

莱斯特·利文森静修会

In Retreat

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

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

<p>1、小红书搜索“穿肚子”： 进入主页-加入群聊-置顶网盘获取百度网盘地址-打开百度网盘；</p>	<p>2、打开微信扫下图的网盘二维码：</p>	<p>3、打开百度网盘扫二维码进百度网盘群获取资料。</p>
	 <p>原始圣多纳...料免费分享</p> <p>莱斯特教导中英文字版 2025-08-21 17:20</p> <p>风 2025-08-07 01:29</p> <p>《决定自由》+《莱...特》(2022新译版) 2025-06-14 00:58</p> <p>微信长按识别二维码获取文件 该分享永久有效</p>	 <p>1992年圣多纳释放法 群号：974917555 群成员：17/200</p> <p>打开百度网盘，扫码加入该群</p> <p>百度网盘 让美好更容易</p>

最后，祝各位旅途愉快，回家顺利！

穿肚子

2025年8月21日

有缘的朋友：

遇到释放法，我们是幸运的，也很荣幸在这里见到你。

本课程音频是莱斯特的后期教导，是以用释放法获得终极自由为主题进行讲授的高阶课程。

我根据 b 站 up 主 (zh_vhkh) 上传的《In Retreat with Lester Levenson》音频制作了本文档，你们可以到 b 站找到原音频，如果看到我有遗漏或者错误的地方，请指正出来，在小红书搜索“穿肚子” (小红书号：onlyafeeling) 可以找到我。

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

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

最后，祝我们都能走完全程，加油！

穿肚子

2025 年 6 月 17 日

目录

莱斯特的常用词	1
1 - 1	2
1 - 2	32
2 - 1	62
2 - 2	94
3 - 1	126
3 - 2	159

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;

1 - 1

我今天的目标是让你们每一个人都理解自由是什么。

My objective today is to get each and every one of you to understand what this thing freedom is.

我无法给你那个状态的实际体验，也没有人能用言语表达，

The actual experience of the state I cannot give to you, nor can anyone in words,

它远远超越了语言，也远远超越了心智，

it is so far beyond words, and is so far beyond mind,

了解它是什么的唯一方式就是身处其中。

the only way to know what it is, is to be in it.

然而，从你所在的位置来看，你应该在理智上理解它是什么，

However, from where you are, you should intellectually understand what it is,

在它发生之前你是什么样的，

what you are like before it,

之后你又是怎么样。

what you are like after it.

我会尽我所能，让你们理解这一点，

I will do everything within my power to get that understanding
across to you,

如果在接下来的一两个小时，你们还没理解，那么，在我们接下来要去的地方，我会帮助你们理解这一点，

and if it doesn't happen in the next hour or two, you'll have me available
to help you understand it out at the places we're going to,

所以，如果你们有任何在这里没有得到解答的问题，或者有之后出现的问题，稍后可以问我。

so if you have any questions that are not answer here, or that come up
later, ask me later on.

有多少人觉得自己知道自由的状态是什么？请举手。

How many feel that they know what the state of freedom is, just raise
your hand.

有三只手，三只手，一、二、三、四、五，我要做的就是等待，然后你们就都在那了。(笑)

Got three hands, three hands, one, two, three, four, five, all I've got to do is wait and all of you there.

有多少人觉得自己不理解那种高度自由的状态是什么？

How many feel they do not understand what that high state of freedom is?

有趣的是，出于这个原因，我把它写在纸上，我希望你们能抄下来，这样你们将来就可以参考它。

Interesting, for that reason, I've put it on paper and would like you to copy it, so you can refer to it in the future.

(学生说的听不清)

莱斯特：不不不，我只是要讲讲它，我会把它放在这张活动挂图的副本中给你。

Lester: No, no, no, I'm just going to talk about it, I'll give it to you in your copy of the flip chart here.

每个人都在追求的终极状态，而且他或她在实现之前永远都不会满足的，就

是你的“我”，当你说“我”且不添加任何东西时，那就是它了。

The ultimate state that everyone is seeking and will never be satisfied until he or she achieves it, is simply the “I” of you, when you say I with nothing added to it, that's it.

只要不停地说“我、我、我、我、我、我、我、我、我、我”，就是它了；

Just keep saying “I, I, I, I, I, I, I, I, I, I”, that's it;

当你说“是”的时候，那仍然是它，我是、我是、我是、我是；

And when you say “am” that still is it, I am, I am, I am, I am;

但当你说“这个”时，那就不是它了；

But the moment you say “this”, that is not it;

当只有“我”，没有“这个”或“那个”，那就是那种状态了。

When there is only “I”, and there is no “this” or “that”, that is the state.

所以，我们都在努力去达到的这种状态，其实我们早已身处其中，

So this state we are all trying to achieve, we already are,

它就是我们的“我”。

and it is the “I” of us.

好吧，那么问题是什么呢？

Okay, so what's the problem?

经过漫长的岁月，我们通过我们的心智积累了这个概念：我就是这个身体。

We have, over eons, accumulated the concept, via our mind that I am this body.

我们从无限状态一直下降到宇宙中任何生物可能达到的最受限的状态——仅仅成为了一个物质身体。

We go from unlimitedness right down to the most limited state possible under unto any being in this universe, being just a physical body.

现在，在之后的画面中，你看到那个物质身体吗？

Now, in the after picture, do you see the physical body?

是的，你看得到。

Yes, you do.

但不同之处在于，在之前的画面中，你认为那个物质身体就是你；

But the difference is this, in the before picture, you think the physical body is you;

在之后的画面中，那个物质身体在你之内，并且只是你的一小部分。

In the after picture, the physical body is in you, and it's only a small part of you.

因此，身体不会发生突然消失、死亡、或者在一束光中离去之类的情况。

So there's no sudden disappearance of the body, dying, or going out in a flash of light, or anything like that.

当你得到你所是的终极觉醒时，改变的是你的观点、你的认知和你的态度。

When you get the ultimate realization of what you are, what change is your view, your perception and your attitude.

当你获得自由时，观点和态度这两个东西是会发生改变的。

Point of view and attitude are the two things that change when you go free.

你们没有理由害怕获得自由，

There is no reason why you should fear going free,

但你们每个人都害怕获得自由，

but every one of you does fear going free,

如果不是因为这样，你们用这个方法早就已经自由了。

and were it not for that, you already would have been free using the Method.

但你们因为恐惧而一点一点地释放，有些人察觉到了这一点，但有些人没有。

But you're released in bits because of a fear, that some of you see and some of you don't.

因为如果你们完全释放了，你们就会获得自由，而你害怕的是“你会死、你会失去那个车架子（身体）”，

Because if you're released totally, you'll go free, and the fear is “you will die, you will lose the carcass”,

这就是阻碍你的原因。

that's what's holding you back.

这就是你抗拒背后的原因：如果我放弃了自己的感受，我就会死。

That's what's behind your resistance: I will die if I give up my feelings.

之所以会那样，原因在于：我们最初是为了身体的生存而放入这些感受的。

Now the reason for that is that we originally put these feelings in for survival of the body.

我们所有被放入的感受都是为了生存。

All our feelings were put in as pro-survival.

你一定听说过“战斗或逃跑”，

You've heard the one, fight or flight,

从最底层的万念俱灰开始，如果我在角落里蜷成一团，他们就不会碰我，

well, starting at the bottom, in apathy, if I roll up in a ball in a corner, they won't touch me.

动物有时会这么做，它们装死，我们觉得如果我们装死，它们就不会杀我了。

animals use that sometimes, they'll just play dead, we feel if we play dead, they won't kill me.

悲苦是希望有一个像母亲一样的人出现在你身边，对你说：“哦，一切都很好”，然后拍拍你的背或头；

Grief is wanting someone like mother to come along, and say: “Oh,

everything's fine", and pat you on the back or on the head;

愤怒，我想你们知道那是什么，我不觉得我得把所有情绪都过一遍，你们需要每一个情绪都讲一下吗？

Anger, I think you know what that is, I don't feel like go through all them, do you need every one of them?

愤怒是如果我采取一些行动，我就会活下来；

Anger is if I take some action, I will survive;

无畏是你没有任何的预先考虑就轻松地行动了；

Courageousness, you take it without any forethought with ease;

接纳，这个世界并不艰难，让我们说一句好吧，你不必再与之抗争了；

Acceptance, the world is not rough, let's say a okay, you don't have to fight it anymore;

在平和中，你是波澜不惊的，不再有挣扎了；

In peace, you're imperturbable, no more struggle;

但所有这些感受都是为了生存而被放入的，如果你没有有意识地看到这一点，你就会无意识地觉得——如果我释放了我的感受，我就会死；

But all these feelings were put in as pro-survival, and if you don't see it consciously, unconsciously you feel, if I let go my feelings I will die;

如果你看到这种想法的愚蠢之处，你可能会释放“想要抓住这些感受”。

If you will see the stupidity of it, you might let go of wanting to hold on to these feelings.

尽管它们是为了生存而被放入的，但它们的每一点都是反生存的。

Although they were put in as pro-survival, every bit of them are anti-survival.

它们现在还试图按照过去的方式行事，

They are trying to behave now as things have been in the past,

然而现在的情况和过去不一样了，

and right now it's not like it was in the past,

所以我们的行为非常低效，非常不恰当，

and so our behavior is very inefficient, very inappropriate,

因此，你有必要释放这些感受、进入事物的当下。

so it behooves you to let go of these feelings, to get into the nowness of things.

而唯一能让你活在当下的方式就是不带有任何感受。

And the only way you can be in the nowness of things is by having no feelings.

因为感受是源于过去作为一个身体如何生存的习惯，这些习惯被应用于当下并不适用的情境中。

Because feelings are habits from the past on how to survive as a body, being applied in the now situations which it does not fit.

因为我们过去曾被拒绝过，所以我们现在感觉好像每个人都在拒绝我们，我们必须争取得到认可。

Because we've been rejected in the past, we now feel as though everyone is rejecting us, we have to fight for approval.

你所拥有的这些感受，只是源于过去，然而它们现在已经不适用，也不适合了。

It is only from the past that you have these feelings, and they do not apply nor fit now.

所以，为什么你会对获得自由有抗拒，原因是因为你害怕如果我释放了我的感受，我就会死。

So the reason why you have resistance to going free is because you fear that if I let go my feelings, I will die.

那么你要如何克服那一点呢？

So how do you overcome that?

要明智点，看看我告诉你的东西，

By being smart, seeing what I'm telling you,

看看抓着这些来自过去的程序有多愚蠢，

see how asinine it is to hold on to these programs from the past,

并问问自己：我坚持这种蠢事有多聪明？

and ask yourself: How smart am I holding on to this stupidity?

你知道我现在在对你做什么吗，我正在用你的小我来消除你的小我。

You see what I'm doing to you now, I'm using your ego to undo your ego.

对于终极状态，我们无能为力。

There's nothing we can do about the ultimate state.

我们必须解除受限的状态，即小我的状态。

we have to undo the limited state, the state of the ego.

所以，聪明点，获得自由，但要小心，

So be smart, go free, but be careful,

因为当你获得自由时，你放进心智里的任何念头都会立即实现，

because when you go free, whatever thoughts you put in your mind materializes instantly,

(学生笑)

要是这样的事发生在你身上，上帝保佑~

God help you if that happens to you.

你将毫不费力地立即得到你想要的一切。

You're going to have everything you want instantly, with no effort.

这让我想起了维尔纳·埃哈德用过的一个术语，但我太有涵养了……

It reminds me of a term that Werner Erhard uses, but I'm too dignified...

(后面听不清)

如果不是采取了那种状态，你们每个人可能现在都已经拥有它了，现在应该已经拥有它了。

For not taking that state, every one of you could have had it by now, should have had it by now.

(学生笑)

这简直是个笑话。

It's such a joke.

每个人都会发现他或她给自己开了一个巨大的玩笑，

And each one will see what a tremendous joke he or she has played upon himself or herself,

看到这些画面，你一定会大笑起来。

you see these pictures, you'll laugh your head off.

都说我的想法决定了这个世界上的一切，看看我现在是怎么想的，我要付出

巨大的努力才能活着。

It is so set that my thinking determines everything in this world, and look how I'm thinking now, living through tremendous effort.

我所需要做的就是：只需有这个念头，然后这个东西就会像梦里那样出现，无论你在梦中想到什么，它都会立即出现。

When all I would need to do is just have the thought and the thing would be there, exactly like in a dream world, whatever you think in the dream world is immediately.

这是顶端状态的部分，是自由状态的部分，

That's part of the top state, of the free state,

你可以想一想就立即拥有你想到的任何东西。

you can think and instantly have whatever it is you think of.

我记得当我第一次看到这一点时，我还没有自由，

I remember when I first saw that, I wasn't free,

我看到了我的各种想法，我抱着头好几个小时试图停止思考，那里有太多的消极想法了，

I saw my thoughts, and I held my head for hours trying to stop the

thinking, there was so much negativity there,

那些想法从我的脑海中一闪而过，流入这个世界，我根本无法阻止它们，

the thoughts were going right through my head, and right out into the world, and I couldn't stop them,

所以我决定尽快消除那种消极想法，我知道它是被我的感受所驱动的。

so I resolved to work as rapidly as I could to undo that negativity, knowing it was motivated from my feelings.

但是当你获得自由的时候要小心，只要想一想，一切都能毫不费力地获得。

But be careful when you go free, everything is gotten effortlessly for the mere thought of it.

好吧，你的生活本来可以是这样的，你现在的的生活方式有多聪明呢？

Okay, how smart are you now the way you're living your life when that could be?

聪明一点。

Get smart.

当你下定决心要走完全程时，你就会做到的。

When you resolve to go all the way, then you'll do it.

对你们所有人来说，第一步都还没有完全达成，否则你现在已经自由了，要知道，如果你持续做下去，只需要几个月的时间就能清除所有垃圾。

Step one is not in fully for all of you, otherwise you would have been free by now, it only takes months to undo the totality of the garbage if you make it continuous.

但在你做其他步骤之前，必须先完成第一步。

But it takes step one before you can do the other steps.

你必须想要这种自由超过想要其他任何东西，

You must want this freedom more than anything else,

“你必须想要这种自由超过想要生活本身”是你必须要有的感受，

“You must want this freedom more than life itself” is the way you have to feel,

而不是.....好吧，但我仍然想要我的面包、汽车等等.....

not well... It's okay now, but I still want my bread and cars and so forth...

拥有事物并没有错，你应该拥有一切。

There's nothing wrong in having things, you should have everything.

因为它只需要想一想。

Because it only requires thought.

如果你还没拥有丰盛，这表明潜意识里你认为“我不能拥有”，

And if you do not have an abundance, it shows that subconsciously you think “I cannot have”,

这就是为什么我们提供目标表格来唤起你对这个世界的厌恶，即“你不能拥有”，

that's why we give out the Goal Charts to bring up your aversions to this world that you cannot have,

这样，随着时间的流逝，世界就会越来越轻松地落在你的膝上，一旦你的反对想法和感受消失，你会意识到一切都是毫不费力的。

so that the world will drop into your lap with less and less effort as time goes by, until you realize it's effortless, once your anti-thoughts and feelings are out.

我所知道的关于自由最好的实际例子就是梦境生活。

The best practical example I know of freedom is really the dream life.

如果你梦见自己在纽约，你就身处纽约，而且你在那里行动着；但下一刻你梦见你在洛杉矶，那一刻你就身处洛杉矶了；

If you dream you're in New York, you're in New York, and you're in action there; But the next moment you dream you're in Los Angeles, that moment you're in Los Angeles;

如果你饿了，你会立即梦见你面前的桌上有食物；

If you're hungry, you immediately dream there's food on the table in front of you;

在你的梦境生活里，无论你想什么都会立即出现，

Whatever you think is right away in your dream life,

这也应是清醒状态下该有的样子。

and that's the way it should be in the waking state.

现在，在你想一想就能拥有你想要的任何东西之后，在你掌控世界之后——而这是获得自由的必要条件。

Now after you can think and have whatever you want, after you master this world, and it's necessary in order to go free.

自由是一种没有限制的状态，这意味着你能拥有这个世界上的任何东西。

Freedom is a state of no limitations, which means you can have anything and everything in this world.

你的下一步是掌控你的身体，

Your next step is to master your body,

掌控身体需要摆脱修补它的做法，

mastering the body requires getting away from patching it,

(学生问的听不清)

莱斯特：修补它，“修补” (p-a-t-c-h-i-n-g)，修补它，

Lester: Patching it, p-a-t-c-h-i-n-g, patching it,

你去看医生，他修复了这根手指，然后别的东西出了问题，还有其他的东西也出了问题.....

you go to a doctor and he fixes this finger and then something else goes off, and something else goes off...

掌控身体就是知道你是它的主宰，你创造了它，你的想法决定了它，

Mastering the body is knowing that you are master over it, that you created it, and that your thought determines it,

如果你的心智中没有疾病的画面，那么你的身体就不可能生病。

you cannot have a disease in the body without holding a blueprint for it in the mind.

所以你首先掌控世界，

So you first master the world,

然后你掌控你的身体，

then you master your body,

最后一步是掌控你的心智。

the final step is mastering your mind.

当你掌控了你的心智，你控制了它，你只是安静下来，在心智安静的背后就是“我”、是真正的你。

When you master your mind, and you're in control of it, you just quiet it, and just behind the quietude of the mind is the "I", that you really are.

如果我问你“你的身体是谁的？”，你会说“我的”。

If I ask you "Whose body is it that you have?", you will say "Mine".

好的，你是谁？谁拥有那个身体？

Okay, who are you? Who has that body?

了解那个“一”，

Get to know that One,

你不是那个身体，你拥有那个身体，身体在你之内。

you are not the body, you have the body, the body is in you.

如果我问你“你的心智是谁的？”，你会说“我的”。

If I ask you "Whose mind is it that you have?", you would say "Mine".

好的，你是谁？谁拥有那个心智？

Okay, who are you? Who has that mind?

那是真正的你。

That's the real you.

现在，真正的你是完整的、完美的、永恒的、全能的、全知的、全在的，过

去是、现在是、将来也永远都是。

Now the real you is whole, perfect, eternal, omnipotent, omniscient, omnipresent, always was, is now, and always will be.

只有一个东西在阻碍你看到这一点，它被称作“想法”。

There's only one thing keeping you away from seeing that, and it's called thought.

关于你真正是什么，当你的心智安静下来，我对你所说的话对你来说是显而易见的。

When your mind is quiet, what I'm saying to you is very self-obvious to you, as to what you really are.

当心智安静下来，就没有任何念头了，

When the mind is quiet, no thoughts,

那时你就能.....你会不由自主地看清“你之所是”是什么，即这个无限存在。

then you can... You cannot help but see what it is you are, this unlimited being.

好吧，是什么让心智不安静的呢？

Okay, what makes the mind not quiet?

只有一个东西，感受。

One thing only, feelings.

你的所有想法都是被感受驱动的。

All the thoughts you have are motivated by feelings.

如果你现在不明白这一点，以后再琢磨吧。

If you don't see it now, work on it later.

你现在所有的想法都是被感受驱动的，

All your thoughts now are motivated by feelings,

如果你能释放你的感受，你的心智就会安静下来，你就是“你之所是”，一个无限的存在，

if you can lift your feelings out, your mind is quiet, and you are what you are, an unlimited being,

这很简单。

it's simple.

