一个忙碌的身体，忙这忙那。

But no, we've got to be a busy body doing something

把身体看成一个机器人是绝佳的方式，它实际上就是这样的。

That's an excellent way to look upon the body as a robot, that's what it really is.

关于身体，有一个被称为“潜意识心智”的自动驾驶仪，

There's an automatic pilot on the body called the subconscious mind,

我们说过，每一个潜意识的想法曾经都必定是有意识的，

we've said that every subconscious thought at one time had to be conscious,

所以它就像一个自动驾驶仪在操控着身体，运作着一切。

and so it's like an automatic pilot running the body, running things.

我们忘记了我们把它设置为自动模式的这个事实，

We have lost sight of the fact that we set it on automatic,

除非有人告诉说我们已经这么做了，否则我们甚至都不知道自己已经做了，

and we don't even know that we've done it, except that we're being told that we've done it,

但我想我们都看到了我们是如何自动地通过潜意识心智来运作自己的。

but I think we've all seen how we automatically run ourselves through our subconscious mind.

好了，现在，我要告诉你们其他的事情，如果你们相信我以及到目前为止我所说的话，你们就会回家，忘掉一切，然后坐下来，直到你们看到这一点。

All right, now, I'll tell you something else, if you believe me and what I've said so far, you'd go home, you'd forget everything, you'd sit down until you saw this.

因为仅从这个想法出发，它就能给你一切。

Because this would give you everything, just for the thought.

如果你相信我，你就会回家，下定决心坐下来，直到你看到这一点。

If you believe me, you'd go home, determine to sit until you see this.

如果你这样做了，你就会看到它，就像佛陀一样，他放弃了他的王座和财富，坐在一棵树下，不看到答案誓不离开，接着，他就看到了答案。

And if you did that, you'd see it, just like Buddha did, he left his throne and fortune, sat under a tree, wouldn't get away from there until he saw the answer, and he saw the answer.

当我说相信时，你确实相信了，但远远不够。

When I say believe, you do believe it, but not nearly enough.

如果你足够相信，你就会回家，并且在你领悟到这个真理之前，你都不会起身。

If you believe it enough, then you'd go home and you wouldn't get up until you saw this truth.

你知道这会花你多长时间吗？

And you know how long it would take you?

实际上，根本不需要花时间。

No time, really.

2.莱斯特谈业力 Lester On Karma, 1967

你们想听我谈谈业力吗？

Do you want me to talk on karma?

业力的意思是作用，这是一个梵语词。

Well, karma means action, it's a Sanskrit word.

业力是一种补偿法则，我们付出什么，就会收获什么，种瓜得瓜，种豆得豆。

And it's the law of compensation, whatever we give out comes back, that which we sow, we reap.

这是一条自然法则，而且是绝对的，丝毫不差。

It's a natural law, and it's absolute, so to the last ounce.

但关于业力，最需要了解的是，它是在念头中被创造出来的，不管我们是否付诸行动，念头都会为未来的反作用埋下种子。

But the main thing to know about karma is that it's created in the thought, it doesn't matter whether we carry out the deed or not, the thought sets the seed for the reaction in the future.

这就是基督所说的意思，祂说：“凡会思考的人，心中有欲望，就犯了贪欲、情欲或诸如此类的东西。”

That's what Christ meant, when He said: "The man who thinks, has lust in his mind, has committed lust, lust or something like that."

但业力无穷无尽，因为你无法解决它。

But there's no end to karma, because you can't work it out.

当你试图解决一段业力时，又会在未来创造同样的业力。

As you're trying to work out one piece of karma, you're creating the exact same thing for the future.

每一个作用都会有一个大小相等、方向相反的反作用。

To every action, there's an opposite and equal reaction.

所以，解决业力真的是不可能的。

So, it's really impossible to work out karma.

我想，这是大多数形而上学领域的人都会犯的一个错误。

This is a mistake that, I guess, most of the metaphysical world makes.

学生：那么，这颗种子就不再造业了吗？

Student: Well, does this seed quit making karma?

莱斯特：不，他放弃了造业，他放弃了造业。

Lester: No, he quits karma, he quits karma.

换个更好的说法，他超越了业力。

To put it in a better way, he transcends karma.

要知道，业力是一种身体-心智层面、作用与反作用层面的东西，对吧？

See, karma is a thing of the body-mind, action-reaction, right?

当你明白你不是心智、也不是身体的时候，就不再受业力的支配，它也不会再对你产生影响了。

When you know you are not the mind, body, you are no more subject to karma, it has no effect upon you anymore.

学生：那么你的行为也就无业了，对吗？所以你不会再做出任何造业的行为。

Student: Your actions are karma-less then, right? So you don't make any more karma actions.

莱斯特：你不再是这个身体，你成为了一切。

Lester: You are no more this body, you become the all.

我换个说法，你仅仅成为了身体的“存在状态”，你成为了身体的本质。

Let me put it another way, you become the Beingness only of the body, you become the essence of the body.

就“存在”的概念而言，即“我是”，这是否意味着一个身体呢？

Take the concept of Beingness, I am, does that imply a body?

学生：这应该意味着好几样东西，不是吗？身体和心智。

Student: It would imply several things, doesn't it? Body and mind.

莱斯特：不是，就我使用的方式而言，你看，存在、你的存在不是你的身体，对吧？

Lester: It shouldn't, the way I'm using it, see, Beingness, your Beingness is not your body, right?

那个存在才是你真正的部分。

That Beingness is the real part of you.

身体是心智的产物。

The body is a mental creation.

当你知道你是真正的存在时，你会把自己视为一切的存在。

When you know you're Beingness as it really is, you see yourself as all Beingness.

存在本身并没有行动，它仅仅只是存在。

Beingness has no action in it, it just is, only.

所以，当你认识到你真正的状态只是存在时，就不再有任何的作用和反作用，也就不再有业力了。

So, when you recognize that your real state is only being, there is no more action and reaction, there's no more karma.

我必须真正理解这一点，你最好亲自体验它，这是最重要的。

I have to really understand this, you'd be better experience it, that's from the top.

正确的做法是认识到你不受业力的支配，从那一刻起，它就不会影响到你了。

The right thing to do is to recognize you're not subject to karma, from that moment on, it doesn't touch you.

现在，处于身体的幻觉中，在这种幻象里，作用和反作用可以通过有意识地做好事来改变，我们就只会收获善果。

Now, in the illusion of being a body there is, in this illusion, the action and reaction that can be modified by consciously doing good, we reap only good.

当不好的事发生在我们身上时，我们不要以恶报恶，而是用善来回应，这样，在未来，我们就只会得到善果。

And when bad is done unto us, we don't react with bad, but we react with good, so in the future, we have only good coming at us.

这种做法的好处在于，它能让人更加平衡，能让人更好地冥想、沉思，更好地认清真正的自己。

Now this is good in that, it allows one to be more in equipoise, it allows one to meditate better, contemplate better, to better see one's real Self.

如果只有恶业在影响着我们，身体生病了，连房租都付不起，就很难把注意力放在正确的方向上。

If we have nothing but bad karma affecting us, the body is sick and we can't pay the rent, it's not easy to keep our eye in the right direction.

当物质世界对我们来说很轻松惬意时，我们能更好地沉思。

When the physical world is easy to us, then we can better contemplate.

但也不一定如此，当生活过于安逸时，反而是一个劣势。

But not necessarily so, when life is too easy, that's a disadvantage.

因为几乎每个人都是通过逆境、通过想要消除痛苦和悲伤而被引到正确的方向上的。

Because almost everyone is directed into the right direction through adversity, through wanting to eliminate pain and sorrow.

总的来说，我们应该超越业力，如果我们做不到，我们应该努力将恶业转化为善业。

So, to sum it up, we should transcend karma, and if we can't, we should try to change bad karma into good karma.

现在，业力可以在心理层面消除，不必非要通过身体来消除。

Now, karma can be worked out mentally, it doesn't have to be worked out physically.

如果我们能把过去所有的负面想法都带到意识层面，就能改变其中的每一个想法，那么，就不会再有恶业了。

If we could take all our bad thoughts from the past and bring them to consciousness, we could then change every one of them, and we have no bad karma.

思想起决定性作用。

Thinking determines.

如果你有贫穷意识，那么即使你拥有的东西也会被夺走。

If you have, consciousness of poverty, even what you have is going to be taken away from you.

如果你拥有了各种各样的东西，那是因为你有着丰盛的意识，而且你会不断地获得越来越多。

If you have things, it's because you have a consciousness of abundance, and you keep getting more and more and more.

当大萧条来袭时，尽管处于 20 世纪 30 年代，一些失去了一切的百万富翁在一两年内又东山再起了，那是因为他们内心始终有着丰盛的意识。

When the depression hit, in spite of the 30s, some of the millionaires who lost everything came back within a year or two, because they had only the consciousness of abundance.

学生：那么，业力和非暴力呢？非暴力能走多远？

Student: Well, how about Karma and nonviolence? How far can you take nonviolence?

莱斯特：你应该尽你所能地去践行它。

Lester: You should as far as you can take it.

每次我攻击你，我自己也会被攻击；

Every time I hit you, I'll be hit;

每次我反对你，我也会遭到反对。

Every time I oppose you, I'll be opposed.

如果你无法持有正确的态度，还不如让人揍你一顿。

It's better to have someone beat you up if you can't have the right attitude.

要明白，态度才是最重要的。

See, attitude is the most important thing.

重要的不是你做了什么，而是你的态度是什么。

It's not what you do as much as what your attitude is.

你看，如果我只有爱，除了爱，什么都没有，然后我打了你，顺便说一句，这就不会产生业力。

You see, if I have nothing but Love, and I strike you, by the way, this eliminates karma.

如果没有情绪，如果行动中只有爱，就不会造业，当然，这里说的“爱”必须是大写 L 的单词“爱”。

If there's no emotion, if there's only Love in the act, it's not karmic, of course, Love has to be the Love of the capital L.

听着，我们身上发生的所有事情，没有哪一件不是由行为之前的念头所引发的，是在我们的心智中引发的。

See, nothing but nothing happens to us that isn't caused by thoughts prior to that act, but in our mind.

当然，这一点你得自己意识到。

This is something, of course, you're going to have to realize on your own.

一旦你明白了这一点，你就会相信，我们遭遇的一切，都是我们在此前某个

时刻的思想所导致的。

Once you see it, then you'll be convinced that, nothing happens to us that we don't cause in our own thinking at some time prior to it.

没有人会在无意识的情况下死去，即便你的身体遭受了严重的损伤，也是你自己决定要离开这具身体的。

No one dies without consciously setting that, and even when you're very damaged physically, you make a decision to leave the body.

你说：“哦，我再也受不了了，去它的吧。”然后你就会离开它。

you say: “Oh, I can't handle any more, to heck with it.” And you will leave it.

在战场上，奔跑的士兵有时脑袋都被砍掉了，可身体还在继续奔跑，你听说过这个吗？

On the battlefield, men running sometimes have their heads taken off, they keep running, have you heard this?

(学生说的听不清)

莱斯特：是的，我也听说过断腿的情况，有些小伙子从膝盖以下的腿都没了，还能四处走动，直到他们意识到这一点，然后才倒下。

Lester: Yeah, I've heard of legs also, fellas have walked around with no legs from here down until they realized it and then they fell over.

好吧，我听说过一些在冲锋时发生的事，有些人的脑袋都被炸飞了，但身体还在往前冲。

Well, I was told of incidents of bodies during charging, their heads would go off and their bodies would keep running.

这是因为操控那具身体的人不肯放手，你可以从身体的外部操控你的身体，但他们到某个时候就：“好吧，这太荒谬了，我可没法让这个没有头的身体继续运转。”然后他们离开了它，身体就倒下了。

It's because the individual operating that body won't let go, you can operate your body from outside of it, but then they reach a point: "Well, this is ridiculous, I can't keep this body going without the head." And then leave it and the body falls over.

但是一切都在按照我们的想法发生。

But everything happens in accordance with our thinking.

我们一直在走向死亡，但你不必衰老，也不必死亡。

I've been dying, you don't have to age, you don't have to die.

然而，在过去的几十万年里，我们一直被灌输这样的观念：我们一定会衰老和死亡。

But we have been convinced of this over the last hundreds of thousands of years, that we must age and die.

所以，我们确实如此。

And so we do.

当你决定摆脱这愚蠢的肉身轮回时，你就能摆脱了它。

The moment you decide to get out of this silly round of physical bodies, you're out of it.

有许多比这个物质身体美丽得多的居所，然而所有的躯体看起来都一样，它们看起来都是这样的。

There are many mansions far more beautiful than this physical body, yet all the bodies look alike, they look like this.

而且星光体之间的联系是物质层面的。

And astral to astral is physical.

学生：再重复一遍。

Student: Say that again.

莱斯特：星光体与星光体之间的互动是物质层面的。

Lester: Astral to astral is physical.

如果你和我都在星光体里中，然后我们开始互相击打对方，这就和在物质身体里互相击打没什么两样。

If you and I were in astral bodies and we started punching each other, we'd be just the same as punching each other in the physical body.

学生：但我们的存在本身就是一场胜利。

Student: But it's a victory which we exist.

莱斯特：是的，宇宙中的大多数身体并不会像地球上的身体那样衰老，他们让他们的身体保持年轻，在星光界中，他们也同样让他们的身体保持年轻。

Lester: Yeah, and most of the universe bodies don't grow old the way they do here, they keep them youthful, in the astral realm they also keep them youthful.

一切都由选择而定。

Everything is by choice.

我们是出于选择但却在无意识的状态下离开身体，我们是无意识地离开，而

大师则是有意识地离开他们的身体。

We leave by choice but unconsciously, we unconsciously do the leaving whereas a master does it consciously.

因为我们是无意识地离开，所以我们必须回来，直到我们学会如何有意识地离开身体，那么，我们就不必再出生了。

And because we do it unconsciously, we have to come back until we learn how to consciously leave the body, then we don't have to be born anymore.

学生：然后呢？

Student: Then what?

莱斯特：升入所谓的天堂，而对我们来说是天堂的地方，对于那些身处其中的人来说却并不是天堂。

Lester: Move up into so-called heavens, and what is heaven to us, to those in it isn't heaven.

一切都是相对的。

it's all relative.

唯一的圆满满足，是当我们回归到我们所是的那种无限存在的状态时，那才

是圆满的满足。

The only full satisfaction is when we return to the infinite Beingness that we are, that's the full satisfaction.

只要我们与“一切”有着哪怕最细微的分离，而身体就意味着这种分离，那么，我们就永远无法获得全然的满足。

As long as we have the least amount of separation from the all, and the body implies that, we will never be fully satisfied.

整个寻找幸福的过程，其实是在寻找那个我们所是的无限存在。

This whole thing of looking for happiness is looking for that infinite being that we are.

所以，除非我们发现自身圆满的无限，否则我们永远都不会彻底幸福。

So, we're never fully happy until we discover the fullness of our infinity.

学生：直到我们能怎么做？

Student: Until we can how?

莱斯特：怎么做？

Lester: How?

方法很简单，但却不容易。

The method is simple, but not easy.

唯一遮蔽我们看清这个我们所是的无限存在的，是一个叫作“心智”的东西。

The only thing that's beclouding our seeing the infinite being that we are is a thing called mind

心智是我们为了将自己与“一切”相分离而创造出来的东西。

The mind is a thing that we create in order to separate ourselves from the all.

首先，我们来理解这个概念：我与这个无限、这个“一切”存在着一点点分离；

First, we get the concept: I am a little bit separate from this infinity, the all”;

然后，为了体现这种分离，你就得设定“我”以及“我”之外的其他东西；

Then, in order to reflect a separateness, you have to set up I and other than I;

接着，你得将部分分离的“我”与我所分离的事物联系起来，这就是心智。

And then, you have to relate the partly separate being that I am to the

thing I've separated from, and that's mind.

所以，重新看到我们所是的无限的方法，就是拨开想法的迷雾。

So, the way back to seeing the infinity that we are is to take away the cloud of thoughts.

每一个想法都是一个限制性概念。

Every thought is a concept of limitation.

当心智足够静止时，我们当下所是且一直都是的那个无限存在，对我们来说就会变得很明显。

And when the mind is still enough, that infinite being that we are right now and always have been, becomes self-obvious to us.

心智就像是一阵巨大的噪音，掩盖了我们所是的这个无限存在。

The mind is just like a tremendous noise covering up this infinite being that we are.

所以唯一的方法，现在，“唯一”这个词是大多数人不喜欢的，如果有什么地方能用得上“唯一”这个词的话，那就是认识上帝，也就是认识我们所是的这个无限存在的唯一方法，就是平息念头，这就是它所在的地方，它就在想法的背后，这一点会变得很明显。

So the only way, now this is a word that most people don't like, if there's any place where we can apply only, the only way of recognizing God, the infinite being that we are is to still the thoughts and that's where it is, it's right behind the thoughts, that it becomes obvious.

现在，我们平息的念头越多，就越能够看到这一点；

Now the more we still the thoughts, the more we're capable of seeing this;

我们越明白这一点，消除的念头就越多；

The more we see this, the more we will undo thoughts;

终有一天，我们会彻底扔掉那些所有的关于想法、心智和身体的无稽之谈，并保持无限。

And someday we just drop the whole nonsense of thoughts, mind and body, and remain infinite.

所以，方法其实是平息心智，这需要你转向内在，不再关注外部世界，而是转向内，并询问“我是谁、我是什么”，直到答案出现为止。

So, the way is really still in the mind, which requires turning your direction inwardly, taking it off that world out there and turning it within, and asking "Who and what am I", until the answer comes.

当然，有很多辅助方法可以使用，这些方法对此有所帮助。

Of course, there's a lot of auxiliaries that can be used that are conducive to it.

但唯一的方法就是消除心智。

But the only way is eliminating the mind.

实际上，我们陷入如今这种明显的混乱状态，是一步一步逐渐下降形成的。

Actually to get into this apparent mess we're in now, we come down in stages.

我们实际上是从一个完全无限的神开始的，然后下降，现在我们处于最低的状态中。

We actually started off as a full infinite God, and we came down and we're now in the lowest state possible.

但这一切始于一场限制的游戏，我不再做这个无限的存在了，我只是稍微不做它；

But it started by playing a game of limitation, I won't be this infinite, I'll be just a little bit not it;

然后我们必须建立一个心智来做到这件事，心智必须建立分离、身体；

And then we had to set up a mind to do that, the mind had to set up separateness, a body;

而小我的分离感必须建立一种分离机制，也就是心智；

And the ego sense of separation has to set up a mechanism of separation, the mind;

心智创造了身体；

And the mind creates the body;

你的心智只有创造性。

Your mind is only creative

除非我们不仅有对物理身体的概念以及对化学的概念，否则我们就不可能拥有这些物质身体。

We couldn't have these physical bodies unless we had a concept of not only a physical body but of a chemistry.

身体里所发生的一切都是我们在潜意识的层面完成的，你现在正操控着一个完整的身体，它包含了化学、物理和生物学的过程。

Everything that goes on in this body is done by us subconsciously,

you're now operating a whole body with all that chemistry and physics and biology.

你所知道的比我们当今最伟大的科学家在意识层面了解到的还要多，但是你在潜意识层面知道这一点。

You know more than our greatest scientists today know consciously, but you know it subconsciously.

现在，要解开身体的束缚，这些东西总有一天会进入意识层面的，而且你能有意识地控制自己的心跳、治愈自己的身体、在不呼吸的情况下生活，诸如此类。

Now, to undo the body, these things will become conscious someday, and you can consciously control your heartbeat, heal your body, live without breathing, do things like that.

然后更进一步，你放下了那个身体，尤其是个体感，也就是与“整体”相分离的感觉。

And then a step above that, you let go of that body, especially the sense of individual, it's being separate from the all.

你看，我们永远都不会失去作为个体的那种感觉，你所使用的“我”，你永远都不会失去。

See, we will never lose that sense of being an individual, the I that you

use, you will never ever lose.

所发生的是，这个“我”变成了一切。

What happens is that “I” becomes the all.

就像你所说的，当你说“我”是.....当你说“我是这个身体”时，你是在说“我”、这个无限存在是这个身体，然后还对此深信不疑。

Like you say, you say “I” is when you say “I am this body”, you’re saying “I”, the infinite being am this body and then believe it.

但那个“我”，那个“我”的感觉是无限的，它是你的存在。

But that “I”, that sense of “I” is the infinity, it's the Beingness of you.

但是你已经习得了错误的概念，认为“我”、这个无限存在就是这个身体。

But you have learned wrong concepts of saying I, the infinite being am this body.

即便没做过几十万次，也做过几万次了，如今这种观念已经在我们心里根深蒂固。

and having done it tens of thousands, if not hundreds of thousands of times, it's deeply rooted in us now.

这正是这条道路的极度困难之处，认为自己是一个有限身体的思维习惯是如此强烈，需要付出超凡的努力来消除它。

And this is the extreme difficulty of the path, the habit of thinking we are a limited body is so strong, it takes a superhuman effort to undo it.

所以这个世界是一场梦幻，如果我们想从中醒来，在亲眼见到真相之前，我们必须先假定这一点，并且要采取它是一场梦幻的态度来看待它。

So, this world is a dream illusion, and if we want to awaken out of it, we have to assume this until we see it, and take that attitude toward it that it is a dream illusion.

3. 莱斯特谈对死亡的恐惧 Lester On The Fear of Dying, 1970

丢弃对死亡的恐惧，丢弃这一个东西，你就自由了，你将展翅高飞，但你不会死。

Drop the fear of dying, one thing, and you're free, you'll fly, you won't die.

学生：所以你说，只要继续做我们正在做的事情，我们就会做得越来越快，而且一直都在做。

Student: So you say, just keep doing what we're doing, we're doing is faster and all the time.

莱斯特：彻底地去做，不是一直都这样做，是彻底地去做。

Lester: Do it completely, not all the time, do it completely.

你此时此地就能做到，如果你真的愿意，你就能扔掉对死亡的恐惧。

You could do it here and now, you could drop the fear of dying if you wish so well.

但是，保持简单。

But keep it simple.

当你下定决心去做的时候，你就会做到。

When you so resolve to, you'll do it.

你必须想要自由超过想要这个世界上的任何其他事物。

You've got to want freedom more than you want anything else in the world.

你必须让它持续下去。

You've got to make it constant.

还有什么比你和你的身体之间更大的分离呢？

What greater separation is there than you from your body?

学生：但我的意思是，这真的是……那只是……

Student: But I mean, is it really, is that just...

莱斯特：这是有帮助的，是的，这有帮助。

Lester: It's helpful, yes, it's helpful.

学生：但我认为这实际上是在逃避问题。

Student: But it's really leaving the problem, I think.

莱斯特：它不像……

Lester: It's not as direct as...

学生：释放对死亡的恐惧。

Student: Letting go of the fear of death.

莱斯特：恐惧……让对死亡的恐惧从你潜意识浮现到意识中，然后让它出去。

Lester: The fear of, letting the fear of dying to come up from your subconscious into your consciousness, and letting it out.

当你释放的时候，它是一步一步进行的，但这很好，所以你释放了认同和控制，也释放了对死亡的恐惧。

It's doing it in small steps when you let go, but it's good, so you're letting go of approval and control is also letting go of the fear of dying.

因为你想要认同的原因是为了让自己感到安全，那么你就不会死。

Because the reason why you want approval is so that you'll be safe and won't die.

释放控制就是释放想要所有人认同你，这样你就会是安全的，就能生存下去。

Letting go of control is letting go of wanting wanting everyone, wanting to make everyone approve of you, so you'll be safe and survived.

所以，所有的这些东西都源于基本的对死亡的恐惧，但程度比较轻、没那么沉重，你现在可以应对。

So all those things are working on the basic fear of dying, but to a less, lighter degree, which you can handle now.

而你处理不了其他情况的原因仅仅是你说“你不能”，但我知道你能。

And the reason why you can't handle the others is just only you say you cannot, I know you can.

因为所有被压抑的对死亡的恐惧正在试图用巨大的能量和力量往外推，而你却耗费了同样多的能量和力量去压制它。

Because all that suppressed fear of dying is trying to push out with tremendous energy and force, and you're using that much energy and force to hold it down.

但你想把它压到潜意识里，这样就不用看到它。

But you're relegating it to the subconscious so as not to look at it.

但如果你想看见它，你就会看到它，它会进入你的意识，然后你就能释放它。

But if you want to look at it, you'll see it, and it'll come up into your consciousness, and you'll let it go.

但现在你很可能会压抑它。

But right now the chances are you'd suppress it.

但如果你释放，你会发现那是一种极其美妙的感觉。

But if you let it go, you discover it's a tremendously wonderful feeling.

每次你哪怕释放一点点对死亡的恐惧，这都会是一种美妙的感觉。

Each time you let go of any amount of the fear of dying, it's a wonderful

feeling.

如果你持续做下去，不到一两周，就不会再有这种感觉剩下了。

And if you keep it going in not of a week or two, there's no more left.

而且它只是一个感受，但你现在却把它等同于死亡本身，这就是为什么你不允许它出现的原因。

And it's only a feeling, right now you equate it to death itself, that's why you don't allow it up.

但它只是一个感受，它并不是死亡。

But it's only a feeling, it is not death.

要说的话.....它更多的是活力，允许对死亡的恐惧感浮现是比死亡更有活力的。

If anything... It's more aliveness, allowing the feeling of fear of dying up is more aliveness than it is dyingness.

你将通过体验明白这一点。

You will get by experiencing it.

学生：它是什么？是所有逝去的身體留给你的记忆，让你感到恐惧的吗？

Student: What is it? The memory of all the bodies that have died and frightened you?

莱斯特: 是的, 这是我们过去一次又一次、一次又一次经历过的头号创伤, 所以我们试图通过不看到它来避免它再次发生。

Lester: Yes, it's the number one trauma that we have been through again and again and again and again in the past, so we try to avoid it from happening again by not looking at it.

但我告诉你, 如果你允许它浮现, 你会发现这是多么容易!

But I'll tell you what, if you allow it up, you'll see how easy it is!

因为它正用最大的能量往外推着要出来。

Because it's pushing with the greatest of energy to get out.

每一个被压抑的感受都在试图消耗它自己, 而对死亡的恐惧比其他任何感受都更有能量去挣脱出来。

Every suppressed feeling is trying to expend itself, and the fear of dying has got more energy pushing to get out than any other feeling.

学生: 你说那就是我们在那些所有其他时候经历的痛苦吗?

Student: You call that the pain that we've experienced in all those other

times?

莱斯特: 是的, 还有临死前的痛苦。

Lester: Yeah, and the pain just before death.

因为当你死去时, 就不再有物理疼痛了, 会有一种解脱感。

Because when you die, there's no physical pain anymore, there's a sense of relief.

学生: 但是所有那些临死前的恐惧呢?

Student: But all that fear of all those moments just before death?

莱斯特: 只临死前, 是的, 所以这些都被记录下来并留存着。

Lester: Just before, yeah, it's all recorded and held onto.

而你却在试图通过不去看它来防止它再次发生, 就像鸵鸟一样, 我们把头埋进沙子里。

And you're trying to prevent it from happening again by not looking at it, like an ostrich, we put our heads in the sand.

(学生说的听不清)

莱斯特：他们释放了对死亡的恐惧，他们不必呼吸，如果你释放了，你也不用呼吸。

They release the fear of dying, they don't have to breathe, not you will breathe if you release.

你可以选择不呼吸，也可以选择呼吸，但当你释放了对死亡的恐惧时，你可以不必这样做。

You can choose or you can choose to breathe, but you don't have to when you release the fear of dying.

所以别做一只鸵鸟了。

So being not an ostrich.

试试看，这不会有害的。

Try it, it doesn't hurt.

当你释放的时候，那感觉是非常美妙的。

It feels wonderful when you release.

你允许对死亡的恐惧浮现，并让它出去。

You allow the fear of dying up and allow it out.

试试看，做到这一点。

Try it, do it.

下定决心去做，决意去做。

Determined to do it, resolve to do it.

释放是一个自然的过程，没有它，每个人都会发疯。

The releasing is a natural process without which, everyone would go crazy.

但我们给你的是一条加速释放的开放通道，以及如何走完全程的地图。

But what we give you is an open avenue to expedite the releasing, and the map on how to go all the way.

释放是一个自然的过程。

The releasing is a natural process.

在我人生处于最低谷的一段时期，当时我在新墨西哥州，建造并出售联邦住房管理局担保的房屋，售价约是 8,000 美元，在那个时候.....索科罗镇的那些掌控着局势的当地势力以 12,000 美元、14,000 美元的价格出售它们，他们想要除掉他们中间的这个陌生人，也就是我。

And one of the lowest points in my life in New Mexico, I was building and selling homes, FHA homes, for price around \$8,000, where the city prodders who had control of this town of Sacora and New Mexico were selling them for \$12,000, \$14,000 thousand, and they wanted to get rid of this stranger in their midst, me.

于是，他们派了一个退伍军人来，第8章提到过，有心理问题的退伍军人，他带着一把枪进来了，在我的厨房里，他坐在桌子的另一边，桌子大概有这么宽，他把那把48口径的枪往桌上一放，说：“我要杀了你。”我看到他的手指那样动了一下。

And they sent in a discharged soldier, chapter 8, discharged, the mental thing, and he came in with a gun, and in my kitchen, he sat on the other side of a table, about this width, and he dropped that 48 down, he says: "I'm going to kill you." and I see his finger go like that.

好吧，一切都变成了慢动作，感觉像是过了很长时间，我说：“他杀不了我，这不是真的，即使他开枪，子弹也会从我肩膀上滑落。”当我看到他的手指扣动扳机时，我的感觉很好，我释放掉了，我不知道自己在做什么，但我完全释放了，我真的别无选择，只能释放。

Well, slow motion came into being, it seemed like a long period, I said: "He can't kill me, this isn't real, even if he does shoot, it'll slide off my shoulder." And I felt good as I saw that finger squeezing that trigger, I released, I didn't know what I was doing, but I released completely, I really had no choice, except to have to release.

紧接着，前门传来一阵猛烈的敲门声，他拿枪指着我，命令我去开门，并让他们离开。我走到门口，打开门，我想说：“走开，我正忙着。”那是我隔壁的邻居，一个大块头，但他推了推我的肩膀，把我推开，径直走进厨房，说：“这家伙叫莱斯利。”“莱斯，你拿着那把枪到底要干什么？”然后他直接把枪从他手里夺了过来。

And immediately there's a tremendous banging on the front door, and he orders me with the gun to answer the door and tell them to go away, I go to the door, I open it, and I wanted to say: "Go away, I'm busy." It was my next door neighbor, a big fellow, but he pushed me on the shoulder, pushed me away, went right into the kitchen, and said: "This guy's name was Leslie." "Les what the hell you doing with that gun?" And he pulls it right out of his hand.

现在，当然，在那些日子里，我试图弄清楚所有这一切的起因，但它常常把我折磨得头痛，这根本就说不通。

Now, all that was caused, of course, he used to give me migraine in those days trying to figure it out, it made no sense.

但我的释放促使了那件事发生。

But my releasing caused that to happen.

因为当我们释放完成，我们处于我们的存在中，我们不再是那个自以为是、

试图掌控一切的小我,而是处于我们的存在中,这里是一切皆有可能的地方,在那里,死亡是不可能的。

Because when we are released, we're in our Beingness, we're not ego, mind-wise trying to control it anymore, and in our Beingness is where all things are possible, where death is impossible.

但在我那个年代,我怎么也想不通,我总是绞尽脑汁地去琢磨这些不同寻常的事,结果搞得自己偏头痛,这些事根本毫无道理,我的隔壁邻居怎么会知道我遇上麻烦了呢?他为什么不顾我想让他走,却还把我推到一边,径直走进厨房呢?他从客厅的前门根本看不到厨房里的家伙,但他却径直走了进去,还把枪从他手里夺走了,他怎么知道这一切的?

But back in my days, I could never figure it out, I'd always get migraines trying to figure out these unusual things, they made no sense, how did my next door neighbor know I was in the situation? Why did he disregard my wanting to tell him to go away, push me aside, go right into the kitchen? He couldn't see this fellow in the kitchen from the front door in the living room, but he went right in there, he took the gun away from him, how did he know all that?

这对当时的我来说,这简直是不可能的事,所以我一直想不通,我会为此感到头疼,然后放下了这件事

And to me in those days, it was impossible, so I couldn't figure it out, I'd get a headache over it and drop it.

但我一生中发生的最重大的事，就是被告知我即将死去。

But the greatest thing that happened to me in my lifetime was being told I was going to die.

人类的绝境就是上帝的机会。

Man's extremity is God's opportunity.

但现在重要的是摆脱任何被压抑的感受。

But the important thing now is to get rid of any suppressed feelings.

但你负起责任确实有所帮助，也确实能帮助你释放。

But your taking responsibility does help and does help you release.

此外，在你的潜意识深处，要为所造成的情况负起责任。

Also, take responsibility for causing it somewhere deep down in your subconscious mind.

早些时候，我过去常常采用那种方式，我记得在好莱坞大道上，有个孩子当时正以每小时约 25 英里的速度行驶，突然，在一个拐角处，从对面驶来一辆车，就在我的正前方左转，等我踩刹车时，已经撞到了他。

Back in the early days, I used to use that, I remember when some kid

Hollywood Boulevard was going about 25 miles an hour, suddenly coming in the opposite direction at a corner made a left turn right in front of me, by the time, I hit my brakes, I hit him.

在我下车的时候，有人说：“都是他的错，是他的错。”我说：“不，不是的，不，不是的。”他们看着我，以为我神志不清了，但这是我在负起责任。

As I get out of the car, someone said: "It's his fault, his fault", I said: "No it isn't ,no, it isn't." They looked at me, they thought I was delirious, but it was me taking responsibility.

当我摆脱它时，我想起前一天自己有个非常愚蠢的念头，当时我在洛杉矶，而我的新泽西州驾照再过一天就过期了，我心想：“好吧，现在是时候在驾照到期前发生一场事故了。”

And when I got away from it, I remembered the day before that a very silly thought in me, I was in Los Angeles with New Jersey Place that expired in another day, and I said: "Well, now is the time to have an accident before it expires."

但通过负起责任，往往能让最初的想法浮现，并让我释放那件事，于是它便不会再发生了。

But the originating thoughts used to come up in me by taking responsibility, and allow me to release that thing, so it wouldn't happen again.

但我又多做了一件事：“好吧，你已经做了这样、那样的事，你做到了，要让它有价值。”然后我说：“完成了。”

but I added on another thing: “Okay, you've done so and so, you did this, make it worthwhile.” And I said: “It is done.”

那个孩子吓坏了，我问他们：“你有保险吗？”“我不知道，我得打电话给我妈妈。”他给他妈妈打了电话，她说有，他把名字告诉了我，我去找了他们，他们说有三个报价，我拿到了三份报价。

The kid was shaken up, I asked them: “Do you have insurance?” “I don't know, I got call my mother.” He calls his mother, she said yes, he gave me the name, I went to them, they said get three bids, I got three bids.

我去的那家店，不仅修好了他撞坏的那个地方，而且我当时住在纽约，其他三个挡泥板也都弯了，那时候住在曼哈顿，这种情况很常见，我把另外三个挡泥板也修好了，还把整辆车都重新喷了漆，而且从三个报价中的最低价里完成了这些后，我还剩下一些钱。

And the place I go to, the place I went to, not only fixed up to the one that he caused, but I was living in New York City at the time, and all the other three fenders were bent, living in Manhattan in those days, it was common, I got the other three fenders fixed, and I got the whole car painted, and I had money left over from the lowest to the three bids.

我去找了……不是去找他们中的任何一个，而是去找了别人，我负起了造成这场事故的责任，我也能为让这件事变得更价值而负责。

I went to, not to the one of them but someone else, I took responsibility for causing accident, I could take responsibility for making it worthwhile.

所以我要给你增加一些东西，你可以利用这个责任按照自己想要的方式完成它，但现在更有意义的是释放被压抑的恐惧，还有其他问题吗？

So, I'm adding something on to you, you could use the responsibility to make it the way you wish, but more value now is releasing the suppressed fear, any other questions?

我们真的进入了深层次的感受领域。

We were really into the deep deep feeling arena.

学生：那不就是帕拉宏撒坐下来舍弃他身体的地方吗？你到了完全控制它的地步了吗？

Student: Isn't that where Paramahansa then just sat down and drop his body, you get to that point where you take complete control of that?

莱斯特：是的，当你像他那样不再有对死亡的恐惧，他做出了决定，认为现在是时候释放这具身体的束缚了，然后他脸上带着笑，兴高采烈地从里面走了出来。

Lester: Yeah, when you have no fear of dying like he had, he made the decision now is the time to let go of this body straight jacket, and he walked out of it in the greatest of glee with a big smile on his face.

捕捉到这一点的那个人，吉姆·斯拉沃斯，是一个来自纽约的希腊皮草商，他无法理解，我和他一起经历了这件事。

The man who caught him, Jim Slavos, was a Greek furrier from New York City, he couldn't understand it, and I went through with him.

因为吉姆看到了死亡，而尤迦南达选择了一种更有活力的方式，他搬去和他的老朋友、古鲁圣尤蒂斯瓦尔一起住了，这就是他所做的，他用一个限制更少的身体，也就是一个非常精微的身体与圣尤蒂斯瓦尔相聚了。

Because Jim saw death, whereas Yogananda saw a much livelier way, moving in with his old friend Guru Yuktaswar and that's what he did, he joined Yuktaswar in a far less confined body, a very subtle body.

如果你感兴趣的话，尤迦南达说他大约 400 年后会用另一个身体回来，继续他最近在加利福尼亚所做的事情。

And if you're interested Yogananda said, he'll be back in about 400 years in another physical body to continue what he was doing here in California recently.

但我不会等，我会获得自由。

But I wouldn't wait, I'd go free.

4. 莱斯特谈目标 Lester On The Goal, 1965

上次我试图概括我们在这里所做的事情——我们的目标是什么以及实现那个目标的总体途径，但我认为讲得还不够全面。

Last time, I try to give a general picture of what we are doing here, what our goal is, and the general way to approach that goal, but I don't think I completed the picture.

我相信我待在这里的唯一原因就是提供帮助，如果我帮不上忙，我待在这里就没有意义了。

I believe the only reason why I should be here is to help that if I can't help, there's no reason for my being here.

我相信我们每个人都已经相伴了很长一段时间，我不想处于一个我一直在谈论这个话题的地步，谈论这个话题是这条道路上的阻碍。

I believe every one of us have been with the past quite some time, I wouldn't like to be in a position where I'm talking about the subject, talking about the subject is an obstacle on the path.

这里应该发生的是，每个人都向前迈进，而且是坚定地向前迈进。

What should happen here is that each one moves forward and very definitely moves ahead.

如果那种情况没有发生，我觉得我待在这里并没有什么意义。

If that doesn't happen, I see no reason for my being here.

因为我所要说的几乎所有内容，大家都能读到，你们能在书里读到，或者在某个地方听到。

Because we can all read almost everything I'll say, you can read it in books, sound somewhere.

关于真理这个话题，并没有什么新内容，真理是永恒的，过去是、将来也永远都是。

There's nothing new on the subject of truth, it's eternal, it always was, it always will be the same.

所以不同的是，或者我希望不同的是，这里有些东西受到了影响，会有一些事情发生，让我们比来到这里之前有更多的领悟。

So the thing that's different, or I hope is different is that there is something affected here, that something will happen to give us more realization than we had before we came here.

我所持有的关于这个主题的总体理念被称为“不二论”，或在英文中是“非二元性”，也可以翻译为“一体性”。

I believe the general approach to the subject that I have is called advaita, or in English non-duality, which can also be translated as oneness.

成长只有一种单一的方式，那就是放下我们的小我。

And that there's only one singular method of growth, that that one method of growth is letting go of our ego.

小我是一种“我是一个个体”的分离感。

Now egoity is a sense of separation, I am an individual.

一旦我成为一个个体，我就与整体或一切相分离了。

And once I become an individual, I am separate from the whole or the all.

这种小我感是我们所有麻烦、所有错觉的根源。

This sense of egoity is what starts all our trouble, all our delusion.

所以，我们必须回到那个让我们再次认识到我们是唯一的“一”的地方。

So, we must get back to the place where we again see that we are the only One for the capital O.

在实相中，并不存在逐渐成长至完全开悟这回事。

In Truth, there's no such thing as growing into full realization.

那是因为我们现在是、一直是、将来也永远都会是那个被称为上帝或真我的无限存在，这是我们无法逃避的事。

And that is because we are now, we always have been, we always will be that infinite being called God or the Self, that's one thing we cannot get away from.

我们就是那，我是我所是，那是我们不变的部分，然而我们用一种作为分离个体的感觉掩盖了这一点。

We are That, I am that I am, that's the changeless part of us, we cover that over with a sense of being a separate individual.

所以，成长仅仅在于释放我们的小我。

So, growth consists only of letting go of our ego.

我希望通过这些聚会，我们能比以往更多地做到这一点。

And I hope that through these meetings we do that more, more so than we have done before.

我们此时此地就是那个无限的存在。

We are that infinite being here and now.

我们通过说“我、这个无限存在，是一个受限的小我；我、这个无限存在是与整体相分离的”来蒙蔽自己。

We are blinding ourselves to it by saying “I, the infinite being am a limited ego; I, the infinite being am separate from the infinity”.

我们必须改变那些观念，释放它们。

We must change those concepts, let go of them.

我希望能够指出觉察小我在我们之内运作的方法和途径，这样，当我们被小我驱动时，我们可以使用这些方法和途径来指导自己。

I hope to bring out ways and means of sensing the ego operating in us, ways and means that we can use to point out to ourselves when we are being ego motivated.

而且每次我们被小我驱动时，如果我们释放它，我们就是在释放一点小我。

And each and every time that we are, if we let go of it, we are letting go of a bit of ego.

如果我们从这里一直坚持到最后，最终会到达一个不再有小我残留的地方。

If we keep this going from here until the end, we eventually get to the place where there's no more ego left.

没有小我的地方，上帝就在那里。

And where the ego is not there, God is there.

在那里，无限的真我以其纯粹、初始的“存在状态”留存。

There, the infinite Self is left in its pure, pristine Beingness.

所以，我们所做的就是移除那层遮蔽物，那层被小我创造出来的遮蔽物。

So, all we do is remove the cover, the cover created by the ego.

如果我们在当下所处的状态中摆脱了我们的小我感，就能让自己省去在更高层次成长的数百万年时间。

If we lose our sense of egoity in the state we're in now, we save ourselves millions of years of growing on the higher planes.

进入更高的星光界、或因果界、或是最高境界，我们仍然需要一种分离感、一种小我感，我们需要一种更高层次的身体的感觉。

To be in a higher astral realm or a causal realm or the highest of realms, we still need a sense of separation, a sense of egoity, we need a sense of a higher body.

而我们现在所处的状态中，最伟大、最奇妙的一点就在于，它能让我们走完全程直接回家，一路直达最顶端。

And one of the greatest and most wonderful things about the state we are in now is that it allows us to go all the way back home, right to the very top.

即使是单词小写“g”所指的众神、天使也无法做到我们能做的事，我们可通过完全摆脱做一个小我的感觉而走完全程。

Even the gods with the small g, the angels cannot do what we can do, we can go all the way by completely losing the sense of being an ego.

我试图给出最至高无上的教导。

I try to bring out the very highest of teachings.

我喜欢从顶端开始探究。

I like to start from the top.

如果我们真的想了解真相，就必须从真相出发，并以此进行推理。

If we ever expect to know the Truth, we must start with the Truth and reason from there.

我们无法从虚假、谎言、以及大多数人所看到的现实世界中探寻到真相。

We can't get to the Truth from the falsity, the lie, the reality of the world as most people see it.

如果我们试图从这个世界出发走向真理，那是行不通的。

If we try to grow from this world up to the Truth, it just won't work.

因为我们是从谎言开始，并试图由此进行推理。

Because we're starting with the lie and trying to reason from there.

我们必须从真理出发进行推理。

We must start reasoning with the Truth.

真理是绝对的“一”，是不会改变的，那永远都不会改变的才是真实的。

Now the Truth is the absolute One, the changeless, that which never changes is true.

如果它发生了改变，那么从一开始它就不是真实的，它改变了。

If it changes, it wasn't true in the first place, it changed.

所以，我们将真理定义为永远不变的东西。

So, we define Truth as that which never changes.

因此，如果我们进行推理，我们应该从那个一切的、无限的“一”开始，并由此展开推理。

So, if we reason, we should start with the One infinity as being The All and reason from there.

现在，随着我们继续深入，我相信会出现各种洞察小我的方法。

Now, as we go on, I believe the various methods of seeing our ego will come out.

我们通常使用的方式不是我一味地讲述，而是更多地回答问题。

And the general method we have used has not been my talking as much as my answering questions.

每当我回答问题时，我总是试着让答案从内在涌现。

And if I answer a question, I always try to answer by letting the answer come from within.

如果我那样做，就会带出提问者背后的小我；

And if I do that, it will bring out the ego behind the questioner;

或者有时我们会把问题直接抛向真我；

Or sometimes we'll put the question right into the Self;

而且很多时候，给出答案的方式是为了引发思考，而不是回答问题。

And very often the answers put in such a way as to provoke thinking rather than answer the question.

不幸的是，我们都知道问题实际上无法由他人我们解答，每个人都必须自己回答问题。

Unfortunately, we all know that questions can't really be answered for us, that each one must answer the question himself or herself.

所以我回答问题的方式可能常常显得有些奇怪，它不是直接的，而是迂回、甚至是带有启发性的。

So, my method of answering questions very often might seem kind of odd, and that it's not direct, it's roundabout or it's provoking.

但目的是让提问者清楚地看到小我的动机或者小我，这样他也许能看到它，如果他愿意，他就可以释放它。

But the purpose is to make obvious to the one asking the ego motivation or the ego, so that he may see it, and if he chooses, he just let go of it.

谈到最高教义，在我们第一次见面伊始就发生了一些事，我觉得我们中的有些人没有意识到这件事，而那一点实际上非常重要。

Talking about the highest teaching, something happened at the beginning of our very first meeting, which I believe some of us did not recognize a point there which is really deeply significant.

我只是坐在这里，等着，我想，大概过了 10 到 15 分钟我才开口说话，虽然我什么都没说，但每个人都非常放松，不仅放松，而且格外平静，房间里的大多数人都闭着眼睛，我们在冥想.....

I just sat here and waited, I guess 10 or 15 minutes before I spoke, although I said nothing, everyone was perfectly at ease, not only at ease, but unusually calm, most of the people in the room had their eyes closed, we're in meditation...

这与我们所说的静默教导有关，这是最高层次的教导。

That's connected with what we call the silent teachings which are the very highest of teachings.

这是一种我认为在这个国家从未被广泛使用的方式，在印度，真正的萨古鲁会和弟子们一起使用这种方式。

It's something I don't think that's ever been used very much in this country, in India, the real Sadhgurus use it with their disciples.

他们聚在一起见面，弟子们围坐在古鲁身边，什么也不说，但教导在继续，然后这些弟子们获得了圆满的证悟。

They get together, they meet, the disciples sit around the guru and nothing said, but the teachings go on, and these disciples get full realization.

现在，他们使用的方法，我想我已经知道了。

Now, the method that they use, I think I had been made aware of.

当我进来坐下时，我只知道、我坚信“你就是那”。

When I come in, I sit down, I just know, I have the conviction that THOU ART THAT.

我拥有这种信念的程度有多大，我就能在多大程度上帮助你进入那种心境、那种状态中。

And to the degree that I have this conviction, to that degree I help you be in that mood, in that state.

现在，当我们处于那种状态时，我们应该认识到这一点，我们应该知道那是一种非常高的状态。

Now, when we are in that state, we should recognize it, we should get to

know that that is a very high state.

我们不应该试图把它和我们的小我世界联系到一起，它和小我世界根本无关。

And we shouldn't try to relate that to our ego world, it just doesn't relate to it.

它是一种安宁、一种平和、一种非常愉悦的状态。

It's a calmness, it's a peace, it's a very delightful state.

当我们处于那种状态时，便不再有“行动状态”、“拥有状态”的感觉了，它只是“存在”。

And there's no sense of doingness, havingness when we are in that state, it's just Beingness.

但那是我们需要不断建立的体验，直到这种体验变得圆满、完整的且唯一，这就是所谓的完全觉醒。

But that is the experiencing that we need to establish more and more until that is full and complete and only, that's what's called full realization.

关于我们的教导还有一点是，我们喜欢去除所有的神秘色彩。

Another point about our teaching is we like to get all the mystery out of it.

因为它本质上非常简单——你就是那，不要试图成为不是“那”的。

Because it is basically so simple, THOU ARE THAT, stop trying to be not That.

这是基本的教义。

It's the basic teaching.

所以，自从这次小小的静默事件发生以来，我想我应该跟你们提一下，力量就在这里，而我们都身处其中。

So, since this little incident of silence came about, I thought I ought to mention it to you that the power was here, we were in it.

我真的不想因为这件事就开始说个不停，当我们进入那种状态中时，我们应该认识到那就是那种状态，那是自然的状态，而不是说话、行动、拥有等等的状态。

I really didn't want to start talking because of it, and that when we are in it, we should recognize that that is the state, that is the natural state, not the state of talking, doing, having, and so forth.

如果我们能认识到那种状态的本质，我们就能到达那种状态所在的地方。

If we can recognize that state for what it is, we will get to the place where that remains.

接着，我们会自然而然地行动、拥有、交谈等等，并且不再将自己与“行动状态”、“拥有状态”等联系起来。

And then we automatically do, have, talk, and so forth, and we no more associate ourselves with the doingness, and havingness, and so forth.

但无声教导才是最有效的教导，这是所有上师所给予的教导，这就是为什么他们大多不处于身体中的原因之一。

But the silent teachings are the most effective of teachings, and this is the teaching that all the gurus give, this is one reason why they're mostly not in body.

因为当他们处于身体中时，我们大多数人会认为他们具有小我特质。

Because when they are in body, most of us attribute egoity to them.

因为在我们看来，他们有一具身体，他们吃饭、他们睡觉等等。

Because they have a body to us, and they eat, and they sleep, and so forth.

而当他们没有身体时，我们给予他们的信任却超出了他们应得的程度。

When they don't have a body, we give them more credit that is due them.

他们试图通过静默的方式教导我们。

And they try to teach us via the silent methods.

在我们能够接受的程度内，在这种程度上，我们从他们那里汲取这些教导。

And to the degree that we can accept it, to that degree we receive it from them.

我觉得我应该强调忠诚这个问题，忠诚是美好的，而且应该正确理解忠诚。

I think I ought to make a point about loyalty, loyalty is good, and loyalty should be understood.

忠诚是对“一”的忠诚，是对上帝的忠诚。

Loyalty is loyalty to the One, loyalty to God.

正如我们知道的，真理是唯一的，圣贤们会用不同的方式阐述它，但那都是同一个真理。

As we know, Truth is one, and the sages speak of it in different ways, that's all the one Truth.

真正的老师只有一位。

And there's only one real teacher.

外在的上师只是为了把我们引向内在的上师，也就是我们内在的真我，这才是唯一的、真正的老师。

The outer guru comes only to push us toward the inner guru, our inner real Self which is the only real teacher.

任何大师都希望我们听从其他、每一位大师的指导，在祂们看来，大师之间没有区别。

Any master would want us to listen to any and every other master, they see no difference.

我认为我们之所以要对忠诚印象深刻，是为了防止我们所谓的“只逛不买”，试试这个，试试那个，只是一味地从一个大师那里转到另一个大师那里，期望每个大师都能把所谓的“魔杖”传到我们手中，让我们获得证悟。

I believe the reason why we're impressed with loyalty is to stop us from so-called window-shopping, trying this, trying that, just going from one to another, expecting each one to so-called pass the wand over us and give us realization.

然而，没有人能把领悟给到我们，我们本就拥有它，而且只有我们自己才能摘下蒙住自己眼睛的眼罩。

And no one can give it to us, we have it, and only we can take the blinders off ourselves.

没有任何外在的上师能够强迫我们获得证悟，只有内在的上师才能给予我们证悟，它就是大写 S 的单词“真我”。

No outer guru can force realization upon us, it's only the inner guru who's going to give it to us, it's the Self of the capital S.

它是思想漩涡的平息，它是念头的平息，当不再有想法时，那便叫作“证悟”。

It's the stilling of the whirlpools of thought, it's quieting thought, when there is no more thoughts, that is called realization.

所有想法都是被小我驱动的。

All thoughts is motivated by the ego.

当不再有小我时，也就不再有想法了。

When there is no more ego, there is no more thought.

正是与“一切”分离的小我，才会认为它需要某些东西。

It's the ego that being separate from the All thinks it needs things.

当我们是“一切”时，我们便什么都不需要了。

When we are the All, there is nothing we need.

如果有欲望，就意味着我们有所缺失，这就是小我。

If there's a desire, there's something we don't have, that's the ego.

所以，我们需要放下的是小我。

So, it's the ego we need to let go of.

如果我们想成为那个我们所是的无限，就必须释放欲望。

If we want to be the infinity that we are, we must let go of desire.

学生：在实践中，这意味着什么？

Student: In practice, what does that mean?

莱斯特：嗯，当我们发现自己渴望某样东西时，首先我们必须有一个释放那种欲望的意愿，我们必须拥有一个“那对我们并无益处”的信念。

Lester: Well, when we see there's something we desire, first we have to have a wish to let go that desire, we have to have a conviction that that is not good for us.

那么，有两种方法，我们要么试着释放欲望，要么我们试着成为“一切”，这样就没有任何欲望了。

Then there's two approaches, we try to let go of the desire or we try to become The All, and then with no nothing to be desired.

通过持续这样做，我们最终就能达成目标。

By a constant doing of this, we will finally attain it.

我现在应该再稍微补充一点，这是完全正确的认知，不过也可以说是全知，所以我认为如果我们从.....这都是正确的知识，但这是真知，甚至是这个世界上的一切知识。

I ought to put a little extra in there now, it's all correct knowing, although it could be all knowing also, So I think it would be better if we approached it from... It's all correct knowingness, but it is all Knowledge, even knowledge in the world.

正如我所说的，凭借我们的全知，我们对物理学的了解比当今最伟大的物理学家还要多，对化学的了解比最伟大的化学家还要多，对生物学的了解比最伟大的生物学家还要多，以此类推。

As I said, with our omniscience, we know more about physics than the greatest physicists today, more about chemistry than the greatest chemists, more about biology than the greatest biologist, right down

the line.

学生：好的，如果目标是成为“一切”，那么这也是了解这一切，或者说知晓一切，这不是一片空白……你看，你那茫然的样子怪吓人的。

Student: All right, and if the objective is to be The All, then it's also knowing all this, or knowing all, it isn't a blankness, you see, you're frightening with blankness.

莱斯特：不，鲍勃，我从来没这样说过，是你说的。

Lester: No, Bob, I never do, you do.

学生：嗯，这就是问题所在，这就是我正在面临的困境，是的……

Student: Well, that's the trouble, that's the struggle I'm having, yeah...

莱斯特：鲍勃，我已经说过 10 次、20 次、30 次了，事实恰恰相反。

Lester: Bob, I had said 10 times, 20 times, 30 times, just the opposite.

而你仍然在说“我试图让你一片空白，我试图夺走你所拥有的东西”，我总是说“不，鲍勃，恰恰相反，我一直在努力给你更多，我想把无限、把一切都给你”。

And you still say “I'm trying to give you a blankness, I'm trying to take away the things you have”, I'm I always say “No, Bob, it's the opposite,

I'm trying to give you more, I'm trying to give you the infinity, The All”.

但你有一个信念“我跟这事无关，现在让我们试着把这些东西从你身边都夺走”，你坚持认为“如果你进入全知中，你就会一片空白”，恰恰相反。

But you have a conviction “and I have nothing to do with it, now let's just try to take these things away from you”, and you hold on to it that if you go into omniscience, you're going into a blank, it's just the opposite.

学生：那好吧，但是当你使用“一切”这个词时，“一切”意味着“无”，而那只是全知，意味着无所不知，一切，一切指的是宇宙中的每个原子，当你使用“无限”这个词时，它意味着“无”，因为我不知道无限是什么意思。

Student: That's all right, but when you use the word All, All means nothing, and that's but omniscience, it means all knowing, All, all is every atom in the universe, when you use the word infinity, it means nothing, because I don't know what infinity means.

莱斯特：我给它下的定义是，宇宙中的每一个原子，这够了吗？

Lester: I'm defining it, every atom in the universe, is that enough?

你会明白每一个原子都是你，并且觉知万物。

You'll understand every atom as being you, and aware of all things.

好吧，就像我曾经说过的，我们最高的智慧在于，如果你想了解一头牛，那就成为一头牛。

All right, our highest knowingness, as I said once, if you want to know a cow, be a cow.

你如果不是一头牛，又怎么能更好地了解一头牛呢？

How could you better know a cow than a be a cow?

学生：现在我能理解这一点了。

Student: Now this I can understand.

莱斯特：要了解宇宙，你得成为其中的每一个原子。

Lester: To know the universe, you become every atom in it.

首先，我们要成为其他的每一个人、每一个人类；

First, we become every other person, every other human being;

然后，我们会将自己视作每一个生命，包括整个生命王国中的所有生命；

And then we'll see ourselves as every living being, including the entire kingdom of life;

接着，我们会看到，我们是这个宇宙中的每一个原子。

And then we'll see that we are every last atom in this universe.

学生：现在，我就能有这样的体验。如果有人说“我反对你”，而我说“上帝反对我？根本不存在反对”，那么反对就消失了，这样的话我就能理解这一点，但我的理解也就到此为止了。

Student: Now this I can experience, if somebody says, I oppose you, and I say God oppose me? And there's no opposition, the opposition disappears and I can understand this, but just about as far as I can go.

莱斯特：嗯，那很好，考虑一下这一点，而且这涵盖了所有人。

Lester: Well, that's good, consider that, and so that includes everyone.

学生：但是你看，我说，他们不可能有任何的反对，因为上帝是一切，是至善，那是至善，是一切，一切都是和谐的，这很好。

Student: But you see, I say, they can't be any opposition, because God is all, good, That is good, is All, and all is harmony, this is fine.

莱斯特：只有上帝存在，而我就是上帝，你那里有最后那句话吗？只有上帝存在，而我就是上帝。

Lester: There is only God and I am it, you have that last sentence in there?

There is only God, and I am it.

学生：甚至没有任何反对存在。

Student: And any opposition doesn't even exist.

莱斯特：在“一”中，不可能存在任何的对立。

Lester: In Oneness, there can't be any opposition.

如果我是一切，就没有什么能与我对立的，我是一切，还有什么可反对的？

If I am The All, there's nothing to oppose me, I am everything, what is there left to oppose?

但是当你说“只是上帝存在”时，我想如果你加上“我就是上帝”，这可能会对你有点帮助。

But when you say "There's only God", I think if you would add I am it to it, it might help you a bit.

学生：但是如果有人说“我就是上帝”，我觉得这可能有限制，应该是上帝说“只有上帝存在，包括我”，在某种程度上，我不会去限制这一点，上帝说“我就是上帝，我是有限的”。

Student: But if somebody says, I am it, I think it might get limited, instead of, God says, there's only God, including me, and somehow, then

I'm not to limit that, God says, I am it, I'm limited.

莱斯特：“上帝包括我”是个错误的观念。

Lester: That's a wrong concept that "God includes me".

学生：你帮了大忙。

Student: You have helped.

莱斯特：最高处的表述是“你就是那”，或者“我就是我”，而不是说“我是”包含了我，我就是我，这是我们必须明白的。

Lester: The top statement is THOU ARE THAT, or I am that I am, not that the I am includes me, I am that I am, this is this we must get to see.

学生：在所有事物中，任何事物都是我，我是。

Student: In everything, anything that is me, I am.

莱斯特：在实相中，你就是它；

Lester: In Truth, you are it;

而在幻象中，存在着分离。

In the illusion, there is separation.

在识别小我的方法中，欲望是其中一种方法。

On ways to recognize the ego, desire is one way.

如果我们渴望某样东西、任何东西，那都是小我在渴望。

If we desire something, anything, it's the ego that desires.

所以我们必须达到无欲的状态，这被称作圆满的证悟。

So, we must attain to the state of desirelessness, and that's called full realization.

另一个我们可以使用的标准是，我们应该试着到达一个没有任何人和任何事能打扰我们的地方。

Another thing we can use, we should try to get to the place where no one and no thing disturbs us.

如果没有任何人或任何事能打扰到我们，那也是圆满的证悟。

If no one and no thing disturbs us, that too is full realization.

唯一能被打扰到的是小我。

The only thing that can be disturbed is the ego.

所以，如果有什么东西打扰了我们，我们应该坐下来面对它，沉思，并试着释放这一点点的小我。

So, if something disturbs us, we should sit with it, think on it, and try to let go of this bit of ego.

如果没有欲望，就不再会有干扰了。

If there are no desires, there are no disturbances.

所以，每次我们对任何人或任何事产生反应，这都是一个成长的机会，是一个释放一点点小我的机会。

So, every time we have a reaction to anyone or anything, it's an opportunity to grow, to let go of a bit of ego.

生活中发生的任何事情都可以用来成长，我们必须整天、每天都关注着这个主题，除非这成为我们生活中的头等大事、成为无论白天在进行什么活动都不会忘记的事，否则我们永远都不会获得觉醒。

There is nothing that happens in life that cannot be used for growth, and we must be with this subject all day, every day, we will never get realization until this is the number one thing in our lives, something we never forget during the day, no matter what our activity is.

我们可以利用生活中的每一个行为来成长，如果我们期望获得圆满的证悟，我们就必须这样做。

We can use every act in life to go by, and we must do it if we expect to get full realization.

而且没有理由认为一个人在他的一生中都无法获得开悟。

And there's no reason why anyone can not get it in one lifetime.

正如我上次所说的那样，一个无限、全知、全能的存在需要花多长时间才能知道他就是“那”？

As I said last time, how long does it take an infinite, omniscient, omnipotent being to know that he is That?

我倾向于纠正某些观点，即认为我们需要在这条道路上历经很多很多世才能获得开悟。

I'm tending to offset some of the readings that say we need many, many lifetimes on the path in order to attain realization.

我反驳的说法是：一个无限存在要花多久才能知道自己是无限的？

I refuse by saying: How long does it take an infinite being to know that he's infinite?

我们都是无限的存在，我们所要做的就是做自己，不要再试图做我们所不是的。

We are all infinite being, all we need to do is to be what we are, and to stop trying to be what we are not.

这真的很简单，却并不容易，但很简单。

It's really simple, it's not easy, but it's simple.

我们需要做的就是保持我们的真正所是，我们所感受到的那种宁静状态就是真我的状态。

All we need to do is to remain as we really are, and the state of quietness that we feel is the state of the Self.

最能体现大师状态的就是平静、平和、宁静，没有比平静更好的衡量标准了。

The one thing that's most indicative of mastership is quietude, peace, serenity, there's no better yardstick than peace.

