

**莱斯特·利文森私教课**

**Private Lessons with Lester  
Levenson**

**中英文字版**

# 更新说明

有缘的朋友：

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

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

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

<p>1、小红书搜索“穿肚子”： 进入主页-入群聊-置顶网盘获取百度网盘地址-打开百度网盘；</p>	<p>2、打开微信扫下图的网盘二维码：</p> <div data-bbox="592 1189 1002 1787"><p>原始圣多纳…料免费分享</p><ul style="list-style-type: none"><li>莱斯特教导中英文字版 2025-08-21 17:20</li><li>夙 2025-08-07 01:29</li><li>《决定自由》+《莱…特》（2022新译版） 2025-06-14 00:58</li></ul><p>微信长按识别二维码获取文件 该分享永久有效</p></div>	<p>3、打开百度网盘扫二维码进百度网盘群获取资料。</p> <div data-bbox="1050 1189 1489 1787"><p>1992年圣多纳释教法 群号：974917555   群成员：17/200</p><p>打开百度网盘，扫码加入该群</p></div>
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最后，祝各位旅途愉快，回家顺利！

穿肚子

2025年8月21日

**有缘的朋友：**

**遇到释放法，我们是幸运的，也很荣幸在这里见到你。**

**我知道语言在一定程度上阻碍了我们聆听莱斯特的教导，做莱斯特后期课程中英文版的初衷，是为了不懂外语的家人可以直接接触到莱斯特的教导，不用再吃别人心智扭曲咀嚼后吐出来的口水，当然也为了自己可以走得更远。**

**我根据 b 站 up 主 (zh\_vhkh) 上传的《Private Lessons with Lester Levenson》制作了本文档，你们可以到 b 站边听原音频边看，如果看到我遗漏或者错误的地方，请指正出来，在小红书搜索“穿肚子”可以找到我。**

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

**最后，祝我们都能走完全程，加油！**

**穿肚子**

**2025 年 5 月 21 日**



## 目录

莱斯特的常用词 .....	1
01.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 1 .....	2
02.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 2 .....	11
03.莱斯特谈释放对自由的抗拒 Lester on Letting Go of Resisting Freedom 3 .....	22
04.你能做任何事 You Can Do Anything 1 .....	36
05.你能做任何事 You Can Do Anything 2 .....	48
06.你能做任何事 You Can Do Anything 3 .....	56
07.你不是身体和心智 You Are Not the Body or the Mind 1 .....	67
08.你不是身体和心智 You Are Not the Body or the Mind 2 .....	75
09.你不是身体或心智 You Are Not the Body or the Mind 3 .....	85
10.获得自由 Going Free 1 .....	95
11.获得自由 Going Free 2 .....	105
12.获得自由 Going Free 3 .....	114
13.没有限制 No Limitations 1 .....	120
14.没有限制 No Limitations 2 .....	129
15.没有限制 No Limitations 3 .....	140
16.终极自由 the Ultimate Freedom 1 .....	154
17.终极自由 the Ultimate Freedom 2 .....	164
18.终极自由 the Ultimate Freedom 3 .....	172

# 莱斯特的常用词

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

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

**Givingness:** 拥有状态;

**Doingness:** 行动状态;

**Beingness:** 存在状态;

**Self:** 真我;

**Truth:** 真相、实相、真理;

**amness:** 存在、是;

**Isness:** 存在、是;

**Inness:** 我;

**Otherness:** 其他;

**Heaven:** 天堂;

**God:** 上帝、神;

# 01.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?

**就在你所在的地方。**

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，你在试图抓着一条鳄鱼过河，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,

**你现在就在这里，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，也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.

**我认为辨识出你所在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.

**所以你可以看到你已经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”应该是你一天 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 doer.

**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 stuck 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...

**莱斯特：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，甚至不必这样去做。**

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，真相从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。**



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 follow 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!