尽管关于这一点我遭到了反对，但现在你就是“那”的原因很简单。

And even though I get antagonism on this, it is simple why you are That right now.

所有这些被压抑的感受，所有这些感受都在试图用巨大的能量来消耗它自己，

And all this repressed feelings, all of it, is trying with tremendous energy to expend itself,

而你却在用更多的能量去压制它，

and you're using that much energy plus to hold it down,

啊哈，你很快就能看到这一点了。

Aha, you'll get to see it soon.

但是所有这些被压抑的感受都在试图以巨大的能量释放出来，

But all these suppressed feelings are trying with tremendous energy to get out,

而你无意识地坐在上面，按住它，因为你认为它有利于生存。

and you're unconsciously sitting on it, holding it down, because it's pro-survival you think.

所以我说获得自由很容易、很简单，

So I say it's easy to go free, it is simple,

摆脱你自己的感受，你的心智安静就下来了，一切对你来说都是显而易见的。

rid yourself of your feelings, your mind goes quiet, everything is obvious to you.

好吧，你发现了什么？

Okay, what is it you discover?

从来没有任何东西存在，除了唯一的我，我是这个宇宙的全部，我是存在，这就是在表象背后的东西，真正的我就是“那”，是不可触碰的。

That there never was anything but I all alone, I am the totality of this universe, I am the Beingness other which is right behind the manifestation, that the real I is That untouchable.

我现在要讲解这个图表了，我用这个图表，所以我不会遗漏任何东西

I'm coming into this chart now, I use this chart, so I don't leave anything out.

我一直在谈论的“我”是用无限的圆来表示的，

The I I have been talking about is symbolized by the circle of infinity,

我是这个宇宙的无限存在，全知、全能、也全在，

I am the infinite Beingness of this universe, all-knowing, all-powerful
and also everywhere present,

这就是我们每个人现在、过去、将来都会是的真正的我，

that's the real I that each and every one of us is, now, has been, will be,

它没有限制。

it has no limits.

当你看到自己的全在，你能查看这个宇宙的任何地方，并能看到发生了什么；

When you see your omnipresence, you can take a look-see anywhere in
this universe and see what's going on;

你可以查看地球的中心，并看到那里发生了什么；

You can take a look-see in the center of the earth, and see what's going
on;

你可以站在太阳的正中央，然后看看发生了什么；

You can step into the sun right in the middle of it, and see what's going on;

如果你对此感兴趣，你就会这么做。

And if you are interested in that, you will do it.

这是真正的你，这被称为存在。

Now this is the real you and it's called Beingness,

这是你出发的地方，这是你的起点，就在那里，

and this is where you started, this is where you originated, right there,

然后你构建了一个载体，一个叫做心智的工具，它是部分、多样性、分裂和分离的反射器。

then you set up a vehicle, an instrument called mind, which is a reflector of parts, of multiplicity, of divisions, of separation.

上升到这里，你在任何地方、任何事物中都只能看到你自己。

Up here, you see only yourself in everything, everywhere.

当你获得自由的时候，这就是你将要看到的——看到每个人都是我，宇宙中的每个原子都是我，这就是你将要看到的。

When you go free, that's what you're going to see, look at everyone is me, every atom in this universe is me, is what you will see.

一旦你看到了它，它就是你的认知。

Once you see it, it's your knowledge.

但这个“我”，我们真正的“我”为了分离、为了行动，设立了一个叫做“心智”的东西，这开启了下行趋势。

But this I, the real I of us sets up a thing called mind for separation for action and that starts the downward track.

为了实现分离，我们必须建立一个心智和一个个体感受，即我与“一”是分离的，因此我是莱斯特，我有一个心智。

In order to be separate, we have to set up a mind and an individuality feeling that I am separate from the oneness, therefore I am a Lester, and I have a mind.

一开始，心智创造了非常精微的身体（因果体），然后是更密集的身体（星光体），然后是最密集的身体，即物质身体，所以我们在这里看到一个小圆圈，代表身体。

And at first the mind creates very subtle bodies, then denser bodies, then the densest body, the physical body, so then we have a little circle down here, the body.

所以我们从无限存在开始，一直下降到被称为身体的微小的点，

So we come from this infinite Beingness down to a tiny point, called body,

作为一个物质身体，你不可能比现在更受限了，

you can't be more limited than you are now as a physical body,

对你而言，你没有再往下走的路了，

there is no further downward trek for you,

现在唯一的办法就是回去，向上，

the only way left now is to go back, up,

但你们是幸运的，

but you're fortunate,

因为我们处于最底层，所以摆脱束缚的动力是如此之大。

because we're at the bottom here, the incentive to get out of the confinement is so great.

1 - 2

因为我们处于最底层，所以摆脱束缚的动力是如此之大，我们中的任何一个人都可以在此生、几年之内或几个月内直接到达顶端，

But you're fortunate, because we're at the bottom here, the incentive to get out of the confinement is so great, any one of us could go straight to the top, in this lifetime, in a few years, or in a few months,

至于你选择什么，选择权在你。

as you choose, the choice is up to you.

所以，在一个物质身体里是一个巨大的优势。

So it's a tremendous advantage to be in a physical body.

你不知道这个宇宙中有多少人试图通过进入物质身体来到我们的星球，

You have no idea the numerous people in this universe who are trying to come in through physical bodies on our planet,

每一次受孕，都有成千上万的人想进来，通常只有一个人能成功。

that at every conception, there is thousands trying to come through, usually only one makes it.

因为在另一个层面，他们知道这里是获得自由的最佳机会。

Because on the other side, they know that here is the greatest opportunity for going free.

你很幸运，拥有物质身体是一个巨大的优势。

You're lucky, it's a tremendous advantage to be in a physical body.

我认为试图把自己困在物质身体里是最大的劣势，而这正是每个人都在做的事。

I think it's the worst disadvantage to try to hold yourself in a physical body, and that's what everyone's doing.

你的一生都在围绕着唤醒身体、给它穿衣、照顾它、送它去工作，这样它就可以赚一些钱，这样你就能放点食物进去，塞很多食物进去，这样你就可以作为一个物质身体继续活下去。

Your whole life revolves about waking the body up, dressing it, pampering it, sending it off to work, so it can make some money, so you can put some food in it, lots of food in you, so you can go on in the physical body.

身体只不过是一台垃圾制造机，每个人都知道它不会永远运转下去，但我们都试图让它无限期地持续下去。

The body is nothing but a garbage making machine, that everyone knows doesn't go on, and like good... We're all trying to make it land

indefinitely.

现在, 你们中的一些人开始瞥见随着释放而上升的体验, 尤其是在释放之后, 你得到了你的存在的体验。

Now some of you are getting glimpses of moving up as you release, especially right after a release, you get experiences of your Beingness.

心智涉及“行动状态”。

A mind involved in doingness.

弗吉尼亚会给你一个行动的尺度, 在更好的呈现方式上, 我只给你三个词。

Virginia will give you a scale of action, in much better presentation, I'm just giving you the three words.

在认同我们的“我”的状态中, 我们处于“存在状态”;

And in the state of identifying with the I of us, we're in a state of Beingness;

当我们认同我们的心智时, 我们处于“行动状态”;

When we identify with our mind, we're into doingness;

当我们认同身体时, 我们处于“拥有状态”, 想要拥有更多、更多、更多.....

When we identify with the body, we are into havingness, wanting to have more and more and more...

当你处于只是存在的最高状态时，这是最令人愉快的状态。

You're in your highest state of just being, it's the most delightful place to be.

有时候，在一次很好的释放后，你会进入那个“存在状态”，但剩余的垃圾不会让你留在那里。

Sometimes after a good release, you move into that state of Beingness, but the remaining garbage doesn't allow you to stay there.

因为剩余的垃圾在试图保护这个身体，你会再次被吸入身体意识中。

Because the remaining garbage is trying to protect this body, and you're sucked right down into the body consciousness again.

如果你认同你的心智状态，你就会忙于行动；

If you're identifying with your mind state, you're into action;

如果你认同身体，你处于“拥有状态”，想要拥有这个，“要是我能拥有那个，我就会很开心”。

You're identifying with the body, you're into havingness, wanting to

have this, if I only could have that, that would make me happy.

现在你可以从一种状态转换到另一种状态，大部分时间处于这里，较少的时间你处于这里，你偶尔会处于这里。

Now it's possible to vary from one state to the other, most of the time you're here, much less of the time you're here, and you're on occasion here.

你处于这里的时间比你意识到的要多得多，但你是如此地习惯于认同身体，所以你忽略了它。

You're here much more than you know, but you're in such a habit of identifying with the body, you discount it.

当你感觉很好且没有念头时，就是那种状态。

When you're feeling high with no thought, that's it.

但你很快会放手，下降回到身体层面并想要保持、保护它、为它做点什么。

But you quickly let go, come down to the body and wanting to preserve, protect, do something for it.

所以你确实在体验自由的状态。

So you do experience the free states.

事实上，你一直都在体验这个最高状态，当你说“我”时，就是它了，你的存在就是最高状态。

In fact, you're experiencing this top state all the time, you say I, that's it, that isness of you is the top state.

但你马上就会说：“我是这个有着各种需求的身体。”

But then you immediately say: "I am this body with all its needs."

学生：那你就有麻烦了。

Student: And you're in trouble.

莱斯特：你说“我，这个无限存在是这个有着所有限制的身体”，你就会被拽到了身体层面。

Lester: You say "I, the infinite being am this body with all its limitation", you're suck right down to the body.

但每个人每时每刻都在感受着存在状态，否则你就会感觉自己像行尸走肉。

But everyone is every moment feeling the beingness, otherwise you feel dead.

但你们总是通过感受、用心智来保护身体。

But all the time using the mind to protect the body via the feelings.

这很简单，摆脱你的感受，你就会一直处于顶端。

It is so simple, rid yourself of your feelings, and you're up here all the time.

心智是分离的工具，它分离事物，将我们与他人分离。

Mind is the instrument of separation, it separates things, it separates us from the others.

当不再有心智、不再有想法时，你就处于“一”的状态。

And when there's no more mind, no more thought, you're in a state of oneness.

当某人使用“我”这个词时，他们知道一些事情，最接近上帝的词就是“我”这个词。

Somebody knew something when they used the word I, the closest word for God is the word I.

你会注意到“我”，它是数字“1”，神的状态和终极状态就是合一状态，在这种状态下，你会把一切都视作你、视作你自己，从来都只有这些。

As you'll notice the I is the number one, and the God state, the ultimate

state is the oneness state, where you will see everything as you as your very own self, and that's all there ever was.

外面的整个世界只是一个你通过自己的心智投射到外面的投影，就像移动投影仪投射到屏幕上一样。

And that whole world out there is just a projection, that you projected out there via your mind, just like a moving projector projecting on the screen.

心智是投影仪，但你是投影仪后面的操作员，然后你通过投影仪把一切都投射到屏幕上，然后你看到了人、军队、战争、死亡、洪水、火灾，但那个屏幕上什么都没有发生，而那个屏幕就是你的“我”。

The mind is the projector, but you're the operator of the projector right behind it, and you project everything through the projector onto a screen, and then you see people, armies, wars, dying, floods, fires, but nothing ever happens to that screen, and that screen is the I of you.

这整个世界都是想象出来的，你只能在你的心智中看到它。

This whole world is imagine, you can only see it in your mind.

让你的心智沉睡，世界就消失了，

Put your mind to sleep, the world's gone,

别醒来，就没有世界了，

don't wake up, no more world

这是有可能做到的。

It's possible to do that.

世界只存在于你的心智中，

The world is only in your mind,

你忘了是你把它投射出来的，

what you've lost sight of is that you projected it out there,

现在，它是你所有想法的总和，其中大部分潜意识地存在于你的感受之中。

and that right now it's a sum total of all your thinkingness, most of which is subconsciously held in your feelings.

在之后的画面中，你仍然会看到这个世界，但你知道它是什么。

In the after picture, you'll still see the world, but you know it for what it is.

这就像沙漠的绿洲标志，你会看到水的幻象，当你走到水边时，发现它是沙子，当你再次走过沙漠时，你仍然会看到绿洲；但之后的画面是你不会去那里取水了。

It's like an oasis sign on a desert, you'll see the illusion of water, when you go to the water and find out it's sand, and you walk the desert again, you'll still see the oasis; But the after picture is you don't go there to drink.

你看清了这个世界的真相，你就不会钻进这个世界里去取水。

You see the truth of this world, you won't dip into the world to drink.

因为所有的水都在你的存在中。

Because all the water there is is right in your Beingness.

所有你认为从世界上得到的快乐，其实都是当你是你自己的时候才会拥有。

All the happiness that you think you're getting from the world is only when you are being you.

你释放了渴望它所带来的痛苦，你满足了它，那一刻你的心智安静下来了，你进入了你的存在，这就是你所说的快乐。

You let go of the agony of the desire for it, you fulfill it, that moment your mind goes quiet, and you move up into your Beingness, and that's

what you call happiness.

唯一的幸福就是你的存在，一旦你领悟了这一点，你就会停止在这个世界中追逐彩虹，你就不会再像驴一样追逐胡萝卜，如果人们把胡萝卜挂在驴的头上，它就会整天拉着泵或其他东西绕着圈子走。

The only thing that happiness is, is your being your Beingness, once you catch that, you'll stop chasing rainbows in the world, you'll stop chasing that carrot like the donkey does, they hang over his head, all day long he walks around a circle driving a pump or something.

这就是我们在这个世界上所做的一切，我们是驴，如此努力地奋斗，如此努力地去获得仅凭一个毫不费力的念头就能得到的东西。

That's what we're all doing in this world, we're donkeys asses, AHS (没太听清), struggling so hard with such effort to get that which we can have with a mere effortless thought.

我们为什么想要它呢？

And why do we want it?

这样我们就能感受到我们的存在，其实我们一开始就能感受到，我们不必去苦苦追寻。

So we can feel our Beingness, which we could in the first place, we don't have to go chasing the effort.

因此，在这个终极状态下，你到达了那里，你的观点发生了变化，你会看到绿洲，你会看到世界在继续，但是你看着它，就像你看电影一样，你成为了这个世界的见证者，知道这只是一个梦幻般的幻象，就像一片绿洲。

So in this ultimate state, you get there, your point of view changes, you'll see the oasis, you'll see the world going on, but you watch it, just like you'd watch a movie though, you become the witness of the world, knowing it's just a dream illusion, like an oasis.

你会知道，你的终极幸福就是认同你的存在，然后你选择只停留在那种状态中，或者回到这个世界，并尝试帮助其他人发现你所发现的东西。

You'll know that your ultimate happiness is just your identifying with your Beingness, and then you make the choice to just stay with that only, or to come back to the world, and try to help the others discover what you discovered.

我认为大多数人都会获得自由，进入洞穴或隐居，你可以在纽约做到这一点。

The majority of people will go free I think, go into caves or live a life, you can do it in New York City.

多年来，我一直坐在纽约的酒店房间里，在凌晨 2 点到 5 点之间出来，我只是坐着，然后存在、存在、存在、存在.....这是最令人欣喜若狂的事。

For years I sat in a hotel room in New York City, the hunt came out

between 2 and 5 in the morning, I just sat, and would be and be and be and be... It's the most ecstatic thing there is.

当然，身体还在那里，我让它运转，我喂它，我会在凌晨四五点去买杂货，因为周围的人会少一些，纽约有很多通宵营业的商店，你实际上可以在纽约和曼哈顿的时代广场做到隔离。

Of course the body was there, I let it go on, I fed it, I would shop for groceries 4 o'clock, 5 o'clock in the morning, because there would be less people around, in New York there's stores are open all night, which you can actually isolate in New York City, in Manhattan in Times Square.

因为隔离不是跑到山顶，隔离是平息你的念头，而那是你唯一可以得到隔离状态的地方。

Because isolation is not going off to the mountain top, isolation is quieting your thoughts, and that's the only place you can get isolation.

我从不建议人们去山顶、沙漠等地方隔离，我从经历中知道会发生什么，你只会逃避、逃避，逃避对这个世界的厌恶。

I would never recommend people going to the mountaintop, desert, and so forth, I know from experience what happens, you'll just escape, escape, escape all your aversions to the world.

最好的地方正好就是在这个世界里，它会不断地唤起你对世界的厌恶，直到

你最终释放它们。

The very best place to be is right in the world, it'll constantly bring up your aversions to it, until you eventually let them go.

因此，当你到达这个顶端状态时，你并不会消失，你的观点改变了，你把世界看作是你的一种外部投射，就像一幅动态的画面，你会以这种方式来看待它。

So when you reach this top state, you don't disappear, your point of view changes, you see the world as an out projection of you, like a moving picture, and you watch it that way.

而你会拥有的感受是一种非常深刻、无限、平静和波澜不惊的感觉，在这样的状态中，没有人可以再打扰你，也没有任何事情可以打扰到你；

And the feeling you have is a very deep, infinite, peace and imperturbability, in which no one can disturb you again, no thing can disturb you;

如果你想和别人交流，你可能会参与其中，但一旦你到达顶端，就没有什么能打扰到你的了。

You might play at it if you want to communicate with others, but nothing will ever disturb you once you reach the top.

而且当你到达顶端时，你不必担心再次被拽回到这个世界中。

And when you reach the top, you don't have to worry about being sucked back into the world again.

因为相比之下，这个世界全是地狱，而这种最高的平和是最美好的天堂，所以你不会为了活生生的地狱而放弃最美好的天堂。

Because by comparison, the world is all hell, and this top peace is the greatest of heaven, so you're not going to give up the greatest heaven for a living hell

人们问：“有地狱吗？”当然有，这个世界就是地狱。

People say: "Is there a hell?" Of course there is, it's this world.

我告诉你，如果它是世界，它就是不好的，它有牵制。

And I'm telling you, if it's world, it's no good, getting kind of hold.

如果它是世界，它就没什么好的；

If it's world, it's no good;

如果它是存在，那是在这个世界万物背后的东西，它一切都很好。

If it's the being, that's behind the thing in the world, it's all good.

不好是表象、是限制、是将能量冻结成我们所谓的“形式”；

And no good is the manifestation, the limitation, the freezing of energy into what we call form;

一切都好的是无形的、无能量的、不费力的顶端状态，

The all good is the formless, energyless, effortless top state,

在最高状态中没有能量，只有存在，只是无限的存在，

there's no energy in the top state, just Beingness, being the infinite Beingness,

最高状态就是你的存在。

the top state is your Beingness.

当你认同你的存在，认同你是这个宇宙的全部存在，那就是它了。

When you identify with your Beingness, as being the total Beingness of this universe, that's it.

我可以进一步说，你认同存在状态的存在，整个宇宙的存在就是终极状态。

I can say anything further on it, your identity as Beingness being, the total Beingness of the universe is the ultimate state.

再说一次，世界并没有消失，而是变成了你原以为其中有水的绿洲，但现在

你发现它是干涸的。

And again the world doesn't disappear, but it becomes that oasis that you thought had water in it, you have now found out it's dry.

(学生说的听不清)

莱斯特：你的心智就是你的心智，所以你现在进入了智性理论，你得到了谁的心智？你是谁？谁拥有那个心智？坚持在这一点上。

Lester: Your mind is your mind, so you're going to the intellectual theory now, whose mind you get? Who are you? Who has that mind? Stick to that.

