

莱斯特杂谈

Lester 杂谈

中英文字版

更新说明

有缘的朋友：

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

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

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最后，祝各位旅途愉快，回家顺利！

穿肚子

2025 年 8 月 21 日

有缘的朋友：

遇到释放法，我们是幸运的，也很荣幸在这里见到你。

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

这部课程的标题有点魔幻，看上去似乎有些混乱，但为了大家可以直接溯源、能一一对应地迅速找到原始音频，除增加的翻译内容外，我并未对标题及编号进行任何的修改与调整。

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 7 月 20 日

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莱斯特的常用词

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

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

Givingness: 拥有状态;

Doingness: 行动状态;

Beingness: 存在状态;

Self: 真我;

Truth: 真相、实相、真理;

amness: 存在、是;

Isness: 存在、是;

Inness: 我;

Otherness: 其他;

Heaven: 天堂;

God: 上帝、神;

【爱-它是什么】01-爱-它是什么 【Love - What is It】 01 - Love - What is It 1

我想今晚我可能会接着谈谈“爱”这个主题，“爱”是一个我很少使用的词。

I thought tonight I might talk on the subject of Love, Love is one word I seldom use.

主要是因为它被严重误解了，而且我也相信通过这种成长的方式，或者只有通过成长，我们才能理解爱是什么。

Mainly because it so misunderstood, and I also believe that through this method of growing or only through growth do we understand what love is.

但是通过定义它，我们只是在常用的词汇上再添加一些词，而这并没有真正表达出“爱”这个词的含义。

But by defining it, we just add some more words to the usual words, and it doesn't really convey the meaning of the word Love.

但爱是这条道路上绝对必要的要素，如果我们希望获得圆满的证悟，就必须增加我们的爱，直到它完整。

But Love is an absolutely necessary ingredient on the path, if we ever expect to get full realization, we must increase our love until it is complete.

现在我所谈论的爱当然与性无关，性是一种身体上的满足。

Now the love I talk about, of course, has nothing to do with sex, sex is a body gratification.

然而，我们大多数人把它搞混了，我们大多数人把它与爱混淆了，而且我们大多数人仍然把它与爱联系在一起。

However, we have confused it, most of us very much with love, and the majority of us still tied in with love.

虽然当你了解性是什么、以及爱是什么时，你会发现，这是两个不同的东西，它们不能被联系在一起，也不必联系在一起。

Although when you see what sex is and what love is, you'll see that two different things, they can't be tied together, and they don't have to be.

我们在这里谈论的爱是耶稣基督的爱，它是完整的爱，在极端情况下的体现就是——爱你的敌人，我认为这是对这个词最好的定义。

The love that we talk about here is the love of Jesus Christ, it's the love complete, which expressed in the extreme is love thy enemy, I think the best definition of the word.

对我来说，它似乎是.....爱是一种给予的感觉，这种给予不期待有任何回报，

它是一种非常无私的给予，而且是一种始终如一的态度。

As it seems to me is love is a feelingness of givingness with no expectation of receiving for the giving, it's a very free giving, and it's an attitude that is constant.

爱不会改变，至少是我们在谈论的这种爱。

Love doesn't vary, at least the type of love we're talking about.

我们所拥有的这份爱，会给予每一个人，我们爱我们的家人就像爱陌生人那样多。

The amount we have, we apply to everyone, we love our family as much as we love strangers.

这听起来可能很奇怪，但这是事实。

This might sound odd, but this is the truth.

我们能够爱陌生人的程度，正是我们能够爱自己家人的程度。

To the degree we are capable of loving strangers, to that degree we are capable of loving our family.

占有的概念与爱的含义正好相反。

The concept of possession is just the opposite of the meaning of Love.

在爱中，永远都不存在执着、束缚或诸如此类的东西。

In Love, there is never a holding on to, a fencing in or anything like that.

爱有一种解放我们所爱之人的感觉。

Love has a sense of freeing the ones we love.

当我们在给予一种态度时，我们希望对方得到对方所想要的东西。

When we are giving an attitude, we want the other one to have what the other one wants.

我想这种爱最好的例子就是母亲对孩子的爱，有时是一个父亲，母亲会毫不考虑自己地做出牺牲，并把一切都给孩子。

I guess the best example of this type of love is the love of a mother for a child, and sometimes a father, a mother will sacrifice and give everything to the child without considering herself.

关于“爱”还有很多其他的定义，我只是在试着去想它们是什么。

There are many other definitions for Love, I'm just trying to think what they are.

我认为“接纳”是一个很好的词。

I think acceptance is a good word.

当我们爱着人们的时候，我们会接纳他们本来的样子；

When we love people, we accept them the way they are;

如果我们爱这个世界，就会接纳这个世界原本的模样，我们不会试图改变它，我们让它存在。

If we love this world, we accept the world the way it is, we don't try to change it, we let it be.

我们以同样的方式允许这个世界存在，就像我们允许其他人存在那样，让他们按他们想要的方式来，永远不要试图改变他们。

We grant the world its Beingness the same way we should grant every other person is or her Beingness, let them be the way they want to be, never tried to change them.

试图改变他们是在注入我们的小我，我们想要他们成为我们希望他们成为的样子。

Trying to change them is injecting our own ego, we want them to be the way we would like them to be.

所以，爱是一种感觉，首先，是与另一个人或所有其他人的合一、认同。

So, love is a feeling, first of all, of oneness with, of identity with the other one or all other one.

当圆满的爱存在时，你会感觉自己就是另一个人，对待对方就像对待自己本身一样，有着完全的认同。

When there is a full love, you feel yourself as the other person, treating the other person is just like treating your very own self, there's complete identity.

爱不仅仅是一种感觉，更是一种巨大的力量，但这在当今世界却极少被理解。

Love is not only a feeling, love is a tremendous power, which is so little understood in the world today.

我们有一个这种爱的例子，马丁·路德·金表达了这种爱，无论他遭受到多少攻击，他给予攻击者的只有爱，他教导了非暴力。

We have an example of this type of love, being expressed today by Martin Luther King, no matter how much he's attacked, he will give out nothing but love to his attacker, he teaches non-violence.

现在，这种爱的最大体现是莫罕达斯·甘地，在没有使用任何武器的情况下，赢得了对英国的战争，只是通过教导“英国人是我们的兄弟，我们爱英国人，不抵抗英国人和英国士兵，对他们只有爱”，甘地理解了这一点，并能够在印度赢得足够多的追随者，从而平息了那场战争。

Now, the biggest demonstration of this type of love was Mohandas Gandhi's winning a war against Britain without any arms, through teaching the British are our brothers, we love the British, non-resistance to the British and to the British soldiers, only love for them, Gandhi understood this and was able to win over enough followers in India to make this effective.

毫无疑问，爱背后的力量比氢弹更强大。

The power behind love without question is far more powerful than the hydrogen bomb.

一旦你明白爱是什么，当我们以爱所是的样子、而不是按我们被教育后所认为的那种爱来表达爱时，爱是这个宇宙中最强大的力量。

Once you see what love is, love is the most powerful force in the universe, when we express love as love is, not as we have been taught to think what love is.

有个说法是“上帝是爱”，我说，“与上帝同在就是胜利者”，一个只有爱的人能够对抗全世界。

It is said sometimes that God is love, and I say one with God is a majority, one individual with nothing but love can stand up against the entire world.

因为这种爱是如此强大，我认为这在某种程度上让我们明白，这种爱其实就是我们所说的“真我”，这种爱就是上帝，上帝就是爱，上帝是全能的。

Because this love is so powerful, which I think leads us somewhat into seeing that this love is nothing but the Self for the capital S, that we speak of, this love is God, God is love, God is all-powerful.

所以，我所说的话，很多权威也说过。

So there's some authority for what I'm saying besides my saying it.

爱不仅会给予这个宇宙中的所有力量，还会给予所有快乐以及所有的这些知识。

Love will give not only all the power in the universe, it will give all the joy and all the knowledge.

好吧，现在，我们如何付诸实践呢？

All right, now how to make this practical?