如果你想测试自己，你随时都可以在最不利的情况下检验自己的平静，仅仅是看看自己在不利情况下的状态。

If you want to test yourself, you can always test yourself on your peace in the most adverse situation, just look at yourself in adverse situation.

如果你的平静还在，那么你就做到了；

Then if your peace is there, you have attained;

如果没有到达这样的状态，试着建立它。

And if it isn't, try to establish it.

所以，我们应该试着到达一个没有任何人和任何事能够打扰到我们的地方。

So we should try to get to a place where no one and nothing can disturb us.

5. 莱斯特谈终极幸福 Lester On The Ultimate Happiness, 1970

注：本节音频实际上绝大部分都是《正确的道路 The Right Path》中的内容，只是莱斯特的个别语句会有差异。

（以下是风的翻译，我翻译的部分我会用“虚下划线”标记出来）

我想说的是，你们这些人喜欢什么？你们想要什么？你们的目标是什么？你们的目标是什么？你们想要达到什么？但你们知道你们想要达到什么吗？

What I feel like saying is, what would you people like? What would you want? What are your objects, your goals? What would you like to

achieve? But do you know what you would like to achieve?

学生：我知道。

Student: I do.

莱斯特：我知道鲍勃想达成什么成就，他每时每刻都在告诉我们，好吧，你们没有告诉我。

Lester: I know that Bob would like to achieve, he tells us all the time, well you don't tell me.

我告诉你们，我们全都想要的，是终极幸福。

I'll tell you then, what we all want is the ultimate happiness.

我们都被给予了方向，但是为什么我们还没能拥有它？

We've all been given the way to it, but why don't we have it?

这是我看到的大问题：为什么在这间房子的所有人不是完全觉醒的存在？为什么我们不能立即地获得任何以及每一件我们想要的东西？为什么我们不能超越死亡？

That's the big question, as I say, why aren't we all in this room fully realized beings? Why don't we instantaneously get anything and everything we want? Why don't we transcend death?

你说你没有发现它很简单，如果你发现了，它就是简单的，明白吗？

You say, I don't find it simple, if you find it, it's simple, see?

你现在说的其实是我没有真正地发现它。

What you're saying is I don't find it, really.

学生：所以我没有做得很好，我知道，我没有像我所说的那样给它足够多的时间。

Student: So apparently I'm not working well, I know I'm not giving as much time as I should.

莱斯特：你每天给它多少时间？

Lester: How much time every day do you give to it?

学生：我在冲刺，但我却没有冲刺起来，因为尝试去驾驭我的心智时，我仍然没有掌控它.....

Student: I go in spurts, and then I get discouraged, because I'm trying to harness my mind, I feel haven't mastered that harnessing my mind...

莱斯特：现在你给我你的答案了吗？

Lester: Are you giving me your answer now?

你刚刚已经给我了。

See, you just gave it to me.

这很简单，但你所做的却非常复杂和困难。

It's simple, but what you're doing is very complicated and very difficult.

你想要的是世界的梦幻。

You want the dream allusion of the world.

因为你花了所有时间在那上面。

Because you spend all your time working at it.

如果你想要香蕉，你不会致力在吃苹果上，就是这么简单。

If you wanted bananas, you wouldn't work at eating apples, it's simple as all that.

当我们想要什么，我们就为了它而工作，我们就为了它而努力，不是吗？

When we want something, we work for it, we work at it, don't we?

学生：我没有做出足够努力的工作。

Student: I'm not working hard enough at it.

莱斯特：你给了它百分之多少的时间？

Lester: Well, what percentage of the time do you give to it?

也许 1%。

Maybe 1%.

你给出 99%的时间给 x，1%的时间给 y，那么你就会达到 x。

If you're giving 99% of your time to X and 1% to Y, you're going to achieve X.

你把大多数时间给什么，你就会拥有什么。

You give most of your time to it, that's what you'll have.

学生：但是你也说过我们可以那样做。

Student: But you also said we could do it like that.

莱斯特：这很简单，这很容易，这真的很简单。

Lester: Right, it's simple, it's easy, it really is easy.

当你去做，你会看到这是你从未做过的最容易的事情。

When you do it, you'll see it's the easiest thing you've ever done.

学生：只是花 99%的时间在那上面？ ？

Student: Does that take 99 percent of your time too?

莱斯特：是的。

Lester: Yes.

如果你把 99%的时间放到那个方向上，你就会得到它。

If you put 99% of your time in that direction, you'd get it.

然后你会发现，它的困难程度仅仅如同你现在去找出你是什么性别一样。

Then you'd discover the difficulty would be just as difficult as it is for you now to start searching for what sex you are.

你会花多长时间去发现你是一个女性？

How much time would it take you to discover that you're a female?

学生：为什么不这样去做呢？

Student: Why not that?

莱斯特：你会花多长时间，如果你只是扔掉知识，并开始去探求？

Lester: How much time would it take you if you just dropped the knowledge and started looking for it?

不需要花时间，对吗？

It takes no time, right?

你需要花多长时间去发现你的真实存在？

That's how much time it takes to discover your real being?

并不需要花什么时间。

It doesn't take any time.

但是你要去寻找它，你要去探究它，你要去做那些把你带离反方向的事。

But you should get to look for it, you should get to dig for it, you should get to do those things that will take you away from the opposite.

让我们用一个词，并在这上面进行工作。

Let's take one word and work on it.

我给你们一个比较好的：最高的状态，是完全的无私（selflessness）。

The top state, I'll give you a good one, the top state is total selflessness.

你有多无私？

How much are we selfless?

如果我们在顶端，我们是完全无私的。

If we're at the top, we're totally selfless.

我们可以有一个测量刻度，自私是底端，无私是顶端。

Now, I can take a gradient scale on it, selfishness is the bottom and selflessness is at the top.

我们在这个无私度数的哪一度？

Where are we on this scale of selflessness?

我们为了谁而活？

Whom do we live for?

我们为了什么而活？

What do we live for?

这里有人完全无私吗？

Are any of us totally selfless here?

你想要仅仅通过一个念头就拥有一切吗？

Do you want to have everything just for the mere thought of it?

只要做到完全地无私就可以。

Just be totally selfless.

如果你不相信，你相信那个相反的方向才是方向，你就被困住了，这就是我们所谓的困难。

If you don't believe it, you believe the opposite direction is the way, and you get caught up in a thing called difficulty.

在你决定无私的那一刻，你就是无私的。

You'll be selfless the moment you decide to be selfless.

我给你们一个更容易的词：最高的状态是无欲。

I'll give you an easier word, the top state is desirelessness.

你取消了你所有的欲望吗？

Have you undone all your desires?

你每天都在做取消欲望的工作吗？

You work every day undoing desires?

任何无欲的人都可以瞬间物质化他想要的任何东西。

Anyone who is desireless can instantaneously materialize anything he wants.

如果你们相信这一点，你们会不去做吗？

If you believe that, wouldn't you do it?

学生：well，如果你无欲了，那么无论如何，你会不再想要任何事情，这样你就不会有.....那么我该怎么办，你永远不知道自己能不能做到。

Student: Well, if you were desirelessness, if you... then you wouldn't want anything anyway, so what am I going to do? You never know if you could or couldn't do it.

莱斯特：是“不必要”。

Lester: Not necessarily.

你在不饿的时候吃过东西吗？

Did you ever eat when you weren't hungry?

大多数情况下，你不需要欲望就可以吃，那就是不带欲望地吃。

Most of time you ate without desire, so that's eating without desire.

任何人有尝试过变得无欲吗？

Has anyone ever tried to become desireless?

你们有没有特别注意去持续释放欲望，放走更多、放走更多、放走更多，直到没有更多？

Have ever made a point of it to keep letting go of desire more and more and more until there is no more?

这会造成非常迅速的成长。

That makes for very rapid growth.

当你致力于释放你的欲望，你必须同时释放嗔恨，而这两者是同一回事。

And if you're working on letting go of desire, you have to also let go of aversion which is the same thing.

学生：贪爱和嗔恨。

Student: Attachment the aversion.

莱斯特：贪爱和嗔恨，是的。

Lester: Yeah, attachments and aversions.

要知道，你有一个欲望、一个贪爱，你就想要把它保持在这儿；

You know, if you have a desire and an attachment, you want to hold it in here;

你有一个嗔恨，你就想离它很远。

You have an aversion, you want to hold it out there away from you.

所以贪爱和嗔恨是同一种东西，只是方向不同。

So, attachments and aversions are the same thing, the direction is different.

当你想要有它，你把它拉近；

When you want to have it, you pull it into it;

当你不想要它，你把它推开。

When you don't want it, you want to keep it away from you.

为什么我们不致力于去做这些像是无欲的事情呢

Why don't we work on some of these things like desirelessness?

当你变得无欲的时候，你能拥有任何一件你想要的事情，仅仅是通过一个念头。

You can have anything and everything you want just for the mere thought of it by becoming desireless.

你们听我说过，当你无欲的时候，你可以获得远远超过你有欲望时候的享受。

And you've heard me say that when you're desireless, then you can enjoy by far more than you could when you had desire.

你们不相信我，你们从未尝试过，或者你们在试过特定的次数后就不做了、忘记了。

You don't believe me, you've never tried it, or you tried it for a certain amount and then let go of it, forget about it.

但这些事情很简单：变得无欲，仅仅是一个念头，任何事情你都可以瞬间拥有它。

But these things are simple, Francis, become desireless and the mere

thought of anything, you can have it instantaneously.

学生：我认为我们都体验过思想投射——事情发生，比如有一个车位，或者其他的什么。所以显然地，我们需要做的是让我们的视野更高，把它带到存在中去。

Student: I think we've all experienced that an increase in thought projection and things happening, be it a parking place or, you know, whatever, so evidently, all we have to do is set our sights a little higher and bring this into being too.

莱斯特：是的，为什么你们停下了？

Lester: Yeah, why do you stop?

为什么不走完全程？ ？

Why don't you go all the way?

学生：我不知道，一定是有什么地方被忽略了，你这位大师还没有展示给我们。

Student: I don't know, there must be a missing link somewhere, you, the master hasn't shown us?

莱斯特：（笑声）你是大师，你没有展示给你自己。

Lester: You're the master, and you haven't shown yourself yet.

你不认为事情是这样的，你不认为事情可以是这样的。

You don't think it's so, you don't think it can be so.

学生：well.....不，我知道所有事情可以是这样，我的意思是，我只是作为一个人，觉得它就像个人类一样，你知道的。

Student: No, I know that all things can be so, I mean, I just as a man, think it's like a human being, you know.

莱斯特：智性上、理论上你接受了。

Lester: Intellectually, theoretically you accepted so.

如果你真的这样想，你不会停下来，直到你变得无欲。

If you really thought that, you would never let go until you became desireless.

接着你就会瞬间物质化任何你需要的事情。

And then you would instantaneously materialize anything and everything you need.

为什么你以困难的方式来做？像你现在做的那样。

Why would you do it the hard way, the way you do it now?

为什么需要工作来维持生活？

Why work for a living?

为什么要打卡上下班？

Why punch a time clock?

为什么生活中会有那么多困难？

Why have difficulties in life?

(风的翻译到此结束)

从某种程度上说，你确实不得不去上班，对吧？

In a way, you do, you have to go to work, right?

学生：是的，跟很多人相比，我的情况可能算是最自由的了。

Student: Yeah, I probably have about the freest situation of a lot of people.

莱斯特：嗯.....你说的“自由”是什么意思？

Lester: Well, What do you mean, free?

学生：几乎和你一样自由。

Student: Almost as free as you.

莱斯特：“最自由”并不是自由。

Lester: Freest is not free.

不，自由真的是.....不，我，呃.....自由其实并不在于你在做什么。

No, freedom is really... No, I uh... Freedom is really not in what you're doing.

学生：我们的收入基本上是一种概念、一种我们认为自己能够拥有的东西，或者是任何不需要努力就能维持的东西。

Student: All of our income is basically one of concept, of the way we, you know, what we feel we can have, or whatever that should be able to be sustained without this effort.

莱斯特：是的，宇宙中的大多数生命都是以我所说的那种方式生活的。

Lester: Yeah, life in most of the universe has lived the way I'm speaking about.

学生：罗宾仍然在摸索这个词，不是吗？

Student: Robin is still going at the scratch of the word, though, isn't he?

莱斯特：他和我们一样，只是没有那么束缚而已，他自由得多，从不担心生计问题，但他也身处于一个物质领域里，处于一个最缓慢、最稠密的领域之中。

Lester: He's like we are, only not nearly so bound, he's far freer, he never worries about making a living, but he's in a physical realm too, he's in the slowest, densest realm there is.

学生：这是最难应对的情况。

Student: The hardest one's hand in the mouth.

莱斯特：所以我在这里要强调的是，为什么我们不走完全程，让事物立即发生，拥有一种没有任何悲伤的、持续的喜悦状态？

Lester: So I'm making a point here of why don't we go all the way and have things happen instantaneously, have a constant state of joy with never any sorrow?

我们为什么不这样做呢？

Why don't we do this?

学生：就我而言，我有一个家庭.....我自己本可以走得很远，但我不能.....我不会走到离开自己的家人并独自追求这种生活的地步。

Student: In my case, I've got a family that's... I could go so far myself, and I can't... I'm not going to go to the point of leaving my family and pursuing this life solitarily on my own.

莱斯特：不，在我们的团体中，没人说过你必须这样做，对吧？

Lester: No, one ever said you had to in our company, did they?

学生：既然你问了原因，而且我确定.....

Student: Since you asked why, and I'm sure that...

莱斯特：所以，你认为，为了做到这一点，我就得离开我的家人，这不是真的。

Lester: So you assume that in order to do it, I have to leave my family, that's not true.

你在你所在的地方就能做。

You can do it right where you are.

学生：好吧，让我们想一下这些厌恶等等之类的东西。

Student: Well, let's think of these aversions and so on.

莱斯特：是的，我试图提出这些要点。

Lester: Yeah, I'm trying to bring these points out.

因为如果你看到了它们，就有可能放下这些你给自己设置的障碍。

Because if you see them, the chances are you'll let go of these obstacles that you're setting up for yourself.

总有一天你会做到的，你正在努力做到这一点。

You'll do it someday, you're trying to do it.

你知道，你的每一个行为都在试图让事情变得更容易、更好、完成得更多等等。

You know, in your every act is trying to get things done more easily, better, more of it and so forth.

但在你释放“你不想要它”之前，你必须先看到“你不想要它”。

But you've got to see you're not wanting it, before you let go of your not wanting it.

这就是我想表达的重点。

This is the point I'm trying to make.

如果我们没有“不想要它”，那么它很快就会出现。

If we did not not want it, it would very quickly be.

但我们一直抓着“不想要它”，这就是为什么我们得不到它的原因。

But we're holding on to not wanting it all the time, and that's why we're not getting it.

理解了吗？

Does that make sense?

我们紧抓着“不想要它”，也就是不想要那种完美的生活方式，因为我们觉得自己是受限的，因此无法立即拥有一切。

We're holding on to the not wanting of it, of this perfect way of living, by seeing that we are limited and therefore cannot have things instantaneously.

哪怕是一条小虫，他们把它切成两半，我猜这是一条沙蚕，把它切成两半，它会再生出你从它身上切掉的那部分身体。

Even a little worm, they cut it in half, I suppose it's a blow worm, cut it in half and it grows the part of the body that you cut away from it.

现在，在我们获得永生之前，我们都得学会如何做到这一点。

See, now we all have to learn how to do that before we gain our immortality.

在我们不再被迫通过子宫、历经 9 个月的孕育、然后以一个完全无助的婴儿状态回到身体里之前，我们必须学会摆脱这个身体。

we have to learn to be free from this body before we are not compelled to come back in the body through the womb, through 9 months incubation and then starting off as a totally helpless infant.

这绝对是这个宇宙中最愚蠢的典型例子。

There's a prime example of probably the grossest stupidity in this universe.

一个本质是无限的婴儿变得丧失了能力，我们还能有多傻呢？

For an infant, who is basically unlimited to be that incapacitated, how silly can we get?

但我们却一次又一次、一次又一次地重复着.....

But we do it again and again and again...

如果你回想一下自己生命最初的几天，你会发现那极其难受，这太不可思议

了，哦，是的，你无法站起来，完全失去了自由。

And if you remember back to your first days of life, you'll find it extremely uncomfortable, it's amazing, oh yeah, you can't get up, you you're totally unfree.

然而，我们这辈子却都这样做过，我们让自己完全丧失了几乎做任何事的能力，除了食物被放进嘴里，然后吃下去。

And we've all done it this lifetime, we made ourselves totally incapable of doing almost anything except when food's put in our mouth, we take it.

现在，我在说的是，面对这些东西，直面这些东西，也许你就能放它们离开，走完全程，然后你很快就会实现它。

Now, what I'm saying is face these things, confront these things, and maybe you'll let go of them and go all the way, and you'll do it very quickly.

因为你现在就是无限的，你假设了所有的这些限制。

Because you're unlimited right now, you are assuming all these limitations.

你看，我想让你明白的是，我想要你有走完全程的渴望。

You see, I guess the thing I'm trying to get into you is the desire to go all the way.

因为我们的成长与我们走完全程的渴望成正比。

Because our growth is directly proportional to our desire for it.

如果我们真的.....如果我们渴望无限能像我们渴望在这个世界受限的程度一样，我们很快就能得到它。

If we had a real... If we desired to be unlimited as much as we desire to be limited in the world, we'd get it very quickly.

你待在这个世界的渴望非常强烈。

Your desire to be in the world is very intense.

我不知道我在这个群体里提出过什么，但我说过，如果你想知道自己对这个身体有多贪恋，就想象一下把它扔到汽车前面，你感觉如何？

I don't know what I brought out in this group, but I've said if you want to find out how attached you are to this body, how would you feel about throwing it in front of a automobile?

然后你会发现你多么认为自己是这个身体。

Then you'll discover how much you think you are this body

但你必须面对这些东西，你必须看着它们。

But you've got to confront these things, you've got to look at them.

如果你抓着这些东西，并且不去看它，你就永远都看不到它。

If you hold these things, and you don't look at it, you'll never see it.

我在试着帮你挣开这些如此极端的束缚和限制。

I'm trying to help you pry loose these bondages and limitations that are so extreme.

正如你一路上听到的那样，噢，天哪，你都已经听过一千遍了，却还坚持做一个极其受限的身体。

As much as you have heard the entire way, oh my gosh, you've heard it a thousand times, you persist in being a very limited physical body.

仅仅是因为你不直面“你认为自己是个受限的物理身体”这个事实。

Only because you don't confront this fact that you consider yourself a limited physical body.

所以如果我能让你看清这一点，如果我能让你去做，去把它挖出来，当你不去看它时，它是潜意识的，把它从你的潜意识里挖出来，看看它，你就会放

下它，就能移除这个障碍，或者说移除所有那些走完全程的障碍。

So if I can get you to see this, if I can get you to go to work and dig it out, when you don't see it, it's subconscious, dig it out of your subconscious, look at it, you'll let it go, you'll remove the obstacle, or the obstacles to going all the way.

不幸的是，我们大多数人都利用逆境来产生前进的动力。

Unfortunately, most of us use adversity to produce to move forward.

如果你尽快养成这个习惯，也许这将是天赐良机，也许我们就能实现它了。

If you find a habit soon, well maybe it'll be a godsend, maybe we'll do it then.

你在看到的外面这个世界会变得越来越艰难，回头看看，想想最后那扇门，生活变得愈发艰难，愈发紧张，愈发痛苦，世界从未像现在这样拥有过这么多东西，我们在这个国家得到了一切，然而我们却从未如此不开心过，对吗？

What you see out there in the world just gets more and more and more so, look back with your feet and think to the last door, life is getting more difficult, more tense, more miserable, the world never had so much as it has now, we've gotten everything in this country, and we were never so unhappy, right?

随着岁月的流逝，我们变得越来越不快乐，这种情况将一直持续下去，直到

我们把自己撕裂。

We get less happy as the years go by, this will keep on going until we rip ourselves apart.

我现在把这个世界当作一个整体, 在这个过程中, 你也许能用它来逼迫自己、直面自己, 去看清你正试图紧紧抓着的这个既珍贵又糟糕的身体, 这是你曾经所设想过的最极端的限制。

I'm taking the world as a unit right now, in this process, you might be able to use it to force yourself, to confront yourself, to see that you're trying to hold on to this precious, awful body, which is the extremist limitation you've ever assumed.

我想这就是我们安排这些即将发生之事的原因, 我想需要一场正面的碰撞才能唤醒我们。

I guess that's the reason why we arrange these things that are about to come about, I guess it takes a head-on collision to wake us up.

但是当它来临时, 你可以利用它。

But when it comes, you can use it.

然而, 我的建议是, 现在就做。

However, what I'm suggesting is do it now.

当碰撞来临时，你会笑，你会一直笑个不停。

And when the collision comes, you'll laugh, and you'll laugh all the time.

当你释放了束缚，你就不会不快乐了，你只会时刻都感到极度幸福。

When you let go of the bondages, you can't be unhappy, you can only be extremely happy all the time.

唯一导致不快乐的东西就是限制。

The only thing that causes unhappiness is a limitation.

所以，挖出这些原因，把它们从潜意识中拉出来并面对它。

So, dig out these reasons, pull them out of the subconscious and confront it.

“我想成为这个身体，我认为我是这个身体，而且这个身体很棒”，接下来，当你直面它时，就能对它做些什么了。

“I want to be this body, I think I'm this body, and this body is great”, and then when you confront it, then you are able to do something about it.

在那之前，你是自动化的，并且你无法改变那种自动模式。

Until then, you are on automatic, and you can't change the automatic

pilot.

你可以用我之前提到过的一些建议，变得无欲，为之努力，直到你实现它。

You can use some of these suggestions I mentioned before, become desireless, work at it until you achieve it.

一旦你达成了这一点，就会发现自己彻底自由了。

You achieve that, and you will discover that you're totally free.

但再说一次，基本上，我们之所以无法成功的原因是，我们紧抓着这些限制、这些束缚，坚持把这个身体当作是自己。

But again, basically, the reason why we don't make it is because we hold on to these limitations, to these bondages, to this body as being me.

之前和之后的唯一区别是：

The only difference before and after is:

之后，当你审视自己的身体时，不再将自己视作一个身体，你会把自己视作每一个身体、每一个原子；

When you look through your body after, you no more see yourself as one body, you'll see yourself as every body, every atom;

当你更进一步，你会发现你不是任何人，你从未受到过限制，你从未移动过，你一直都是无所不在的，你怎么可能移动呢？

And you go a step beyond that, you'll see that you're not anybody, you were never limited, that you never moved, that you were always omnipresent, how can you move?

身体的游戏只是一种想象、一种幻觉。

That the play of bodies was just an imagination, an illusion.

在那之后，你在这个世界中行走，但不会陷入认为自己是一个身体的想法中了，你知道这个世界的本质只是一场梦。

And after that, you move in the world, but you don't get caught up in thinking you're a body, you know the substance of the world as being just a dream.

然后你会看到越南战争就像电影里的战争画面一样，这些他们编造的故事每天都在电视上播放着，他们有这些战争故事。

Then you'll see the Vietnam War just as much a war as the moving pictures of wars are, these stories that they make up, they have them on TV every day, they have war stories.

电视上的那些战争故事就像越南战争一样真实，越南战争会像一场战争电影那样困扰着你。

Those war stories on TV are exactly as real as the Vietnam War is real, the Vietnam War will bother you as much as a moving picture of a war would bother you.

这就是我想给你的之前和之后的画面。

This is the before and after picture I'm trying to give you.

你会让自己的身体自然运转。

You'll let your body run its course.

我想给你一点小诱饵：不过不用担心，在你开悟之后，你无论如何都不会失去这个身体，它会按照你预先设定的时间运行，它会经历和你没开悟时完全一样的事情。

I'm trying to give you a little bait by saying: Don't worry though, you're not going to lose the body anyhow after your realization, it will go exactly as long as you predetermined it to go, it will go through exactly the same things, it would have gone through had you not gotten realization.

你的身体将要经历的一切，无论如何它都会经历。

What your body's going to go through, it will go through anyway.

所以，这永远不应该成为获得觉醒的障碍。

So, that should never be a deterrent in getting realization.

当你明白这一点时，它就不再是障碍了。

When you know that, it isn't.

学生：我们不需要那些行善者的表面行为，所以主日学校的课程或任何的这些东西真的都只是形式。

Student: We don't need any visual activity of the do-gooders, so Sunday school class or whatever this is really the version.

莱斯特：对，那是一种束缚。

Lester: Right, that's a bondage.

好与坏，你必须在幻象中平等地来看待。

Good and bad, you have to see as being equally in the illusion.

它是一场梦。

It's a dream.

如果你做好事，你会有个好梦；如果你作恶，你会有个噩梦。

If you do good, you have a good dream; If you do bad, you have a bad dream.

现在，你无法只有其中一个而没有另一个。

Now, you can't have one without the other.

如果有好的，就必定有坏的；如果有坏的，那就一定有好的。

If there's good, there must be bad; If there's bad, there must be good.

学生：你的意思是说心智能将二者等同起来吗？

Student: You mean if the mind equates that?

莱斯特：不，你、你.....一个伴随着另一个，就像贪恋和厌恶，它只是同一枚硬币的另一面。

Lester: No, you you... One goes with the others, it's like attachment and aversion, it's just the other side of the coin.

学生：只是一枚硬币。

Student: Just one coin.

莱斯特：我想说，贪恋，就是用这种方式抓着某个东西；

Lester: Attachment is holding on to, I'd say, something this way.

厌恶，则是用那种方式抓着它。

Aversion is holding it that way.

好，是这场梦境幻觉里我喜欢的一部分，

Good is part of the dream illusion I like,

坏，则是这场梦境幻觉里我不喜欢的一部分，

bad is part of the dream illusion I don't like,

但它们都是同一个东西，它们都必须.....

but they're both one and the same thing, they both have to...

你无法只有好而没有坏，所有的词必然都是相对的，一个与另一个相关。

You can't have good without bad, all words are necessarily relative, one relates to the other.

如果一切始终都是好的，就不会存在“善”这种东西了，你会无法理解它，你必须体验过坏，才懂得什么是好；

If everything was all good all the time, there'd be no such thing as

goodness, you couldn't understand it, you have to have badness to know what goodness is;

你得经历过糟糕的境遇，才能珍惜美好的境遇。

You've got to have a you got to have a bad stake in order to appreciate a good stake.

如果你生来就处在优渥的环境中，并且一生都顺风顺水，就不会知道什么是好的境遇，也就不存在所谓的好的状态了。

if you're born into good stakes and had good stakes all your life, you wouldn't know what a good stake is, there wouldn't be any such a thing as a good state.

你必须经历过糟糕的境遇，才会明白什么是好的境遇。

You've got to have bad stakes to know what a good stake is.

但你现在明白什么是善了吧，哈利？

But you see what goodness is now, don't you, Harry?

学生：是的。

Student: Yes.

莱斯特：你的哪个部分是这种终极的状态？

Lester: What is the part of you that is this ultimate state?

如果你一直是那，现在你就是那，对吧？

If you're always That, you're That right now, right?

你的哪个部分是无限的？

What part of you is unlimited?

学生：我的存在。

Student: My being.

莱斯特：对，就是这样，保持住，就是这样，我的存在。

Lester: Right, that's it, hold it, that's it, my being.

你的存在是你无限的那部分。

Your Beingness is the unlimited part of you.

现在，有限的那部分正在试图成为某种东西。

Now, the limited part is trying to be something.

所有的形式必然都是受限的，都在试图成为一种形式、一个身体，导致我们成为受限的身体。

All form is necessarily limited, trying to be a form, a body, causes us to be limited bodies.

所以，如果你要做出选择，别选择成为一个身体，而是选择成为所有的身体；

So, if you're choosing the be, don't choose to be a body, choose to be all bodies;

然后选择成为每一个原子；

Then choose to be every atom;

接着，你就离看到“你的真实状态仅仅是存在”只有一步之遥了。

And then you're a hairline away from seeing that your real state is only Beingness.

学生：我知道，我知道，比如说开悟。

Student: I know, I know, it's realization, let's say.

莱斯特：但为什么呢.....为什么不是每个人都变得无限呢？

Lester: But why don't... Why doesn't everybody become unlimited?

仅仅是一个想法，你就能拥有任何东西。

It's a mere thinking, you can have anything.

学生：你看，当你这么说的时候，这似乎很矛盾。

Student: You see that, that seems very contradictory when you say that.

莱斯特：为什么？

Lester: Why?

学生：你在说要变得无欲等等，然后你反过来，你说如果你无欲了，你就能拥有一切，你似乎在引诱我们去到那里拥有一切，而实际上.....

Student: You're saying be desireless and so on, and then you turn around, you say if you are desireless, you can have everything, it seems like you're baiting us to get out there to have everything and really...

莱斯特：对。

Lester: Right.

学生：你想让我们一无所有。

Student: You want us to have nothing.

萊斯特：不，我想让你拥有一切，不，我想让你成为一切。

Lester: No, I want you to have the all, no, I want you to be the all.

学生：这件事是.....

Student: This thing is...

萊斯特：不是。

Lester: No.

学生：消散了，它就像是海市蜃楼一样。

Student: Evaporate, it's like a mirage.

萊斯特：不，你在消散。

Lester: No, you're evaporating.

学生：你以为自己会拥有一切，但是当你达到这种状态时，你拥有了一切，却什么都不想要了，你知道，我的意思是.....

Student: You think you're going to have everything, but when you when you achieve this state, you have everything, and you don't want anything, you know, I mean...

莱斯特：这是你的话，不是我的。

Lester: These are your words, not mine.

学生：反正我也不是为了那个在努力。

Student: I'm not working for that anyway.

莱斯特：你成为了一切，就像我之前说的，你成为了每一个原子。

Lester: You become the all, you become every atom, as I said before.

学生：但事实并非如此，你不能.....

Student: But it isn't, you can't...

莱斯特：现在.....

Lester: Right now...

学生：我们坐在这里，秉持着世俗的价值观，换句话说，拥有一切，而我只是说，你知道，坐在这里，我们会.....我们会做到这一点，也就是拥有一切，你知道的。

Student: We're sitting here taking worldly values, in other words of having things, and and I just say, you know, sitting here, we would... We would do this, equating having everything, you know.

莱斯特：是的，我在谈这件事，你现在有一个身体，你能拥有无限多个身体。

Lester: Yeah, I'm talking about it, you've got one body now, you can have an infinite number of bodies.

我在说的是你所谓的世俗意义，通过成为越来越多，你变得越来越不受限制。

I'm talking what you call a worldly sense, by becoming more and more and more, you become less and less limited.

然后，当你看到你是宇宙中的每一个原子时，那么，距离终极目标就只有一小步了。

And then when you see that you are every atom in the universe, then it is just a tiny step to the ultimate.

所以我建议你拿到更多，成为百万富翁、成为亿万富翁、成为万亿富翁，继续、继续下去.....不要限制自己。

So I'm suggesting you take on more, be a millionaire, be a billionaire, be a trillionaire, and go on and on, and undo limit yourself.

嗯，幸福不是你拥有什么，而是你对它的贪恋或不贪恋决定了你的幸福。

Well, it's not what you have, it's your attachment or non-attachment to it that determines your happiness.

人们拥有各种各样的东西，然而因为贪恋，他们痛苦不堪。

People have things, and because of attachment, they're miserable.

作为一个国家来说，我们在 20 年代远比今天要幸福得多，即便在 30 年代，我们也更幸福，你可以通过我们 30 年代的歌曲来检验这一点。

We were far happier in the twenties as a country than we are today, even in the 30s we were happier, and you can check this out by the songs that we had in the 30s.

所以，重要的不在于你是否拥有，决定你幸福的，是你对所拥有或未拥有的东西的贪恋或者不贪恋。

So, it's not whether you have or whether you don't have, it's your attachment or non-attachment to what you have or don't have that determines your happiness.

嗯，这是真的，我在试图引诱你拿到一切，轻松地获得，没有挣扎地拿到它，我只是想一想就得到了它。

Well, it's true, I'm trying to bait you into taking the all, to take it with ease, to take it without struggle, to take it I'm merely thinking of it.

如果你想知道我为什么不这样做，那是因为你们这些人，如果我在你们眼面前那样生活，这会是对你们的一种冒犯。

If you wonder why I don't do it, it's because of you people, it would be in an affront you if I live that way in front of your eyes.

我曾经经历过，当我独自住在圣多纳的时候，我经历过。

I've had it, when I was living alone up in Sedona, I had it.

然后，人们开始涌入，我不得不继续放手、放手、放手，直到去年，我才放下了其中最主要的部分。

And people started coming in, I had to keep letting go of it, letting go of it, letting go of it, until this past year, I've let go of the major major part of it.

就我的生活方式而言，我现在几乎和其他人一样了，我涉足商业，参与进各种事物中。

I'm just almost as human as anyone else now, the way I live, got involved in business, got involved in everything.

所以这并非是为了冒犯你们，如果你们看到我瞬间就把事情完成了，你们会憎恶这一点。

So it's not to affront you people, if you saw me doing things instantaneously, you'd resent it.

好吧，你认为你不会，但事实也不会改变，我知道你会，我已经经历过了。

Well, you think you wouldn't, it doesn't change it, I know you would, I've been through it.

唯一能接受这些事情的人，是那些自己也能做到的人。

The only people who can accept these things are those who themselves do it.

那些做不到的人，就算不是有意识地，也会无意识地憎恶能做到这种事的人。

Those who don't do it, resent the other one doing it, subconsciously, if not consciously.

我还能再激怒你吗？

Can I bait you anymore?

但我所说的一切都是真的。

But this is true everything I say.

学生：你说什么？你想让我们做什么？

Student: What do you say? What do you want us to do?

莱斯特：走完全程。

Lester: Go all the way.

学生：在这个世界中？成为百万富翁？

Student: In the world? Be a millionaire?

莱斯特：完全觉醒。

Lester: To full realization.

不，那是诱饵的部分。

No, that's the bait part.

玩不花钱就能得到东西、拥有你想要的一切的那种游戏，拿到你想要的一切，拿到最好的，然后继续前行。

Play the game of getting things without money, of having anything everything you want, take all you want, take the best, and then move on.

学生：相对而言，从我从俄亥俄州来后，你知道，事情是.....你知道，只是.....但就像你说的。

Student: Relatively speaking, from Ohio, you know, things are... you know, just... but like you're saying.

莱斯特：哈利，你开启了这个进程，我知道你现在的的生活比我第一次见到你时要好得多，也幸福得多，你已经在使用它了。

Lester: You started this process, Harry, I know you're living far better with much more happiness than when I first met you, you've used it.

现在我要说，走完全程，你仍然会在这里，你仍然可以做你正在做的那些事。

Now I'm saying, go all the way, you'll still be here, you can still do the exact same things you're doing.

唯一的区别是：你将彻底自由，你将拥有一种波澜不惊的喜悦和平静，你将通过你正在做的事和还没有做的事，完成你一直试图完成的，而这主要被称作幸福。

The only difference will be, you'll be totally free, you'll have a joy and peace that's imperturbable, you will have accomplished what you're trying to accomplish through what you're doing now and not accomplishing, and the thing is called mainly happiness.

6.实现终极目标的方法 Ways To Get The Ultimate Goal, 1967

我们的主题本质上就是“你”、目标，目标是我们任何人都能达到的终极目标，这个主题涉及到达那里的方式和途径。

Our subject is basically you, the object, the goal is the ultimate that is

obtainable by any one of us, and the subject matter pertains to the ways and means of getting there.

宇宙中的每个人、每个生物都在追求着完全相同的目标，却没有意识到我们每个人都在这样做的事实。

Everyone in the universe, every living being is taking the exact same goal, unaware of the fact that each and every one of us is doing just that.

我们大多数人称之为幸福，我们当中那些稍微有点觉知的人称之为灵性，但这是每个人都在追求的、一样的东西。

Most of us call it happiness, those of us who are a little more aware called the spiritual, but yet it's the same thing that everyone is seeking.

如果一个人确切地发现了这个所谓的“幸福”是什么东西，他就会发现，那不过是他自己的存在、他自己的本质。

If one discovers exactly what is this thing called happiness, he discovers that is nothing but his very own Beingness, his very own essence.

并且由于遗忘、或由于对那个事实的无知，他在世界上的外部事物中寻找他自己的存在、他自己的本质，然而在这个世界上寻找它，他永远都无法获得满足。

And that through forgetfulness, or through ignorance of the fact, he

seeks his own Beingness, his own essence in external things in the world,
and never ever get satisfied seeking it in the world.

这个世界永远不可能成为一个乌托邦的地方，这个世界永远无法给予我们想要的东西。

The world can never be a place of utopia, the world can never ever give
us what we want.

我们一生又一生地试图在这个世界上实现自己的目标，

And we go through lifetime after lifetime trying to achieve our goal in
the world,

然而，我们用非常愚蠢的方式，拒绝看清这一点——我们在这个世界上永远都无法获得满足。

and in very silly-like fashion refuse to see that we never get satisfaction
in the world.

在智性层面上，这非常简单。

And intellectually is very simple.

因为如果我们能够获得满足，每次我们得到自己想要的时，我们都会感到满足，而且这将是我们的最后一次想要那个特定的东西，无论它是像食物还是性

那样重要的东西。

Because if we were able to get satisfaction, every time we got what we wanted, we would be satisfied, and it would be the last time we wanted that particular thing, whether it's as big of thing as food or sex.

如果我们能够得到满足，就再也不会想要了，对吗？

Were we able to be satisfied, we never would want anymore, right?

我们不断地尝试、尝试、尝试，试图在这个世界上获得满足，得到了在这个世界上一切可以获得的東西，名譽和財富，可当我们得到之后却处于极度的失望中。

And here we go on trying and trying and trying to get satisfaction in the world, chained everything that's attainable in the world, fame and fortune, reach a terrible disappointment when we get it.

在演艺圈，那些获得了最大名声、最大财富的人，他们会自杀，即便他们没有自杀，他们通常也会走上不寻常的道路，试图在名利之外寻找幸福。

When it's the field of show business, the people who get the greatest fame, the highest of fortune, they commit suicide, if they don't commit suicide, they go generally in offbeat directions, trying to discover happiness elsewhere other than their fame and fortune.

然而，我们看到他们功成名就却并不满足。

And yet, we who see them achieve it and not get satisfaction.

即便在我们被告知了这一切，我们却试图重复他们所犯的严重错误。

We try to repeat their gross errors, even after we're told all about it.

我们大多数人仍然在这个世界上寻找满足，却始终没有找到，那该怎么办呢？

Most of us still look for satisfaction in the world again, never finding it, so what to do?

披头士乐队最新的一首歌名叫《顺其自然，顺其自然》。

The most recent song of the Beatles is entitled <Let It Be, Let It Be>.

第一，不要卷入这个世界。

Number one, don't get involved in the world.

为什么？

Why?

卷入这个世界就是卷入错误的方向中，就是卷入问题之中。

Getting involved in the world is getting involved in the wrong direction,

it's getting involved in the problem.

需要纠正的不是这个世界，而是“试图纠正这个世界”。

It's not the world that needs straightening out, it's the trying to straighten out the world that needs straightening out.

这个世界正处在错误的方向上，而当我们通过正确的方向发现它是什么时，它就变成了一种表象、一种我们心智中的想象。

The world is in the wrong direction, and when we discover what it is through the right direction, it turns out to be an apparency, an imagination in our mind.

因为我们唯一能观察和认知这个世界的地方，是在我们的心智中。

Because the only place we can see and recognize the world is in our mind.

当你入睡时，这一点非常明显。

And this is very obvious when you go to sleep.

当你让心智去休息的时候，这个世界在哪里？

When you put your mind to rest, where is the world?

它消失了。

It's gone.

如果你再也不醒来，对你来说，这个世界就不再存在了，然而你仍会继续存在。

If you never awaken again, there never is a world again for you, and yet you'll go on.

所以，理解真正的现实、一切事物的真相，只有一个方向，那就是了解你自己的方向。

So, the way to understand the real reality, the Truth of everything is only in one direction, and that is in a direction of discovering you.

把你的注意力从这个世界上移开，并完全、彻底地放回你自己身上，带着“我是谁，我是什么”的问题，直到答案出现为止。

By taking your attention off this world, and putting it wholly and totally back upon you, with the question "who and what am I", until the answer comes.

如果我们对获得答案足够感兴趣，答案就会出现，答案一定会出现。

And the answer will come, it must come if we are interested enough in getting the answer.

然而，如果我们对追逐这个世界、对在这个世界上寻找自己的幸福更感兴趣，我们将永远无法发现我们的内在真我和我们的无限能力。

Yet, if our interest is more on chasing after the world, looking for our happiness in the world, we will never ever discover our inner Self, our unlimited capabilities.

除了那些我们通过自己的限制性概念而接受的限制，我们每个人都没有限制。

Each and every one of us has no limits except those accepted through our concepts of limitation of ourselves.

如果你现在能丢弃你所有的限制性想法，你会立刻发现自己是无限制的。

If you could drop all your thoughts of limitation right now, you would immediately discover that you are unlimited.

但我们坚持抓着这些限制性概念，我们抓着“我们是这个极其受限的身体”的概念，而这大概是宇宙中所存在的最大的谎言，即“我们就是这个受限的身体”。

But we persist in holding on to these concepts of limitation, we hold on to the concept that we are this extremely limited body, and that is about the biggest lie there is in the universe, that “We are this limited body”.

当一个人把注意力转回自身并专注于此，他会发现自己没有限制，他是无限的，他是完美的、全在的，拥有一切的力量和所有的知识。

When one turns his attention back upon himself and keeps it there, he discovers that he has no limits, that he is infinite, that he is perfect, omnipresent, with all power, all knowledge.

如果你假设这一点就是这样的，然后你看看你现在的的生活方式，你过的是多无限的生活？

And if you assume that to be so, and you look at the way you're living now, how unlimited a life are you living?

还是说，你过着一种极其受限的生活？

Or are you living an extremely almost infinitesimal way of life?

事实证明后者才是真相，作为无限的存在，我们却活得像极其受限的存在。

The latter turns out to be the truth of it, as infinite being, we live like infinitesimal beings.

我们认为自己是一个在 50 度的温度下就会毁灭的身体，或者体温从 98 度到 108 度，只要升高 10 度，我们错误地认为这将会摧毁我们。

We think were a body that a temperature of 50 degrees could destroy, or an inner temperature from 98 to 108, of 10 degrees, we falsely believe

could destroy us.

这就是我们现在对自己表现出的限制。

And this is how limited we appear to be to ourselves now.

除了我们自己，我们不需要任何东西来让我们发现我们是谁、我们是什么。

And there is nothing we need to discover who and what we are except ourselves.

你不需要书、不需要老师，除了你自己，你什么都不需要。

You need no books, you need no teachers, you need nothing but you.

因为你是一个无限的存在，唯一的必需品就是对它的渴望。

Because you are an infinite being, the only necessity is the desire for it.

我们有多渴望它，我们发现真我的速度就有多快。

And to the degree that we have a desire for it, to that degree is the quickness of discovery of our Self or Self.

现在，世界上的每个人都在他的每一个行为中追寻它，他称之为幸福。

Now, everyone in the world is seeking this in his every act, he calls in

happiness.

当你进入它时，你会发现那种幸福其实就是做我们自己，这太简单了！

And when you go into it, you discover that this happiness is just we being ourselves, it's so, so simple!

你们为什么不做呢？

Why don't you do it?

你们这些人已经做了很长时间了，你们为什么还没有做到呢？

You people who have been at it quite some time, why don't you do it?

我应该回答吗？

Should I answer?

你们没有足够地想要它。

You don't want it enough.

当然，你们想要它，否则你们不会浪费时间听我这样的人讲话。

Of course, you want it, otherwise you wouldn't waste time listening to someone like me.

但你们更想要的是幻觉，是生活中的物质。

But far more you want the illusion, the material of life.

这个身体只不过是碳水化合物和矿物质，然而你却把它等同于你自己。

This body is nothing but carbohydrates and minerals, and yet you identify with it as though it were you.

当你只想成为一小团化学物质时，你怎么能发现这个你所是的无限存在呢？

How can you discover this infinite being you are when you want to be a tiny batch of chemicals?

你做不到的。

You can't.

这就是为什么你几分钟之内就认不出自己了。

This is why you're not recognizing you in a matter of minutes.

其次，我先对那些第一次来到这里的人讲，然后再转向那些之前来过这里的人讲，但我们都符合完全相同的模式。

Second, I started for those who were here for the first time, and I moved right into those who have been here before, but we all fit the same

identical pattern.

我们都认为我们是不同的，每个人都和其他人不一样，我们有不同的方向和想法等等，但事实并非如此。

We all think we're different, and every person is different from every other one, we have different directions and ideas and so forth, but it isn't true.

我们每个人几乎都是一样的，一个无限存在却表现得近乎完全受限，假装成为他或她所不是的样子。

Every one of us is almost identically the same, an infinite being acting almost totally limited, pretending to be what he or she is not.

现在，发现你自己，你就发现了所存在的一切。

Now, discovering you, you discover everything there is.

因为你就是那个你正在追寻的无限存在，你就是那个你在这个世界上所追寻的没有悲伤的、极致的幸福，你是开始也是终结。

Because you are that unlimited being that you are seeking, you are that total happiness with no sorrow that you are seeking in the world, you are the alpha and the omega.

如果你们对此有任何疑问，如果可以的话，我很乐意尽力地为你们解答。

If you have any questions about this, I would be very happy to try to answer them for you if I could.

学生：问题出在你身上，而不是我，你想让心智安静下来。现在，有时候，我发现，如果我试着去研究那个想法，我实际上是在思考，而你这时的心智却已经安静下来了，我想知道你能不能帮我描述一下“想法”这个东西，什么是“想法”？

Student: You'd be a problem, not myself, you are trying to be quiet from mind. Now sometimes, I find out if I try to study the thought, I'm actually working, and you're actually quiet from your mind. I wonder if you can help me to describe a thought, what is a thought?

莱斯特：你知道想法是什么，你曾经有过某个想法吗？

Lester: You know what a thought is, did you ever have a thought?

(学生说的没听清)

莱斯特：对，没有什么比想法更让你熟悉的了。

Lester: Right, there's nothing you know better than thought.

因为你一直都有想法。

Because you have them all the time.

但我认为你真正想问的是，如何让心智安静下来，对吗？

But I think what you're asking really is how to quiet the mind, right?

如何利用想法来安静心智？

How to use thought to quiet the mind?

学生：是的，我试着弄清楚想法是什么，比方说我一直都有各种想法，那产生一个想法是怎么回事呢？某种类型的意识。

Student: Yes, trying to know what the thought is, let's say I have thoughts all the time, what is going on to have a thought? certain type of awareness.

莱斯特：心智只不过是所有想法的总和。

Lester: Mind is nothing but all your thoughts together.

你所有想法的集合被称为“心智”。

In some total of all your thoughts is called mind.

你现在不去看的那些想法被称为你的“潜意识心智”。

The thoughts you don't look at now are called your unconscious mind.

你确实在看的那些想法被称为你的“意识心智”。

The thoughts you do look at are called your conscious mind.

就这么简单。

It's as simple as all that.

但心智的机制是这样开始的：

But the mechanism of mind starts this way:

原本我们都是无限的存在，处于一个无限的被动状态之中，

Originally where we were all infinite beings in a passive state of the infinity,

我们决定要改变这种状态，成为积极地认识到“我们是无限的”这种无限存在。

we decided that we would like to change that and be infinite beings which in a positive state of knowing that we are infinite,

所以，我们不得不开始限制自己，这样才能发现我们没有任何限制，才能发现我们就是无限的一切。

And so we had to start limiting ourselves to discover that we have no limit, we are the infinite all.

在那种状态中，不存在什么可体验的东西，它只是一种存在的状态，是一切的存在。

In that state, there is nothing to experience, It's only a state of being, being the all.

于是，在有了第一个想要分离的渴望之后，我们创造了第一个思维工具——“不去成为一切，我是一个与一切相分离的个体”，

And so we created the first instrument of thought after the first desire to be separate, “not to be the all, I am an individual separate from the all”,

为了做到这一点，我必须有诸如此类的分离概念，

in order to do that I have to have such things as concepts of separation,

而我通过一个想法来做到这一点，“我不是一切、我不是一切”是一个想法，
and I do that through a thought “I am not the all, I am not the all” is a thought,

然后，我们利用想法来实现我们所谓的物质世界。

then we use the thought to materialize in what we call the physical

world.

物质是想法的产物。

The physical is the aftermath of the thought.

我们认为如果我是一个身体，然后我们就物质化它。

We think if I am a body, then we materialize it.

所以，我们建立了这种思维机制来想象我们自己，将我们自己想象成与一切相分离。

So, we set up this mechanism of thoughts in order to imagine ourselves, to image ourselves as separate from the all.

我们继续这个过程，从最高的状态一直到下降到最低的状态，

And we continue this process on down in very top state down to the lowest state possible,

我们所处的状态，被称作“物质世界”，

the state we are in, called the physical world,

我们相信我们就是这些身体，现在，这是一个人所能达到的最低状态。

and we believe that we are these bodies, now this is the lowest one may go.

我们现在正在上升并脱离这种状态,

We are now on way up and out of this state,

在我们回到没有任何限制的状态之前, 我们大多数人会从沉重的物质身体逐渐过渡到更轻盈、更精微的身体, 再到更轻盈、更精微的身体.....

most of us will graduate from a dense physical body to a lighter, more subtle body, to a still lighter, still more subtle body, before we return to the state of no limitation whatsoever...

身体必然是受限的。

A body necessarily must be limited.

所以, 我们最初是从概念出发, 只是想象自己与一切相分离。

So, we started out with concepts, only to imagine ourselves as separate from the all.

我们从一个想法开始, 然后有了两个, 接着有了一百万个, 再然后有了数亿个.....

We started with one thought, and then there was two, and then there

was a million, and then there was hundreds of million...

而此刻，我们的潜意识中可能有数亿个想法正在活跃着，

And right now, there's probably hundreds of millions of thoughts in our subconscious mind active this moment,

这就是为什么这个问题看起来如此艰难。

now this is why the problem seemed so difficult.

我们被数百万个想法所困扰，然而我们甚至不愿意看到它们，我们称它们为“无意识的”。

We have played ourselves with millions of thoughts, and we won't even look at them, we call them unconscious.

我们操控着身体的每一个细胞，我想有数十亿个细胞，光这件事就需要数十亿个想法。

We operate every cell in our body, I think there's billions of them, that takes billions of thoughts alone.

因此，通过获得越来越多的想法，我们进入了一种越来越受限的状态，直到进入目前这种最受限的状态。

And so by acquiring more and more and more of thoughts, we came

into a more and more limited state until we got into this present state of greatest limitation.

这回答你的问题了吗？

Does that answer your question?

现在要做的就是扭转它，回家。

The thing to do now is to reverse it, go back home.

学生：扭转它，你就会停止产生想法，显然，我认为当你要求自己停止产生念头，而要做到这一点，你几乎必须意识到如何追逐这些念头，否则，你知道，你可以终止它，如果你只是偶然间做到，但你永远不会知道它是何时进入意识层面的。

Student: To reverse it, and you'll stop creating thoughts, apparently, I think when you're asking yourself to stop creating thoughts, and to do that, one must almost realize how to chase these thoughts. Otherwise, you know, you can stop it, but if you stop it at moments accidentally, you never tell when it is in consciousness.

莱斯特：我从未听说过有人偶然停止了念头，但我却听到很多相反的说法。

Lester: I never heard of anyone stopping it accidentally, but I hear very much of the opposite.

嗯，你看，关键在于理解它是如何开始的。

Well, see, the key is in understanding how it began.

成为一切、追寻一切、追寻整体、追寻无限，当你看到它时，心智便完全消失了。

Be the all, seek the all, seek the entirety, seek the infinity, and the mind is totally gone, when you see it.

追寻你的真我，当你能够看到你的真我时，你就能认识到你不是那些念头，然后你就可以把它们全都丢弃了。

Seek your Self, when you're able to see your Self, you can recognize that you are not the thoughts, then you can drop them all.

你完全有可能就像这样丢弃你的心智。（莱斯特打了个响指）

It's possible to drop your mind just like that.

学生：嗯，我有那么一刻看到了，然后我把那称为“丢弃”。

Student: Well, I see a moment of that, and then I call that a drop.

莱斯特：嗯，感受到它所是的那些时刻，你并没有在丢弃你的心智，你只是暂时远离了心智。

Lester: Well, feeling moments of it is not dropping your mind, you're momentarily moving away from it.

你每晚睡觉时都会这样做，你干得极其漂亮，避开了它，却没有消除它。

You do it every night when you go to sleep, you do it beautifully, moving away from it but not undoing it.

消除念头的有两种方法，实际上这也是成长仅有的两种方式。

There's two ways of undoing thought, which are the really only two ways of growing.

一种是我称之为“消极收获”的方式，它其实是积极的，我之所以称它为消极的，是因为它是一个逐个消除念头的过程，是一个消除小我的过程，而小我是念头背后的驱动。

One is what I call negative gain, which is positive, I call it negative, because it's a process of eliminating thoughts one by one, a process of eliminating ego, which is a motivation behind thoughts.

努力消除你的想法是一个非常、非常缓慢的过程，

Working to eliminate your thought is a very, very slow process,

看到“你是什么”是一个非常、非常快的过程，

seeing what you are is a very, very fast process,

如果你只做这件事，“发现你自己”就会是一个持续数周或数月的过程。

discovering you is a process that would last weeks or months if you did only that.

但我们不会只做这一件事，我们只做一小会儿，我们感觉很好，然后我们会尝试在这个世界里表达它，接着走向相反的方向。

But we don't do only that, we do that for a short while, and we feel good, then we try to express it in the world, and go in the opposite direction.

学生：又回到了想法中，为什么呢？为什么？

Student: Back into thoughts, and why? Why?

萊斯特：任何人任何人……

Lester: Anyone anyone...

学生：现在，这是个关键。这又是我们在科学中努力追求的要点，明白吗？然后我又会陷入思想的创造中。在我看来，似乎有某种相同的感受，就像……让我们坦诚地面对它，这并不意味着我们现在不想怎样了，因为我们早该知道，它会暂时消失，我们开始体验并走向正确的方向，然而突然之间，要么是恐惧，要么是想要拥有世界或身体的渴望，我想就像一个关键的念头，我

就像这个人一样.....

Student: Now, this is a point. This is, again, the point that we strive for in science, see? And then I'm going to fall back into creation of thoughts. It seems to me that there's some kind of same feeling that, like, let's just actually be honest about it. It doesn't mean that we don't want to now, because we should have known way back when. It turns for moments away, and we begin to experience and go the right direction, and then all of a sudden, either fear comes or desire to have the world or the body, and think like a key thought. I'm just like this person...

莱斯特：是的。

Lester: Yeah.

学生：我知道，似乎有一种感觉，觉得这完全是错的，但似乎又有一种感觉，要是你偏离了正确的方向，要是你.....我知道你会获得认同，但似乎有一种感觉，因为你正在这个世界上失去你的认同，你觉得你将一无所有，然后突然间你会问，好吧，我真的准备好了吗？我会脱离这个世界，而你将失去了一切，然后回到起点。

Student: There seems to be a feeling that this is totally wrong, I know, but there seems to be a feeling that if you go off the right direction, that if you will... I know you will gain identity, but there seems to be a feeling, because you're losing your identity in the world, you think you will have nothing in the world, and all of a sudden you say, well, am I really ready? I'll just take off from the world, and you're losing it all, and then back to

the beginning.

莱斯特：但你永远都没放弃什么，你只会获得更多。

Lester: But you'd never give up, you just take on more.

变得无限并不是失去任何东西，而是成为一切。

Becoming infinite is not losing anything, but is becoming all.

是的，那种想法只是一个不去做的借口，“如果我这么做，就会失去某些东西”，你不会失去，你会得到。

Yeah, that thinking is just an excuse not to... That if I do, I will lose something, you don't lose, you gain.

学生：所以，有时候你会失去对自己兴趣的感觉，你真的身处于这个世界中，然后你会想，有没有人类伙伴来一同探索这个奇妙的事情呢？好吧。

Student: So, you're losing a sense in your own interest sometimes, you're really in the world, and then you wonder, that are there human partners to do this wonder? All right.

莱斯特：如果我对太阳系感兴趣，我会失去对这个世界的兴趣吗？

Lester: If I get interested in the solar system, do I lose my interest in the world?

这个世界是在太阳系中的，对吗？

the world's in the solar system, right?

学生：对。

Student: Right.

莱斯特：如果我对银河系感兴趣，我还会对太阳系感兴趣吗？

Lester: If I get interested in the galaxy, am I still interested in the solar system?

我会，因为太阳系在银河系里。

I am, because the solar system is in the galaxy.

当你拿到的越来越多，你不会失去你已经拥有的，而是会收获更多，对吗？

As you take on more, you don't lose what you've had, you gain more, right?

所以，你为什么告诉我你可能会失去呢？

So, why do you tell me you might lose?

学生：好吧，意识……我，呃，思维过程认同这一点，因为这是怎么回事呢？这种感觉，或者某些无意识的想法，或者某种东西正在阻碍着一种模式，我在试着分析它是什么。

Student: Well, the conscious... I, uh, the thinking process agrees, because what is this? This feeling of something, or some unconscious thought, or something is holding back a pattern, and I'm trying to analyze what it is.

莱斯特：因为你相信这种极其受限的生活方式就是生存之道，就是成为这个身体，仅此而已。

Lester: Because you believe this extremely limited way of living is the way to do it, that to be just this body, that's it.

我想说的就是这个，这是你的信念，而不是我所建议的。

This is what I'm saying, this is your belief rather than what I'm suggesting.

你认为自己是无限的，然而却错误地将两者对立起来。

That you believe that you are infinite, and you falsely consider one the opposite of the other.

如果我认为我既是这个身体，也这个房间里的其他每一个身体，我并不会失去这个身体，只会获得其他所有的身体，对吗？

If I thought I was this body and every other body in this room, I don't lose this body, I just gain every other body, right?

这才是实际发生的事情，你认同所有的存在，你成为每一个人，不仅是你之前所认同的那个身体，你还会认同每一个人。

This is what actually happened, you identify with all beings, you become everybody, not only the body you formally identified with, but you will identify with everybody.

学生：你通过意识状态来认同.....

Student: You identify through state of consciousness...

莱斯特：通过认识到“你之所是”。

Lester: Through recognizing that you are.

学生：当我认同身体时，这是一种不同的意识状态，我的身体就是我的关注点，而你似乎确实将自己与它们切断了联系，当你靠近时，是的，然后.....

Student: Which is a different state of consciousness when I identify with the body. My body is my attention. And you do seem to disconnect yourself from them, and when you come closer, yeah, then...

莱斯特：这是真的。

Lester: It's true.

学生：这些不是.....这不是.....

Student: These aren't... This isn't...

莱斯特：你最狭隘的感知方式就是通过感官。

Lester: Your narrowest method of perception is through the senses.

要知道，通过感官去感知，就像是透过针孔看世界、看宇宙一样。

See, looking through the senses is like looking through a pinhole at the world, at the universe.

然后你说：“我看到的就这么多，这就是全部了。”

And you say: "All I see is that much, and that's all there is."

有人走过来说：“呃，你是无限的，只是丢弃你的盲点，别再透过感受去看，透过你的全知去看，通过观察它来发现它，通过观察你、那个你的“我”，而不是观察那种身体感觉。”

someone comes along and says: "Uh-uh, you're infinite, just drop your blinds, and don't look through the senses, look through your omniscience, discover it by looking at it, by looking at you, the I of you, not the physical sensation."

通过将注意力重新放回你自己身上，放回你的“我”身上，你会发现你没有任何限制，这简单吗？

And by putting your attention back on you, on the I of you, you discover that you have no limitation, simple?

但你会做的，你只会做一小会儿，你只做几个小时，然后大部分时间，你都在做那些相反的事情，对吧？

But you will do it, you will do it for a short while, and do it for a few hours, and then the majority of hours, you proceed to do all those things which assume the opposite, right?

发现你自己会花你多长时间？

How long does it take you to discover you?

不需要时间。

No time.

但我们总是被“我们是这些身体”的想法所困扰，以至于我们无法放下“我是这个身体”足够长的时间，哪怕只是一秒钟，去看看我们的真正所是。

But we are so plagued with thinking that we are these bodies that we just don't let go of I am this body long enough, even for one second to

see what we really are.

莱斯特杂谈

Lester 杂谈

【爱-它是什么】01-爱-它是什么 【Love - What is It】 01 - Love - What is It 1

我想今晚我可能会接着谈谈“爱”这个主题，“爱”是一个我很少使用的词。

I thought tonight I might talk on the subject of Love, Love is one word I seldom use.

主要是因为它被严重误解了，而且我也相信通过这种成长的方式，或者只有通过成长，我们才能理解爱是什么。

Mainly because it so misunderstood, and I also believe that through this method of growing or only through growth do we understand what love is.

但是通过定义它，我们只是在常用的词汇上再添加一些词，而这并没有真正表达出“爱”这个词的含义。

But by defining it, we just add some more words to the usual words, and it doesn't really convey the meaning of the word Love.

但爱是这条道路上绝对必要的要素，如果我们希望获得圆满的证悟，就必须增加我们的爱，直到它完整。

But Love is an absolutely necessary ingredient on the path, if we ever expect to get full realization, we must increase our love until it is complete.

现在我所谈论的爱当然与性无关，性是一种身体上的满足。

Now the love I talk about, of course, has nothing to do with sex, sex is a body gratification.

然而，我们大多数人把它搞混了，我们大多数人把它与爱混淆了，而且我们大多数人仍然把它与爱联系在一起。

However, we have confused it, most of us very much with love, and the majority of us still tied in with love.

虽然当你了解性是什么、以及爱是什么时，你会发现，这是两个不同的东西，它们不能被联系在一起，也不必联系在一起。

Although when you see what sex is and what love is, you'll see that two different things, they can't be tied together, and they don't have to be.

我们在这里谈论的爱是耶稣基督的爱，它是完整的爱，在极端情况下的体现就是——爱你的敌人，我认为这是对这个词最好的定义。

The love that we talk about here is the love of Jesus Christ, it's the love complete, which expressed in the extreme is love thy enemy, I think the best definition of the word.

对我来说，它似乎是……爱是一种给予的感觉，这种给予不期待有任何回报，

它是一种非常无私的给予，而且是一种始终如一的态度。

As it seems to me is love is a feelingness of givingness with no expectation of receiving for the giving, it's a very free giving, and it's an attitude that is constant.

爱不会改变，至少是我们在谈论的这种爱。

Love doesn't vary, at least the type of love we're talking about.

我们所拥有的这份爱，会给予每一个人，我们爱我们的家人就像爱陌生人那样多。

The amount we have, we apply to everyone, we love our family as much as we love strangers.

这听起来可能很奇怪，但这是事实。

This might sound odd, but this is the truth.

我们能够爱陌生人的程度，正是我们能够爱自己家人的程度。

To the degree we are capable of loving strangers, to that degree we are capable of loving our family.

占有的概念与爱的含义正好相反。

The concept of possession is just the opposite of the meaning of Love.