看，如果你给我的任何感觉像比如说它是普遍心智，还是个体心智，这开始向下转圈圈.....

See, if you give me any senses like is it universal mind, is it an individual mind, it starts spin down...

它只是词语而已，没有任何意义。

It's just words, it doesn't mean anything.

你的心智对你来说有意义，而宇宙意识则毫无意义。

Your mind is meaningful to you, universal mind means nothing.

我在让你关注“你”，这才是有意义的，

I'm sticking you to you where it's meaningful,

我让你专注于“我”这个词上，

I'm holding you to the word "I",

每个人都能感觉到“我”，

everyone feels "I",

而那个“我”就是你所是的这个无限存在。

and that "I" is the unlimited being that you are.

学生：所以屏幕也没有能量吗？

Student: So the screen also has no energy?

莱斯特：是的，它是死的，它在动作和形式上已经死了，

Lester: Right, it's dead, it's dead to action and form,

所以形式消失了，它只是一个屏幕，

so the form disappears, and it's just a screen,

那里没有动作，

there's no action there,

这才是真正的你。

and that's the real you.

学生：维度消失了？

Student: The dimensions disappear?

莱斯特：对，维度就是限制。

Lester: Right, dimensions are limitations.

学生：它们是屏幕的一部分？

Student: They're part of the screen?

莱斯特：对，它是限制，而你是无限的，你是这个宇宙的全部存在。

Lester: Right, it's limitation, and you're unlimited, you're the total Beingness of this universe.

然后如果你在它之上加上一个维度，你受限了。

And then if you put a dimension on it, you're limited.

这有道理吗？

Does that makes sense?

(学生说的听不清)

莱斯特：嗯，他们从未离开，但他们会漫步到一个洞穴或一个与世隔绝的地方。

Lester: Well, they never leave, but they'll meander into a cave or an isolated spot.

因为他们看到了这个世界的虚幻和徒劳的挣扎，但这个世界不想听他们说什么，

Because they see the unreality of the world, the fruitless struggle, and the world doesn't want to hear what they have to say,

所以他们不想打扰这个世界，于是他们远离了这个世界，

so they don't want to disturb the world, so they move away from them,

他们离开不是为了他们自己的利益，而是为了世界的利益。

it's not for their own benefits, but for the benefit of the world, that they

move away.

学生：他们到底说了什么？

Student: What do they say at all?

莱斯特：因为他们所在的地方是终极之地，他们会待在那里，

Lester: Because where they are is the ultimate place, and they'll stay right there,

(学生说的听不清)

莱斯特：他们不会把自己视作一个身体，但你会，现在这让你感觉有点奇怪。

they don't see themselves as a body, you do, now it makes you kind of peculiar.

我记得当我第一次意识到这一点时，我再也无法使用“我”这个词了，但我会用“莱斯特、他和它”来表述。

I remember when I first hit it, I couldn't use the word "I" anymore, but I would talk about Lester, him and it.

**当我刚开始与小组交谈时，他们说：“你是一个老师。”我说：“不，我不是。”
“是的，你是。”“不，我不是。”**

And when I first began talking to groups, they said: "You're a teacher."
and I said: "No, I'm not." "Yes, you are." "No, I'm not."

我是存在，我不是老师，我不是在教，我不是一个对着他们说话的身体，我只是我的存在，在他们看来是那样。

I was amness, I was not a teacher, I wasn't teaching, I wasn't a body talking to them, I was my Beingness only, not to them was the way they saw it.

但这是一个自由的人隔离的原因，这样就不会打扰到别人，这也是我离开纽约去圣多纳的原因，我看到人们对我的“存在状态”感到恼火。

But this is one reason why a person goes free, he isolates, so as not to intrude upon people, that was the reason why I left New York and went to Sedona, I saw people were annoyed with my Beingness.

“哦，莱斯特，别再笑了”，我以前常听到这样的话，我甚至不知道自己笑了，而且我觉得我没有笑。

"Oh, wipe that smile off your face, Lester" I used to hear, I didn't even know I had a smile, and I don't think I did.

所以我离开了社会，从 1952 年开始就独自待着，直到 1961 年，但偶尔也会出去参加一些一夜之间聚集起来的交流团体，我去洛杉矶，当晚就会聚集一个 25 到 30 人，我在那里的每个晚上都会有新一个团体出现，我只是从

一个团体转到另一个团体，然后回到我在圣多纳住的地方，只是坐着，我只是坐着，我偶尔会去洛杉矶，但也会去纽约，有几次我发现自己从大城市克利夫兰到芝加哥，再到安纳波利斯的其他城市，走遍了整个国家，这一切都发生了，然后我又退了回来。

So I took me out of society and parked, sat with myself from 52, to I guess 61, but occasionally went out did talk to groups that was formed overnight, I go to Los Angeles, that night a group of 25, 30 would get together, and every night while I was there another group would go, I just go from group to group, and go back to my place in Sedona, just sat, I'd only sit and be, and occasionally go out into not only Los Angeles, but to New York, I'd go to New York too, and a few times found myself covering the country going from large city Cleveland Chicago, other cities in the Annapolis, it all happened, and I end up retreat again.

所以我确实出去了，我并没有完全与世隔绝，但在 1952 年到 1961 年，我基本上是与世隔绝的，只因为他们认为我在强加他们。

So I did move out, I didn't totally isolate, but from 52 to 61, I was mostly isolated, only because I was in imposition upon people they thought.

(学生说的听不清)

莱斯特：离开这个世界的唯一方法就是穿越它，我们回溯我们的脚步。

Lester: The only way out of this world is through it, we retrace our steps

out.

我们可以先掌控世界，这意味着在世界上轻松地、没有挣扎地成功。

We can come master the world first, which means being successful in the world with ease without a struggle.

然后对身体做同样的事，掌控身体。

And then doing it to the body.

掌控心智就是摆脱你的感受，这样你就能掌控你的心智。

And mastering the mind is ridding yourself of your feelings, that's what makes you master over your mind.

在那之后，你放入心智中的任何想法都会立即实现。

After that your... Any thought you put into the mind materializes instantly.

我必须在这里制定一个计划，我是主宰，我会引导你获得自由。

I've got to get a plan and see, I am the master fader, I fader fade you into going free.

学生：掌控身体是什么意思？掌控身体是什么意思？

Student: What is mastering the body? What is mastering the body mean?

莱斯特: 不再拥有一个生病的身体, 而是仅仅想一想就拥有完全健康的身体。

Lester: Instead of having a sick body, have a perfectly healthy body just for the thought of it.

此后, 如果你不认同那个身体, 它可能处于剧烈的疼痛中, 你知道那个疼痛, 它会困扰你或者不会; 或者它可能处于剧烈的疼痛中, 你可以选择感受那个疼痛, 但它不会困扰你。

After which, if you don't identify with the body, it can be in severe pain, you know it and it bothers you or not; Or it can be in severe pain and you can choose to feel the pain, and it doesn't bother you.

学生: 这是掌控身体还是掌控心智?

Student: Is that master the body or is that master the mind?

莱斯特: 噢, 它是身体, 因为你在处理身体, 掌控心智就是摆脱你自己的想法。

Lester: Oh it's the body, because you're working on the body, mastering the mind is ridding of yourself thought.

(学生说的听不清)

莱斯特：好吧，1952年发生在我身上的事是，在坚持20年代的分子理论之后，我突然看到了能量的画面。

Lester: Okay, what happened to me in 52, after sticking with the molecular theory from the 20s on intensely, I suddenly see the picture of energy.

物质只是冻结于一个点上的能量。

Matter is only energy frozen at a point.

这个杯子里蕴含的能量比我们现在的氢弹还要多，但以这种形式聚集在一起的簇状体中正在发生着巨大的旋转。

This cup has more energy in it than our present hydrogen bombs have, but there's tremendous spins going on in clusters that are sticking together in this form.

物质是冻结的能量。

Matter is frozen energy.

能量其实就是我们运动着的心智。

Energy turns out to be our minds in motion.

因此，当我们安静了我们的心智时，就不会再有任何运动了，只有存在，而你的视角也只会看到存在。

So when we quiet our minds, there's no more motion, there's just isness, and your point of view just sees Beingness.

其他人看到的都是运动，其他人看到的都是形态，而你只看到你的真我，看到无处不在的你的存在。

Everyone else sees motion, everyone else sees form, you see only your Self, your Beingness everywhere.

现在，如果你处于最高状态，你必须降下来看它，是的，当你降下来看到它时，你知道它是什么，

Now if you're at the top state, you've got to come down and see it, yeah, when you come down and you see it, you know it for what it is,

一旦你真正到过那里，你就不会忘记真相，一旦你已经清除了心智，你就不会忘记它，

and you don't forget the Truth once you've really been there, once you've cleaned out the mind, you won't forget it,

你可以表现得好像它不是，但你无法忘记它是。

you can act as though it isn't, but you cannot forget that it is.

(学生说的听不清)

莱斯特：如果它是世界，它就没什么好的。

Lester: If it's world, it's no good.

学生：是的，就是这个。

Student: Yeah, that's the one...

莱斯特：我可能会因此丧命。(笑)

Lester: I could get killed for that.

学生：这就好比说，利用世界脱离世界..... (中间的听不清) 穿过世界，其他的都是不好的。

Student: It's the same line as saying, use the world get out the world, (中间听不清) , pass through the world, but the other it's no good.

莱斯特：对，然而，在你得到它之前，你永远不会知道它不好。

Lester: Right, however, you'll never know that it's no good until you get it.

先得到它，你就会发现它不好。

Get it first, and you'll see that it's no good.

现在，当你第一次得到它的时候，它是令人愉快的。

Now, when you first get it, it's delightful.

没有什么比名利更美好的了，对吧？

There's nothing nicer than fame and fortune, right?

但是当你得到它之后，它会让你失望，特别是对于那些同时获得名利的人，有些人会自杀，如此地失望，他们中的许多人去吸毒或酗酒，而一小部分人适应了它。

But after you get it, it's a let down, especially for those who attain both of them at the same time, some of them commit suicide, it's such a let down, a good number of them go to drugs and alcohol, and a smaller number adjust to it.

现在谁同时得到了名利，拿詹姆斯·卡恩来说，他适应了，他的适应就是忍受，他没有.....

Now who attains fame and fortune, let's say James Cagn, he adjusted, adjustment is toleration, he's not a...

(学生说的听不清)

莱斯特：什么？他现在是吗？

What? He is now?

好吧，当他第一次放弃演艺事业时，他开始从事绘画，他过着远离公众视线的美好生活，有一段时间他这样做了，无论如何，这最终还是害了他。

Well, so when he first let go of acting, he went into painting, and he's living a nice life away from the eyes of the public, there was a period there where he did that, well, it's got him in the end anyhow.

所以，当你们同时获得名和利时，你们获得了最多的东西，但它并没有带来快乐，反而导致了挫败感，这驱使人们酗酒和吸毒，他们去看医生.....

So when you attain that fame and fortune together, you're attaining the most of it, and it doesn't bring happiness, and it causes frustration, which drives people to drink and drugs, they get their DDS, their doctor of divinities doctors and drinks.

我实际上说的是这个世界，精神世界无法让你得到它，我们已经强调了精神层面数千年，看看它让我们走到了哪里，精神世界做不到的，为什么？

I'm really saying that the world, spiritual world doesn't get it for you,

we've been spiritual for thousands of years, look where it's gotten us, the spiritual world doesn't get it, why?

他们试图通过心智让我们得到它。

They try to give it to us via the mind.

“你应当行善，不可作恶，否则会永远在地狱受苦”，他们告诉我们该做什么，我们在心里听着，我们说：“耶耶，赞美主。”

thou shalt be good, thou shalt not be bad and burn in hell forever, they're telling us what to do, we hear it mentally we say: “Yay yay, praise the Lord.”

不存在精神与物质的分离，只存在“一”。

There is no spiritual, physical, there is a oneness.

而那些分离精神与世界的人，他们的心智处于分离的状态，他们在精神层面并没有真正地进步。

And people who separate into spirituality are into separation in their minds and not really moving ahead, say spiritually.

2 - 1

莱斯特：嗨~

Hi~

学生：早上好。

Student: Good morning.

莱斯特：爱你们每一个。

Lester: Love you all equally.

此刻我坚信你们每个人现在都是自由的、完整的、永恒的，你们正在接近所谓的自由，我会尽我所能帮助你们到达那里。

Thereby holding onto every one of you right now are free, whole, complete, eternal, you're coming closer to that thing called freedom, I do everything within my power to help you get there.

在这个世界上我最想要的就是让你们自由，可惜我无法这么做，我不能强迫你们。

There's nothing more in this world that I want than you to go free, unfortunately, I can't make that, I can't twist your on.

我可以自豪地告诉你们它是最好的，

I can proud you tell you it's the greatest,

在你到达那里之前，你永远都不会停下来，

you'll never stop until you get there,

你在生活中每件小事上寻找的都是它，

everything you're looking for in your every little thing in life is It, with a capital I,

你在不停地寻找、寻找、寻找，直到你到达那里，

you're going to scratch, scratch, scratch, until you get there,

那么为什么不现在呢？

so why not now?

在这次超级强化训练结束时，我希望你们每个人都能确切地知道被叫作“自由”的这个东西是什么，

By the end of this super intensive, I would like to see every one of you know exactly what It is, this thing called Freedom,

知道从你所在的地方到那里需要做什么，你就只需要转一个小弯而已。

know what it takes to get from where you are to there, which is a very short, you turn.

(学生笑)

这个无限的存在是你真正的我，没有什么比它更亲密的了，没有。

This infinite being your real Self with a capital S, there is nothing more intimate, nothing.

无论你怎么爱外面的某个人，都没有什么比你更亲密。

No matter how much you're loving someone out there, there's nothing more intimate than your very own Self with a capital S.

你一直在外面努力、努力、努力，试图到达这里，

And you are beating, and beating, and beating out there trying to get right here,

对你来说，发现你所是的这个无限存在，和现在发现你的小我名字一样困难。

it's as difficult for you to discover this infinite being that you are as it would be right now to discover your ego name.

因为你就是它，你一直是它，你永远都是它，对此你别无选择，感谢上帝。

Because you are It, you always have been It, you always will be It, and on that you have no choice, thank God.

但你知道这有多荒谬吗？

But you see how ridiculous it is?

为什么你不只是想一想就拥有你想要的东西呢？

Why don't you just think and have what you want?

你可以想想宝马、凯迪拉克、奔驰、玛莎拉蒂，只要你想一想，就能拥有它们了（莱斯特打了个响指）。

You can think of a BMW, a Cadillac, a Mercedes, a Maserati, and have them all just for the thought.

有多少人读过《一个瑜伽行者的自传》？

How many have read <The Autobiography of a Yoga>?

我建议你们读这本书的原因是：它提出了这些观点，它谈到了做过这些事情的人。

The reason why I suggest you read that is, it brings out these points, it talks about people who have done these things, who do these things.

他们认为巴巴吉在那本书里物质化了一座镶嵌着宝石的黄金宫殿，用它来实现一个特定的目的，然后放手，让它回到无限，我猜你可以这么说。

They think Babaji in that book materialized a palace of gold studded

with jewels, use it for a specific purpose then let it go, back into infinity,
I guess you could call it.

但仅仅是一个毫不费力的想法，就创造了一座镶满珠宝的黄金宫殿，

But just a mere effortless thought created that palace of gold studded
with jewels,

**祂创造它是为了唤起并满足他的弟子拿希里·玛哈赛的一个非常深切的愿
望，**

and he created it to bring up and have satisfied a very deep wish in his
disciple Lahiri Mahasaya,

**他在那座宫殿里为他举行了传法仪式，我想这是他这一世之前很多世的愿
望，**

and so he initiated him in that palace, and that was a wish from I guess
many life times prior to the one that he was in,

所以你为什么不这样做呢？有答案吗？

So why don't you do it? Any answers?

你认为你不能。

You believe you cannot.

如果你摆脱了“我不能”的信念，它是很自然的，就像呼吸一样。

If you got rid of the belief “I cannot”, it's natural, it's like breathing.

你的“我不能”在哪里？

Where are your “I cannots”?

它们全都被锁进了“我害怕，我不能”里，AGFLAP包含了你所有的“我不能”。

They are all locked into “I'm afraid, I can't”, AGFLAP contains all your “I cannots”.

释放 AGFLAP,

Release the AGFLAP,

然后，无论你想什么都会发生。

and whatever you think will happen.

因为你不会强加给别人，也不会展示所谓的奇迹，而当你做到这些的时候，这些奇迹是你一生中做过的最容易的事情。

Because you don't impose on others, you don't show so called miracles, which are the easiest thing you ever will have done in your life when you

do them.

当你做到这些时，奇迹将成为你做过的最容易的事情。

Miracles will be the easiest thing you ever will have done when you do them.

因为奇迹只是一个毫不费力的想法，然后它出现了。

Because it's a mere effortless thought and there it is.

好吧，自由是什么？我们需要什么才能保持在那里？

Okay, what is this thing freedom, what do we need to remain there?

我认为你需要明确地识别出你在生活中到底在做什么，确切地说它是什么，这样才能让你不再盲目，看清你现在所是。

I think you need to identify exactly what it is you are doing in life, exactly what it is, that'll take the blinders out to what you are now.

在生活中，你在做什么？

What are you doing in life?

追求幸福。

Chasing after happiness.

这里有谁不认同这一点的？

Anyone here that's not in accord with that?

什么是幸福？

What is happiness?

现在，这是你首先要明确的。

Now here's your first good thing to identify with .

什么是幸福？

What is happiness?

有人认为他或她不知道幸福是什么吗？

Does anyone think he or she does not know what happiness is?

我相信对你们大多数人来说，幸福是满足你的欲望，然后你会把幸福归功于帮助你满足欲望的那个东西，

I believe for most of you, it is satisfying your desires, and you attribute the happiness to the thing that helps you satisfy that desire,

那你就深陷其中，被牢牢束缚住，

there in you're dead wrong, there in you're kept in bondage,

你越想满足那个欲望，那个欲望就越强烈，你就越需要它，却永远都无法真正满足那个欲望。

the more you try to satisfy that desire, the stronger that desire comes, and the more you need that, and never ever satisfying that desire.

如果一个欲望可以得到满足，那么你只需要拥有它一次，仅此而已。

If a desire could be satisfied, you'd have it once and that's it.

所以我说，停止追逐彩虹，停止创造匮乏，这就是所谓的“欲望”，立刻释放那个匮乏的痛苦，只是做你自己。

So I say stop chasing rainbows, stop creating lacks, it's called desire, and momentarily momentarily letting go of that agony of lack, and just being yourself.

唯一的幸福在哪里？

Where the only happiness is?

你所体验到的唯一的快乐就是当你是你的真我的时候，你让心智安静下来，

你满足了欲望，心智安静了，你是存在，这就是它的全部了。

The only joy that you experience is when you're being your Self, you quiet the mind, you satisfy the desire, the mind goes quiet, and you're being, that's all there is to it.

为什么这并不困难？

Why isn't that difficult?

我问你：“是你吗？”你说：“是的。”

I ask you: "Are you?" And you say: "Yes."

就是这样，存在。

That's it, be.

但不要在那里像个笨蛋，也不要在这个世界上像个焦躁的猴子，吡吡吡……

But don't be a bumbler or an agitated monkey in the world,

只是存在。

Just be.