提升我们爱的能力的最佳方式，是通过智慧和理解。

The best way of increasing our capacity to love is through wisdom, understanding.

然而，我们可以在日常生活中做一些事情来提升我们的爱的水平。

However, we can do things in our everyday life that will raise our level of love.

练习爱的首要场所是在家里，和家人在一起，我们应该试着越来越多、越来越多、越来越多地爱我们的家人。

The first place to practice love is at home, with the family, we should try to love our family more and more and more.

我想每个人都知道爱的美妙体验，都知道爱一个人的美妙体验，

I think everyone knows the wonderful experience of love, of loving one person,

所以你可以想象一下，如果你爱 30 亿人会是什么感觉，那将会是更加愉悦的 30 亿倍的美妙！

so you can imagine what it's like if you loved three billion people, it'd be three billion times more enjoyable.

所以，通过认同他们存在，家是让我们不断努力增加对身边人的爱的第一个地方。

So, home is the first place to keep trying to increase our love for the ones around us, by granting them their Beingness.

我认为在家里认同另一个人、认同另一个人本身的存在, 这是最困难的事情, 尤其如果对方是个孩子的话。

That's the most difficult thing I believe to do in a family to grant the other one, the other one's Beingness, especially if the other one is a child.

但每一个孩子都是一个完整、圆满、无限的个体。

But every child is a whole, complete, infinite individual.

接下来, 在爱我们的家人之后, 我们应该试着爱我们的邻居, 然后是我们更大的群体, 我们的州, 我们的国家, 然后我们应该试着爱全世界的所有人。

Next, after loving the ones in our home, we should try to love our neighbors, then our larger group, our state, our country, then we should try to love all people, all over the world.

学生: 甚至是苏联人 (当时苏联尚未解体) ?

Student: Even Russians?

莱斯特: 甚至是苏联人。

Lester: Even Russians.

在之前的某个星期天, 我看到一个年轻人, 我听到奥拉尔·罗伯茨说了一些

相关的话，他说：“人们会问，如果耶稣今天回来会是什么样子？”他说：“祂不会像人们所期待的那样，祂不会反对任何人，祂不会憎恨共产党，祂会反对做错事、做邪恶的事，但祂永远不会说反对任何人的任何话。”

And I saw a young man, I heard Oral Roberts say something on that some Sundays ago, he said, what would people, he said: “People ask, what would Jesus be like if he came back today?” And he said: “He wouldn't be the way people expect, He would not have anything against anyone, He would not hate the communists, He would talk against doing wrong, doing evil, but He would never say anything against any human being.”

我相信，如果我们理解了爱的力量，如果大多数美国人爱苏联人，那么美国人不用一兵一卒就能征服苏联。

I believe that if we understood the power of love, and that if the majority of Americans loved the Russians, Russia would be conquered by the Americans without any arms.

而且，在我们学会爱这个世界上的所有人之后，这个世界之外还有更多的人。
And after we learn to love all the people in this world, there are many more people outside of this world.

我认为，爱这个世界上的所有人将让我们与其他世界的兄弟姐妹们相遇。

I think loving all the people in this world would allow us to meet with

our brothers and sisters of other worlds.

因为在这个宇宙中，有许许多多的豪宅，许许多多的居所，而由于我们在这个星球上没有能力去爱，所以我们与他们切断了联系。

Because in this universe, there are many, many mansions, many, many places of abode, and because of our incapacity to love on this planet, we have cut them off.

所以回到实践爱的话题上，我们越练习爱，我们就爱得越多，我们爱得越多，就越能实践爱，越能发展爱，就越能与宇宙的和谐相契合，我们的生活会变得越愉快、越丰盛，一切都会越来越多，这开始形成一个循环，让你在爱与收获爱中螺旋上升。

So, to come back to the point of being practical, the more we practice love, the more we love, and the more we love, the more we can practice love, the more we develop love, the more we come in touch with the harmony of the universe, the more delightful our life becomes, the more bountiful, the more everything, it starts a cycle going, where you spin upwards with loving and receiving.

那是另一个要点，如果我们想被爱，方法就是去爱。

That's another thing, if we want to be loved, the way to do it is to love.

这不仅是最好的方法，而且我认为，得到爱的唯一方法就是去爱。

It's not only the very best method, but I think the only method of receiving love is to love.

因为我们给出去的必然会回来。

Because what we give out must come back.

但是没有爱而一味地寻求爱，并不会给我们带来爱，也无法满足我们。

But looking for love without loving does not bring love to us, does not satisfy us.

幸福的人是在爱的人，是在给予的人，给予的人是有福的。

The happy one is the one loving, the one giving, blessed is the giver.

因为当他发自内心地给予时，他会幸福得多。

Because he's so much happier if he gives from his heart.

关于爱的这个理念，还有什么问题吗？

Are there any questions on this concept of love?

学生：有的，你说过一句话，你不会爱某个人更多，而恨某个人更少，这本书里，我想有一段，你后面不怎么看就会忘记它们，但这并不好，我有时必须整理这些记录。

Student: Yes, you made a statement, you don't love someone more, you hate the other person less, the book, I think there's a paragraph, you don't look more, you lose them back there, but it's not as well, I have to order these records at times.

莱斯特：不过在说那个之前，我想提醒另一点，当我们说比起另一个人，我们更爱某个人时，如果我们向内追溯它，就会发现我们更爱的那个人是我们认为自己需要的人，是拥有我们想要的东西的人，所以我们才说我们更爱那个人。

Lester: I think before that though I'd like remind me of another point, when we say we love one person more than another, if we will trace it through by going inwardly, we will find that the one that we love more is a person whom we think we need, that has something that we would like to have, and therefore we say we love that person more.

实际上，爱无法被分割。

Actually, love cannot be chopped up.

如果你想检验自己的爱，看看你的敌人，这才是真正的考验；

If you want to test your own love, look at your enemies, this is the real test;

或者如果你不想那么深入，看一看陌生人，审视你对陌生人的态度，这种态

度应该是.....他们是我，他们是我的家人。

Or if you don't want to go that far, look at strangers, examine your attitude towards strangers, it should be one of... Well, they are me, they are my family.

每一位母亲都应该是我们的母亲，每一位父亲都应该是我们的父亲，每一个孩子都应该是我们的孩子。

Every mother should be our mother, every father should be our father, every child should be our child.

这是我们通过理解才会获得的态度，这是“爱”这个词的真正含义。

This is the attitude we achieve through understanding, this is the real sense of the word love.

学生：莱斯特，嗯，在我看来，你说的爱似乎是给予、付出自己等等，而我偶尔会觉得冲突的是，如果你一味地付出，人们往往会向你索取更多，最终，如果你不这样做，如果你没有影响到他们，他们似乎就无法做到。我想他们会在情感、精神、经济上榨干你，而且他们还会利用你作为与他们交流的拐杖。

Student: Lester, well, it seems like to me you're talking about love as giving, giving of yourself and so forth, and unit it is the conflict that I have occasionally is that it seems like that if you give of yourself, the people tend to take more and more, and eventually, it seems like they

can't if you don't affect them, I think they bleed you dry emotionally, mentally, financially, and they use you as a crutch to talk to them.

莱斯特：保罗，我说，不，如果我们感受到了真正的爱，那是不可能发生的。

Lester: Paul, I say, no, that's impossible if we feel the real love.

我转回到原来的方向上，如果我们有正确的爱的态度，那种情况不会发生。

I'm turning right back around the other way , if we have the correct attitude of love, that doesn't happen.

现在，你所说的这些我经常听到。

Now, what you're saying I hear very often.

学生：但是你不觉得人们.....有些事情.....我也说不清楚，我得到的印象是，爱是以一种示弱的方式被赋予他人的，也许，这似乎是一种尊重的缺失，我只是想知道，你怎么能做到在付出的同时还能赢得尊重？

Student: But don't you think that people, there's something about, I don't know, the impression I get is that this is love is assigned to other people in a way of weakness perhaps, it seems like there's a loss of respect, I just wonder how you can give and yet keep respect?