在爱中，永远都不存在执着、束缚或诸如此类的东西。

In Love, there is never a holding on to, a fencing in or anything like that.

爱有一种解放我们所爱之人的感觉。

Love has a sense of freeing the ones we love.

当我们在给予一种态度时，我们希望对方得到对方所想要的东西。

When we are giving an attitude, we want the other one to have what the other one wants.

我想这种爱最好的例子就是母亲对孩子的爱，有时是一个父亲，母亲会毫不考虑自己地做出牺牲，并把一切都给孩子。

I guess the best example of this type of love is the love of a mother for a child, and sometimes a father, a mother will sacrifice and give everything to the child without considering herself.

关于“爱”还有很多其他的定义，我只是在试着去想它们是什么。

There are many other definitions for Love, I'm just trying to think what they are.

我认为“接纳”是一个很好的词。

I think acceptance is a good word.

当我们爱着人们的时候，我们会接纳他们本来的样子；

When we love people, we accept them the way they are;

如果我们爱这个世界，就会接纳这个世界原本的模样，我们不会试图改变它，我们让它存在。

If we love this world, we accept the world the way it is, we don't try to change it, we let it be.

我们以同样的方式允许这个世界存在，就像我们允许其他人存在那样，让他们按他们想要的方式来，永远不要试图改变他们。

We grant the world its Beingness the same way we should grant every other person is or her Beingness, let them be the way they want to be, never tried to change them.

试图改变他们是在注入我们的小我，我们想要他们成为我们希望他们成为的样子。

Trying to change them is injecting our own ego, we want them to be the way we would like them to be.

所以，爱是一种感觉，首先，是与另一个人或所有其他人的合一、认同。

So, love is a feeling, first of all, of oneness with, of identity with the other one or all other one.

当圆满的爱存在时，你会感觉自己就是另一个人，对待对方就像对待自己本身一样，有着完全的认同。

When there is a full love, you feel yourself as the other person, treating the other person is just like treating your very own self, there's complete identity.

爱不仅仅是一种感觉，更是一种巨大的力量，但这在当今世界却极少被理解。

Love is not only a feeling, love is a tremendous power, which is so little understood in the world today.

我们有一个这种爱的例子，马丁·路德·金表达了这种爱，无论他遭受到多少攻击，他给予攻击者的只有爱，他教导了非暴力。

We have an example of this type of love, being expressed today by Martin Luther King, no matter how much he's attacked, he will give out nothing but love to his attacker, he teaches non-violence.

现在，这种爱的最大体现是莫罕达斯·甘地，在没有使用任何武器的情况下，赢得了对英国的战争，只是通过教导“英国人是我们的兄弟，我们爱英国人，不抵抗英国人和英国士兵，对他们只有爱”，甘地理解了这一点，并能够在印度赢得足够多的追随者，从而平息了那场战争。

Now, the biggest demonstration of this type of love was Mohandas Gandhi's winning a war against Britain without any arms, through teaching the British are our brothers, we love the British, non-resistance to the British and to the British soldiers, only love for them, Gandhi understood this and was able to win over enough followers in India to make this effective.

毫无疑问，爱背后的力量比氢弹更强大。

The power behind love without question is far more powerful than the hydrogen bomb.

一旦你明白爱是什么，当我们以爱所是的样子、而不是按我们被教育后所认为的那种爱来表达爱时，爱是这个宇宙中最强大的力量。

Once you see what love is, love is the most powerful force in the universe, when we express love as love is, not as we have been taught to think what love is.

有个说法是“上帝是爱”，我说，“与上帝同在就是胜利者”，一个只有爱的人能够对抗全世界。

It is said sometimes that God is love, and I say one with God is a majority, one individual with nothing but love can stand up against the entire world.

因为这种爱是如此强大，我认为这在某种程度上让我们明白，这种爱其实就是我们所说的“真我”，这种爱就是上帝，上帝就是爱，上帝是全能的。

Because this love is so powerful, which I think leads us somewhat into seeing that this love is nothing but the Self for the capital S, that we speak of, this love is God, God is love, God is all-powerful.

所以，我所说的话，很多权威也说过。

So there's some authority for what I'm saying besides my saying it.

爱不仅会给予这个宇宙中的所有力量，还会给予所有快乐以及所有的这些知识。

Love will give not only all the power in the universe, it will give all the joy and all the knowledge.

好吧，现在，我们如何付诸实践呢？

All right, now how to make this practical?

提升我们爱的能力的最佳方式，是通过智慧和理解。

The best way of increasing our capacity to love is through wisdom, understanding.

然而，我们可以在日常生活中做一些事情来提升我们的爱的水平。

However, we can do things in our everyday life that will raise our level of love.

练习爱的首要场所是在家里，和家人在一起，我们应该试着越来越多、越来越多、越来越多地爱我们的家人。

The first place to practice love is at home, with the family, we should try to love our family more and more and more.

我想每个人都知道爱的美妙体验，都知道爱一个人的美妙体验，

I think everyone knows the wonderful experience of love, of loving one person,

所以你可以想象一下，如果你爱 30 亿人会是什么感觉，那将会是更加愉悦的 30 亿倍的美妙！

so you can imagine what it's like if you loved three billion people, it'd be three billion times more enjoyable.

所以，通过认同他们存在，家是让我们不断努力增加对身边人的爱的第一个地方。

So, home is the first place to keep trying to increase our love for the ones around us, by granting them their Beingness.

我认为在家里认同另一个人、认同另一个人本身的存在, 这是最困难的事情, 尤其如果对方是个孩子的话。

That's the most difficult thing I believe to do in a family to grant the other one, the other one's Beingness, especially if the other one is a child.

但每一个孩子都是一个完整、圆满、无限的个体。

But every child is a whole, complete, infinite individual.

接下来, 在爱我们的家人之后, 我们应该试着爱我们的邻居, 然后是我们更大的群体, 我们的州, 我们的国家, 然后我们应该试着爱全世界的所有人。

Next, after loving the ones in our home, we should try to love our neighbors, then our larger group, our state, our country, then we should try to love all people, all over the world.

学生：甚至是苏联人（当时苏联尚未解体）？

Student: Even Russians?

莱斯特：甚至是苏联人。

Lester: Even Russians.

在之前的某个星期天, 我看到一个年轻人, 我听到奥拉尔·罗伯茨说了一些

相关的话，他说：“人们会问，如果耶稣今天回来会是什么样子？”他说：“祂不会像人们所期待的那样，祂不会反对任何人，祂不会憎恨共产党，祂会反对做错事、做邪恶的事，但祂永远不会说反对任何人的任何话。”

And I saw a young man, I heard Oral Roberts say something on that some Sundays ago, he said, what would people, he said: "People ask, what would Jesus be like if he came back today?" And he said: "He wouldn't be the way people expect, He would not have anything against anyone, He would not hate the communists, He would talk against doing wrong, doing evil, but He would never say anything against any human being."

我相信，如果我们理解了爱的力量，如果大多数美国人爱苏联人，那么美国人不用一兵一卒就能征服苏联。

I believe that if we understood the power of love, and that if the majority of Americans loved the Russians, Russia would be conquered by the Americans without any arms.

而且，在我们学会爱这个世界上的所有人之后，这个世界之外还有更多的人。
And after we learn to love all the people in this world, there are many more people outside of this world.

我认为，爱这个世界上的所有人将让我们与其他世界的兄弟姐妹们相遇。

I think loving all the people in this world would allow us to meet with

our brothers and sisters of other worlds.

因为在这个宇宙中，有许许多多的豪宅，许许多多的居所，而由于我们在这个星球上没有能力去爱，所以我们与他们切断了联系。

Because in this universe, there are many, many mansions, many, many places of abode, and because of our incapacity to love on this planet, we have cut them off.

所以回到实践爱的话题上，我们越练习爱，我们就爱得越多，我们爱得越多，就越能实践爱，越能发展爱，就越能与宇宙的和谐相契合，我们的生活会变得越愉快、越丰盛，一切都会越来越多，这开始形成一个循环，让你在爱与收获爱中螺旋上升。

So, to come back to the point of being practical, the more we practice love, the more we love, and the more we love, the more we can practice love, the more we develop love, the more we come in touch with the harmony of the universe, the more delightful our life becomes, the more bountiful, the more everything, it starts a cycle going, where you spin upwards with loving and receiving.

那是另一个要点，如果我们想被爱，方法就是去爱。

That's another thing, if we want to be loved, the way to do it is to love.

这不仅是最好的方法，而且我认为，得到爱的唯一方法就是去爱。

It's not only the very best method, but I think the only method of receiving love is to love.

因为我们给出去的必然会回来。

Because what we give out must come back.

但是没有爱而一味地寻求爱，并不会给我们带来爱，也无法满足我们。

But looking for love without loving does not bring love to us, does not satisfy us.

幸福的人是在爱的人，是在给予的人，给予的人是有福的。

The happy one is the one loving, the one giving, blessed is the giver.

因为当他发自内心地给予时，他会幸福得多。

Because he's so much happier if he gives from his heart.

关于爱的这个理念，还有什么问题吗？

Are there any questions on this concept of love?

学生：有的，你说过一句话，你不会爱某个人更多，而恨某个人更少，这本书里，我想有一段，你后面不怎么看就会忘记它们，但这并不好，我有时必须整理这些记录。

Student: Yes, you made a statement, you don't love someone more, you hate the other person less, the book, I think there's a paragraph, you don't look more, you lose them back there, but it's not as well, I have to order these records at times.

莱斯特：不过在说那个之前，我想提醒另一点，当我们说比起另一个人，我们更爱某个人时，如果我们向内追溯它，就会发现我们更爱的那个人是我们认为自己需要的人，是拥有我们想要的东西的人，所以我们才说我们更爱那个人。

Lester: I think before that though I'd like remind me of another point, when we say we love one person more than another, if we will trace it through by going inwardly, we will find that the one that we love more is a person whom we think we need, that has something that we would like to have, and therefore we say we love that person more.

实际上，爱无法被分割。

Actually, love cannot be chopped up.

如果你想检验自己的爱，看看你的敌人，这才是真正的考验；

If you want to test your own love, look at your enemies, this is the real test;

或者如果你不想那么深入，看一看陌生人，审视你对陌生人的态度，这种态

度应该是.....他们是我，他们是我的家人。

Or if you don't want to go that far, look at strangers, examine your attitude towards strangers, it should be one of... Well, they are me, they are my family.

每一位母亲都应该是我们的母亲，每一位父亲都应该是我们的父亲，每一个孩子都应该是我们的孩子。

Every mother should be our mother, every father should be our father, every child should be our child.

这是我们通过理解才会获得的态度，这是“爱”这个词的真正含义。

This is the attitude we achieve through understanding, this is the real sense of the word love.

学生：莱斯特，嗯，在我看来，你说的爱似乎是给予、付出自己等等，而我偶尔会觉得冲突的是，如果你一味地付出，人们往往会向你索取更多，最终，如果你不这样做，如果你没有影响到他们，他们似乎就无法做到。我想他们会在情感、精神、经济上榨干你，而且他们还会利用你作为与他们交流的拐杖。

Student: Lester, well, it seems like to me you're talking about love as giving, giving of yourself and so forth, and unit it is the conflict that I have occasionally is that it seems like that if you give of yourself, the people tend to take more and more, and eventually, it seems like they

can't if you don't affect them, I think they bleed you dry emotionally, mentally, financially, and they use you as a crutch to talk to them.

莱斯特：保罗，我说，不，如果我们感受到了真正的爱，那是不可能发生的。

Lester: Paul, I say, no, that's impossible if we feel the real love.

我转回到原来的方向上，如果我们有正确的爱的态度，那种情况不会发生。

I'm turning right back around the other way , if we have the correct attitude of love, that doesn't happen.

现在，你所说的这些我经常听到。

Now, what you're saying I hear very often.

学生：但是你不觉得人们.....有些事情.....我也说不清楚，我得到的印象是，爱是以一种示弱的方式被赋予他人的，也许，这似乎是一种尊重的缺失，我只是想知道，你怎么能做到在付出的同时还能赢得尊重？

Student: But don't you think that people, there's something about, I don't know, the impression I get is that this is love is assigned to other people in a way of weakness perhaps, it seems like there's a loss of respect, I just wonder how you can give and yet keep respect?

莱斯特：首先，给予并不在于物质。

Lester: The givingness is not in things, number one.

给予是一种态度，我们可以始终保持一种爱的态度。

The givingness is an attitude, we can always maintain an attitude of love.

如今，大多数给予的人并不是出于爱，他们给予是为了因给予而获得赞扬，“看看我，我做得真好”，或者“我的名字上了报纸”，或诸如此类的东西。

Now, most people who give are not giving lovingly, they are giving because of the credit they will get for giving, "Look at me, I'm doing good", or "I get my name in the paper", or something like that.

你看，那种爱会给我们带来麻烦，人们会因此而耗尽我们，因为我们在寻求.....

You see, that type of love will get us into trouble, people will drain us on that, because we're looking...

学生：为了回报。

Student: For something in return.

莱斯特：我们希望在这个过程中抬高自己，因此，他们会打压我们。

Lester: And we're looking to put ourselves up in the process, and therefore, they'll pull us down.

学生：你不觉得爱一个远在 5,000 英里之外的人比爱隔壁的人更容易吗？

Student: Don't you think though it's easier to love somebody 5,000 miles away than somebody next door to you?

莱斯特：（笑）宇宙中最容易的事就是爱每个人，这是我的看法，这就是我所发现的。

Lester: The easiest thing in the universe to do is to love everyone, this is what I think, this is what I've discovered.

一旦我们明白了爱是什么，这就是最容易做的事。

Once we learn what love is, that's the easiest thing to do.

不爱需要付出努力和承受痛苦，不爱每一个人需要付出巨大的努力，你可以看到我们每天都在付出这样的努力。

It takes effort and agony not to love, it takes tremendous effort not to love everyone, and you see the effort being expended every day.

但是当我们爱的时候，我们就在与他们合一，我们处在平静中，一切都井然有序，很美好。

But when we love, we're at one with them, we're at peace, and everything falls into line, beautifully.

保罗，关键在于要明白我所试图定义的那种爱，那么那些事就不会发生。

Paul, the main thing is to see love in the sense that I'm trying to define it, then those things don't happen.

但是当我们以人类所理解的那种方式去爱时，你是对的，但我不会把那称作“爱”。

But when we love in the sense that humanity understands a word to me, then you're right, but I don't call that Love.

学生：你怎么称呼它？

Student: What do you call it?

莱斯特：实际上是自私，我们做各种各样的事情是为了帮助自己。

Lester: Selfishness, actually, we are doing things to help ourselves.

然而，在崇高的爱中，在灵性的爱中，不存在自我牺牲。

And yet, in the high love, in the spiritual love, there's no self-abnegation.

当我们爱所有人时，我们不必伤害自己，而且我们也不会伤害自己。

We don't have to hurt ourselves when we love everyone, and we don't.

你看，在爱中，有一种相互的感觉，相互的才是正确的。

You see, in love, there's a feeling of mutuality, that which is mutual is correct.

如果你爱，你就遵循了这条法则，因此人们就不会利用你。

If you love, you hold to that law, and therefore people won't take advantage of you.

如果你在爱着，你就是在运用宇宙中最强大的力量，但我所说的是耶稣那样的爱。

If you are loving, you are applying the most powerful force in the universe, but it's the love of a Jesus I'm talking about.

实际上，如果有人试图伤害你，而你只是对那个人感觉到爱；如果那个人继续伤害你，你会看到他们在伤害自己；如果他们更进一步，他们几乎会摧毁自己，他们会把自己击倒，他们将再也无法对抗你。

Practically speaking, if someone is trying to hurt you, and you just feel love for that person; And if that person continues, you'll see them hurt themselves; They continue further, they'll almost destroy themselves, they'll just knock themselves out, they won't be able to oppose you anymore.

所以，我们必须实践我所说的这种爱，而不是我们所熟知的那种爱。

So, we have to practice this love that I'm speaking of, not the love as we have known it.

学生：如果你以你所说的方式去爱，这不是那种你说的“我要去做，我要去爱或我要运用这个工具，然后爱这个人爱到他要死要活”。

Student: If you love in the way you're saying it, it isn't something that you say, I'm going to do, I'm going to love or apply this tool, love this person so much he's going to kill himself.

莱斯特：不，那不是爱。

Lester: No, that wouldn't be love.

学生：这是一种基本的态度，和身体或心理都无关，它只是一个概念。

Student: It's a basic attitude, it's nothing to do physically or even mentally, it's just a concept.

莱斯特：这是一种持续的态度，当我们试图发展爱时，它会在我们的内在形成一种持续的态度。

Lester: It's a constant attitude, it's a constant attitude that evolves in us when we try to develop it.

但是，就像我之前说的，我们应该首先在我们的家里试着实践这种爱，如果你能做到的话，接纳每个家人他们自己的存在；

However, we should try practicing the love, as I said before, first on our family, grant everyone in the family their own Beingness, if you can;

如果你无法做到，继续尝试，不断尝试，直到你能做到为止。

If you can't, keep trying, keep trying until you can.

然后将它应用于朋友，接着是陌生人，再之后是每个人。

Then apply it to friends, then strangers, then everyone.

你看，通过这样做，你将会发展爱。

See, by doing this, you will develop it.

尽管如你所说，爱不是那种你能像这样一下子就打开的东西。（莱斯特打了个响指）

Although, as you say, it isn't something you can turn on just like that.

学生：这就像在某种程度上，它是我们所有人都拥有的东西，它是显而易见的，但只是被许多态度层层掩盖了。

Student: It's like being in a way, it's all we do have, it's all apparent, but it's just layered over by many attitudes.

莱斯特：它被错误的态度扼杀了。

Lester: It's smothered by wrong attitudes.

我所说的这种爱是我们的本性，它是自然而然的东西，这就是为什么它如此容易。

Now, this love I talk about is our basic nature, it's a natural thing, that's why it's so easy.

相反的情况则需要努力，我们背离了我们自然的真我，用与爱相反的观念掩盖、扼杀它。

The opposite takes effort, we move away from our natural Self, cover it, smother it with concepts of the opposite of love.

然后，因为我们没有在爱，“无爱”就会反过来伤害我们，并向我们证实像保罗所阐述的那些观念，而这些观念是我们刚开始练习这种爱时都经历过的，你并不孤单。

And then, because we're not loving, unloving comes back at us, and proves to us the concepts like Paul brought out, which we all experienced when we first started practicing this love, you're not alone.

学生：保罗，它不是爱，更像是一种自私，因为当你爱某个人时，对你来说，

这会是一种极其美妙的感受。

Student: Paul, it isn't love, almost like a selfishness, because when you love somebody, it's such a wonderful feeling for you.

莱斯特：嗯，这是一个我不想参与的语义问题，按你说的方式，是的，但不是普遍意义上的。

Lester: Well, this is a matter of semantics that I won't want to get involved in, the way you put it, yes, but not in a general sense.

学生：我知道当我爱某个人的时候，我感觉很好。

Student: I know when I love somebody, I feel so good.

莱斯特：在你发现爱是什么之后，是会这样的。

Lester: It's true after you discover what love is.

爱是宇宙中最美好的东西，是每个人都想要的东西。

It's the greatest thing in the universe, it's a thing that everyone wants.

仅仅是因为它原本就是人的基本天性，本质上，每个人都是一个极度充满爱的个体。

Only because it's his basic nature in the first place, every human being is basically an extremely loving individual.

学生：如果你沉浸于这种愉悦之中，它是否也是同样的情况，你的心智会停留在一种思路、专注以及对他人的接纳上，因此心智是静止的，那种本性自然地流露出来，那便是爱，是的，爱的感觉。

Student: If you come down to this thing of pleasure, is it the same type of thing, where your mind becomes still in one avenue of thought, of concentration, of acceptance of the other person, therefore the mind is still, that nature then comes through, which is the love, yes, the feeling of love.

莱斯特：是的，我们爱得越多，需要思考得就越少。

Lester: Yes, the more we love, the less we have to think.

如果我不爱你，我就得保持警惕，我必须保护我自己；

If I'm not loving you, I have to be on guard, I have to protect myself;

如果我不爱这个世界，我总是保护着自己，免于受到世界的伤害，这会导致越来越多、越来越多、越来越多的想法，这让我极度处于防御状态，并且在潜意识里年复一年地堆积，然后我满脑子都是保护自己免受世界伤害的念头。

If I'm not loving the world, I'm always protecting myself from the world, which causes more and more and more thoughts, puts me extremely on a defensive, and subconsciously, it builds up year in and year out, then

I'm a mass of thoughts protecting myself from the world.

现在，如果我爱这个世界，这个世界就无法伤害我，我的念头会安静下来，心智会平静，然后那个无限的真我就在那里，这是这种巨大喜悦的体验。

Now, if I love the world, the world can't hurt me, my thoughts get quiet, the mind gets peaceful, and then that infinite self is right there, and that's the experience of this tremendous joy.

学生：换句话说，同样，不是外在事物带来了这种喜悦，而是心智的安静，实际上让存在显现得更多一些，这才是真正的爱的体验。

Student: In other words, it's not the object, again, that brings this out, it's the quieting of the mind, to less actually lets the Beingness come through a little more, that really is the love experience.

莱斯特：是的。

Lester: Yes.

学生：它超越了那个事物本身，而我们却说我们爱的是那个事物。

Student: It's more than the object, we say it's the object that we love.

莱斯特：但这实际上就是你所说的，你正在从顶端获取它。

Lester: But it's actually what you say, you're taking it right from the top

now.

哈利所说的是，我们拥有着我们的无限存在、无限喜悦，却用各种念头覆盖了它；

What Harry is saying is that we take our infinite Beingness, our infinite joy, and we cover it over with thoughts;

我们持有着无限的自然状态，却用限制性想法遮蔽了它。

We take the natural state which is unlimited, we cover it up with thoughts of limitation.

那些念头扼杀了我们所是的这个无限真我，它扼杀了我们享受的能力。

The thoughts smother this infinite self that we are, it smothers the capacity to enjoy.

所以，我们要做的就是平息那些念头，或者摆脱所有的念头，剩下的就是我们所是的那个无限荣耀的存在，这是我们的自然状态。

And so all we need to do is to quiet the thoughts or rid ourselves of all thoughts, and what's left over is the infinite, glorious being that we are, which is our natural state.

这难道不奇怪吗？

Isn't that odd?

那是我们的自然状态，我们曾经就是那样的，我们以后也会是那样，实际上我们现在就是这样的。

That's our natural state, that's the way we were, that's the way we're going to be, we are actually that now.

但我们没有看到它，这个我们所是的无限荣耀的存在，绝对完美，且永不改变，它一直都在那里，只是我们不去看它，我们把目光从它身上移开，我们远远地避开了它。

But we don't see it, this infinite glorious being that we are, being absolutely perfect, can never change, it's always there, we just don't look at it, we look away from it, we look far away from it.

我们应该做的是把我们的心智转向内，开始看着它。

What we should do is turn our mind inward and begin looking at it.

我们看它看得越多，就越能看清它，一切似乎都指向同一个方向，不是吗？

And the more we look at it, with the capital I, the more we see it, everything seems to point to the same direction, doesn't it?

随着我们对生命和宇宙的理解越来越多，这种情况就会发生。

That happens as we get more understanding of what life and the universe is.

但一切都越来越契合，直到变得越来越简单，直到最后只有一个被称作“上帝”的绝对简单。

But everything fits together more and more until it gets simpler and simpler, until there's just one absolute simple called God.

上帝是简单的。

God is simple.

其他一切都是复杂的。

Everything else is complex.

越复杂，我们离上帝就越远。

The greater the complexity, the further we are from God.

这就是为什么上帝是“一”，只是“一”，或者说是独一无二的。

that's why God is one and only one, or one without a second.

我讲完“爱”这个主题了吗？

Have I covered the subject of a Love?

学生：那么，在实践中，如果别人有一个由衷的渴望，而我们的心，我要用“心”这个词，也有同样的感觉，而且会有一种感觉，如果我顺着他们去做，我可能会有所损失，那就不是爱。但如果它是完整的，那么无论他们想要什么，我都希望如此，因为他们的感受一定是我的感受，因为只有一种感受，那么我就不会害怕，但如果我害怕.....

Student: In practice, then, if someone else has a heartfelt desire, and our heart, I'm going to use that word, has that same feeling, and there's a feeling that if I went along with them, I might lose something, then that isn't love, but if it was complete in the sense that whatever they wish, I wish, because their feeling must be my feeling, because there's only one feeling, then I wouldn't be afraid, but if I'm afraid...

莱斯特：如今，有一个词可以形容它，叫做“连结”，这是个非常好的词。很适合你所说的那些，不是吗？我们一起看到同一个东西，想要同一个东西。

Lester: There is a word for it today called togetherness, it is a very good word, does not that fit what you're saying, togetherness? Together we see one, and the same thing, and want the same thing.

学生：从某种意义上来说，这对我而言似乎有点缺乏说服力。

Student: Seems a little weak, in a sense to me.

莱斯特：但这就是正在使用的词，我认为如果我们不用“爱”这个词，而用像“连结”“合一”这样的词，情况会更好。

Lester: But that's the word that's being used, I think we'd be better off if we drop the word love and use words like togetherness, oneness.

学生：不过，就像鲍勃说的，我认为这应该是当你试图将自己的利益与他人的利益保持一致时，我知道我的态度是，换句话说，我感觉自己已经站稳了脚跟，不会受到伤害。所以，别人怎么能伤害到我呢？因此，我希望别人也能得到他们想要的东西，因为这又是一个全新的理念，我知道我不会受到伤害，所以我知道我必须把同样的事情扩展到他们身上，这并不是说我必须在这里与他人达成共识，或者，你知道，有相同的想法，又或者与任何人保持一致，我只知道我走在正轨上，一切都好，其他的一切都无关紧要，那么，无论别人持何种态度，都没什么可以伤害到我。

Student: As Bob was saying, thought, I thought it should be that when you're trying to align your interest with another interest, I have the attitude that I know, in other words, I feel that I'm lined up, I can't get hurt, so therefore, how can anybody else hurt me? so therefore, I want the other person to have what they want also, because again, it's a new ground thing, I know that I can't get hurt, and so I know that I must extend the same thing to them, it isn't the thing that I have to line up mutually here, or, you know, same ideas, or align myself with anybody, I just know that I'm on the track, that I'm all right, and that everything else means nothing, then nothing can hurt me, regardless of what other attitudes there are.

莱斯特：确实如此。

Lester: That's true.

学生：那么，你只是接纳爱，或者接纳每个人的所有境遇，因为这对他们来说一定是好事，不管发生什么，这对你而言也只会好事。

Student: So then, you just accept the love, or you accept all situations for everybody, because it has to be good for them, it can only be good to you, regardless of what happens.

莱斯特：当我们完整地去爱时，是不可能受到伤害的。

Lester: It's impossible to be hurt when we love fully.

当我们爱时，永远都不会受到伤害。

We are never hurt when we love.

当我们爱时，只会感觉美妙。

We only feel wonderful when we love.

事实上，当我们爱时，我们感觉最为美好。

In fact, we feel the greatest when we love.

学生：如果我们现在有了一种区分的感觉，当然，在一开始的时候更多，比如你说，在家练习，但如果你觉得自己与一个人的连结感比与另一个人更多，那么你就开始把自己分离开了。

Student: If we have a feeling differentiating now, more, of course, in the beginning, like, for instance, you say, practicing at home, but if you feel a sense of togetherness with one more than another, then you begin to separate oneself.

莱斯特：这不是完整的爱，这是部分的爱。

Lester: It's not full love, it's partial love.

越是部分的爱，感觉就越不好。

And the more partial it is, the less good it feels.

当我们时时刻刻都在爱时，我们爱每一个人，我们只会有一种极其美好、无比温暖的态度，一切都很好，每个人都恰到好处，我们戴着玫瑰色的眼镜，这就是当我们爱时看待世界的方式。

When we love all the time, we love every being, we have nothing but a tremendously wonderful, warm attitude of everything is fine, every person is just right, we wear rose-colored glasses, that's the way we see the world when we love.

当我们恨的时候，我们看待同一个世界的方式截然相反。

When we hate, we see the same world in just the opposite way.

所以，了解关于爱的力量的这个小秘密，是一件了不起的事情。

So, it's a tremendous thing to learn this little secret of the power of love.

学生：我在想我是否可以读一下书中的一些定义，关于爱有这么多的说法，你做得很好.....

Student: I just wonder if I could read off some of the definitions in the book, there are so many ways it's been said, you're doing good...

(学生后面说的听不清)

莱斯特：天哪，关于这个内容，它有五页，我记得在这本书出版之前，我对弗朗西斯说“我从来都不知道该怎么谈论爱，关于爱，你能说的并不多”，她笑我，还把这些都给我看了。

Lester: My gosh, there's five pages on it, I remember before this book came out, I said to Francis, I never know what to say on love, there isn't much you can say about it, and she laughed at me, and she showed me all this.

但这些东西都聚集了很多、很多的念头。

But this was gathered over many, many thoughts.

我能看出来，这是在试图用尽可能多的方式来传达真正的爱的概念。

And I could see it's an attempt to convey the concept of the real love by saying it in as many ways as possible.

首先，爱是一种从不考虑任何回报的给予的感觉，这是我最初的观点。

For the first one, love is a feeling of givingness with no thought of receiving any return for it, that's the one I started with.

爱是无条件的付出。

Love is giving with no strings attached.

只有通过爱，爱才会来到我们身边。

Only by loving does love come to us.

我们爱得越多，得到的爱就越多。

The more we love, the more love comes to us.

我知道这是很多人思维中的一个基本误区，他们一生都渴望被爱，却从未感受到在被爱着，即使他们实际上正在被爱着。

I know this is a basic error in many, many people's thinking, they go through life wanting to be loved, never feeling that they are, even when they are really getting the love.

因为爱的感觉必须来自我们之内。

Because the feeling has to be in us.

如果我爱你，我会感觉很美妙；

If I love you, I feel wonderful;

如果你爱我，你会感觉很美妙。

If you love me, you feel wonderful.

就像你之前说的，在爱的人才会有幸福。

As you said before, it's the one who loves that feels great.

所以，想要被爱会陷入一个永远都无法满足的境地。

So wanting to be loved is getting into a direction that can never be satisfied.

学生：难道你不把得到的爱回馈出去吗？你必须成为你所感受到的爱，在爱中，你感觉很棒，好吧，但你似乎有一个爱的对象，但你真正感受到的是自

己给予对方的爱。

Student: Don't you then give the love that you get back? You have to be the love that you feel, in loving, you feel wonderful, all right, but you seem to have an object of the love, but you're really feeling your own love that you give to the other person.

莱斯特：我们看到，不同的人对爱这个词有不同的理解，鲍勃所说的可能并不符合你的观念。

Lester: We see different concepts of the word love in different people, it might not just suit your concept what Bob said.

但我知道鲍勃的意思，我表示赞同。

But I know what Bob means, and I say yes.

但你永远都会是对的，因为你就是这么想的，而思考使它成为现实。

But you'll always be right, because you think that way, and thinking makes it so.

爱是一种态度、一种感觉，根本不需要任何行动，它不需要行动，它可能会有行动，你可能把自己拥有的一切都送出去，但这并不意味着你得这么做，也不一定会这么做，主要的是态度。

Love is an attitude, a feeling, and requires no action at all, it requires no

action, it might have action, you might give away everything you have, but it's not necessarily so that you should or would give away everything, the main thing is the attitude.

学生：孩子会爱吗？

Student: Do the child love?

莱斯特：孩子爱得比我们多一点，但多不了太多。

Lester: A child loves a little more than we do, but not too much more.

因为孩子带着历经千百年形成的态度来到这个世界，孩子在出生时并不是一个全新的事物，而是整个过往的总和。

Because the child comes into the world with attitudes developed over the millenniums, a child is not a new thing at birth, it's the sum total of the entire past.

但由于孩子还没有接触过这个冷漠的世界，所以还没有形成更多与爱相反的观念。

But since the child hasn't met with the world, the cool, cool world yet, the child has not taken on more concepts of the opposite of love.

从这个意义上讲，在其他条件相同的情况下，孩子爱得比成年人更多。

And in that sense, a child loves more than an adult, everything else being equal.

孩子最想从我们这里得到的是爱，而且我们无法欺骗孩子。

The main thing that a child wants from us is love, and we cannot fool a child.

他们清楚我们的感受，这是他们所读到的东西，他们不会听我们说出口的话，我们用这些话欺骗自己，但骗不了孩子。

They know our feelings, and that's what they read, they don't listen to the words that we put out, we fool ourselves with the words, but we don't fool the children.

但给予孩子爱，会让孩子在这一生中发展爱，会让孩子拥有非常幸福甚至是最幸福的生活。

But giving love to a child will develop love in that child this lifetime, it will condition the child for a very, or a most happy life.

但在我们能够爱孩子之前，我们必须知道什么是爱，发展爱，并能够爱。

But before we can love a child, we have to know what love is, develop it, and be capable of loving.

这就是为什么我总是对母亲们说，如果你想帮助你的孩子，先帮助你自己。
that's why I've always said to mothers, if you want to help your children,
help yourself.

这是帮助孩子的最佳方式。

That's the very best way of helping your children.

对吧，约翰？

Right, John?

我们一直在探索生命，你会注意到孩子们能立刻理解并做出回应。

We've been looking for our lives now, and you'll notice that the children
understand it immediately and reciprocate .

如今，我们与孩子相处困难，主要是因为我们不明白爱是什么。

The reason why we have a hassle with children today is mainly because
we don't know what love is.

如果我们能够爱，而不是与孩子发生冲突，情况会正好相反，父母与孩子之间会完全和谐融洽。

If we were capable of loving instead of the conflict with children, it
would be just the opposite, it would be a complete harmony between

parent and child.

但正是因为我们忘记了爱是什么，才陷入了与孩子对立的困境。

But it's only because we have lost sight of what love is, that we are in this difficulty of opposition between parent and child.

如今，几乎没有哪个家庭不存在这种情况，只是程度大小而已。

There's hardly a family in which this does not exist today, just a matter of how little it is.

因为当今世界处于一种非常混乱的状态，很少了解我们来到这个世界的真正价值，而是迷失在对上帝、金钱、名望等的追逐中。

Because the world as it is today is in a very confused state, knows very little of the real values that we came here for, and is lost in chasing the God, money, prestige and so forth.

我还要继续读这些东西吗？

Do I go on reading these things?

我只是觉得你可以自己读。

I was just thinking you could read them yourself.

爱是接纳，爱是接纳人们原本的样子，爱是爱着对方。

Love is acceptance, love is taking people as they are, love is loving the other one.

因为对方就是对方所是的样子。

Because the other one is the way the other one is.

爱是信任。

Love is trust.

当我们爱人们的时候，我们总会信任他们。

When we love people, we will always trust them.

你可以用这些来审视自己，如果你不信任某个人，你就不爱他们。

You can use these things as a check upon yourself, if you don't trust someone, you don't love them.

这一点不太容易看出来，我建议你自己解决这一点。

That's not an easy one to see, and I suggest you work that out yourself.

如果你不信任某个人，你就不爱他们。

If you don't trust someone, you don't love them.

我说，信任这个世界上最不诚实的人，那么，那个人就会对你诚实。

I say, trust the most crooked person in the world, and that person will be honest with you.

爱是一种平和的感觉。

Love is a feelingness of peace.

正如我们之前所说，当我们爱的时候，我们没有敌人，不必时刻警惕，而是很轻松自在。

As we said before, when we love, we have no enemies, we don't have to be on guard, we're at ease.

爱是认同，通过认同他人而成为他人。

Love is identification, it is being the other one by identifying with the other one.

爱是每个生命通过他的每一个行为在寻求的东西。

Love is what every being is seeking through his every act.

这是强有力的一点，这是最后一个了，爱是认同，是通过认同他人而成为他

人。

That's a powerful one, that's the last one, love is identification, it is being the other one by identifying with the other one.

认同他，你会感觉对方好像就是你。

You feel as though the other one is you, identify with him.

学生：虽然我之前说过，我意识到我的存在，只有好的东西才能来到我身边，我处于这种爱的灵性之中等等，那么为什么还有必要去认同任何人呢？

Student: What I was saying before though I realized my Beingness that and that only good can come to me, that I am in the spirit of this love and so on, then why is it necessary to identify with anyone?

莱斯特：如果你身处那个领域，你会自动地认同每一个人，它们是一致的。

Lester: If you're in that sphere, you automatically identify with everyone, it goes together.

学生：你和你是……我们在考虑的是两个层面，我想的是灵性层面吗？我们在这里主要讨论的是身体层面吗？

Student: You and you are, we thinking about two levels, am I thinking of the spiritual? And are we talking mainly here about physical bodies?

莱斯特：好吧，当我说认同的时候，你是我。

Lester: Well, when I say identify, you are me.

当我明白这一点的时候，就是完全认同的时候。

When I know that, that's identification complete.

如果你是我，我也知晓你的每一个想法和感受。

I also know your every thought and feeling if you are me.

认同就是这样变得彻底的，这种情况确实会发生。

That's how completely the identification becomes, this actually happens.

学生 1：这就变成了我和父亲一体，我和兄弟一体，我和姐妹一体。

Student1: It becomes I am my father one, I am my brother one, I am my sister one.

学生 2：但在实践中，如果保罗和我在争夺同一块房地产，例如，当我们相互竞价时，我的想法或感觉会是“谁得到它并不重要，因为毕竟，我们是一体的，都是一样的”。

Student2: But in practice, if Paul and I are after the same piece of real estate, for example, when we're bidding against each other, my thought would have to be, or my feeling would have to be, it doesn't really

matter who gets it, because after all, we're one and the same.

莱斯特：是的，保罗明白，保罗应该拥有它。

Lester: Yeah, Paul knows, Paul should have it.

学生 2：我们都拥有它，那么会发生什么？你说什么？

Student2: And we both have it, so what happens? Pardon?

学生 3：如果你说保罗应该拥有它，你会得到什么？

Student3: If you say Paul should have it, what do you get?

学生 2：嗯，这是一种相互的、同心同德的感觉，如果我感受不到保罗的感觉，他会得到它，如果我得到了它，他也不会感受到保罗的感觉。

Student 2: Well, it's a mutual one-hearted feeling, that if I cannot feel Paul's he gets it, and he could not feel Paul's if I got it.

莱斯特：嘿，伙计，你应该为他得到了它而高兴。

Lester: Hey, guy, you should enjoy his getting it.

学生 2：真的吗，或者他会为我得到它而高兴？

Student2: True, or he would enjoy my getting it?

莱斯特：对。

Lester: Right

学生 2：所以，这跟两个人没什么关系，就像陷入热恋的年轻人都想要某样东西一样，其实没什么区别，几乎是一样的感觉，如果对方得到了，他们都会很享受，不是吗？无论我们做什么，无论我们身在何处，我们都做得很好，即使我们的敌人得到了它，我们也应该感到开心，但那么谁是我们的敌人呢？

Student2: So it wouldn't matter anymore than if two people who, in a sense of young lovers wanting something, they both want it, it's almost the same same sensation, if the other one gets it, they're joy, isn't that true? whatever we do, we're good from wherever we are, or even if our enemy gets it, we should have that joy, but who's our enemy then?

(笑)

莱斯特：这是个非常好的问题，如果你爱你的敌人，你就不再有敌人了。

Lester: That's a very good question, if you love your enemy, you have no more enemies.

学生：嗯，我现在已经养成了这个习惯，我的朋友，或者我认识的合适的人，或者其他的人，如果来告诉我他们做了一笔很棒的交易，我总是会握住他们的

手，告诉他们我有多高兴；无论交易发生在什么地方，或者我打算帮客户买什么东西，或者其他什么，我也总是会告诉他们。相信我，他们惊讶的表情让我看到了他们有多高兴，这感动了很多，他们告诉我为了互相激励，我为他们拥有好运而感到由衷的高兴，因为我觉得我在为他们做一些事。

Student: Well, I've made her practice now, that any of my friends or any of the appropriate that I know, anybody else comes to tells me of a terrific deal they've made, I always grabbed for their hand and shake and tell them how happy I am that they did it, regardless of where it was, or if it was something that I was trying to buy for a client, or anything else, I always tell them, and believe me, the surprise looks that I get show me the success that they've had, to move a lot of these people, they're telling me for mutual motivation, I feel real joy that they're having to have good fortune, because I feel that I'm doing something for them.

莱斯特：爱的力量和影响是显而易见的。

Lester: the power and effect of love is obvious.

尝试一下，运用它。

Just try it, apply it.

就像你在这件事上所做的一样，在其他事上也这么做，效果会很明显，它是一个非常强大的东西。

Like you're doing on that on other things, the effect is obvious, it's a very powerful thing.

学生：是的，你知道，我认为你的观点非常好，接纳人们所是的样子，而不是通过任何美德或其他什么东西，对我来说，做到这一点向来都相当容易。所以我没弄清楚，它是我的一部分，并努力实现它，但我想我的问题是，当我更了解他们所做事情时，当这些人对你的生活产生影响，而你的思维方式或你的观念会对你产生不利影响时，会发生什么？这里难道就没有建设性批评的空间或者指出你所认为的事实，同时仍然能接纳他们的原本模样的空间吗？这是我在过去的几周里大量思考的问题。我认为在过去，我已经接纳了人们原本的样子，我说，好吧，作为一个人，如果我像他那样被抚养长大，像他那样思考，我也会做出同样的事情。但无论如何，似乎我.....所以我想说我或许更多的是容忍他们，而不是接纳他们，但当他们做了一些对我产生不利影响的事情时，我无法认同他们。

Student: Yes, you know, I think your point is real good, accepting people as they are, and not by any virtue or anything, it just has always been something that's been fairly easy for me to do, so I don't figure it out, I just figure, it's part of me, and work to attain it, but I guess the question that I have, where I'm more cognitive of what they do, is what happens when these people have an effect on your life, that your way of thinking or your concept affects you adversely, isn't there room here for constructive criticism, or pointing out the truth as you see it, and still accepting them as they are? This is something, I, just the last few weeks, I've done a great deal of thinking about it, is that I think in the

past, is that I've accepted people for what they are, and I say, well, as a human being, if I was raised like he was, and thought like he did, I'd do exactly the same thing, but what happens, it seems like anyhow, is that I, then, so I guess I would say I tolerate them, perhaps more than accept them, but I can't appreciate them when they do something that affects me in an adverse matter.

莱斯特：保罗，我们不应该把他们看作是犯错的人类。

Lester: Paul, we shouldn't look upon them as human beings subject to error.

如果你看到了绝对真理，你会看到无限的、完美的存在。

If you saw the absolute truth, you'd see infinite, perfect beings.

现在，我说，这就是真理，每个人都是无限的、完美的存在。

Now, I say this is the truth, everyone's an infinite, perfect being.

当我们以其他方式看待他们时，我们并没有看到真相。

That when we see them otherwise, we're not seeing the Truth.

所以你看，这对你的概念会有什么影响，我说你看待他们的方式不对，你会因此受到伤害。

So you see what it does to your concept, I say you're looking at them wrongly, and you'll be hurt because of that.

学生：但要是你把他们看作完美的存在，他们本身就是完美的等等，发生了什么呢？然而不管怎样，至少从表面上看，又发生了一些事情。

Student: But what happens if you see them as a perfect being, and perfect in their own right, and so forth, and yet, something happens that, by appearances, anyhow.

莱斯特：从表面上看，是的。

Lester: By appearances, yeah.

学生：看起来它在影响你或你的家人，可能是不利的影响，那么你又会怎么说呢？我现在只是不明白。

Student: Looks like it's affecting you or your family, might be adversely, then what do you have to say then? I'm just not seeing right now.

莱斯特：改变你的视角，改变你的想法，改变你内在的一些东西，外界就会立即发生改变。

Lester: Change your view, change your thought, change something in you, and it'll change out there immediately.

如果你不喜欢外面的世界，你必须改变你自己，

If you don't like the world out there, you must change yourself.

然后世界就会立刻明亮起来，这就是我们想要的样子。

And immediately the world brightens you, that's the way we want it to be.

学生：那么，这难道不意味着，如果你一直秉持这种态度，不仅对这个人如此，对这个国家乃至整个世界等等都如此，那么这个世界将永远不会改变？换句话说，所有的进步，或者所谓的进步，难道不都是由于对人或现状的不满带来的吗？

Student: Well, doesn't this mean, though, that if you carry this attitude right on through, not just to this person, but to this country, or the whole world, and so forth, that this world would never change? In other words, it isn't all, isn't all the progress, or a so-called progress, because you know progresses, but isn't all the so-called progress brought about by dissatisfaction with people or situations as they exist?

莱斯特：不，恰恰相反。

Lester: No, just the opposite.

不满会给工作带来阻碍。

Dissatisfaction throws a monkey wrench into the work.

当爱存在的时候，进步才是最大的。

When there is love, progress is the very greatest.

我刚刚在这里读到一句话，说“爱是每个生命通过他的每一个行为在寻求的东西”，如果你追溯你以及人们的所有行为，他们在寻找什么？

I just read one here that love is what every being is seeking through his every act, if you will trace through all your behavior, or behavior of people, what are they looking for?

他们在寻找爱。

They're looking for love.

那便是终极，所有进步中最伟大的是爱。

That's the ultimate, that is the greatest of all progress is love.

我们的生活变得过于复杂了，这不是进步。

Our life is getting far too complex, and it's not progress.

因为如今人们并没有更幸福，我认为这就是幸福的证明。

Because people are not happier today, I think that's the proof of happiness.

他们拥有以前从未有过的东西，看看我们如今所处的混乱局面，难道你没看出来吗？

They have things like they've never had it before, now look at them mess we're in today, or don't you see it?

学生：嗯，我想，我想，不，我不认为……我想……我想这就是生存的方式，我认为他们能够比以往任何时候都做得更好，我是说，就整个世界而言……我想，比方说，从医学的角度来看，当今世界的痛苦比过去更少了，也可能更多，我想，或许还有更多的小痛苦。

Student: Well, I guess, I guess, no, I don't think... I think... I guess that's the way it has to live, I think they can do better than this, I mean, the world as a whole... I guess because I think that there is less pain in the world today, from a medical standpoint, let's say, probably more, I suppose, little pain.

莱斯特：是的，最强烈的痛苦是心理上的。

Lester: Yeah, the greatest pain is mental.

如今人们的焦虑和不满比我们那个时代要多得多。

There's more anxiety and dissatisfaction today than the ever was in our

time.

学生：我觉得，没错，但就我自己而言，我不认为那是因为人们不愿意调整，我可以说我接受它。

Student: I think, right, but I just, by my own thinking, I don't think that that's because of an unwillingness to adjust, I do accept it you might say.

莱斯特：好，我会说这是缺乏爱。

Lester: Okay, I'd say it's lack of love.

好吧，我换个说法，并不是说我们今天的爱变少了，而是我们太忙了，忙着生存，以至于没有时间与自己相处。

Well, I could put it another way, it's not that we have less love today as much as it is, we were so busy, busily occupied in trying to make a living, we don't have time to be with ourselves.

现在我们有时间和自己相处了。

Now we have time to be with ourselves.

30 年前，我们想，哦，如果我们拥有了物质，就会幸福，

30 years ago, we thought, oh, if we only had things, we would be happy,

于是，我们拼命努力去获取物质，

and we were striving very hard to get things,

现在，我们已经得到了这些东西，

now, we've gotten the things,

然而，我们不仅不快乐，反而发现自己没那么快乐了，这其实是好事。

and instead of being happy, we find ourselves less happy, which is good.

因为我们下一个要学的重要课题就是：幸福并不存在于物质之中。

Because our next big lesson is to learn that happiness is not in things.

在不久的将来，它将更接近法则。

It'll go more toward principle in the near future.

但我们现在通过接受一些在这个世界上本不应被我们接受的事物，正逐渐滑向一个背离绝对真理的危险境地。

But we're coming down now to a dangerous point of getting away from the absolute truth, by accepting some of the things of the world, as they really shouldn't be accepted by us.

我们应该在看似不完美的地方看到完美。

We should see the perfection, where the seeming imperfection seems to be.

因为我们的目标是登顶。

Because we are aiming for the very top.

我知道我没有让你很满意，保罗，是吗？

I know I'm not satisfying you very much, Paul, am I?

学生：嗯，我是那种听到一些东西时，我只是.....我没有形成任何东西，我只是喜欢在某个时候讲出来。

Student: Well, I'm one of those persons that when I hear when I hear something, I just... I don't form anything, I just kind of like tell it at some point.

莱斯特：这是我无法给你的东西，我只能.....我可以说一些词语，然后你得用它们做些什么。

Lester: It's something I can't give to you, I can just... I can make words and you have to do something with them.

如果你看到了，我说，如果你看到了我所看到的，那你就会明白这一点；

And if you see, I say, if you see what I see, then you'll see it;

如果你没有看到，那么就努力吧，也许有一天你会看到的。

If you don't, well, work with it, maybe someday you will.

但你已经有了一个很好的基础着手，就像你之前所说的，你很容易接纳人们原本的样子。

But you've got a good base to work from, as you said before, it was easy for you to accept people as they are.

【爱-它是什么】02-爱-它是什么 【Love - What is It】 02 - Love - What is It 2

学生：然后这个人似乎想要某些东西，对我来说，即便知道一切都是完美的，并且他们想要什么对我而言无关紧要，我可能会把他们想要的东西给他们，那将是.....我成为了他们，知道只有完美本身并不重要，重要的是只有完美源于其中，但如果我恐惧，那么我将把自己分离开来，说“除了上帝、除了家庭之外，还有别的其他东西存在”。

Student: The person then seems to want something, it would really be perfectly all right for me to go along knowing that all is perfect, and it doesn't matter to me what they want, it's possible for me to give it to

them, it would be, I being them, knowing there's only perfection doesn't matter, there's only perfection that comes from it, but if I'm afraid, then I'm separating myself and saying "There's something besides god, something besides family".

莱斯特：现在，丰盛的关键之一是给予的精神。

Lester: Now one of the keys to abundance is the spirit of giving.

供给的关键是发展那种持续给予的感觉，这是产出供给的真正关键所在。

The key to supply is to develop that constant feeling of givingness, this is a real key in producing supply.

如果我们时时刻刻都怀有给予的态度，如果我们想要的东西会令我们窒息，那么持续的感恩态度也是非常有益的，就是这样。

If we had an attitude of givingness every moment, and we wanted things that they would smother us, a constant attitude of gratitude is also a very helpful thing, That's all.

学生：感恩对我来说没什么意义。

Student: Gratitude is something that doesn't make sense to me.

莱斯特：那就别说了，这里有很多其他有意义的词。

Lester: Then drop it, there's a lot of other words here that could make sense.

你看，对我来说，我说的所有这些东西都是一样的，几乎我所说的每一个东西都是用不同的词语、不同的短语一遍又一遍地表达着同样的东西。

See, all these things I say to me are all the same things, almost everything I say is the same thing again and again in different words, in different phrases.

以前当哈利看到“爱”这个东西和其他东西是一样的时候，我笑了。

I smiled before when Harry saw how this thing of love was the same as something else.

最终，一切都归结为一个东西，只有“一”。

In the end, it all comes down to one thing, and only One.

所以，专注于你喜欢的词语，放弃你不喜欢的。

So, stick to the words that you like, and let go of the words you don't.

学生：因为毕竟，只有你自己对任何一个词的概念才能让你认识到那个词的含义，所以这完全是你自己的概念。

Student: Because after all, it's only your own concept of any word that

brings you a realization of the meaning of that word, so it's your strictly your own concept to make.

莱斯特：但对我来说，所有这些词的意思都是一样的。

Lester: But to me, all these words mean the same thing.

爱是接纳、认同、理解、沟通、真理、上帝、你、我，这都是一回事。

Love is acceptance, identification, understanding, communication, Truth, God, you, me, it's all the same thing.

如果每个人都从相同的角度来看，从你自己的中心来看，如果你从你自己的中心来看，你会发现它们都是一样的。

And it will be to everyone if they'll look at it from the same point, from your very own center, if you look at it from your very own center, you'll see that it's all the same.

你自己的中心就是你自己的真我，你所是的真正的你，而不是我们试图夸大的这个虚假的小我。

Your very own center being your very own Self with the capital s, the real you that you are, not this fake ego that we're trying to make a big thing of.

学生：我们所有的学校教育，所有的教育，所有的一切，他们把我们分割成了碎片，然而现在我们正努力地把它拼凑在一起。

Student: All our schooling, all education, everything, they cut us into pieces, and now we're trying to make it all together.

莱斯特：这就是为什么我说教育实际上是一个让人习得性无知的系统。

Lester: That's why I've said education actually is a system of learned ignorance.

如今的教育是一种错误的教育，生活中所有重要的东西从来都不教。

It's a miseducation, as it is today. all the important things in life are never taught.

无论你上了多少年大学，你都学不到任何关于幸福、爱、健康和生命的课程，而所有这些都是在寻求的极其重要的课题。

No matter how many years you go to college, you don't get any courses on happiness, love, health, life, all these subjects that are so important that everyone is seeking.

这个国家的任何一所大学都没有开设任何一门关于它的课程。

There is not a single course in any college in this country on it.

学生 1：每个人都选修了一门速成课程。（莱斯特笑）

Student1: Everybody takes a snap course.

学生 2：我们没有真正合格的老师，或者必须玩这个游戏，他们有一个非常接近的.....

Student2: We don't have any properly qualified teachers, or the game must be played, they have one that's pretty close...

莱斯特：它是一种给予的态度，而不是实际地给予物质。

Lester: It's an attitude of givingness, it's not an actual givingness of things.

现在，送东西可能是它的一部分，然而送东西也可能恰恰在爱的反面。

Now giving things could be part of it, and giving things could be just the opposite of love.

我可以送你东西，因为我想让你喜欢我。

I can give you things, because I want you to like me.

对我来说，这不是爱。

That's not love, on my part.

这是在试图增强我的小我。

That's trying to bolster my ego.

学生：但你在寻求爱。

Student: But you're seeking love.

莱斯特：然而，所能给予的最棒的给予是给予理解、给予智慧。

Lester: However, the greatest givingness that can be given is to give understanding, to give wisdom.

如果一个人向我要一顿饭，我给了他，五个小时后，他又需要它了；

If a man asks me for a meal, and I give it to him, five hours later, he needs it again;

但是如果我向他传授做饭的原理，他就再也不会挨饿了。

But if I get across to him the principle on how to produce a meal, he'll never go hungry again.

所以，最棒的给予是给予理解、给予智慧。

So, the greatest givingness is understanding, wisdom.

学生：我之前就想说了，当保罗谈到有人为了达到自己的目的，做一些看似对你不利的事情，但实际上他只是想通过为自己领域中的某个人做这件事来获得爱，因此，如果你理解这一点，那种理解，你就知道他这样做是为了获得爱，就能看透了这种误解。

Student: I was going to say it before, when Paul was talking about the other person doing things which may seem to be against you to gain his end, but really he's merely attempting to gain love by doing this for someone in his field, and therefore if you understand that, that understanding, you know he's doing it to gain love, that's seen through this misconception.

莱斯特：现在这种情况已经发展到了极致，你会发现每个人在他的每一个行为中都是在寻求爱。

Lester: Now that carried on through to the extreme, and you'll see that every person in his every act is seeking love.

学生：好吧，如果我明白了这一点，即便看起来他好像在做一些反对我的事，但我知道他这么做是为了他自己，因此他就无法做针对我的事情，我知道这一点。

Student: All right, and if I know that, and it seems though he's doing something against me, I know he's doing something for him, and therefore he can't be doing it against me, I know that.

莱斯特：只要你知道这一点，你就是正确的，就没有什么可以伤害你。

Lester: And as long as you know it, you are correct, so nothing can be done against you.

学生 1：好吧，如果你在为自己而做，那只会是一个循环，对吗，肯尼？

Student 1: Well, that's just a circle if you're doing the it for yourself, right, Kenny?

学生 2：是的，从微观到微观。

Student 2: Yeah, micro to micro.

学生 1：从微观到微观，没错。

Student 1: Micro to micro, that's right.

学生 3：但是如果一个人在给予东西时犹豫不决，那是因为他觉得自己什么都没有，他会觉得得为自己保留一些东西。

Student 3: But if a person hesitate to give things, it's because he feels he doesn't have at all, and that he would be taking something from himself.

莱斯特：重要的是态度，而不是实际的给予或不给予。

Lester: It's in the attitude, not in the actual giving or not giving.

学生 3：我看到很多所谓的“高尚者”，当谈到给予东西时，他们实际上会感到害怕，我看不出有什么区别，如果他们的心理能力很强，那他们肯定拥有了所有他们需要给予的东西。

Student 3: I see so many people who are Prustines actually get frightened when they speak of giving things, and I don't see the difference, if they are so capable mentally, certainly they have all the things they need to give.

学生 1：有时，给予维持着我们在给予中所谈论的条件背后的基本理念。

Student 1: Sometimes giving sustains the basic thought behind the condition that we're talking about in giving.

学生 4：哇哦！（学生们笑）

Student 4: Wow!

学生 1：就像你提到的心脏，例如，如果我对心脏病感觉到爱，那么我就会为改善心脏功能给予力量，可以这么说，如果我真想与心脏病作斗争，我会看到在想法和事物中的不完美之处，并了解其完美。

Student 1: Like you were mentioning about heart, for instance, if I feel love for the heart disease, then I give to the heart pump, so to speak, if I would I would want to actually fight heart disease, I would see the imperfection in the thought, in the thing, and know the perfection.

莱斯特：有各种层面的帮助、各种程度的帮助。

Lester: There's all levels of helping, all degrees of helping.

学生 1：所以很多这种慈善捐赠，对很多好东西的捐赠，实际上是在维持我们认为捐赠要消除的状况，把它保留在心智中，因此维持了它。当然，再强调一下，这一切背后更重要的是完美的状态，嗯，是的，完美，但我们在灵性给予方面的态度，要有提升，而不是维持现状，而是在灵性层面超越现状，这样你会看到完美，看到完美而非现在的不完美。

Student 1: So a lot of this giving for charity, to so many good things, is really a sustaining of the condition under which we think we're giving to eliminate, keeping it in mind, therefore sustaining it, and, again, of course, the bigger thing behind it all is the state of perfection, well, yes, perfection, but the attitude on our part of the spiritual giving, of the lifting, of not sustaining the condition, but of lifting spiritually above the condition, so that you see the perfection, seeing the perfection instead of the imperfection now.

莱斯特：当你那样做的时候，你会影响这个宇宙中的每一个原子，你会影响每一个人，无论他们是否意识到这一点。

Lester: When you do that, you affect every atom in this universe, you affect every person, whether they realize it or not.

因为你在调用最强大的力量。

Because you're involving the power that's most powerful.

这是在爱每一个人，使其成为完美的存在，摒弃所有的这些消极和疾病。

It's loving every person into a perfect being, minus all these negativities and diseases.

事实上，用这种态度来为所有心脏病患者做出的贡献比捐钱要大得多，要了解这一点。

And you actually do far more for all the heart disease with that attitude than you would by giving money, and see it.

但我想说的是，你是否给他们钱并不重要，重要的是你的态度。

But I'm trying to make a point that it's not important whether you give money to them or not, the important thing is your attitude.

你可以为了给予的荣耀而给予，或者为了被树立给予者的形象而给予，但那对你没有好处。

You can give for the glory of giving or being put up as a giver, that does you no good.

或者你可以保持你刚才所说的态度，实际上不捐钱，这样你所做的贡献会更大。

Or you can have the attitude of what you just said and actually give no cash, and you're doing far more good.

所以，重要的是态度。

So, it's the attitude, that's important.

爱是所有问题的答案。

Love is the answer to all problems.

无论问题是什么，如果你将爱运用到极致并取得成功，那个问题就会立即消失。

No matter what the problem is, if you will just apply love to the fullest extent possible and succeed, that problem will drop away immediately.

不用生气，只要知道一切都很好，一切都好，无论问题有多难，只要感受到爱，你就会看到问题自行解决。

Just don't get aggravated, just know that everything is fine, everything is all right, and just feel love, and you'll see that problem resolve itself, no matter how difficult the problem it is.

当出现问题时，如果我们能爱得更多，问题就会消失。

When there are problems, if we would love more, they would disappear.

当爱完整时，问题会立刻化解。

When the love is complete, the problem dissolves immediately.

爱是沟通。

Love is communication.

沟通与爱是相辅相成的。

Communication and love go together.

沟通是传达一种想法，我说弗兰克：“啦啦啦啦啦.....”你说：“噢是啊，啦啦啦啦啦。”

Communication is getting across an idea, I say: "Frank la-la-la-la-la." you say: "Oh yeah, la-la-la-la-la."

这是我向弗兰克传达了一个想法，并确认了它，这就是沟通，我们都在同一个东西上看法一致。

That is an idea for me to Frank, and the acknowledgment of it, that's communication, we both see eye to eye on the same thing.

（注：这里英文表述“我们都眼对眼看到了同样的东西”意思是“我们都在同一个东西上看法一致”。）

学生 1：好了好了，这很重要，你刚才说什么？我们看法一致？

Student 1: Now, now, this is very important, what did you just say? We both see eye to eye?

学生 2：好吧，我们别再提这个眼睛了。

Student 2: All right, let's forget about this eye.

学生 1：是吗？

Student 1: Right?

莱斯特：是的。

Lester: Yeah.

莱斯特：嗯，“眼对眼”是一种习语表达，我不是指肉眼。

Lester: Well, that eye to eye meant... it's an expression, I didn't mean a physical eye.

(学生说的听不清)

莱斯特：你在自己的生活中能够很容易地验证这一点。

Lester: You can easily test this out in your own life.

如果你增加与一个人的沟通，就会增加你们俩之间的爱。

That if you increase communication with an individual, you increase the love between the two of you.

只是练习沟通，对他们说一些东西，让他们通过重复来确认他们明白了你的意思，就这样一直继续下去，你们俩之间的爱就会不断升温。

Just practicing communication, say something to them, have them acknowledged that they got it by repeating it, and go on and on that way, and the love between the two of you will keep going up and up.

增加沟通能增加爱。

Increasing communication increases love.

反之亦然，增加爱也能促进沟通。

And the other way around, increasing love increases communication.

你已经注意到了，你越爱，就越能够与人沟通。

You've noticed that the more you love, the more you're able to communicate with people.

学生：我能问个问题吗，鲍勃？

Student: Can I ask something, Bob?

莱斯特：这是一件非常有趣的事情，可以很容易验证。

Lester: It's a very interesting thing that can be tested very easily.

与此刻的你在一起，只是增加沟通，你就会看到爱。（笑）

Just increase communication and you'll see love, do with someone who is again you at the moment.

学生：你说得对，因为你知道为什么吗？因为就像保罗之前所说，如果有人似乎在做一些看似对你不利的事，你们之间缺乏沟通。如果你打开沟通渠道，达成共识，这个人所做的任何事你都不再感到陌生，因为你对他的认知提升到了这样一个水平，以至于你们之间能够完全理解彼此，对吧，泰德？

Student 1: You betcha, you because you know why? because as Paul said before, if someone appears to be doing something that appears to be against you, there is a lack of communication between eye and eye, and if you open up that channel of communication, that you see eye to eye, and there is no longer anything that this man is doing that is foreign to you, because your awareness of him is raised to such a degree that there is perfect understanding between eye and eye, isn't that right, Ted?