但是要发现幸福是什么，不要放弃，直到你意识到你所拥有的每一丝幸福，

都是当你的心智安静下来、你是存在的时候。

But discover what happiness is, don't let go of it until you realize that every ounce of happiness you have is only when your mind goes quiet and you're being.

我认为那一点可以真正帮助你跨越障碍，进入全然的“存在状态”。

I think that one thing there could really get you over the hump into mostly Beingness.

你必须明确的另一东西——什么是终极状态？

Another thing you must identify with what is the ultimate state?

它难道不是幸福吗？

Isn't it happiness?

它不是，幸福在通往最绝妙状态的途中。

and it isn't, it's on the way to the most delectable state.

幸福、快乐、所有这些都带有着某种行动、活力，

Happiness, joy, all that has a certain action, activity in it,

当你越来越自由，它会越来越强烈，

as you get freer, it gets more and more intense,

直到它变得如此强烈，你无法承受它，短暂地体验到它是很棒的，

until it gets so intense, you can't stand it, it's great for a short while,

试着放下对幸福的追寻，转而追求平和、安静、安宁和平静。

try to let go of seeking happiness, and in place of it, seek peace, quietude, tranquility, imperturbability.

当你处在一个不再有任何人、任何事能够打扰你的境界时，那是一种无比美妙的状态，它远远超越了极致的喜悦，那就是自由的地方。

When you're in a place where no one and nothing can ever disturb you again, it is such a delectable state, it's way beyond the highest joy, and that is the place of freedom.

当你处在那个状态中时，你所做的一切就是认同“哦，我是，我是，我是，我是，我是.....”

When you're in that state, all you're doing is identifying with “Oh I am, I am, I am, I am, I am...”

而不是认同“我是莱斯特，我是这个身体、这个心智，我有这个东西，我有

这个烦恼，我有这个幸福.....”

Not “I am Lester, I am this body, this mind, I got this thing, I got this troubles, I got this happiness...”

仅仅只是“我是”，这比那更好，我、我、我。

Just only “I am”, better than that, I, I, I.

终极状态是一种“我”的状态，没有任何附加物，只有“我”，看不到身体、心智，也看不到一些被归于小我的东西。

The ultimate state is a state of I-ness with nothing added to it, just I, not seeing the body, mind, some totaled into ego.

好吧，你需要付出什么努力才能是存在？

Okay, what effort does it take you to be?

你需要行驶多少英里才能到达存在？

How many miles you have to drive to get to be?

你需要做什么才能只是存在？

What do you have to do to just be?

什么都不需要。

Nothing.

你看到你的一生有多愚蠢了吗？

Do you see how silly your whole lives are?

挣扎、扭曲、挣扎、扭曲、丑陋地挣扎、扭曲……

Struggle, uzzle, struggle, uzzle, ugly struggle, uzzle...

这就像一个疯狂的群体场所，每个人都在抓挠、战斗、挣扎着成为存在，每个人都是。

It's like a mass institution of insanity, everyone scratching, and fighting, and struggling to be, and everyone is.

但要认清出：幸福到底是什么？我在做什么？我在哪里？

But identify : What is this thing happiness? What am I doing? Where am I?

认识到幸福就是让心智安静。

Recognize happiness is quieting the mind.

安静心智就是摆脱思考的驱动，即感受。

Quieting the mind is getting rid of the motivators to thinking, called feelings.

这很简单。

It's so simple.

只要你还有感受，你的心智就会为了生存而 24 小时活跃地守卫着。

As long as you have feelings, your mind is active 24 hours a day on guard to survive.

每一个情绪都是一个程序——生存程序。

Every emotion is a program, pro-survival.

难道有人难以理解每一个情绪都是为了生存而投入的程序吗？有人难以理解这一点吗？

Does anyone have difficulty in seeing that every emotion is a program put in for survival? Does anyone have difficulty with that?

所以，当你释放掉所有的这些生存程序时，你就不会时刻警惕，你的心智会安静下来，然后你说：“哇，我是，一直是，永远都是全能、全知、全在的！”

So, when you let go of all those pro-survival programs, you're not on

guard, your mind goes quiet, and you say: "Wow, I am, always were, always will be, omnipotent, omniscient, and omnipresent!"

我们不是发射.....昨天发射的那个东西，呃，这个航天飞机。

Instead of sending up what's that thing we sent up yesterday, the uh...
This the shuttle.

难道你没有看到，我们在生活中试图做的一切都是为了缩短时间、空间和努力吗？

Can't you see everything we're trying to do in life is a cut short time, space, effort?

每个人都在无意识地拼命压缩时间和努力，为了做到这一点，我们经历了很多困难麻烦，但我们无法在外面做到这一点。

Unconsciously everyone is struggling to collapse time, effort, there is a lot of the trouble we go through to do it, we can't do it going out there.

当你释放所有这些限制：我是一个脆弱的身体；如果我的体温升高 10 度，我就会死；如果我吃错了东西，我就会死；或者空气不正常，我就会死。

When you let go of all these limitations: I'm a fragile body; And if I raise a temperature 10 degrees, I die; If I eat the wrong thing, I'll die; Or the air isn't just the right way, I die.

转而认同你的真我，你会发现你创造了这个宇宙。

Instead of that, identify with your Self, you'll discover you created the universe.

我向上帝发誓，你从无限到无限创造了宇宙，以及所有那些巨大的恒星系统，然后创造了一个你的心智黑洞

I swear by God you created the universe from infinity to infinity, with all those fused stars systems, and then created a black hole of your mind

但要认清幸福是什么，开始从源头获取幸福，仅仅通过存在获取幸福。

But identify with what happiness is, start taking it right from its source, just by being only.

这不会破坏关系，只会让它变得更好。

This does not spoil relationship, it can only better it.

因为你越深入其中，就越了解每个人，你就是我。

Because the more you go there, the more you discover about everyone, you are me.

没有什么关系比成为另一个人更亲密的了，你们不可能比这更亲密。

There is no more intimate relationship than identity be the other one, you can't get closer of than that.

认清出幸福是什么，

Identify what happiness is,

接下来，当你发现幸福是什么，接着你迈向那个安静的地方，那个波澜不惊的地方。

and then when you discover what happiness is, then move on to the quiet place, the imperturbable place.

是的，我认为现在你应该直接朝向那个安静的地方前进，

Right, I think now you should make direct motion toward the quiet place,

当你到达那里时，你不会被关在柜子里，如果你愿意的话，你可以这么做。

you do not end up in a closet when you reach there, you could if you wanted to.

但发生的事情是视角不同了，这是唯一改变的东西。

But what happens is point of view, that's the only thing that changes.

如果你达到那个最高状态，你会把这个世界看作是你心智的外在投射。

If you reach the top state, you see the world as an out projection of your mind.

就像你在睡梦里将事物投射到你的心智中一样，你躺在一个房间里，盖着毯子，然后你会梦见一座巨大的城市，这座城市是如何进入那个房间、钻进你的床的呢？

Just like you project things in your mind in sleep, you get yourself in a room under some blankets, and then you'll dream of a vast city, how does a city get into that room, into your bed?

完全一样的方式，就像这个世界进入了你的体验一样。

Exactly the same way, this world comes into your experience.

你不在这个世界之内，而是你把这个世界拉进你之内、拉进你的心智中。

This... You're not in this world, you pull this world in you, into your mind.

让心智安静下来。

Get that mind quiet.

而一旦心智安静下来，你放入心智中的任何想法都会立即实现。

And once it's quiet, any thought you put in that mind will materialize

immediately.

但只要你还有 AGFLAP，它就会不断地折磨你，并把你推向外界，你的注意力是向外的，然后你挣扎着让一个无法存活的身体生存下来。

But so long as you have AGFLAP, it's a constant grinding and pushing you outward, your attention is out there, and you're struggling to survive a carcass that does not survive.

我们能有多聪明？

How smart can we get?

我们奋斗了 50、70、80、90 年，只为完成一件我们每个人都知道不可能完成的事，这个物质身体终会消逝。

We fight 50, 70, 80, 90 years to accomplish something that every one of us knows is impossible, this physical body goes.

但一旦你看到了真相，你别无选择，你是永恒的。

But once you see the Truth, you've got no choice, you're eternal.

你的观点会是，当你准备好放下那件厚重的“大衣”（身体）时，你会带着灿烂的笑容这么做，因为你知道，如果你想要它，你可以创造它，或者创造其他 100 个类似的，但你不会这样做。

And your point of view is that when you're ready to let go of the heavy overcoat, you'll do with a big smile on your face with it, knowing that if you want it again, you can create it or 100 others like it, but you don't do it.

因为物质身体是宇宙中任何地方的存在所能拥有的最大阻碍。

Because the physical body is the greatest obstacle, that beings anywhere in the universe can have.

物质身体是人类所能陷入的最稠密的状态。

The physical body is the densest state man can get himself into.

所以如果你喜欢身体，你会用更精细的物质构成的精微身体四处旅行，它实际上是由光粒子组成的，可以瞬间到达任何地方，也许会被困在那里（笑）。

So if you do like bodies, you'll travel around in a subtle body made up of a much finer substance, it's really made up of light particles and it'll go instantly anywhere, maybe caught there, Gasoline~

但我是认真的，当我说现在你应该开始做这些事情时，而它仅仅是个念头的事。

But I mean it, when I say now you should start doing these things, and it's mere thought.

当我第一次去牧场时，我离开了纽约，因为周围的人对“我之所是”感到恼火，我猜那种力量对他们来说太强大了之类的。

When I first went to the ranch, I left New York only, because people around me were annoyed by what I was, I guess the power was too overwhelming to them or something.

所以我决定把身体停在那里，停在一个偏僻的地方，而我当时没有意识到我周围的一切都是一个奇迹。

So I decided to park the carcass out there in an isolated spot, and I was not aware of the fact that everything around me was a miracle.

因为当你身处其中时，它就像呼吸一样，你不会注意到它。

Because when you're there, it's like breathing, you don't notice it.

当人们进来时，他们开始指出所有不寻常的事情。

When people came in, they began pointing out all the unusual things.

有趣的是，为了让他们满意，我以为我是按照他们的方式做事。

It's funny to satisfy them, I thought I was doing things their way.

比如有一次，我的车坏了，车里有两个女孩，我说：“嗯，是启动器打不着

火了。”我拿了一把螺丝刀，修好了启动器，我回到车里，弗朗西斯·亚当突然大笑起来，我说：“你笑什么？”她说：“你需要螺丝刀干什么？”我说：“就是修好它，你没看到吗？”她说：“是的，你只是碰了一下而已。”我回想了一下，说：“哎呀，没错！”

Like one time, the car I got now stopped working, I said: "There's two girls in the car, well, it's the starter, it won't start." I get a screwdriver, and I fix the starter, I get back in the car, Francis had a burst out laughing, I said: "What are you laughing at?", she said: "What did you need the screwdriver for?", I said: "Just fix it, didn't you see me?" she said: "Yeah, you just touched it." And I thought back, I said: "Gee, that's right!"

我开那辆车开了两年，电池里有两块电芯没电了，所以几乎每次我去启动它，它都发动不起来，我只是释放，一切都是完美的，它就能启动了。

I rode around in that car for two years with two dead cells in the battery, so almost every time I'd go to start it, it wouldn't start, I'd just let go, everything is perfect, it started up.

直到有一天我和我的朋友托尼·索伦蒂塔斯在凤凰城的时候，我得带他去银行，然后回到车里，就听到了那小小的声音：“就是这样！”，有一个阿特拉斯电池的标志在街对面，内在有个声音说：“按他们的方式做吧。”我没多想就花了 23 美元。

Until one day I was down in Phoenix with my friend Tony Sorentitas, I had to take him to the bank, and get back in the car, just that called little

sound: "That was it!", there's a sign Atlas batteries and crosses street, something within said: "Do it their way." Cost me 23 dollars without thinking.

我以前穿过树林，穿过带刺的铁丝网，站在一条响尾蛇上方，有人像火箭一样跑开了，她是一位老太太，你知道，她已经 70 多岁了，我从来没见过她跑得这么快过，她是个俄罗斯人，她吓坏了，“怎么了？”“蛇，蛇，蛇！”我低头看了看两腿之间，好吧，我继续往前走。

I used to walk through trees, through barbed wire fences, standing over a rattler, someone took off like a rocket, she was an old lady and she was, you know late 70s, never saw her move so fast, she was an Russian, she scared, "What's the matter?" "Snake, snake, snake!" I look down it was right between my legs, okay, and I walked on.

当你处于那个状态时，没有什么能触碰到你。

Nothing will ever touch you when you're in that state.

但我要强调的是生活的毫不费力。

But the point I'm bringing out is the effortless of living.

当你到达那里时，蛇在那里，汽车在那里，电池没电了，但这一切都毫无意义，只是一个毫不费力的念头，然后事情就会如你所愿。

When you reach there, the snake was there, the car was there, the dead

battery, but it's meaningless, a mere effortless thought and it's the way you would like it to be.

但你不用一天 24 小时都为了让一个终将消逝的身体努力求生。

But you don't go around 24 hours a day trying to survive a body that won't survive.

让心智安静下来,

Get that mind quiet,

那个最高状态是自然的,

and that top state is natural,

认出幸福是什么,

identify what happiness is,

发现它是你做你自己。

discover it's you being you.

从现在起, 从你自己那里获取你所有的快乐,

From there on, take all your happiness from you,

保持释放，直到对死亡的恐惧几乎将你淹没，

and keep releasing until your fears of dying just almost overwhelm you,

但是当你能够处理它的时候，在它们出现的时候尽快释放它们，

but when you're able to handle it, release them as fast as they come up,

然后你就自由了。

and you are free.

这还不是最后一步，但已经非常接近了。

It's not the final step, but it is getting very close to it.

一旦你释放了对死亡的恐惧，你就会发现下一步，也就是最后一步。

Once you've released the fear of dying, you'll discover the next and last step.

你不会变成白痴或僵尸，你只是成为了宇宙，你要明白，你的存在就是宇宙的全部存在。

And you don't become an idiot, a zombie, you just become the universe, your Beingness you see is the total Beingness of the universe.

但你的视角完全不同了。

But your point of view is entirely different.

这里的一切对我来说就像你晚上做的梦一样真实，梦境对你来说也是真实的，当你醒来后，你看，我醒了，我的心智安静了下来，哦，现在我明白了……

This thing here is just as real to me as your night dream, dreamingness would be real to you, after you wake up, see I woke up, my mind went quiet, oh now I see...

所以，在那之后，你看到了所谓清醒状态的梦境本质，这种清醒状态其实是一种睡眠状态，你现在就像在夜间做梦一样处于睡眠状态，但你将其归为清醒状态。

So after you see the dream nature of the so-called waking state which turns out to be a sleep state, you're just as much asleep now as you are when you're dreaming in the night time, but you classify it as a waking state.

但当你的心智足够安静时，你就会发现这一点：这是一场梦，是你的创造。

But when you get your mind quiet enough, you'll discover this: That this is a dream, creation of yours.

而对于身体，会发生的事情是：你只是让它按照它自己的方式行事，你会忘记它，你让它该做的事情，或者即使你不这样做，它也不再重要了。

And what happens to the body is you just let it go its way, you forget about it, you give it its just do, or even if you don't, it doesn't matter anymore.

它只是一个念头，你的身体只是一个念头而已。

It's only a thought, your body is only a thought.

当你做出像我第一次在牧场和其他人一起瞬移这样不寻常的事情时，相信我，这对你和旁观者来说同样令人惊讶。

And when you do these unusual things like I was at the ranch the first time I teleport it with others, and believe me, it's just as much a surprise to you as it is to anyone watching.

因为这不是你刻意做的事情，你放下小我，然后它就发生了，

Because it's not really something you do, you get yourself out of the way, and it happens,

当时我和另外两人徒步回来，我很累，我说：“哦，肯定有更好的办法。”我说：“当然，一切都是完美的。”然后我说，一只脚就到了离牧场只有一英里半远的地方，我说了句：“完美！”前脚就到了牧场外，但没有任何移动的感觉。

I was just walking back from a hike with two others, I was tired and I said: "Oh, there must be a better way." I said: "Sure, everything is perfect." And I said: "Turn one foot was up, a mile and a half away from the ranch." And I said: "Perfect!" The front foot was just outside the ranch, but there was no movement.

而令我惊讶的是，另外两个人也跟着过来了，而迪米特里却无法接受这些事情，这是最令人惊讶的，他就是无法接受这些事情。

And when the surprise to me was the other two came along, and Dmitri couldn't accept these things, that was the biggest of all surprises, he just couldn't accept these things.

当弗朗西斯·亚当说：“好吧，莱斯特，我们瞬移了。”迪米特里开始头疼，所以我不得不冲她喊：“你疯了，弗朗西斯。”然后她就闭嘴了。

And when Francis Adam said: "Well, Lester we teleported." Dmitri's brain began to hurt, so I had to shout her down: "You're crazy, Francis." And she shut up.

仅仅是毫不费力的念头，我们就回到了一英里半外的牧场。

Mere effortless thought, we were a mile and a half back at the ranch.

有趣的是，没有人真正受到打扰，我们离开的地方和我们到的地方看起来几乎一模一样。

The interesting part of it is, no one is really disturbed, where we left and where we went to looked exactly alike.

但第二天，当我问弗朗西斯：“是什么让你觉得我们瞬移了？”

But the next day when I asked Frances: “What made you think we teleported?”

在这其中没有任何的运动，就像当时你想到旧金山，它就是旧金山，下一刻你想到纽约，它就是纽约，这就是它运作的方式。

There's no motion in it, like at that time, you think San Francisco, it's San Francisco, next moment you think New York, it's New York, that's the way it works.

她笑了，说道：“嗯，我知道我们瞬移了，因为我们在上山时我和迪米特里捡了很多石头，我们绕过了它们，而且我可以看到牧场上的采石场山，透过树她看到了牧场上的山。”

And she laughed, and she said: “Well, I know we teleported, because we collected a lot of rocks on the way up to Dmitri and I, we bypass them all, and also I could see Quarry Hill which is on the ranch, through the trees she saw and the hills on the ranch.”

而这些事情实际上常常毫无预谋就发生了。

And those things used to happen actually without premeditation.

我想如果我说：“我想要这个或我想要那个。”它永远都不会发生，你要放手，你让完美存在，你让和谐存在。

I think if I would to say: “I want this or I want that.” It would never happen, you let go, you let the perfection be, you’ve got the harmony be.

我们旅途中还发生了另一件有趣的事，那几天我总是心不在焉，弗朗西斯和迪米特里准备午餐，我负责带水，我带了个尺寸差不多这么大、这么厚的水壶，装了三个人在沙漠中徒步一整天的用水，我说：“我们先不要喝水，到山顶再喝，一开始喝你就会越喝越想喝，然后就会没力气，到山顶再喝，下山就轻松些。”我们每人都喝了两杯半，我看了看水壶里，水只有八分之一英寸高，我说：“噢，天呐，你都干了些什么！”

Another funny thing happened on our trip, I was so spaced out in those days, and Francis got, and Dmitri got the lunch together, and I was to bring the water, I got a canteen just that size and about that thick, the water for three people on an all day hike in the desert, I said: “Let's not drink until we get to the top, you start drinking you want more and more water and you get weak, we'll drink at the top, and it's easier walking down.” We each had two and half cups, I looked in the canteen, there's an eighth of an inch of water at the bottom, I said: “Oh my gosh, what you have done!”