莱斯特：首先，给予并不在于物质。

Lester: The givingness is not in things, number one.

给予是一种态度，我们可以始终保持一种爱的态度。

The givingness is an attitude, we can always maintain an attitude of love.

如今，大多数给予的人并不是出于爱，他们给予是为了因给予而获得赞扬，“看看我，我做得真好”，或者“我的名字上了报纸”，或诸如此类的东西。

Now, most people who give are not giving lovingly, they are giving because of the credit they will get for giving, "Look at me, I'm doing good", or "I get my name in the paper", or something like that.

你看，那种爱会给我们带来麻烦，人们会因此而耗尽我们，因为我们在寻求.....

You see, that type of love will get us into trouble, people will drain us on that, because we're looking...

学生：为了回报。

Student: For something in return.

莱斯特：我们希望在这个过程中抬高自己，因此，他们会打压我们。

Lester: And we're looking to put ourselves up in the process, and therefore, they'll pull us down.

学生：你不觉得爱一个远在 5,000 英里之外的人比爱隔壁的人更容易吗？

Student: Don't you think though it's easier to love somebody 5,000 miles away than somebody next door to you?

莱斯特：（笑）宇宙中最容易的事就是爱每个人，这是我的看法，这就是我所发现的。

Lester: The easiest thing in the universe to do is to love everyone, this is what I think, this is what I've discovered.

一旦我们明白了爱是什么，这就是最容易做的事。

Once we learn what love is, that's the easiest thing to do.

不爱需要付出努力和承受痛苦，不爱每一个人需要付出巨大的努力，你可以看到我们每天都在付出这样的努力。

It takes effort and agony not to love, it takes tremendous effort not to love everyone, and you see the effort being expended every day.

但是当我们爱的时候，我们就在与他们合一，我们处在平静中，一切都井然有序，很美好。

But when we love, we're at one with them, we're at peace, and everything falls into line, beautifully.

保罗，关键在于要明白我所试图定义的那种爱，那么那些事就不会发生。

Paul, the main thing is to see love in the sense that I'm trying to define it, then those things don't happen.

但是当我们以人类所理解的那种方式去爱时，你是对的，但我不会把那称作“爱”。

But when we love in the sense that humanity understands a word to me, then you're right, but I don't call that Love.

学生：你怎么称呼它？

Student: What do you call it?

莱斯特：实际上是自私，我们做各种各样的事情是为了帮助自己。

Lester: Selfishness, actually, we are doing things to help ourselves.

然而，在崇高的爱中，在灵性的爱中，不存在自我牺牲。

And yet, in the high love, in the spiritual love, there's no self-abnegation.

当我们爱所有人时，我们不必伤害自己，而且我们也不会伤害自己。

We don't have to hurt ourselves when we love everyone, and we don't.

你看，在爱中，有一种相互的感觉，相互的才是正确的。

You see, in love, there's a feeling of mutuality, that which is mutual is correct.

如果你爱，你就遵循了这条法则，因此人们就不会利用你。

If you love, you hold to that law, and therefore people won't take advantage of you.

如果你在爱着，你就是在运用宇宙中最强大的力量，但我所说的是耶稣那样的爱。

If you are loving, you are applying the most powerful force in the universe, but it's the love of a Jesus I'm talking about.

实际上，如果有人试图伤害你，而你只是对那个人感觉到爱；如果那个人继续伤害你，你会看到他们在伤害自己；如果他们更进一步，他们几乎会摧毁自己，他们会把自己击倒，他们将再也无法对抗你。

Practically speaking, if someone is trying to hurt you, and you just feel love for that person; And if that person continues, you'll see them hurt themselves; They continue further, they'll almost destroy themselves, they'll just knock themselves out, they won't be able to oppose you anymore.

所以，我们必须实践我所说的这种爱，而不是我们所熟知的那种爱。

So, we have to practice this love that I'm speaking of, not the love as we have known it.

学生：如果你以你所说的方式去爱，这不是那种你说的“我要去做，我要去爱或我要运用这个工具，然后爱这个人爱到他要死要活”。

Student: If you love in the way you're saying it, it isn't something that you say, I'm going to do, I'm going to love or apply this tool, love this person so much he's going to kill himself.

莱斯特：不，那不是爱。

Lester: No, that wouldn't be love.

学生：这是一种基本的态度，和身体或心理都无关，它只是一个概念。

Student: It's a basic attitude, it's nothing to do physically or even mentally, it's just a concept.

莱斯特：这是一种持续的态度，当我们试图发展爱时，它会在我们的内在形成一种持续的态度。

Lester: It's a constant attitude, it's a constant attitude that evolves in us when we try to develop it.

但是，就像我之前说的，我们应该首先在我们的家里试着实践这种爱，如果你能做到的话，接纳每个家人他们自己的存在；

However, we should try practicing the love, as I said before, first on our family, grant everyone in the family their own Beingness, if you can;

如果你无法做到，继续尝试，不断尝试，直到你能做到为止。

If you can't, keep trying, keep trying until you can.

然后将它应用于朋友，接着是陌生人，再之后是每个人。

Then apply it to friends, then strangers, then everyone.

你看，通过这样做，你将会发展爱。

See, by doing this, you will develop it.

尽管如你所说，爱不是那种你能像这样一下子就打开的东西。（莱斯特打了个响指）

Although, as you say, it isn't something you can turn on just like that.

学生：这就像在某种程度上，它是我们所有人都拥有的东西，它是显而易见的，但只是被许多态度层层掩盖了。

Student: It's like being in a way, it's all we do have, it's all apparent, but it's just layered over by many attitudes.

莱斯特：它被错误的态度扼杀了。

Lester: It's smothered by wrong attitudes.

我所说的这种爱是我们的本性，它是自然而然的東西，这就是为什么它如此容易。

Now, this love I talk about is our basic nature, it's a natural thing, that's why it's so easy.

相反的情况则需要努力，我们背离了我们自然的真我，用与爱相反的观念掩盖、扼杀它。

The opposite takes effort, we move away from our natural Self, cover it, smother it with concepts of the opposite of love.

然后，因为我们没有在爱，“无爱”就会反过来伤害我们，并向我们证实像保罗所阐述的那些观念，而这些观念是我们刚开始练习这种爱时都经历过的，你并不孤单。

And then, because we're not loving, unloving comes back at us, and proves to us the concepts like Paul brought out, which we all experienced when we first started practicing this love, you're not alone.

学生：保罗，它不是爱，更像是一种自私，因为当你爱某个人时，对你来说，

这会是一种极其美妙的感受。

Student: Paul, it isn't love, almost like a selfishness, because when you love somebody, it's such a wonderful feeling for you.

莱斯特：嗯，这是一个我不想参与的语义问题，按你说的方式，是的，但不是普遍意义上的。

Lester: Well, this is a matter of semantics that I won't want to get involved in, the way you put it, yes, but not in a general sense.

学生：我知道当我爱某个人的时候，我感觉很好。

Student: I know when I love somebody, I feel so good.

莱斯特：在你发现爱是什么之后，是会这样的。

Lester: It's true after you discover what love is.

爱是宇宙中最美好的东西，是每个人都想要的东西。

It's the greatest thing in the universe, it's a thing that everyone wants.

仅仅是因为它原本就是人的基本天性，本质上，每个人都是一个极度充满爱的个体。

Only because it's his basic nature in the first place, every human being is basically an extremely loving individual.

学生：如果你沉浸于这种愉悦之中，它是否也是同样的情况，你的心智会停留在一种思路、专注以及对他人的接纳上，因此心智是静止的，那种本性自然地流露出来，那便是爱，是的，爱的感觉。

Student: If you come down to this thing of pleasure, is it the same type of thing, where your mind becomes still in one avenue of thought, of concentration, of acceptance of the other person, therefore the mind is still, that nature then comes through, which is the love, yes, the feeling of love.

莱斯特：是的，我们爱得越多，需要思考得就越少。

Lester: Yes, the more we love, the less we have to think.