学生 2：我没有留意左边的人摇头没有。（笑）

Student 2: I didn't see whether the leftist shook his head or not.

莱斯特：还有一件事，随着爱的增加，世界的真相也会增强。

Lester: Another thing happens, as love increases, reality in the world increases also.

我们越有能力去爱，就越能看清事物发生的真相。

The more we're capable of loving, the more we'll see things exactly the way they happen.

现在，如果你练习增加在这个世界上的真相，你的爱也会随之增加，就像你练习增加沟通，你的爱也随之增加一样。

Now, if you practice increasing your reality in the world, your love will go up too, just the same way that if you practice increasing communication, your love will go up.

或者反过来说，我们爱得越多，就越能看清世界中事物的本质。

Or the converse, the more we love, the more we see things the way they are in the world.

如果我们都是很有爱的人，每次发生意外时，我们都对它的看法都会一致。

If we were all very loving people, every time there would be an accident, we'd all see it alike.

再深入一点，哈利，如果你拥有完整的爱，就永远都不会有意外。

That's further up, Harry, if you have the love complete, there never would be an accident.

学生：你不会有匮乏的观念。

Student: You wouldn't have concepts of lack.

莱斯特：就是这样。

Lester: Here it is.

爱是交流。

Love is communing.

爱是沟通。

Love is communication.

给予支持，希望对方得到他们想要的，这就是爱。

Lending support, wanting for the other one what the other one wants, that is love.

一个人能给予另一个人的最大帮助，就是帮助对方获得对真理的理解。

The greatest help or giving one may give to another is to help the other to get the understanding of Truth.

这样，一个人就给了另一个人幸福的秘诀。

In this way, one gives the other the formula for happiness.

爱是宇宙的凝聚力。

Love is the cohesive force of the universe.

爱是具有吸引力、整合力和建设性的，因此影响着它所触及的一切事物。

Love is attracting, integrating, and constructive, and so affects everything and anything that is applied to.

议会无法书写世界，但足够多的、能感受到爱的人可以。

Parliaments cannot write the world, but enough individuals feeling love can.

我认为这在我们这个时代是个有趣的观点，

I think that's an interesting point for our present times.

你无法通过立法来纠正世界，议会永远无法理顺这个世界，

You cannot legislate a correct world, parliaments will never straighten this world out,

只有当个人、当这个世界上的大多数人都持有爱的态度时，这个世界才会成为一个宜居的好地方，才会是和谐的。

only when the individuals, when the majority people in this world have an attitude of love, will the world be a nice place to live in, will it be harmonious.

几乎所有人都把小我的认同误认为是爱。

Almost all people mistake ego approval for love.

因为它不是爱，它无法令人满足。

Because it is not love, it is not satisfying.

因此，人们会不断地需要并索求它，而这只会产生挫败感。

Consequently, one continuously needs and demands it, and this produces only frustration.

天哪，下一个太难了，我打算直接读一下然后跳过吧。

Boy, the next one is a hard one, I'm gonna just read it and skip over it.

爱不是一种情绪。

Love is not an emotion.

或者也许我不应该跳过它.....

Or maybe I shouldn't skip over it...

当我说爱不是一种情绪时，情绪是流动的能量，它是一种强烈、活跃且扰人的东西。

When I say love is not an emotion, emotion is energy in motion, it's an intense, active, disturbing thing.

一种情绪是.....爱的情绪是最平和的感受，

An emotion is... The emotion of love is the most peaceful of feeling.

从这个意义上说，我的意思是，爱并不是一种情绪。

and in that sense, I mean that love is not an emotion.

人们彼此需要，并以为这就是爱，当一个人爱的时候，不会对对方有所依赖或有所束缚。

People need each other and think it is love, there's no hanging onto or fencing in of the other one when one loves.

人类的爱不想与他人分享自己的爱，而是想要自己的个人满足。

Human love does not want to share its love with others, but rather wants its own personal satisfaction.

真正的爱想要分享它的爱，分享得越多，就越快乐。

Real love wants to share its love, and the more it is shared, the more joyous it is.

在爱中不存在渴望。

There is no longing for in love.

因为渴望是分离，而爱是合一，它不允许分离。

Because longing is separation, love being oneness, it does not allow separation.

真正的爱无法通过婚姻获得，它必须在婚前就已经存在，或者在婚姻中发展出来。

True love cannot be gotten through marriage, it must be there before marriage, or developed during marriage.

爱不能只给一个人而不给另一个人。

Love cannot be applied to one and not to another.

爱一个人而恨另一个人是不可能的。

It is impossible to love one and hate another.

当我们爱一个人胜过另一个人时，是因为那个人在为我们做一些事，这就是人类的爱。

When we love one more than another, that one is doing something for us, that is human love.

当一个人因为别人对他好而爱他们时，这也是人类的爱。

When one loves people, because they are nice to him, that too is human love.

真正的爱是无条件的。

True love is unconditional.

真正的爱，一个人甚至会爱那些反对他的人。

And true love, one loves even those who oppose him.

看看下一句话，这是对我们“爱”这个主题上所处立场的真正考验。

See the next sentence is a real test of where we stand on the subject love.

我们应该平等地爱每一个人，这是检验自己成长的一个重要标准。

We should love everyone equally, this is a tremendous yardstick for checking yourself on growth.

以平等的心态对待一切存在。

Equal-mindedness toward all being.

平等地爱每一个人实际上是最高的状态。

Loving everyone equally is actually the top state.

学生：爱的秘诀难道不正是意识到“你拥有一切，他也拥有一切”，因此不存在分离吗？

Student: Isn't the secretive love really a realization that you have all and he has all, therefore there's no separation?

莱斯特：是的。

Lester: Yeah.

学生：因为如果说，他有我没有的东西，那就是问题所在。就像坐在一

堆沙子上，你有一堆沙子，我也有一堆沙子，我在上面做了个小记号，然后你说“我想要你的河”，我说“好吧，你有一堆沙子，只需在上面做个标记，你就有了一条河”，你说“我想要你的河，它就像一堆沙子”。

Student: Because if you say, he's got something I haven't got, that's where difficulty comes in, it's like sitting on a pile of sand, you have a pile of sand, I have a pile of sand, I put a little mark on it, and you say "I want your river", and I say "Well, you've got a pile of sand, and you just have to make a mark on it, you have a river", and you say "I want your river, it's like a pile of sand".

莱斯特：是的。

Lester: Yep.

学生：这只是个叫“河”的词而已，我拥有一切，你也拥有一切，没有什么好计较的，对吗？

Student: It's just a word, river, I have all and you have all, and there's no fuss, is there?

莱斯特：没错，当你看到真相时，每个人拥有的都是一样多的，它是无限的。

Lester: That's right, when you see the Truth, everyone has exactly the same amount, it's infinite.

学生 1：所以如果你想要我所拥有的东西，那只是因为你没有意识到自己已

经坐在一堆沙子上了，那么你也可以拥有沙子，因为你正坐在上面，就这么简单。所以我说“你已经有这些沙子了”，你说“我想要我的”，或者你可以拥有我的沙子，因为它是无限的沙子，我不在乎。所以，如果我说“我无法拥有”，嗯，那就很困难了，我说“好吧，我又没坐在无限的沙子上”。

Student 1: So if you want what I've got, it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand too, because you're sitting on it. That's simple, so I say "you've got the sand", you say "I want mine, or you can have mine", because it's infinite sand, I don't care, so if I say "I can't have", well, that's a difficult, I say "Well, I'm not sitting on the infinite sand".

莱斯特：这是把真相变成不真实的，变成了谎言。

Lester: It's making an untrue, maybe a lie out of the Truth.

学生 1：所以，爱实际上是在指出，当你坐在一堆沙子上时，就像我坐在一堆沙子上一样，拿起这堆沙子，这就是我们通过思考所产生的所有想法。但我们说“不，我们不是，我们得到了某个东西，这很好，我有某个东西而你没有”，这难道不是我们遇到困难的根源吗？

Student 1: So love is really pointing out, when you're sitting on a pile of sand, like I'm sitting on a pile of sand, take the sand, and this is all the thoughts, we get them through our thinking, but we say "no, we don't, we've got something, this is great, I have something and you don't have something", isn't that all the cause of our difficulty?

莱斯特：它唤醒了我们拥有一切的事实。

Lester: It's awakening to the fact that we have everything.

学生 1：而且在我们爱之前，这是首要的，不是吗？

Student 1: And this comes first, doesn't it before we love?

莱斯特：你为什么要从两方面来做这件事？

Lester: Why do you work at it from both sides?

学生 1：好吧，我无法爱某个东西，如果哈利拥有我所没有的东西，如果我没有，我怎么能爱哈利呢？我想要它，只有当我拥有并且他也有的时候，如果他有，他就不必从我这里拿走任何东西，所以我们彼此相爱，因为我们都拥有它，我们不会为空气而争吵。

Student 1: Well, I can't love something, if Harry's got something that I haven't got, how can I love Harry if I don't? I want it, It's only if I have it and he has it, and if he has it, and he doesn't have to take anything from me, So we both love each other because we both have, we don't fight over the air.

学生 2：好吧，如果你对哈利说“哈利，我爱你，因为你拥有一些属于我们的东西”，对吗？

Student 2: Well, if you say to Harry "Harry, I love you because you've got something there that belongs to us", isn't that right?

学生 1：因为我们一起欣赏并对那个东西感觉很好，或者对拥有同样的无限能力而感到满意，不是吗？在我们所拥有的能力中没有分离。

Student 1: Because together we admire and feel good towards that thing, or towards that same infinite capacity that have, isn't that right? There's no separation in our capacity to have.

学生 2：这和我的遗产一样，那么还有什么好争的？

Student 2: This is the same as my inheritance. So what's the fight?

学生 1：完全没有。所以我们所能做的就是享受同样的东西，只有享受，仅此而已。

Student 1: There's none. So all we can do is enjoy the same thing. There's nothing but enjoyment.

学生 3：莱斯特说的就是这个，当你看到每个人都拥有它时，你就无法否认它。

Student 3: That's what Lester said, when you can see that everyone has it, you can't deny it.

学生 2：无论他们是白痴还是自命不凡，他们都拥有相同的东西。没错，这是一个让我们与众不同的概念，这是对的。

Student 2: Whether they're morons or pretentious, they all have the same. That's right. It's a concept that made us otherwise. That's right.

学生 4：我觉得哈利正在独自冥想。

Student 4: I think that Harry's doing meditation on his own.

莱斯特：当启示开始来临时，它们就来了，别阻止它们，让它们继续降临。

Lester: When the revelations start coming, they come, just don't stop them, let them keep coming.

学生：当你坐在那里，突然间你像这样把手指放在头上，你说“哦，我发现了一些东西”。

Student: When you're sitting there, and all of a sudden you put your finger in your head like this, and you say, oh, I've got something there.

莱斯特：不过它一直都在那里，这就是奇怪的地方。

Lester: It's been there all the time, though, that's the odd part of it.

学生：只要意识到它就行。

Student: Just realize it.

莱斯特：我们所做的就是睁开眼睛去看一直都存在于那里的东西。

Lester: All we do is open our eyes to something that's been there all the time.

学生：但它通常和你想象的完全不一样。

Student: But it's usually something exactly different than what you thought it was.

莱斯特：是的，这个概念是错误的。

Lester: Yeah, the concept was wrong.

对，你放下了错误的概念，接着它就在那里了。

Yeah, and you let go of the wrong concept, then there it is.

学生：当然，我以为你会说真相就在这个念头的背后。

Student: Sure, I thought you'd say the truth was right behind the thought.

莱斯特：停止这个念头，停止所有的思考。

Lester: Stop the thought, stop all thinking.

得到爱是不可能的，一个人只有去爱，才能感受到爱。

It is impossible to get love, only by loving can one feel love.

一个人越是寻求爱，就越是不爱，这有点发人深省。

The more one looks for love, the more one doesn't love, it's kind of indicting.

人应该努力去爱，而不是被爱，被爱只会带来短暂的快乐和小我的膨胀。

One should strive to love, never to be loved, to be loved brings temporary happiness, ego inflation.

当一个人全心全意地去爱时，就不会有不被爱的信念。

When one loves fully, one can have no concept of not being loved.

当一个人全心全意地去爱时，就不会有不被爱的信念，我认为这是一个很好的一点。

When one loves fully, one can have no concept of not being loved, I think that's a good one.

学生：这是肯尼的想法，又回到了存在本质的这个问题上，不是吗？你知道，如果我们体验到了我们的存在，我们就不会感受到任何欲望或.....你不在乎

别人怎么想，真的，我的意思是，你知道，从物质层面来说，因为.....

Student: That's Kenny's idea, what comes back to this thing of Beingness, doesn't it? You know, if we experience our Beingness, we can't feel any desire or... You don't care what the other guy thinks, really, I mean, you know, physically speaking, because...

莱斯特：因为当我应该改变我们时，它却没有改变我们。

Lester: Because it doesn't change us when I ought to.

学生：你是它，我是我所是。

Student: You're it, I am what I am.

莱斯特：当对敌人感受到爱时，这会让敌人无力，无力再伤害我们。

Lester: When love is felt for the enemy, it makes the enemy impotent, powerless to hurt us.

如果敌人执意要伤害我们，他只会伤害他自己。

If the enemy persists in trying to hurt us, he will only hurt himself.

一个人不会增加他的爱，只是摆脱他的恨而已。

One does not increase his love, one merely gets rid of one's hate.

这就是你之前提到的，对吗？

That's what you brought up before, right?

我们无法增加我们的爱。

We can't increase our love.

因为爱是我们的自然状态。

Because that's our natural state.

在这些非爱的观念背后，始终都是我们所是的无限的爱。

Behind these concepts of non-love is always the infinite love that we are.

你无法增加它，你所能做的就是剥去这些恨的概念，这样我们这个极致的爱的存在就不会被掩藏。

You can't increase it, all you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden.

实际上，我们并非在不断地增加我们的爱，我们只是在不断地消除以往我们所持有的那些限制性的、恨的概念。

Actually, we don't keep increasing our love, we just keep doing away with the limited concepts of hate that we've had before.

而我所说的恨，是指一切非爱的东西。

And by hate, I mean, anything that's not love.

恐惧、嫉妒、妒忌、冷漠，所有的这些态度都是不同程度的恨，

Fear, envy, jealousy, apathy, all those attitudes are different degrees of hate,

至少在我使用它的方式上，它们是这样的。

at least the way I use it, they are.

所以我们真的没有增加我们的爱，而是消除了我们恨的态度。

And so we really don't increase our love, we undo our attitudes of hate.

学生：那么，我们的罪是什么？

Student: What are our sins, then?

莱斯特：是我们的恨的态度、限制性想法的态度。

Lester: Our attitudes of hate, our attitudes of our thoughts of limitation.

所有罪中最严重的罪，堕落是指小我感——我是一个与一切相分离的个体。

The greatest sin of all sins, the downfall is the ego sense , I am an

individual separate from the all.

这才是人类真正的堕落。

That's the real fall into mankind.

(学生说的听不清)

莱斯特：哦不，我们所做的一切都在亵渎上帝。

Lester: Oh no, everything we do prostitutes God.

实际上，不仅是亵渎这件事，几乎所有的事情都是如此。

Practically, not only prostitution, almost everything does.

学生：再次向你展示多小的罪是无意义的罪，罪，把它倒过来，把它倒过来发音，这是什么意思？ Snis，有谁听说过 Snis ？ 这是什么意思？

Student: Again to show you how little sins are the meaningness of sin, spell it backwards, pronounce it backwards, What does it mean? Snis. Who ever heard of Snis? What does it mean?

莱斯特：哦，那是复数，你知道，“邪恶” (evil) 倒过来拼就是“活的” (live) ， 所以你得小心那些倒退的东西。

Lester: Oh, that's plural, you know, evil spell backwards is live, so you

gotta be careful of that backwards stuff.

学生 1：那边有人在挠你痒痒吗？

Student 1: Is someone tickling you over there?

学生 2：哦，她感受到了我的爱，吉姆。

Student 2: Oh, she's feeling my love, Jim.

学生 3：她感受到了她自己的爱，只有你能感受到你的爱。

Student 3: She's feeling herself, only you can feel your love.

学生 2：你可以按你的方式来，我会按我的方式来。

Student 2: You can have it your way, I'll have mine my way.

学生 4：那是他的概念，一个小存在。

Student 4: That's his concept, a little be.

学生 3：你知道，当你刚才提到学校里没有任何关于喜悦、幸福或平和的课程时，我在想，最接近这些课程的大概就是性教育和社会福利了。

Student 3: You know, while you were mentioning that they don't have any courses on joy or happiness or peace, they were taught in the

college, and in the college I thought, well, the one that comes the closest is sex education and welfare.

学生 4：你又在开玩笑。

Student 4: And you're being facetious again.

学生 3：我觉得威尔·罗杰斯也有过类似的东西，我读过他的传记，他在传记中说“我从未遇到过一个我无法爱的人”，对吗？

Student 3: I think Will Rogers had this thing, I read his biography, and in his biography he made a statement, I have never met a man or a person I couldn't never to love, right?

莱斯特：是的，还有另一种说法“他从未遇到过一个陌生人”，但这是个概念，这就是他对人们的感受，体现在了他的哲学和幽默中，他拥有爱。

Lester: Yeah, there's another way of saying it, that he never met a stranger, but that is the concept, and that was his feeling about people, it shows in his philosophies and his humor, he had love.

学生：这就是为什么他离开了这个圈子，很快就有别的地方需要他。

Student: That's why he left this circle, and he was needed somewhere else pretty quickly.

莱斯特：就像这里需要他一样？

Lester: Like he was needed here?

学生：好吧，我们现在就需要他，我记得在舞台上见过他，扮演那个角色，干巴巴的，白人。

Student: Well, we could use him right now, I remember seeing him on stage. With that role, dry, white.

另一个学生：我对“陌生人”这个词的理解并非总是那个意思。

Another student: My interpretation word stranger is a term that I don't always mean.

莱斯特：我认为“名字”这个词过去曾表示“性质”，“名字”和“性质”是同一个词。

Lester: I think the word name used to mean nature, name and nature, the same word.

因为人们过去是根据他们的工作性质来命名的，对吗？

Because people were named by the nature of their work, right?

我忘了我要用他的话来表达的重点了，你刚说了什么？

I lost the point I'm going to bring out with what he said, what did you

say?

学生：陌生人是一个我不知道名字的朋友。

Student: A stranger is a friend whose name I do not know.

莱斯特：哦，我想暗示的是，我不知道他的本质。

Lester: Oh, whose nature I do not know is what I wanted to imply.

他的本质就是我的存在，他就是我，他就是我。

His nature is my Beingness, He is me. He is me.

听起来像是蹩脚的英语，不是吗？

Sounds like bad English, doesn't it?

他是我。

He is me.

学生：然而，这就是你现在所说的“遍及”，对吗？

Student: This is the popularization, though, that you're speaking about now, right?

莱斯特：有一天，你环顾四周，无论看向哪里，看到的都是自己。

Lester: Someday you look around and you'll just see yourself every way you look.

你会毫无疑问地有一种感觉：你就是我。

And you have a feeling you are me without a question.

毋庸置疑，你就是我。

Without a doubt, you are me.

学生：我正在拼凑碎片，但我还没看到那个“一”。

Student: I'm playing with pieces together, but I haven't seen that one yet.

莱斯特：你可以的，无论谁使用“我”这个词，都是同一个我。

Lester: You could, that word "I" is the exact same I, no matter who uses it.

学生：所以，它是一切，你看，我、我，更常见一点，我就是你，我、我，大写的我。

Student: So, it's the all, see, I, I, a little more often. I is the you, I, I, capital I.

莱斯特：当你达到最高状态时，你会有一个意识，

Lester: When you get the top state, you have a consciousness,

在最高状态中始终存在着一个不变的“我”、“我”、“我”，

there's a constant I, I, I goes on in the top state,

这就是你所看到、听到、感觉到、想到、知道的一切，

that's all you see, hear, feel, think, know,

只有“我”、“我”、“我”、“我”，这是你的存在，

just I, I, I, I, which is your Beingness,

这是永不改变的存在，

it's Beingness that never changes,

存在始终存在。

Beingness always is.

学生 1：成为是存在的对立面吗？

Student 1: Is is ah becoming the opposite of being?

学生 2：那么，在你存在之前，你不必先成为吗？

Student 2: Well, don't you have to become before you be?

莱斯特：（笑）不。

Lester: No.

学生 2：在你成为之前，你必须先存在。

Student 2: You have to be before you become.

莱斯特：“成为”是一种表象。

Lester: The becoming is an apparency.

你是，我是我所是，它是一种存在。

You are, I am that I am, it's an amness.

学生：嗯，我不知道，我，我想我视觉化想象的是，呃，你就是你，呃，你知道，你是，你是存在，但是，但在你能成为之前，你必须脱掉这些外套、夹克、或者之类的东西，我想这是在编码.....

Student: Well, I don't know, I, I guess what I visualized this is, uh, you're you, uh, you know, you're, you're being, but, but before you could be, you have to take off these coats, or jacket, or whatever, I think it was

coding in...

莱斯特：眼罩、眼罩。

Lester: Blinders, blinders.

学生：是的，好吧，眼罩，但那不是成为吗？

Student: Yeah, all right, blinders, but isn't that the becoming?

莱斯特：那是表面上的成为，是的。

Lester: It's the apparent becoming, yes.

但你本来就是，那你怎么会成为呢？

But you are, so how can you become?

“你在成为”只是一种表象。

It's only an apparency that you are becoming.

学生：或者在我看来，你还没有到达那里，所以你必须.....

Student: Or it seems like to me, you're not there yet, so you have to...

莱斯特：看起来是这样，你是对的。

Lester: It seems that way, you're right.

因此，看起来你正在成为，但那只是一种表面现象，并非事实。

So therefore, it seems as though you're becoming, but that's a seemingness, that's not the truth.

事实是，此时此地，你本来就是了。

The truth is you are, here and now.

学生：嗯，我.....我想.....我.....我想我能明白这一点，我的意思是，对我来说，你说的.....呃，我还不理解，我想是因为我在西科维纳，我只是还没到那里。

Student: Well, I, I guess, I, I guess I can see that. I mean, it's, to me what you're saying, and it, uh, I can't quite understand it, I guess, is that I'm in West Covina, I just haven't got there yet.

莱斯特：不，你现在就在那儿。

Lester: No, you are there now.

但你却有这种愚蠢的限制性观念，认为你只是在这里，认为你只是那具身体，认为你只有通过那具身体才能到某个地方，这不是真的。

But you've got this silly, limited concept that you're only here, that

you're only that body, and only through that body can you be somewhere, that's not true.

如果你能看到真相，在你和我交谈的时候，你会看到家里此刻正在发生的一切。

If you would see the Truth, you'd see everything going on at home right now as you're talking with me.

学生：你最好相信这一点，我的意思是，我现在听到了混乱的声音，证明他绝对在那里，但我们看到他在这里了，不是吗？但他可以随时都能回去，原来他真的在那里，这可以给你的午休时间一些话题。

Student: You'd better believe it, I mean, I hear the turmoil right now, proves it that he is out there present, absolutely, but we see him here, don't we? But he, he can be back there any time he wants, so he is there, really, this will give you something to talk about at lunch break.

莱斯特：但这些事情我们无法说服自己，可以这么说，这些事情我们必须自己去领悟，我们必须通过自己的心灵之眼去理解它。

Lester: but these are things that we cannot talk ourselves into, these are things we have to realize on our own, we have to see it through our own mind's eye, so to speak.

否则，那就只是一些文字而已。

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，我就在这儿呢！”

Someone who doesn't think he's omnipresent says: "That's ridiculous, I'm right here!"

所以，在我们领悟到这一点之前，它对我们来说实际上没有任何意义。

So, until we realize this, it has no meaning, really, for us.

但我说，试着去领悟它。

But I say, try to realize it.

然后，你会发现你现在是、过去是、将来也永远都会是无所不在的。

And boy, what meaning it will take on you find out you are, always have been, always will be omnipresent.

学生 1：保罗，你为什么要这样对自己说呢？这会让你心情愉快。

Student 1: Why do you tell this to yourself, Paul? It'll put you down to a happy spot.

学生 2：我就是不知道，我想我并不太在意别人怎么看我或我的团队，我喜欢他们本来的样子，如果他们因为他们自己的原因而不喜欢我，那是他们的

问题。

Student 2: I just don't know. I guess I don't particularly care what other people think of me or my team. I like them for what they are. If they don't like me for what they are, that's their problem.

莱斯特：这是一个很好的机会，这是一个成长的好机会。

Lester: It's a good chance, it's a good opportunity to grow.

当人们在议论你、反对你时，这给了你一个实践真正的爱的机会，也给了你一个实践真正的平和的机会。

And 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，你没有理由为此感觉不好。

Because they're making sounds with their mouths, 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，爱是全世界都在歌颂、书写、拍成电影、却鲜为人知的东西。

So, love is a thing that the world sings about, writes about, has movie pictures about, and knows very little about.

电影里总是把爱描绘成一个男性和一个女性互相赢得对方。

Love is portrayed in the movies as always a male and a female winning each other.

真正的爱是赢得整个宇宙，不仅仅是一个人，而是宇宙中每一个个体。

The real love is winning the universe, not just one person, but every individual in the universe.

学生 1：还不错，我的意思是，到目前为止，他是个热情的恋人。

Student 1: Not bad, I mean, he's an ardent lover, well, all over that far.

(学生说的听不清)

学生 3：这是下一组。

Student 3: This is the next group.

莱斯特：在实际操作的最后，我省略了，用爱来衡量一切，这是一个绝妙的窍门。

Lester: And in the practical end of it, I left out, square all with love, this is

an excellent gimmick.

白天的时候，如果我们试着把一切都融入爱，无论我们在做什么，都会取得飞速且巨大的进步。

During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress.

用爱来化解一切：我是用爱去做这件事的吗？

Square all with love, am I doing this with love?

不管它是什么事，试着用爱去做，这是另一个诀窍。

No matter what it is, try to do it with love, that's another gimmick.

这两者对日常成长都非常有益，对发生在你身上的一切负起全责。

Both of those are excellent for daily growth, take full responsibility for whatever happened to you.

无论发生了什么，问问自己：我做了什么导致了这件事？

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揪出根源的习惯，

You'll develop the habit of bringing up the cause for what's happening to you,

你将向自己证明你才是主人，一切都是由你造成的。

you'll prove to yourself that you are the master, that you caused everything.

既然你是主人，你就能消除、或促成你想要发生的一切。

And since you are the master, you can uncause or cause what you would like to have caused.

但“负起全责”和“用爱化解一切”是两种绝佳的成长方式，我们在每天与人交往的中都能使用。

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.

学生：磁带还剩两分钟就录完了。

Student: Another two minutes to go, boy, the tape is out.

学生 1：你想在里面放一束价值三美分的花吗？去把那边的弗兰克接过来，也许他有话要说。

Student 1: Would you like to place a bouquet of three cents worth in it?
Pick up Frank over there, maybe he has something to say.

学生 2：我以为我会睡着，威士忌里漂浮着那么多宝石。

Student 2: I thought I'd fall asleep with all those gems floating in the whiskey.

学生三：好吧，别怪他，他是爱尔兰人，哈斯克尔？

Student 3: Well, don't blame him. He's the Irishman, Haskell?

学生二：好吧，等等，那是你自己的想法，不是他的。

Student 2: Well, now, wait a minute, that's your own concept, that's not his.

学生 3：老牧师。

Student 3: Old pastor.

学生 2：弗兰克，我们再说清楚些，你到底是什么意思？

Student 2: Let's have a little clearer communication here, Frank, what is your meaning?

学生 4：你明白沟通有多重要了吗？

Student 4: Do you see how that communication bit really is important?

学生 2：每个人.....我不在乎我是否理解他在说什么，好吧，那是你的概念，我是说，那是你的概念，好吧，我们现在有好几个人.....

Student 2: Everybody... I don't care if I don't understand what he's talking about, well, that's your concept, I mean, that's your concept, well, we're having several now.

学生 1：我想这个房间里有我们三个人，而不只是一个人。

Student 1: I think there are three of us in this room instead of just one.

学生 2：我想知道，根据你自己的经验来看，你是在什么时候、采取了哪些步骤呢？在你走向将一切都视作自己、将自己视为一切的过程中，你是如何.....你取得了怎样的突破？

Student 2: I, I, I, I, I, I. I was wondering, in your own experience, when did you, what were the steps? How did, what breakthrough did you get as you were leading up to seeing all, as yourself as all?

学生 1：他从一个敞开的电梯井掉了下去，头朝下着地。

Student 1: He fell through an open elevator shaft on his head.

莱斯特：（笑）那对你没有任何帮助，哈利。

Lester: That wouldn't help you any, Harry.

对你有帮助的是你去做它，采取这些步骤。

What will help you is for you to do it, take those steps.

学生：对我来说没有捷径，我拥有的第一个东西.....

Student: There ain't no shortcut for me, The first thing that I had.

莱斯特：有一条捷径，知道“你是谁”。

Lester: 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和全知的？

How long does it take an omnipotent, omniscient being to know that he is omnipotent and omniscient?

他拥有所有的力量、所有的知识。

He's got all power, all knowledge.

他要多久才能意识到自己拥有了这一切？

And how long should it take him to realize that he has it, that he's got it?

一秒钟就可以完成。

Could be done in a second.

【关于睡眠与觉醒】 01.关于睡眠与觉醒 第一部分 【On Sleep and Awakening】 01.On Sleep and Awakening Part 1

我可以告诉你如何消除这一切，或许这会给你一些启发。

I could show you how you could uncreate it, maybe that will give you some insight.

当你看着它的时候，睡着了，它在哪里？

While you're looking at it go to sleep, where is it?

对你而言，你睡着了，再也不醒来，这个东西就消失了。

As far as you're concerned, you go to sleep, you never wake up again, the thing is gone.

你发现摩天大楼就在你的意识里，在你的心智中。

And you see that the skyscraper is in your consciousness, in your mind.

因为，你睡着了，你放开了你的心智，这个世界就消失了，对吗？

Because you go to sleep, you let go of your mind, the world is gone, right?

当你入睡时，你放下了这个世界，对你而言，它消失了。

When you go to sleep, you let go of the world, it disappears for you.

当然，关于创造有很多共识。

Of course, there's a lot of common agreement on creation.

我们认为，那座摩天大楼是我们共同创造的。

We all created that skyscraper, we think.

但对你来说，当我们早上醒来时，我们在意识中重建了这整个世界，而这就是世界所在的地方。

But for you, when we awaken in the morning, we recreate this whole world in our consciousness and that's where it is.

但你必须亲身体验才能知道这一点。

But you must experience this to know it.

你只需专注去做，总有一天，突然间整个故事展开了，然后你就明白了，这被称作“开悟”或“启示”。

You just work on it, someday, suddenly the whole story unfolds, and then you see it. that's called a realization or a revelation.

因为时间是一个心理概念，可能几百万年过去了，这种事情实际上在印度、西藏发生过。

Because time is a mental concept, million years could pass, this thing actually happens in India, in Tibet.

这些瑜伽修行者会练习进入出神状态，在这种状态下，身体机能暂停，这种状态是假死状态，而且身体不会腐烂。

These yogis will practice going into the trance, in which the body functions are suspended, the status is suspended animation, and the body does not decay.

他们中有些人已经被埋葬了，当用锋利的工具挖掘坟墓和遗迹，他们碰到了这些人的身体时，他们复活了，而这些人已经“死”了几百年，据我所知甚至几千年，他们并没有死，而是处于这种出神状态。

Some have been buried, and I'm digging up graves and places with sharp instruments, they have hit these bodies and have come to life, these men have been dead for hundreds, and I have read thousands of years, not dead, but in this state of trance.

当他们醒来时，对他们来说，仅仅过去了一个晚上。

As they wake up, now to them, just one evening went by.

身体将保持这种假死状态，直到他们回到身体里并再次与之合体，这种状态可以持续数百万年。

Body will remain in that state of suspended animation until they return to it and become it again, it would last for millions of years that way.

我们所是的这个无限存在是全能的。

This infinite being that we are is omnipotent.

如果我们能暂时落入真我之中，在那种状态下迅速就能恢复活力。

If we can drop into our real Self for just a moment, it takes no time to rejuvenate in that state.

这是我们所说的熟睡状态，这种状态中没有梦，是完全彻底的放手，只需片刻就能恢复精力。

It's the state of sleep that we call sound sleep, where there's no dreaming, it's a complete and total let go, just for a moment.

许多人通过所谓的小睡来做到这一点，他们睡上 10 到 15 分钟，会感觉好

像已经睡了 8 个小时，他们也能立即做到这一点。

Many people do it for through what they call catnaps, they'll sleep 10-15 minutes and see as though they've slept 8 hours, they could do it immediately too.

只是完全、彻底地放下这个世界和那个梦境世界，也就是那个睡梦中的世界，你必须同时放下这两者。

Just a complete total let go of this world and of the dream world, of the sleep dream world, you have to let go of both of them.

因为梦境世界和这个世界一样，都会让你疲惫不堪。

Because that can tire you out just as much as this one.

一次暂时完全地放下它们二者，会让整个身体恢复活力。

A complete let go of both of those for just a moment will rejuvenate the entire body.

学生：换句话说，我们仰望发电站一会儿，就能看到上帝的物质和生命，那里才是真正的一切。

Student: In other words, we look up the power station for a moment and get a shot of God's substance and life out there where it really is all.

莱斯特：是的，那里有着无限的能量。

Lester: Yeah, it's unlimited energy there.

我认为当你能做到这一点时，你可以更进一步。

I think when you can do that, you can go one step further.

因为你知道能量在那里，你不必放手进入熟睡状态获取它，你可以在清醒状态下获取它，这样你就永远不需要睡觉，永远不会感到疲倦，你会永远充满活力。

Since you know the energy is there, you don't have to let go to take it, you can take it while conscious, then you'll never need to sleep, you'll never get tired, you'll always be full of energy.

学生：这就是为什么我读到过一些人，它们三四十年都没睡过觉，有些人在自己浑然不知的情况下不知不觉接上了能量。

Student: And that's why some of these people that I have read about that haven't slept for 30 or 40 years, some are rather better hooked up without their knowing it.

莱斯特：我知道我进入了那种不睡觉的状态，我忘了自己保持在这种状态中多久了，但当这些事情发生时，我倾向于像其他人一样，我开始睡一个小时，然后是两个小时，后来能睡到五六个小时。

Lester: I know I fell into that state of no sleep, I forget how long I remained in it, but when these things come to one, the tendency is to want to be like others, and I started sleeping one hour and two hours, I got up to 5, 6.

我不知道我现在睡多久，因为睡眠时间不固定，有时我仍然不会困。

I don't know how much I sleep now, because it varies, sometimes I still sometimes won't get sleepy.

天亮的时候，我说“好吧，该睡觉休息了”，然后我去睡觉，我可能会 9 点起床；其他时候我可能半夜睡觉，7 点或 8 点起床。

When daylight comes up, I say “well it's time to go to bed rest”, and I'll go to bed, I might get up 9 o'clock; Other times I might go to bed midnight and get up at 7 or 8.

但当这些发生的时候，你可以 24 小时不停地工作，这非常方便。

But when that comes, you can go around the clock, and it comes in very handy.

我在纽约创办了《朗·约翰秀》，这是一档通宵节目，我负责安排所有的节目素材，所以我需要白天收集节目单，晚上还要参与节目制作，我就这样一直工作着，我记得第一个月我只睡了一个晚上，我想第二个月我睡了两晚，算是有了一些休息时间。

I started that Long John show in New York, it was an all night show, and I was arranging all the program material, so I needed the day to gather the programs, I was with the show at night, so I went on and on, the first month I remember I slept one evening, I think the second month I slept two evenings, I had some time off.

但人们过去常常看着我说：“你怎么能熬夜一整晚还不累？”

but people used to look at me and say: "How do you stay up all night and not get tired?"

我总是精力充沛，他们以为我有时会在白天睡觉，他们不明白我怎么能熬通宵还一直保持清醒。

I was always full of energy, they thought I was sleeping during a daytime sometime, they couldn't understand how I could stay up all night and stay awake.

但我们通过睡觉所获取的能量是随时可用的。

But the energy that we pick up by going to sleep is available all the time.

如果我们直接获取能量，就不再需要睡觉了。

If we just take it directly, we need no sleep.

睡觉不过是对这个世界的一种逃避。

Sleep is just an escape from this world.

这个世界对我们来说太过残酷，为了能在第二天爬起来继续战斗，我们不得不暂时在睡眠中“死去”。

The world's too rough for us, and we have to die to it in order to stand up the next day keep fighting it.

这也是无身体状态下生活的乐趣，也就是脱离身体的生活。

It's also the pleasure of bodily less living, living without the body.

每个人都喜欢睡觉却恐惧死亡。

Everyone likes sleep and fears death.

它们唯一的区别只是时间长短而已。

The only difference is the length of time.

【关于睡眠与觉醒】 02.关于睡眠与觉醒 第二部分 【On Sleep and Awakening】 02.On Sleep and Awakening Part 2

宇宙是在我们进入所谓的清醒状态时被创造出来的。

The universe is created on our entering the so-called waking state.

当我们脱离所谓的清醒状态，宇宙就不再存在了，只有我们的存在。

We step out of the so-called waking state, there's no more universe, there's only our Beingness.

我们存在于宇宙之外。

We exist without the universe.

睡眠是一件值得深入研究的趣事，它具有启示性。

Sleep is an interesting thing to dig into, it's revelatory.

当你处于深度睡眠且没有做梦的时候，这个宇宙在哪里？

When you're in deep sleep and you're not dreaming, where is this universe?

它并不与你同在。

It's not with you.

而深度睡眠、无梦的睡眠，是最美好的状态之一。

And that's one of the nicest states to be in deep sleep, dreamless sleep.

当你回到清醒状态时，你会说：“哇，感觉真好，我睡得太好了！”

When you come back to the waking state, you say: “Gee, I feel good, I slept so well!”

学生：那个存在在哪里？

Student: Where was that being?

莱斯特：是啊，那么那个时候，那个存在在哪里？

Lester: Yeah, now where was that being then?

当你进入深度睡眠时，你没有意识到这个外部世界，也没有意识到任何的梦境世界，在那一刻，你只是存在。

When you were in deep sleep, you were not conscious of this external world, you were not conscious of any dream world, you were just being at that time.

实际上，在深度睡眠中，你处于无限真我的状态，你没有被所有的限制所束

缚。

You were actually in the state of your infinite Self in deep sleep, you're not plugged with all the limitations.

现在，你所要做的就是**在清醒状态下意识到无限存在。**

Now, all you have to do is make that conscious in that state.

瞧，我们有.....**由于清醒状态让我们认为无限存在是无意识的，但事实并非如此。**

See, we have... Because of the waking state made that we think that's being unconscious and it isn't.

所以，现在，在清醒状态下，我们必须醒来。

So, now in the waking state we have to awaken.

然后当你入睡时，你就会知道你所处的状态是你的无限存在。

And then when you go to sleep you know that is your infinite Beingness the state you're in.

因为在清醒状态下，你处于那种无限“存在状态”，而且你会将这种状态延续到睡眠中。

Because in the waking state, you're in that infinite Beingness, and you

carry it right through into sleep.

瞧，正是清醒状态在说睡眠状态是一片虚无。

See, it's the waking state that says that the sleeping state is a nothingness.

当你在深度睡眠中告诉我你是一片虚无，那么我可以接受。

Tell me you're a nothingness when you're in deep sleep, then I could accept it.

但是在清醒状态下，你却说自己在深度睡眠中是一片虚无。

But in the waking state, you say you're a nothingness in deep sleep.

因为你认为清醒状态才是真实的，其他的一切都是不真实的。

Because you say the waking state is the state everything else is not real.

要看到这种“无觉知”就是这种清醒状态。

See the unawareness is this waking state.

所以在清醒状态下，你必须消除你现在称作“觉知”的这种无觉知状态。

So, in the waking state, you have to undo the unawareness which you are

calling awareness now.

(学生说的听不清)

莱斯特：你明白这一点了？

You see it?

我们现在所说的“觉知”是错觉、是梦境幻觉，消除那种状态，然后就会有全然的觉知。

What we call awareness now is the delusion, the dream illusion, undo that, and then there's total awareness.

完全放下心智，剩下的就是你的无限存在，无所不知、无所不能、无所不在。

Let go of the mind completely, and what's left over is your infinite Beingness, all-knowing, all-powerful, everywhere present.

只是释放心智，然后你就进入了自己的真我之中。

Just let go of the mind and you're in your real Self.

当我们从清醒状态到梦境状态再到无梦状态时，我们经历了存在的三种基本状态。

We move through the three basic states of Beingness when we go from

waking state to dream state to dreamless state.

当我们做梦时，我们带着我们的星光梦境身体进入了星光界。

When we dream, we're in the astral realm with our astral dream body.

当我们处于无梦的睡眠状态中时，我们是我们本质的存在，我们处于真我之中。

When we're in the dreamless sleep state, we're our essential Beingness, we're in the real Self.

但你是处于一种特殊的状态中，而不是与之相反的状态，因为你已经说过了。

But you're in a sort of a niche state instead of the opposite, because you've so said it.

而你解除它的方法，是在这个清醒状态下意识到你无限的存在，然后它就会是永久的。

And the way you undo it is by coming aware in this waking state of your infinite Beingness, and then it's permanent.

在你消除这个幻象之前，你会不断地从深度睡眠状态中醒来，并回到这个被创造出来的幻象中。

You will always awaken from that deep sleep state and come back to

this created delusion until you undo this delusion.

现在，如果你能一直处于那种深度睡眠的状态，如果你能做到的话，你就会意识到自己的无限。

Now, if you could remain in that deep sleep state all the time, if you could, you would become aware of your infinity.

但你做不到这一点，所以谈论它是愚蠢的。

But you can't do this, so it's silly to talk about it.

你必须在清醒状态下做到这一点。

You have to do it in the waking state.

睡觉对我们人类来说并不自然。

Sleep for our human is not natural.

睡觉只是一种逃避。

Sleep is just an escape.

我们建立了外面这个糟糕的外部世界，而我们无法承受它，所以我们离开它。

We set up this awful external world out here and we can't take it, so we

drop away from it.

那些开悟的人不需要睡觉，但他们中的大多数人还是会睡，以免显得怪异。

But people who are realized don't have to sleep, most of them do, so as not to be freaks.

他们像其他人一样生活，但他们并不需要睡觉。

They live life like other people do, but they don't have to sleep.

当你处于和谐中时，你永远都不会感到疲惫。

When you're in harmony, you never get tired.

如果你处于和谐之中，你永远都不会想要睡觉。

You would never want to sleep if you were in harmony.

而且你的生活越和谐，你所需要的睡眠就越少。

And the more harmonious your life, the less you need sleep.

不要指望心智能给你答案，它做不到。

Don't expect the mind to give you the answer, it cannot.

因为存在是一种心智的消除，它就在心智的背后。

Because the Beingness is a elimination of the mind, it's just behind the mind, this all Beingness.

但心智无法给出答案。

But the mind cannot give the answer.

因为它是小我的一部分，是我们限制性的一部分。

Because it is part of the ego, it is part of our limitation.

但某种程度上，你必须用心智来消除心智。

But you have to work with the mind to subdue the mind, sort of.

随着心智变得越来越安静，念头会不断消散。

As the mind gets quieter, the thoughts keep dropping away.

当足够多的念头消散时，真我就很明显了，它就显而易见了，你会说：“哇，我一直都是这个存在”。

When enough thoughts drop away, the Self is obvious, it's Self-obvious and you say: "Wow, I've been that all the time."

然后整个梦境转变了，你把这一切都看作是一场梦，然后你把它看作是一场从未发生过的梦，这是个天大的笑话。

And then this whole dream turns, you see this whole thing as a dream, then you see it as a dream that never was, it's a big joke.

(学生说的听不清)

莱斯特：在清醒状态下，是的。

Lester: In the waking state, yes.

你只需提出“我是谁”的这个问题，让心智安静下来，直到你看到自己的真我，那个真正的你，祂会接管一切并带你走完全程。

You just pose the question "who am I", get the mind quiet until you see the Self of you, the real you, so It takes over and carries you all the way.

当真我出现时，你对此无能为力。

And there's nothing you can do about it when the Self comes in.

因为，你、那个小小的小我被淹没了。

Because you, the little ego is overwhelmed.

真我呈现在你面前，你把自己的真我展现给自己，这就是启示。

The Self presents itself to you, you present your real Self to you, this is the revelation.

心智无法给你启示。

And the mind cannot give it.

但心智可以引导你朝着获得启示的方向前进。

But the mind can steer you in the direction of getting it.

学生：我们所感受到的和得到的这些领悟并不是心智的领悟。

Student: These realizations that we feel and that we get are not realizations of the mind.

莱斯特：不是，这是一种体验。

Lester: No, it's an experience.

你看到了一些东西，然后你试图在体验后把它转化为语言。

And you see something, and then you try to translate it into language after the experience.

学生：心智试图欺骗我们，让我们认为它会给我们这种领悟，但实际上它并不会。

Student: The mind tries to delude us into thinking that it would get the mind to give us this realization. It actually didn't.

莱斯特：是的，因为你很难想象自己没有心智。

Lester: Yeah, because it's hard for you to imagine yourself without a mind.

然而，在深度睡眠中，你的心智在哪里？

And yet in deep sleep, where was your mind?

它死了。

It was dead.

学生：莱斯特，这件事真的能更容易吗？是什么让它们变困难的？

Student: Lester, is this thing really easier? And what makes them hard?

莱斯特：啊哈~（全场笑）

Lester: Uh-huh~

学生：这是我听过的更具活力的说法。

Student: That was a more dynamic statement I've heard.

萊斯特：你现在是不受限制的，你现在就是无限的。

Lester: You right now are unlimited, you're infinite right now.

学生：但我不这么认为，我们不会允许自己.....

Student: But I don't think so, we don't allow ourselves...

萊斯特：你认为你是受限的，你自己让事情变得艰难。

Lester: You think you are limited, you make it hard for yourself.

你的自然状态是无限的，无限的喜悦。

Your natural state is unlimitedness, infinite joy.

你可以创造宇宙，也可以让它们消失。

You can create universes and uncreate them.

你拥有所有的力量、所有的一切。

You've got all power, all everything.

然而你却如此努力地让自己做一具身体。

And you're working so hard to keep yourself one body.

瞧，随着你的领悟提升，你会成为那个身体以及宇宙中所有其他的身体，你不再把自己限制在一个小小的身体里。

See, as your realizations go up, you'll be that body and every other body in the universe, you won't limit yourself to one little body.

但你说得对，我们把事情变困难了，并且紧紧抓着这个困难不放。

But you're right, we make it hard, and we hold on to that hardness.

学生：你为此付出了很多努力。

Student: You work hard for it.

莱斯特：总有一天你会醒悟过来，当我们所有人说“我”的时候，其实都是同一个“我”。

Lester: And someday you'll wake up to the fact that when we all say "I", it's the exact same "I".

这就像看着倒映在水面的月亮，它看起来像一千个月亮，但实际上都是同一个。

It's like looking at the moon reflected off a water surface, it looks like a thousand moon, it's all one.

我们在让它偏折，把它反射成千万个“我”，而它们都是同一个“我”。

We're deflecting it, reflecting it into a thousand millions of Is, it's all the one same I.

它就好像一把梳子的齿在说“你和我分离的”，但其实它们是同一把梳子。

It's like a comb of the teeth saying you're separate from mine, it's all the same comb.

说“我们是分离的”，这是个谎言，我们并不是。

It's a lie to say that we are separate, we're not.

但现在你是无限的，此时此地，每个人都是无限的。

But right now you're infinite, everyone is infinite here and now.

现在，无限只是纯粹的存在，不是某种东西，而只是存在本身，并且存在永远不会改变，始终如此。

Now that infinity is just pure Beingness, not being something, but just Beingness itself and Beingness never changes, it always is.

它只是存在，它不是“我”和“某种东西”，它只是“我”，仅仅是“我”。

It's only Beingness, it is not I and something, it just I and only I.

但我们的这部分只是纯粹的“我”，不掺杂任何东西，这就是我们的无限存在。

But this part of us that is just the pure I, unalloyed with anything is our infinite Beingness.

然后我们非常愚蠢，好吧，我会说：“我，这个无限存在是一个受限的身体、困扰的心智，吧啦吧啦没完没了.....”

And then we, very silly, well, I'd say: "I, the infinite being am a limited body, mind of troubles, and da da da da da da..."

但是这个“我”，当你说我是无限的，你实际上无法限制它。

But this I, when you say I is unlimited, and you can't limit it actually.

所以，“它是有限的”全是一种错觉。

So, it's all a delusion that it's limited.

当你意识到这个事实时，你会明白这一点，但你从来都是不受限的。

And when you awaken to that fact, you see it, but you never were limited.

你知道，我唯一做的事，就像一个戴着项链的女人，她忘了项链，突然间找不到自己的项链，她到处找，焦虑地想：“哦，我的项链在哪儿？我把它弄

丢了。”我走过去说：“在这儿呢，就在你的脖子上。”她说：“哦，现在我找到了，非常感谢你。”

You know, the only thing I do, it's like the woman wearing a necklace, she forgets it, suddenly she can't find her necklace, she's looking all over for it, she goes into an anxiety of: "Oh where's my necklace? I've lost it." I come along and say: "There it is, right around your neck." She says: "Oh now, I found it, thank you very much."

你从一开始就没有丢过项链。

You never lost her necklace in the first place.

你从未失去过你的真我。

You never lost your real Self.

【关于睡眠与觉醒】03.放下欲望【On Sleep and Awakening】 03.Letting Go of Desire

莱斯特：我要问你一个问题，如果你不是心智，那你是什么？

Lester: I'll ask you a question, if you're not the mind, what are you?

学生：只是存在？

Student: Just be?

莱斯特：我就是我，你只能这么说，所以“我是”。

Lester: I am I, that's all you can say, so I am.

但不要把小我变成你之外的其他存在。

But don't make the ego other than you.

因为小我，那个无限的你试图通过一个叫做“小我、身体、世界”的受限媒介成为无限。

Because the ego, the infinite you, trying to be infinite through a limited medium called the ego, body, world.

所以它永远都是你，而你表现得要么像个小我，要么只是你的真我。

So it's always you, you behave as an ego or just remains your Self.

你明白这个要点了，当你说“小我对我做了些什么”时，这是不负责任的，小我做不到。

You get the point, it's no responsibility when you say ego is doing something to me, the ego can't.

小我就像一个刹车，它束缚你、压榨你。

The ego is just like a brake, it clams down on you, squeezes you.

因为它在剥夺你的自由。

Because it squeezing your freedom.

但这其实是你自己通过认同身体、心智而做到的。

But it's you doing it by identifying yourself with a body, mind.

**你没有完全觉醒只是因为你说“你不是”，“保持着这一点直到我完全开悟”
意味着我不相信我是，对吗？**

You're not fully realized only because you say you're not, keep it until
I'm fully realized means I don't believe that I am, right?

放下这些，你就是了。

And let go of that, you are.

总而言之，你必须持续清除潜意识。

And overall you've got to continue to wipe out the subconscious.

(学生说的听不清)

莱斯特：现在你可以用我们的无欲状态来检查外部环境。

Lester: Now the external mediums you can check it with our desirelessness.

当你不再有欲望时，也就不再有想法了。

When you have no more desire, you have no more thoughts.

这简单吗？

Is that simple?

正是人为创造的匮乏，才创造了填补匮乏的欲望。

It's only the artificial creation of a lack that creates a desire to fulfill the lack.

本课程的第一条警句是：放下所有的欲望等同于放下所有的想法。

The first aphorism in the present session, letting go of all the desire is of tantamount to letting go of all thought.

之后，你就凭直觉行事了。

After which you work intuitively.

但既然你知道你不是心智，那就放下它，你会发现你不会消失，反而会得到所有的喜悦，只要你愿意，这份喜悦就是无限的。

But now that you know you're not the mind, you let go of it and you'll discover you won't disappear, but you'll just get all the joy there is, which is infinite if you want it.

所以，保持动能，走完全程。

So, keep the momentum going and go all the way.

你可以检验你的无欲。

You can test your desirelessness.

当没有任何人或任何事能打扰你时，你就是无欲的，你不渴望任何认同，也不渴望任何东西。

When no one and no thing can disturb you, you're desireless, you desire no approval, you desire no thing.

因此，没有任何人或任何事能再打扰你了。

so therefore, no one and nothing can disturb you anymore.

所以，归根结底就是摆脱欲望，到达一个没有任何人或任何事能打扰你的状态，然后你就得到它了。

So, it boils down to getting rid of desire, getting to a place where no one, no thing can disturb you, then you get it.

好吗？还有其他问题吗？

Okay? Any other any other questions?

永远不要停止这种势头，永远、永远、永远都不要停下，要重新建立它太难了。

Never stop the momentum, never, never, never, it's so difficult to reestablish it.

到目前为止，每个人都停下了。

Everyone so far has stopped it.

如果有人没停下，那这个人已经走完全程在那里了。

If anyone didn't, that one would have been there all the way.

因为这个速率会呈几何级数不断上升。

Because the rate keeps increasing geometrically.

【关于睡眠与觉醒】04.幸福与关系【On Sleep and Awakening】04.Happiness and Relationships

我会试着给你保持持续幸福的关键，这样你就不会一蹶不振。

I would try to give you the key to maintaining a constant happiness, so that you don't nose dive.

我知道有几个人一直处于低谷，而且还没有上来，我想这也是我没到这里来的原因之一。

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，当你情绪低落，觉得一切都糟透了，而且心急如焚的时候，我很难和你轻松地沟通。

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，如果我来到这儿，你得到了帮助并摆脱了困境，你会说是我做到的，这就会发展出一种依赖关系，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，你能做任何你想做的事，你能拥有、成为或者做任何你想要或渴望的。

You're infinite, you can do anything and everything you want, you can have, be, or do whatever you will or desire.

当这种困扰持续足够长的时间，你会厌烦它，无论如何你都会放手，然后你就做到了。

And when the disturbance lasts long enough, you get fed up with it and you let it go anyway, then you do it.

你看，当这是你自己做到的时候，感觉会好非常多，而且你不再需要依靠别人了。

See, and it's much, much better when you do it, and you don't need someone else to lean upon.

但我感觉当时这个群体想知道的是如何保持这种幸福，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?

我们本该如此。

We should.

所以，我想试着让你们明白，或者说给你们理解的关键，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 last.

好了，这就是关键，当你理解或知道幸福是什么时，你就能越来越多地建立幸福，直到永远幸福。

All right, 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.

但关键在于，要明白幸福究竟是什么。

But the key is knowing what is this thing happiness.

当你知道幸福是什么时，你会去它所在的地方寻找它，而不是去它所不在的地方寻找它。

When you know what it is, you look for it where it is rather than look for it where it isn't.

在幸福所不在的地方寻找它，会让你痛苦不堪；

Looking for happiness where it isn't is what gives you misery;

在幸福所不在的地方寻找它，会让你一蹶不振。

Looking for happiness where it isn't is what causes you to nosedive.

目前为止，关于我所说的这些，还有什么疑问吗？

Is there any question on that, what I've said so far?

关键在于知道幸福是什么，这样你才能直奔它而去。

The key is knowing what happiness is, so that you can go directly for it.

不了解幸福是什么，就很难永久地建立幸福。

Not recognizing what happiness is makes it difficult to establish it permanently.

那么，什么是幸福呢？

Well, what is happiness?

对大多数人而言，他们称幸福为享乐，而它实际上是对痛苦的逃避。

Well, to most people they call it pleasure, and what it actually is is escape from pain.

如今，大多数人所谓的幸福，不过是从痛苦中逃离出来，逃避、娱乐。

What most people call happiness today is their getting away from their pain, escape, entertainment.

他们无法忍受自己以及自己的想法，他们不得不去看电影、去夜总会、去拜访某人，只是为了让自己动起来，这样他们就不用独自面对自己的念头了。

They cannot stand 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.

当他们的思想从自己的想法中抽离出来时，他们感觉好多了，然后就称之为幸福。

When their mind is taken away from their own thoughts, they feel better and they call that happiness.

所有的娱乐实际都是这样的。

All entertainment is actually that.

虽然当你获得自由时，你可以比以前更多地享受娱乐，但你不再需要它了，因为你是快乐本身。

Although when you become free, you can enjoy entertainment far more

than before, but you need none of it, because you're happy.

现在我要谈论的幸福不是逃避痛苦的那种幸福，而是做你的真我所带来的喜悦。

Now the happiness I'm going to talk about is not the escape from misery kind of happiness, it's the joy that results from being your real Self.

我们越是做真实的自己，我们就越感到快乐。

The more we are our real Self, the more joyous we feel.

这种快乐并不是通过我们所关联的事物或人来实现的，而是通过满足对想要得到这个人或事物的渴望或想法来实现的。

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.

我们平息这些想法，心智越平静，真我就越闪耀光芒。

We quiet those thoughts, and the quieter the mind is, the more the Self can shine forth.

但这是你必须在自己的内心明白的，你的心智越平静，你就越喜悦、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.

这是一个很好的尝试，去体验它，直到你看到它。

It's good to play with this, experiment with it until you see it.

但无论那种喜悦是什么，它总会让心智安静下来，然后你会感觉到幸福。

But whatever that joy was, it always resulted in quieting of the mind, and then you feel happy.

接着，你开始放下对人和事物的贪恋，

Then you begin to let go of attaching that happiness to people and things,

你开始明白，那份喜悦只是你自己的真我在更多地显现出来。

you begin to see that the joy is only your very own Self coming out more.

但是，当你明白这种幸福是什么时，你便不会去幸福所不在的地方寻找它，

But then when you see what this happiness is, you're not going to look for it where it isn't,

而且你会抵达一个不需要任何人或任何事物就能快乐的境界，你只是一直幸福着。

and you reach the place where you need no one and no thing to be happy, you just are happy all the time.

对此有什么疑问吗？

Is there any question on that?

我想，从智性层面来说，每个人都能明白这一点，不管你是否用自己的心灵之眼看到它，你都应该首先在智性层面理解它，然后去实践、去验证。

I guess intellectually it's seen by everyone, whether you see it through your own minds eye or not, you should have it at first intellectually, then experiment with it, test it out.

你会发现确实如此，每当你感到快乐时，你的心智都是放松自在的。

And you'll discover that this is so, that every time you feel happy, your mind is at ease.

而你归因于外在的人或事物，其实是你内在正发生的变化，是你的心智安静下来了，这样你的真我才能更加闪耀。

And that what you attributed to the person or thing outside of you was

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，你便不会再陷入困境。

Then when you see this, you won't bog down anymore.

因为当你不开心时，你会知道该去哪里重建幸福。

Because the moment you become unhappy, you will know just where to go to re-establish the happiness.

学生：那么，快乐是在自己之内吗？

Student: That would be within yourself, then?

莱斯特：是的，但首先要认识到幸福不在于人或事物，而在于念头的平息，平息对人或事物的渴望，这会让你更多地只是存在。

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.

当你的心智专注于外部事物时，你就没在“存在”了，而是被卷入了外部事物中。

When your mind is on things out there, you're not being, you're

involved with externals.

但我认为，关键在于明白这一点：你的幸福在于让你的心智安静下来，通过满足欲望来平息对事物的念头。

But I say the key is seeing just that point, that your happiness is the quieting of your mind, through the satisfying of desires which stills thoughts for the thing.

当你真正在自己的内心明白这一点时，你就能直接做到了，你可以不用得到那个人或那个事物就能放下那些想法，你立刻就是幸福的。

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.

总而言之，你朝着真正存在于你之内的幸福前进，而非在外部寻找它。

But the overall thing is that you move toward happiness where it really is in you, not in the externals.

这样，你就建立了一种持续的幸福状态。

And in that way you establish a state of happiness, that is continuous.

我再次强调，每个人都必须自己领悟到这一点。

Again, I say each one has to realize this for himself or herself.

但当他或她真正领悟到这一点时，幸福就能被永久地建立起来。

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，而不再去幸福所不在的地方苦苦追寻。

Because then you look for happiness where it is, and you stop looking for it where it isn't.

幸福并不存在于人或事物中。

There is no happiness in people or things.

幸福是我们的本性，幸福是我们的存在本身。

Happiness is our basic nature, happiness is our very Beingness.

当我们只是存在时，我们是无限幸福的。

And when we are only being, we are infinitely happy.

当我们只是存在，而不是别的什么东西时，我们是无限幸福的。

When we are only being and nothing else, we are infinitely happy.

要明白你的无限存在是永恒的，它永不改变，要明白这整个世界都无法触及你，它只是个虚构、是一场梦。

It's knowing your infinite Beingness that is eternal, it never changes, and that this whole world cannot touch you, it's just a fiction, a dream.

你没有任何贪恋和厌恶地行走于生活中，那么没有任何人或任何事能够打扰到你，你便拥有了这份永恒的无限平和与喜悦。

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.

一个完全觉醒的人与一个尚未觉醒的人之间，唯一的区别在于他们对待一切的态度。

The only difference between a fully realized individual living in the world and one who was not is their attitude toward everything.

学生：对。

Student: Right.

莱斯特：一个尚未觉醒的人认同一个单一受限的身体和心智，

Lester: An unrealized person identifies with a single limited body, mind,

一个觉醒的人认同一切、每一个存在、每一个原子。

A realized person identifies with everything, every being, every atom.

你的本性是喜悦，你不是从所发生的一切中获得它的，你的本性就是无限的喜悦，这是你的自然状态。

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.

只要你不把它寄托在某个人或某个事物上，它就一直都在那里。

As long as you don't hinge it onto a person or a thing, it's there all the time.

但如果你说，除非我做了些什么，否则就无法拥有快乐，那么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.

自然状态是无限的快乐，这才是真正的自然状态。

The natural state is unlimited joy, this is the real natural state.

自然状态是成为无限。

The natural state is being infinite.

而我们把所有的这些限制、需求、贪恋、厌恶的想法都叠加到了这种状态之上，这些想法便遮蔽了本就自然存在的无限喜悦。

And we superimpose over that thing, all these ideas of limitation, of needs, attachments, aversions which block out this infinite joy that is natural.

【莱斯特谈意愿力量】1.莱斯特谈意愿力量

【Lester on Will Power】1.Lester on Will Power

1

磁带旁白：以下是一段录制于莱斯特·利文森在 20 世纪 50 年代的录音，他正在谈论意愿力量和显化，这是一份罕见的录音，我们很幸运能拥有它，我们已竭尽全力提升了质量，然而，其中传递的信息非常有力，我建议你多听几遍。

The following is a recording of Lester Levenson, made in the 50's, he's speaking about will power and demonstration, it's a rare recording and we're lucky to have it, we've done our very best to enhance the quality, however the message is very very powerful, I recommend that you listen to it many many times.