2 - 2

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当我释放它时，一切都变得完美了。

And I let it gone, everything is perfect.

我说：“哦，我们有很多水，弗朗西斯，你想再喝一杯吗？”她说：“好的。”我们三个人喝了七杯，我继续倒，每个人都喝饱了，我看了看里面还有八分之一英寸深的水。

I said: "Oh, we got lots of water, well you wanna another drink, Francis?"
She said: "Yeah." The three of us had seven drinks, I kept pouring,
everyone was satisfied, I looked in it was still an eighth of an inch of
water in.

毫不费力的念头，释放，好了，我们就有了水，我们得到它了。

Effortless thought, let go, well, we got water, we had it.

但是你们每个人现在都可以做到这一点，只要你们抛开“我不能”，你们每个人此刻都拥有这种力量。

But every one of you can do that right now if you'll just chuck the "I
cannots", every one of you has that power at this moment.

你开了一整晚的车？迈克，你累了吗？

Been driving all night? Mike, you feel tired?

感受它。

Feel it.

我刚才看到你打哈欠。

I just saw you you yawn.

但我想说的是，如果你觉得累了，就释放“想要改变疲惫”，你就会恢复精力。

But what I want to say: If you feel tired, just let go of wanting to change the tiredness, it will be revived.

能量是无限的。

The energy is unlimited.

当你让 AGFLAP 离开时，你就不会想睡觉，除非你选择像其他人一样行事，所以在睡眠方面你加入了他们。

When you get the AGFLAP out, you will not want to sleep, except if you choose to behave like others, so you join them in your sleep.

但睡觉是不自然的。

But sleep is not natural.

睡觉是对 AGFLAP 沉重感的一种逃避。

Sleep is an escape from the heaviness of the AGFLAP.

所以，再一次，确认你所在的位置。

So again, identify where you are.

在这里，我就像一台名为“心智”的机器人电脑一样运作，

Here, I am operating like a robot computer called the mind,

心智的运作方式与计算机完全一样，

the mind works exactly like computers do,

我们输入程序，

we put in the programs,

然后我们按下自动按钮，

then we hit the automatic button

我们忘记了自己按下了自动按钮，

and we forget that we hit the automatic button,

从那时起，我们就像被编入这些计算机程序的机器人一样被操控着。

and from there on were being run like robots by these programs that we put into our computer.

这几个基本程序，即我们的认同、控制、安全，再进一步衍生出万念俱灰、悲苦、恐惧等等.....

The basic programs are approval, control, security, which further down become apathy, grief, fear and so forth...

不再有认同，不再有想要控制，你就有足够的自由来解决作为一个身体的想要生存，你释放它，然后你就自由了。

No more approval, no more wanting to control, you're free enough to tackle wanting to survive as a body, you release that and you're free.

明确你的目标——认同当下的我之所是。

Know what your goal is, identify with what I am right now.

你想知道你所有想法的总和吗？

You want to know your sum total thinkingness?

看看你的周围，看看你的日常生活，就是这样。

Look around you, your daily life, that's it.

外面什么也没有，只有你心智的外在画面，这是你所有想法总和的显现。

There is nothing out there but the out picturing of your mind, it's your sum total thinkingness manifesting.

这就是为什么我们每个人看到的都不一样，我们在外面看到的是我们自己的

意识。

That's why none of us see the same thing, we see our own consciousness out there.

我举的例子通常是一场车祸，五个人目睹了它，但你有五份不同的报告。

The example I bring up for that is usually an automobile accident, five people looking right at it, and you have five different reports.

我们觉得我们看到的是一样的，

We think we're all seeing the same thing,

但我们看到的只是自己所有思维的总和，

but we're seeing only our sum total thinkingness,

它是你的画面，

it's your picture,

对它负起责任，

take responsibility for it,

然后你就会改变它。

then you'll change it.

宇宙的基本法则是绝对的和谐。

The basic law in the universe is absolute harmony.

当我们通过自己的计算机程序而没有体验这种和谐时，我们就是在干扰它。

And when we are not experiencing it through our computerized programs, we're interfering with it.

所以在那里，你和你的电脑处于自动化的状态，在这种生活中你没有任何的自由意志。

So there you are with your computer, you're thrown it on automatic, you have zero free will in this life.

无论你做什么选择，都是被你的感受决定的，感受就是你的程序，你在这个世界上没有自由意志。

Whatever choice you make, it's made by your feelings, which are your programs, you have no free will in this world.

然而，你可以选择认同程序、认同计算机、认同计算机投射出的身体，或者认同你的存在。

However, you do have a choice to identify with the programs, with the

computer, with the body that the computer has projected out, or to identify with your Beingness.

但你知道自己在做什么吗？

But you see what you're doing?

99.999%的时间，你都在认同身体、心智。

Ninety nine point nine nine nine percent of the time, you're identifying with the body, mind.

你确实有一个自由的选择——认同你的存在或认同 AGFLAP。

You do have a free choice to identify with your Beingness or with the AGFLAP.

所以对你投射出来的东西负起责任，减少那些 AGFLAP，你会看到外面的痛苦也在减少，这会激励你更多地这么做，直到你解除了这一切。

So take responsibility for what you are projecting out there, reduce the AGFLAP, and watch the reduction of the agony out there, which will encourage you to do it more, so until you undo the whole thing.

除了获得自由，生活中的一切都是在浪费时间。

Everything in life is a waste of time except going free.

因为自由才是你在奋斗的目标，在你得到它之前，你永远都不会停止。

Because that's what you're struggling for, and you'll never ever stop until you get it.

所以为什么要浪费时间呢？

So why waste time?

我希望不久后能看到你们中的一些人获得自由。

I expect to see some of you go free soon.

这需要花多长时间？

How much time should it take?

几个月。

A few months.

如果你贯彻六步骤，你可以在几个月内没有痛苦地完成。

If you will carry out the Six Steps, you can do in a couple of months without agony.

第六步告诉你，这一切都是愉悦的，如果你让它持续下去，它就会从一个高峰上升到一个更高的高峰，再到一个更高的高峰，再到一个更高的高峰.....

The sixth step tells you it's all joy, if you make it constant, it's going from one high to a higher high, to a higher high, to a higher high...

有那么一会儿，你会感觉垃圾涌了上来，但那一刻你释放它，你就会更高一点；

For a moment, you'll feel the garbage come up, but that moment you release it, and you're a bit higher;

下一刻，一片垃圾击中你，你在释放，你更高了；

The next moment, a piece of garbage hits you, you're releasing, you're higher;

再下一刻，另一片 AGFLAP 出现了，你释放它，你又更高了；

Next moment, another piece of AGFLAP comes up, you release it, you're higher;

所以这是一个总在不断上升的体验，就像你释放的时候一样。

So it's an experience of just going higher all the time, like when you release.

如果你让它持续下去，你会一直升高，而且会越来越高，直到你再也无法承受，然后你就踏入了平静中。

If you would make it constant, you'd get that higher all the time, but higher and higher and higher, until you can't stand it anymore, then you'll step into the peace.

别再浪费时间了。

Stop wasting time.

现在我不是说要辞去工作，也不是说要结束关系，

Now I'm not saying quit work, I'm not saying break up your relationship,

利用工作、利用关系在几个月内结束这一切。

use work, use relationship to wind it up in a couple of months.

如果你去做，你就能做到。

You could do it if you do it.

你最弱的环节在哪里？

Where are you weakest?

第一步。

Step number one.

你对自由的渴望小于你对世界的束缚、对世界的限制的渴望。

Your want for freedom is less than your want for the bondages of the world, for the limitations of the world.

你必须先进入第一步，在那时，其他所有步骤就会随之而来。

You have got to get step number one in, then all the other steps will fall into line for you.

当你想要自由超过你想要其他任何东西时，你就会很快在一两个月内得到它。

When you want freedom more than you want anything else, you'll get it quickly a month or two.

因为你可以轻松地完成剩下的步骤。

Because you'll carry out the rest of the steps with ease.

但现在你想要世界上的东西超过了你想要自由，这从你所在的位置就可以明显看出来。

But you're wanting things of the world more than you're wanting

freedom, which is obvious by where you're at.

一旦你自由了，为了谋生而工作就再愚蠢不过了。

Working for a living couldn't be more stupid once you're free .

为了谋生而工作？

Work for a living?

你是永恒的，你所谓的“为谋生而工作”是什么意思？（学生笑）

You're eternal, what do you mean work for a living?

但如果你现在不得不工作，那就继续，但要一直利用它来进行释放。

But if you have to right now, stay with it, but use it all the time for releasing.

你不喜欢工作，或者甚至你喜欢工作，你都可以释放它。

You don't like working, or even if you like working, you can release that.

我们必须释放上层区域，即无畏、接纳和对平和的渴望。

We have to release the upper area, courageousness, acceptance and wanting peace.

你释放的最后一个东西就是“想要那个终极状态”，但它会自然地发生。

The last thing you do release is wanting that ultimate state, but that happens on its own.

当我说：“我是它，我就在那里”，这就是了。

As I say: “I am it, I am there”, that's it.

所以总结一下，认清你在哪里，你是存在？你是心智？你是身体？

So to sum it up, identify where you are, you're Beingness? You're a mind?
You're a body?

你的存在创造了你的心智，你的心智创造了身体和物质世界。

Your Beingness creates your mind, which creates the body and the material world.

要明白你有一台电脑在运转，你把它设置成了自动模式，并且它正在运作你。

See that you've got a computer going, you throw it on automatic, and it's running you.

做出决定吧，别再被这个东西摆布了。

Make the decision of hell with this being pushed around.

他们总是想象一头驴整天忙着追赶胡萝卜，

They always get that picture of a donkey working all day long after a carrot,

那根胡萝卜就是外面的世界，

that carrot is the world out there,

我们和那头驴一样聪明，

we're just as smart as that donkey is,

我们在追逐那根胡萝卜，

we're after that carrot,

我们所要做的就是停止追逐它，存在，就是这样。

all we need to do is stop chasing it and be, that's it.

因此，通过摆脱 AGFLAP、想要认同、想要控制以及最终作为一个物质身体的想要生存来解除计算机的编程。

So deprogram that computer by ridding yourself of the AGFLAP, the wanting of approval, the wanting to control and finally the wanting to survive as a physical body.

这取决于你决定花多少时间，可以是几个月，也应该是几个月。

And it'll take as much time as you so decide, it can be in months, it should be in months.

但是检查一下你自己，你不相信你可以仅凭想一想它就能拥有各种事物。

But check yourself, you don't believe you can have things just for the mere thought of it.

然而，我知道你们中的很多人已经经历过奇迹，但你们仍然不相信。

Yet, I know a lot of you have already experienced miracles, you still don't buy it.

所以我恳求你，别再犯傻了，获得自由。

So I'm pleading with, you stop the nonsense, be free.

这门课结束的时候，你要确切地知道你需要做些什么才能获得自由。

By the time this course is over, know exactly what it is you need to do to go free.

你从“拥有状态”进入“行动状态”，再进入“存在状态”。

You get out of the havingness state into the doingness state, that puts

into the Beingness a state.

当这门课结束时，你应该确切地知道这一切是怎么回事，毫不怀疑自己在哪里、要去哪里、为什么现在不在那里。

When this course is over, you should know exactly what it's all about, no doubts as to where you are, where you're going, and why you're not there now.

好吧，我想就讲到这里吧。

Okay, I think I'll end on that.

我想从上次结束的地方开始，试着让你们每个人都知道你在哪里，要去哪里，要怎么做才能到那里。

I like to take up where I left off last time to try to get each one of you to identify where you're at, where you're going, what you need to do to get there.

有没有人觉得他或她不明白自由是什么、我现在是什么、我到达自由的道路上有哪些障碍？有没有人没完全理解这一点？

Is there anyone who feels that he or she does not understand that what freedom is, what I am now, what there is in my way to get there, is there anyone who does not fully understand that?

哦，很好，拜拜。

Oh, good, bye bye.

但这很好。

But that's great.

我没听见，迈克尔...

I didn't hear you Michael...

迈克尔：.....如果我真的理解自由是什么，我就会在那里了。

Michael: (.....前面的听不清) If I really understood the freedom was, I would be there.

莱斯特：没错，但在你心里，你可以明白我在这里，上面这里是自由，那是一个美好、完美、安静的地方。

Lester: That's true, but within your mind you can understand that I am here, and up there is freedom that nice, perfectly, quiet place

唯一阻碍我停留在那里的是我心智中的噪音，它被称作“想法”。

and that the only thing that's keeping me from remaining there is the noise of my mind, called thought.

我们现在都认为我们是小我。

We all think now that we are egos.

它出现了，小我，必须离开。

It comes upon, ego, e must go.

而小我就是我们自己的疫病。

And ego is the blight upon ourselves.

当小我消失后，你就只停留在你的存在中，看到外部的一切都有一个相机所呈现出的外部画面，这个你设置的相机被称作“心智”，你用成堆、成堆、成堆的胶片拍摄了这个画面，这个胶片叫做“程序”，其中最沉重的就是情绪、感受。

When the ego is gone, you're abiding only in your Beingness, seeing everything external as an out picturing of a camera you set up called your mind, which you have filmed with banks, and banks, and banks of films called programs, the heaviest of which are emotions, feelings.

小我是一种与“一”或“一体”分离的感觉。

The ego is a sense of separation from the one or oneness.

当我们认同我们的存在时，我们看不到其他的东西，不仅是你、是你、我，而是外面的每一个原子都是我，或者如果我释放这种投射，我就只是我，

When we identify with our Beingness, we see no otherness, not only are you, are you, me, but every atom out there is me, or if I let go of the projection, I only am,

这是最好的状态，

that's the greatest state possible,

这是终点，也是起点。

it's the end of the line or the beginning of the line.

正如迈克尔指出的，“理解”实际上就是成为它。

Understanding as Michael pointed out is actually being it.

如果你想知道一条狗是什么，那就成为那条狗；

If you want to know what a dog is, be the dog;

如果你想知道那棵树是什么，那就成为那棵树；

If you want to know what a tree is, be that tree;

这是有可能的。

It's possible.

如果你想知道自由是什么，那就成为你的存在。

If you want to know what freedom is, be your Beingness.

因此，我们最初将自己与“一”分离，为了做到这一点，我们需要一个称为心智的机制，它是众多部分的反射屏幕。

So we separated ourselves originally from the one in order to do that we need a mechanism called the mind, which is a screen of reflection of the multitude of parts.

我们设置了心智并进入心智，我们编程了现在我们所经历的一切。

We set up the mind, and into the mind, we program all and everything that we now experience.

我们已经忘记了这个事实：我们来自一个全知、全能、全在的地方，是我们投射出了心智，心智又投射出了这个宇宙和物质世界。

We have lost sight of the fact that we came from a place that was all knowing, all powerful, everywhere present, and projected out the mind which projected out the universe, the material world.

我们太喜欢这个世界了，太沉迷于它的戏剧了，我们忘记了我们的存在，开始认为我们就是电影里播放的那些角色。

And we liked it so much, and got caught up in a play of it so much, we forgot our Beingness, and began to think that we are those films, we're playing out there.

我们确实已经走向了极端。

We have really gone to the extreme。

事情是怎么开始，又是怎么结束的呢？

And here how the thing started and how it ends?

我们从所有的存在中出来，当你身处其中时，它只是纯粹的觉知，你是觉知。

We come out of all Beingness, which when you're in it, it's just awareness only, you're aware, period.

现在你们都体验过了那种状态，但你们却忽视了它。

Now you have all experienced it, but you discount it.

你认为你必须意识到某事、某人或某种行为，

You think you must be aware of something or someone or some action,

但当你处于存在中时，你只是觉知着。

but when you're in Beingness, you're just only aware.

因为你是超越心智的，所以没有关于存在的记忆，但是当你进入心智的那一刻，就会有记忆，这时你想立刻回到存在中，

And because you're beyond the mind, there's no memory of the Beingness, but there is a memory the moment you come into mind, you want to go back immediately,

但因为你已经陷入了心智，所以无法轻易回到那里。

but because you have gotten involved in mind, you just can't easily get back there.

因此，在这里，我们创造了一个心智，而心智又创造了一个身体。

So up here, we create a mind, which creates a body.

有一天，你会发现你创造了整个物质宇宙，而这个宇宙当下所在的唯一的地方就是在你的心智里。

And someday you're going to see that you created the entire physical universe, that the only place where that universe is right now is in your mind.

这是可以证明的。

And that's provable.

如果我把你打晕，这个宇宙在哪里？

If I knock your mind out, where is the universe?

它消失了。

It's gone.

或者如果你睡着了，而且没有做梦，这个宇宙在哪里？你的身体在哪里？所有的东西又在哪里？

Or if you go to sleep and don't dream, where is the universe? Where is your body? Where is everything?

消失了。

Gone.

不要醒来，你就再也看不到它了，但你依然存在。

Don't wake up, you'll never see it again, but you remain.

无梦的睡眠状态就是“存在状态”，

Now the state of sleep without dream is the state of being,

当你睡着而且不做梦时，你就处于终极状态。

you are in the ultimate state when you sleep and do not dream.

但是你习惯于认为那一定是物理层面的东西，你对那种美妙状态唯一说的话就是：“哦，我睡得很好，真好。”

But you're so in the habit of thinking that which is must be the physical, the only thing you say about that wonderful state is: "Oh, I slept well, it was nice."

但如果你能有意识地进入那种睡眠状态，你就会一直留在那里。

But if you could get into that state of sleep consciously, you'd remain there.

不幸的是，我们无法保持在那种状态中，

Unfortunately, we cannot remain in that state,

我们不得不回到被称为世界、宇宙的程序中来，

we have to come back to our programs, called the world, the universe,

我们必须撤销这些程序，

we have to undo them,

找到存储库，你知道计算机里的存储库是什么，然后把它们拔出来，把所有的光盘、所有的磁带、所有的东西都拔出来。

get the banks, you know what banks in the computer are, and pull them out, pull out all the disks, all the tapes, everything.

而当所有被称为感受的程序都消失后，你就仅仅只是存在了，而这就是被称为自由的终极状态。

And when all the programs called feelings are out, you'll just only be, and that's the ultimate state called freedom.

而且，再说一次，你永远不会停止为它而努力、为它而挖掘、为它而奋斗、为它而生、为它而死，

And again you'll never stop scratching for it, digging for it, and fighting for it, and living for it, and dying for it,

你所做的一切都是试图达到那个终极状态，在我们到达那里之前，我们称它为幸福，它超越了幸福。

and everything you're doing is trying to get to that ultimate state, we call it happiness before we get there, it's beyond happiness.

但是，请快乐起来，一天 24 小时都快乐起来，这样你就接近那个自由状态了，你就可以一直保持快乐，

However, please get happy, get happy 24 hours a day, see then you're up close to the free state, you can remain happy all the time,

你处于情绪表的顶端，你处于情绪表的高处，这会让你释放一切，只是步入那个安静的地方、一个宁静的地方，

you're on top of the chart, and you are in a high place on that chart, which will allow you to let go of everything and just step into that quiet place, that tranquil place,

它是如此地美妙，一旦你触及它，你就永远不会停下，直到你能一直维持那种状态。

which is so delicious that when you touch it once, you'll never stop until you sustain it for all time.