如果我不爱你，我就得保持警惕，我必须保护我自己；

If I'm not loving you, I have to be on guard, I have to protect myself;

如果我不爱这个世界，我总是保护着自己，免于受到世界的伤害，这会导致越来越多、越来越多、越来越多的想法，这让我极度处于防御状态，并且在潜意识里年复一年地堆积，然后我满脑子都是保护自己免受世界伤害的念头。

If I'm not loving the world, I'm always protecting myself from the world, which causes more and more and more thoughts, puts me extremely on a defensive, and subconsciously, it builds up year in and year out, then

I'm a mass of thoughts protecting myself from the world.

现在，如果我爱这个世界，这个世界就无法伤害我，我的念头会安静下来，心智会平静，然后那个无限的真我就在那里，这是这种巨大喜悦的体验。

Now, if I love the world, the world can't hurt me, my thoughts get quiet, the mind gets peaceful, and then that infinite self is right there, and that's the experience of this tremendous joy.

学生：换句话说，同样，不是外在事物带来了这种喜悦，而是心智的安静，实际上让存在显现得更多一些，这才是真正的爱的体验。

Student: In other words, it's not the object, again, that brings this out, it's the quieting of the mind, to less actually lets the Beingness come through a little more, that really is the love experience.

莱斯特：是的。

Lester: Yes.

学生：它超越了那个事物本身，而我们却说我们爱的是那个事物。

Student: It's more than the object, we say it's the object that we love.

莱斯特：但这实际上就是你所说的，你正在从顶端获取它。

Lester: But it's actually what you say, you're taking it right from the top

now.

哈利所说的是，我们拥有着我们的无限存在、无限喜悦，却用各种念头覆盖了它；

What Harry is saying is that we take our infinite Beingness, our infinite joy, and we cover it over with thoughts;

我们持有着无限的自然状态，却用限制性想法遮蔽了它。

We take the natural state which is unlimited, we cover it up with thoughts of limitation.

那些念头扼杀了我们所是的这个无限真我，它扼杀了我们享受的能力。

The thoughts smother this infinite self that we are, it smothers the capacity to enjoy.

所以，我们要做的就是平息那些念头，或者摆脱所有的念头，剩下的就是我们所是的那个无限荣耀的存在，这是我们的自然状态。

And so all we need to do is to quiet the thoughts or rid ourselves of all thoughts, and what's left over is the infinite, glorious being that we are, which is our natural state.

这难道不奇怪吗？

Isn't that odd?

那是我们的自然状态，我们曾经就是那样的，我们以后也会是那样，实际上我们现在就是这样的。

That's our natural state, that's the way we were, that's the way we're going to be, we are actually that now.

但我们没有看到它，这个我们所是的无限荣耀的存在，绝对完美，且永不改变，它一直都在那里，只是我们不去看它，我们把目光从它身上移开，我们远远地避开了它。

But we don't see it, this infinite glorious being that we are, being absolutely perfect, can never change, it's always there, we just don't look at it, we look away from it, we look far away from it.

我们应该做的是把我们的心智转向内，开始看着它。

What we should do is turn our mind inward and begin looking at it.

我们看它看得越多，就越能看清它，一切似乎都指向同一个方向，不是吗？

And the more we look at it, with the capital I, the more we see it, everything seems to point to the same direction, doesn't it?

随着我们对生命和宇宙的理解越来越多，这种情况就会发生。

That happens as we get more understanding of what life and the universe is.

但一切都越来越契合，直到变得越来越简单，直到最后只有一个被称作“上帝”的绝对简单。

But everything fits together more and more until it gets simpler and simpler, until there's just one absolute simple called God.

上帝是简单的。

God is simple.

其他一切都是复杂的。

Everything else is complex.

越复杂，我们离上帝就越远。

The greater the complexity, the further we are from God.

这就是为什么上帝是“一”，只是“一”，或者说是独一无二的。

that's why God is one and only one, or one without a second.

我讲完“爱”这个主题了吗？

Have I covered the subject of a Love?

学生：那么，在实践中，如果别人有一个由衷的渴望，而我们的心，我要用“心”这个词，也有同样的感觉，而且会有一种感觉，如果我顺着他们去做，我可能会有所损失，那就不是爱。但如果它是完整的，那么无论他们想要什么，我都希望如此，因为他们的感受一定是我的感受，因为只有一种感受，那么我就不会害怕，但如果我害怕.....

Student: In practice, then, if someone else has a heartfelt desire, and our heart, I'm going to use that word, has that same feeling, and there's a feeling that if I went along with them, I might lose something, then that isn't love, but if it was complete in the sense that whatever they wish, I wish, because their feeling must be my feeling, because there's only one feeling, then I wouldn't be afraid, but if I'm afraid...

莱斯特：如今，有一个词可以形容它，叫做“连结”，这是个非常好的词。很适合你所说的那些，不是吗？我们一起看到同一个东西，想要同一个东西。

Lester: There is a word for it today called togetherness, it is a very good word, does not that fit what you're saying, togetherness? Together we see one, and the same thing, and want the same thing.

学生：从某种意义上来说，这对我而言似乎有点缺乏说服力。

Student: Seems a little weak, in a sense to me.

莱斯特：但这就是正在使用的词，我认为如果我们不用“爱”这个词，而用像“连结”“合一”这样的词，情况会更好。

Lester: But that's the word that's being used, I think we'd be better off if we drop the word love and use words like togetherness, oneness.

学生：不过，就像鲍勃说的，我认为这应该是当你试图将自己的利益与他人的利益保持一致时，我知道我的态度是，换句话说，我感觉自己已经站稳了脚跟，不会受到伤害。所以，别人怎么能伤害到我呢？因此，我希望别人也能得到他们想要的东西，因为这又是一个全新的理念，我知道我不会受到伤害，所以我知道我必须把同样的事情扩展到他们身上，这并不是说我必须在这里与他人达成共识，或者，你知道，有相同的想法，又或者与任何人保持一致，我只知道我走在正轨上，一切都好，其他的一切都无关紧要，那么，无论别人持何种态度，都没什么可以伤害到我。

Student: As Bob was saying, thought, I thought it should be that when you're trying to align your interest with another interest, I have the attitude that I know, in other words, I feel that I'm lined up, I can't get hurt, so therefore, how can anybody else hurt me? so therefore, I want the other person to have what they want also, because again, it's a new ground thing, I know that I can't get hurt, and so I know that I must extend the same thing to them, it isn't the thing that I have to line up mutually here, or, you know, same ideas, or align myself with anybody, I just know that I'm on the track, that I'm all right, and that everything else means nothing, then nothing can hurt me, regardless of what other attitudes there are.

莱斯特：确实如此。

Lester: That's true.

学生：那么，你只是接纳爱，或者接纳每个人的所有境遇，因为这对他们来说一定是好事，不管发生什么，这对你而言也只会好事。

Student: So then, you just accept the love, or you accept all situations for everybody, because it has to be good for them, it can only be good to you, regardless of what happens.

莱斯特：当我们完整地去爱时，是不可能受到伤害的。

Lester: It's impossible to be hurt when we love fully.

当我们爱时，永远都不会受到伤害。

We are never hurt when we love.

当我们爱时，只会感觉美妙。

We only feel wonderful when we love.

事实上，当我们爱时，我们感觉最为美好。

In fact, we feel the greatest when we love.

学生：如果我们现在有了一种区分的感觉，当然，在一开始的时候更多，比如你说，在家练习，但如果你觉得自己与一个人的连结感比与另一个人更多，那么你就开始把自己分离开了。

Student: If we have a feeling differentiating now, more, of course, in the beginning, like, for instance, you say, practicing at home, but if you feel a sense of togetherness with one more than another, then you begin to separate oneself.

莱斯特：这不是完整的爱，这是部分的爱。

Lester: It's not full love, it's partial love.

越是部分的爱，感觉就越不好。

And the more partial it is, the less good it feels.

当我们时时刻刻都在爱时，我们爱每一个人，我们只会有一种极其美好、无比温暖的态度，一切都很好，每个人都恰到好处，我们戴着玫瑰色的眼镜，这就是当我们爱时看待世界的方式。

When we love all the time, we love every being, we have nothing but a tremendously wonderful, warm attitude of everything is fine, every person is just right, we wear rose-colored glasses, that's the way we see the world when we love.