莱斯特正在谈论意愿。

Lester is speaking on will.

莱斯特：现在说回正题，当你强烈地渴望某样事物时，你会让它发生，对吧？

Lester: Now related, when you desire something very strongly, you'll make it happen, right?

当我让它发生时，我是在表达意愿。

When I make it happen, I am expressing will.

你看，大多数人需要进入“行动状态”，他们感到冷漠，所以他们必须表达自己的意愿。

See, most people need to get up to the action state, they feel apathetic, so they must express their will.

如果你能够表达自己的意愿，那么你就不必.....

If you're able to express your will, then you don't need to...

你放手，让上帝来做。

You let go and let God.

就像你不得不运用努力，首先要消除努力，这样你才能达到毫不费力的状态。

Like you have to use effort, at first to undo the effort, so you can reach the effortless state.

你必须运用意愿来消除意愿。

You have to use will to undo the will.

这听起来很矛盾。

It sounds so contradictory.

练习使用意愿。

Practicing using will.

作为一个无限存在，我们拥有无限的意愿。

And being an infinite being, we have infinite will.

理论上，“存在”可以在瞬间完全觉醒，他或她将表达出那种意愿。

And being theoretically can get full realization in an instant, he or she will express that will.

无论是否意识到这一点，每个人一直都在控制着物质。

Aware of it or not, everyone is controlling matter all the time.

无论一个人是否想成为一个显化者，他都是。

Whether the one wants to be a demonstrator or not, he is.

一直不做一个创造者是不可能的，每个人每天都在创造，只是我们没有意识到这一点。

It is impossible to not be a creator all the time. everyone is creating every day, we're not aware of it.

因为我们根本不去看它。

Because we just don't look at it.

每一个念头、每一个单一的念头都会在物质世界中显化，除非我们扭转它，否则没有一个念头是不可能不显化的。

Every thought, every single thought materializes in the physical world, it's impossible to have a thought that will not materialize except that we reverse it.

如果我们说相反的东西，在我们产生一个具有同等力量的念头之后，就刚好能抵消它。

If we say the opposite, right after we have a thought with equal strength, we just neutralize it.

但任何没有被扭转或抵消的念头，即便没有立即显化，也会在未来显化。

But any thought not reversed or neutralized will materialize in the future if not immediately.

所以，我们一直在努力去做到的这种显化，其实我们一直都在做，却没有意识到我们正在做这件事。

So, this thing of demonstration that we're all trying so hard to do, we're doing all the time, unaware of the fact that we are doing it.

我们所需要做的一切就是，有意识地引导它，我们称之为“显化”。

All we need to do is to consciously direct it and that we call demonstration.

每个人在生活中所拥有的一切都是一种显化。

Everything that everyone has in life is a demonstration.

如果你之前没有想过它，它就不可能进入你的经历中。

It couldn't come into your experience had you not have a thought of it at some time prior.

如果你想知道你思想的总和是什么，它完全是由你周围的环境决定的。

If you want to know what your some total thinkingness is, it's exactly determined by what's around you.

你所拥有的东西就是你的显化。

What you have, that's your demonstration.

如果你喜欢它，你可以继续保持它。

If you like it, you may hold it.

如果你不喜欢它，开始改变你的思想，

If you don't, start changing your thinking,

把它集中在你真正想要的方向上，直到这些念头占据主导地位，

concentrate it in the direction that you really want until those thoughts become predominant,

然后，无论这些想法是什么，它们都会在这个世界中物质化出来。

and whatever those thoughts are will materialize in the world.

当你开始有意识地显化小的事物时，你可能会意识到，它们小的唯一原因是：你不敢想大的。

And when you begin to demonstrate consciously small things, you may then realize that the only reason why they're small is because you don't dare to think big.

显化一分钱的法则或原理也同样适用于显化十亿美元。

That the exact same rule or principle applies to demonstrating a penny that applies to demonstrating a billion dollars.

心智决定大小。

The mind sets the size.

任何能显化 1 美元的人，也能显化 100 万美元，商人们。

Anyone who can demonstrate \$1 can demonstrate a million dollars, businessmen.

请注意你显化 1 美元钞票的方式，下次在后面直接加上六个零，把意识放在 100 万美元而不是 1 美元钞票上。

Become aware of the way you are demonstrating the \$1 bill, and just put six zeros after it next time, take on the consciousness of the million rather than the \$1 bill.

这与我所说的有关，当你明白这一点时，精神与物质之间没有区别。

This relates to what I have been saying that there is no difference between the spiritual and the material when you see it.

物质只是我们心智的向外投射，投射到我们称之为宇宙、世界以及许多的物体上。

The material being just a out projecting of our minds into what we call the universe, and the world, and many bodies.

而当我们领悟到这一点时，它只不过是我們心智的向外投射，

And when we see that, it's just an out projecting of our mind,

它只是我们在外部创造的一幅画面，

it's just a picture out there that we have created,

我们可以很容易地立即改变它。

we can very easily change it instantly.

所以，重申一遍，每个人在他或她思考的每一个时刻，都在显化、都在创造。

So, to repeat, everyone is demonstrating, creating every moment that he or she is thinking.

你没得选，只要你有心智且还在思考，你就是一个创造者。

You have no choice, you are a creator, so long as you have a mind and think.

为了超越创造，我们必须超越心智。

To get beyond creation, we must go beyond the mind.

心智背后是全知的领域，在那里无需创造，那儿存在着比创造更高的状态。

And just behind the mind is the realm of all knowingness, where there's no need for creation, there's a higher state than creation.

它是一种本然的状态、一种存在的状态，有时也被称为“觉知”、“存在”、“意识”。

It's a state of isness, of Beingness, sometimes called awareness, Beingness, consciousness.

那种状态就在心智的背后，它超越了创造。

that's just behind the mind, that's beyond creation.

心智很难想象超越创造是什么样的状态。

The mind finds it very difficult to imagine what what it's like beyond creation.

因为心智主要在于创造，它是宇宙的创造工具，也是宇宙中、世界上所发生的一切的创造工具。

Because the mind is involved primarily in creation, in creating, it's the creating instrument of the universe and everything that happens in the world, in the universe.

所以，如果你拿这个被称作“心智”的东西，也就是拿着只是个创造工具的心智，试图想象超越创造的状态是什么样的，这是不可能的。

So, if you take this thing called mind which is only a creator and try to imagine what it is like beyond creation, it's impossible.

心智永远无法知晓上帝。

The mind will never know God.

因为你必须超越心智才能了解上帝，才能了解我们所是的这个无限存在，才能了解超越创造的状态。

Because you have to go just above the mind to know God, to know the infinite being that we are, to know what it's like beyond creation.

最终的状态是超越创造。

The final state is beyond creation.

终极状态是不变的状态。

The ultimate state is the changeless state.

在创造中，一切都在不断变化。

In creation, everything is constantly changing.

因此，终极真理并不存在于创造中。

Therefore, in creation, the ultimate truth is not there.

**所以，为了显化我们想要的东西，我们需要意识到，我们所需要做的就是：
只专注于自己想要的，仅此而已。**

So, to demonstrate what one wants, one needs to become aware of the fact that all we need to do is to think only of the things we want and that is all.

只要真的这样做了，就会得到我们想要的东西。

That we would get if we would do just that.

只想着你想要的，你就会一直得到你想要的。

Only think of the things you want and that's what you'll be getting all the time.

因为心智只有创造性。

Because the mind is only creative.

很美妙而且很简单，不是吗？

Nice and easy, isn't it?

同样，对你创造的所有那些你不喜欢的东西负起责任，只是说：“噢，看看我做了什么！”

Also take credit for all the things you create that you don't like, just say:
“well look what I did!”

因为当你意识到，你创造出了自己不喜欢的东西时，你依然处于一个创造者的位置上。

Because when you become aware that you've created things you don't like, you're still in a position of creator.

如果你不喜欢它，你所需要做的就是把它倒过来，这样你就会喜欢它了。

If you don't like it, all you have to do is turn it upside down and you'll like it.

而且，关于显化，你不需要了解任何关于上帝的事情，你不需要了解所有的这些事情，但如果你能够专注在自己的思想上，你就能创造奇迹。

And on demonstration, you don't have to know anything about God, you don't have to know anything about all that, but if you're capable concentrating your thinking, you can perform miracles.

这就是为什么当地人能够创造奇迹的原因。

And that's why natives are able to do miracles.

现在，在他们跑过这些滚烫的岩石而不会被烫到脚的时候，他们拥有自己能够做到的信念，并且完全专注于此，他们专注地做，以确保自己能够做到。

Now, when they run over these hot rock without burning their feet, they have a conviction that they can do it, and they're totally concentrated on it, they work themselves up to it to make sure that they have it.

好吧，如果这些当地人也同样坚信自己能够造出黄金，他们就能够物质化黄金。

All right, if these natives were just as convinced, they could produce gold, they would be able to materialize gold.

所以，我给出的是最高的方法，现在我要让它变得实用些。

So, I'm taking the highest way and I'm making it practical now.

一个专注的念头会物质化任何事物。

A concentrated thought will materialize anything.

好吧，现在，我将进一步说明，任何其他事物的心理意识在它们的存在中也会很快地把某些东西带入你的体验。

Alright, now I'll come down a step, the mental consciousness of any other thing in its isness will also very quickly bring something into your experience.

如果我的心里想着我有一辆凯迪拉克，而且我正在开着它，它是我的，它现在是我的，并且我接受了这个想法，那么这辆凯迪拉克进入我的经验就是绝对的事实。

If I am having a Cadillac in my mind and I'm driving, it's mine, it's mine now and I accept this thought, it is an absolute fact that this Cadillac will come into my experience.

因为这些是自然法则、心智的自然法则。

Because these are laws of nature, natural laws of the mind.

要明白，心智只有创造性。

See the mind's only creative.

所以，一切都是通过心智被创造出来的。

So, everything created is created through the mind.

所有被创造出来且我们喜欢的事物，我们称之为好的；

Everything that's created that we like, we call good;

所有被创造出来但我们不喜欢的事物，我们称之为坏的。

Everything that's created what we don't like, we call bad.

但没有一个人不是创造者，没有一个人不是在一直创造的。

But there isn't a being who's not a creator, who isn't creating all the time.

所以，当你问“我怎样才能创造 5000 美元”的时候，你真正想问的是：我怎样才能创造更多的物质？

So, what you are really asking is how can I create more of materiality, when you're asking how can I create \$5,000?

我会说，用你一直以来在较小规模上使用的创造过程，并敢于想更大的数量，仅此而已。

I say by using your process of creation that you have been using on a smaller scale, and just dare to think bigger larger amounts, that's all.

每个人都在创造，但他们在创造时坚信自己只能创造极小的量，仅仅足以维持生计，或者只能勉强维持半份生计，或者只是刚好够勉强生存下去，那它就会是这样的。

Everyone creates, but they create with a conviction that they can only create a tiny amount just make a living, or just make a half living, or just enough to survive by and so it is.

所以，对你想要的任何东西的意识，在它的存在中，在对它的接纳中，会让它成为现实。

So, the consciousness of anything you want in the isness of it, in the acceptance of it makes it so.

要相信你已经得到它了，这就是《圣经》所说的方式。

Believe that you have already received it, is the way the Bible puts it.

好吧，现在，其他学派给出的方法比我一直以来给出的还要低。

All right, now the ways that the other schools give are lower than those ways that I've been giving.

你知道，心理视觉化，并且我要重复它，我还有十几个步骤要走等等，但这只是对我所说的内容的延伸，并且还削弱了威力。

You know mentally picturing, and I'm repeating it, I have a dozen steps

to take and so forth and so on, but it's just a stretching out of what I said and weakening of it.

任何你想要的东西，把它保持在自己的心智中，就好像它是你的了一样。

Anything you want, hold it in your mind as though it's yours narrow.

如果你只是这样做，它就一定会实现。

And if you do just that, it has to be.

而且我说，如果你只做这件事，就别被相反的情况搞得慌张。

And I say if you do just that, don't get flustered to the contrary.

任何怀疑、任何相反的想法，都只会撤销它。

Any doubt, any thought of the contrary, just undoes it.

所以，摆脱疑虑是有必要的。

So, it's necessary to rid oneself of doubts.

正如我曾经说过的，如果每个人都坚信为了谋生，他们不得不每个小时都准时地敲自己的脑袋两次，那么事实就会是这样的，每小时人们都会这样做，每个人都会谋生。

As I once said, if everyone had the absolute conviction that in order to make a living, they had to tack themselves on the head twice every hour on the hour, it would be so, every hour and hour people would do this, everyone would have a living.

学生：嘿，这比努力工作谋生容易。

Student: Hey, that's easier than working for it.

莱斯特：那是你的信念，如果你认为你必须计划并付诸行动，你就会这样做；

Lester: That's your conviction, if you think you have to plan and act, you do;

如果你认为你必须每天去上班，你就会这样做。

If you think you have to go to work every day, you do.

所以我尽量不降到其他学派的水平。

So, I'm trying not to get down as far as the other schools go.

因为其他学派在一个较低的层面，我们不需要那个，我们需要吗？

Because the other schools are at a lower level, and we don't need that, do we?

学生：不需要。

Student: No.

莱斯特：杰瑞提出了一个很有意思的观点，它很少被提起。

Lester: Jerry brought up a point which is interesting, it's very seldom brought up.

你如何显化智慧？你如何显化智慧与灵性理解？

How do you demonstrate wisdom? How do you demonstrate wisdom spirituality understanding?

同样的方式，保持你的心智仅仅专注于此，说“我就是我”，并坚持这一点，仅仅是做你之所是。

Same way, keep your mind on it only, and say “I am that I am”, and hold it and just be what you are.

但如果你够聪明，你会先寻求神的国，然后我们谈论的所有其他东西就都会涌入。

But if you are smart, you'll first seek the kingdom of God, and then all the other things we talk about things will fall in.

首先，显化智慧就是显化一切的公式。

Demonstrating wisdom first is demonstrating the formula to everything.

所以，只要你想显化的是能够给你一切的东西——智慧，那么你用同样的方式来做，也就是保持你对它的意识。

So, as long you're demonstrating demonstrate that which will give you everything, wisdom, and the way you do it the same way, you hold the consciousness of it.

今天是我们最后的一个星期一，我将于 10 月 1 日前往亚利桑那州，所以也许有必要对这个主题做个总结，进行一次全面的介绍，除非有人有其他想法，所以我会试着做一个回顾、预览和总结。

Today is the last Monday we'll have, I'm leaving October 1 for Arizona, so maybe a summary, an overall presentation of the subject might be in order, unless someone has another idea, so I'll try to give a review, preview, conclusion.

我们每个人在这个世界上寻找的东西都是完全一样的，

The thing that every one of us is looking for in this world is exactly the same thing,

每个人、就连动物们也在寻找，

every being, even the animals are looking for,

那么，我们都在寻找的究竟是什么？

and what is it that we're all looking for?

没有悲伤的幸福，一种持续的、没有掺杂任何悲伤的幸福，这就是目标。

Happiness with no sorrow, a continuous happiness with no taint whatsoever of sorrow, and this being the goal.

为什么这是目标？

Why is this the goal?

这是目标的原因，是因为无限的快乐是我们最基本的天性，在我们用限制束缚它之前，这是真正的自然状态。

The reason why this is the goal is because unlimited happiness is our very basic nature, this is the real natural state before we encumber it with limitations.

那么，为什么我们大多数人没有这种持续的、没有悲伤的幸福呢？

Now, why is it that most of us don't have this continuous happiness with no sorrow?

只有一个原因，作为有着无限幸福的无限存在，我们首先通过说“我是一个

个体” 远离了这种喜悦、这种幸福；

There is only one reason, being this infinite being with infinite happiness, we do away with this joy, this happiness by saying first “I am an individual”;

然后说 “我有一个心智” ；

Then “I have a mind”;

然后用这个只有想法的心智, 我们开始积累限制性想法——我有一个有着各种各样困扰的、受限的心智、身体。

then with this mind which is nothing but thoughts we start accumulating thoughts of limitation, I have a limited mind body with all sorts of troubles.

以这种方式，我们将我们的无限存在限制到了极致。

In this manner, we take our unlimited Beingness and we limit it to the extreme.

现在, 生活在这个地球上唯一真正的目的是学会或忆起我们最初没有限制的自然状态。

Now, the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitations.

一旦我们被引导着看到这是我们的自然状态, 那么我们会继续放下所有的这些限制。

Once we are led to seeing that this is our natural state, then we proceed to let go of all the limitations.

首要的、排第一的限制是“我是一个与一切相分离的个体”,

The prime number one limitation is I am an individual separate from the all,

消除它, 你就消除了所有的麻烦、所有的限制、所有的疾病和所有的贫穷。

eliminate that, and you eliminate all trouble, all limitation, all sickness, all poverty.

相反的说法是“放手, 让上帝来”, 不是我在运作, 而是天父通过我在运作。

Saying that on the opposite side is saying let go and let God, it is not I, but the father will work it through me.

我们必须放下小我, 这是让我们的自然存在只是存在, 然后一切都会完美地步入正轨。

We must let go of the ego sense, and just allow our natural being just to be, and then everything falls perfectly into line.

现在，这一切都非常、非常简单。

Now, this is all very very simple.

如果你想要复杂，就永远都看不到简单。

If you want complexity, you will never see simplicity.

但必须先接受这一点，一旦这被接受为总体方法，我们会发现实现它并不容易。

But this must first be accepted, once this is accepted as the overall way, we do not find it easy to accomplish it.

由于过去几千年来形成的习惯，我们觉得这并不容易。

We don't find it easy because of past habits that have been established over thousands and thousands of years.

出于一些愚蠢的原因，我们喜欢过去这些带来麻烦的习惯，所以我们持续着它们，我们用一种“我们拒绝去看”的方式在做，我们称之为“无意识行为”，“无意识的”或“潜意识的”。

And for some silly reason, we like these past habits of trouble, and so we continue them, we do it in a manner that we refuse to look at, we call it unconscious behavior, unconscious or subconscious.

我们继续、继续、继续，不断地重复所有这些自动化的限制性行为，并称之为“无意识”。

And we go on and on and on, repeating all this behavior of limitation automatically, calling it unconscious.

现在，无意识仅仅是我们拒绝去看的那部分心智而已。

Now, the unconscious mind is only that part of the mind we refuse to look at.

当我们的渴望足够强烈时，我们就会挖出这种无意识习惯，并开始释放它。

When our desire is strong enough, we will dig up this unconscious habit and begin to let go of it.

我们并没有成长为自然的存在，那个“存在”在此时此地就是完美的。

There is no growing into the natural being that we are, that being is perfect here and now.

我们只是放下那些相反的概念，比如我们有麻烦、我们有限制。

There is only letting go of concepts to the contrary that we have troubles, we have limitations.

任何说“我有麻烦”的人，其实麻烦只存在于他们的心智中，那是它唯一所在的地方。

Anyone who says I have trouble is just in their mind, that's the only place where it is.

因为你无法在除了自己心智之外的任何地方看到任何东西，无论你看什么、听到什么、感受到什么，都是通过你的心智，那是一切事物所在的地方。

Because you can't see anything anywhere else but in your mind, whatever you look at, whatever you hear, whatever you sense is through your mind, that's where everything is.

改变你的心智，外面的一切都会改变。

Change your mind, and everything out there changes.

改变你的思想，然后你就为自己改变了世界。

Change your thinkingness, and you change the world for you.

所以方法、道路很简单，但由于过去的习惯，消除它的方式并不容易，我们需要非常强烈的渴望来开始放下这些过去的错误习惯。

So the way, the path is simple. the method of undoing it is not easy because of past habits, we need a very strong desire to begin to let go of these wrong habits from the past.

没有渴望，就没有成长。

Without the desire, there is no growth.

这个渴望必须比让这个世界变得真实的渴望更加强烈，而不是让它成为我们想象中的虚构。

This desire must be stronger than the desire to make this world real, rather than it's a fiction of our imagination.

当你看到真相时，它真的只是一个虚构，原来这是一场从未存在过的梦。

It really is a fiction when you see the truth, it turns out to be a dream that never was.

但首先，你会把它看作是一场梦，然后你发现这个梦从未存在过，就像在夜间梦境中发生的那样。

But first you'll see as a dream, then you'll see that this dream never was, exactly as happens in a night dream.

当我们在夜间梦境中时，我们有一个身体，那里还有其他的身體、有行动、有互动、有好也有坏，只要我们停留在那个夜间梦境中，那里的一切对我们来说就是真实的。

While we're in the night dream, we have a body, there are other bodies,

there's action, interaction, there's good and there's bad. and so long as we remain in that night dream, everything there is real to us.

当我们从夜间梦境中醒来，我们会说：“天哪，这只是个梦，它从未发生过。”

When we awaken from the night dream, we say: “My gosh, it was just a dream, it never happened”.

就像我们从这个所谓清醒状态的梦中醒来一样，我们会明白那只不过是我们想象的虚构，它只是一场梦，然后我们完全放手、彻底放下了它，接着我们称自己完全觉醒了。

And exactly the same way we awaken from this dream called the waking state, we see that it was only a fiction of our imagination, it was only a dream, and we let go of it, lock, stock and barrel. then we call ourselves fully realized.

实际上，我们一直都处于完全觉醒的状态，我们是完全开悟的存在，却声称“我们不是”。

Actually we are fully realized all the time, we are fully realized being saying that we are not.

所以我们所做的就是放下“我们所不是的”，剩下的就是“我们所是”的完全觉醒的存在。

So, all we do is let go of we are not, what's left over is the fully realized

being that we are.

到目前为止，对我所说的还有什么疑问吗？

Are there any questions on what I've said so far?

至少在智性上，每个人都理解了这一点。

Everyone understands this at least intellectually.

好吧，如果你在智性上理解了这一点，却无法运用它，那是因为你没有真诚地、真实地审视自己，没有怀着深切的渴望去看清自己。

All right. if you understand it intellectually and you are not able to use it, it's because you're not looking at yourself honestly, truthfully with deep desire to see yourself.

在这个过程中，你把所有不想看的东西都设置成了潜意识心智。

In the process of which you have set up as the unconscious mind all the things you don't want to look at.

然而，没有必要去挖掘潜意识心智。

However, it's not necessary to dig into this unconscious mind.

事实上，试着让心智安静会更好。

In fact, it's much better to try to quiet the mind.

当我们能够让心智彻底安静下来时，剩下的就是无限的真我。

When we are able to get the mind totally quiet, what's left over is the infinite Self.

每一个想法都是有限制的。

Every thought is a thing of limitation.

因此，当我们安静心智时，我们所是的这个无限存在对我们来说就变得显而易见了，我们看到了它，我们认识到自己从来都不是那个心智、那个身体。

Therefore, when we quiet the mind, this infinite being that we are becomes self obvious to us, we see it, we recognize that we never were that mind, that body.

从那一刻起，心智和身体就不再对我们产生影响了，它只是按照自己的方式继续下去，它在生活中就像在一个朦胧的梦中一样漂浮着，对我们没有任何影响。

And from that moment on, the mind and body has no influence upon us, it just goes its way, it just keeps floating through life in sort of a hazy dream that has no effect upon us.

所以，在所有的方**法**中，最好的方**法**就是让心智安静下来，寻找你所是的那个存在，提出“我是谁”的这个问题。

So the very best method of all method is to quiet the mind to seek the being that you are, to pose the question “who am I?”.

如果有其他想法出现，问问这些想法是谁的，答案是“我的”，那么，我是谁？你就又回到正轨了。

And if other thoughts come in, ask to whom are these thoughts, and the answer is to me, well who am I and you're back on the track.

“我是谁”是每个人都会回答的最后一个问题。

“Who am I?” is the final question that everyone answers.

那么，为什么不从最后一个问题开始呢？

So, why not begin with the final question?

如果能做到的话，一切都很美妙，一切都很奇妙。

If you can, all good, all wonderful.

但我们当中能够使用这种方法的人极少，仅仅是保持“我是谁”并拒绝所有其他想法的涌入。

But there are very few of us who are capable of using this method of just

holding on to who am I, and rejecting all other thoughts that come in.

【莱斯特谈意愿力量】2.莱斯特谈意愿力量

【Lester on Will Power】2.Lester on Will Power

2

磁带旁白：以下是莱斯特·利文森与多位毕业生交谈这个主题的一段罕见录音，我们在致力于释放，这是一盘旧磁带，但其中传达的信息非常非常重要，我知道你会喜欢它的，而且它会帮助你理解我们正在做的事情。

The following is a rare recording of Lester Levenson speaking to various graduates about the subject, and we're working on releasing, it's an old tape, however the message is very very important, I know you'll enjoy it, and it'll help you understand what we're doing.

莱斯特：成长有两种方式，一种是我称之为消极的方式，消除消极面，进入心智，看到问题的根源——问题源于过去某个时刻的某个想法或多个想法。

There are two ways of growing, one is the one I call the negative way, eliminating the negative, going into the mind, seeing the cause of the problem, which originates in a thought some time in a past or many thoughts.

当我们看到这个想法，当我们把它带入意识中时，我们自然会放下它，我们会看到抓着它是多么愚蠢，并纠正那个行为。

And when we see this thought, and when we bring it up into the consciousness, we naturally let go of it, we see how silly it is to hold it, and correct that behavior.

然而，更好的方式是让心智安静下来，看看你是谁、是什么。

However, the better way is to quiet the mind, and to see who and what you are.

因此，实际上只有两种方式，消除消极面，或者放入积极面“我就是我，我就是祂”。

So there's really only two ways, eliminating the negative, or putting in the positive “I am that I am, I am He”.

对此还有什么疑问吗？

Any questions on that?

好了，现在我从我刚才说的地方开始。

All right, now I'll take up a step below where I was talking.

这个所谓的幻象叫“世界”，世界只是我们创造的一个幻象，

This so called apparency called the world, the world is only an illusion that we created,

有一天你会发现你创造了整个宇宙。

some day you'll discover that you created this entire universe.

创造的方式，首先是创造一个我们所说的“心智”，

The method of creating is by first creating what we call a mind,

我们创造了自己的心智，它只不过是我們所有想法的集合。

we create our mind with which is nothing but a composite of all our thoughts.

而想法创造了物质世界。

And thoughts create the material world.

我们每个人身上发生的每一件小事都是由我们的思想创造出来的。

Every little thing that happens to each and every one of us is created in our thinking.

我们设置了一个叫做“时间”的东西，它让我们看清事物变得愈发困难。

We set up a thing called time which makes it even more difficult to see things.

因为我们现在思考的东西可能好几年后才会发生。

Because we think now and things might happen years later.

但唯一的创造工具就是心智，你的心智。

But the only creator there is, is the mind, your mind.

上帝是一个创造者吗？

Is God a creator?

是的，因为“你是”，你就是那。

Yes, because you are, THOU ART THAT.

你设置了一个心智，然后心智在创造。

You set up a mind and a mind creates.

发现一切正在发生的事情都是由我们的思想导致的，这是好事。

It is good to discover that everything happening is caused by our thinking,

我们所经历的一切都是由自己的想法创造出来的，这是迈向认识到我们是创

造者的一块垫脚石。

everything that happens to us is created in our own thought, it's a stepping stone toward realizing that we are the creators.

首先你发现你创造了你的麻烦,

First you discover that you created your trouble,

然后你发现你可以创造美好的事物,

then you discover that you can create good things,

接着你发现你可以创造任何你想要的东西,

then you discover that you can create anything you desire,

在发现没有什么是你不能创造的之后, 你仍然不快乐。

after you discovered that there is nothing that you cannot create, you are still unhappy.

原因在于你已经将自己与 “一” 分离了。

The reason being that you have separated yourself from the One.

所以当你试图控制心智时, 你已经控制了物质。

So then you try to control the mind, you have already gained control over matter.

你可以通过以下方式控制心智：

You control the mind in ways like:

如果你有疼痛，你不会感觉到它；

If you have pain, you don't feel it;

如果外面很冷，你会感觉温暖；

If it's cold outside, you feel warm;

如果天气炎热，你会感到舒适；

If it's hot, you feel comfortable;

这些都可以在心理上完成，这是在获得心理控制的范围内。

These can be done mentally, this is in the line of getting mental control.

当心智真正被控制时，你就会消除心智。

When the mind is really controlled, then you'll eliminate the mind.

当心智被消除时，除了你所是的无限真我外，什么也不会剩下。

When the mind is eliminated, there's nothing left over but the infinite Self that you are.

因此，我们从成为物质的主宰开始，然后我们成为心智的主宰，最后我们成为大师。

So we start by becoming masters over matter, then we become masters over mind, then we become masters.

对此还有什么疑问吗？

Are there any questions on that?

是的，我刚才描述了主要内容，我实际上并没有解释，我阐述了四条主要路径，我现在无法详细展开说，这将需要很多很多次的课程，但一旦我指定了路径，你就可以更进一步。

Yes, I just before delineated the major, I didn't actually delineate, I stated the four major path which I can't go into now that would take many many many many sessions, but once I name the path you may go into it further.

所以如果还有任何问题存在，那只是因为你在抓着它们，

So if there are any problems that remain, they only remain because you

are holding on to them,

当你释放它们的时候，它们就会消失。

the moment that you let go of them, they are gone.

如果你告诉我那对你来说不是这样的，那不是事实，事实是你仍然在抓着它，还告诉我它不起作用。

If you tell me that isn't so for you, that isn't truth, the truth is you're still holding on to it, telling me that it doesn't work.

现在，试图摆脱一个问题就是在抓着它，任何我们试图摆脱的东西，都会保留在心智中，从而使那个问题持续存在。

Now trying to get rid of a problem is holding onto it, anything we try to get rid of we are holding in mind and therefore sustaining that problem.

所以解决问题的唯一方式就是释放它，看到没有问题，只看到你想要的。

So the only way to correct a problem is to let go of it, see not the problem, see only what you want.

如果你从这一刻起看到了你想要什么，那么你会得到你想要的一切。

If you were only from this moment on see what you want, that is all that you would get what you want.

但是你非常强烈地在心智里抓着你不想要的东西，你努力消除你不想要的东西，这反而是在维持着它们。

But you hold in mind the things you do not want very strongly, you struggle to eliminate the things you don't want, thereby sustaining them.

所以，有必要消除消极面，放入积极面。

So it's necessary to eliminate the negative, put in the positive.

如果我们想要一种积极、幸福的生活，我可以更再往下降点，但我觉得我不会这么做，你可以在任何形而上学的流派中找到下面这些步骤，如何详细论证等等。

If we want a positive happy life, I could go a step below this, but I don't think I will. the steps below is you can get in any school of metaphysics, how to demonstrate in detail so forth and so on.

如何拥有幸福、富足的生活呢？

How to have a happy prosperous life?

对于我刚才所说的，还有什么问题吗？

Are there any questions on what I have just said?

学生：那么欲望呢？我们应该拥有哪种欲望？我们应该想要哪种欲望？

Student: What about desires? What kind of desire should we have and what kind should we want?

莱斯特：你应该只有一个欲望，一个对完全解脱、完全开悟的渴望。

You should have only one desire, a desire for complete liberation, complete realization.

任何其他的渴望都会让你陷入麻烦，我们应该试着释放所有的欲望。

Any other desire will keep you in trouble, we should try to let go of all desires.

我们不应该试图满足任何欲望。

We should not try to fulfill any desires.

每当我们满足一个欲望时，我们便强化了这个欲望，而不是削弱它，我相信这对我们所有人来说都是显而易见的，我们永远无法满足欲望，我们越试图满足它们，我们就越想要更多。

Every time we fulfill a desire, we strengthen that desire rather than weaken it, which I believe is obvious to all of us, that we never satiate desires, the more we try to satisfy them, the more we want them.

所以最好不要满足欲望，通过这样做，让心智安静下来。

So it's better to not satisfied desires, and by doing so, the mind gets quieter.

当心智安静时，我们更有机会看到真相，当我们看到真相时，我们就能烧焦欲望。

When the mind is quieter, we have a better chance to see the truth, when we see the truth, we scorch the desire.

这是更好的方法，实际上也是摆脱欲望的唯一、真正有效的方法。

And this is the better way, actually the only really effectual way of getting rid of desire.

当你看到了真相，欲望就被烧焦了。

When you see the truth, desires are scorched.

因为欲望是试图通过某种间接的方式、通过某个人、通过某件事来成为你自己的真我。

Because the desire is trying to be your own real Self through some indirect means, through some person, through something.

当你看到这一点时，你就会释放这些愚蠢的欲望。

When you see this, you let go of these silly desires.

因为为什么要通过一种间接的方式来挣扎着成为你自己呢？间接的方式无法让你成为你之所是。

Because why struggle through an indirect means to be that what you are, the indirect means cannot uh make you what you are.

所以这是徒劳的，而且极其令人沮丧，因此我们有了这个令人沮丧的世界，他们都在试图满足欲望，这是绝不可能做到的，他们一生又一生地重复着，直到我们认识到欲望是我们的敌人。

So it's fruitless and extremely frustrating, therefore we have this frustrated world, they are all trying to satisfy desires, it's absolutely impossible to do it, they go on and on lifetime in lifetime out, until we recognize that desires are our enemy.

欲望是对匮乏的承认。

Desire is an admission of lack.

如果我是无限的，那么我什么也不渴望，我是一切。

If I am the infinite one, I desire nothing, I am the all.

我们必须回归到那个状态，像在那个状态下的人那样行事，我们能做的最伟大的行为就是像一个完全开悟的存在那样生活。

We must get back to that state by behaving as one would in that state, the greatest behavior, the greatest ritual that we can perform is living as a fully realized being would live.

试着达到无欲的状态，试着达到这种着迷的状态——没有贪恋，没有厌恶；

Try to attain the desirelessness state, try to attain the state of this passion, no attachments, no aversions;

试着达到一个平静的状态，对每件事、每个人都抱有平等的心态。

Try to attain a state of equanimity, a feeling of equal mindedness toward everything, everyone.

如果我们喜欢仪式的话，这些都是很棒的仪式，这样做会推动我们朝着那个方向发展。

these are terrific rituals if we like rituals, acting this way will push us toward being that way

通过消除外在的影响，有助于我们消除根源。

By eliminating the effects out there, we help to eliminate the cause.

我想我会对所有内容进行总体总结，因为我们是一个混合的小组，我会尽量简短地向你们讲述整个事情，然后让你们提问，这样我就可以直接引领你们。

I think I'll take an overall summary of everything, because we have a mixed group, try to give you the whole story in short, then ask you to ask questions, so that I can be direct with you

我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

从万事万物中解脱出来，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做、或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，很少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the lness of us, the isness of us, the amness of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not “I am something”, “I am a body”,

而只是存在，仅仅存在。

but just the amness and that alone.

当我们看到这一点时，我们就会明白，我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

然后我们在我们所是的这个无限存在上，叠加了我们称之为“想法”的概念，即“我是这个身体，我的名字是某某”，名字和形式无处不在，并认为这是真实的。

And that we superimposed upon this unlimited being that we are mental concept which we call thoughts that “I am this body, and my name is such and such”, and the name and form is everywhere, and that is the real.

我们创造了整个宇宙，却忘记了是我们创造了它，并说它是真实的，而且与我相分离。

We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me.

它实际上只是我们心智中的一幅画面。

And all it really is is a picture in our mind.

你唯一能看到这个世界的地方就是在你的心智中。

The only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界便永远不再出现，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做“心智”的东西，它只不过是我们所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲自看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的。

So by now we have millions, if not billions, of thoughts of limitation that we accept as being real.

所以我们要做的就是消除这些念头，消除心智，

So, what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯粹的“存在状态”，在这个状态中，我们拥有这种深邃的、极致深刻的、平和的终极状态，

Everyone, all live is seeking to return to that state of just pure Beingness,

and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成了的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than 1 second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you you're free of it.

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say “I am through with this”, it’s dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在几个星期也太长了，

Okay, all right now it's weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotion come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在。

what remains over after the mind is let go of is the infinite being that you are here and now.

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

You will have removed the total covering over the infinite being that

you are.

我认为利用欲望的一种更简单的方式是利用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在，只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel if he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两个东西会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心能做到任何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内就把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做并养成习惯，它只需要几个月、最多几年的时间，你就会彻底自由。

and if you'll do it and make a habit of it, it will only take months, the most a few years to become totally free.

【掌控并超越身体】01.掌控并超越身体 第一部分【Mastering the Body and Beyond】

01.Mastering the Body and Beyond Part 1

莱斯特：这是自我毁灭。

Lester: It s self-destructive.

学生：为什么？

Student: Why?

莱斯特：我们喜欢做伤害自己的事。

Lester: We like to do things that will hurt us.

现在，每个人都应该自己找到这个问题的答案：为什么我要做这件伤害自己

的事情？我本应是个有智慧的人，我应该做我想要的健康的事，但我仍继续着这个习惯，为什么？

Now, the answer to that should be gotten by each individual: Why do I do this thing that is hurting me? I'm supposed to be an intelligent being, I'm supposed to do that which is healthy health I want, and yet I continue this habit, why?

学生：我不是这个身体……（中间听不清），这么说你的身体抽烟。

Student: I am not the body... Then your body smoke.

莱斯特：如果你认为你不是身体，你就不会抽烟。

Lester: If you if you thought you were not the body, you would not smoke.

你觉得你需要吸烟来为你做些什么。

You think you need that smoking to do something for you.

好吧，你认为你需要抽烟来让自己快乐，给你带来一定程度的愉悦。

Well, you think you need that to make you happy, to give you a certain amount of pleasure.

所以，你就是那个满足身体愉悦的身体，我想先把这一点说清楚。

So, you are that body satisfying the pleasures of it, see I want to clear that up first.

但如果你在享受快乐，为什么不选择那些对身体有益的东西呢？

But if you're taking pleasure, why not take those that are good for the body?

比如新鲜的空气。

Fresh air.

但我建议你好好思考一下这些事情。

But what I'm suggesting is that you think on these things.

如果你看到了答案，你会停止抽烟，就像这样（莱斯特打了个响指）。

If you see the answer, you'll stop smoking just like that.

而且如果你想放下它，释放它也不会有什么问题的。

And be no problem to let go of it, if you want to let go of it.

(学生说的听不清)

莱斯特：是啊，嗯，情况类似，酒是一种毒药。

Yeah, well, it's a similar thing, we alcohol is a poison.

汤姆要是喝够量，他就活不下去了。

Tom would take enough of it and he won't have to live.

我认为一夸脱（注：美制一夸脱≈946ml）纯酒一次性喝下去就能要了任何人的命。

I think a quart of pure alcohol would kill anyone drunk at one time.

学生：多年来我一直是个好飞行员。

Student: I've been a good pilot for many years.

莱斯特：兴奋剂会让你感觉好些，但它们是有害的。

Lester: Stimulants make you feel better, but they're bad.

因为它有一种不负责任的成分——“我没有做，是兴奋剂做的”。

Because it has an element of no responsibility “I am not doing it, the stimulant does it”.

我们要做的是在不用这些东西的情况下获得快乐，然后一直快乐着。

The thing to do is to get happy without these things, and then be happy all the time.

学生：换句话说，不使用这种东西，走路时都能永远散发光芒。

Student: In other words, walk around with a perpetual glow without using the stuff.

莱斯特：对，只要知道你是谁，就能做到这一点。

Lester: Right, just know who you are and that'll do it.

学生：是的，我只是想知道，南希，试着做“知道你是谁”的最佳时间是什么时候？是晚上、吃午饭的时候、在床上还是白天？

Student: Yeah, I'm just wondering, Nancy, what's the best time to try to know who you are, is it at night when you eat lunch, in bed, or during the day?

莱斯特：每时每刻，时时刻刻。

Lester: All the time, all the time.

但如果你能走到一旁并安静下来，尽可能地保持安静是有好处的。

But it's good to get quiet as much as possible if you can get off to the side and get quiet.

尽你所能地做，做得越多，你就越成功。

Do it as much as you can, the more you do it, the more you succeed.

但最致命的既不是酒，也不是烟，而是我们的思想。

But the deadliest of all things it's not alcohol, it's not smoking, it's our thinking.

从一个人嘴里说出来的，比吃进嘴里的更重要。

It's more important what comes out of a man's mouth and what goes into it.

学生：事实上你不知道他们在谈论的祈祷，其实并不存在未被回应的祈祷，一切都会得到回应。

Student: The truth is you don't know they talk about actually there isn't any such thing as an unanswered prayer, everything is answered.

莱斯特：对，每个念头都会显化。

Lester: Right, every thought materializes.

学生：当想法显化时，它与未回应的祈祷并不完全相同。

Student: When the thought materializes, it doesn't have the exact same

shape of the unanswered.

莱斯特：不，确切地说，它与那个想法的形态一致，但可能还有其他想法会对它进行调整。

Lester: No, exactly in the shape of the thought, but this in other thoughts that might.

学生：这背后的机制是什么？

Student: What's the mechanism behind this?

莱斯特：背后是什么呢？

Lester: Behind what?

学生：好吧，我们是根源。

Student: Well, we're the cause.

莱斯特：思想是一切事情发生的原因。

Lester: Thinking is the cause of everything that happens.

嗯，恩典是你的真我。

Well, Grace is your Self.

恩典是你始终在试图接管的真我。

Grace is your very own Self which is always trying to take over.

你总是试图回归到你所是的这个无限存在，这就是恩典。

You're always trying to return to this infinite being that you are, that's the grace.

真正的恩典始终在那里，你自己的存在一直都在那里，这就是真正的恩典。

The real Grace is the Self always there, your own infinite Beingness is always there, and that's the real grace.

但我提出的观点应该让你有所领悟，大概地接受这一点很好。

But that point that I made should be seen by you, it's good to accept it generally.

但当你明白这一点时，你就会照你所说的去做，你不会做任何你不想发生在自己身上的事。

But when you see it, then you will do just as you said, you will not do anything that you do not want done unto you.

因为你知道你所给出去的，最终都会回到自己身上。

Because you know you will get it back again.

如果你想要爱，那就给出爱。

And if you want love, you're just going to give love.

学生：莱斯特，让我这么说吧，你付出的每一份痛苦，都是你带给自己的，好吧，把它当作一种直接的行动来接受，当你给出爱的时候，当你倾注爱的时候，说“我就是那”，“你就是那”，当你给出任何的其他东西，无论给出的是什么，都是你给自己的，因为只是你自己得到它。

Student: Let me put it this way Lester, every pain that you put out, you're putting out to yourself, well, accept that as a direct action, and when you give out love, when you pour love out, say that I am that, that you are that, when you give anything else, whatever it is, this is what you give to yourself, because you're only getting it to yourself.

莱斯特：是的，这是从一个稍微高点的层面来看的，但“以眼还眼”是在当今大多数人的水平上的，这就是《圣经》里那句话的含义，它不是说你会被带上法庭，法官会下令让你以眼还眼之类的。

Lester: Yes, that's from a little higher point, but eye for an eye is at the level of most people today, that's what the Bible means by that statement, it doesn't mean that you're going to be taken to court and the judge is going to order an eye out or something like that.

所以，从现在开始，你得做个好孩子。

So, you've got to be a good boy from now on.

学生：只要我用自己的标准做好的事，就不会这样。

Student: As long as I use my set of standards for good, not really.

莱斯特：所以回到刚才那个要点，为了成为无限的存在，我们必须没有任何欲望。

Lester: So to come back to that point just before that. that in order to be infinite beings, we must have no desires.

因为任何欲望都会限制我们自己的行为。

Because any desires are limiting action upon ourselves.

如果我们认为自己需要某个事物，我们会认为自己是受限的。

If we think we need something, we think of ourselves as being limited.

如果你拥有一切，如果你是一切，怎么还会想要某个事物呢？

If you have everything, if you are everything, how could you want something?

你知道自己什么都不需要，而且你在一生中始终都知道自己什么都不需要。

You know you don't need anything, and you go through life knowing all the time that you need nothing.

你的态度不一样了。

Your attitude is different

(学生说的听不清)

莱斯特：那一直是你的感受。

That's your feeling all the time.

而且一旦身体有需求，它会立即得到满足，你不需要再去考虑它，它会立即得到解决。

And should there be a need of the bodies, it's immediately fulfilled, you don't have to think about it, it's taken care of immediately.

学生：我通常都会这样，但这次的作用有点晚了，这样我也没再考虑过。

Student: I usually have but it's a bit of a late action, so I haven't have quite thinking Ryan again.

莱斯特：好的，现在进一步来说这一点。

Lester: All right, now to carry this point further.

我们应该对这个身体没有需求，如果我们是无限的存在，为什么我们还需要一个身体？

We should have no need for this body, if we are infinite beings, why need we a body?

现在，降生到一个身体中的事实表明，我们对自己的无限一无所知。

Now, the fact that being born into a body is a fact that we are ignorant of our limitlessness.

因为我们接受了一个限制，也就是身体，这适用于除大师之外的所有身体。

Because we take on a limitation, the body, this goes for all bodies except those of masters.

大师能够有意识地创造一个身体或进入一个身体，并且不受身体的限制。

A master can consciously create a body or come into a body and not be limited by it.

(学生说的听不清)

莱斯特：什么？

Lester: What?

(学生说的听不清)

莱斯特：好吧，这没关系。

Lester: Well, it doesn't matter.

(学生说的听不清)

莱斯特：所以，我们降生到身体中的这个事实表明，我们对自己的无限真我一无所知。

So, the fact that we are born into a body shows that we are ignorant of our infinite Self.

就其本身而言，这实际上是一种控诉，对吧？

It's an indictment, right? In its own defacto situation.

然而，既然我们知道自己是无限的存在，就不必再接受这个事实了，我们不该接受它，而是应该按照自己的方式生活，这样我们就不会认同这个被称作身体的极其受限、制造垃圾、制造头痛的载体，这个身体切断了快乐。

However, now that we know that we are limitless beings, we don't have to accept that fact any more, and we shouldn't accept it. and we should

live our way of life, so that we are not identifying with this extremely limited garbage-producing, headache-producing vehicle called the body, which cuts off pleasures.

因为我们会把快乐与身体联系在一起，而这些快乐只是自己真我的体验。

Because we attach pleasures to it, while the pleasures are nothing but the experiencing of our real Self.

所以，我们的生活方式应该是不做那具身体。

So, our way of life should be to be not the body.

在日常工作中，我们在精神上会稍作抽离，让身体几乎自动地完成它的动作。

In everyday work, we sort of mentally sit back, allow the body to go through its motions, almost automatically.

始终要明白，我就是我，我们是真我，我们是无限的，我们不只是我们所操控的那个身体，我们是所有的身体。

All the time knowing that I am that I am, that we are the Self, that we are limitless, that we are not only that body which we are puppeting, but we are all bodies.

换句话说就是，做见证者。

Saying that in another way is saying be the witness.

像看一个三环马戏团那样看待这个世界,而你置身其外,身处在这个世界中,却并不属于这里。

Look at the world as you would a three-ring circus with you outside of it, be in the world but not of it.

放手, 让上帝接管。

Let go and let god.

所有这些说法的意思都一样, 不要认同你的身体, 在精神上退后一步, 知道你是谁、你是什么, 让生活自发地进行。

All these statements mean the same thing. do not identify with the body. mentally stand back, knowing who and what you are, and let life go its way.

当我们做到这一点时, 一切都会变得容易, 如果我们完全做到的话, 实际上一切都会毫不费力。

When we do that, everything becomes easy, actually effortless, if we do it fully.

从那一刻起, 我们便不再有烦恼, 我们能够认同自己是无限的真我。

From that moment on, we have no more troubles, we can as being identified with our infinite Self.

无论身体发生什么，都不会让我们激动，也不会打扰到我们，即使身体受伤，也不会很严峻。

And whatever should happen to the body doesn't thrill us, doesn't disturb us, even if the body hurts, it is not severe.

因为它很遥远。

Because it is distant.

如果身体受伤了，你会知道这一点，但那不会是剧痛，而只是一种隐隐约约的痛，就像远处传来的钝痛。

If the body hurt, you would know it, but instead of being an excruciating pain, it would be just a dull, like a dull pain in the distance.

此外，身体也不会失去行动能力。

Also, the body would not be incapacitated.

当我们认同身体时，我们会说：“哦，好疼，我无法正常活动了，我扭伤了脚踝，走不了路了。

When we identify with the body, we say “oh it hurts, I cannot function, I

sprain my ankle, I cannot walk.

不认同身体，那么即便脚踝扭伤了，身体也能像脚踝完好时那样正常行走。

Don't identify with the body, and that body will walk with that sprained ankle just as well as a perfect ankle.

学生：我有一天验证了这一点。

Student: I proved that one day.

莱斯特：这让我想起了战争中的一段经历，当时，有个人看到另一个人失去了一条腿，脚踝都被打断了，但他还继续往前走。

Lester: Reminds me of an experience in the war where one fellow saw another fellow lose his leg, and he kept walking without the ankle down was shot off, another fellow told me about it.

我想我可以告诉你，是另一个人告诉我这件事的，他说：“我们当时正全速奔跑，我旁边那个人的头被打掉了，但他跟我一起继续跑。”他说：“他跑了五六十英尺，然后倒下了。”

Another one I guess I can tell you, he said: "We were running at top speed and the fellow alongside me had his head shot off, and he kept running with me." He said: "He ran about 50, 60 feet and then fell over."

这是因为那个人虽然没了脑袋，却不肯接受这件事，他当时可能一门心思专注于逃跑之类的事，跑了六十英尺才意识到自己的脑袋没了。

This is because the fellow lost his head, this wouldn't accepted, he was probably so concerned with running away or something, it took him 60 feet of running before he realized his head was off.

学生：他称之为奇兵。

Student: He called a peculiar draft.

莱斯特：离开身体向来都是一个决定。

Lester: It's always a decision to leave the body.

我想他的决定会是：“哦，这跑得太荒唐了，没了脑袋还想操控身体，离开那个身体吧。”接着，他认同了星光体。

I think his decision would be: "Oh this is ridiculous running, trying to run a body without a head, let's go of that body." Then he identifies with the astral body.

但别做那具身体，这个世界是一场梦、一场美丽的梦。

But being not the body, and the world is a dream, a beautiful dream.

(学生说的听不清)

莱斯特：我想让鲍勃听到这些事情。

Lester: I wanted Bob to hear these things.

(学生说的听不清)

莱斯特：我们刚刚听到了两起脚踝扭伤的事件，扭伤后他几乎站不住了，但他打不到出租车，于是他走了多远？拖着扭伤的脚踝，走了五英里才回到家。

Lester: We just heard two incidents where an ankle was sprained, and he could hardly stand on it, but he couldn't find a taxi, so he walked how far? Five miles home on a sprained ankle.

两年前的二月份，就在我去纽约之前，我当时正在砍一棵非常大的枯死棉白杨，我的左脚站在蓄水池边上，右脚踩在离地面大概那么高的树桩上，与地面垂直向下的是一堵土墙，我的左脚踩在墙上，右脚踩在树桩上，我正在砍这棵高大的杨树，它大概有 30 英尺高，也许还要更高。

Two February's ago, just before I went to New York, I was cutting down a very large dead cottonwood tree, and I had my left foot on the bank of the tank, my right foot on a stump about that high off the ground, the ground went straight down, it was a wall of dirt, and my left foot on a wall and my right foot on the stump, I was cutting this tall cottonwood tree down, it was probably about 30 foot high, maybe more.

有那么一瞬间，我以为它开始向我倒过来，所以我抬起脚准备躲开它，但它并没有过来。然后我又迈出一步，眼睛还望着那个方向，结果一脚踩空了，我肯定是摔下去了大概四五英尺，就这只脚，像那样向后折了过去，嗯，它很快就肿了起来，我一瘸一拐地走开，我说：“好吧，我该怎么办呢？随它去吧。”

And for a moment, I thought it was starting to move toward me, so I lifted up my foot ready to get out of its way, but it didn't come. and I went to step again with my step again with my eyes up that way and I missed, I must have fallen about 4 or 5 foot down, on this foot, bent back like that, well immediately it blew up all purple, and I limped away, and I said "Well, what am I going to do? Let it be."

我现在通常的做法是，如果身体出了什么状况，随它去，我不会是那个身体。

My usual way now is if anything happens to the body, I let it be, and I'll be not the body.

我朝房子走去，虽然我的脚踝肿了，真的肿了起来并且还变青了，但我的步伐很正常。

And I walked to the house, I was walking normally even though that was all blown up, really swelled up and turned blue.

我说：“哎呀，我过几天就要去纽约了，现在该怎么办呢？”然后内在说：

“既然如此，随它去吧。”

and I said: “Gee, I'm leaving for New York in a few days, what do I do now?” And inter just says: “Well, in that case, let it go”.

就这样，我让它离开了，肿胀等症状就立刻消退了，脚踝恢复得像新的一样。

Just like that, I let it go, and instantly the swelling and everything went down, it was good as new.

但如果我不是要去纽约，我会带着扭伤的脚踝正常活动，直到它自行痊愈。

But if I weren't going to New York, I would have walked around with that ankle until it healed itself.

这是一个不去认同身体的好机会，我现在欣然接受这些事情。

It's a good opportunity not to identify with the body, I welcome these things now.

我们一开始就说，降生于一个身体中是无知的标志，是对“我们是无限存在”这个事实无知的标志。

We started off by saying being born into a body is a sign of ignorance, of the fact that we are limitless being.

除非成为大师，祂们能够进入一个身体，却不受身体限制。

Except in being masters, they can come into a body and not be limited by it.

但当我们出生到一个身体中时，这是极端受限的标志。

But when we are born into a body, it's a sign of extreme limitation.

因此，我们必须明白，我们不是这些身体；

Therefore, we must get to know that we are not these bodies;

或者换个说法，我们不受身体的限制，并且我们认同所有的身体，每一个身体都是我们的身体。

Or saying in another way, that we are not limited by the body, and we identify with all bodies, every body is our body.

那么，当我们做到这一点的时候，我们站在幕后，让身体自行运作。

Then, when we do that, we are standing off in the background, letting the body go its way.

当我们做到这一点的时候，身体不会给我们带来任何问题。

And when we do that, the body cannot give us any problems.

因为我们不是身体。

Because we are not the body.

如果有一阵剧痛，那也只是远处的一种隐痛。

If there's a sharp pain, it turns out to be a sort of a dull pain in the distance.

就像我之前说的，如果我们不认同那具身体，就像我扭伤脚踝时所做的那样，就算我们的腿断了，我们也能带着断腿继续行走。

And as I said before, even if we have a broken leg, we could keep right on walking with that broken leg, if we do not identify with the body as I did with the sprained ankle.

一开始我能感觉到疼痛，然后我不认同它，我就可以正常走路，而且这里有点轻微的疼痛，我知道这里有点疼，但它并不困扰我，这种疼痛有点遥远，很微弱。

At first I feel it, it's very painful, then I don't identify with it, I can walk normally, there's a slight pain down here, I know there's a pain here, but it doesn't bother me, sort of in a distance, it's weak.

我过去的两三年里，我很多次都是这样做的。

I've done this on many instances in the past two or three years I started this.

一开始，我想大概是九年前的事了，要是这个身体出了什么状况，我会立刻纠正它。

At first, I guess it must have been 9 years or so, if something happened to this body, I would instantly correct it.

很多次我都把它伤得很重，我记得有一次，我摔倒了，大拇指直接向后弯折了，我只是把我的手指.....我把我的手.....我先把它放到正确的位置，然后只是说了句：“好，它好了”。

Many times I hurt it badly, one of the things I can remember, I fell and there was thumb one right back here, and I just put my finger, I put my hand, I first put it in right place, and I just said: "Okay, it was okay".

那次我把四根手指放进了沸腾的油里，当时我在酒店的一个房间里，我不想让一滴油溅到他们的地毯上，要是我知道自己在做什么，我早就被酒店赶出去了。

That time I put four fingers into boiling grease, I was in a hotel room, I didn't want to splatter any grease on their carpet, I'd have been kicked out of the hotel if I knew what I was cooking.

所以，趁教授不在，我极轻地、很容易地把它（提到了某种食物，没听清）放了进去，这样油就不会溅出来。

At the absence of my professor, I put that in very quietly, very easily so it

wouldn't splash.

但我当时正在想着别的事情，我的四根手指就放在那下面，等我意识到发生了什么的时侯，我已经把手指伸进滚烫的油里了，我大叫了一声，我觉得酒店里的每个人一定都听到了，然后我说：“莱斯特。”我说：“好了。”我说：“搞定了。”就这么简单！手指没有变红，只是沾满了油，没有发红，也不疼。

But I was thinking about something else and my four fingers were under it, and I had them right in that boiling fat before I realized what happened, and I let out a yell, I thought everyone in the hotel must have heard me. and I said: "Lester." And I said: "Okay." And I said: "Finished." Just like that. It wasn't red, it was just grease, but no redness, no pain.

我跟他说过无数次，我伤到身体，然后会立刻纠正它。

I told him numerous times that I would damage the body and instantly straighten it out.

好吧，你知道，它只是一个念头。

Well, you know, it's just a thought.

是你的心智决定了身体的状况，这些事情很容易做到。

It's your mind that determines the body, these things are very easy to do.

但两三年前，我意识到，拥有一具生病的身体却不认同它，这是一种更高的状态。

But as of 2, 3 years ago, I realized it's a higher state to have a sick body and not identify with it.

这就是为什么有些大师会这样做，他们一生都带着虚弱或生病的身体，但始终保持着平和与宁静，他们乐于接受这一点。

And that's why certain masters do that, They'll go through life with a weak or sick body all the time, maintaining Their peace and equanimity, and They welcome it

因为这是一个不断提醒自己不是那具身体的机会。

Because it's an opportunity to be constantly reminded that they are not the body.

所以，我们的生活方式应该始终试着发展这一点，不要做那具身体。

So, our way of life should be trying to develop this all the time, be not the body.

当我们身处这个世界中时，让身体去完成它的工作、去照顾家庭、去完成我们所做的一切事情，然而我们不应该认同它。

When we're in the world, let the body go through its work, through its taking care of the family, through all the things that we do. and we should not identify with it.

就像我之前说的，我之所以重复大部分的这个内容，是因为我觉得哈里和鲍勃都没明白。

As I said before, I'm repeating most of this, because both Harry and Bob I think missed it.

换句话说就是，“不要成为身体，放手、让上帝做见证”、“身处于这个世界，但并不属于它”。

Another way of saying what I'm saying is “be not the body, let go, let God be the witness”, “Be in the world but not of it”.

所有这些表述的意思就是我现在所说的：不要认同身体，认同你的真我。

All these statements mean what I'm saying now, do not identify with the body, identify with your real Self.

我就是我，我是一个无限自由的存在，不受亵渎，不可触碰。

I am that I am, I am an unlimited free being, untainted, untouchable.

现在，我们在日常生活中越是尽力地保持这种状态，就越能成功地做到它；

Now, the more we try to maintain this in our everyday life, the more we succeed at it;

我们越成功地做到它，就越能够做到它；

The more we succeed at it, the more we can do it;

我们越尽力尝试，就越成功，这会一直持续下去.....

The more we try, the more we succeed, it goes on...

直到有一天，我们完全释放了“我是这个身体”的概念，那时我们就是大师。

Until someday we are we have fully let go of the concepts that I am this body, then we're masters.

当我们离开这个星球时，我们会有意识地离开，并且不会再回到这个地狱了。

When we leave this planet, we will do it consciously and not come back to this hell.

在所有存在的阶段中，这是最大的地狱，我们再也不会经历比现在更艰难的生活了，这可能是我们所处的最死寂的状态，这种物质状态是最粗陋的。

This is the greatest hell there is, in all phases of Beingness, we will never be in a more difficult life than we are right now, this is the deadest state possible to be in, this physical state is the grossest.

如果我们没有走完全程, 当我们离开这个身体时, 我们会进入一个难以描述、更接近终极的、天堂般的领域。

And if we don't go all the way, when we exit this body, we go into realms that are so heavenly, they cannot be described and are closer to the ultimate.

**但我们应该尽力从这种状态直接走完全程, 我们被赋予了做到这一点的能
力, 而不是从星光界出发, 他们无法走完全程, 他们必须来到这里才能走完
全程。**

But we should try to go all the way from this state to us, it is given to do that, not to being from the astral realm, they cannot go all the way, they have to come here to go all the way.

但我们有可能一路走完全程直接回归绝对真理的状态。

But we have the possibility of going all the way back right to the absolute.

**现在, 走完全程的方法是最简单的, 不要做小我, 不要做一个与整体相分离
的个体。**

Now, the method of going all the way is simplest. be not an ego, be not an individual separate from the whole.

正是小我意识，也就是“我是一个与一切相分离的个体”的感觉，创造了心智，心智又创造了身体。

It's the ego sense, the sense of I am an individual separate from the all that creates the mind which creates the bodies.

我们三个主要的身体：物质身体、星光体和因果体。

There are three major bodies we have: the physical, the astral, the causal.

因果体处于观念领域，在因果界中，念头一出现就会即刻被满足。

The causal is in a realm of ideation, ideas, ideas are instantly fulfilled on their presentation in the realm of the causal.

星光体与因果体非常相似，只是它不受任何阻碍，无论你想什么都会如此，就像我们在夜间所拥有的梦境生活那样，那时梦是有意义的。

The astral is very similar to this except it's unobstructed, whatever you think is, it's like the dream life that we have in the night time when the dreams make sense.

但是，做一个与一切相分离的个体的感觉，是限制的开始。

But the sense of being an individual separate from the all is the start of limitation.

如果我们是一切，我们就是无限的。

If we are the all, we are unlimited.

当我们说“我与一切分离”时，限制就开始了。

The moment we say I am separate from the all that starts limitation.

为了分离，我们必须有分离的想法，

In order to be separate, we have to have thoughts of separation,

而想法构成了心智，

and thoughts constitute the mind,

心智创造了三具身体。

and the mind creates the three bodies.

这是一件极其重要却在我们的领域中鲜为人知的事情。

Now, this is a tremendous thing and so little known in our realm,

从这个领域，我们可以直接去往绝对真理的状态，我们不必花数千年甚至数百万年来做到这件事，我们此生就能做到。

that from this realm we can go straight to the absolute, we don't have to spend millenniums or even millions of years doing it, we can do it this lifetime.

但我们必须明白我所说的内容，并试着建立“我不是身体，我是那个无限的真我”。

But we must know what I'm saying and attempt to establish that I am not the body, I am that infinite Self.

现在，你一直都是，我们一直都是这个无限的存在。

Now, you always have been, we always have been this infinite being.

当我们说“我”时，是不附加任何东西的“我”，只是“我”这个词，是那个“我”，是那个你感觉到的、没有任何限制的存在。

It's the I when we say I without anything attached to it, just the word I, that I, that you feel as you are Beingness has no limitations.

直到你说“我是一个身体”，或者“我和别的什么东西”时，这就立即产生了二元性、限制以及由此构建的一切。

Until you say “I am a body” or “I and something else”, that immediately sets up duality, limitations and all the thing that builds up with it.

“我”这个词是最接近“上帝”的词。

This word “I” is the closest word for God.

总有一天你会发现，“上帝”这个词就是“我”这个词，那个“我”是无限的，直到我们说“我是一个受限的心智或身体”。

You will discover some day, that the word God is the word I, that I is infinite, until we say “I am a limited mind or body”.