获得幸福，

Get the happiness,

但记住，不管你有多幸福，最高状态是高于幸福的，

but remember the top state is above happiness, no matter how happy you are,

最高状态是波澜不惊，

the top state is imperturbability,

除非你进入那种状态，并且在世间行走而不受打扰，否则你就没有拥有它。

and you don't have it, until you move into it and move through the world, imperturbable.

不管能源危机、战争、氢弹、地震，不管所有这些事情，当你在那里时，你的宁静不会被打扰一丝一毫。

Regardless of energy crises, wars, hydrogen bombs, quakes, regardless of all those things, your tranquility cannot be disturbed one iota, when you're there.

因为你知道它是什么，它是一种心智活动，你所做的一切都在你的心智里。

Because you know it for what it is, it's a mentation, everything you're doing is within your mind.

撤销心智，也就是让心智安静下来，然后你就能处于最初的“存在状态”。

Undo the mind which means quiet it, and you're in your pristine state of Beingness.

正如你所知道的，心智不安静的原因是你在思考。

The reason the mind is not quiet as you know is you're thinking.

而你思考的原因是——你试图满足你的感受，而这些感受都是为了自动维持身体的生存而被植入的，你已经这样做了数百万年，甚至数亿年。

And the reason you're thinking is you're trying to satisfy your feelings, every one of which was put in to automatically keep the body surviving, and you've been doing this for millions of not hundreds of millions of years.

这些程序、这些自动程序被称为 AGFLAP 等等。

And the programs, the automatic programs are called AGFLAP and so forth.

所以当我们不断释放 AGFLAP 时，24 小时保持警惕来保护身体的需求就会越来越少，

So as we keep releasing the AGFLAP, the need to stay on guard 24 hours a day to protect the body less and less,

我们变得更自在、更安静、更平和、更有爱。

we become more at ease, quieter, more peaceful, and more loving.

因为爱是我们内在的基本天性。

Because love is our basic inherent nature.

当我说爱的时候，我指的是最高层次的爱，在那里，你对待最陌生的陌生人会比对待自己还要好。

When I say love, I mean the highest love there is, where you'll treat the strangest stranger better than you'll treat yourself.

所以，我们要做的就是让垃圾上来，然后让它出去。

So all we need to do is to get the garbage up and get it out .

首先，在认同和控制的层面，你们都知道所有其他每一种感受要么是想要认同，要么是想要控制，

First, at the level of approval, control, you all know that every other feeling is wanting either approval or control,

当你摆脱了认同或控制，你就摆脱了它下面的一切。

and when you're rid of approval or control, you're rid of everything underneath it.

当你消除了相当数量的认同和控制，然后你就能真正解决作为一个身体的想要生存了，

And when you've undone an appreciable amount of approval, control, then you can really tackle the wanting to survive as a body,

当你碰到它时，如果你只是坚持下去，坚持一或两个星期，持续下去，就不会再有对死亡的恐惧了，

and when you hit it, if you'll just stay with it, a week or two, and keep it going, there'll be no more fear of dying,

你离最高状态如此之近，以至于你可以很容易地做出选择，要么进入它，要么留在这个世界上你所处的环境中。

and you're so close to the top state that you can easily make the choice to go into it, or to remain where you are in your circumstances in the world.

大多数到达自由状态的人都会避世或者消失，有些人会在一道光中消失，他们没有家庭牵绊等等.....

The majority of people who reach the free state, isolate or disappear, some of them go out in a flash of light when they don't have family connections and so forth...

他们中的一些人给家人留下了离开的通知——他们只是丢下了他们的物质身体；

Some of them have left the notice to their family that they've left, they

just dropped their physical body;

只有极少的一部分人决定留在这里，帮助其他人发现他们所发现的东西，他们就是佛陀、基督之类的人。

And it's very small percent decide to stay here and help the others discover what they discovered, they are the Buddhas, the Christ and so forth.

当你到达那里时，你会知道你想要做什么，但在那之前，你很难知道你要去做什么。

You will know what you want to do when you get there, before then it's very difficult to know what you're going to do.

但要知道，你不会消失，你不会失去理智而精神错乱，你也不会死。

But know that you don't disappear, you don't lose your mind to insanity, and you do not die.

现在你还没有获得自由的原因是对死亡的恐惧。

Now the reason why you haven't gone free already is the fear of dying.

你为了生存而放入了所有这些程序，

You put all these programs in for survival,

你确实觉得如果我释放了这些程序，我就会死，

and you do feel if I let go of these programs, I'll be dead,

事实恰恰相反。

the truth is the exact opposite.

只要你还被束缚在一件物理紧身衣（物质身体）里，你就无法比这更死了，

As long as you're encased in a physical straight jacket, you could not be deader,

但当你摆脱那件紧身衣时，你才会发现这一点。

but this you discover when you get out of the straight jacket.

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but this you discover when you get out of the straight jacket.

你可能会选择进入一个精微的身体——星光体，它是由物质构成的，但比我们物质世界中的任何东西都要精细得多，它只需通过念头就能移动，不需要进食，就像你在动画片中看到的那些身体一样，你知道他们把它们压扁，然后又马上把它弹回来。

You might choose to move into a subtle body, the astral body which is made up of substance but much finer than anything in our physical world, and which will travel by mere thought, which doesn't have to be fed, which is something like the bodies you see in cartoons, you know they squash them down flat and they bounce it right back.

因为在你的星光体中，你只处于想法的领域，并非想法创造物质，而仅仅是想法本身，你无论你想什么都会立即实现。

Because in your astral body, you're in the realm of thought only, not thought making physical as much as just thought only, and whatever you think is immediately.

如果你选择与其他人一起工作，这就是大多数伟大的“一们”所走的路，

And if you choose to work with the rest of people, that's the avenue that most of the great Ones had taken,

他们离开物质身体，进入星光界，并从星光界帮助和指引我们。

they leave the physical, they move off into the astral realm, and they help and guide us from the astral realm.

因为那里没有限制。

Because there's no limitation there.

耶稣曾全身心地奉献给所有人，如果每个人都愿意和他交谈并且能够接受的话，他现在可以与每个人交谈，但在物质身体中，他是极其受限的。

Jesus who dedicated himself to everyone could right now talk to everyone, if everyone wanted him to them and could accept it, but in the physical body, he's extremely limited.

而在另一个层面，这些限制就都消失了。

On the other side, the limitations are gone.

所以大多数获得自由的那些人都是在另一个层面工作的，这是一个团队，一个没有任何组织的组织，没有高低之分，他们都在一起，致力于帮助和引导这个星球的进化。

So the majority of those who go free work from the other side, and it's a team, it's an organization without any organization, and there's no highs and lows, they're all together, that dedicated themselves to helping and guiding the evolution of this planet.

我告诉你这些的一个原因是，在不久的将来，生活将变得越来越艰难，

I'm telling you this for one reason being that, in the near future life is going to become more and more difficult,

我们下意识地把我们所有的支柱都击垮，聪明的话，我们必须依靠我们自己。

We subconsciously knock out all our props, smartly so, we have to rely upon ourselves.

当你的工作没了，超市没了，空气无法.....我不想说得太极端，但会发生一些事情。

When your jobs are gone, your supermarkets are gone, the air can't be... I don't want to go too far down that way, but things are going to happen.

好吧，你让自己处于这样一个状态——仅仅凭借知道“我是”，你就可以活下来，

Well, you put yourself in a position where you'll survive just by knowing I am,

外面的一切都是我的心智向外投射的画面，

that everything out there is an out picturing of my mind,

如果我不喜欢这个画面，我可以改变它，就像这样（莱斯特打了个响指）。

and if I don't like the picture, I can change it, just like that.

现在，如果有人想象灾难，而我看到和谐的画面，我们并肩站在一起，而那个想象灾难的人在附近拉了一颗氢弹爆炸了，会发生什么？

Now what happens if somebody pictures catastrophe, and I see picture harmony, and we're standing side by side, and that one who's picturing catastrophe pulls in a hydrogen bomb explosion nearby, what would happen?

(学生说的听不清)

莱斯特：不！如果我处在和谐之中，它就触碰不到我，

Lester: No! It wouldn't touch me if I'm in harmony,

我甚至看不到它，它对我来说根本不存在。

I don't even see it, it's not there for me.

我以前在纽约的时候，每次我沿着西区高速公路高速行驶，前面有一整片都在堵车，但他们总会给我让路，然后我开了过去，不知怎么的我很确信他们会为我让出一条路。

I used to think in New York City that every time I went down a West Side Highway at high speed, and there's a whole traffic jam up ahead that they opened up, and I went through, and I was convinced, somehow they always opened up a way for me.

就在一两周前, 我还在跟弗吉尼亚聊起这件事: “天哪, 这怎么可能呢?” 怎么会……是啊, 半英里长的路就突然畅通了? 西区高速公路只有两车道、有些地方是三车道, 那里到底发生了什么?

It was only a week or two ago, I was talking to Virginia about it: “Oh my gosh, that doesn't happen”, how could a... Yeah, half a mile long of the traffic suddenly opened up? It's only a two or some places three lane highway the West Side Highway, what happened there?

我开始回想, 果然, 他们让开了, 我穿了过去。

And I began remembering, sure enough, they opened up, and I went through.

但那是我的画面,

But that was my picture,

他们的画面全是堵车,

their picture was all jammed,

所以我一定会直接穿过他们，因为那是我的画面。

so I must have gone right through them, that was my picture.

因此，如果有人在我旁边拉氢弹，而我看不到它，那就没有氢弹，它也无法碰到我，因为这不是我的画面。

So if someone's alongside me pulling in a hydrogen bomb, and I don't see it, there is no hydrogen bomb, it can't touch me, it's not my picture.

我希望你开始明白，除了你的画面，外面什么都没有。

I hope you're beginning to see that there's nothing out there but your picture

学生：我们说，我们认为我们不相信我们研究的是同一个现实，我们分享着现实的经验.....

Student: We say we think that we don't believe in the same reality that we study that we're sharing the experience of reality...

莱斯特：我们认为，我们认为我们看到的是同样的东西。

Lester: We think, we think we're seeing the same thing.

我总是举一个事故的例子，为什么五个人专注地看着同一场事故，却会给出

五份不同的报告呢？每个人都用圣经发誓，他们看到了。

I always bring out an accident five people watching it intently come out with five different reports? And each one would swear by the Bible, they saw it.

学生：耶稣的信条，整个事情对于我们自己来说不一定.....

Student: Jesus Creed, the whole thing for ourselves not necessarily...

莱斯特：是的，但我们有一定的共识，比如你和霍华德在一起时，共同想象着出色的孩子，当你们看着孩子时，你以为他也看到了同样的东西，

Lester: Right, yet there's certain agreements you pick, you and Howard get together, and picture stunning children in common, and when you look at the children, you think he sees the same thing,

但他并没有，他看到的只是他所看到的，你看到的是你所看到的，你看到的是你的画面，

but he doesn't, he sees what he sees, you see what you see, you see your picture

但存在着不同程度的共识，

but there are certain agreements to varying degrees

我们有一些共识，就像如果我们把身体的温度提高 10 度，它就死了，多么愚蠢的共识！

and we have picked certain agreements like if we raise the temperature of the physical body 10 degrees, it dies, what a dumb agreement!

我们喝比体温高 10 度以上的咖啡或茶不会致命，但如果体温上升 10 度，我们就会死。

We'll drink coffee or tea more than 10 degrees hotter than we are_ doesn't kill us, but if the temperature of the body goes up 10 degrees, we die.

它只是一个程序，我们已经蠢到了这种地步。

It's just a program, this is how far we've gone in our stupidity.

我们需要氧气，我们这些永恒的存在需要氧气才能生存，这就是你的程序。

We need oxygen, we eternal beings need oxygen in order to survive, only if... That's your program.

通过释放认同、控制和安全，你释放了那些需要氧气、需要食物的程序。

By releasing approval, control, security, you let go of those programs of needing oxygen, needing food.

我们本就不该摄取其他生命并将其纳入体内来维持生存。

It was never meant that we take other life and ride it inside of ourselves to stay alive.

我们所拥有的这个华丽的东西，我们几乎花费了所有的时间去维护它，它其实是一个制造垃圾的机器，

And this gorgeous thing we have that we spend almost our total time in keeping up is a garbage producing machine,

把你的注意力从身体上移开，

take your attention away from the body,

让它自行其是，

give it its just to do,

远离那些维生素 A、然后是 B、接着是 C、再是 D，然后是 X、Y、Z，接着又要补充 AA、BB 之类的程序，

stay away from these programs of vitamin A, then you get B then C, then D, then X Y Z, then I have AA, BB in time,

难道你没看到它总是在改变你的日常饮食吗？

can't you see it's always changing your diet?

它们总是在变化，他们不知道问题出在食物上，

They're always changing, they don't know the problem is food,

别吃了，直接获取你的能量，

don't eat, take your energy directly,

无论如何你都在这么做，但你无意识地认为你是从食物中获取的能量。

you're doing it anyway, but unconsciously thinking you're getting it from the food.

但实际上只有一种能量，它就是宇宙能量，不管你叫它食物还是汽油。

But there's only one energy, it's cosmic energy, whether you call it food or gasoline.

朝着直接获取能量的方向，直到你体验到这一点，

Think in the directions of getting it directly until you experience it,

然后你可以不再需要食物、空气，并且永远都不会死。

and then you can cut out food, air and never die.

现在释放这些程序其实是在解除小我程序。

Now releasing these programs is simply undoing ego programs.

小我是我们所有程序的总和。

Ego is a sum total of our programs.

有一种说法是：当小我为零时，上帝就是一切。

And there's an expression: When the ego is zero, God is all.

当不再有小我时，我们就只认同我们的存在。

When there is no more ego, we identify with our Beingness only.

世人所称的上帝，就是宇宙的无限存在。

What the world calls God is the infinite Beingness of the universe.

如果我们拥有存在，我们就是其中的一部分；

If we have Beingness, we're part of that;

当你认同它时，你会发现你自己就是它的全部。

When you identify with it, you discover you're the totality of it.

现在错误地认为你是其中一个无穷小的部分，你就像一片海洋，想象你周围有一个圆圈，你称自己为一滴水，并说：“我是一滴水，我不是海洋。”

Now wrongly thinking you're one infinitesimal part of it, you're like an ocean, imagining a circle around you calling yourself a drop, and saying: "I'm a drop, I'm not the ocean."

当你拿走那个圆圈的束缚并摆脱了它时，你会发现你就是海洋，这就是当你摆脱了你所有的程序时会发生的事。

When you take that bondage of that circle and get rid of it, you discover you're the ocean, this is what happens when you rid yourself of all your programs.

你现在是自由的，也是波澜不惊的。

You are as free right now as you are imperturbable.

如果你想审视自己，看看外界，看看你被多少事情所困扰，尤其是家庭、亲密的人、还有金钱，看看你被这些事情所扰的程度。

If you want to check yourself, look out there, and see how much you are disturbed by things, especially family, close ones, and after that money, see how much you are bothered by these things.

然后你就能知道自己所处的位置了。

And you can begin to get an idea of where you are at.

你们每个人现在都比开始上这门课前少了很多干扰，

Every one of you are far less disturbable now than you were before you started the course

你必须继续下去，直到没有任何干扰。

you must continue it, until there's no disturbance whatsoever.

现在很难判断一个自由的人。

Now it's hard to judge one who was free.

因为祂在世界中扮演各种角色，特别是在印度的一些自由的人，他们像疯子一样四处走动，疯狂，故意这样.....

Because He play acts in the world, and some of the free ones especially in India, they go around like mad men, crazy, purposely so, to keep the died ones off their back (听不太清)

因为任何被卷入这个世界的人，你懂的。

Because anyone involved in a world, you know.

学生：你说这是一个悲惨的世界，什么意思？

Student: What do you mean it is is a miserable world?

莱斯特：你甚至看不见这一点，他们试图把不存在的画面扔给你，他们试图把你拖入痛苦中，那是你既不想、也不愿陷入的痛苦。

Lester: You can't even see it, they're trying to throw pictures at you that are non-existent, they're trying to make you come down into misery which you don't want to and won't.

所以你需要抽身、退一步。

So you need to step aside, step back

这就是为什么他们中的大多数人会隐居洞穴、或消失、或像疯子一样行事，除了极少数人，也许其中只有百分之几的人会回到这里与我们一起，努力唤醒我们去认识到我们没有限制的这个事实。

That's why most of them go into caves or disappear or act like mad men, except for a very small figure is maybe a few percent of them will come back here, and work with us to try to awaken us to the fact that we have no limitation also.

现在我们有了更多的设备，我从课程开课第一天起就一直希望能有一台电子设备告诉你“我完全被束缚了”、“我完全自由了”。

Now that we're getting more apparatus, I've always had the hope from the first day of the course to get an electronic machine that tells you: "I

am totally bound" "I am totally free".

这是可以做到的，你的不安、你内在的不安是可以被测量的。

Could be done, your disturbance, your inner disturbance can be measured.

因为它是自动的。

Because it's automatic.

但如果我们有一个从 0 到无穷大的刻度，那么这一切都可以被测量。

But if we had a scale from zero to infinity, it could all be done.

这里就在底部，所以我们会建立一个从 0 到中间到无穷的比例，它可以用数字来测量，也许有一天我们会拥有这样的设备。

Right at the bottom there, so we would set up a scale from zero to partway to infinity, it could be measured in figures, maybe someday we'll have it.

但是应该有一种方式可以判断你在自由尺度上的位置，

But there should be a way for you to judge you as to where you are on the scale of freedom,

最好的判断标准是波澜不惊，在最有压力的情况下，我被打扰的程度有多大？

and the best thing is imperturbability, how much can I be disturbed in the most stressful situation?

现在，如果你使用那个相同的情境、并不断用它来衡量你自己，你会看到自己的成长。

Now if you use that same situation and keep measuring yourself against it, you'll see your growth.

你想要一个好的情境吗？

You want a good one?

死亡就是一个不错的情境。

Dying is a good one.

你可以想象自己从悬崖上掉下来，走在一辆行驶的卡车前面，保持住.....

You can see yourself falling off a cliff, walking in front of a moving truck, hold on to it...

嗯，这对你来说可能太强烈了。

Well, that's too strong for you maybe.

但是找一些让你不舒服的情境，并反复用它来衡量你释放了多少干扰，

But get some some situation that you're uncomfortable with, and keep using that again and again to measure how much disturbance you have let go of,

这样，小我感就消失了，这很明显。

So the ego sense drops away, and that's kind of obvious.

当你释放了你的小我时，你就不会再想着自己了。

When you let go of your ego, you never think of yourself anymore.

你可以想象一下，你一开始为别人着想，然后当你决定不再关注别人时，你甚至都不会去想。

you can imagine that you first begin thinking of others, and then when you so decide you want to move out from the others, you don't even think.

自由状态是一种直觉的状态，

The free state is an intuitive state,

在那种状态中，你可以一天 24 小时不用动任何念头地说话，

and you can talk 24 hours a day in that state without having a single thought,

这是来自你的直觉的话语，它只是自然地流淌出来，没有任何的预先思考。

it's talking from your gut, it just flows without any premeditated thinking.

我知道你们中的一些人在一定程度上经历过这种情况，

I know some of you have experienced this to a degree,

特别是如果你在有创造力的时候，没有任何思考，它就会直接流出来，

especially if you're creative, it'll just flow out without any thinking,

当这种情况发生时，无论你做什么，这都是最好的。

and it is the best of whatever it is you're doing when that happens.