当我们恨的时候，我们看待同一个世界的方式截然相反。

When we hate, we see the same world in just the opposite way.

所以，了解关于爱的力量的这个小秘密，是一件了不起的事情。

So, it's a tremendous thing to learn this little secret of the power of love.

学生：我在想我是否可以读一下书中的一些定义，关于爱有这么多的说法，你做得很好.....

Student: I just wonder if I could read off some of the definitions in the book, there are so many ways it's been said, you're doing good...

(学生后面说的听不清)

莱斯特：天哪，关于这个内容，它有五页，我记得在这本书出版之前，我对弗朗西斯说“我从来都不知道该怎么谈论爱，关于爱，你能说的并不多”，她笑我，还把这些都给我看了。

Lester: My gosh, there's five pages on it, I remember before this book came out, I said to Francis, I never know what to say on love, there isn't much you can say about it, and she laughed at me, and she showed me all this.

但这些东西都聚集了很多、很多的念头。

But this was gathered over many, many thoughts.

我能看出来，这是在试图用尽可能多的方式来传达真正的爱的概念。

And I could see it's an attempt to convey the concept of the real love by saying it in as many ways as possible.

首先，爱是一种从不考虑任何回报的给予的感觉，这是我最初的观点。

For the first one, love is a feeling of givingness with no thought of receiving any return for it, that's the one I started with.

爱是无条件的付出。

Love is giving with no strings attached.

只有通过爱，爱才会来到我们身边。

Only by loving does love come to us.

我们爱得越多，得到的爱就越多。

The more we love, the more love comes to us.

我知道这是很多人思维中的一个基本误区，他们一生都渴望被爱，却从未感受到在被爱着，即使他们实际上正在被爱着。

I know this is a basic error in many, many people's thinking, they go through life wanting to be loved, never feeling that they are, even when they are really getting the love.

因为爱的感觉必须来自我们之内。

Because the feeling has to be in us.

如果我爱你，我会感觉很美妙；

If I love you, I feel wonderful;

如果你爱我，你会感觉很美妙。

If you love me, you feel wonderful.

就像你之前说的，在爱的人才感觉到幸福。

As you said before, it's the one who loves that feels great.

所以，想要被爱会陷入一个永远都无法满足的境地。

So wanting to be loved is getting into a direction that can never be satisfied.

学生：难道你不把得到的爱回馈出去吗？你必须成为你所感受到的爱，在爱中，你感觉很棒，好吧，但你似乎有一个爱的对象，但你真正感受到的是自

己给予对方的爱。

Student: Don't you then give the love that you get back? You have to be the love that you feel, in loving, you feel wonderful, all right, but you seem to have an object of the love, but you're really feeling your own love that you give to the other person.

莱斯特：我们看到，不同的人对爱这个词有不同的理解，鲍勃所说的可能并不符合你的观念。

Lester: We see different concepts of the word love in different people, it might not just suit your concept what Bob said.

但我知道鲍勃的意思，我表示赞同。

But I know what Bob means, and I say yes.

但你永远都会是对的，因为你就是这么想的，而思考使它成为现实。

But you'll always be right, because you think that way, and thinking makes it so.

爱是一种态度、一种感觉，根本不需要任何行动，它不需要行动，它可能会有行动，你可能把自己拥有的一切都送出去，但这并不意味着你得这么做，也不一定会这么做，主要的是态度。

Love is an attitude, a feeling, and requires no action at all, it requires no

action, it might have action, you might give away everything you have, but it's not necessarily so that you should or would give away everything, the main thing is the attitude.

学生：孩子会爱吗？

Student: Do the child love?

莱斯特：孩子爱得比我们多一点，但多不了太多。

Lester: A child loves a little more than we do, but not too much more.

因为孩子带着历经千百年形成的态度来到这个世界，孩子在出生时并不是一个全新的事物，而是整个过往的总和。

Because the child comes into the world with attitudes developed over the millenniums, a child is not a new thing at birth, it's the sum total of the entire past.

但由于孩子还没有接触过这个冷漠的世界，所以还没有形成更多与爱相反的观念。

But since the child hasn't met with the world, the cool, cool world yet, the child has not taken on more concepts of the opposite of love.

从这个意义上讲，在其他条件相同的情况下，孩子爱得比成年人更多。

And in that sense, a child loves more than an adult, everything else being equal.

孩子最想从我们这里得到的是爱，而且我们无法欺骗孩子。

The main thing that a child wants from us is love, and we cannot fool a child.

他们清楚我们的感受，这是他们所读到的东西，他们不会听我们说出口的话，我们用这些话欺骗自己，但骗不了孩子。

They know our feelings, and that's what they read, they don't listen to the words that we put out, we fool ourselves with the words, but we don't fool the children.

但给予孩子爱，会让孩子在这一生中发展爱，会让孩子拥有非常幸福甚至是最幸福的生活。

But giving love to a child will develop love in that child this lifetime, it will condition the child for a very, or a most happy life.

但在我们能够爱孩子之前，我们必须知道什么是爱，发展爱，并能够爱。

But before we can love a child, we have to know what love is, develop it, and be capable of loving.

这就是为什么我总是对母亲们说，如果你想帮助你的孩子，先帮助你自己。

that's why I've always said to mothers, if you want to help your children, help yourself.

这是帮助孩子的最佳方式。

That's the very best way of helping your children.

对吧，约翰？

Right, John?

我们一直在探索生命，你会注意到孩子们能立刻理解并做出回应。

We've been looking for our lives now, and you'll notice that the children understand it immediately and reciprocate .

如今，我们与孩子相处困难，主要是因为我们不明白爱是什么。

The reason why we have a hassle with children today is mainly because we don't know what love is.

如果我们能够爱，而不是与孩子发生冲突，情况会正好相反，父母与孩子之间会完全和谐融洽。

If we were capable of loving instead of the conflict with children, it would be just the opposite, it would be a complete harmony between

parent and child.

但正是因为我们忘记了爱是什么，才陷入了与孩子对立的困境。

But it's only because we have lost sight of what love is, that we are in this difficulty of opposition between parent and child.

如今，几乎没有哪个家庭不存在这种情况，只是程度大小而已。

There's hardly a family in which this does not exist today, just a matter of how little it is.

因为当今世界处于一种非常混乱的状态，很少了解我们来到这个世界的真正价值，而是迷失在对上帝、金钱、名望等的追逐中。

Because the world as it is today is in a very confused state, knows very little of the real values that we came here for, and is lost in chasing the God, money, prestige and so forth.

我还要继续读这些东西吗？

Do I go on reading these things?

我只是觉得你可以自己读。

I was just thinking you could read them yourself.

爱是接纳，爱是接纳人们原本的样子，爱是爱着对方。

Love is acceptance, love is taking people as they are, love is loving the other one.

因为对方就是对方所是的样子。

Because the other one is the way the other one is.

爱是信任。

Love is trust.

当我们爱人们的时候，我们总会信任他们。

When we love people, we will always trust them.

你可以用这些来审视自己，如果你不信任某个人，你就不爱他们。

You can use these things as a check upon yourself, if you don't trust someone, you don't love them.

这一点不太容易看出来，我建议你自己解决这一点。

That's not an easy one to see, and I suggest you work that out yourself.

如果你不信任某个人，你就不爱他们。

If you don't trust someone, you don't love them.

我说，信任这个世界上最不诚实的人，那么，那个人就会对你诚实。

I say, trust the most crooked person in the world, and that person will be honest with you.

爱是一种平和的感觉。

Love is a feelingness of peace.

正如我们之前所说，当我们爱的时候，我们没有敌人，不必时刻警惕，而是很轻松自在。

As we said before, when we love, we have no enemies, we don't have to be on guard, we're at ease.

爱是认同，通过认同他人而成为他人。

Love is identification, it is being the other one by identifying with the other one.

爱是每个生命通过他的每一个行为在寻求的东西。

Love is what every being is seeking through his every act.