所以，一种极佳的生活方式就是明白这一点，并尝试建立“我不是这个身体”的意识。

So, an excellent way of life is to know this and to attempt to establish the consciousness of I am not the body.

身体只是一个木偶，让它按照它自己的方式运作，它做什么都无所谓，只是让它自行运作。

The body is just a puppet, and allow the body to go its way, it doesn't matter what it does, just let it go its way.

这样一来，工作就会变得有点自动进行，你会脱离它，因此事情会比以前进行得好得多。

And then work becomes sort of automatic. you become detached from it, and therefore it goes on far better than it ever did before.

当我们让身体去完成工作时，它会完成得更好。

When we allow the body to go through the work, it will do the work far better.

因为我们正在摆脱那个“受限的我”的这个自我概念。

Because we are getting the ego concept of I, the limited I out of the way.

我们练习得越多，就越能建立起这种意识。

And the more we practice that, the more we establish it.

到目前为止，我们大多数人都在努力让生活变得更好，这很好。

Until now most of us have been trying to make life better which is excellent.

但一个美好的生活是个受限的生活。

But a good life is a limited life.

如果你现在的生活一切都很美好，那你就像被金链子束缚着，而在此之前你是被生锈的铁链束缚着。

If everything were good in your life now, it's like living with golden chains around you wherein before you had rusty iron chains binding

you.

你被金链子绑着，但你仍然是被束缚的。

You become bound with golden chains, but you're still bound.

尽管生活越来越好会让你感到快乐，但你也会到达某个阶段，你会说：“天哪，我太痛苦了，我是不是退步了？”

As happy as you'll get with life getting better as it has been getting better, you'll reach points where you'll say: "Oh my gosh, I'm so miserable, did I slip?"

不，你没有退步，你所获得的一切都还在，但你仍然在认同自己是一个受限的存在、一个小我、一个身体，并觉得这个世界是真实的。

No, you didn't slip. everything you've gained you still have, but you're still identifying with being a limited being, being an ego, being a body, with this world being real.

摆脱这个世界困境的唯一方法就是——明白你不是那具身体。

The only way out of difficulties with the world is knowing you are not the body.

【掌控并超越身体】02.掌控并超越身体 第二部分 【Mastering the Body and Beyond】

02.Mastering the Body and Beyond Part 2

如果你将来会遇到麻烦，要记住，那是因为你正在认同小我。

Now, if you're going to have troubles in the future, if you are, remember that you're identifying with the ego.

即便你的生活比现在好上一千倍，如果你从这个世界、从生活中、从生存中拿取快乐，而不是只从你所是的存在中直接获取快乐，你依然会感到不满意。

You could have your life 1,000 times better than it is now, and you'll be dissatisfied if you're taking your pleasures from the world, from life, from living rather than just being what you are which is taking it directly.

必须直接获取我们的喜悦，而不是将其归因于我们自己之外的事物。

Our pleasures must be taken directly, not attributed to things outside of ourselves.

这样，喜悦才会持续，才不会被悲伤玷污，这才是自然的状态。

Then joy is constant and never tainted by sorrow, and that's the natural state.

我想我今晚要强调的是，不要做那个身体，继续像你一直以来做的那样，让生活更加幸福。

I think what I'm stressing tonight is be not the body, continue to make life happier as you have been doing.

但现在强调不要做身体，你会更幸福，你会达到一种无法承载的状态，你会感觉自己快要从这份喜悦中炸裂了，由于不习惯这份新发现的喜悦，有时很难承受住。

But emphasize now being not the body and you will be even happier, you will reach states where you just can't contain it, you feel as though you're going to burst from the joy, not being used to this newfound joy, sometimes it's hard to contain.

我记得自己走了好几天试图消解它，我获得了这些领悟，那种感觉强烈到几乎让我喘不过气来，我的内在一直洋溢着全新的喜悦。

I remember walking for days trying to walk it off, I get these realizations and I get so it was hard to breathe almost, I was so full of new joy coming in all the time.

我会不停地走啊走啊，直到自己适应这份喜悦。

I'd keep walking and walking and walking until I got used to it.

然后我学会了如何将这一切抛入背景中，让它融入那份我早已超越一切理解

的美好平静中。

Then I learned how to put it all in the background and let it resolve into that beautiful peace that I've passed of all understanding.

平静比喜悦更令人舒适。

Peace is a more comfortable state than joy.

但如果你能想象的话，那种平静比喜悦更令人愉悦。

But it's a peace that's more joyous than joy if you can imagine that.

现在，达到这种状态的关键在于，每次都要明白，你在生活中所获得的喜悦只是通过满足自己的念头、需求或欲望来让你做自己。

Now the key to getting to this state is to discover each time that the joys that you get in life just allow you to be yourself by the squelching of thoughts, of need or desire by satisfying them.

你满足了一个欲望，念头安静了下来，然后你感觉更好。

You satisfy a desire, the thoughts quiet and you feel better.

不要把那份喜悦归因于你所拥有的外在事物或与你在一起的人。

Don't attribute that joy to the thing out there that you've got or the person out there that you're with.

那份喜悦不过是你自己的真我。

That joy is nothing but your very own Self.

继续坚持，你会让它更多地显现在你面前。

Pushing through more, you are allowing it to be seen more by you.

所以，目标应该是认识到，所有的喜悦或多或少都只是真我本身，我们却错误地把它归因于自己之外的事物。

So, the object should be to recognize that all joy is nothing but the Self more or less, that we wrongly attributed it to something outside of ourselves.

这就是关于没有悲伤的持续喜悦的关键。

Now this is the key to constant joy with no sorrow.

对此还有什么问题吗？

Are there any questions on this?

这是一个非常深刻的.....一旦你看到了它，那是一件了不起的事情，在这里，悲伤和痛苦会永远消失，你揭开了快乐的面纱。

This is a very deep... It's a tremendous thing once you see it, here sorrow

and miseries are gone forever, you lift the cover off the joy.

你会看到每一个欲望都是一个限制，它限制并遮蔽了真我。

You see every desire is a thing of limitation which limits the Self and covers it up.

我们剥去这些遮蔽物，让真我存在，这就是我们所说的快乐。

We peel off these covers, and we allow the Self to be and that's what we call joy.

(学生说的听不清)

莱斯特：不，这取决于你看待它的方式。

Lester: No, it depends on the way you look at it.

把它看作一场梦，那个身体，你不是那个身体，让它自行运作，它只是一个木偶。

Look upon it as a dream, that the body, you are not the body, let it go its way, it's a puppet if anything.

不要纠结“小我”和“你”，只有“一”，只有一个真我，没有高我和低我之分，只有你。

Don't get ego and you, there's only One, there's only one Self, there's not a higher self and a lower self, there's only you.

认同你的无限存在，或者认同你的限制性存在。

Identifying with your limitless being or identifying with your limited being.

所以，你可以直接拥有喜悦，或者如果你愿意的话，你可以间接地拿取那份直接的喜悦。

So, you have the joy directly, or if you choose you can take that direct joy indirectly.

然而，当你间接地获取它时，你仍然明白它是直接的，你略微觉察到了这一点，坚持下去，充分地觉察它。

And yet when you're taking it indirectly, you still know it's direct, you're seeing a bit of this, hold it, see it fully.

我之前说过一些东西，我想你没听过，我们是非常幸运的存在，我们出生在了我们所诞生的这个地方——地球。

I said something before, I don't think you've heard that we are very fortunate beings, and that we are born into the place that we are born this earth.

因为由于这里的困难程度，这让我们能够一路走向绝对真理，而其他领域做不到这件事。

Because this allows us to go all the way to the absolute, other realms don't allow it because of the difficulty here.

如果我们能够认识到我们不是那个小我，我们就能走完全程。

If we can see that we are not the ego, we can go all the way.

因为小我是一种分离感——“我是一个与一切相分离的个体”。

Because the ego is a sense of separation, I am an individual separate from the all.

那个分离感引发了念头，这不止一个想法，而这些想法不过就是心智。

And in that sense start thoughts going, there's more than one thoughts are nothing but the mind.

心智创造了三个身体，而身体及其相关的一切都是麻烦。

The mind creates the three bodies. and the body and everything related to are all the trouble.

所以，当我们明白自己不是小我，我们没有与一切相分离时，我们就能走完

全程直达绝对存在，也就是顶端状态。

So that when we know we are not an ego, we are not separate from the all, we can go all the way to the absolute being, the top state.

很少有.....相对而言, 在我们的宇宙中, 很少有生命能有幸来到这样的地方, 并理解我所说的这些,

There are few... Relatively speaking, few beings in our universe, who are fortunate enough to come to a place like this and to know what I'm saying that,

这能带来我们此生最大的成长,

this allows the greatest of growth that in this lifetime,

我们能够走完全程回家，回到我们出发的地方。

we can go all the way back home to where we started from.

然而，我知道，要让我们所有的兄弟姐妹，也就是其中 99%的人明白我所说的，需要花数百万年的时间。

And yet I know it's going to take millions of years for all our sisters and brothers for 99 percent of them to realize what I'm saying and take the millions of years.

但我们此生就能做到。

But we can do it this lifetime.

因为我们已经被指出了方法，既然知道了方法，我们就能去做。

Because we have been shown the way, and knowing the way, we we may take it.

在未来的数百万年里，即使生活变得好得多，他们仍将像现在这样继续承受痛苦。

Now for millions of years, they are going to suffer the way they are suffering now, even when life gets much better and it will.

痛苦是相对的。

Pain is relative.

如果你出生在一个和谐的社会，哪怕是，对我们来说不算是痛苦的最轻微的痛苦，对他们来说都会是极难忍受的。

If you're born into a harmonious society, the slightest of pain which to us wouldn't even be pain now will be excruciating to them.

痛苦的概念始终是相对的。

It's always relative this concept of pain.

所以，即便你进入了一个与我们现在所处状态相对美好的天堂，那仍然是痛苦的。

So that even though you go into a relative heaven compared to what we're in now, it will still be painful.

那么，为什么要与其他人共度这数百万年呢？

So why spend these millions of years with the rest of them?

为什么不在此生成为我们所是的自己呢？

Why not be what we are here and now this lifetime?

最接近、最准确地描述上帝的词是“我”。

And the closest and most correct word for God is I.

当你说“我”的时候，就是它了，别给它附加任何东西，那就是无限的存在，或者无限的觉知，那个“我”，而且只有一个“我”。

You say I, that's it, just don't put anything more to it, that's infinite Beingness, or infinite awareness, that I, and there's only one I.

要么认同无限的存在，要么认同有限的存在，或者像我们现在做的那样，从一个状态转换到另一个状态。

That either identifies with its unlimited Beingness, or identifies with a limited Beingness. or shifts from one to the other as we are doing.

所以，我们的生活方式应该是：无论我们在做什么，都不要成为那具身体。

So our way of life should be no matter what we're doing, be not the body.

让身体自行运作，它会比以前做得更好。

Let the body go its way, it'll do the work far better than it did before.

因为小我感现在消失了。

Because the ego sense is now out of the way.

追溯所有的快乐和愉悦，只不过是让心智安静了下来，这样我们才能做自己的真我。

And to trace back all joys and pleasures to being nothing but quieting the mind, so we can be our Self.

不要把快乐归因于外部，因为它不存在于外部，那是个可怕的陷阱。

Don't attribute the joy to the externals, because it's not there, that's an awful trap.

通过这样做，我们会发现，一切都在我们之内，我们是一切，我们所有的欲望都会消失。

By doing this, we will see that everything is in ours, we are everything and all our desires will drop away.

所有欲望的瞬间满足，是对“我们所是”的一种认知。

And the instantaneous fulfillment of all desires is a recognition of who we are.

所有欲望的同时满足，是对“我们所是”的认知。

The simultaneous fulfillment of all desires that recognition of who we are.

因为如果我们是无限的，我们不需要任何东西，也不想要任何东西。

Because if we're infinite, we need nothing, want nothing.

现在，在生活中，如果你达到了那种状态，你便不再有欲望、不再有想要了，而身体所需的一切都会立即得到满足。

Now, in life, if you reach that state, you have no more desires, no more wants, yet everything the body needs is provided immediately for it.

我们对身体是如此地不贪恋，即便它倒下了，我们也不会在意。

And we are so non-attached to the body, that if it fell over, we couldn't care this.

身体在与不在，对我们来说完全没有区别。

It makes absolutely no difference to us whether the body is there or whether it is not there.

我们既不抱怨这种生活，也不想离开它。

We do not complain about this life nor do we want to leave it.

那么，接下来发生的是，你会像个大师那样度过一生，

Then what happens is you go through life as a master,

当你最初设定的放下身体的时刻来临时，你会有意识地放下它，你只是摆脱了这个躯壳。

and when the time you originally set for the letting go of the body comes about, you let go of it but consciously, you just kick the frame.

在你这么做之前，你知道这只是一场梦，就像任何夜间的梦那样，你从未被这个身体限制过，你从来都只是那全在的无限存在。

And before you do that, you know that it's just a dream of like any night dream, that you never were limited by this body, that you never were

anything but the infinite Beingness, that is omnipresent.

学生：我们之前不知道这一点，因为我们在这里。

Student: We didn't know it before, because we're here.

莱斯特：对，因为我们在这里，这表明我们认为自己是个有限的身体。

Lester: Right. because we are here, it's an indication that we consider ourselves a limited body.

学生：或者一开始就是大师。

Student: Or a master in the beginning.

莱斯特：（笑）好吧，我们没得选择。

Lester: Well, we didn't have the choice.

大师是意识，当耶稣进入一个身体，即便祂还是婴儿时，也从未失去过祂的全知。

A master is conscious, as Jesus comes into a body, even as a baby, He never for a moment loses His omniscience.

你只有成为一位大师，才能理解大师在婴儿时期的感受。

You'd have to be a master to understand what a master is feeling when he's a baby.

但在耶稣进入那个身体之前，祂知晓自己的无限存在，并且一刻也没有失去过对此的觉知。

But before Jesus came into that body, He knew his infinite Beingness and never lost consciousness of it for a moment.

那些像耶稣一样回来的人，仅仅是出于怜悯。

Those who come back like Jesus do so only out of compassion.

学生：对始终完美的事物的怜悯。

Student: Compassion for what were always perfect.

莱斯特：我就知道会这么说，怜悯是给那些需要个人的、外在的神来敬拜的人，直到他们意识到自己不需要外在的神。

Lester: I knew that was going to come out, compassion for those who need a personal, external God to worship until they realize that they don't need an external god.

外在的神指引我们向内，直到我们看到外在的神不过就是我们自己，而我们的真我就是我们所是的那个无限存在，即“我”这个字。

The God out there directs us inward. until we see that the god out there is nothing but our very own Self, and that our Self is the infinite Beingness that we are, the word I.

一旦你到了这里，就又回来了。

Once you here the here, you put your back again.

实际上，从来没有耶稣，也没有上帝。

Now, in reality, there never was a Jesus, a God.

最终，你会明白这一点，除了“我”，从来不存在任何东西，只有我，全部、唯一，“唯一”这个词的拼写是 a-l-o-n-e，所以“唯一”这个词是全部的“一”。

In the end, you'll see this, that there never was anything but I, all, alone and alone is spelt a-l-o-n-e, so the word alone is all one.

从来就只有“我”、全部、唯一，“我”、全部的“一”。

There never was anything but I, all, alone, I, all one.

从来不存在任何外在的东西。

There never was anything external.

那是一种幻觉。

It was an illusion.

然而，崇拜一位外在的神对我们非常有帮助。

However, it is very helpful to us to worship an external god.

当我们完全了解了外在的神时，我们会完全了解内在的神，也就是那个我们所是的神。

When we know fully the external God, then we will know fully the internal God, the God that we are.

这是一块垫脚石。

It's a stepping stone.

我们爬梯子，每次爬到新的一级阶梯，就会忘记之前那些阶梯。

We climb a ladder and each time we get up to another rung, we forget about the rungs below.

当我们爬到顶端时，会把梯子踢开。

And when we get to the top, we kick the ladder away.

但任何的辅助都是有益的。

But any aid is a good thing.

所有宗教在某种程度上都有所帮助，它们都指向上帝，无论是指向了一分、百分之一还是百分之百，它始终在朝着正确的方向。

All religions are aids to a degree, they're all pointing toward God, whether it's one degree, one percent or 100%, it's still in the right direction.

因此，所有的宗教都是好的。

Therefore, all religion is good.

学生：为什么佛陀会祝福那些葬礼？

Student: Why does a Buddha celebrate to funerals.

莱斯特：他们祝福他。

Lester: They celebrate him.

因为他们知道离开的人会离开一个相对的地狱，进入一个相对的天堂。

Because they know that the one who left is going into a relative heaven, leaving a relative hell.

为什么宇航员在失重状态下会感觉这么好呢？

Why do the astronauts feel so good when they're weightless?

那是从沉重事物中的一种释放，失重是一种奇妙的体验。

It's a release from this heavy thing, weightlessness is a wonderful experience.

我记得有一位宇航员曾被问到他所经历过的最棒的体验是什么，他想了想然后回答说：“失重”。

I remember one of the astronauts being asked what was the greatest experience he ever had, he thought and he said: "Weightlessness".

这就是为什么那些进行长距离潜水、高空跳伞的男孩们不喜欢拉绳索，失重、从身体中解脱出来是一种极其美妙的体验。

That's why the boys who do the long distance diving, skydiving, they don't like to pull this string, it's such a tremendous experience being weightless, free of the body.

所以，只要明白我们不是身体，我们就能从身体中解脱出来，我们并不需要跳伞或俯冲。

So, we can be free of the body just by knowing we are not the body, we don't have to skydive or nosedive.

(学生说的听不清)

莱斯特：无论我们是否自欺欺人，我们过去一直存在，未来也将一直存在。

Lester: And always have been and always will be whether we dilute ourselves or not.

我们不应该过多地关注身体，给它所需的一切，然后不再关注它。

We shouldn't pay too much attention to the body, give it what it needs, and no more attention.

这对女性来说很困难，她们一直被训练得非常关注身体。

This is a hard one for the women. they've been trained to pay so much attention to it.

你可以不带贪恋地去做这件事，你可以打扮它，让它变漂亮，但不必贪恋你所做的事情。

You can do it without attachment, you can dress it up, make it beautiful without attachment to what you're doing.

但过度关注身体并不好，这是几千年来我们养成的最糟糕的习惯，“我们是身体”，这不是一个容易打破的习惯。

But too much attention to the body isn't good, this is the worst habit we've gotten into over the millenniums that we are this body, it's not an easy habit to break.

这就是为什么我说，给予它应有的关注，但也仅此而已，然后开始摆脱它的限制。

That's why I say, give it just as due attention, no more, and start freeing yourself from its limitations.

有人对我所说的有什么异议吗？有人有不同的看法吗？

Any objection to what I've been saying? Anyone's mind?

我觉得你以前肯定会反对，但能够接受这一点，已经是一个巨大的进步了。

I think you would have objected to this some time back, but this is a tremendous step forward to be able to accept this.

(学生说的听不清)

莱斯特：当这个世界上的大师环顾四周时，祂看到了这个身体，也会看到所有的那些身体，但祂知道祂是每一个身体，这就是区别。

When a master in this world looks around, He sees this body, and He sees all those bodies, but He knows that he is every body, that's the

difference.

祂把每一个身体都视作自己最亲近的人。

He sees every body as much His body as the one closest to Him.

然而，祂绝对不会因为身体而感受到任何的限制。

And yet He feels absolutely no limitation because of the body.

祂只需闭上眼睛，就能遨游在无限之中。

All He has to do is close His eyes and He's off into infinity.

然而，当祂睁开双眼时，祂看到的仍然是无限，祂把每个人都视作完美、无限的存在。

And yet when He opens his eyes, He still sees that infinity, He sees everyone as points of perfection, of infinity.

【莱斯特谈抑郁】 1.莱斯特谈抑郁 【Lester on Depression】 1. Lester on Depression

回归对我们是谁、是什么的正确认知，只需要放下那些限制。

Returning to the right remembrance of who and what we are requires

only letting go of the limitations.

现在，所有限制都源于小我感。

Now, every limitation starts from the sense of egoity.

小我感是一种“我与一切相分离”的感觉。

The sense of ego is a sense that I am separate from the all.

当我说“我与一切相分离”的那一刻，就创造了某种程度的匮乏，

And the moment I say I am separate from the all, that creates a certain amount of lack,

这会把我从无限中拉出来，让我置身于一种情境中，在那里，除了“我”之外还有别的东西，还有我所需要的东西。

it takes me out of the infinity and puts me in a situation where there's something other than I, something I need.

因此，为了回归我们真正所是、一直是且永远都是的无限存在，我们需要放下小我感，我们需要放下小我。

So, to return to this infinite being that we really are, always was and always will be, we need to let go of the sense of egoity, we need to let go of the ego.

不存在成长到完美这回事。

There is no growing into the perfection.

因为完美永远是完美的。

Because the perfection is always perfect.

我们无法成长到觉醒，每个人在此时此地都是完全觉醒的。

We cannot grow into realization, each and everyone is fully realized here and now.

所谓的成长，其实是放下与之相反的概念，其实是放下小我。

What appears as growth is the letting go of the concepts to the contrary, is the letting go of the ego.

所以，释放小我是唯一的方法，也是重新忆起“我们是谁、是什么”的最快方法。

So, letting go of ego is the only way, the fastest way to return to the right remembrance of who and what we are.

我给出的第一条箴言是：你所看到的世界，也是你。

The first byword I gave was: as you see the world, so are you.

这可以用来获得圆满的证悟。

This can be used to gain full realization.

如果我们持续审视所看到的一切，

If we keep looking at everything we see,

并明白我们所看到的一切仅仅存在于我们自己的心智之中，

and looking to see that what we are seeing is just right in our own mind,

那是我们唯一能看到任何事物的地方，

it's the only place we can see anything,

我们在外面所看到的一切其实是我们自己的心智。

that what we're seeing out there is our own mind.

当我们明白这一点时，我们便在朝着正确的方向前进。

And when we see that, we move in the right direction.

我认为第二句箴言是：所有的幸福都源于真我，所有的痛苦都源于小我。

I believe the second thing was: all happiness has its source in the Self,

with a capital S, all misery has its source in the ego.

因此，在这个世界上，每当我们感到幸福时，如果我们追溯它的源头，就会发现我们所感受到并称之为幸福的，正是我们自己的存在。

So, that in the world, whenever we feel happy, if we will trace the source of it, we will find it's just our very own Beingness that we are feeling and calling happiness.

如果我们追溯痛苦的源头，我们总会发现一种小我的挫败感。

If we trace the source of the misery, we will always find an ego frustration.

通过运用这一点，我们能够获得圆满的证悟，并且可以每一天、整天都使用它。

By using that, we can gain full realization, and that can be used also every day, all day.

追溯幸福的源头，我们会发现它就是我们自己的真我；

Trace the source of happiness, we discover that it is our very own Self.

追寻痛苦的源头，我们会发现它不过是小我的挫败感。

Trace the source of misery, we discover it's just an ego frustration.

第三条是：

Then the third one was:

想你想要的，那就是你所能得到的一切；

Think what you want, and that is all you will get;

或者只想你想要的，那你得到的就只会是你想要的。

Or think only what you want, and that is only what you will get.

通过每天、整天地使用这一点，我们也能越来越接近开悟，并最终获得开悟。

By using this every day, all day, we can also move closer and closer to realization and eventually attain it.

现在我们来了解一下最新的情况。

So that brings us up to date now.

【莱斯特谈抑郁】 2.莱斯特谈抑郁 【Lester on Depression】 2. Lester on Depression

今晚我要提出的内容是：不要让你的幸福依赖于事物。

Tonight, I'm going to offer this: let not your happiness depend upon things.

任何时候，我们把幸福归因于某个事物时，都是在盲目地将幸福归因于它。

Any time we attribute any happiness to a thing, we are blindly attributing the happiness to it.

真正的幸福并非源于事物。

The actual happiness does not come from the thing.

真正的幸福只源于念头的平息，当念头安静下来，我们便能感受到我自己更多的真我，然后我们会更幸福。

It comes only from quieting of the thoughts, which when quieted, we more feel our very own Self, and we are happier.

发现这一点，并运用它，不要让你的幸福依赖于事物。

Discover this for yourself, use it, and let not your happiness depend upon things.

现在，这引出了另一个名为“欲望”的根源。

Now, this leads into another route called desire.

欲望可以说是我们的头号公敌。

Desire could be called our public enemy number one.

正是欲望让我们陷入了所有的麻烦和痛苦之中。

It is only desire that leads us into all our troubles, all our miseries.

没有什么喜悦能比无欲的状态更棒的了。

There is no joy so great as the state of desirelessness.

如果你曾经体验过哪怕一次这种状态，你就会一直力争放下欲望。

If you will ever taste that state but once, you will always strive to let go of desire.

没有什么能像无欲的状态那样令人如此愉悦、如此自由。

There is nothing so joyful, nothing so freeing as the desirelessness state.

这实际上是一种表象，正是对这个世界的渴望让我们留在了这个世界中。

It is only desire for this, what is really an appearance, this world, that keeps us in this world.

当我们放下所有欲望时，我们便从所有的限制中解脱了出来，也从这个世界

中解脱了出来。

When we have let go of every last desire, we free ourselves from all the limitations, we free ourselves from this world.

所以，不要把你的幸福归结于事物。

So let not your happiness be attributed to things.

当你感到幸福时，沉浸在那份幸福中，你会发现它并不存在于事物中，而正存在于你之内。

When you feel happy, dwell in that happiness, and you'll see it's not in the thing, it's right in you.

由此引出的一个推论就是：不要让你的幸福依赖于他人。

Now a corollary to that would be let not your happiness depend upon people.

当我们说他人让我们快乐时，其实跟说事物让我们快乐是一样的。

When we say people make us happy, it is the same as saying things make us happy.

某个特定的人满足了一个欲望，而这个欲望一开始就让我们不快乐，

A particular person satisfies a desire, which desire made us unhappy in

the first place.

当欲望得到满足时，心智是安静的，内在的真我就会绽放光芒、尽情展现，甚至更加强烈。

And when the desire is satisfied, the mind is quiet, and the inner real Self just beams and expresses and is more so.

每当我们让自己的心智安静下来，我们就能更多地显现出内在的真我。

We just reflect the inner Self more so, whenever we quiet our mind.

所以，那是两个强有力的要点，我们可以用来获得觉醒。

So, those are two powerful things that we could use to gain realization.

不要让我们的幸福依赖于事物或人。

Let not our happiness depend upon things nor people.

当我们看到这一点，我们正在这样做时，我们应该试着放手，我们应该试着去看到幸福的根源。

When we see that, we are doing that, we should try to let go of it. we should try to see the source of the happiness.

通过审视它，我们会明白，幸福不在事物中，也不在他人身上。

By examining it, we will learn that the happiness is not in the thing, is not in the person.

幸福在我们之内，幸福是我们的自然状态，我们放下了“声称自己缺少某个事物，因此必须渴望它”。

That the happiness is in us, that the happiness is our natural state which we let go of claiming we lack something and therefore must desire it

现在，除非你做到这一点，否则你永远都不会明白。

Now, this will never be known until you do it.

但我说，如果你愿意尝试，如果你愿意做到它，你会发现一种超乎你想象的幸福。

But I say if you will try it, if you will do it, you will discover a happiness beyond anything you ever dreamed of.

努力达到无欲的状态，努力放下对事物和人的所有贪恋和厌恶，达到平静的状态。

Strive for the desirelessness state, strive to let go of all attachments and aversions to things and to people, reach the state of equanimity.

现在对此有什么问题吗？

Are there any questions on this now?

学生：是的，我有一个问题，我发现我对一个我认识的年轻女孩产生了一丝厌恶，她有灵性追求，然而我对自己的感受很惊讶，我不喜欢她，我有那种感觉，你会怎么看？

Student: Yes, I have one, I find a slight aversion arising in my mind towards a young girl I know, spiritual aspiring, and I I'm surprised at my feeling, I don't like her, I get that feeling, how would you be see that?

莱斯特：我会审视自己，看看自己身上是否有不喜欢她的那种特质，我会在她身上寻找那种特质。

Lester: And I would look in me to see just that quality that I don't like in her, I'd look for that quality in her.

学生：一定是这样的。

Student: It has to be.

莱斯特：除非它存在于你之内，否则你不可能在另一个人的身上看到它，你就是无法在另一个人身上看到它。

Lester: You couldn't see it in another one, unless it existed in you, you just couldn't see it in another one.

一开始这相当令人震惊，但如果你深入探究，你会发现确实如此。

This is quite shocking at first. but if you go into it, you'll discover that, it's so.

这是第一点，你所看到的这个世界，也是你。

And this was number one, as you see the world, so are you.

我们在别人身上看到的，其实也存在于我们自己身上。

What we see in others exist in ourselves.

所以你要努力，试试看。

So you make the effort, you try.

学生：你会如何发掘自己之内的这些特质呢？

Student: How would you approach finding out in yourself.

莱斯特：你把注意力转向内，嗯，我不喜欢她，因为她话太多了。

Lester: You take the attention and you turn it in this way, well, I don't like her, because she talks too much.

学生：她根本不说话。

Student: She doesn't talk at all.

莱斯特：那我会说“那我说话吗？”

Lester: Well, then I'd say: "Well, do I talk?"

学生：我甚至都不打招呼，她也不打招呼。

Student: I don't even say hi, she doesn't say hi.

莱斯特：嗯，不管怎样，方法就是向内探寻，并停留在这个特质上，直到你在自己的内在看到了这个特质。

Lester: Well, anyway, the method is to go within, and stick with it, until you see this quality within you.

当你看到它时，你会自动地放下它，这样你在她身上就不会再看到它了，它不会再困扰你。

When you see it, you automatically let go of it. then you won't see it in her, it won't bother you.

学生：我知道它一定是内在的，自从这门课开始以来，在那件事出现的时候，我就意识到了这一点，我知道它一定是内在的，因为她没有给我任何我能看到的可以察觉到的东西，所以我也不太明白，但当那种感觉出现时，你只需要持续地将注意力转向内。

Student: I know that it has to be within, since this class has been going on, I realized that when that arose, and I knew that it had to be, because she doesn't give me anything to hang on that I can see, and so I don't know, but you just keep turning the focus within when the feeling arises

【莱斯特谈抑郁】 3.莱斯特谈抑郁 【Lester on Depression】 3. Lester on Depression

我在回顾中还有一点没有提到，那就是：如果我们希望获得证悟，如果我们想要彻底的解脱，这条道路必须成为一个全职的主题。

There's one thing I didn't say in the review, and that is: if we hope to get realization, if we want full liberation, this path must be a full-time subject.

它不能是每周一次，也不能早晚各一次，

It cannot be once a week or once in the morning and once at night,

它必须是每天、全天候的。

it must be every day, all day.

这是能够做到的，也应该做到。

And it can be so, and it should be so.

这就是为什么我给要出这些任何人每一天、一整天都能使用的方法。

And that's why I give out these methods that could be used by anyone every day, all day.

所有的这些方法都是发现并放下我们小我倾向的不同方式。

And all these methods are different ways of discovering and letting go of our ego tendencies.

当我们开始做时，我们当中有些人认为我们所需要做的就是这样做几天或几周，所有的小我就应该消失了。

And when we start, some of us think that all we need to do is do this for a few days or a few weeks, and that all the ego should be gone.

但我们很快就会发现，实际上，几百年甚至几千年来积累了极其大量的小我，小我不会轻易或迅速地消亡。

But we soon discover that there's an awful lot of ego that has been stored up over the centuries or millenniums actually, that the ego does not die easily nor quickly.

所以，如果你发现小我没有很快消失，不要灰心。

So, do not become discouraged if you see that the ego doesn't drop

away quickly.

另外，我要提醒你，当你放下小我时，会有更多的小我浮现出来等待被丢弃、被放下。

Also, let me warn you that, as you let go of ego, greater amounts of it come up for dumping, for letting go.

我们释放得越多，就越有能力面对它。

The more we let go of it, the more we are capable of facing it.

因此，我们会无意识地向自己展现更多的小我。

And therefore, unconsciously, unconsciously we present more ego to ourselves.

所以有时候在一开始，小我似乎变得更强大了，

So, sometimes at the beginning, it seems as though the ego is getting stronger,

但它并没有变强，

it's not getting stronger,

它一直都在那里，

it was always there,

否则现在就不会浮现出来了。

otherwise it couldn't come up now.

但因为我们在成长，所以我们能够面对更多的小我。

But because we are growing, we can face more of it.

而且这个过程必须持续下去，直到不再有任何的小我。

And this process must be kept up until there is no more ego.

在没有小我的那个地方，我们会找到上帝，在那里，我们能找到自己的真我。

And that place where there is no more ego, there we find God, there we find our very own Self.

我再重申一遍，为了做到这一点，它必须是一项全职的工作。

And I repeat, in order to do this, it must be a full-time occupation.

而且无论我们在做什么工作，这件事都能持续下去，

and it can go on no matter what work we are doing,

在背景中，在心智背后，我们能始终继续着这个主题，不断探寻“我是谁，我是什么”，并且总会使用这样或那样的方法去探寻。

in the background, we can always have this subject sort of in the back of our mind, always seeking “who am I, what am I”, always using some method or other.

如果我们不使用这种方法，会发生什么呢？

What happens if we don't use this method?

我们会跟着错觉走，我们会跟着小我的游戏走，并不断强化它。

We are going along with the delusion, we are going along with the ego play and strengthening it.

任何没有在成长的人都在走向相反的方向。

Anyone who is not growing is going the other way.

在一天当中，只要我们不专注于这个主题，我们就在走向相反的方向。

Any time during the day that we are not on this subject, we are going the other way.

如果我们每天花 3、4 个小时在这个主题上，却花 20 个小时在小我上，我们就无法实现觉醒。

And we cannot make the goal if we spend 3-4 hours a day on the subject and 20 hours a day on the ego.

我们在 3、4 个小时里获得的，远不及我们在那 20 个小时里失去的。

What we gain in the 3-4 hours, we more than lose in the 20 hours.

所以，如果我们想要觉醒，并且今生每个人都能做到，我们必须全职地做这件事。

So, if we want realization, and there isn't anyone who cannot get it this lifetime, we must make it full-time.

当我们这样做时，随着时间的推移，它会变得越来越容易。

When we do, it becomes easier as time goes on.

我们养成了寻找并放下小我的习惯，这会变成一种乐趣。

We develop the habit of looking for and letting go of the ego, it gets to be a joy.

因为每当我们放下一点小我时，我们会更快乐一些，我们的世界变得更加美好，痛苦会减少。

Because every time, every time we let go of a bit of ego, we are a bit happier, our world becomes a much nicer place, our miseries get less.

而且在低谷期，这种变化更加明显，我们的低谷不像过去那么低了。

And it's more noticeable during the low points, that our bottoms just don't go down as far as they used to before.

如果你想检验自己的成长，那就在你的低谷检验它。

And if you want to check your growth, check it on your low points.

总有一天，那个低谷会上升至幸福的领域。

And some day that low point is up in the realm of happiness.

所以，当你下行时，你向下走向幸福；

So, when you go down, you go down to happiness;

而当你向上移动时，你会移动进入所谓的狂喜之中，

And when you move up, you move up into the so-called ecstasies,

那时，你就完成了最困难的部分，渡过难关了。

Then, you're what I call over the hump.

当你走到那一步时，不需要有人告诉你该走这条道路，

No one has to tell you to follow this path when you get that far,

你毫无疑问地知道这就是正确的方向，

you know without question that this is the way,

这就是你一直在追寻的幸福，这就是每个人都在追寻的东西。

this is the happiness that you had always been seeking, this is everything that everyone is seeking.

但我们中的有些人、他们中的有些人，却在错误的方向上寻找它。

But some of us, some of them are seeking it in the wrong direction.

但既然我们已经找到了正确的方向，就绝不会放弃它。

But now that we have found the right direction, we never let go of it.

所以，每当我们放下了一点小我，就放下了一点不开心，

So, every time we let go of a bit of ego, we let go of a bit of unhappiness,

一点一点，每一天，一整天，

and bit by bit, every day, all day

持续这个过程，

continuing this process,

你会发现效果相当显著。

you will discover relatively rapid results.

释放小我是达成所有这一切的方法。

And letting go of ego is the way to all this.

【顶端状态和超越欲望】 01.顶端状态 第一部分 【The Top State and Beyond Desire】 01.The Top State Part 1

我想，对于本系列的最后一场演讲，或许总结一下我们经历过的内容、要去的地方以及最终的目标，也许是个不错的主意。

I thought maybe a summary of what we've been through, where we're going, and what there is at the end might be a good idea for the last talk of this series.

我真的不知道我们是如何开始的，从什么时候开始的，但我喜欢这样看待这件事：每个人都在追寻圆满、完整且没有一丝悲伤的幸福。

I really don't know how we started, at what point, but the way I like to look at it is that everyone is seeking happiness, full and complete with no taint of sorrow.

这种幸福是我们最基本的自然天性，我称之为大写 S 的“我”（Self）。

That that happiness is our very own basic natural nature, which I call the Self with a capital S.

正因为这是我们基本的自然天性，所以每个人都在追求幸福。

And because it's our basic natural nature is the reason why everyone is seeking happiness.

最终，我们会发现，大写 H 的“幸福”（Happiness）和大写 G 的“上帝”（God），其实是同一个东西。

And in the end, we see that Happiness with a capital H, God with a capital G, turns out to be the same thing.

我们所有人都会犯的错误是，我们在人和事物中寻找这种幸福。

The mistake we all make is that we look for this happiness in people and in things.

然而幸福并不存在于人或事物中。

And it is not in people or things.

我们所感受到的幸福或愉悦，是消除了痛苦、消除了对某个事物的渴望。

The happiness or the pleasure that we feel is the eliminating of the pain, of the desire for something.

这种渴望是我们起初假设出来的一种匮乏。

This desire is an original lack, which we assumed.

作为无限的存在，我们从未有过任何匮乏，我们假设了这种匮乏，并创造了对它的渴望。

Being infinite beings, we never had any lack, we assume this lack, we create a desire for it.

当渴望得到满足时，我们的念头就停息了。

When the desire is fulfilled, our thoughts stop.

当我们的心智静止下来时，我们的本性，也就是真我，便会闪耀光芒。

And when our mind is still, our basic nature, the Self shines forth.

我一直在说的那些小事，以及尽力去达成的那些目标，都是为了让你自己明白这一点。

The little things I've been saying and trying to accomplish have been trying to get you to see this yourself.

在你自己能够亲自验证它之前，不要接受我或者其他任何人所说的任何话。

Nothing should be accepted that I say or that anyone else says, until you can prove it out for yourself.

这门科学的独特之处在于，它本身就是一门科学，

The uniqueness of this science, which is a science,

总有一天你会发现，它是所有科学中的科学，

someday you'll see it's the science of all sciences,

它是一门主观科学，我们必须从内在去探寻它，

this is a subjective science, we have to seek it within,

我们无法把它摆到面前的桌子上检验它，我们只能在自己的内在、在自己的存在中来检验它。

we can't put it out on the table in front of us and examine it, we can only examine it within our own mind, within our own being.

而且，智力并不能帮助我们了解它。

Also, the intellect does not avail it to us.

智力可以引领我们朝着正确的方向探寻它，

The intellect can get us in the right direction to find it,

而这个正确的方向就是平息心智、体验这个真理、体验这个真知。

and the right direction is by stilling the mind and by experiencing this Truth, this Knowledge.

所以，只有通过体验，我们才能了解它。

So, only by experience can we get to know this.

在日常生活中不做“做者”是有好处的，不做执行者，只做见证者。

It is good in our daily life to be not the doer, be not the agent, just be the witness.

不是我，而是天父通过我在运作。

It is not I but the Father who work at through me.

在这个群体中，有几个人已经具备了这样的态度，这是我们应该努力追求的主要生活准则。

Attitude, which several in this group already have is the main conduct of life that we should strive for.

我们在生活中越能成为见证者，就越不贪恋这具身体，就越能成为自己的真我。

The more we become the witness in life, the more we become non-attached to the body, the more we become our real Self.

所以，我有两点建议：

So, there's two things I'm suggesting:

第一个是，探寻“我是谁”；

One is the quest "Who am I";

第二个是，在生活中，不要做“做者”，而要成为见证者，让事物发生，允许它存在。

And the second is in life itself, be not the doer, be the witness, let things happen, allow it to be.

因为这是我们处于最终顶端状态中的样子。

Because that's the way we are in the final top state.

生活中最好的行为，就是顶端状态所特有的行为。

And the best behavior in life is that which is characteristic of the top state.

我相信你们也知道很多其他的品质，比如谦逊等等，还有善良、仁慈、诚实，所有的这些品质都是有所帮助的。

There are many other things which I'm sure you're aware of, of humbleness and so forth, goodness, kindness, honesty, all these things help.

但最大的助益是，不要做“做者”，要成为见证者。

But the greatest aid is be not the doer, be the witness.

好了，现在，当我们的“真我”呈现在我们面前时，这是一种非凡的体验，一种难以把控的体验，我们感觉自己仿佛要炸裂开来。

All right, now, when the Self of us presents itself to us, it's a tremendous experience, it's a very difficult one to contain, we feel as though were going to burst.

因为我们认识到了自己的全能、全知、全在。

Because we recognize our omnipotence, omniscience, and omnipresence.

但仅仅体验一次并不能让我们建立起那种状态。

But just seeing it once doesn't establish us in that state.

然而，一旦体验过它，在你重建那种状态之前，你绝对不会放弃。

However, once experiencing it, you'll never let go until you reestablish it.

所以你会不断尝试，我们也应该持续尝试，重新回到那种状态。

So, you'll continue to try, and we should continue to try to get back into that state.

下一次，这种状态会持续得久一点，

The next time, it will last a bit longer,

第三次，会持续更久，

third time still longer,

直到最终，我们全天 24 小时都处于这种状态中。

until finally, we are in it 24 hours a day.

当我们达到这种顶端状态时，我们不是行尸走肉，而是无所不知、无所不在，一切都无需我们干预便能完美有序。

When we attain this top state, we are not zombies, but we are all-knowing, everywhere present, everything falling perfectly into line without us.

我们在这个世界上的行动就像其他人一样，

We move in the world just like anyone else moves,

但不同的是：我们看待这个世界的方式与其他人截然不同。

but the difference is we see the world entirely different from the way everyone else sees it.

我们把我们的身体看作自己的身体，

We see our body as our body,

也把其他的每一个身体都看作自己的身体，

and we see every other body equally as our body,

把每一个动物都看作是我们自己，看待一切的方式都是如此。

we see every animal as we, everything.

因为把我们的一切都看作是贯穿宇宙的那个独一无二的“一”，这被称作“上帝”或“真我”。

Now that seeing everything as I gives us that singular oneness throughout the universe, which is called God or the Self.

我们看着自己的身体在生活中运转，几乎就像一个机器人，我们有点儿任由它自行运作。

We see our own body moving through life almost like an automaton, we sort of let it go its way.

由于我们不是那具身体，所以发生在那具身体上的任何事情都不会影响到我们，即便它被碾碎、分解，对我们来说也并不意味着什么。

And since we are not that body, nothing that happens to that body can affect us, even if were crushed, disintegrated, it wouldn't mean a thing to us.

因为我们完全明白自己不是那具身体，我们知晓自己的永恒存在。

Because we are fully knowing that we are not that body, we know our eternal Beingness.

因此，达到顶端状态的人很难与其他人区分开来。

So, one who has attained the top state is difficult to distinguish from

anyone else.

祂会经历和常人一样的人生过程，无论祂以前在做什么，祂可能会继续做下去。

He'll go through the same procedures of life, whatever He was doing before, He might continue to do.

但祂对生活的看法截然不同，

But His outlook on life is entirely different,

祂完全没有小我，

He's completely egoless,

祂不关心自己的身体，

He has no concern for His own body.

祂对别人比对自己更感兴趣，祂对全人类都感兴趣，

He is interested more in others than He is in himself, He is interested in all humanity,

无论祂做什么都绝对没有任何的小我动机，

whatever He does has absolutely no ego motivation,

在那些不完全理解的人眼中，祂的身体会继续正常地度过其生命周期，祂通常会像大多数人的身体那样，通过所谓的死亡和棺材离开人世。

His body will continue to live its normal span in the eyes of those who are not fully understanding, and He usually goes out the same way most bodies go out via so-called death and coffin.

但最初与那具身体相连的“一”却看不到任何的死亡，

But the One who was originally connected with that body never sees any of this death,

祂把整个世界视作一场心理创造的幻象，就像我们在夜梦中创造场景、城市和世界一样。

He sees this entire world as an illusion that was created mentally, just as we create scene, cities and worlds in our night dreams.

当我们醒来时，我们意识到根本不存在这样的东西。

And when we awaken, we realized there never was such a thing.

同样地，当我们从这种清醒状态中觉醒时，我们会发现这一切都是一场梦，从未真实存在过。

In the same way, when we awakened from this waking state, we see that the whole thing was a dream and never really was.

唯一真实存在的是那无限、完美无缺、全知、全能、全在的绝对实相。

That the only thing that ever was, was the absolute reality, infinite, all-perfect, all-knowing, all-powerful, omnipresent.

【顶端状态和超越欲望】 02.顶端状态 第二部分 **分【The Top State and Beyond Desire】 02.The** **Top State Part 2**

莱斯特：关于这一点还有什么问题吗？

Lester: Any questions on this?

学生：不要做行动者，你难道不做计划吗？你难道不做常规的事情，或者坐以待毙吗？

Student: Not be the doer, don't you plan, don't you do everything normally, or sit back?

莱斯特：不，正确的做法是不去计划。

Lester: No, the right way is not to plan.

因为一切都是完美的，让它发生，你会凭直觉得到指引，而不是在这里做计划。

Because everything's perfect, let it happen. you will be guided intuitively, instead of planning up here.

在恰当的时刻，每时每刻，你都会完美地做出最正确的事。

At the right moment, from moment to moment, you will do the exactly right thing perfectly.

学生：有一种情况是，有人可能会在还没有真正体悟到的时候就采取那种态度，比如，他说：“我就等着，等我采取行动的时候我再起床。”与此同时，他的钱却在不断花出去。

Student: There is a situation where somebody might take a position of that kind when he hasn't really felt it, and, for example, say: "I'll just wait, I'll stay in bed until I'm moved." In the meantime, his money's been paid.

莱斯特：所以，他就必须采取行动。

Lester: So, he'll have to move.

如果我们假定自己在那里，而实际并不是，我们很快会意识到自己并不在那里。

If we assume that we are there and we are not, we are soon awakened to

the fact that we are not there.

鲍勃，我现在要说的是顶端状态、完美的状态，在这种状态下，每时每刻，一切都处于绝对的和谐之中。

Bob, I'm putting out the top state now, the perfect state, where everything is in absolute harmony every moment.

那么，除了此时此刻，你无需思考。

Then, you never think, except this very moment.

在这一刻，你从内在明白什么才是自己该做的正确的事。

And at this very moment, you know from within just what is the right thing for you to do.

所以，你每时每刻都会被直觉指引，一切都完美有序。

So, you're guided intuitively each and every moment, and everything falls perfectly into line.

好吧，现在，如果你还没达到那种状态，当然，你必须思考、必须去计划。

All right, now, if you're not there, of course, you have to think, you have to plan.

但这就是我们要努力达成的目标,我所说的就是这个目标,这是最高的状态。

But this is the goal to strive for, the one that I'm speaking about, this is the top state.

你在那里,无需计划,你能瞬间物质化一座黄金宫殿。

You're there, you don't have to plan, you can instantly materialize a palace of gold.

学生:那么,在实践中,一开始可能是两者的结合,事情进展得很顺利,但有时会遇到难关,这时你就得规划,制定计划,然后再处理其他事情,我想这就是自我评估的实践过程。

Student: Well, in practice, then, probably in the beginning, a combination of the two, where things go very easily and then sometimes you have a hump in which you plan, you plan it out, and then other things, I suppose that would be the practice of self-assessment.

莱斯特:用你现在可以利用的东西。

Lester: Use that which is available to you now.

如果我们处于一个思考的层次,当然,我们必须思考。

If we are in a thinking realm, of course, we have to think.

但要为达到这个最高层次而奋斗, 为它而奋斗, 我们迟早都会达到最高状态。

But strive for this top realm, and striving for it, we will sooner or later attain it.

学生：太好了，这难道就是凭想法去做和凭真知去做的区别吗？

Student: Great, would that be the difference between doing by thought or doing by Knowing?

莱斯特：当然，是的。

Lester: Definitely, yes.

在最高状态，你通过真知来做，你只是时时刻刻知道，只是感觉我知道，感觉就是这样，不需要思考，我就是知道。

In the top state, you do by Knowing, you just know from moment to moment, just feels like I know it, that's just the way it feels, there's no thinking to it, I know it.

你所用的“真知”这个词是关键。

The word "Know", as you use it, is the key.

你知道当你说“我知道它”时，那个词给人的感觉是怎样的吗？

You know how that word feels when you say "I know it"?

毋庸置疑，一丝一毫的怀疑都没有，而且事情就这样发生了。

There's no doubt, not one iota of doubt there, and it happens.

这是关键，这是真知的领域。

That's the key, that's the realm of Knowingness.

一直这样做，持续为之努力，直到目标达成。

Make that all the time, keep working for until it comes.

我们实现这个目标的速度取决于对它的渴望程度。

The quickness in which we attain this is determined by the intensity of the desire for it.

我们越渴望这个顶端状态，它来得就越快。

The more we desire this top state, the sooner it comes.

每个人最终都能达成。

Everyone makes it eventually.

我坚信，如今地球上的大多数人可能需要两百万年，甚至更久，

I'm convinced the majority of people on earth today will probably take 2 million years, even more,

但我们当中任何一个有意识地寻求出路的人，都能在今生做到。

but any one of us who are consciously seeking the way out, can do it this lifetime.

所谓的神的恩典也始终存在。

The so-called grace of God is always there also.

所有那些在我们之前达到顶端级别的人，他们的完美意识在散发给我们，我们拥有巨大的恩典，实际上，我们一直在被推动着前行。

All those who have made the top grade before us, with their consciousness of perfection being radiated to us, we have tremendous grace, being actually pushed our way all the time.

然而，他们无权把自己强加给我们，我们必须敞开心扉才能接收到它。

However, they have no right to impose themselves, we have to open ourselves to it in order to receive it.

鉴于当今的形势，我们需要这种恩典。

We need this grace because of the state of affairs today.

人类的状态相对较低。

Man is relatively low.

我们坚信自己是一个受限的身体，并且由于长期的习惯，我们试图抓着它不放。

We are very strongly convinced that we are a limited body, and by long habit, we are trying to hold on to it.

因此，放下这个身体并不容易，

So, it is not easy to let go of this body,

也正因如此，我们需要那些伟大的“一们”的恩典，

and because of that. we need the grace of the great Ones,

在我们眼中，祂们已经离世，

who in our eyes have passed on,

但在祂们眼中，祂们仍然在这里。

but in their eyes, they are still here.

当我们意识到祂们仍然在这里时，我们就能够像我们之间彼此交谈那样看到祂们并与祂们交流。

When we recognize that they are still here, we can see them and talk to them the way we talk to each other.

或者，如果我们部分地接纳祂们，我们能以梦境或异象的方式与祂们交谈，或者以一种仿佛祂们是透明的方式看待他们，看穿他们。

Or if we accept them partially, we can talk to them in sort of a dream, or a vision, or see them in a way in which they are transparent, you can see through them.

但我们与祂们相遇的方式取决于我们对祂们的接纳程度。

But the way we meet with them is determined by our acceptance of Them.

如果我们中的任何一个人相信我们可以在这里的一家餐厅和耶稣一起喝杯咖啡，就像你相信自己可以和我一起做的那样，如果你有那么高的接纳度，那么你就能做到。

If any one of us believed that we could go down to a restaurant here and have a cup of coffee with Jesus, the way you believe you could do it with me, if you had that much acceptance, then you could do it.

现在我们中的有些人知道祂曾多次进入这个房间，祂所给出的迹象与我们的

接纳程度相称。

Now some of us know that He came into this room several times. He gave a sign proportionate to our degree of acceptance.

如果祂突然出现在房间里，对我们大多数人来说太难接受了，所以祂不会这么做。

If He were to suddenly appear in the room, it would be too much for most of us to accept, therefore, He doesn't.

但祂来到我们身边的方式取决于我们对祂的接受程度。

But the way He comes to us is determined by our acceptance of him.

祂在这里给了一些征兆，祂向在这里的人显现了一些迹象，我觉得他们甚至都没有意识到祂显了个迹象。

He gave signs here, He gave signs to some people here, and I don't think they even recognize that he gave a sign.

但并非所有的迹象都像我拍你的肩膀那样，比如说，我走过去碰一下你，不是那种方式。

But all the signs were not say, like me touching you on the shoulder, if I came over and touched you, wasn't that way.

但那只是因为你无法接受这种事会发生在祂身上。

But that's only because you can't accept that that could happen with Him.

我现在想说的要点是，我们应该对大师们的帮助敞开心扉。

The point I'm trying to make now is that we should open ourselves to the help of the great masters.

耶稣希望看到我们每个人都了解到自己的完美。

Jesus wants to see each and every one of us know our perfection.

祂无法将这一点强加给我们，但祂的手始终是伸出来的。

He can't force it upon us, but His hand is always extended.

记住这一点是很好的，这样我们就能更多地敞开自己以接受帮助。

It's good to keep this in mind, then we open ourselves more to the help.

学生：我们如何请求获得这种帮助？

Student: How do we request to receive this help?

莱斯特：我们必须接受耶稣和我们一样是活着的，能够像我们相遇一样与你

相遇，这样它才会发生。

Lester: We have to be accepting of Jesus as being alive, just as much as we are, capable of meeting with you the way we meet with you, then it can happen.

我们必须对这种帮助敞开心扉，这种帮助始终在传递给我们。

We have to be open to the help, the help is always being sent to us.

学生：有什么话要对我们说吗，杰瑞？

Student: Are there words to say to us, Jerry?

莱斯特：是的，但我无法把它们给你，这取决于你自己。

Lester: Yes, but I can't give them to you, that's up to you.

我给了你一个普遍原则，接纳祂本来的样子，不要期望祂不像基督那样。

I give you the general principal, acceptance of Him the way He is, don't expect Him to be not Christly.

因为祂不会那样。

Because He won't be that.

然而，祂能以一个非常谦逊的人的形象出现，祂无所不在，随时可以出现在任何人面前并与他们交谈。

However, He can appear as a very humble human being in form, being omnipresent, at any moment he can appear to anyone and speak with them.

学生：祂会像基督一样，不会乔装打扮，祂会是门口的乞丐吗？

Student: He will be as Christ, it won't be in disguise, will he be a beggar at the door?

莱斯特：不会。

Lester: No.

学生：我不这么认为。

Student: I don't think so.

莱斯特：唯一的伪装是我们给祂戴上的，祂绝不会伪装自己，祂想被认作是基督。

Lester: The only disguise is the one that we put on him, He will never disguise himself, He wants to be recognized as Christ.

当我使用“基督”这个词时，我指的是主基督，那不是祂的名字，祂的名字

是耶稣。

And when I use the word Christ, I mean the principal Christ, that's not his name, his name is Jesus.

基督，耶稣这个人拥有基督意识。

The Christ, the man Jesus had the Christ consciousness.

我们必须从祂的意识中接纳他，那是一种极度的谦卑、简单，没有好莱坞式的浮华。

We have to accept him in his consciousness, which is extreme humility, simplicity, no Hollywood glamour.

学生：一种神圣的谦卑？

Student: A divine humility?

莱斯特：是的，最伟大的谦卑在于臣服，不是我，而是“你”，不是我，而是天父通过我来运作。

Lester: Yes, the greatest humility is through surrender, not I, but thou, it is not I, the Father who work through me.

我所做的一切都是神的工作，不是我在做，这就是小我的臣服，小我就是个体意识。

Everything I do is God's work, I am not doing it, it's surrender of the ego, the ego being the sense of individuality.

你必须作为一个个体去臣服于你的真我。

You've got to surrender your Self as an individual.

从你现在的立场来看，其他人不应该让你操心。

From where you stand now, the other person should not concern you.

我们唯一应该关心的是我们做什么。

The only thing that should concern us is what we do.

你对我的态度是什么并不重要，你可以用你全身的每一个细胞来恨我，

It matters not what your attitude is toward me, you could hate me with every cell in your body,

但我对你的态度极为重要，

but it's an extreme importance of what my attitude is toward you,

你为什么恨我，

why you're hating me,

我应该全心全意地爱你，

I should love you fully and completely,

那时你就会明白所有问题的答案了。

then you'll understand the answer to all questions.

你看，当你分离，然后问这里发生了什么时，这是不适用的。

See, when you separate and then ask what's up here, it just doesn't fit.

但当我们去爱、并且只有爱的时候，我们是在调用宇宙中最强大的力量，没有任何人或任何事能够伤害我们。

But when we love and only love, we are using the most formidable power in the universe, no one and no thing can harm us.

如果我们只是爱而没有任何的恨，我们就永远不会受到伤害，永远不会不开心。

We can never ever be hurt, unhappy, if we would only just love without any hate.

当你在爱的时候，永远不会受到伤害。

Never be hurt when you love.

现在，这意味着爱是圆满且完整的，这是神圣的爱，这是没有一丝恨的爱。

Now, this is in the sense that the love is full, complete, it's divine love, it's just love with no, not one bit of hate in it.

“转过另一边的脸”、“放下过去”、“爱你的敌人”，这就是它展现的那种爱。

"Turning the other cheek", "giving the past to max", "loving your enemy", that's the kind of love it takes.

在我们扭曲这件事之前，这是我们所有人本来的样子。

And that's the way we all are, naturally, before we distorted this thing.

学生：爱是理解。

Student: Love is understanding.

莱斯特：当你在爱的时候，你会完全理解对方。

Lester: When you love, you understand the other one fully.

要是我认同另一个人，成为另一个人，这就是理解。

It's understanding if I identifying with the other one, being the other one.

再进一步讲，就是希望对方能拥有他想要的东西，爱另一个人原本的样子。

Coming down a step, it's wanting the other one to have what the other one wants, loving the other one the way the other one is.

(学生说的听不清)

莱斯特：实际上，我们只有一个敌人，那就是我们自己。

Lester: In reality, we have only one enemy, that's ourselves.

没有人能对我们做任何事，也没有人能为我们做任何事。

No one can do anything to us, no one can do anything for us.

总有一天你会明白这一点，我们的意识决定了发生在我们身上的一切。

Someday you'll see this there, we in our consciousness determine everything that happens to us.

学生：是我们对自己的看法伤害了我们自己。

Student: It's our idea of ourselves that is in the way.

莱斯特：是的，可以变得更好。

Lester: Which could be made better, yes.

学生：当你说“理解”时，你是指在逻辑层面理解驱动他们的因素，还是指毫不质疑他们的行事缘由是好是坏，或者只是全然接纳他们本来的样子呢？

Student: When you say understanding, do you mean understanding in a logical sense, of understanding the things that move them? or do you mean understanding in an acceptance of them, without without question of the reasons they're doing things, as good or bad, or just acceptance of whatever they are in an entirety?

莱斯特：是的，这是全然的接纳。

Lester: Yeah, it's acceptance in an entirety.

但真正的理解需要了解宇宙和世界的本质。

But the real understanding requires knowledge of what the universe and the world is.

当我们看到有人做错事时，我们要明白这是一位被误导的神，

When we see someone doing wrong, we have to know that this is a god being misguided,

当他做错事的时候，他是在错误的地方寻找神。

he is looking for God in the wrong place when he is doing wrong.

我讲明白了吗？

Am I making sense?

学生：是的。

Student: Yes.

莱斯特：这就是理解。

Lester: That's the understanding.

学生：在他看来，这是幸福的方式。

Student: Which in his mind would be happiness the way.

莱斯特：他正在以自己所理解的方式寻找幸福。

Lester: He's looking for happiness the way he sees it.

即便是像希特勒这样的人，在他自己看来也是在做正确的事。

Even a Hitler, in his mind is doing right.

因此不应该被憎恨，而应该被爱，希望他成为自己真正的本性。

And therefore should not be hated, but should be loved, wanting him to be what his real basic nature is.

现在，这并不意味着要认同他的计划，确实不是。

Now, this doesn't mean approving of his program, it doesn't.

但无论我们是否认同他的计划，“爱与恨”跟“认同一个计划”是两码事。

But whether we approve or not of this program, loving and hating are two different things than approving of a program.

所以，我们得爱每一个人，把他们视作被误导的存在，原谅他们，因为他们不知道自己在做什么，他们就像是被误导的孩子。

So, we love everyone, see them as misguided beings, forgiven for their know not what they do, they're like children misguided.

【顶端状态和超越欲望】03.超越欲望【The Top State and Beyond Desire】 03.Beyond Desire

我在试着纠正你，让你没法提问题。

I'm trying to fix you so you can't ask a question

通过问你一个问题：“是你吗？”你得回答：“是。”我说：“很好。”

By asking you a question, are you? you've got to answer: "Yes." I say:
"Good."

就是这样，这就是真我，只是存在。

That's it, that's the Self, only be.

这是真我，这意味着，不再做一个身体，这就是全部，没别的了，完全彻底地结束了。

And that's the Self, which means stop being a body, that's all there is to it, nothing else, total, complete, finished, period.

有什么问题吗？

Any questions?

我想用它录音，但没什么问题可问。

I want to record with it, but no questions.

这很难理解吗？

Is that hard to understand?

当你只是存在时，这就对了。

When you only are, that's it.

那么你的工作是什么？

So what's your job?

别做一具身体，认同你的存在，你说“你是”，认同这一点，放下对身体的认同，这就是它的全部了。

Stop being a body, identify with your Beingness. you say "You are", identify with that, and let go of identifying with the body, that's all there is to it.

帮助世界进步没有什么灵性可言。

There's no spirituality in helping the world to progress.

因为你所做的只是让世界变成一个美好、坚实的玛雅幻象。

Because what you're helping is to make the world a good, solid Maya illusion.

你取得的进步越多，就越是从身体上的痛苦上升到精神上的痛苦。

And the more progress you have, the more you move up from physical pain into mental pain.

当通过智慧达到无欲的状态时，它的力量会瓦解剩下的那两个载体，即星光体和因果体。

When desirelessness is attained through wisdom, its power disintegrates the two remaining vessels, the astral, and the causal.

这就是我们在这里所能做到的，通过变得无欲来消除所有的这三个“容器”。

That's what we can do here, eliminate all three containers by becoming desireless.

当通过智慧达到无欲的状态时，它的力量会瓦解剩下那两个身体，也就是星光体和因果体。

When desirelessness is attained through wisdom, its power disintegrates the two remaining bodies, astral and causal.

但你越往高处走，就会变得越敏感，你的感受会越深刻、越强烈。

But the higher you go, the more sensitized you become, the deeper and more intense are your feelings.

令人遗憾的是，当我们身处此地时，我们并没有意识到在这个物质世界里，你能够消除所有的其他世界。

And the shame of it all is that when we're here, we don't realize that in this physical realm, you can eliminate all other realms.