所以，小我，必须离开。

So ego, e must go.

当小我离开时，唯一剩下的就是存在。

And when he's gone, the only thing left is Beingness.

当我们从最高处下来的时候，我们构建了一个看起来像这个物质身体的身体概念，

When we come out from the top, we set up an idea of a body, that looks like this physical one,

但它是由如此精微的物质构成的，

but it's made of such fine substance,

很难想象这种物质有多精细，

it's hard to imagine how fine that substance is,

在这个状态中，一切都只是想法而已，

and everything is an idea up in this state,

在你产生一个想法的那一刻，它就实现了，

the moment you have an idea, that moment is fulfilled,

这个状态是，他们称它为因果状态。

and that state is, they call it the causal.

我们在因果、星光状态中居住了亿万年，在物质状态中居住了数百万年。

We dwell for eons in the causal, astral state, and we dwell for millions of years in the physical.

现在，当我们下降，我们进入了星光状态，再说一次，它比物质状态要精微得多，

Now as we come down, we go into the astral state, which again is much finer than the physical,

但是在星光状态有行动和因果等等，走动、去做、去参观等等几乎是瞬间发生的，但星光状态不像在这里那么快，因果状态下，当你有一个念头的时候，它就实现了，

but there is action, cause and effect, and so forth, but it's almost instant to go and do and visit and so forth, it's not as fast as it is up here, up here the moment you have an idea, it's fulfilled,

星光状态是一个思想的领域。

it's a realm of ideas.

我想我应该告诉你，我们每个人此刻都同时处于这三种状态中。

I guess I should tell you every one of us is in the three states right now.

你看，在最高状态，你无法移动，你只是使它变得稠密，你让它变得更稠密，然后更稠密.....

You see, this top state, you can't move, you just densify it, you make it more dense, and then more dense...

当你下降到这里时，你变得如此稠密，以至于你看不到你的星光体和因果体，你认为自己处于那个身体里。

When you get down here, you get so dense, you don't see your astral and causal bodies, and you think you're in that body,

你忘记了是你创造了身体、并且身体就在你之内的这个事实。

you've lost sight of the fact that you've created the body and that the body is in you.

再说一次，你们中的一些人曾经有过看到身体在外面的经历，

And again, some of you have had experiences where you have seen the body out there,

有一天，身体会一直在外面，

some day the body is out there all the time,

你只是把画面投射到了外面而已。

you just projected the picture out there.

如果你不喜欢它，你可以立即改变它。

And if you don't like it, you can change it instantly.

大多数能做到这一点的人，他们把身体的年龄无限期地保持在 16、18 岁左右，不会让他们看起来比这更老，

Most people who can do that keep the body about the age of 16, 18 indefinitely, they don't get any older looking than that,

我能看到这会比石油还畅销..... (笑)

I can see this would sell better than oil...

学生：为什么这么年轻？为什么这么年轻？

Student: Why so young? Why so young?

莱斯特：因为年轻状态比年老状态更完美，仅此而已。

Lester: It is a more perfect state than an old state, that is all.

在年轻的身体里，一切都运转得更好、看起来更好、感觉更好，对吗？

Everything works better, looks better, feels better, right? In the teenage

body.

嗯，从根本上来说，我们不想死，对吧？

Well, more basically we don't want to die, right?

如果我们保持在 18 岁，我们就不会死，我们得到 80 岁甚至更大的年纪才会死。

If we stay 18, we can't die, we've got to get to the 80 to die or more.

所以，青春的概念意味着不会死亡，你明白吗？

So the concept of youthfulness has the implication of not dying, can you see that?

学生：所以这就是星光界的限制.....

Student: So that's the real limitation in the astral plane... (后面的听不清)

莱斯特：只要有身体，它就是限制，只要有身体，它就是一种禁锢。

Lester: As long as there's a body, it's limitation, as long as there's a the body, it's a confinement.

当你认同你的存在时，你是无处不在的；

When you identify with your Beingness, you're omnipresent;

当你认同任何身体的时候，你就只处于那个位置。

When you identify with anybody, you are at that spot only.

我试图把上面的知识带到这里，让你们能够理解，这样你们就可以用它来脱离这里、上升到那里。

I'm trying to take knowledge up here and bring it down to where it's understandable to you, so that you can use it to get out of here and go up there.

我和每个人都沟通到了吗？有人不明白这些概念吗？

Am I communicating with everyone? Is there anyone who's not getting these concepts?

学生：我想你应该知道。

Student: I think you should know that.

莱斯特：我想让你了解它。

Lester: I want you to know it.

如果我知道答案，我就不会提出来，我想让你了解，只有我了解对你没有任

何帮助。

If I had the answer, I wouldn't present it, I want you to know it, what I know helps you none.

学生：不，我的意思是你会知道我们是否了解它了，但你问我是出于另一个原因，看看我们是否了解它了。

Student: No, I mean you would know if we're getting it or not, but you asked me for another reason to see if we know it.

莱斯特：如果你了解它的话，这对你会有帮助，

Lester: It's helpful to you if you know it,

如果是我了解它，这对你没有帮助。

It's not helpful to you if I know it.

学生：但我我说的是你知道我们是否了解它了，但你问这个问题是想看看我们是否了解它.....

Student: But I'm saying this thing that you know if we know it or not, but you're asking that question to see if we know it or...

莱斯特：如果你不了解它，你就必须观察它、了解它、认识它。

Lester: Not if you know it, for you to look at it, and know it, get to know

it.

我来这里不是讨论我了解什么或你了解什么，我来这里是为了让你了解它，

It's not a question what I know or what you know, that I'm here for I'm here to get you to know it,

现在如果我问你“你了解了吗？”，你就得朝那个方向思考：“嘿，我了解了吗？”

now if I ask you “Do you know it?”, you've got to go in that direction: “Hey, do I know that?”

说到“了解”，

Talking about knowing,

我一直在重复对我帮助很大的那句话：“我只了解我能做到什么，不是想想而已，而是做到。”

I keep repeating the thing that helped me so much was: “I only know that which I can do, not think but do.”

我只知道我能做到的。

I only know that which I can do.

我究竟有多无限？我会一直问这个问题。

How infinite am I? I would keep posing that question.

它不断地提醒我：我离终点还有多远。

It kept plotting me by showing me how far down the line I was.

直到最后宇宙中所有的力量都落到你的膝盖上，你所有的束缚就都消失了。

Until finally all the powers in the universe drop into your lap, all your confinements are gone.

你可以证明给自己看，如果你不想向别人证明这一点，有时候当别人看到某人拥有最高处的每个人都拥有的不寻常力量时，他们会感到非常不安，所以你不一定会展示它。

and you can prove them to yourself, if you don't want to prove it to someone else, it's sometimes very disturbing to others when they see someone with unusual powers which everyone has in the first place, and so you don't necessarily show it.

但因为我受过物理学家的训练，你必须证明一些东西，所以作为一个优秀的物理学家，在接受它之前，我必须了解我所做的所有事。

But because I was trained as a physicist and you had to prove things out, I have to see everything that I did before I accepted it as a good

physicist would.

你认为自己在这个物质身体里。

You think you're in this physical body.

你之所以处于强迫的原因是，你在拼命抓住随时都有可能死去的生命线，这是我们经历物质生活的方式，这就是我这样画它的原因。

The reason why you're bludgeoned, you're just you're holding onto the lifeline by your fingertips about to die any moment is the way we go through a physical life, that's why I drew it that way.

但是我们用星光体来操控物质身体，

But we operate the physical body with the astral body,

我们的心智在我们的星光体中，

our minds are in our astral body,

我们通过颈部下方延髓的位置与物质身体建立联系，然后通过大脑来操控身体，大脑只是连接所有部分的开关板，大脑本身不会进行任何思考。

we contact the physical body, the lower part of the neck, the medulla oblongata, and through here we operate the body through the brain which is only the switchboard that connects up all the parts, there is no

thinking going on in the brain.

所以当你读到这些左脑、右脑的理论时，这全都是愚蠢的说法（这都是由跛脚大脑提出的），

So when you read these theories of left brain, right brain, that's all put out by lame brain,

他们用大脑所做的一切都是在物质层面，而心智并不在这个层面，

and everything they are doing with the brain is in a physical realm which the mind is not in,

所以他们无法理解人类的行为。

and so they cannot understand man's behavior.

但是知道大脑在星光体里，这对你是有利的，

But knowing that the brain is in the astral body can be used to your advantage,

如果你与另一边的灵魂和实体打交道，很多人都这样做，我不知道为什么，可能是一种结转。

if you get involved with spirits and entities on the other side, and many people do, I don't know why, probably a carry over.

你永远不必害怕恶灵。

You never ever have to fear an evil spirit.

因为在星光界那一边的这些家伙们，对他们来说，他们真正的大脑、真正的现实就是他们的心智，那里的一切都是精神层面的，我们在精神上做的任何事对他们来说都是真实的。

Because these characters on the other side is the astral, what to them is their real brain, what to them is their real reality is their mind, everything is mental there, and whatever we do mentally to them is real.

所以，如果你遇到一些邪恶的灵魂试图攻击你或对你做些什么，你只需要在精神上坚持住你想要的东西，把它锁在另一边，你永远不必害怕星光界的那一边。

So if you got some evil spirit trying to beat up on you or do something to you, you just mentally hold what you want, and this one is locked it away, you never have to fear the other side the astral.

他们可以拿着星光体层面的棍子敲你的头，一次又一次，但那会直接穿过你的身体，你甚至都不知道，除非你是个通灵者，

They can take an astral stick, and beat on your head, and beat on your head, it goes right through your body, and you don't even know it, unless you're a psychic,

如果你是一个通灵者，它可能会伤害到你。

if you're a psychic, it might hurt you.

因此，如果有人得到了一些邪恶的药水或一些邪恶的咒语之类的，你只需要一笑置之，你知道他们无法触碰你，他们无法碰到你。

So if someone's got some evil potion or some evil sentence and so forth, you just smile at it, you just know they cannot touch you and they cannot.

当你向上移动，开始回家时，处于左边的那些家伙会嫉妒你的状态，

As you move up, start going back Home, the characters on the left side are jealous of your state,

你看，我们至少领先宇宙中一半以上的人。

you see we're ahead of at least one half of the people in the universe, more than one half.

因为我们正在走出最底层，而一半以上的人正在朝着这个方向前进，但这些人就是所谓的“嫉妒之神”，

Because we're coming up off the bottom, and more than half are on the way toward it, but these people are what are called the jealous gods

他们和上升到这里的人拥有的力量一样，而且力量相当，他们可以在精神上操控物质之类的东西。

they have powers just like someone moving up here has powers, and they're equal in powers, they can mentally manipulate the physical matter things like that.

但是当你开始向上移动的时候，那些落后于你的人会因为嫉妒而试图拖慢你的速度，他们会诱惑你：“哦，你超越了那些没有意义的东西，你现在可以做到，你可以去玩下面的火了，它不会烧到你的。”

But when you start moving up, the ones behind you because of jealousy try to slow you down, they'll tempt you: “Oh, you're above all that nonsenses, you can do it now, you can play with that fire down there, it won't burn you.”

我见过很多人屈服于这些家伙，因为他们在星光层面、通灵方面折腾尝试，他们试图在这里发展一种力量，在那里发展一种力量.....

I've watched so many people succumb to these characters, because they're playing around with the astral, with the psychic, they're trying to develop a power here, a power there without...

3 - 2

(注: 本节实际上就是“原始圣多纳释放法”公众号中《Goals and winning 你必须赢得目标》那一篇)

处于这个图表上的第一个程序是分离,

The number one program on the chart is separateness,

我们最初放入的第一个程序就是想要从“一”中分离, 与“一体”分离,

the very first program we put in is wanting to be separate from the one, from the oneness,

一体就是我们的存在, 它是全在的, 现在你的存在就是无处不在的。

the oneness is our Beingness, it's omnipresent, right now your Beingness is everywhere present.

我们开始通过说“我要和它分离”来切断自己与存在的联系, 我们在自己周围围上一个圈, 把我们的存在包裹进一个叫做心智、身体的东西里,

We start cutting ourselves off from it by saying “I'm going to be separate from it”, and we put a circle around ourselves to encase our Beingness into a thing called mind, body,

我们的存在设置了一个“想象它是一个身体”的心智。

our Beingness sets up a mind ,which imagines it's a body.

因此，你所做的一切，以及在你获得自由之前，将一直持续做的事情都是为了消除这种分离感。

So everything you do and will keep on doing until you reach freedom is to undo that feeling of separateness.

在分离的链条上，有心智、身体和一切与身体有关的，诸如妈妈，爸爸，孩子，丈夫，妻子，当你越来越把自己牵涉进这些身份时，你就越远离合一存在的最高状态。

On the chain of separateness comes mind, body, and everything to do with the body, other bodies, mama, papa, children, husband, wife... It gets more and more involved as you move out from the top state of oneness, of Beingness.

但是，你的存在一直都在那里，

But this Beingness that you are is always there,

没有什么比你所是的这个无限存在更亲密的了，

there is nothing more intimate than this infinite Beingness that you are,

当你说“我”时，就是它了。

When you say I, that's it.

当你在它后面添加什么时，那便不是它了，而这些就是你需要释放的。

When you add on to it, that isn't it, that's what you need to let go of.

你只是从现在开始说“我、我、我”，你便就在那里了。

You just say I, I, I, from here on, you'll be there.

但是当你在它上面添加什么东西的时候，“我就是这个身体，或者我就是这个心智，或者我和……”，这些都不是它。

But the moment you add something on to it, "I am this body, or I am this mind, or I, I and", that's not it.

你在分离，你在心智中想象的不仅仅是“一”，

You're separating, you're imaging in your mind more than the oneness,

你设想的越多，你就越远离只是存在的最高状态。

and the more you image, the further away you are from that top state of just being.

因为你成为了身体，你成为了心智，你成为了丈夫，你成为了妻子，你成为了孩子，你成为了朋友，然后你成为了这个身体……为了让这个身体生存下

去，你卷入了一切让身体存活的事情中。

Because you're being the body, you're being the mind, you're being the husband, you're being the wife, you're being the child, you're being the friend, then you're being the body... You're being involved in everything to survive, keep that body surviving.

但有一个东西你无法放下，那就是“存在”这个词，

But there's one thing you can't let go of, that's the word "being",

那是你没有限制的那部分，那是你在每一个行为中所寻找的那部分。

that's the part of you that has no limitation, that's the part of you that you're looking for in every last act you do,

你不快乐，因为你不仅仅只是存在，

You are unhappy, because you are not just being,

不快乐只是远离了存在而已。

unhappiness is just moving away from Beingness.

所以，你越试图成为一个身体，你就越不快乐。

So the more you try to be a body, the greater your unhappiness.

当我们释放了对身体的认同、只认同我们的存在时，生活中就不会有痛苦。

There is no misery in life when we let go of identifying with the body and just to identify with our Beingness.

你是吗？

Are you?

当然，你是。

Sure, you are.

那就是它，没有任何别的东西，那就是它了。

That's it, period, nothing else, that's it.

你们明白 KISS 理论吗？

You see the KISS theory?

它是如此简单。

It's so simple.

你如何摆脱所有的障碍？

How do you get rid of all the obstaculations?

AGFLAP, 就是这样。

AGFLAP, that's all it is.

这些被放入心智存储库中的程序, 一直在持续运行着, 直到我们释放它们为止。

These programs put into the banks of the mind keep operating until we release them.

当你把这些程序从心智中抹去, 心智就会安静下来, 你的存在是如此的强烈, 你会不由自主地看清你所是的真我。

You get these programs out of the mind, the mind goes quiet, and your Beingness is so loud, you cannot help but be self-obvious to your Self as to what you are.

真理、真实是永远不会改变的。

Truth, Reality is that which never changes.

只有一个东西永远不变, 即真实、真理、我们的存在。

And there's only one thing that never changes, the Reality, the Truth, our Beingness.

所以我们从我们的存在开始，我们创造了一个心智，心智反映了这所有的部分，心智创造了所有的物质。

So we start from our Beingness, we create a mind, the mind reflects all the parts, the mind creates all matter.

当你陷入物质中时，一切都变得重要，但你只是被一堆胡说八道玩弄了而已。

And when you get involved in matter, everything matters, and you're just played by a bunch of nonsense.

因此，我们需要开始回到情绪表上来，摆脱所有这些无意识的深层程序 AGFLAP 等等。

So we need to start going back up the chart, ridding ourselves of all these unconscious deep programs AGFLAP and so forth.

回到我第一次在和你们谈论时的最初，辨识出你在哪里，你要去哪里，需要做些什么才能去到那里。

I'm back at the point that I started with when I first spoke to you, identify where you are, where you are going, what it is that needs to be done to get there.

一个无限的存在必须为谋生而工作吗？

Does an infinite being have to work for a living?

自由的“一们”有工作吗？

Do the free ones have jobs?

放下工作的重要性。

Let go of the importance of work.

当然，你必须要去你不得不做的事，否则你的程序会说：“我会死的”。

Of course, you've got to do that which you have to do, otherwise your program says: "I will die."

你需要这个车架子来折磨、困扰你，直到你回到顶端。

You need this carcass to plague you, until you get back up to the top.

生存于这世间的唯一目的就是去发现我们的自由。

The only purpose for being in this world is to discover our freedom.

来到这儿的唯一目的就是摆脱所有的限制。

The only purpose to come here is to get rid of all the limitations.

限制在哪里呢？

And where are the limitations?

在心智中：我害怕，我不行，我有罪，我不配，我很生气，我万念俱灰，等等等等.....

In the mind: I'm afraid, I can't I'm guilty, I don't deserve it, I'm angry, I'm apathy la la la la la...

我们来到这的全部目的就是让我们摆脱所有这些经过数百万年、数百万世积累的、被深深编程的思想。

The whole purpose of being here is to rid ourselves of all these mentations that are deeply programmed and are the accumulation of many many millions of years, millions of lifetimes.

然而，当你处于这条底线去释放时，你可以在几个月内获得自由，持续释放将让你达到那儿。

And yet when you release at the bottom line, you can go free in a matter of months, getting it constant gets you there.

就你们现在所处的势头，你们能够去做到。

The momentum like you're into now, you're able to release.

随着你不断释放，你会去到高处，

As you release, you get high,

再从高处，你可以释放得更深并拉出对死亡的恐惧。

from the high place, you can reach down deep and pull up the fear of dying.

当你放下了对死亡的恐惧，便会有一种更为强烈的痛苦出现——“分离感”。

When you're free of that fear of dying, obvious there will be a much stronger agony, the feeling of separation.

**但因为你之前已经释放了太多垃圾，当你释放了对死亡的恐惧时，你便有能
力应付它并消除这个分离的感觉，于是你就在那里了。**

But because you've released so much, when you let go of the fear of dying, you can handle it, and you throw out the feeling of separation, and you're There for the capital T.

现在，你必须负起责任，让自己从千百万年来堆积的东西中解脱出来。

Now you must take responsibility to rid yourself of that which you have accumulated over the millions of years.

如果你不承担起责任，是你把这些东西编入了程序，你就会说：“我没有责任，我与之无关”。

If you don't take responsibility, you have programmed in those things and you're saying: "I've got no responsibility, I have nothing to do with it."