这是强有力的一点，这是最后一个了，爱是认同，是通过认同他人而成为他

人。

That's a powerful one, that's the last one, love is identification, it is being the other one by identifying with the other one.

认同他，你会感觉对方好像就是你。

You feel as though the other one is you, identify with him.

学生：虽然我之前说过，我意识到我的存在，只有好的东西才能来到我身边，我处于这种爱的灵性之中等等，那么为什么还有必要去认同任何人呢？

Student: What I was saying before though I realized my Beingness that and that only good can come to me, that I am in the spirit of this love and so on, then why is it necessary to identify with anyone?

莱斯特：如果你身处那个领域，你会自动地认同每一个人，它们是一致的。

Lester: If you're in that sphere, you automatically identify with everyone, it goes together.

学生：你和你是.....我们在考虑的是两个层面，我想的是灵性层面吗？我们在这里主要讨论的是身体层面吗？

Student: You and you are, we thinking about two levels, am I thinking of the spiritual? And are we talking mainly here about physical bodies?

莱斯特：好吧，当我说认同的时候，你是我。

Lester: Well, when I say identify, you are me.

当我明白这一点的时候，就是完全认同的时候。

When I know that, that's identification complete.

如果你是我，我也知晓你的每一个想法和感受。

I also know your every thought and feeling if you are me.

认同就是这样变得彻底的，这种情况确实会发生。

That's how completely the identification becomes, this actually happens.

学生 1：这就变成了我和父亲一体，我和兄弟一体，我和姐妹一体。

Student1: It becomes I am my father one, I am my brother one, I am my sister one.

学生 2：但在实践中，如果保罗和我在争夺同一块房地产，例如，当我们相互竞价时，我的想法或感觉会是“谁得到它并不重要，因为毕竟，我们是一体的，都是一样的”。

Student2: But in practice, if Paul and I are after the same piece of real estate, for example, when we're bidding against each other, my thought would have to be, or my feeling would have to be, it doesn't really

matter who gets it, because after all, we're one and the same.

莱斯特：是的，保罗明白，保罗应该拥有它。

Lester: Yeah, Paul knows, Paul should have it.

学生 2：我们都拥有它，那么会发生什么？你说什么？

Student2: And we both have it, so what happens? Pardon?

学生 3：如果你说保罗应该拥有它，你会得到什么？

Student3: If you say Paul should have it, what do you get?

学生 2：嗯，这是一种相互的、同心同德的感觉，如果我感受不到保罗的感觉，他会得到它，如果我得到了它，他也不会感受到保罗的感觉。

Student 2: Well, it's a mutual one-hearted feeling, that if I cannot feel Paul's he gets it, and he could not feel Paul's if I got it.

莱斯特：嘿，伙计，你应该为他得到了它而高兴。

Lester: Hey, guy, you should enjoy his getting it.

学生 2：真的吗，或者他会为我得到它而高兴？

Student2: True, or he would enjoy my getting it?

莱斯特：对。

Lester: Right

学生 2：所以，这跟两个人没什么关系，就像陷入热恋的年轻人都想要某样东西一样，其实没什么区别，几乎是一样的感觉，如果对方得到了，他们都会很享受，不是吗？无论我们做什么，无论我们身在何处，我们都做得很好，即使我们的敌人得到了它，我们也应该感到开心，但那么谁是我们的敌人呢？

Student2: So it wouldn't matter anymore than if two people who, in a sense of young lovers wanting something, they both want it, it's almost the same same sensation, if the other one gets it, they're joy, isn't that true? whatever we do, we're good from wherever we are, or even if our enemy gets it, we should have that joy, but who's our enemy then?

(笑)

莱斯特：这是个非常好的问题，如果你爱你的敌人，你就不再有敌人了。

Lester: That's a very good question, if you love your enemy, you have no more enemies.

学生：嗯，我现在已经养成了这个习惯，我的朋友，或者我认识的合适的人，或者其他的人，如果来告诉我他们做了一笔很棒的交易，我总是会握住他们的

手，告诉他们我有多高兴；无论交易发生在什么地方，或者我打算帮客户买什么东西，或者其他什么，我也总是会告诉他们。相信我，他们惊讶的表情让我看到了他们有多高兴，这感动了很多人，他们告诉我为了互相激励，我为他们拥有好运而感到由衷的高兴，因为我觉得我在为他们做一些事。

Student: Well, I've made her practice now, that any of my friends or any of the appropriate that I know, anybody else comes to tells me of a terrific deal they've made, I always grabbed for their hand and shake and tell them how happy I am that they did it, regardless of where it was, or if it was something that I was trying to buy for a client, or anything else, I always tell them, and believe me, the surprise looks that I get show me the success that they've had, to move a lot of these people, they're telling me for mutual motivation, I feel real joy that they're having to have good fortune, because I feel that I'm doing something for them.

莱斯特：爱的力量和影响是显而易见的。

Lester: the power and effect of love is obvious.

尝试一下，运用它。

Just try it, apply it.

就像你在这件事上所做的一样，在其他事上也这么做，效果会很明显，它是一个非常强大的东西。

Like you're doing on that on other things, the effect is obvious, it's a very powerful thing.

学生：是的，你知道，我认为你的观点非常好，接纳人们所是的样子，而不是通过任何美德或其他什么东西，对我来说，做到这一点向来都相当容易。所以我没弄清楚，它是我的一部分，并努力实现它，但我想我的问题是，当我更了解他们所做的事情时，当这些人对你的生活产生影响，而你的思维方式或你的观念会对你产生不利影响时，会发生什么？这里难道就没有建设性批评的空间或者指出你所认为的事实，同时仍然能接纳他们的原本模样的空间吗？这是我在过去的几周里大量思考的问题。我认为在过去，我已经接纳了人们原本的样子，我说，好吧，作为一个人，如果我像他那样被抚养长大，像他那样思考，我也会做出同样的事情。但无论如何，似乎我.....所以我想说我或许更多的是容忍他们，而不是接纳他们，但当他们做了一些对我产生不利影响的事情时，我无法认同他们。

Student: Yes, you know, I think your point is real good, accepting people as they are, and not by any virtue or anything, it just has always been something that's been fairly easy for me to do, so I don't figure it out, I just figure, it's part of me, and work to attain it, but I guess the question that I have, where I'm more cognitive of what they do, is what happens when these people have an effect on your life, that your way of thinking or your concept affects you adversely, isn't there room here for constructive criticism, or pointing out the truth as you see it, and still accepting them as they are? This is something, I, just the last few weeks, I've done a great deal of thinking about it, is that I think in the

past, is that I've accepted people for what they are, and I say, well, as a human being, if I was raised like he was, and thought like he did, I'd do exactly the same thing, but what happens, it seems like anyhow, is that I, then, so I guess I would say I tolerate them, perhaps more than accept them, but I can't appreciate them when they do something that affects me in an adverse matter.

莱斯特：保罗，我们不应该把他们看作是犯错的人类。

Lester: Paul, we shouldn't look upon them as human beings subject to error.

如果你看到了绝对真理，你会看到无限的、完美的存在。

If you saw the absolute truth, you'd see infinite, perfect beings.

现在，我说，这就是真理，每个人都是无限的、完美的存在。

Now, I say this is the truth, everyone's an infinite, perfect being.

当我们以其他方式看待他们时，我们并没有看到真相。

That when we see them otherwise, we're not seeing the Truth.

所以你看，这对你的概念会有什么影响，我说你看待他们的方式不对，你会因此受到伤害。

So you see what it does to your concept, I say you're looking at them wrongly, and you'll be hurt because of that.

学生：但要是你把他们看作完美的存在，他们本身就是完美的等等，发生了什么呢？然而不管怎样，至少从表面上看，又发生了一些事情。

Student: But what happens if you see them as a perfect being, and perfect in their own right, and so forth, and yet, something happens that, by appearances, anyhow.

莱斯特：从表面上看，是的。

Lester: By appearances, yeah.

学生：看起来它在影响你或你的家人，可能是不利的影响，那么你又会怎么说呢？我现在只是不明白。

Student: Looks like it's affecting you or your family, might be adversely, then what do you have to say then? I'm just not seeing right now.