只有一种方法可以变得无欲，也就是相当于变得没有小我。

And there's only one way to become desireless, which is equal to becoming egoless.

但我相信“无欲”这个词比“小我”更能涵盖所有事物。

But I believe the word desireless is a better cover-all word than ego.

那么，量子欲望与共轭欲望只会带来痛苦和短暂的快乐，而这种快乐仅仅是对人为制造的大量痛苦的暂时解脱。

So, quantum and conjugate desires, they bring only agony, momentary pleasure, which is only relief from the lack, artificially created with lots and lots of pain.

人们似乎不知道的一点是，与最高状态相比，他们一直在承受着多么强烈的痛苦。

It's one thing people don't seem to know is how intensely they're suffering all the time, compared to the top state.

哇哦，所有的那些潜意识想法是一种真正沉重的负担，让人痛苦不堪。

And wow, all the subconscious thoughts are a real heavy burden, agonizing.

所以，我想让你接受这样的观点：你仍然认为如此美好的这个世界，它其实只是地狱罢了。

So, I'm trying to sell you the idea that this world that you still think is so wonderful, it's nothing but hell.

通过消除它，你有机会消除未来大量的地狱。

And by undoing it, you have an opportunity to undo a tremendous amount of future hell.

你没有完全觉醒的唯一原因是你.....我刚才说什么来着？

The only reason why you're not getting full realization is is that you're... what did I say?

学生：紧抓着物质。

Student: Holding on to the physical.

萊斯特：你之所以执着，是因为你在紧抓着物质，紧抓着做一具身体。

Lester: Why you're holding is that you're holding on to the physical, you're holding on to being a body.

身体是你满足欲望的载体。

Body being the vehicle through which you can satisfy desires.

好吧，我想，为了满足更多的欲望，身体本身就是一种欲望。

Well, I guess the body itself is a desire in order to satisfy more desires.

有什么问题吗？

Any questions?

如果你消除了欲望，你就自由了，你会把好与坏、快乐与悲伤看成是一样的，

If you undo desires, then you're free, you see good and bad, joy and sorrow as the same,

而且你完全可以自由地沉溺于其中之一、或两者兼有、或者都不沉溺。

and you're really free to indulge in either or both or none.

所以，目标是变得无欲。

So, the object is to become desireless.

然后你编造一个欲望，它既不会伤害你，也不会对你有所帮助。

And then you make up a desire, it doesn't hurt you, and it doesn't help you.

或者，如果你编造一个悲伤，它既不会伤害你，也不会帮你获得幸福。

Or if you make up a sorrow, that too doesn't hurt you, nor help you in your happiness.

所以，一旦你摆脱了做一个身体的概念，那么你在世界上所做的一切都是出于选择，而它再也无法影响你了。

So, once you get free of the concept of being a body, then whatever you do in the world is done by choice, and it can't touch you anymore.

我想，这就是大师们令人难以理解的地方。

This is the part, I guess that makes it difficult to understand the masters.

你们都和他们相处过，我们都见过大师吧？

You've been around them, have we all seen masters.

他们见过很多大师，他们吃饭、睡觉、生病，对吧？

They've seen a lot of them, they eat, they sleep, they get sick, right?

但你真的无法理解，对吧？

But you really couldn't understand that, could you?

为什么大师会生病？

Why should a master be sick?

学生：嗯，有一次教宗病了，祂真的……你知道，祂的身体表现出极大的痛苦，我待在祂的房间里，祂坐起来说：“身体是……”我忘了祂具体说了什么，祂说：“错误总是如出一辙。”祂说：“别为这具身体担心。”

Student: Well, one time Papa was sick, and He was really... His body was you know showing much pain, I stayed in His room, and He sat up and said: "the body is..." I forget what He said, He said: "Wrongness is always the same." He said: "Don't worry about this body."

莱斯特：是的，但是你看到了什么呢？

Lester: Yeah, but what did you see?

你看到的是那个身体。

You saw the body.

(学生说的没听清)

莱斯特：这就是为什么很难理解大师，我们希望祂们在做一具身体时，要表现得像没有身体一样，这太荒谬了。

Lester: That's why it's hard to understand masters, we want them to behave like non-bodies while being a body, it's ridiculous.

他们的行为实际上是不同的，他们不认同身体。

They are actually behaving differently, they're not identifying with the body.

这就是为什么薄迦梵会呻吟叹息，祂的弟子们以为祂真的在受苦，但祂从来不这么认为。

That's why Bhagavan would moan and groan, and His disciples thought He was really suffering, but He never thought so.

因为祂看把呻吟叹息和笑声幸福都看作是虚幻的假象。

Because He saw the moaning and groaning like the laughter and happiness as a flimsy mock-up.

学生：现在，当你来到这里感觉不舒服时，你不会得到任何的同情，因为你善待自己，而且你.....

Student: Now, when you come here and you're not feeling well, you don't get any sympathy, because you treat yourself good and you...

莱斯特：好吧，我干嘛跟你说这些呢？

Lester: Well, why dot I tell you about it?

学生：因为我们或许是同一个存在。

Student: Because we're probably one being.

莱斯特：这样你就会明白这没什么不同，

Lester: So that you'll know it makes no difference,

就像教宗一直想告诉你的那样，拉姆·达斯始终如一，但是身体来来去去、受伤、感觉好。

like Papa was trying to tell you, Ram Dass is always the same, but bodies come, go, hurt, feel good.

但如果你不认同自己是一具身体，如果你只认同存在，那么一切始终是完美的。

But if you don't identify with being a body, if you identify only with Beingness, that's always all perfect.

学生：身体、心智，心智也一样。

Student: Body, mind, same with the mind.

莱斯特：心智是一个微妙的身体。

Lester: The mind is a subtle body.

更好的做法是，让心智成为身体的创造者。

Better, let the mind be the creator of the body.

但你确实必须消除心智。

But you do have to eliminate mind

因为心智是物质的成因。

Because mind is the cause of matter.

心智本身是一种限制。

A mind itself is a limitation.

我们现在变得智性化了。

We're getting intellectual now.

所以我再次问你，你为什么不放弃这种痛苦、这个世界、这个身体呢？

So I asked you again, why don't you give up this misery, this world, this body?

有答案吗？

Any answers?

学生：嗯，我记得你上次说过，潜意识里我觉得我的快乐确实存在于这个世界，只是它藏得非常非常深。

Student: Well, I think that you said last time subconsciously I feel that my joy really is in the world, and it's just very, very deep.

莱斯特：好吧，这是谁的潜意识？

Lester: Okay, whose subconscious is it?

学生：我的。

Student: Mine.

莱斯特：这给了你一个开启某样东西的关键吗？

Lester: Does that give you a key to something?

但很有可能你是部分地、大块大块地消除心智，而当你大块大块地消除它时，这会花上几个星期的时间。

But the chances are you undo the mind in parts, in large chunks, that takes weeks when you do it in large chunks.

学生：还有坚韧。

Student: And fortitude.

莱斯特：渴望去做这件事，

Lester: Desire to do it,

想要去做这件事，

wanting to do it,

接着，那种想要消失了，

and then that want disappears,

然后，便不再有欲望，你甚至不再渴望“存在”。

and there are no more desires, you don't even desire to be.

你无法渴望“存在”。

You can't desire to be.

因为再也没有选择了，只有“存在”。

Because there's no choice anymore, there's only Beingness.

【莱斯特谈幸福与关系】01.幸福与关系【Lester on Happiness and Relationships】 01. Happiness and Relationships

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下去了还没上来，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，这不是好事。

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.

所以我想我会尝试给你们一些理解或理解的关键，这将有助于你们获得持久的幸福。

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，哪怕当你变得痛苦时，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，他们称之为享乐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.

大多数人所说的幸福，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，他们无法忍受和自己待在一起、无法面对自己的想法，他们必须跑去看电影、去夜总会、拜访某人，只是为做点什么，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，你可以享受比以前更多的娱乐，但你不需要它了，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幸福。

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认为能带来幸福的外在事物或人，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，每个人都看到了，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。

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

然后你会发现确实如此，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，其实是在你的内在发生的事情，你的心智安静了，你真正的自己才能更加闪耀。

And you'll discover that this is so, 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，然后呢？

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.

当你的心神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带来的心智安静，它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，你就可以直接去做，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.

我再说一遍，每个人都必须亲自领悟到这一点，但当他或她认识到这一点时，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.

因为接下来，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.

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、一个梦。

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.

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心态：

the only difference between a fully realized individual living in the world and one who is 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得到它，你的基本天性是无限的快乐，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.

但如果你说“除非我做点什么，否则你不会有快乐”，你就限制了你的快乐。

But if you say “you can't have joy unless I do something”, you limit your joy.

本然状态是无限的喜悦，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.

【莱斯特谈幸福与关系】02.幸福与关系【Lester on Happiness and Relationships】02. Happiness and Relationships

我想，对于本系列的最后一场演讲，或许总结一下我们经历过的内容、要去的地方以及最终的目标，或许是个不错的主意。

I thought maybe a summary of what we've been through, where we're going, and what there is at the end might be a good idea for the last talk of this series.

我真的不知道我们是如何开始的，从什么时候开始的，但我喜欢这样看待这件事情：每个人都在追寻圆满、完整且没有一丝悲伤的幸福。

I really don't know how we started, at what point, but the way I like to look at it is that everyone is seeking happiness, full and complete with no taint of sorrow.

这种幸福是我们最基本的自然天性，我称之为大写 S 的“我” (Self) 。

That that happiness is our very own basic natural nature, which I call the Self with a capital S.

正因为这是我们基本的自然天性，所以每个人都在追求幸福。

And because it's our basic natural nature is the reason why everyone is seeking happiness.

最终，我们会发现，大写 H 的“幸福” (Happiness) 和大写 G 的“上帝” (God) ，其实是同一个东西。

And in the end, we see that Happiness with a capital H, God with a capital G, turns out to be the same thing.

我们所有人都会犯的错误是，我们在人和事物中寻找这种幸福。

The mistake we all make is that we look for this happiness in people and in things.

然而幸福并不存在于人或者事物之中。

And it is not in people or things.

我们所感受到的幸福或愉悦，是消除了痛苦、消除了对某个事物的渴望。

The happiness or the pleasure that we feel is the eliminating of the pain, of the desire for something.

这种渴望是我们起初假设出来的一种匮乏。

This desire is an original lack, which we assumed.

作为无限的存在，我们从未有过任何匮乏，我们假设了这种匮乏，并创造了对它的渴望。

Being infinite beings, we never had any lack, we assume this lack, we create a desire for it.

当渴望得到满足时，我们的念头就停息了，

When the desire is fulfilled, our thoughts stop,

当我们的心智静止下来时，我们的本性，也就是真我，便会闪耀光芒。

and when our mind is still, our basic nature, the Self shines forth.

我一直在说的那些小事，以及尽力去达成的那些目标，都是为了让你自己明白这一点。

The little things I've been saying and trying to accomplish have been trying to get you to see this yourself.

在你自己能够亲自验证它之前，不要接受我或者其他任何人所说的任何话。

Nothing should be accepted that I say or that anyone else says, until you can prove it out for yourself.

这门科学的独特之处在于，它本身就是一门科学，

The uniqueness of this science, which is a science,

总有一天你会发现，它是所有科学中的科学，

someday you'll see it's the science of all sciences,

它是一门主观科学，我们必须从内在去探寻它，

this is a subjective science, we have to seek it within,

我们无法把它摆到面前的桌子上检验它，我们只能在自己的内在、在自己的存在中来检验它。

we can't put it out on the table in front of us and examine it. we can only examine it within our own mind, within our own being.

而且，智力并不能帮助我们了解它。

Also, the intellect does not avail it to us.

智力可以引领我们朝着正确的方向探寻它，

The intellect can get us in the right direction to find it,

而这个正确的方向就是平息心智、体验这个真理、体验这个真知。

and the right direction is by stilling the mind and by experiencing this Truth, this Knowledge.

所以，只有通过体验，我们才能了解它。

So, only by experience can we get to know this.

在日常生活中，不要做“做者”，不要做执行者，只是做见证者。

It is good in our daily life to be not the doer, be not the agent, just be the witness.

不是我，而是天父通过我在运作。

It is not I but the Father who work at through me.

在这个群体中，有几个人已经具备了这样的态度，这是我们应该努力追求的主要生活准则。

Attitude, which several in this group already have is the main conduct of life that we should strive for.

我们在生活中越能成为见证者，就越不贪恋这具身体，就越能成为我们的真我。

The more we become the witness in life, the more we become non-attached to the body, the more we become our real Self.

所以，我有两点建议：

So, there's two things I'm suggesting:

第一个是，探寻“我是谁”；

One is the quest, who am I

第二个是，在生活中，不要做“做者”，而要成为见证者，让事物发生，允许它存在。

And the second is in life itself, be not the doer, be the witness, let things happen, allow it to be.

因为这就是我们处于最终顶端状态时的样子。

Because that's the way we are in the final top state.

生活中最好的行为，就是顶端状态所特有的行为。

And the best behavior in life is that which is characteristic of the top state.

我相信你们也知道很多其他的品质，比如谦逊等等，还有善良、仁慈、诚实，所有的这些品质都是有所帮助的。

There are many other things which I'm sure you're aware of, of humbleness and so forth, goodness, kindness, honesty, all these things help.

但最大的助益是，不要做“做者”，要成为见证者。

But the greatest aid is be not the doer, be the witness.

好了，现在，当我们的“真我”呈现在我们面前时，这是一种非凡的体验，一种难以把控的体验，我们感觉自己仿佛要炸裂开来。

All right, now, when the Self of us presents itself to us, it's a tremendous experience, it's a very difficult one to contain, we feel as though were going to burst.

因为我们认识到了自己的全能、全知、全在。

Because we recognize our omnipotence, omniscience, and omnipresence.

但仅仅体验一次并不能让我们建立起那种状态。

But just seeing it once doesn't establish us in that state.

然而，一旦体验过它，在你重建那种状态之前，你绝不会放弃。

However, once experiencing it, you'll never let go until you reestablish it.

所以你会不断尝试，我们也应该持续尝试，重新回到那种状态。

So, you'll continue to try, and we should continue to try to get back into that state.

下一次，这种状态会持续得久一点，

The next time, it will last a bit longer,

第三次，会持续得更久，

third time still longer,

直到最终，我们全天 24 小时都处于这种状态中。

until finally, we are in it 24 hours a day.

当我们达到这种顶端状态时，我们不是行尸走肉，而是无所不知、无所不在，一切都无需我们干预便能完美有序。

When we attain this top state, we are not zombies. but we are all-knowing, everywhere present, everything falling perfectly into line

without us.

我们在这个世界上的行动就像其他人一样，

We move in the world just like anyone else moves,

但不同的是：我们看待这个世界的方式与其他人截然不同。

but the difference is we see the world entirely different from the way everyone else sees it.

我们把我们的身体看作自己的身体，

We see our body as our body,

也把其他的每一个身体都看作自己的身体，

and we see every other body equally as our body,

把每一个动物都看作是我们自己，看待一切的方式都是如此。

we see every animal as we, everything.

因为把我们一切看作是贯穿宇宙的那个独一无二的“一”，这被称作“上帝”或“真我”。

Now that seeing everything as I gives us that singular oneness

throughout the universe, which is called God or the Self.

我们看着自己的身体在生活中运转，几乎就像一个机器人，我们有点儿任由它自行运作。

We see our own body moving through life almost like an automaton, we sort of let it go its way.

由于我们不是那具身体，所以发生在那具身体上的任何事情都不会影响到我们，即便它被碾碎、分解，对我们来说也毫无意义。

And since we are not that body, nothing that happens to that body can affect us, even if were crushed, disintegrated, it wouldn't mean a thing to us.

因为我们完全明白自己不是那具身体，我们知晓自己的永恒存在。

Because we are fully knowing that we are not that body, we know our eternal Beingness.

因此，达到顶端状态的人很难与其他人区分开来。

So, one who has attained the top state is difficult to distinguish from anyone else.

祂会经历和常人一样的人生过程，无论祂以前在做什么，祂可能会继续做下

去。

He'll go through the same procedures of life, whatever He was doing before, He might continue to do.

但祂对生活的看法截然不同,

But His outlook on life is entirely different,

祂完全没有小我,

He's completely egoless,

祂不关心自己的身体,

He has no concern for His own body.

祂对别人比对自己更感兴趣, 祂对全人类都感兴趣,

He is interested more in others than He is in himself, He is interested in all humanity,

无论祂做什么都绝对没有小我动机,

whatever He does has absolutely no ego motivation,

在那些不完全理解的人眼中, 祂的身体会继续正常地度过其生命周期, 祂通

常会像大多数人的身体那样，通过所谓的死亡和棺材离开人世，

His body will continue to live its normal span in the eyes of those who are not fully understanding, and He usually goes out the same way most bodies go out via so-called death and coffin,

但最初与那具身体相连的“一”却看不到任何的死亡，

but the One who was originally connected with that body never sees any of this death,

他把整个世界视作一场心理创造的幻象，就像我们在夜梦中创造场景、城市和世界一样，

He sees this entire world as an illusion that was created mentally, just as we create scene, cities and worlds in our night dreams,

当我们醒来时，我们意识到根本就不存在这样的事物。

and when we awaken, we realized there never was such a thing.

同样地，当我们从这种清醒状态中觉醒时，我们会发现这一切都是一场梦，从未真实存在过。

In the same way, when we awakened from this waking state, we see that the whole thing was a dream and never really was.

唯一真实存在的是那无限、完美无缺、全知、全能、全在的绝对实相。

That the only thing that ever was, was the absolute reality, infinite, all-perfect, all-knowing, all-powerful, omnipresent.

莱斯特：关于这一点还有什么问题吗？

Lester: Any questions on this?

学生：不要做行动者，你难道不做计划吗？你难道不做常规的事情，或者坐以待毙吗？

Student: Not be the doer, don't you plan, don't you do everything normally, or sit back?

莱斯特：不，正确的做法是不去计划。

Lester: No, the right way is not to plan.

因为一切都是完美的，让它发生，你会凭直觉得到指引，而不是在这里做计划。

Because everything's perfect, let it happen, you will be guided intuitively, instead of planning up here.

在恰当的时刻，每时每刻，你都会完美地做出最正确的事情。

At the right moment, from moment to moment, you will do the exactly

right thing perfectly.

学生：有一种情况是，有人可能会在还没有真正体悟到的时候就采取那种态度，比如，他说：“我就等着，等我采取行动的时候我再起床。”与此同时，他的钱却在不断花出去。

Student: There is a situation where somebody might take a position of that kind when he hasn't really felt it, and, for example, say: "I'll just wait, I'll stay in bed until I'm moved." in the meantime, his money's been paid.

莱斯特：所以，他就必须采取行动。

Lester: So, he'll have to move.

如果我们假定自己在那里，而实际并不是，我们很快就会意识到自己并不在那里。

If we assume that we are there and we are not, we are soon awakened to the fact that we are not there.

鲍勃，我现在要说的是顶端状态、完美的状态，在这种状态下，每时每刻，一切都处于绝对的和谐之中。

Bob, I'm putting out the top state now, the perfect state, where everything is in absolute harmony every moment.

那么，除了此时此刻，你无需思考。

Then, you never think, except this very moment.

在这一刻，你从内在明白什么才是自己该做的正确的事。

And at this very moment, you know from within just what is the right thing for you to do.

所以，你每时每刻都会被直觉指引，一切都完美有序。

So, you're guided intuitively each and every moment, and everything falls perfectly into line.

好吧，现在，如果你还没达到那种状态，当然，你必须思考、必须去计划。

All right, now, if you're not there, of course, you have to think, you have to plan.

但这就是我们要努力达成的目标，我所说的就是这个目标，这是最高的状态。

But this is the goal to strive for, the one that I'm speaking about, this is the top state.

你在那里，无需计划，就能瞬间物质化一座黄金宫殿。

You're there, you don't have to plan, you can instantly materialize a palace of gold.

学生：那么，在实践中，一开始可能是两者的结合，事情进展得很顺利，但有时会遇到难关，这时你就得规划，制定计划，然后再处理其他事情，我想这就是自我评估的实践过程。

Student: Well, in practice, then, probably in the beginning, a combination of the two, where things go very easily and then sometimes you have a hump in which you plan, you plan it out, and then other things, I suppose that would be the practice of self-assessment.

莱斯特：使用现在对你来说有用的东西。

Lester: Use that which is available to you now.

如果我们处于一个思考的层次，当然，我们必须思考。

If we are in a thinking realm, of course, we have to think.

但为达到这个最高层次而奋斗，为它而奋斗，我们迟早都会达到最高状态。

But strive for this top realm, and striving for it, we will sooner or later attain it.

学生：太好了，这难道就是凭想法去做和凭真知去做的区别吗？

Student: Great, would that be the difference between doing by thought or doing by Knowing?

莱斯特：当然，是的。

Lester: Definitely, yes.

在最高状态，你通过全知来做，你只是时时刻刻知道，只是感觉我知道，感觉就是这样，不需要思考，我就是知道。

In the top state, you do by Knowing, you just know from moment to moment, just feels like I know it, that's just the way it feels, there's no thinking to it, I know it.

你所用的“知道”这个词是关键。

The word know, as you use it, is the key.

你知道当你说“我知道”时，那个词给人的感觉是怎样的吗？

You know how that word feels when you say "I know it"?

毫无疑问，一丝一毫的怀疑都没有，而且事情就这样发生了。

There's no doubt, not one iota of doubt there, and it happens.

这是关键，这是全知的领域。

That's the key, that's the realm of Knowingness.

一直这样做，持续为之努力，直到目标达成。

Make that all the time, keep working for until it comes.

我们实现这个目标的速度取决于对它的渴望程度。

The quickness in which we attain this is determined by the intensity of the desire for it.

我们越渴望这个顶端状态，它来得就越快。

The more we desire this top state, the sooner it comes.

每个人最终都能达成。

Everyone makes it eventually.

我坚信，如今地球上的大多数人可能需要两百万年，甚至更久，

I'm convinced the majority of people on earth today will probably take 2 million years, even more,

但我们当中任何一个有意识地寻求出路的人，都能在今生做到。

but any one of us who are consciously seeking the way out, can do it this lifetime.

所谓的神的恩典也始终存在。

The so-called grace of God is always there also.

所有那些在我们之前达到顶端级别的人，祂们的完美意识在散发给我们，我们便拥有了巨大的恩典，实际上，我们一直在被推动着前行。

All those who have made the top grade before us, with their consciousness of perfection being radiated to us, we have tremendous grace, being actually pushed our way all the time.

然而，祂们无权把自己强加于我们，我们必须敞开心扉才能接收到它。

However, they have no right to impose themselves, we have to open ourselves to it in order to receive it.

鉴于当今的形势，我们需要这种恩典。

We need this grace because of the state of affairs today.

人类的状态相对较低。

Man is relatively low.

我们坚信自己是一个受限的身体，而且由于长期的习惯，我们试图抓住它不放。

We are very strongly convinced that we are a limited body, and by long habit, we are trying to hold on to it.

因此，放下这个身体并不容易，

So, it is not easy to let go of this body,

也正因如此，我们需要那些伟大的“一们”的恩典，

and because of that. we need the grace of the great Ones,

在我们眼中，祂们已经离世，

who in our eyes have passed on,

但在祂们眼中，祂们仍然在这里。

but in their eyes, they are still here.

当我们意识到祂们仍然在这里时，我们就能够像我们之间彼此交谈那样看到祂们并与祂们交流。

When we recognize that they are still here, we can see them and talk to them the way we talk to each other.

或者，如果我们部分地接纳祂们，我们能以梦境或异象的方式与祂们交谈，或者以一种仿佛祂们是透明的方式看待他们，看穿他们。

Or if we accept them partially, we can talk to them in sort of a dream, or a vision, or see them in a way in which they are transparent, you can see through them.

但我们与祂们相遇的方式取决于我们对他们的接纳程度。

But the way we meet with them is determined by our acceptance of them.

如果我们中的任何一个人相信我们可以在这里的一家餐厅和耶稣一起喝杯咖啡，就像你相信自己可以和我一起做的那样，如果你有那么高的接纳度，那么你就能做到。

If any one of us believed that we could go down to a restaurant here and have a cup of coffee with Jesus, the way you believe you could do it with me, if you had that much acceptance, then you could do it.

现在我们中的有些人知道祂曾多次来到这个房间，祂所给出的迹象与我们的接纳程度相称。

Now some of us know that He came into this room several times. He gave a sign proportionate to our degree of acceptance.

如果祂突然出现在房间里，对我们大多数人来说都太难接受了，所以祂不会这么做。

If He were to suddenly appear in the room, it would be too much for

most of us to accept, therefore, He doesn't.

但祂来到我们身边的方式取决于我们对祂的接受程度。

But the way He comes to us is determined by our acceptance of him.

祂在这里给了一些征兆，祂向在这里的人显示了一些迹象，我觉得他们甚至都没有意识到祂显了个迹象。

He gave signs here, He gave signs to some people here, and I don't think they even recognize that he gave a sign.

但并非所有的迹象都像我拍你的肩膀那样，比如说，我走过去碰一下你，不是那种方式。

But all the signs were not say, like me touching you on the shoulder, if I came over and touched you, wasn't that way.

但那只是因为你无法接受这种事会发生在祂身上。

But that's only because you can't accept that that could happen with Him.

我现在想说的要点是，我们应该对大师们的帮助敞开心扉。

The point I'm trying to make now is that we should open ourselves to the help of the great masters.

耶稣希望看到我们每个人都了解到自己的完美。

Jesus wants to see each and every one of us know our perfection.

祂无法将这一点强加给我们，但祂的手始终是伸出来的。

He can't force it upon us, but His hand is always extended.

记住这一点是很好的，这样我们就能更多地敞开自己以接受帮助。

It's good to keep this in mind, then we open ourselves more to the help.

学生：我们如何请求获得这种帮助？

Student: How do we request to receive this help?

莱斯特：我们必须接受耶稣和我们一样是活着的，能够像我们一样与你相遇，这样它才会发生。

Lester: We have to be accepting of Jesus as being alive, just as much as we are, capable of meeting with you the way we meet with you, then it can happen.

我们必须对这种帮助敞开心扉，这种帮助始终在发送给我们。

We have to be open to the help, the help is always being sent to us.

学生：有什么话要对我们说吗，杰瑞？

Student: Are there words to say to us, Jerry?

莱斯特：是的，但我无法把它们给你，这取决于你自己。

Lester: Yes, but I can't give them to you, that's up to you.

我给了你一个普遍原则，接纳祂本来的样子，不要期望祂不像基督那样。

I give you the general principal, acceptance of him the way he is, don't expect Him to be not Christly.

因为祂不会那样。

Because He won't be that.

然而，祂能以一个非常谦逊的人的形象出现，祂无所不在，随时可以出现在任何人面前并与他们交谈。

However, He can appear as a very humble human being in form, being omnipresent, at any moment he can appear to anyone and speak with them.

学生：他会像基督一样，不会乔装打扮，他会是门口的乞丐吗？

Student: He will be as Christ, it won't be in disguise, will he be a beggar

at the door?

莱斯特：不会。

Lester: No.

学生：我不这么认为。

Student: I don't think so.

莱斯特：唯一的伪装是我们给祂戴上的，祂绝不会伪装自己，祂想被认作是基督。

Lester: The only disguise is the one that we put on him, He will never disguise himself, He wants to be recognized as Christ.

当我使用“基督”这个词时，我指的是主基督，那不是祂的名字，祂的名字是耶稣。

And when I use the word Christ, I mean the principal Christ, that's not his name, his name is Jesus.

基督，耶稣这个人拥有基督意识。

The Christ, The man Jesus had the Christ consciousness.

我们必须在祂的意识中接纳他，那是一种极度的谦卑、简单，没有好莱坞式

的浮华。

We have to accept him in his consciousness, which is extreme humility, simplicity, no Hollywood glamour.

学生：一种神圣的谦卑？

Student: A divine humility?

莱斯特：是的，最大的谦卑在于臣服，不是“我”，而是“你”，不是我，而是天父通过我来运作。

Lester: Yes, the greatest humility is through surrender, not I, but thou, it is not I, the Father who work through me.

我所做的一切都是神的工作，不是我自己在做，

Everything I do is God's work, I am not doing it.

这就是小我的臣服，小我就是个体意识，

It's surrender of the ego, the ego being the sense of individuality.

你必须作为一个个体去臣服于你的真我。

You've got to surrender your Self as an individual.

从你现在的立场来看，其他人不应该让你操心。

From where you stand now, the other person should not concern you.

我们唯一应该关心的是我们做什么。

The only thing that should concern us is what we do.

你对我的态度是什么并不重要，你可以用你全身的每一个细胞来恨我，

It matters not what your attitude is toward me, you could hate me with every cell in your body,

但我对你的态度极为重要，

but it's an extreme importance of what my attitude is toward you,

你为什么恨我，

why you're hating me,

我应该全心全意地爱你，

I should love you fully and completely,

那时你就会明白所有问题的答案了。

then you'll understand the answer to all questions.

你看，当你分离开来，然后问这里发生了什么时，这是不合适的。

See, when you separate and then ask what's up here, it just doesn't fit.

但当我们去爱、并且只有爱的时候，我们是在调用宇宙中最强大的力量，没有任何人或任何事能够伤害我们。

But when we love and only love, we are using the most formidable power in the universe, no one and no thing can harm us.

如果我们只是爱而没有任何的恨，我们就永远不会受到伤害，永远不会不开心。

We can never ever be hurt, unhappy, if we would only just love without any hate.

当你在爱的时候，永远不会受到伤害。

Never be hurt when you love.

现在，这意味着爱是圆满且完整的，这是神圣的爱，这是没有一丝恨的爱。

Now, this is in the sense that the love is full, complete, it's divine love, it's just love with no, not one bit of hate in it.

“转过另一边的脸”、“放下过去”、“爱你的敌人”，这就是它展现的那

种爱。

“Turning the other cheek”, “Giving the past to match”, “Loving your enemy”, that's the kind of love it takes.

在我们扭曲这件事之前，这就是我们所有人本来的样子。

and that's the way we all are, naturally, before we distorted this thing.

学生：爱是理解。

Student: Love is understanding.

莱斯特：当你在爱的时候，你会完全理解对方。

Lester: When you love, you understand the other one fully.

要是我认同另一个人，成为另一个人，这就是理解。

It's understanding if I identifying with the other one, being the other one.

再更进一步说，就是希望对方能拥有他想要的东西，爱另一个人原本的样子。

Coming down a step, it's wanting the other one to have what the other one wants, loving the other one the way the other one is.

(学生说的听不清)

莱斯特：实际上，我们只有一个敌人，那就是我们自己。

Lester: In reality, we have only one enemy, that's ourselves.

没有人能对我们做任何事，也没有人能为我们做任何事。

No one can do anything to us, no one can do anything for us.

总有一天你会明白这一点，我们的意识决定了发生在我们身上的一切。

Someday you'll see this there, we in our consciousness determine everything that happens to us.

学生：是我们对自己的看法伤害了我们自己。

Student: It's our idea of ourselves that is in the way.

莱斯特：是的，可以变得更好。

Lester: Which could be made better, yes.

学生：当你说“理解”时，你是指在逻辑层面理解驱动它们的因素，还是指毫不质疑他们行事缘由是好是坏，或者只是全然接纳它们本来的样子呢？

Student: When you say understanding, do you mean understanding in a

logical sense, of understanding the things that move them? or do you mean understanding in an acceptance of them, without without question of the reasons they're doing things, as good or bad, or just acceptance of whatever they are in an entirety?

莱斯特：是的，这是全然的接纳。

Lester: Yeah, it's acceptance in an entirety.

但真正的理解需要了解宇宙和世界的本质。

But the real understanding requires knowledge of what the universe and the world is.

当我们看到有人做错事时，我们要明白这是一位被误导的神，

When we see someone doing wrong, we have to know that this is a god being misguided,

当他做错事的时候，他是在错误的地方寻找神。

he is looking for God in the wrong place when he is doing wrong.

我讲明白了吗？

Am I making sense?

学生：是的。

Student: Yes.

莱斯特：这就是理解。

Lester: That's the understanding.

学生：在他看来，这是幸福的方式。

Student: Which in his mind would be happiness the way.

莱斯特：他正在以自己所理解的方式寻找幸福。

Lester: He's looking for happiness the way he sees it.

即便是像希特勒这样的人，在他自己看来也是在做正确的事。

Even a Hitler, in his mind is doing right.

因此不应该被憎恨，而应该被爱，希望他成为自己真正的本性。

And therefore should not be hated, but should be loved, wanting him to be what his real basic nature is.

现在，这并不意味着要认同他的计划，确实不是。

Now, this doesn't mean approving of his program, it doesn't.

但无论我们是否认同他的计划，“爱和恨”与“认同一个计划”是两码事。

But whether we approve or not of this program, loving and hating are two different things than approving of a program.

所以，我们得爱每一个人，把他们视作被误导的存在，原谅他们。

So, we love everyone, see them as misguided beings.

因为他们不知道自己在做什么，他们就像是被误导的孩子。

Forgiven for their know not what they do, they're like children misguided.

【莱斯特-用我自己的话说】1.莱斯特-用我自己的话说 1【Lester- In My Own Words】1.Lester-In My Own Words 1

磁带旁白：以下是莱斯特·利文森的一段罕见录音，他在与多位毕业生谈论这个主题，我们致力于释放，这是一段旧录音，但其中的信息非常非常重要，我知道你会喜欢它的，它会帮助你理解我们正在做的事情。

The following is a rare recording of Lester Levenson, speaking to various graduates about the subject, we're working on releasing, it's an old tape, however the message is very very important, I know you will enjoy it,

and it will help you understand what we are doing.

莱斯特：谢谢大家，向你们每一个人致以问候与爱。我想今晚我才是收到最大惊喜的人。直到八点差十分，我才知道我要上场讲话，当时我被告知我要作为“惊喜”出场。

Lester: Thank you, greeting and love to each and every one of you, I think the biggest surprise tonight was to me, I didn't know I was going to talk until about 10 minutes before 8 this evening when I was told I was going to be the surprise.

于是我开始思考我该说些什么呢？谈谈你们，或是说说我自己？

So I began thinking, you know, what am I going to talk about, talk about you? Or talk about me?

然后我意识到，这又有什么分别呢？

And I realized, what's the difference?

我们都在同一条叫做“生活”的船上，

we are all in the very same boat called life,

在我看来，我们都在做着和我曾经所做的一模一样的事情。

we're all doing, in my eyes the exact same thing that I did.

我们都在寻找至善、寻找最高的善、寻找终极之处、寻找最大的幸福，我们一直为此追寻，为之挣扎，为之奋斗，到处找了又找，找了又找，想知道它究竟在哪里。

We are all looking for the Summum bonus, the highest good, the ultimate place, the greatest happiness, and we're about it all the time, struggling for it, struggling for it, looking for it, looking for it, wondering where is it.

早在 1952 年我就宣称我找到了这个地方，

Well, back in 1952 I claimed I found the place,

它就在我所在的地方，它就在你所在的地方，

it's right where I am, it's right where you are,

所有那些日复一日、年复一年的寻找，真是浪费时间。

and all this looking for it everywhere, every day, year in and year out is such a waste of time.

为什么？

Why?

它就在你所在的地方。

It's right where you are.

我们都在这个叫做地球的教室里，试图发现一些终极的东西，

We're all here in this classroom called earth, trying to discover something the ultimate,

我们总是在它所不在的外界寻找它，

and we're all looking for it externally where it isn't,

如果我们只是把方向转回到我们自己身上，我们就会发现，它就在我所在的地方，就在你所在的地方，就在你自己的存在中。

if we will only turn our direction back upon ourselves, we will discover it's right here, where I am, where you are, right in your very own Beingness.

我说：“是你吗？”

I say: "Are you?"

你说：“是。”

You say: "Yes."

我说：“就是这样。”

I say: "That's it."

除了存在，你什么也不要做，你会处于至善和幸福的终极状态中。

Do nothing else but that, and you'll be in the ultimate good and the ultimate state of happiness.

但你为什么不这么做呢？

But why don't you do it?

你太习惯于在那里、在这里、在他身上、在她身上、在这份工作中寻找它，但它从来都不在那里。

You're so habituated into looking for it over there, over here, in him, in her, in this job and it never is there.

所以我们都在经历同样的旅程，试图发现这一切是怎么回事、我的幸福在哪里。

So we are all going through the same trip of trying to discover what is this all about, where is my happiness?

当我们不再去外界追逐它，而是转向内在，我们会发现所有这些难受的、消极的、糟糕的感受都只是一种感觉，

And when we stop chasing after it out there, and we turn inward, we discover that all these hard, negative, terrible feelings are only a feeling,

可以通过释放它们来摆脱这些感受,

and that it is possible to get rid of these feelings by releasing them,

所有的这些感受都是潜意识的程序,

and all these feelings are subconscious programs,

每一个都是为了生存而设定的,

every bit of them put in as pro-survival,

他们所说的“战斗或逃跑”不仅仅只是恐惧,也是为了生存。

it's not only fear that they say as fight or flight that is survival.

我们所有的感受都被自动设定为维持我们生存下去的程序,

All our feelings have been programmed in to automatically keep us surviving,

它们让我们一直在向外看, 努力生存, 让我们的心智在潜意识里一天 24 小时都保持着活跃,

they keep us all the time looking out there, trying to survive, keep our minds active subconsciously 24 hours a day,

因此，我们从来没有一刻停止思考，去发现我们是什么。

so never for even one moment do we stop thinking and discover what we are.

如果你能有片刻在停止思考，你就会经历最奇妙的体验，

if you could just stop your thinking for one moment, you will go through the most tremendous experience there is,

在你的存在中，你就是整个宇宙的全部。

that you are the totality of this universe in your Beingness.

当你的心智安静下来时，你会自然地看到——我是这个宇宙中最了不起的存在，我是完整的、圆满的、完美的，我过去是、现在是、将来也永远是。

That when your mind goes quiet, you automatically see, I am the most terrific being there is in this universe, I am whole, complete, perfect, I always was, I am now, and I always will be.

那么，是什么阻碍我们处于那最愉悦的状态呢？

So, what is it that keeps us from being in our most delectable state there

is?

简单地说，就是那些被称为“感受”的累积的程序。

Simply the accumulated programs called feelings.

所有这些负面感受让我们不断地为生存而挣扎，让我们持续地将目光从我们所是的这个了不起的存在上移开。

All these negative feelings have us constantly struggling to survive, have us constantly looking away from this tremendous thing that we are.

我们所要做的就是让那个心智安静下来，

And all we need to do is to quiet that mind,

然后我们所是的这个了不起的、充满爱的存在，对我们自己来说就变得显而易见。

and we become Self-obvious to ourselves of this tremendous loving being that we are.

我们该怎么做呢？

How do we do it?

我说这很简单，

I say it's simple,

它就是圣多纳释放法，

it's the Sedona Method,

它恰好是到达这个存在的至高状态最快、最有效的方法，

it happens to be the fastest, the most effective way there is to achieve
this high state of being,

在那里，我们完全控制着我们的宇宙；

where we are in total control of our universe,

在那里，每时每刻都是美妙的；

where every moment is a wonderful, wonderful moment,

在那里，不可能不快乐。

where it is impossible to be unhappy.

当这些负面情绪被释放时，那便是我们的自然状态。

And I say that's our natural state when these negative feelings are
released.

总有一天你会这么做的，你们在同一条船上，你在挣扎，你在做一切的事来获得那种幸福，

Some day you're going to do it, you're in the same boat, you're struggling, you're doing everything to achieve that happiness,

但总有一天你会得到它的，

but someday you'll get it,

因为在你到达那里之前，你永远都不会停下来。

because you will never stop until you get there.

但如果你想更快地做到这一点，试试我们的方法，

But if you want to do it faster, try our way,

我向你保证，你会非常惊喜的。

I promise you, you'll be very pleasantly surprised.

你所寻找的一切都在你所在的地方，

Everything you're looking for is right where you are,

你所需要做的就是摘下眼罩，

all you need to do is to take off the blinders,

你的视野非常模糊，你在透过所有这些潜意识程序来看，

your vision is very blurred, you're looking through all these
subconscious programs,

当你释放它们时，你的视野会变得清晰起来，你会发现你是最伟大的，你是完整的、圆满的，你是永恒的，你所有对死亡的恐惧都消失了。

when you release them, your vision becomes clear, you discover you are
the greatest, you're whole, complete, you're eternal, all your fear of
dying disappears.

之后的生活会变得无比惬意，当你让这些消极感受都上浮并离开，就没有挣扎了，不再有任何挣扎。

And life is so comfortable after that, and there's no struggle, no struggle
whatsoever when you get these negative feelings up and out.

所以我强烈建议你们使用这个方法（圣多纳释放法），它是一个工具。

So I urge you to take this method, it's a tool.

在一周之内，你会有一个很大的变化，变得更好。

In one week's time, there will be a big change in you for the better.

从那以后，你会持续变得越来越好、越来越轻松、越来越快乐。

And from there on, you will continue to get better and better and better,
lighter and lighter, happier and happier.

这个被称作“爱”的东西是你的本质，

And this thing called love is your basic nature,

宇宙中所有的爱都存在于你的本质之中，

all the love there is in the universe is right in your basic nature,

你会发现，你的幸福等同于你爱的能力，

and you'll discover that happiness, your happiness equates to your
capacity to love,

相反，你所有的痛苦都等同于你对被爱的需要。

and conversely, all your misery equates to your need to be loved.

只是去爱、爱、爱，你就会非常幸福、健康和富足。

Just love, love, love, and you'll be so happy and healthy and prosperous.

但是再强调一遍，你需要消除那些非爱的感受。

But again, you need to lift out these non-love feelings.

所以我再次建议你尝试我们的方法，我保证你会非常满意。

So again, I urge you to try our way, I promise you, you'll be very satisfied.

试试吧，你会喜欢的。

Try it, if you'll like it.

非常感谢你们的到来。

Thank you so much for coming.

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，

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,

我试着做应该做的事，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.

我曾经换工作的频率非常高，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，实际上横跨了 14 个不同的领域；

And in the engineering field, I worked as an electrical engineer, a mechanical engineer, construction engineer, heating and ventilating engineer, marine engineer, actually 14 different fields;

我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，我的项目就会离我而去。

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，在形成的病变中穿孔，然后我还患有至少 10 年的偏头痛。1952 年，我得过两次冠状动脉血栓，在第二次动脉血栓后，我被告知我活不了多久了，我随时都有可能会死。除非绝对必要，我甚至不能走楼梯。

And as the years went by, I became heavy with depression, with sickness, and by 1952, I had been through constant ailments like being jaundiced three or so times a year, constantly within a large liver, kidney stones,

spleen trouble, hyper and hypoacidity, ulcers that perforated, and formed lesions, 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，我做了四年的精神分析，每周四次，在弗洛伊德的一位同事 Kilian Bloom Bouam 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，有些人无法被帮助，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，我非常害怕死亡，

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，在发放奖学金不多的年代，我获得了罗格斯大学的四年奖学金。

I had been considered a very smart boy, always made the honor role, I had a four-year scholarship to Rutgers back in the days when not many scholarships were handed out.

但当我第二次心脏病发作后被告知我活不了时，我对自己说：“莱斯特，你真是愚蠢，愚蠢，愚蠢！活了差不多四十三年，快活到头了，

却没有幸福没有健康，因此你所积累的这一切知识都是无用的。”

But then when I after the second heart attack, and when I was told I wouldn't live, I said to myself :“Lester you are stupid, stupid, stupid! Having lived 43 or so years, and having reached the end of the line without happiness, without health, therefore all this knowledge that you have accumulated is of no avail.”

我曾在 30 年代研究过沃森的行为主义，在 30 年代末和 40 年代初研究过弗洛伊德，我学过哲学、学过逻辑学、学过经济学、学习了人类的所有主要领域。

I had studied Watson's behaviorism in the 30s, Freud in the later 30s and early 40s, I had studied the philosophies, I had studied logic, I studied economics, I studied all the major fields of man.

当我掌握了所有这些知识之后，当我走到生命的尽头时，我才意识到，人类所积累的知识是没有用的。

And with all that knowledge, there I was at the end of the line, making me realize that the accumulated knowledge of man was of no use.

所以我决定从头开始，忘记所有这些知识，从零开始，看看自己能找到什么。

And so then I decided start from scratch, forget all that knowledge, begin from point zero and see what you can pick up.

因此，我提出了问题“我是什么？”“这个世界是什么？”“我和它的关系是什么？”“什么是心智？”“什么是智慧？”“什么是幸福？”

So I pose the questions “What am I?” “What is this world?” “What is my relationship to it?” “What is mind?” “What is intelligence?” “What is happiness?”

我开始问自己：“我想从生活中得到什么？”

And I began by asking myself :“What do I want out of life?”

答案是幸福。

And the answer was happiness.

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大量认同，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，而不是被爱的能力。

That happiness equated to my capacity to love rather than to being loved.

这是一个起点，

That was a starting point,

我开始纠正我所有的想法和感觉，从想要被爱的方向到爱的方向。

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震惊的重要事情。

And in that process, I discovered another major thing that kind of

shocked me.

我发现我想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

I saw that I wanted to change this entire world, and that was the cause of my ulcers, or one of the major causes of it.

当我意识到我是多么想改变这个世界的时候，我看到它是如何让我成为这个世界的奴隶的。

On realizing how much I wanted to change things in this world, and that that made me a slave of this world.

我做出了扭转这种情况的决定。

I made a decision to reverse that.

然后我开始释放我所有想要、需要控制这个世界的欲望。

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，我做了一个决定：如果一块馅饼的味道这么好，我想吃整个馅饼。

On seeing that this direction was good, I made the decision that: If a slice of the pie tastes as good, I want the whole pie.

我决定不离开这个方向，直到我得到那一整块幸福的馅饼，并得到“我是什么？生命是什么，我和它有什么关系？”的答案。

I decided not to let go until I got that whole entire pie of happiness, and with it, the answer to what am I, what is this life, what is my relationship to it.

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

This decision allow me to... As I claim get the answer to life itself in a matter of 3 months' time.

我相信如果我能做到，任何人都可以做到，只要他们有强烈的想要。

And I actually believe if I did it, anyone could do it, if they had that much want to.

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个一直快乐而没有悲伤的状态。

And in that three-month period of time, all the ailments I had in my physical body corrected, all my miseries dropped away, and I ended up in a place in which I was happy all the time with no sorrow.

并不是说世界停止了对我的推动，它仍在继续，而是我处于一个几乎可以立即解决问题的状态。

Not that the world stopped pushing against me, it continued, but I was in a place where I could resolve things almost immediately.

清除所有负面的恐惧，所有负面的“我不能”，

Having cleared out all the negative fears, all the negative “I cannots”,

我会专注于每个问题的答案，并很快得到答案。

I would focus right in on the answer to every problem and get it very quickly.

就这样，我的整个人生从此改变了，从之前的抑郁和生病，变成了一直快乐，一直保持完美的健康。

And so my whole life turned around from being one of 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我对他人的认同。

One of the things that happened in this process was identification with others.

我看到我们都是相关的，我们都是相互联系的，我们的心智是相互联系的。

I saw that we are all related, we are all interconnected, our minds are interconnected,

每个心智都像一个无线电广播和接收站，我们在无意识地相互调谐，我们只是没有意识到这一点，

Each mind is like a a radio broadcasting and receiving station, that we are all tuned into each other unconsciously, we're just not aware of it,

当那些大量的被压抑的能量得以释放时，这点对我们来说就变得很明

显了。

and that if a lot of the suppressed energies are allowed out, this becomes obvious to us.

一旦我们对其他人产生认同感，我们自然就会希望其他人也能发现我们所发现的，

and once we identify with everyone else, it's just natural that we want everyone else to discover what we have discovered,

生命本应是美好的、本应是一直快乐没有悲伤的，本应是拥有完美的健康的。

That life was meant to be beautiful, meant to be happy all the time with no sorrow, meant to be with perfect health.

因此，在 1952 年达到理解的顶峰后，我就一直想帮助其他人发现我所发现的。

So from that, um reaching that high point of understanding in 1952, from that time on, I have wanted to help others discover what I discovered.

【莱斯特-用我自己的话说】2.莱斯特-用我自己的话说 2【Lester- In My Own Words】2.Lester-In My Own Words 2

我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

摆脱一切的自由，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，很少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the lness of us, the isness of us, the amness of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not “I am something”, “I am a body”,

而只是存在，仅仅存在。

but just the amness and that alone.

当我们看到这一点时， 我们就会明白， 我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

**然后我们在我们所是的这个无限存在上， 叠加了我们称之为“想法”的概念，
即“我是这个身体， 我的名字是某某”， 名字和形式无处不在， 还认为这是
真实的。**

And that we superimposed upon this unlimited being that we are
mental concept which we call thoughts that “I am this body, and my
name is such and such”, and the name and form is everywhere, and that
is the real.

**我们创造了整个宇宙， 却忘记了是我们创造了它， 还说它是真实的， 而且与
我相分离，**

We concocted this whole universe and have forgotten that we have
done it and we say it is real and it is separate from me,

它实际上只是我们心智中的一幅画面，

and all it really is is a picture in our mind,

你唯一能看到这个世界的地方就是在你的心智中。

the only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界就永远不再出现了，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做心智的东西，它只不过是所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲眼看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的，

So by now we have millions, if not billions, of thoughts of limitation that we accept as being real,

所以我们要做的就是消除这些念头，消除心智，

so what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯然的“存在状态”，在这种状态下，我们拥有这种深邃的、极为深远的平静的终极状态，

Everyone, all live is seeking to return to that state of just pure Beingness, and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than 1 second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to

go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you you're free of it.

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say "I am through with this", it's dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在几个星期也太长了，

Okay, all right now it's weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotion come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在，

what remains over after the mind is let go of is the infinite being that you are here and now,

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

you will have removed the total covering over the infinite being that you are.

我认为利用欲望的一种更简单的方式是使用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel if he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两件事会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心会做到任何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做，并养成习惯，它只需要几个月、最多几年的时间，你就会完全自由。

and if you'll do it and make a habit of it, it will only take months, the

most a few years to become totally free.

但这必须是每天都要做的事情，

But it must be a daily thing,

它不能是“哦，我有这种倾向，我明天、下周或下个月再去做”，

it can't be “Oh, I have this tendency, I'll work on it tomorrow or next week or next month”,

现在你必须当场就做，

now, you gotta do it right there and then,

因为它只需要不到一秒钟的时间，

because it only takes less than a second,

然后下一秒你就可以丢弃另外一个，

and then the next second you can take another one,

下一秒又是另一个……

and the next second another one...

因此，不是两三个月做一次，你可以在四秒钟内完成一整年的工作，而不是

花一年的时间。

So, instead of doing it once every two or three months, you can get a whole year's work accomplished in four seconds instead of a year.

所以我在强调的是每天做这件事的价值。

So, I'm emphasizing the value of getting into doing it every day.

当它出现的时候你去做，

then you do it as it happens,

然后你一个月内就能完成普通人许多世才能完成的事情。

and then you're doing in one month what the average person does in many lifetimes.

你在以一种你能很快获得自由的方式做这件事，

And you're doing it in a way in which you can get your freedom very very soon,

它应该是几个月，

it should be months,

但如果你进展慢，你可以在几年内做到，

but you could do it in a few years if you're slow,

我的意思是，我不是在开玩笑，你可以在几个月内完成。

I mean this I'm not kidding, you can do it in months.

我怎么知道的？

How do I know that?

像我这样对这条道路一无所知的人，我在三个月内就做到了我现在所说的这些，

A guy like me who knew nothing about the path, I did in three months what I'm talking about,

如果我知道方向的话，不会超过一个月，

had I known the direction, it would not have been more than one month,

因为这就是我最后一个月发生的事，

because that's when it really happened with the last month,

我知道这是可以做到的，

I know it can be done,

你所需要的只是你自己，以及对自由的渴望和决心。

and all you need is you and the desire for it, the determination.

现在，这条道路很容易，

now, the path is easy,

它并不难，

it is not difficult,

如果你觉得这很难，那是因为你在看向相反的方向，说“这不可能做到”，

if you think it's difficult, it's because you're looking in the opposite direction and saying "It can't be done",

这就是为什么我要强调“要么简单，要么不可能”。

and that's why I'm emphasizing "It's easy or impossible".

事情就是这样，要么简单，要么不可能。

and that's just the way it is, either easy or impossible.

如果你做，就很容易；

if you do it, it's easy;

如果你不做，它就不可能。

if you don't, it's impossible.

我一直在强调处理倾向，我看到每个人都能做到，每个人，

I've been emphasizing working on tendencies of late, and I see everyone can do it, everyone,

那些和我一起实践的人中，谁还没有丢弃过一个倾向？

There isn't anyone who's been working with me who hasn't dropped a tendency?

你能丢弃 1 个，你就能丢弃 2 个，

You can drop one, you can drop two,

你能丢弃 2 个，你就能丢弃 4 个，

you can drop two, you can drop four,

你能丢弃 4 个，你就能丢弃 8 个.....

you can drop four, you can drop eight...

直到它们全部离开。

until they're all gone.

现在你丢弃得越多, 你就会变得越自由, 这让你能使用更多的力量丢弃更大、更难的倾向。

now the more you drop, the freer you become, which allows you more power to use and dropping bigger and more difficult tendencies.

所以现在就丢弃一些东西,

So, just drop something now,

先丢弃一个, 你就能成功。

drop one thing, you'll succeed.

当你丢弃一个, 你就能丢弃 2 个、你可以丢弃 4 个、然后无限个.....

When you drop one, you can drop two, you drop two, you can drop four and infinitum...

但重要的是每天都这样做。

but the important thing is to do it every day.

我们应该完全接纳一切，

we should be totally accepting of everything,

如果我们没有，我们就是在做出反应。

if we're not, we are reacting.

所以随着时间的流逝，我们必须接纳一切，坏老板、坏人、炎热的天气、寒冷的天气、好吃的食物、难吃的食物.....

So as the day goes by, we have to accept everything, bad bosses, bad people, hot weather, cold weather, good food, bad food...

完全接纳这个宇宙就是完全的自由，这意味着接纳它本来的样子，让它是它所是的样子，除了你自己，不想改变任何东西。

Total acceptance of this universe is total freedom, that means accepting it the way it is, letting it be the way it is, not wanting to change anything but yourself.

完全接纳意味着你没有欲望，你既不希望它这样，也不希望它那样。

Total acceptance means you have no desires, you don't want it to be this way, you don't want it to be that way.

我想最容易看到的事情之一就是你对人们的反应，

I guess one of the biggest and easiest things to see is your reaction to people,

当你和人们在一起时，这种情况总在发生，

that's going on all the time when you are with people,

放下你所有的反应行为，并获得自由。

drop all your reactive behavior and be free.

丢弃 1 种东西，你就是完全自由的——丢弃欲望，

Drop one thing, you're totally free, drop desire,

丢弃 8 种东西，你就完全自由了——丢弃你的 8 种情绪，

drop eight things and you're totally free, drop your eight emotions,

第一，接受你能丢弃它们；

No.1, No. 1, accept that you can drop them;

第二，下定决心丢弃它们，

No.2, be determined that you will drop them,

然后你会发现这很容易。

then you'll find it's easy.

真正的爱是成为另一个人。

The real love is being the other one.

你了解某个人吗？

You want to understand someone?

成为那个人。

Be that person.

如果你能体会到他们所经历的一切，你就能理解那个人。

Will you understand that one if you can experience what they're experiencing.

同一性是真正的神圣之爱，

Identity is the real divine love,

成为另一个人，与另一个人合一，

being the other person, oneness with the other person,

所以真正的爱与世人所认为的爱相去甚远。

so the real love is so far from what the world considers as love.

记住，如果你是一个完整的无限存在，你不需要别人，

And remember, if you are a whole infinite being, you need no other,

你自己就是完整的、圆满的、无限的。

you're complete, total, infinite by yourself.

只要我们认为我们需要别人，我们就是受限的。

So long as we think we need another, we are limited.

所以，不要需要别人，成为别人，

So, don't need the other one, be the other one,

通过认识到你是什么，你认识到你是每个人。

by recognizing what you are, you recognize that you are everyone.

通过把你的方向转向你自己，发现你真正是什么，你会发现你真的是每一个人。

By turning your direction back on yourself and discovering what you really are, you discover that you are really every being.

这就是通往它的道路，

And that's the way to it,

我只能指出如何到达那里的方向，

I can only point the direction on how to get there,

我不能为你做这件事。

I can't do it for you.

但你可以体验它，

But you can experience it,

我确定你过去在某种程度上已经体验过它了，我知道你有过，

and I'm sure you've experienced it to a degree in the past, I know you have,

然后你对这个世界的整个画面就会发生改变，

then your whole picture of this world changes,

接着你会看到完美。

then you see the perfection.

当你看到真相时，你看到的只有美好的完美，

When you see a right, you see nothing but beautiful perfection,

这就是真正的真实画面。

and then this is the true true picture.

当我们看到不完美时，我们的认知是有缺陷的。

When we see imperfection, our sight is defective.

在现实中，一切都是绝对完美的。

in the reality, everything is absolutely perfect.

这就是为什么他们说“上帝是完美的、上帝是一切”，

That's why they say “God is perfect, God is all”,

如果上帝是一切，上帝是完美的，那也包括我们。

and if God is all, and God is perfect, that includes us.

如果我们看到不完美，我们的认知是有缺陷的，

If we see an imperfection, our sight is defective,

如果我们看到不完美，那是不完美在我们之内。

the imperfection is in us if we see it.

在看似不完美的地方看到完美，

See the perfection where the seeming imperfection seems to be,

这种不完美只是一种表象、是表面上的。

the imperfection is a seemingness and seeming.

不要把我看作是这样~（学生笑）

Don't see me as it~

在你看到完美之后，你就自由了。

After you see the perfection, you're free.

【莱斯特谈悲伤】01 - 莱斯特谈悲伤 1【Lester on Sadness】 01 - Lester on Sadness 1

幸福是我们的基本天性。

Happiness is our basic nature.

我们用想法、匮乏的想法、想要的想法遮蔽了那个基本天性。

We decloud that basic nature with thoughts, thoughts of lack, thoughts of want.

当我们想要某样东西时，我们的心智变得活跃并试图获得它，然后我们会感到不开心。

When we want something, our mind becomes active in trying to acquire that, and we are unhappy.

因为我们缺少一些我们认为自己必须拥有的东西。

Because we lack something that we say we must have.

因此，我们通过欲望创造了不开心。

So, we create unhappiness through desire.

所有的不开心都始于欲望。

All unhappiness starts with desire.

这个宇宙中所有的麻烦都始于欲望。

All trouble in this universe starts with desire.

因为从本质上来说，我们是完美、圆满、完整、健全的，在我们人为地造出需求之前，我们什么都不需要。

Because basically we are perfect, full, complete, whole, we need nothing, until we artificially create needs.

然后开始不开心，想着如何才能满足那种需求呢？

And then become unhappy, thinking how can we fulfill that need?

好了，现在，在那种人为的不开心产生之后，我们把消除这种不开心称作“幸福”。

All right, now, after that artificial unhappiness is set into motion, we call happiness undoing the unhappiness.

这就是如今人们所认为的幸福。

That's what people consider happiness today.

幸福就是消除人为制造的不快乐。

Happiness is undoing the artificially created unhappiness.

于是，我们满足了这些欲望的念头，暂时平息了思想。

So, we satisfy these thoughts of desire, and momentarily momentarily we still the thinking.

当我们平息思想时，我们自然无限的真我一直在那里，而那种感觉我们称之为“幸福”。

And when we still the thinking, our natural infinite Self is there all the time and feeling that we call that happiness.

幸福不过是感受你真正无限的真我，仅此而已。

Happiness is nothing but feeling your real infinite Self, that's all it is.

念头会让你远离它。

Thoughts take you away from it.

你消除那些念头，就会回归到它，那叫做“幸福”。

You undo the thoughts, you drop back to it, that's called happiness.

我知道，对于那些之前没有听过这些话的人来说，很难理解我刚才所说的内容。

I know it was difficult for some who have not heard this before to get what I just said.

快乐是我们的本性。

Happiness is our basic nature.

如果我们不去扰乱它，我们就会一直无限地快乐下去。

If we don't upset it, we are infinitely happy all the time.

我们已经扰乱了它，我们制造了不快乐。

We have already upset it, we have created unhappiness.

所以如今我们把消除不快乐称为“快乐”，这满足了欲望，暂时让心智平息了下来。

So that today we call happiness the undoing of the unhappiness which is fulfilling desires which momentarily still the mind.

当心智静止时，我们处于自然的状态，我们说自己是快乐的。

And when the mind is still, we're in our natural state, and we say we are happy.

我要跟你讲一个有点难以理解的东西——自由意志。

I'll hit you on something that's kind of hard free will.

生活中根本不存在自由意志。

There is no such thing in life.

因为生活早已被完全设定好了，就像一台电脑一样，一切都被编程了。

Because life is already fully set up a computer, it's all set programmed.

我们今天所说的生活是一套完整的程序。

What we call life today is a complete programming.

学生：对不起，我一直在讲，如果一切已经被编程好了，那我们做什么和我们尝试做什么，又有什么区别呢？

Student: Excuse me, I keep going right then and now, what difference does it do what we do what we try if it's already programmed anytime?

莱斯特：除了获得终极自由以外，没有任何区别。

Lester: No difference except this.

那儿存在自由意志。

There is a free will.

学生：你刚才说不存在这种东西。

Student: You just said there was no such thing.

莱斯特：我说的是生活中，在我们的生存中，根本不存在自由意志。

Lester: I said there's no such thing in life, in our livingness.

学生：好吧，但那正是我们最关心的。

Student: All right, but that's what we're most concerned with.

莱斯特：好吧，如果你关心这个，那就没有自由意志可言。

Lester: Well, if you're concerned with that, there is no free will.

学生：我们难道不是首先关心我们的生活、我们周围的生活、我们周围的规则、我们所生活的世界、我们正在过的生活吗？

Student: Aren't we first concerned with what our life and the life around us, the rule around us, the world we living, the life we are living?

莱斯特：如果你想那样的话，也可以。

Lester: If you want to be, yes.

学生：哦，还有什么呢？

Student: Oh, what else is there.

莱斯特：有一种无限的存在，无论是不是有意识地在关注，这才是我们真正关心的，我们称之为“幸福”。

Lester: There's a unlimited Beingness which is what we're really concerned with, if not consciously, unconsciously, we call it happiness.

(学生说的听不清)

莱斯特：瞧，你在假定某种观点，还想让我同意你的观点。

Lester: See, you're assuming something and you want me to go along with you that.

在这个世界上，每个人都在寻找幸福。

Everyone is looking for happiness in this world.

在这个世界上不可能找得到完整的幸福。

It's impossible to find complete happiness in this world.

在现实生活中，没有人能够在这个世界上找到圆满的幸福。

No one can ever find complete happiness in this world, in livingness.

因为它并不存在于那里。

Because it isn't there.