所以它会持续运作下去。

So it remains.

所以对你们来说，负起责任是非常重要的，当不好的事情发生时，说：“啊，看看我做了什么导致了这次事故？”

It's so important for you to take responsibility, and when something bad happens say: "Gee, look what I did cause this smash up?"

要做到这一点需要培养一种能力，但是如果你为自己所创造的、你不喜欢的事物负起责任，它就会让你始终位于驾驶座上，让你掌控着一切。

It takes an ability to do that, but if you take credit for the things you create that you don't like, it keeps you in the driver's seat, it keeps you in control.

正如我们所知道的，控制并不是一个不好的词，也不是一件坏事情，“想要控制”才是。

And as we know, control is not a bad word, not a bad thing, "the want of it" is.

当我们自由的时候，我们只需毫不费力的念头就能完全控制这个宇宙。

When we're free, we're in total control of the universe by mere effortless thought.

当你自由的时候，你的心智是安静的，那里没有任何念头，所以你放在心智中的任何一个想法都会像这样凝聚实现（莱斯特打了个响指）。

When you're free, your mind is quiet, there are no thoughts there, so any thought you put in the mind is so concentrated happens like that.

但是目前你的心智可能被成千上万的想法所困扰，而所有的想法都与 AGFLAP 有关。

Your mind is plagued with probably tens of thousands of thoughts right now, all tied into the AGFLAP

所以当你的心智安静下来时，它是集中的，任何简单的想法都会立刻发生，它只是一个毫不费力的想法。

So when your mind goes quiet, it's concentrated and any mere thought happens immediately, it's such an effortless thought.

“努力”是一个用来评价、检视你们自己的挺不错的词。

That word "effort" is a good word to judge yourself by, check yourself

by.

在某种程度上，你在生活中不需要努力，在那个程度上，你是自由的。

To the degree, you have no effort in life, to that degree, you are free.

你们不会意识到你们为谋生而困扰、抓狂是多么的荒谬可笑，那就像是.....

好吧，我不会说的。

You don't realize how ridiculous you look scratching for a living, it's such a... well, I wouldn't say.

但是你必须到达.....你必须去到你掌控世界的地方。

But you must get to the... You must get to the place where you master the world.

因为如果你不去赢得，如果你不成为一个赢家，你便有“我无法成为一个赢家”的反对程序。

Because if you're not winning, if you're not a winner, you have anti programs "I can't be a winner".

你必须成为赢家，你必须实现你的目标，

You must become a winner, you must achieve your goals ,

这样你就可以把反胜利、反目标的程序拉出来并摆脱它们。

so that you can bring up the anti winning, the anti goals, and rid yourself of them.

和你们对世界的贪恋相比，你们对世界的厌恶更加强烈、更加微妙。

The aversions to the world are stronger and far more subtle than the attachments.

因此，当你成为一个赢家时，当你追求目标时，你的厌恶就会出现。

So when you go to be a winner, when you go for goals, up come your aversions.

你需要成为一个赢家，才能把垃圾带出来并扔掉。

And you need to become a winner just to get the garbage up and out.

学生：你说你们的厌恶更强烈吗？

Student: What did you say that your aversions were stronger?

莱斯特：你们的厌恶比贪恋更加强烈、更加微妙。

Lester: Your aversions are stronger and more subtle than your attachments.

你们的贪恋是显而易见的“我想要这个，我想要那个，我想要钱，我想要美丽”，这些十分明显。

Your attachments are obvious “I want this, and I want that, and I want money, and I want beauty”, those are obvious.

但事实却是：你不喜欢自己不想要的东西，你不去看它们，这就会发展出抵抗，抑制和抗拒的机制。

But the fact that you don't, the things you don't want, you don't look at and that develops resistance, suppression and resistance.

因此，目标在你成为赢家的道路上是非常重要的。

So goals are very important on your way to becoming a winner.

学生：我不想打扰那边沉浸在幸福中的人，阿罗纳先生。

Student: I hate to bother someone in bliss over there Mr. Arona.

莱斯特：你仍然在使用你的目标表格吗？

Lester: Do you still run your Goal Charts?

你现在的状态还像你用目标表格时那么好吗？

Are you in as good a position as you used to be when you were running them?

你所要做的就是要去释放障碍，成为赢家。

What you're doing is you let up on releasing the blocks to being a winner.

在生活中，你必须成为完全的赢家，想一想就让它发生。

You've got to be a total winner in life, think and have it happened.

如果我没记错的话，你写下了一个目标——成为百老汇的一个重要角色，如果我记错了请纠正下，我看到了一个了不起的角色，你真的是在奋力拼搏，那个演出叫什么来着？

If I remember right, you wrote a goal for an important part, an important part of in a Broadway show, correct me if I'm wrong, and I saw you in a terrific part really fighting your way through, what was the name of it?

学生：Knock Out.

Student: Knock Out.

莱斯特：是的，当时你真的很棒。我想想，在那段时间，你是否又制定了去好莱坞扮演一个重要电影角色的目标？你没有去参加巡演吗？过后你又制定了另一个目标——一个六位数的存款，你获得了。接着你的目标就是去购

买我想要的一切，跑车，房屋等等。在那之后，你也获得了。

Lester: Knock Out, you were a knock out in it, I think during that time, didn't you write a goal to get an important part in a Hollywood movie? Didn't you get a part in cruising? And during that time then to write another goal six figures, and make six figures, and you got it. And then your goal was to buy everything I wanted, sports car, home and dla dla dla... and you got it.

可是之后发生了什么呢？

Then what happened?

(学生的话没听清)

因为我不需要任何目标表格，我的嘴里叼着一支雪茄，我是个大人物。

Lester: I didn't need any goal charts, I got a cigar in my mouth, I am a big shot.

好吧，我并不是在针对你。

I'm not picking on you.

那个时候是你真正可以大步向前的时候，而且，嗯，我也邀请你继续，所以你为什么不加入我们？当时你并不想，那时的你应该释放得要好于其他圣多

纳的毕业生，还记得吗？相当令人骄傲。

That was the time when you could have really made a big forward spurt, and I invited you, so why don't you join us, you didn't want to, you were above the Sedona graduates at that time, remember? It was pride.

但是重要的是你停止制定目标了。

But the important thing you stopped making goals.

学生：不要再专注于博士日记，我当时做的另一件事是，当我停止下来时，我忘记了我是怎么做的，我所做的事情是在我想要的地方设置限制，而不是接受它，不管它来自哪里，我只是对它设置限制，而不是打开……

Student: Stop staying focused with Dr journal, and the other thing that I did was that, when I stopped working, was I forgot how I did what it worked that I did, and put limitations up where I want it rather than accepting it, from whatever it came I just kind of put limitations on it rather than open left.

莱斯特：“我停下来”这几个字，就是这样。

Lester: The words "I stopped", that's all.

你停下了。

You stopped.

你拿起六步骤看看，六步骤里没有停下。

You take the Six Steps, there's no stopping in the Six Steps.

你当时对我说：“哦，莱斯特，我懂了，我只要持续释放。”你当时高兴得不得了，还记得吗？

You said to me: “Oh, Lester, I got it, I'm just releasing constantly.” And you were as giddy as could be, remember?

你进入了第六步，

You were into step sixth,

没有什么能打倒你，一切都在持续向上移动。

nothing knocked you down, it'll just kept moving up.

要是你当时坚持下去，那么在你跟我谈话之后的一个月内，你就完全自由了。

Had you stayed right there, you would have been totally free in a month or so after you spoke to me that time.

但是你停下来了。

But you stopped.

你当时想要这世上的一切，却忘记了内在的幸福是如此美妙，而不是这世界上的一切。

You wanted the things of the world at that moment, you forgot it was your inner happiness that was so great, not the things of the world.

因为当你实现第一个目标——参演了百老汇的演出，你觉得不够好；然后你去实现第二个目标——参演一部电影，觉得还不够满意；你实现第三个目标——6位数的存款，仍然不如意。

Because when you got one, the Broadway show that wasn't good enough, you got two, movie that wasn't good enough, you got three, six figures, that wasn't good enough.

所以，好吧，继续去赢得。

So it's alright, keep on winning.

但是要到一个你可以想一想就让事情发生的地方。

But get to the place where you can think and have things happen.

试着超越为谋生而工作的束缚，

Try to transcend having to work for a living,

那是给奴隶的，

that's for slaves,

那不是给自由的人们准备的。

that's not for free people.

我确信你们大多数人都已经有过仅凭念头就创造事物的经历。

I'm sure most of you have created things for the mere thoughts of them.

现在，如果你可以在一件事上做到，那就在所有的事情上都做到。

Now if you can do it for one thing, do it for everything.

**然后，你可能会赢得却心生“但是”的想法，那个“但是”便是残留的
AGFLAP。**

It comes in a “Yes, but...” and that “Yes, but...” is a remaining AGFLAP.

因此，使用你的目标表格，消除 AGFLAP。

So use your Goal Charts, get rid of the AGFLAP.

到达你只是你的存在的状态，

And move into the state of just being your Beingness,

你四处走动，脸上可能会露出傻笑，但你可以学着如何抹去。

you move around, you might have a silly smile on your face, but you can learn how to wipe that off.

你并不会消失，

You won't disappear,

唯一改变的东西是“我是我”。

the only thing that changes is I am me.

身体是我心智的产物，

That body is a creation in my mind,

心智是我构建起来的。

the mind is something I set up.

在我的存在中，我是完整的、圆满的、永恒的。

I am whole, complete, eternal in my Beingness.

一旦你认识到你在心智中创造了身体，而且你用它来帮助自己陷入身体的限

制时，身体就变得不那么重要了。

And the body becomes of little importance, once you recognize you created it mentally, and that you have used it to help sink yourself down into limitations of the body.

我想说的是不要因为获得自由而变得害怕，

I guess what I'm saying is don't get frightened that of going free,

你所有的程序都是为了生存而设置的，但它们的每一点都是反生存的。

all your programs will put in as pro-survival, every bit of them is anti-survival.

把这一点灌输在你的心智里：每一个为了生存而被植入的程序都是反生存的。

Feed that to that mind of yours: Every bit of every program which was put in as pro-survival is anti-survival.

这应该会帮助你们释放掉这个恐惧——“如果我获得自由，我就会死。”

This ought to help you let go of the fear “I will die if I go free”.

你现在就在那里。

You're there right now.

但阻止你的就是我所说的——害怕失去你现在所拥有的。

But what stopped you is what I was talking about fear of losing what you have now.

随着你越来越自由，你永远不会失去，你永远不会放弃任何东西，

You never lose, you never give up anything as you get freer,

你会获得越来越多、越来越多、越来越多。

you take on more and more and more.

纠正一下，你失去了你可怜的玩具——你的痛苦。

Correction, you lose your miserable toys, your miseries.

当你自由了，你会四处走动，你会吃饭，你会聊天，

But when you go free, you walk around in a body, you'll eat, you'll talk,

而且你不必死，你可以保持身体无限期地运转。

and you don't have to die, you can keep the body going indefinitely.

所以，放下这些恐惧吧——“如果我获得自由，我就会死。”

So let go of the fears “If I go free, I will die”.

我想这可能是我们所有人面临的最大阻碍**：如果我获得自由，我就会死，这些感觉会继续让我保持生存，它们是我的保护。**

I think this is probably the number one hold back for all of us: I will die if I go free, these feelings are going to keep me surviving, they are my protection.

我会生气，我会狠狠地揍它们，或者我会鼓起勇气，把它们消灭。

I'll get angry and I'll swing at them, I'll get courageous and wipe them out.

审视你的感受，检查它们，确切地辨识出它们是什么。

Look into your feelings, examine them, identify exactly what they are.

它们是为了生存，但实际上却是反生存的。

They are pro-survival, but actually in effect anti-survival.

我们都有这样的感觉——如果我获得自由，我就会死。

We all have that feeling “I will die if I go free”,

而你所消亡的只是痛苦。

all you die to is the miseries.

你看下那些伟大的“一”，佛陀在他获得自由后消失了吗？

You take the great One, did Buddha disappear when he got free?

我认为他回去当王子或国王了，不是吗？

I think he went back to being the prince or king, did he not?

耶稣死了吗？

Did Jesus die?

好吧，祂用它来证明永恒，祂三天后就回到世上了，祂仍然还活着。

Yeah, but He used it to prove immortality, He came back in three days, and He's still around.

佛陀也是如此。

So is Buddha.

尤迦南达是自由的，看看他都做了些什么，他来自印度，在美国建立了一个庞大的组织，完全由他自己经营。

Yogananda was a free one, look what he did, came over from India and

set up a huge organization, ran it all by himself.

当祂 1952 年离开这个世界的时候, 我遇到了祂的弟子, 我想是在 1954 年, 他们仍旧茫然不知所措, 不知道该怎么办。

When He left in fifty two, I met His disciples, I think was 54, they were still totally bewildered not knowing what to do.

因为尤迦南达在这个组织里做了所有的事。

Because Yogananda did everything in the organization.

他们瘫痪了好几年, 因为尤迦南达做了所有事。

They were paralyzed for several years, because He was doing everything.

现在, 他自由了, 看看他做了什么, 在三处华丽漂亮的房产上, 建立了自我了悟联谊会, 有数以万计的追随者。

Now he was a free one, look what he did, at three gorgeous properties set them up, had tens of thousands of followers.

这儿有一个有关他身体的有趣的故事, 我遇见了他的其中两个弟子, 他们告诉了我这些。他的脚不舒服、受伤了, 所以他不能站立。有一天, 他不得不在他们的总部公开发表演讲, 那里可能有一千或几千人。他们把他抬进了汽车。他不能走路。当他到达那里时, 发现人们都在那里了。当弟子准备抬他

的时候，尤迦南达在人们面前自己下了车，走到台上。

An interesting story on his body, I met his disciples, two different ones told me about it, he had sick feet, he couldn't stand on them, they hurt, and one day he had to give a talk at their headquarters out in the open, probably a thousand or a few thousand people there, they carried him into the car, he couldn't walk, when he got there, the people were there, and when they got ready to carry him out he said, oh no, not in front of people, he got out of the car on his own and he walked up to the platform.

玛丽娜·纳里尼告诉我这件事，她说她看着他，发现他的脚没有接触地面，因为脚受伤了。

Maryna Lini is the name of the sister who told me about it, she said she looked at him and she noticed his feet were not touching the ground, because they hurt.

他悬浮到平台上，除了她和尤迦南达周围的弟子们，谁也不知道，他们不得不把他抬进车里。

He levitated up to the platform, no one knew it except she and the disciples around him who had to carry him into the car.

现在，我也告诉你们，不要通过一个自由的人的所作所为来判断他。

Now I tell you that to not try to judge a free one by what he's doing.

你听到别人说，我莱斯特服用了一些维生素，

You pick on well someone said I took some vitamins,

哦，太好了，维生素怎么了？

oh, wonderful, what's wrong with vitamins?

我睡觉、我吃东西，那又怎样？

I sleep, I eat, so what?

问题是我必须这么做吗？

The question is do I have to?

伟大的“一们”之所以像我们一样生活，唯一的原因就是如果他们不这样，我们就无法理解他们。

And the only reason why the great Ones live like we do is because we can't comprehend them if they don't.

他们下降到我们的限制中，这样他们就可以和我们交流。

They come down into our limitations, so they can communicate with us.

但像尤迦南达一样，祂的脚有病，祂不想向公众展示他的走路姿势，所以祂悬浮在空中。

But like Yogananda, He had sick feet, and He had a walk He didn't want to show to the public, so He levitated.

但我认为为什么大多数的大师们一直抱持一个病体，比如维韦卡南达一直抱有着糟糕的身体并承受极度的疼痛，真正的原因是：他们这样做是为了提醒自己——他们不是这具身体。

I think the real reason why most of the masters are quite sick at times, Vivekananda all his life had a terrible body excruciating pains, they do it as a reminder to them that they are not that body.

因为他们不会被身体的伤害所困扰，不管有多疼痛，他们都会大笑，身体受伤了，这并不会打扰到他们，他们不会认同它，他们认同他们的存在。

Because they don't suffer the body, no matter how much it hurts, they'll laugh, the body is hurting, it doesn't bother them, they don't identify with it, they identify with their Beingness.

存在不会受伤、疼痛。

Beingness cannot hurt.

你也可以做同样的事情。

You can do the same thing.

但要努力摆脱“如果我自由了，我就会死”，

But try to get rid of “I will die if I go free”,

这就是迈克尔所经历的，对吧？迈克尔，你失去了一切，一切都消失了，不是吗？

that's what Michael went through, right Michael? You lose everything, everything is gone, it isn't?

当你自由的时候，只要你想一想，你就能拥有任何东西。

When you're free, for the mere thought you can have anything.

我告诉你，你可以有 100 具身体，并且可以同时和 100 个不同的人交谈。

I'm telling you could have a hundred bodies and talk to a hundred different people at the same time.

因为自由没有限制。

Because there are no limitations.

如果你读过《一个瑜伽行者的自传》，其中几位大师死后就以这种方式回来的，圣尤蒂斯瓦尔就是其中之一，第二天早上十点，祂以在一个物质身体中

的方式同时与四个人交谈。

If you read <the Autobiography of a Yogi>, several of the masters after they died came back, Yukteswar was one of them, He spoke to four people ten o'clock in the next morning in a physical body at the same time.

当我们自由的时候，没有任何限制。

There are no limitations when we are free.

我在试图宣告你要释放对死亡的恐惧，释放“如果我自由了，我就完了”的事实，它正好相反。

I'm trying to propagandize you into letting go of fear of dying, of the fact that "If I go free, I'm finished", it's just the opposite.

你得小心你那狡猾的心智，

You've got to watch that tricky mind of yours,

它会让你一直陷入垃圾里。

it keeps you down in the dumps.

你不应该为了谋生而工作，你是无限的存在。

You shouldn't have to work for a living, you're an infinite being.

在其他的世界里，人们从来不会因为工作而咒骂，

There are other worlds where people never curse in the work for a living,

只需想一想它，大自然就会提供丰富的一切。

nature supplies an overabundance of everything for the mere thought of it.

事实上，就像我上次说的，除了你的心智向外投射的画面，外面什么都没有。

In fact, as I said last time, there's nothing out there but the out-picturing of your mind.

如果你想象奴隶制，你就是一个奴隶；

If you picture slavery, you're a slave;

如果你想象自由，那么一切都会毫不费力地来到你身边。

If you picture freedom, everything comes to you without effort.

不要再在身体上浪费时间了，它会制造业力，而业力是有害的。

Stop wasting time on the body, it creates karma, and karma is a hammer.

你永远无法摆脱业力。

You can never rid yourself of karma.

因为每一个作用力都有相反而平等的作用力存在。

Because to every act there's an opposite and equal act.

这就是物理学第一定律，但它同样适用于我们。

That's the first law in physics, but it applies to us.

当你试图解决业力时，你正在为未来制造业力。

As you're trying to work out karma, you're creating karma for the future.

解决业力是不可能的。

It's impossible to work out karma.

但是你能做的是超越它，看到你是什么，那里没有业力。

But what you can do is transcend it, see what you are, and there is no karma.

更具体地说，业力就是程序。

More specifically, karma is programs.

基本的程序是感受，

And basic programs are feelings,

而最基本的程序就是分离的感受。

and the most basic program is a feeling of separation.