莱斯特：改变你的视角，改变你的想法，改变你内在的一些东西，外界就会立即发生改变。

Lester: Change your view, change your thought, change something in you, and it'll change out there immediately.

如果你不喜欢外面的世界，你必须改变自己，

If you don't like the world out there, you must change yourself.

然后世界就会立刻明亮起来，这就是我们想要的样子。

And immediately the world brightens you, that's the way we want it to be.

学生：那么，这难道不意味着，如果你一直秉持这种态度，不仅对这个人如此，对这个国家乃至整个世界等等都如此，那么这个世界将永远不会改变？换句话说，所有的进步，或者所谓的进步，难道不都是由于对人或现状的不满带来的吗？

Student: Well, doesn't this mean, though, that if you carry this attitude right on through, not just to this person, but to this country, or the whole world, and so forth, that this world would never change? In other words, it isn't all, isn't all the progress, or a so-called progress, because you know progresses, but isn't all the so-called progress brought about by dissatisfaction with people or situations as they exist?

莱斯特：不，恰恰相反。

Lester: No, just the opposite.

不满会给工作带来阻碍。

Dissatisfaction throws a monkey wrench into the work.

当爱存在的时候，进步才是最大的。

When there is love, progress is the very greatest.

我刚刚在这里读到一句话，说“爱是每个生命通过他的每一个行为在寻求的东西”，如果你追溯你以及人们的所有行为，他们在寻找什么？

I just read one here that love is what every being is seeking through his every act, if you will trace through all your behavior, or behavior of people, what are they looking for?

他们在寻找爱。

They're looking for love.

那便是终极，所有进步中最伟大的是爱。

That's the ultimate, that is the greatest of all progress is love.

我们的生活变得过于复杂了，这不是进步。

Our life is getting far too complex, and it's not progress.

因为如今人们并没有更幸福，我认为这就是幸福的证明。

Because people are not happier today, I think that's the proof of happiness.

他们拥有以前从未有过的东西，看看我们如今所处的混乱局面，难道你没看出来吗？

They have things like they've never had it before, now look at them mess we're in today, or don't you see it?

学生：嗯，我想，我想，不，我不认为……我想……我想这就是生存的方式，我认为他们能够比以往任何时候都做得更好，我是说，就整个世界而言……我想，比方说，从医学的角度来看，当今世界的痛苦比过去更少了，也可能更多，我想，或许还有更多的小痛苦。

Student: Well, I guess, I guess, no, I don't think... I think... I guess that's the way it has to live, I think they can do better than this, I mean, the world as a whole... I guess because I think that there is less pain in the world today, from a medical standpoint, let's say, probably more, I suppose, little pain.

莱斯特：是的，最强烈的痛苦是心理上的。

Lester: Yeah, the greatest pain is mental.

如今人们的焦虑和不满比我们那个时代要多得多。

There's more anxiety and dissatisfaction today than the ever was in our

time.

学生：我觉得，没错，但就我自己而言，我不认为那是因为人们不愿意调整，我可以说我接受它。

Student: I think, right, but I just, by my own thinking, I don't think that that's because of an unwillingness to adjust, I do accept it you might say.

莱斯特：好，我会说这是缺乏爱。

Lester: Okay, I'd say it's lack of love.

好吧，我换个说法，并不是说我们今天的爱变少了，而是我们太忙了，忙着生存，以至于没有时间与自己相处。

Well, I could put it another way, it's not that we have less love today as much as it is, we were so busy, busily occupied in trying to make a living, we don't have time to be with ourselves.

现在我们有时间和自己相处了。

Now we have time to be with ourselves.

30年前，我们想，哦，如果我们拥有了物质，就会幸福，

30 years ago, we thought, oh, if we only had things, we would be happy,

于是，我们拼命努力去获取物质，

and we were striving very hard to get things,

现在，我们已经得到了这些东西，

now, we've gotten the things,

然而，我们不仅不快乐，反而发现自己没那么快乐了，这其实是好事。

and instead of being happy, we find ourselves less happy, which is good.

因为我们下一个要学的重要课题就是：幸福并不存在于物质之中。

Because our next big lesson is to learn that happiness is not in things.

在不久的将来，它将更接近法则。

It'll go more toward principle in the near future.

但我们现在通过接受一些在这个世界上本不应被我们接受的事物，正逐渐滑向一个背离绝对真理的危险境地。

But we're coming down now to a dangerous point of getting away from the absolute truth, by accepting some of the things of the world, as they really shouldn't be accepted by us.

我们应该在看似不完美的地方看到完美。

We should see the perfection, where the seeming imperfection seems to be.

因为我们的目标是登顶。

Because we are aiming for the very top.

我知道我没有让你很满意，保罗，是吗？

I know I'm not satisfying you very much, Paul, am I?

学生：嗯，我是那种听到一些东西时，我只是.....我没有形成任何东西，我只是喜欢在某个时候讲出来。

Student: Well, I'm one of those persons that when I hear when I hear something, I just... I don't form anything, I just kind of like tell it at some point.

莱斯特：这是我无法给你的东西，我只能.....我可以说不一些词语，然后你得用它们做些什么。

Lester: It's something I can't give to you, I can just... I can make words and you have to do something with them.

如果你看到了，我说，如果你看到了我所看到的，那你就会明白这一点；

And if you see, I say, if you see what I see, then you'll see it;

如果你没有看到，那么就努力吧，也许有一天你会看到的。

If you don't, well, work with it, maybe someday you will.

但你已经有了一个很好的基础着手，就像你之前所说的，你很容易接纳人们原本的样子。

But you've got a good base to work from, as you said before, it was easy for you to accept people as they are.

【爱-它是什么】02-爱-它是什么 【Love - What is It】 02 - Love - What is It 2

学生：然后这个人似乎想要某些东西，对我来说，即便知道一切都是完美的，并且他们想要什么对我而言无关紧要，我可能会把他们想要的东西给他们，那将是……我成为了他们，知道只有完美本身并不重要，重要的是只有完美源于其中，但如果我恐惧，那么我将把自己分离开来，说“除了上帝、除了家庭之外，还有别的其他东西存在”。

Student: The person then seems to want something, it would really be perfectly all right for me to go along knowing that all is perfect, and it doesn't matter to me what they want, it's possible for me to give it to

them, it would be, I being them, knowing there's only perfection doesn't matter, there's only perfection that comes from it, but if I'm afraid, then I'm separating myself and saying "There's something besides god, something besides family".

莱斯特：现在，丰盛的关键之一是给予的精神。

Lester: Now one of the keys to abundance is the spirit of giving.

供给的关键是发展那种持续给予的感觉，这是产出供给的真正关键所在。

The key to supply is to develop that constant feeling of givingness, this is a real key in producing supply.

如果我们时时刻刻都怀有给予的态度，如果我们想要的东西会令我们窒息，那么持续的感恩态度也是非常有益的，就是这样。

If we had an attitude of givingness every moment, and we wanted things that they would smother us, a constant attitude of gratitude is also a very helpful thing, That's all.

学生：感恩对我来说没什么意义。

Student: Gratitude is something that doesn't make sense to me.

莱斯特：那就别说了，这里有很多其他有意义的词。

Lester: Then drop it, there's a lot of other words here that could make sense.

你看，对我来说，我说的所有这些东西都是一样的，几乎我所说的每一个东西都是用不同的词语、不同的短语一遍又一遍地表达着同样的东西。

See, all these things I say to me are all the same things, almost everything I say is the same thing again and again in different words, in different phrases.

以前当哈利看到“爱”这个东西和其他东西是一样的时候，我笑了。

I smiled before when Harry saw how this thing of love was the same as something else.

最终，一切都归结为一个东西，只有“一”。

In the end, it all comes down to one thing, and only One.

所以，专注于你喜欢的词语，放弃你不喜欢的。

So, stick to the words that you like, and let go of the words you don't.