而你现在却假设它在那里。

See now you're assuming that it is there.

我说：“不，它不在那里。”

I say: "No, it isn't."

我说：“你所追寻的幸福超越了这个限制性的世界。”

I say: "The the happiness that you're seeking is beyond the world of limitation."

生活和生存都在限制性的领域当中。

That life and liviness is all in the realm of limitation.

除非你是完全没有限制的，否则你永远不会全然地幸福。

You will never be happy fully until you are completely unlimited.

我现在讲明白了吗？

Am I making some sense now?

所以你要找的是完全没有限制的存在，

So what you want to find is your complete unlimited Beingness,

而那不在生活和生存中，

and that's not in life and livingness,

它超越了那些东西。

it's beyond that.

对于全然的幸福，全然的幸福不可能存在于生活之中。

For total happiness, total happiness is impossible in the livingness of life.

然而，在任何时候、任何人都可以是全然幸福的，只要他愿意明白幸福是什么。

However, at any at any moment any anyone can be completely happy, if he will see what the happiness is.

幸福不在于做一个受限的身体，

That is not in being a limited body,

而在于做我们所是的这个无限真我，

but in being the unlimited Self that we are,

那才是圆满的幸福。

that is the happiness complete.

【莱斯特谈悲伤】02 - 莱斯特谈悲伤 2【Lester on Sadness】 02 - Lester on Sadness 2

我们不可能作为一个受限的身体而获得全然的幸福，这永远行不通。

We cannot be a limited body and be fully happy, it will never work out.

只有当你发现自己是无限的，你才会彻底地幸福。

You'll only be completely happy when you discover that you are unlimited.

我们都在追寻这种自由，这种解脱。

We're all looking for this freedom, this liberation.

学生：它并不存在于我们现在所说的那些事物中，比如，我要是有一条新裙子，我就会很开心，或者如果我去参加舞会，我就会很开心，这些都是稍纵即逝的东西，这没什么，因为两分钟后我们在那里了，然而我们并不开心，所以快乐不在事物里，而在我们内在的觉醒中，我知道我还不够.....

Student: It's not in things that we say them now, if I have a new dress, I'll be happy, or if I go to the dance, I'll be happy, this is a fleeting thing, there is nothing that, because two minutes from now we're there, and we're unhappy, so it isn't in having a thing, but it's in it's in the realization within ourselves, I'm not going far enough I know...

莱斯特：我们是一切，什么都不需要。

Lester: That we are the all and need nothing.

学生：如果我们今晚觉醒了，我们还会满足于留在这里度过余生、养育孩子吗？还是会就这样过完这一生？又或者孤注一掷呢？

Student: If we got tonight, would we be satisfied to stay here and finish off the rest of our life, and raise our kids, or would we finish out this life, would we see it all in on one of these?

莱斯特：要是你做了什么？

Lester: If you did what?

学生：如果我们今晚就完全自立的话。

Student: If we became completely self-reliant tonight completely.

莱斯特：是的。

Lester: Yes.

学生：我们会愿意留在这里度过我们生命的自然阶段吗？

Student: Would we be content to stay here and finish out the physical span of our life?

莱斯特：一开始，你会对一切都感到完全满足。

Lester: At first, you would be fully satisfied in everything.

学生：你在看谁呢？

Student: Who are you looking at?

莱斯特：而且你会做和你完全证悟之前一样的事情，你会做同样的事情。

Lester: And... you would do the same thing that you would have done before you became fully realized, you would do the same thing.

区别在于你对待一切事物的态度。

The difference would be your attitude toward everything.

你会无比地快乐、无忧无虑、毫无恐惧，你会做同样的事情，觉醒者与未觉醒者之间的差别基本上就在于此。

You would be extremely happy, unconcerned, no fear, and you would carry out just the same, the difference between a realized individual and a non-realized individual is basically this.

未觉醒的人说：“我就是这个身体，受制于这个身体所遭受的一切。”

An unrealized individual says: "I am this body, subject to everything that this body is subject to."

一个真正觉醒的人说：“我是这个身体，是那个身体，是所有的身体，我是一切，因此不受任何事物的束缚。”

A real realized individual says: "I am this body, that body, all bodies, I am everything, therefore subject to nothing."

学生：嗯，我知道这个方法，但我不知道.....

Student: Well, I know that method yet, but I don't...

莱斯特：对于证悟者来说，身体在我之内。

Lester: The body to a realized person, the body is in me.

对于未证悟者来说，他在身体之中。

To an unrealized person, he is in the body.

学生：再说一遍。

Student: Say that again.

莱斯特：一个觉醒的人会感觉到身体在祂之内，一个未觉醒的人则感觉他在身体之内。

Lester: A realized person will feel that the body is in Him, an unrealized person feels that he is in the body.

但为了回答你的第一个问题，你仍会照旧生活，

But to answer your first question, you would carry through just the same,

你对一切事物的态度会有所不同，

your attitude toward everything would be different,

你会一直沉浸在幸福中，并做着同样的事情。

you be just drunk with happiness all the time and do the same things.

学生：从那时起，带着这种状态，会有意识地坚持下去，会有意识地只关注美好的事物，我们的生活就会在接纳中变得美好。

Student: Carrying that through since then consciously, be aware of only good, our life would in acceptance be good.

莱斯特：你看到一切都是完美的。

Lester: You see everything is perfect.

学生 1：这并不意味着你的身体会消失，或者你会匆匆忙忙赶往另一个世界，你在这里度过你的一生，一个完全觉醒的人，但在一种满足感中，你会，但这并不意味着你会离开你的身体，然后匆匆离开，去和上帝见面。（学生笑）

Student 1: That doesn't mean that your body evaporates, are you scurry and hurry to another world, you live out your span here, a fully realized person, but in a sense of fulfillment, you will, but that doesn't mean that you're going to leave your body and rush off, and have a conference with God.

（中间学生讲的听不清）

学生 2：把你的身体停在路边，乞求上帝。

Student 2: Just park your body at the curb and beg God.

学生 3：好吧，我想那时你会满足于在这里，那么，我原以为你会.....

Student 3: Well, I would think you'd be content here, then, I would think you'd...

莱斯特：嗯，你说得对吗？

Lester: Well, are you right ?

用你想要的方式去思考，但实际上这是错误的。

In the thinking the way you want to think, but incorrect in what it would actually be.

当你说“我会这样想”时，那是你的权利。

When you say "I would think this way", that's your right.

但我不这么想。

I don't think that way.

我说过，你是全然满足的。

I said, you're fully satisfied.

觉醒是一种对所有欲望的满足。

Realization is a fulfillment of all desire.

但是你看，当你说“嗯，我觉得它会是这样的”，我必须承认你有权按照你想要的方式去思考。

But see, when you say, well, I think it would be this way, I have to grant you your right to think the way you want.

这个世界不会消失，只是在你眼中变得截然不同了。

The world doesn't disappear, it just looks very different to you.

学生：你提到了无所不在，这很新颖。

Student: You spoke of omnipresence, that's pretty new.

莱斯特：无所不在，你醒来后意识到，在这一刻，你无处不在，遍及无限，

Lester: Omnipresence, you wake up to the fact that you are everywhere present this moment throughout infinity,

存在于那个身体里，存在于这个身体里，存在于所有的身体里，存在于宇宙各处的身体里，

in that body, in this body, in all bodies, in bodies throughout the universe,

存在于宇宙中的每一个原子里。

That you are present in every atom in this universe.

你必须看到这一点。

You have to see it.

绝对真理是：始终存在着一种无限的、独一无二的一体性。

The absolute Truth is, there is an infinite, singular oneness throughout.

在这条所谓的道路上，我们最终领悟到的是：

The final thing we see on this so-called path is:

从来没有别的任何东西，只有“我”存在。

There never was anything, but I, all alone.

这是我们最终看到的，从来就只有我，别的什么都没有。

That's the final thing we see, there never was anything but I, all alone.

看似有很多东西，那只是个表象，并不是真的。

That appeared as many, it was an appearance, it wasn't real.

就像在平静的湖面上只有一轮月亮，搅动湖面，你会看到成千上万个月亮。

Just like the moon on a placid lake is one, disturb the lake and you'll see thousands of moons.

这成千上万的景象不过是众多的幻象而已。

The thousands is the illusion of many.

实际上，这背后只有一个存在。

Actually, there's only one behind it.

所以，我们最终会明白，除了我之外，从来就没有别的东西，只有“我”。

So, the final thing we see is that there never was anything but I, all alone.

整个宇宙都是我创造的，而且这只是一个幻象。

This whole universe was created by me, and was an illusion.

宇宙背后的实相才是真实的。

That the reality behind that universe was real.

除了我之外，从来不存在任何东西。

That there never was anything but I.

【莱斯特谈悲伤】03- 莱斯特谈悲伤 3【Lester on Sadness】 03 - Lester on Sadness 3

宇宙的样子，已证悟的人与未证悟的人所看到的并不相同。

The universe doesn't look to a realized being the way it does to an unrealized being.

已证悟的人看到的是贯穿始终的宇宙一体性，祂称之为祂自己的真我。

A realized being sees a universal oneness throughout, which he calls his very own Self.

或者，如果你想用“上帝”这个词，那么，除了上帝之外什么都没有，只有上帝是唯一的本质。

Or, if you want to you know use the word God, there's nothing but God, there's that one substance only God.

但更确切地说，除了“我”之外，从没有过任何事物，只有“我”存在。

But to make it intimate, there never was anything but I, all alone.

“我”这个词是对上帝的首个表述，它意味着“我”不与其他任何事物相联

系。

The word "I" is the first word for God. it means I with nothing else connected.

当我们说“我是某种事物”时，那是一种限制。

The moment we say "I am something", that's a limitation.

或者说，“我”和“某种东西”，这是二元性。

Or, "I" and "something", that's duality.

所以，我们最终会发现，“我”这个词就是我们一直在寻找的这个上帝。

So, the word "I", we discover in the end to be this God we have been seeking.

只有“我”、“我”、“我”、“我”，只有“我”是上帝。

Just I, I, I, I, only I is God.

如果我们能只成为“我”，我们就会成为我们所是的上帝。

If we could be only I, we would be the God that we are.

但我们试图成为某种东西，从而强加了限制。

But we try to be something and impose limitation.

学生：知道万物都源自于同一个源头，源于真理。

Student: Knowing knowing that all things come from one source, from the Truth.

莱斯特：源于无限。

Lester: From infinity.

学生：源于无限，没错，从“我是”来看，一切都在那里，我们就是我们看待世界的目的。

Student: From infinity, all right, from the I am, that all things are there, that we are the purpose through which we look at the world.

莱斯特：限制.....限制。

Lester: The limit... The limitation.

学生：我试图在自己心里找出这个限制，为什么洛克菲勒和卡内基能赚这么多钱，而另一方面，那些觉得自己只是存在的原住民，归根结底还是思维和合理解释的问题，这就像一种合理化，所有的供给都在这里，经过我们的心智过滤，我们得到的正是我们能够证明的东西，就像药一样.....

Student: The limitation I was trying to find out, in my own mind, why

there's the Rockefeller and Carnegie who can make all this money, and then there's the other end, the natives who feel they just exist, it boils down to, again, the mind, the justification, it's like a rationalization, all supplies here, filtering through our mind, we get just exactly what we can justify, it was like a drug...

萊斯特：心理画面会显化出来，

Lester: What the mental image is comes out there,

洛克菲勒家族拥有数百万乃至数十亿美元的心理画面，

the Rockefellers have mental images of millions and billions,

我们大多数人拥有的不过是几百美元的心理画面。

most of us have it of hundreds of dollars.

学生：这就是为什么在现实中，如果是这样的话，那么我们在这里所做的工作，就像是无力的爆发，事实上，对于我们可能仅仅通过心理活动就能得到的东西来说，这是一个非常无力的合理化，好吧，对我们来说，身体却为了某些被心理活动限制了的东西而努力。

Student: And this is why that in reality, then if this being so, then the work that we do out here, this like weakly erupt, this this is a very weak rationalization for what in truth we get maybe by just a mental activity, right, body work for something that the mental activity is limiting to us

yeah.

莱斯特：是的，这个世界是一块地毯，我们在不停地拍打它。

Lester: Right, this world is a rug and we're beating it.

有些人认为我们拍打得越用力，从那块地毯里抖落出来的东西越多。

And some of us think the harder we beat it, the more we'll get out of that rug.

有些人觉得我们不必拍打它，它会自己掉出来。

Some think we don't have to beat it and it'll come out.

洛克菲勒家族觉得不必拍打得那么用力。

The Rockefellers don't think they have to beat it so hard.

学生：然后就回到了……我记得鲍勃说“好吧，不工作你怎么生活？”好吧，如果我们能够拓展自己的心智，拓展这个我们获取美好事物的通道，那么事实上，如果我们能够在自己的心智中证明这一点，我们实际上可以不工作就拥有事物。

Student: And then this then gets back, I remember Bob saying "Well, how do you do without working?" Well, then if we can expand our mind, this orifice through which we get the goodies, then in truth, if we can

justify it in our own mind, we can actually have a thing without working.

莱斯特：没错，无论什么，对，只要心智完全坚信，它会立即实现。

Lester: Right, whatever, yes, whatever the mind is absolutely convinced of is immediately.

你可以用绝对信念物质化黄金，你能做到这一点。

You can materialize gold with the absolute conviction that you can.

(学生说的听不清)

莱斯特：完全、彻底的信念。

Lester: Complete, complete conviction.

(学生说的听不清)

莱斯特：就像在梦里所做得那样，记住那些梦，在生活中也应该是这样的。

Lester: Exactly as it does in dreams. remember the dreams, that's the way it should be in this life, too.

学生：当然，这是她在谈论她的愿望。

Student: Of course, this is a she's talking about her wishing.

莱斯特：它不是，因为你认为它不是。

Lester: It isn't, because you think it isn't.

你看，在梦里，如果你梦到自己必须去工作赚钱来买外套，那在梦里，它就会是那样的方式。

See, in a dream, if you dreamt, I have to go to work to get some money to buy a coat, it would be that way in a dream.

但在一个梦境世界中，你不给自己设那么多的限制，你想要一件外套？它就穿在你身上了。

But in a dream world, you don't limit yourself so much, you want a coat? It's on you.

在生活中也能做同样的事情。

That same thing could be done in this life, too

学生 1：几周前，我们在讨论人们如何在自身之外的事物、职业或人中寻求幸福，这让我联想到一头驮着沉重负担的小驴子，它不肯往前走，字典里说驴是坚毅、有耐心的家养小动物，好吧，不是大牲畜，而是家养小动物。

Student 1: A couple weeks ago, we were discussing how people are

seeking happiness in things, vocation, or people, outside of themselves, and the picture has brought to mind of a little ass carrying a heavy load, and he wouldn't go, the dictionary says that they are determined, patient little beasts for domestic use, well, not beasts, but little animals for domestic use.

所以我脑海中浮出了一个画面，一头小毛驴背上绑着一根鱼竿，绑在篮子的后面，鱼竿上系着一根绳子，绳子前面挂着一根胡萝卜，所以小驴子为了拿到胡萝卜，驮着沉重的负担一路前行，但胡萝卜却总是让它够不着。

So the picture came to mind of a fishing pole strapped across a basket back, with a string on it, and a carrot right in front of it, so the little ass pulls his heavy load to get the carrot, and it keeps eluding him.

于是我们在胡萝卜上写了“幸福”两个字，每当你以事物的形式寻求幸福时，你就像那只试图抓住胡萝卜的小驴子一样傻。

So on the carrot, we painted happiness. And whenever you seek happiness in the form of things, when you're as silly as a little ass trying to catch a carrot.

学生 2：尤其是当那胡萝卜被绑在你背上，在你面前时。

Student 2: Especially when it's strapped on your back in front of you.

学生 1：它们一直在移动，还一直跟着你，你走得更快了，而它却总是遥不

可及。

Student 1: Everything is moving out and it keeps going with you, the faster you go, and faster it's always out of reach.

学生 3：要活到这份上可不容易。

Student 3: It's not easy to live up to that point.

学生 4：嗯，我觉得我们一开始都.....

Student 4: Well, I think we all start as...

学生 1：你得慢慢地一步一步往上爬，这就像.....

Student 1: That ass climb up the steps slowly, it's just like...

莱斯特：哈利，你这么想是对的。

Lester: Harry, you're right if you think so.

学生 1：嗯，这就像一个人一开始有一辆小汽车，那是他当时唯一负担得起的，后来他有了凯迪拉克，现在他得到了凯迪拉克，他不想要了，他想要这辆小汽车。

Student 1: Well, it's like the guy that started out with a little car, it's all he could afford, then to get the Cadillac, now he get the Cadillac, he doesn't want it anymore, he wants the little car.

萊斯特：但洛克菲勒首先想的是凱迪拉克。

Lester: But Rockefeller thinks Cadillac first.

你不必一步一步往上走，從頂端開始。

You don't have to go up step by step, start at the top.

一旦你知道怎麼做到它，如果你敢的話，就從最上面開始。

Once you know how to do it, start at the top, if you dare.

如果你能創造一美分，你所使用的方法就能創造一百萬美元。

If you can create one penny, the method you use can create one million dollars.

方法是一樣的。

the same method.

這取決於你，所以要想大的。

it's up to you. so think big

【莱斯特谈疼痛是什么】01.莱斯特谈疼痛是什么【Lester on Pain What is it】01. Lester on Pain What is it

学生：他想要最有效的方法来处理疼痛，当然，我意识到一个人如果达到极致的成熟，便不会有疼痛，但比方说，我们处于不得不面对疼痛的状态。

Student: He wants the most effective way to handle pain, of course, I realize the ultimate maturity of an individual would be such that he wouldn't have pain, but let's say that we're in a state where we have to.

莱斯特：尽你所能地找到最好的方法，你就可以应对它。

Lester: The best way you possibly can, you can take it.

如果我从根本上来谈，如果你唯一能解决它的办法，如果你解决疼痛的唯一方式只是通过物质手段，那就是阿司匹林和药物。

If I take it from the bottom up... If the only way you can do it through, if the only means you want to deal with through is the material, it's aspirin and drugs.

但如果你能从心理上应对它，你可以通过很多方式来化解。

If you're able to handle it mentally, you can offset it in many ways.

一个简单的方法就是去感受它。

One simple way is to feel it.

学生：我不知道，我的妻子曾跟我说你提到过这个，我也深入研究过它，但有一点我不太明白。

Student: I don't know, my wife had mentioned you had said that, and I had delved into it, and there was one something I didn't really understand.

莱斯特：好吧，这就涉及到什么是疼痛了。

Lester: Well, this goes into what is pain.

疼痛是身体某个部位发出的一个警报，提示那里有危险。

Pain is an alarm in a certain part of the body that there's a danger there.

如果我们在心理层面识别出了这个警报——疼痛，它就会消失。

And if we mentally recognize the alarm, the pain, it turns off.

但由于长期以来我们习惯性地逃避疼痛，

But because of a long time habit of trying to run away from pain,

所以在心理上，我们会试图逃离疼痛来摆脱它，

we mentally try to flee from the pain to get away from it,

进而，这个警报会一直持续，疼痛也就一直在。

and the alarm stays on, and the pain stays on.

你观察一下动物，它们不会像我们这样受苦，

You watch animals, they don't suffer the way we do.

它们身体的某个部位受伤时，它们会去感受它，然后疼痛就消失了。

something hurts, and they'll feel it, and the pain goes.

我们也可以做完全相同的事情。

We can do the very same thing.

换一种说法，可能就像是直面疼痛，或者.....

Another way of putting it might be like face the pain, or...

学生：连接到之前的开悟.....

Student: Wired up form a realization

莱斯特：不，这与开悟无关。

Lester: No, this has nothing to do with realization.

这是一个非常切实可行、实用的方法。

This is a very down-to-earth, practical method of.

学生：我的意思是，你正在体会疼痛。

Student: I mean, you're realizing pain.

莱斯特：你在让它成为真实的吗？

Lester: You're making it real?

学生：是的.....

Student: Yeah...

莱斯特：当你试图逃避疼痛的时候，反而让它变得更真实了。

Lester: You're making it more real when you're trying to run away from it.

学生：好吧.....

Student: Well...

莱斯特：这就像你拼命想逃离一只大熊时，它却在后面追着你。

Lester: It's like a big bear chasing you when you're trying to run from it.

我们大多数人都没意识到这个要点。

Most of us don't see this point.

当我们有疼痛时，总是试图逃避它，不想正视它，于是这个警报就一直在响。

That when we have pain, we're always trying to get away from it, we don't want to recognize it, and therefore the alarm stays on.

现在，对大多数人来说，面对疼痛很困难。

Now, it's difficult for most people to face the pain.

因为习惯，他们在心理上习惯了逃避疼痛。

Because by habit they're used to running away from it mentally.

所以，我建议他们让疼痛加剧。

So, I suggest to them that they make it hurt more.

如果我的手指疼，要是我想让它更疼，实际上我做不到。

If I had a pain in my finger, if I wanted to make it hurt more, I really couldn't.

但我会做的是，我会深入其中去感受它，然后当你感受到它的那一刻，它便消失了。

But what I'd do is I would go into it and feel it, and the moment you feel it, it disappears.

试试看。

Just try it.

现在，这是一个非常简单且实用的缓解疼痛的方法。

Now, that's a very simple practical way to alleviate pain.

更高层面的方法是：不做这具身体。

Coming up higher, be not the body.

如果你有能力做到这一点，说“我不是这具身体”，

If you're capable of doing that, saying "I am not the body",

那么原本在身体里剧烈的疼痛就会变成一种遥远而微弱的疼痛，

what was a severe pain becomes a very dull pain in a distance way down there in that body,

并且你可以表现得好像那里没有疼痛一样，

and you can function as though there's no pain there,

它不再困扰你了。

it doesn't bother you anymore.

可以这么说，你让身体自行运作。

You let the body go its way, so to speak.

所以，当你不把自己等同于这具身体时，你就能摆脱疼痛。

So, by being not the body, you step away from pain.

如果你能做到“不是这具身体”，那么医生给你的身体做手术时，你也不会感觉到疼，这是一种极端的情况。

If you can be not the body, you can let a doctor operate on your body and you wouldn't feel it, that's to the extreme.

更高层次的方法是：只看到完美。

Higher way is to see only the perfection.

在有完美的地方，没有疼痛，没有任何的痛苦。

Where there's perfection, there is no pain, there just isn't any.

所以，我们可以从不同的层面应对疼痛。

So, there's various levels at which we can approach pain.

但是试试那个“感受疼痛”的方法，一旦你掌握了，你会发现这是一个简单易行的方法。

But try that feel-the-pain method, you'll see it's a simple, easy way once you catch on to it.

然后，如果身体有受损的部位，仅仅通过感受疼痛，它会很快愈合，当天、一夜之间，甚至愈合得非常迅速。

And then if there's a damaged part of the body, it heals very quickly, the same day overnight or very rapidly, just by feeling the pain.

因为当你感受疼痛时，你是在识别警报，然后身体机能会到达疼痛的部位并立即开始修复它。

Because when you feel the pain, you are recognizing the alarm, and the body mechanics go to that point and start immediately repairing it.

【莱斯特谈疼痛是什么】02.莱斯特谈疼痛是什么【Lester on Pain What is it】02. Lester on Pain What is it

注：

- 看这部分引导的时候，别急着看后面的部分，我在文中标记了学员实际感受所花的时间，你可以花自己所需的时间跟着他们一起做；
- 当然，这是早期课程，如果你已经掌握了原始圣多纳释放法，用释放流程直接释放导致疼痛的情绪感受/欲望，效果会更好。

莱斯特：现在你感觉到了疼痛，我想我可以给你演示一下，你现在疼吗？哪里疼？

Lester: You have pain now, I could show you, I think you have pain?
What hurts?

能指给我看是脑袋的哪个部位吗？

Can you show me just what part of the head?

(学生说的听不清)

莱斯特：好的，感受它，你能感受它吗？

Okay, well, feel it, can you feel it?

学生：能。

Student: Yeah.

莱斯特：好，现在让它更疼些。

Lester: All right, now, make it hurt more

(9 秒后)

更疼了吗？

Does it hurt more?

发生了什么？疼痛还在那吗？

What's happened? Is it still there?

学生：它变轻了。

Student: It's lighter.

莱斯特：让它更疼些。

Lester: Make it hurt more.

(12 秒后)

莱斯特：现在感觉怎么样？

Lester: How is it now?

(11 秒后)

莱斯特：不一样，你选了最难处理的部位，头痛是最难定位的，

Lester: Not the same, you're taking the most difficult spot, the headache is the hardest thing to localizeN

但这会对头痛有效果。

but it'll work on a headache.

要尝试的话，在身体疼痛非常敏感的部位更容易做，比如手指或某个肢体上。

To try it out, it's easier on a very painful part of the body, a finger or some limb.

试试看。

Try it out.

当你能在这些部位操作之后，再在头部操作会是更容易的。

And when you can apply it there, it'll be easier for you to apply it to the head.

而且，当你独自一人时做这件事，比和很多人在一起时更容易。

And also when you're by yourself, it's more ease... It's easier to do it than when you're in company with a lot of people.

但我向你保证，如果你感受这个疼痛，它会消失。

But I'll guarantee you that if you feel the pain, it'll go away.

学生：你确实识别出了那里发出的警报。

Student: You're really recognizing the alarm that's set up there.

莱斯特：你让身体的机能开始运作来消除它。

Lester: you permit the body mechanics to go to work to undo it.

学生：还有其他人能帮忙的方法吗？

Student: Is there any way anyone else can help?

莱斯特：医生，医生可以给你.....

Lester: Doctor, a doctor could give you...

学生：是的，但我的意思是如果一个人不去看医生的话，另一个家庭成员或者其他人知道.....

Student: Yes, but I mean, as far as someone who is not going to the doctor, say another member of the family or someone else would it be? Just knowing...

莱斯特：医生会给你开一些能让你暂时忘却疼痛的药。

Lester: It's giving you something that will take your mind off the pain.

现在，如果他生活中发生了一件非常重要的事情，比头疼更重要的事，他会暂时完全忘记头疼，他就不会头痛了。

Right now, if something very important in his life happened right now, more important than the headache, he'd forget about it entirely for the moment, he wouldn't have it.

所以，如果家里有人来把你从疼痛上拉开，或者做了类似的事情，你就会忘掉疼痛，在你忘记它的那一刻，它消失了。

So, if someone in the family comes and pulls you away from it, or does something like that, you can forget it, the moment you forget it, it's

gone.

你可以把注意力放到新出现的事物上来忘记疼痛。

You forget it by putting your mind on to the new thing that's coming into your mind.

学生：好吧，我想以她的情况来说，她头疼，她知道，除了那样做之外，她只会觉得他是完美的吗？

Student: Well, I'll say in her case, she knows that aside from doing that, would she just think of him as being perfect?

莱斯特：哦，怎样……我们帮助他人的方式是了解他们自己的完美。

Lester: Oh, how... the way we help another one is to know their perfection.

我们对他们的完美了解到什么程度，就能在多大程度上支持他们往正确的方向前行。

And to the degree we know of their perfect, to that degree we support them in the right direction.

不过，他们必须接受这一点才行，我们只能支持他们。

Yet, they must take it, we can only support them.

学生：所以如果他们不配合，那么他们实际上是在设置障碍。

Student: So if they don't go along, then actually they're putting up a barrier.

莱斯特：如果他们不配合，那是上帝赋予他们的自由意志。

Lester: If they don't go along, that's their God-given free will.

学生：疼痛只存在于心智里。

Student: Just the pain is in the mind.

莱斯特：是的，我们唯一能感受到疼痛的地方是在心智中。

Lester: Yes, the only place we feel pain is in the mind.

我们以为疼痛来自身体，但其实不是。

We think we feel at the body, but we don't.

身体什么都感觉不到，身体处于惰性状态，身体只是物质而已。

The body doesn't feel anything, the body's inert, the body's just matter.

我们所感受到的疼痛存在于我们的心智之中，它完全是心理上的。

The pain we feel is in our mind, it's all mental.

(学生说的听不清)

莱斯特：那非常困难。

Lester: That's very difficult.

但事实并非如此，你会惊讶地发现，孩子们比我们成年人更容易接受这些想法。

And yet it isn't, you'd be surprised how children can accept these ideas much more easily than we grown-ups can.

因为他们还没有像我们那样被彻底地往错误的方向灌输了思想。

Because they haven't been so thoroughly indoctrinated in the wrong direction as we have been.

我们越年轻，就越容易接受这些观念。

The younger we are, the more easily we accept these ideas.

所以，你要做的就是，把这些教给他们，平等地对待他们，就好像他们能理解这些似的与他们交谈。

So, the way you do it is by teaching it to them, treating them as an equal

and talking to them as though they can understand this.

你会惊讶于他们理解得有多快。

You'd be surprised how they will pick it up.

学生：其实很多母亲在转移孩子的注意力时都会这样做，如果孩子在跑步时摔倒了或者发生了其他状况，这时她们会下意识地立即转移他们的注意力，让他们去想点别的事情或做点别的事，这样他们就会忘记摔倒的事了。

Student: Well, actually many mothers are doing this and diverting children, if they have a run and they bump themselves or something, why are they immediately if it seems automatic to divert them to get them thinking of something else or doing something else? and forget about the bump.

莱斯特：你会发现，孩子们和玩伴在一起时，有时会重重地摔一跤，他们差点要哭出来了，看了看周围，然后就把这事给忘了，又跑出去接着玩了，而如果妈妈在身边，你会看到他们的反应有时就截然不同。

Lester: You can see it in children sometimes they get a terrible knock, I don't know what their playmates... They're ready to cry and they look, and then they forget about it, and they go off playing, whereas if the mother's around, sometimes you get a much different reaction.

所以，你看，孩子们是如何能在这一刻感到疼痛而下一刻就放下它的。

So, you see how children can have pain one moment, let go of it the next moment.

学生：身上的皮疹也是一样的？你会不会痛？

Student: Would you cast pain and a rash over the body is the same?

莱斯特：不，皮疹不一定会疼。

Lester: No, rashes are not necessarily painful.

全身起皮疹是由于轻微的精神刺激导致的，这种刺激会反映在皮肤上。

A rash over the body is due to a mental irritation that is superficial, and it comes out on a skin.

而深层次的精神刺激会影响到内脏器官。

Mental irritations that are deep come out on the inner organs.

学生：所以我们不必太担心皮肤上的这些问题。

Student: So we wouldn't worry about this much on the skin.

莱斯特：是的，因为器官比皮肤重要得多。

Lester: Right, because the organs are much more vital than the skin.

它只是一种刺激反应，它是潜意识和意识层面的某种冲突。

It's just an irritation, it's a conflict between something unconscious and something conscious.

因为其中一半是潜意识层面的，我们觉察不到它，这种冲突就会持续存在，这非常让人烦恼、恼火。

And because half of it is unconscious, we can't see it, and that conflict goes on, it's very annoying, irritating.

而且如果我们压抑这种冲突，它就会以皮疹的形式出现在皮肤上。

And if we hold it, it'll come out in a rash on the skin.

这就是医生对此无能为力的原因，最优秀的皮肤专家会告诉你这一点。

This is why doctors can't do anything about it, the best of skin specialists will tell you this.

他们试用这种药膏、试用那种药膏，迟早会有某种药膏看似起了作用，

They try this salve and they try that salve, and sooner or later, something seems to work,

但通常起作用的，其实是时间。

generally, it's time that does it.

【莱斯特谈疼痛是什么】03.莱斯特谈疼痛是什么【Lester on Pain What is it】03. Lester on Pain What is it

学生：但是就自我疗愈而言，开始做这样的一些事情时，自我肯定真的有帮助吗？

Student: But in beginning something like this as far as the healing of oneself, does affirmation actually help in?

莱斯特：是的，自我肯定是有益的。

Lester: Yes, affirmation is good.

因为你在植入一种能显化积极面的想法。

Because you're putting in a thought that will demonstrate the positive.

你越进行自我肯定，就会越多地接受它，就越能有助于消除相反面。

And the more you affirm, the more you'll accept it, the more you will help undo the opposite.

如果直接肯定很难，那么从否定开始也是不错的。

If it's hard to affirm, it's even good to start with a denial.

先否定现状，然后肯定你想要的。

Deny what is, and then affirm what you want.

学生：呃，我不想要那个，哦，我确实想要那个。

Student: Uh, I don't want that, hmm, I do want that.

莱斯特：所以就只能“呃”、“哦”。(学生笑)

Lester: Just ugh and ooh.

学生 1：它会让我永远地记住它。

Student 1: It will make me remember it forever.

学生 2：要是你说意识心智不理解心智。

Student 2: If you said the conscious mind does not understand the mind.

莱斯特：心智，要明白，心智只以图像的形式来思考，它不会思考“不”这样的词。

Lester: The mind, see, the mind thinks only in pictures, it doesn't think in words of "not".

无论你在心智中持有任何画面，你都会创造它。

Whatever picture you hold in mind, you create.

如果我不想要香蕉，而我的心智中正抓着香蕉不放，那么我会得到香蕉。

If I don't want bananas, I'm holding bananas in mind, and I'll get it.

学生：否定是如何运作的？

Student: How does the denial work?

莱斯特：为了帮助你更好地肯定“我不是身体，我是无限的真我”。

Lester: To help you of a better affirm "I am not the body, I am the infinite Self".

因为人们深陷于消极面之中，这种消极面对他们来说是如此地真实，通过否定，会给他们一股额外的推动力，促使他们转向积极面。

Because people are steeped in the negativity and it's so real to them, by denying it, it gives them an added push toward the affirmative.

但否定之后，他们应该始终跟进肯定。

But they should always be followed up by the affirmative.

仅仅一味地否定只会让人一直陷在消极里。

Only denying were would be holding on to it.

这就是为什么恐惧是一个如此糟糕的东西，我们把自己所害怕的东西持有在心智中，从而创造了它们。

This is why fear is such a bad thing, we hold in mind that which we fear and thereby create it.

无论你害怕什么，你都会让它降临到自己身上。

Whatever you fear, you'll bring upon yourself.

因为心智只是创造工具。

Because the mind's only the creator.

我们所持有在心智里的东西，我们都会创造出来。

What we hold in mind, we create.

心智以图像的方式进行思考，人们却认为心智是以文字的形式思考的。

The mind thinks in pictures, people think it thinks in words.

但每当你说“房子”时，你看不到“房子”这两个字，而是会浮现出一个房子或一个人的画面，是一个“人”的画面，而不是“人”这个字。

But whenever you say house, you don't see H-O-U-S-E, you have a picture of a house or a man, it's a picture of a man, it's not the letters M-A-N.

这就是为什么人们能够与不会说自己母语的人进行心灵感应交谈的原因。

And this is why people are able to talk telepathically to people who don't speak their own language.

如果我们能用心灵感应交流，而你只懂希腊语，我只懂英语，你会用希腊语跟我交流，我则能接收你所传达的所有画面，我会用英语跟你交谈，然后你也能接收到我所传达的所有画面.....

If we could speak telepathically, and you knew only Greek, and I knew only English, you would talk to me in Greek, and I'd be picking up all your pictures, I would talk to you in English, and you would pick up all my pictures...

我们可以用那种方式交流。

And we could converse that way.

它很简单，它很简单，每个人都会用。

It is simple, it's simple, and everyone uses it.

但是，因为我们已经否定了能用心灵感应交流的想法，所以我们觉得自己做不到。

But because we have talked ourselves out of the idea that we can talk telepathically, we think we can't.

但我们确实在无意识地读着彼此，我们始终在解读着对方，

But we do read each other unconsciously, we're always reading each other,

这是一种天然的能力，所有生物都具备这种能力，

it's a natural ability, all beings have it,

所有动物都有这种能力，它们使用得比我们更为频繁。

all animals have it, they use it much more than we do.

动物能感知你的想法和感受，

Anima I knows your thinking and your feeling,

婴儿也能，

babies know it,

只有受过教育的成年人不会,

only educated adults don't,

你被教育得远离了它。

you're educated out of it.

但我们是无限的存在，这是绝对真理。

But that is the absolute absolute Truth that we are infinite beings.

当我们看到自己内在的无限时，我们会明白每个人都是我，不再有任何的分离。

And when we see the infinity within ourselves, we see that everyone is me, there is no more separation.

但在你领悟到这一点之前，这没有任何意义。

But until you see it, it doesn't make sense.

然而，这里的任何人只要让心智足够地安静，就能瞥见它，你会看到它的。

And yet, anyone here could get glimpses of it by getting the mind quiet

enough, you'll see it.

而且你会发现，你就是我。

And you'll see that you are me.

学生：你说瞥见吗？通常也就只能瞥见而已，不是这样吗？

Student: These, um, do you say glimpses? usually that's all they are, isn't it?

莱斯特：不全是。

Lester: Not all.

学生：嗯，我的意思是它们大多数，大多数。

Student: Well, I mean most of them, most of them.

莱斯特：大部分情况是这样开始的，是那种方式。

Lester: It starts off with a... That way.

当我们坚持这条道路时，这些瞥见的时刻会越来越长，直到它们每时每刻都被完全建立起来。

And as we stick to the path, these glimpses get longer and longer until

they become fully established all the time.

这是终极目标，永远不要忘记上帝，永远不要忘记我们是谁。

And that's the ultimate goal, never forgetting God, never, never forgetting who we are.

学生：确实有时候，我们只能瞥见一眼，因为我们害怕更进一步。

Student: Indeed sometimes that we only get glimpses, because we're afraid to go any further than the glance.

莱斯特：不是。

Lester: No,

因为小我又接管了，仍然残留了大量的小我。

Because the ego takes over again. there's still a lot of ego left.

然后，当我们作为一个小我表达的那一刻，我们必须放下我们所看到的一切，才能成为一个限制性的、一个受限的存在。

And then the moment we express as an ego, we have to let go of what we saw in order to be an ego, to be a limit... A limited being.

因此，当我们再次选择成为限制性存在的那一刻，我们便看不到我们所是的

无限存在了。

So, the moment we choose again to be a limited being, we don't see the limitless being that we are.

然而，你并未失去任何东西。

Yet you... You haven't lost anything.

因为最初为了瞥见真我，你得释放相当多的小我。

Because to get the glimpse in the first place, you had to let go of quite a lot of ego.

学生：似乎每当我感觉到无意识的状态时，我都会处于一种非睡眠的状态，既不是无意识的，也不是完全有意识的，介于这两者之间的某种状态，而一旦我达到这种有意识的状态，我就处于一个不同的阶段了。

Student: It seems like whenever I've gotten a glimpse of feeling the state of being unconscious, not being asleep, not being exactly conscious either, some state in between, and as soon as I've reached this conscious state, I'm in a different period.

莱斯特：是的，这种有意识的状态是一种无知的状态。

Lester: Yeah, this conscious state is a state of ignorance.

在睡眠和清醒之间有一种状态，当我们从睡眠状态中醒来，但还未完全认同那个清醒的世界时，我们就是我们所是的真我。

And there's a state between sleep and waking where as we come out of the sleep state and before we identify with the waking world with the real self that we are.

如果你能停留在那个状态中，你就是你所是的上帝。

You could stay there, you would be the God that you are.

学生：在我意识到发生了什么之前，我有过一些这样的领悟，而我从来不知道它们是什么，但那充满了喜悦。

Student: Well, before I ever realized what was going on, I had a few of those glimpses, but I never knew what they were, but there was complete joy.

莱斯特：你可以使用它们。

Lester: You can use them.

学生：什么？

Student: Pardon?

莱斯特：你可以用它们来更多地建立它。

Lester: You can use them to establish it more and more.

如果你注意一下那种状态，就会发现你并没有在思考，你没有思考。

You're not thinking in that state if you'll take a look at it, you're not thinking.

学生：只是一片彻底的宁静。

Student: Just a complete quietness.

莱斯特：你只是存在着。

Lester: You just being.

正是在存在中，我们是上帝，并且我们只能是上帝。

And it is in Beingness that we are God, and we can only be God.

在那之前，我们说我们必须去认识上帝。

Before that happens, we say we have to get to know God.

当我们认识了上帝，会发现我们就是上帝，那是我们纯粹、简单、完全的存在。

When we get to know God, we discover that we are God, and that it was

our pure, simple, unadulterated Beingness.

不是一具身体，而只是存在。

Not being a body, but just being.

它仅仅是纯粹的存在。

It's just pure Beingness.

学生：你几乎觉察不到你的身体。

Student: You're almost not aware of your body.

莱斯特：是的，你没有意识到自己的限制。

Lester: Right, you're not aware of your limitations.

学生：认识你的身体是什么。

Student: Of what recognizing your body is.

莱斯特：一个极端的限制，这是一个极端的限制。

Lester: An extreme limitation, it's an extreme limitation.

学生：还有一个问题，人应该在多大程度上跟从潜意识？

Student: One more question, how much of the unconscious mind should one follow?

莱斯特： 跟从？

Lester: Follow?

学生： 是的。

Student: Yeah.

莱斯特： 一点也不跟。

Lester: None.

学生： 一点也不跟？

Student: None?

莱斯特： 一切都应该是有意识的。

Lester: Everything should be conscious.

潜意识心智是我们自己的自动机器。

The unconscious mind is the automaton that we are.

有人说蓝色，我们就朝这个方向移动；

Someone says blue, we move this way;

说红色，我们又往那个方向移动；

Red, we move that way;

或者说了我们不喜欢的話，我们会感觉不好；

Or says the word we don't like, we feel bad;

说了我们喜欢的話，我们会感觉很好。

Says the word we like, we feel good.

这些都是潜意识在运作。

That's all the unconscious operating in.

当我们跟随潜意识时，我们就像木偶一样。

We're like puppets when we follow the unconscious.

学生：那些是习惯模式？

Student: Those habit patterns?

莱斯特：是的，所有的习惯模式都是潜意识心智。

Lester: Yes, all habit patterns are the unconscious mind.

除非他或她意识到没有任何限制，否则没有人能获得圆满的幸福。

No one can be fully happy until he or she realizes that there are no limitation.

超越这具身体就没有限制。

Up this body is no limitation.

【莱斯特谈压力】01-莱斯特谈压力 1 【Lester on Stress】01 - Lester on Stress 1

如果你不喜欢外面的世界，那就改变你自己。

If you don't like the world out there, change yourself.

你改变自己，世界就会改变。

You change yourself and the world changes.

我喜欢我们今天拥有的这一点，因为我认为任何人都能相对轻松地使用它。

I like the one we have today, because I think it's one that anyone can use

without too much difficulty.

改变你的意识，对大多数人来说不容易。

Change your consciousness is not easy for most people.

只想你想要的，对大多数人来说不容易。

Think only what you want is not easy for most people.

我觉得我们今天要讲的这个方法是目前为止最简单的，也是每个人每天都能使用的方法。

I think the one we're on today is the easiest one so far, and it's one that everyone can use every day.

如果我们从今天开始做，我们就在通往自由的道路上迈出了坚实的一步。

And if we start today, we are starting with a definite step on the road to freedom.

学生：我是从整理自己的家开始的，我总是从某个特定的房间开始，然后依次收拾到其他房间，然后我决定了，你知道，我要反着来，所以我从最后一个房间开始做到第一个房间，然后完成了第一个房间，我不用做其他的事情，就已经完工了，这真的是一种很棒的感觉。这就跟洗澡是一样的，你可以坐下来，在自己的意识中去做，一切都取决于那强大的力量，它就这么完成了。

Student: I started with how I set my house. I always started with one particular room and progressed to these other rooms, and I decided, you know, I was going the other way, so I went from the last one to the first one, and I got to the first one, instead of having all these other things to do, I was done, and it was quite a feeling, really. And you're in the same thing as taking a bath, and you can just sit and do it in your consciousness. It's all up to the powerful, so it's done.

莱斯特：这难道不会让你有一种更自由的感觉吗？

Lester: Doesn't it also give you a feeling of more freedom?

的确如此，这会给你一种掌控感，你不再是个机器人，而是有决断力的。

It does, it gives you also a feeling of mastership, instead of being an automaton, you are determining.

学生：你做事的地方决定了最大的积极效率，有时反过来做反而会变得更低效，而且.....

Student: Where you do things is determined for the greatest positive efficiency, and sometimes reversing it makes more inefficient and...

莱斯特：那太好了。

Lester: That's wonderful.

我们为什么要高效？

Why should we be efficient?

那只是一种束缚。

That's only a bondage.

要明白，高效和低效都是束缚。

See, being efficient and being inefficient are both bondage.

做你所是的，那么你就是自由的。

Be what you are, and you're free.

这两者都是习惯，要么高效，要么低效，你会发现它们都是习惯。

Both of them are habits, efficient or inefficient, and you see that they're both habits.

有些人喜欢高效，有些人则不是，这两者同样都是自身思维习惯的牺牲品。

Certain people like efficiency, some people don't, both are equally victim to their habit of thought.

(学生说的听不清)

莱斯特：有些人也会患上胃溃疡。

Lester: Some get ulcers, too.

学生：但反思一下你.....

Student: But reflect you...

莱斯特：更好的习惯不过是更美妙的束缚。

Lester: A better habit is a nicer bondage.

(学生说的听不清)

莱斯特：让它自由，自由地冥想，超越习惯。

Lester: Make it free, meditate with freedom of, get above the habit.

如果你把冥想当成一种习惯来做，你的进步会非常缓慢。

If you're doing it as a habit, your progress will be very slow.

如果你带着想要冥想的意愿去做，不是因为这是一种习惯，而是一种冥想的选择，你会走得更远。

If you meditate on a decision to meditate with a wish to meditate, not because it's a habit, but a choice to meditate, you'll go far deeper.

如果冥想仅仅是一种习惯，你就会被它束缚。

If meditation is just a habit, you're bound by it.

学生：但我们必须在世界中有份工作，而工作又要求效率，那么我们就有问题了，如果某份工作有其特定的工作方式，而我必须按那种方式去做。

Student: But it seems like in a world where we have to hold a job, and the job required efficiency, well, then we have a problem, if a job has a job a certain way, and have to do it that way.

莱斯特：是的，好吧，在这种情况下，不要养成相反的习惯，你可以培养其他的习惯。

Lester: Yeah, well, in that case, don't practice the opposite. there's other habits you could work on.

我敢说你有成千上万个习惯，如今我们超过 90%的人被自己的习惯所驱动。

I dare say you have thousands and thousands of habits, that today we are over 90% propelled by our habits.

所以你不必采用一种对你不利的习惯，你可以从很多很多的其他习惯开始，

但是你.....

So you don't have to take one particular habit that would work to your disadvantage, there are many, many others you could start with, but you...

学生：不要连累其他人。

Student: That don't involve other people or other people.

莱斯特：没错，我只是想说，或者如果你想练习低效，那就自己做，你不一定非得选那一个。

Lester: Right, I'm just going to say, or if you want to practice being not efficient, do it on your own, you don't necessarily have to choose that one.

但玛丽亚把它提出来了，好像那才是人应该追求的东西。

But Maria brought it out as though that was a thing one should be.

然而，除了自由，我们不应该追求任何东西。

And we shouldn't be anything but free.

学生：嗯，我认为像别人一样，这与其他人无关，我认为有一个地方他们肯定可以改变.....

Student: Well, I think like someone else, which has nothing to do with other people and I think there are one place where certainly they could change...

【莱斯特谈压力】02-莱斯特谈压力 2 【Lester on Stress】02 - Lester on Stress 2

你看，自由是一种做或不做的选择。

You see, freedom is a choice to do or not to do.

重要的不是我们做什么，而是我们是否有做或者不做的选择。

It's not what we do, it's whether we have the choice to do it or not to do it.

当你有选择时，你的呼吸是自由的；

You are free of breath when you have a choice;

但如果你有不呼吸的选择的话，也许你会呼吸一辈子，然而呼吸是自由的。

But you may breathe all your lifetime and be free of breath if you have a choice not to.

我们做什么并不重要，重要的是我们在这一点上是自由的。

It's not important what we do, it's important that we are free on that point.

如果我们想低效做事，我们有这样做的自由吗？

Do we have the freedom to be inefficient if we want to be?

还是我们不得不被迫追求效率？

Or do we by compulsion have to be efficient?

要明白，这种被迫不是自由。

See, the compulsion is the unfreedom.

因此，自由就是选择在此刻做、或者不做你所选择的事情。

So, freedom is the choice to do or not to do as you choose at the moment.

学生：回到工作的话题，让我感到困扰的似乎是你一天中的大部分时间都在工作上，这就是我的问题所在，我感觉不到自由，所以我会倾向于抵触它，但我知道这是不对的。

Student: The thing that seems to bother me in getting back to the job situation is that you're on the job most of the day, there's where my problem lies, I don't feel free, so then I tend to fight it, and I know this is

wrong.

莱斯特：嗯，你在工作中感觉不自由，原因不在于工作本身，而是因为你没有自由。

Lester: Well, the reason why you don't feel free on the job is not because of the job, it's because you're not free.

明白了吗？

Does that make sense?

学生：嗯，是的，我的意思是，这是一种普遍现象。

Student: Well, yes, I mean, it's a general thing.

莱斯特：但是潜意识里存在成千上万种不自由的情况，这让你产生了那种普遍的不自由感，而你把这种不自由的感觉归咎在工作上。

Lester: But there are a thousand, there are thousands of unfreedoms in the subconscious, which give you that general feeling of unfreedom, which you attach to the job.

无论你做什么，无论你从事什么工作，你都会有那种感觉。

You'll feel that way no matter what you do, no matter what job you have.

如果你出去什么都不做，你也会感到不自由。

And if you go out and do nothing, you'll feel unfree you see.

因为问题不在于工作本身，而在于潜意识心智里的东西，在那里我们感觉不到自由。

Because it's not the job, it's what's down in the unconscious mind, we don't feel free there.

学生：所以，如果老板让你做某件不合理的事情，首先它确实不合理，这可能是你的态度，但比方说它真的不合理，你要么就不做.....

Student: So if the boss tells you to do something unreasonable, first it's unreasonable, that might be your attitude, but let's say it really was unreasonable, either you don't do it...

莱斯特：你是理性的奴隶吗？看到了吗？

Lester: Are you a slave to reasonable, see?

学生：是的。

Student: Yeah.

莱斯特：你明白这一点了吗？

Lester: Did you see that point?

那么，为什么你不能做一件不合理的事情呢？

Well, why can't you do a thing that's unreasonable?

学生：嗯，你可能在想你也许会丢掉工作。

Student: Well, you're probably thinking you might lose your job.

莱斯特：哦，如果老板让你做一件不合理的事，你不会丢掉工作，是他让你做的，你只是在执行他的命令，对吧？

Lester: Oh, if the boss asked you to do something that's unreasonable, you wouldn't lose your job, he's asking you to do it, you're carrying out his order, right?

所以我说，你不想做不合理的事情，是因为你认为自己应该始终做合理的事情。

So, I say, well, the fact that you don't want to do something unreasonable is because you think you should always do that which is reasonable.

如果你有这种感觉，我会说这是一种束缚，这是一种强迫。

If you feel that way, I say that's a bondage, that's a compulsion.

你必须做合理的事情，男人会这么做，女人则不会。

You must do that which is reasonable, and men do that, women don't.

女人更多地凭感觉行事，她们不会因为某件事合理就去工作，也不会因为某事合理而去做，她们做是因为她们觉得自己应该做。

Women work more on feelings, they don't have to work because it's reasonable, they don't have to do something because it's reasonable, they do it because they feel they should do it.

学生：为什么她们不一样？

Student: Why are they different?

莱斯特：这是一个非常非常大的问题。

Lester: That's a big, big question.

学生：你听到那句话了吗？你刚才没听到，他说，为什么他们不一样？

Student: Did you see that thing? You didn't hear it back there. He says, why are they different?

莱斯特：好吧，我来回答他，我们生来就有两种特质，男人具有理性特质，女人具有感性、情感丰富的特质。

Lester: Well, I'll answer it for him, and that we were created in two natures, the logical nature that man has and the feeling, emotional nature that female has.

我们必须超越这两种特质。

And we have to transcend both.

男人必须变得更像女性，女人必须变得更像男性，然后超越这一切。

Men have to become more like women, and women more like men, and then transcending the whole thing.

学生：所以，如果你对这件事没有感受，不管老板是否让你做某事，你都没有感觉，好吧，他说去做吧，老板，为什么你不去做呢？如果你没有贪恋.....

Student: So if you have no feeling about this, whether the boss wants you to do something, and you have no feeling, okay, he says, do it, boss, why don't you do it? And if you have no attachment.

莱斯特：如果你是自由的，老板让你做什么都没关系。

Lester: If you're free, it doesn't matter what the boss tells you to do.

学生：如果你是自由的，就没有人会不合理，是吗？

Student: If you're free, nobody's unreasonable, is that it?

莱斯特：对（笑），如果你是自由的，就没有人会不合理。

Lester: Right, if you're free, no one's unreasonable.

学生：这有点像我最近才开始看到的结论，我想确认一下，好像我总是在不必要的时候与之抗争。

Student: That's kind of the conclusion I just recently started seeing, I wanted to confirm, seems like I was always fighting it when that wasn't necessary.

莱斯特：到那时，你总能让老板按照你的方式来。

Lester: Then you can always let the boss have your way.

学生：因为我觉得老板在针对我，我自己就是那个跟自己较劲的老板，不是吗？我是在以老板的身份与自己对抗，没错。

Student: Because I feel the boss is fighting me. I myself am the boss fighting myself, aren't I? I'm fighting myself with the boss, that is right.

莱斯特：对，不管老板多难缠，如果我们内心对他没有抵触，那么他就不会那样对我们。

Lester: Right, no matter how ornery a boss is, if we have actually no fight in our heart toward him, well, he won't be that way for us.

通过转向内，我们开始发现我们所是的这个伟大的存在，

By turning inward, we begin to discover this great being that we are.

然后，当我们发现这一点并向外看时，我们看不到任何区别。

And then when we discover that and we look outward, we see no difference.

内外之间没有任何区别。

There is no difference between in and out.

当我们发现真理时，精神和物质之间没有区别。

When we discover the Truth, there is no difference between the spiritual and the material.

当我们发现绝对真理时，一切都是“一”，都是一样的，所有差异都被彻底消除了。

When we discover the absolute Truth, it is all one and the same, there is a total elimination of all differences.

最高状态是无差别、无差异化的状态。

The top state is a state of non-difference, no differentiation.

但我再次重申，我再重复一遍，我们能做的最重要的事情就是，每天做一些事让自己变得更自由、让自己放下一点小我。

But again, I repeat, the prime thing we could do is daily do something toward becoming freer, toward letting go of a bit of ego.

当小我不再升起的地方，便是无限真我的所在之处。

Where the ego rises not, there is the infinite Self.

任何时候，当你处于小我不再升起的状态，你所是的无限、无界、全知、全能、全在的存在就会显现。

Any time you're in a state where the ego rises not, what's there is the infinite, limitless, omniscient, omnipotent, omnipresent being that you are.

但在日常生活中，我们必须开始放下这个小我。

But daily, we must begin to let go of this ego.

每天，我们都应该摒弃习惯。

Daily, we should let go of habits.

每天，我们必须变得越来越自由，直到我们看到自己就是这个无限存在的那

一刻。

Daily, we must become freer and freer, until we get to the point where we see these things that we are this infinite being.

然后，我们一次性放下了这一切。

And then in one lump sum, we drop the whole thing.

起初，我们需要一点一点地削减，一点一点地消除，直到我们足够清晰地认识到我们是谁、我们是什么，这样我们才能运用自己的意愿摆脱所有的限制。

At first, it's a chipping away, doing away with bit by bit, until we get a clear enough sight of who and what we are, so that we use our will to drop the whole thing of limitations.

从那一刻起，我们就永远自由了。

And from that point on, we are eternally free.

我们从解决这些事物开始，有时这被称为“解决业力”。

We start off by working out these things, sometimes it's called working out karma.

但实际上，解决业力是不可能的，解决掉这些事物是不可能的。

But actually, it's impossible to work out karma, it's impossible to work

out things.

我们只能越来越自由，直到我们明白自己不受业力的束缚，

We can only get freer and free until we see that we are not subject to karma,

我们超越了业力，

that we are above karma,

我们超越了习惯，

that we are above habits,

我们超越了想法和心智。

that we are above thought and mind.

当我们的视野足够清晰时，我们会完全丢弃心智，

And when our sight is that clear enough, we drop the mind completely,

或者我们摒弃那些习惯，或者摆脱这些业力，

or we drop the habits or the karma,

我们彻底地脱离了它，并永远自由。

we disassociate from it completely and are eternally free.

【莱斯特谈压力】 03-莱斯特谈压力 3 【Lester on Stress】 03 - Lester on Stress 3

我想还有另一个非常重要的点要补充，那就是因为我们正处在一个极其艰难的时代，我们需要超凡的努力才能走完全程。

I guess there's another most important point that should be added, that because we are in a very, very difficult era, that we need a superhuman effort to go all the way.

而为了实现这种超凡的努力，我们需要一位非凡的引领者，被称为“古鲁”或“萨古鲁”。

And that in order to accomplish this superhuman effort, we need a superhuman guide called a guru or Sadhguru.

我们需要一位完全证悟的人来帮助和支持我们，让我们摆脱这种妄想。

We need a fully realized being to give us the assist and support in getting ourselves out of this delusion.

如果我们想在今生解脱，那么拥有一位完全证悟的导师是至关重要的。

If we want to make it this lifetime, it is the most important to have a teacher who is fully realized.

这位导师不必在一具物理身体里，也不必受限于物质身体。

Now, this teacher need not be in a physical body, this teacher need not be limited by a physical body.

如果我们看向一位像基督这样完全觉醒的大师，或任何伟大的印度导师，只要我们遵循他们的指引，他们中的任何一位都能引领我们走完全程。

And if we look to a fully realized master like Christ, or any of the great Indian teachers, any one of them can take us all the way if we will take their direction.

在此基础上更进一步，这些被称为古鲁的圆满证悟者的一项重要教义，都是在向我们表明——所有古鲁中的古鲁就是内在的真我。

Going a step further than that, one of the prime teachings of these fully realized beings called gurus, is to show us that the guru of all gurus is the inner self.

正是我们的“我”，才是真正的导师，这不断激励我们追寻这个无限的真我。

That it is the very I of us, that is the teacher, that keeps us seeking this infinite Self.

世间没有一个生命不是在追寻这个无限真我的。

That there isn't a being in existence who is not seeking this infinite Self.

但他们通过这个世界上的幸福来寻求它，而不是通过内在的幸福来寻求它。

But they seek it through happiness in the world, rather than seeking it through happiness by going within.

但因为所有上师中的上师就在我们之内，它促使我们不断追寻着终极幸福。

But because this guru of all gurus is right within us, it keeps us searching after the ultimate happiness.

但当我们意识到这条道路时，我们会更加直接，我们明白这种幸福不在外面，而正在我们之内。

But when we become aware of the path, we are much more direct, we learn that this happiness is not out there, but it's right within us.

所以，尽管我们使用这些辅助，而且它们非常有用，但我们应该紧紧抓住所有帮助中最伟大的助力——上师。

So that although we use these aids and they're very useful. we should hold on to the greatest of all aids, the guru.

好了，如果没有其他问题，我想我们应该像往常一样进行 15 到 20 分钟的冥想。

Well, if there are no more questions, I think we ought to have our usual 15-20 minute meditation.

学生：我可以继续问一个问题吗？

Student: May I continue to ask one more question?

莱斯特：当然可以。

Lester: Sure.

学生：比如，如果我想要一个家，有两种方法。第一种方法，你提到，什么都不想，只想着那个家，住在一个家里。我想，在我想要的理想家之前，你会先住在一个家里，以我想要的形式存在。还有一种方法，我不太清楚，那就是我的家真的让我意识到我绝对舒服，意识到无论在哪里都是我的家，我是全知……我是全在的，这是我努力想出来的词，因此，无论我身在哪里，我都绝对感到舒适。

Student: If, for example, I wanted to hold, there's two ways. One, you mentioned, to think of nothing but that home, living the home. I suppose you would live in a home before the ideal home that I want to be, in a form that I want to be. And then there's another method that I'm a little vague about, and that is, my home was really in awareness that I'm absolutely comfortable, awareness that wherever I am is my

home, that I'm omniscient. I'm omnipresent, is the word that I'm trying to think of. Therefore, wherever I am, I'm absolutely comfortable.

莱斯特：对，当我们看到实相时，无论我们在哪里，我们都是在家里，我们是全在的。

Lester: Right, when we see the Truth, we are at home wherever we are, we're omnipresent.

学生：这两者之间并没有特别冲突，接受理想是永远待在家里，不是吗？那么，这难道不是一条通往家的捷径吗？在某种程度上，这很重要。

Student: These two weren't particularly conflict accepting the ideal would be to always be at home, isn't that right? And then it wouldn't that be really a shortcut to getting the home, it matters, in a way.

莱斯特：那你就永远拥有它了。

Lester: You've got it forever then.

如果你总是在家里，你就永远拥有了家。

If you're always at home, you've got your home forever.

无论身在何处，你都是在家，你都感觉舒适自在、感到无比安逸。

Wherever you are, you're at home, and you're comfortable, that you're

in perfect comfort.

如果你需要一个特定的地方，你就会受到限制。

If you need a particular place, you're limited.

如果宇宙是你的家，你便不受限制。

If the universe is your home, you're not limited.

无论我们在哪里坐下，都应该感觉像在家里一样自在。

Anywhere where we happen to sit down, we should feel perfectly at home

学生：好吧，如果他们感觉到我需要一个家，我会拒绝这个想法，好吧，我得有一个受限的家。我会说，受限于什么？我是谁、我是什么？我是否被限制在这个特定的地方，我必须面对它，不是吗？在我的意识中获得自由？事实是，因为我是全在的，我的真实存在仅仅是我的想法、我的意识、我的觉知，我的感受，停留在那里，这是一个更好的找到它的方法。

Student: Well, then the thought that I need a home would be one that I would reject if they sensed, well, I have to have a limited home. I'd say, limited to what? Who am I, and what am I? Am I confined to this particular place, and I have to face it then, don't I? And get my freedom within my own consciousness? The fact is, since I'm omnipresent, and my real being is merely my thought, my consciousness, my awareness,

my feelings, and stay there, this is a better way to find it.

萊斯特：是的，如果呼吸是一种坏习惯，那么食物也是，需要一个栖身之所就更是如此了。

Lester: Yes, now, if breath is a bad habit, and food also is, needing a house over you is even more so.

当你自由的时候，你不必住在山洞里，你可以在宇宙中的任何地方生活。

When you're free, you don't have to live in a cave, you can live anywhere in the universe.

学生：在学会摆脱小习惯之前就试图摆脱呼吸的人肯定很荒谬，我的意思是，你得先迈出第一步。

Student: Certainly, the person who would try to get rid of breath before he learned to get rid of small habits would be quite a ridiculous person, I mean, you've got to take the beginning step.

萊斯特：是，也不是。

Lester: Yes and no.

如果你这么认为的话，是的；

If you think so, yes;

如果你认为自己可以从顶端开始，那你就可以这么做。

If you think you can start at the top, you can.

因为你现在就是无限的。

Because you're infinite right now.