学生：因为毕竟，只有你自己对任何一个词的概念才能让你认识到那个词的含义，所以这完全是你自己的概念。

Student: Because after all, it's only your own concept of any word that

brings you a realization of the meaning of that word, so it's your strictly your own concept to make.

莱斯特：但对我来说，所有这些词的意思都是一样的。

Lester: But to me, all these words mean the same thing.

爱是接纳、认同、理解、沟通、真理、上帝、你、我，这都是一回事。

Love is acceptance, identification, understanding, communication, Truth, God, you, me, it's all the same thing.

如果每个人都从相同的角度来看，从你自己的中心来看，如果你从你自己的中心来看，你会发现它们都是一样的。

And it will be to everyone if they'll look at it from the same point, from your very own center, if you look at it from your very own center, you'll see that it's all the same.

你自己的中心就是你自己的真我，你所是的真正的你，而不是我们试图夸大的这个虚假的小我。

Your very own center being your very own Self with the capital s, the real you that you are, not this fake ego that we're trying to make a big thing of.

学生：我们所有的学校教育，所有的教育，所有的一切，他们把我们分割成了碎片，然而现在我们正努力地把它们拼凑在一起。

Student: All our schooling, all education, everything, they cut us into pieces, and now we're trying to make it all together.

莱斯特：这就是为什么我说教育实际上是一个让人习得性无知的系统。

Lester: That's why I've said education actually is a system of learned ignorance.

如今的教育是一种错误的教育，生活中所有重要的东西从来都不教。

It's a miseducation, as it is today. all the important things in life are never taught.

无论你上了多少年大学，你都学不到任何关于幸福、爱、健康和生命的课程，而所有这些都是每个人在寻求的极其重要的课题。

No matter how many years you go to college, you don't get any courses on happiness, love, health, life, all these subjects that are so important that everyone is seeking.

这个国家的任何一所大学都没有开设任何一门关于它的课程。

There is not a single course in any college in this country on it.

学生 1：每个人都选修了一门速成课程。（莱斯特笑）

Student1: Everybody takes a snap course.

学生 2：我们没有真正合格的老师，或者必须玩这个游戏，他们有一个非常接近的.....

Student2: We don't have any properly qualified teachers, or the game must be played, they have one that's pretty close...

莱斯特：它是一种给予的态度，而不是实际地给予物质。

Lester: It's an attitude of givingness, it's not an actual givingness of things.

现在，送东西可能是它的一部分，然而送东西也可能恰恰在爱的反面。

Now giving things could be part of it, and giving things could be just the opposite of love.

我可以送你东西，因为我想让你喜欢我。

I can give you things, because I want you to like me.

对我来说，这不是爱。

That's not love, on my part.

这是在试图增强我的小我。

That's trying to bolster my ego.

学生：但你在寻求爱。

Student: But you're seeking love.

莱斯特：然而，所能给予的最棒的给予是给予理解、给予智慧。

Lester: However, the greatest givingness that can be given is to give understanding, to give wisdom.

如果一个人向我要一顿饭，我给了他，五个小时后，他又需要它了；

If a man asks me for a meal, and I give it to him, five hours later, he needs it again;

但是如果我向他传授做饭的原理，他就再也不会挨饿了。

But if I get across to him the principle on how to produce a meal, he'll never go hungry again.

所以，最棒的给予是给予理解、给予智慧。

So, the greatest givingness is understanding, wisdom.

学生：我之前就想说了，当保罗谈到有人为了达到自己的目的，做一些看似对你不利的东西，但实际上他只是想通过为自己领域中的某个人做这件事来获得爱，因此，如果你理解这一点，那种理解，你就知道他这样做是为了获得爱，就能看透了这种误解。

Student: I was going to say it before, when Paul was talking about the other person doing things which may seem to be against you to gain his end, but really he's merely attempting to gain love by doing this for someone in his field, and therefore if you understand that, that understanding, you know he's doing it to gain love, that's seen through this misconception.

莱斯特：现在这种情况已经发展到了极致，你会发现每个人在他的每一个行为中都是在寻求爱。

Lester: Now that carried on through to the extreme, and you'll see that every person in his every act is seeking love.

学生：好吧，如果我明白了这一点，即便看起来他好像在做一些反对我的事，但我知道他这么做是为了他自己，因此他就无法做针对我的事情，我知道这一点。

Student: All right, and if I know that, and it seems though he's doing something against me, I know he's doing something for him, and therefore he can't be doing it against me, I know that.

莱斯特：只要你知道这一点，你就是正确的，就没有什么可以伤害你。

Lester: And as long as you know it, you are correct, so nothing can be done against you.

学生 1：好吧，如果你在为自己而做，那只会是一个循环，对吗，肯尼？

Student 1: Well, that's just a circle if you're doing the it for yourself, right, Kenny?

学生 2：是的，从微观到微观。

Student 2: Yeah, micro to micro.

学生 1：从微观到微观，没错。

Student 1: Micro to micro, that's right.

学生 3：但是如果一个人在给予东西时犹豫不决，那是因为他觉得自己什么都没有，他会觉得得为自己保留一些东西。

Student 3: But if a person hesitate to give things, it's because he feels he doesn't have at all, and that he would be taking something from himself.

莱斯特：重要的是态度，而不是实际的给予或不给予。

Lester: It's in the attitude, not in the actual giving or not giving.

学生 3：我看到很多所谓的“高尚者”，当谈到给予东西时，他们实际上会感到害怕，我看不出有什么区别，如果他们的心理能力很强，那他们肯定拥有了所有他们需要给予的东西。

Student 3: I see so many people who are Prustines actually get frightened when they speak of giving things, and I don't see the difference, if they are so capable mentally, certainly they have all the things they need to give.

学生 1：有时，给予维持着我们在给予中所谈论的条件背后的基本理念。

Student 1: Sometimes giving sustains the basic thought behind the condition that we're talking about in giving.

学生 4：哇哦！（学生们笑）

Student 4: Wow!

学生 1：就像你提到的心脏，例如，如果我对心脏病感觉到爱，那么我就会为改善心脏功能给予力量，可以这么说，如果我真想与心脏病作斗争，我会看到在想法和事物中的不完美之处，并了解其完美。

Student 1: Like you were mentioning about heart, for instance, if I feel love for the heart disease, then I give to the heart pump, so to speak, if I would I would want to actually fight heart disease, I would see the imperfection in the thought, in the thing, and know the perfection.

莱斯特：有各种层面的帮助、各种程度的帮助。

Lester: There's all levels of helping, all degrees of helping.

学生 1：所以很多这种慈善捐赠，对很多好东西的捐赠，实际上是在维持我们认为捐赠要消除的状况，把它保留在心智中，因此维持了它。当然，再强调一下，这一切背后更重要的是完美的状态，嗯，是的，完美，但我们在灵性给予方面的态度，要有提升，而不是维持现状，而是在灵性层面超越现状，这样你会看到完美，看到完美而非现在的不完美。

Student 1: So a lot of this giving for charity, to so many good things, is really a sustaining of the condition under which we think we're giving to eliminate, keeping it in mind, therefore sustaining it, and, again, of course, the bigger thing behind it all is the state of perfection, well, yes, perfection, but the attitude on our part of the spiritual giving, of the lifting, of not sustaining the condition, but of lifting spiritually above the condition, so that you see the perfection, seeing the perfection instead of the imperfection now.

莱斯特：当你那样做的时候，你会影响这个宇宙中的每一个原子，你会影响每一个人，无论他们是否意识到这一点。

Lester: When you do that, you affect every atom in this universe, you affect every person, whether they realize it or not.

因为你在调用最强大的力量。

Because you're involving the power that's most powerful.

这是在爱每一个人，使其成为完美的存在，摒弃所有的这些消极和疾病。

It's loving every person into a perfect being, minus all these negativities and diseases.

事实上，用这种态度来为所有心脏病患者做出的贡献比捐钱要大得多，要了解这一点。

And you actually do far more for all the heart disease with that attitude than you would by giving money, and see it.

但我想说的是，你是否给他们钱并不重要，重要的是你的态度。

But I'm trying to make a point that it's not important whether you give money to them or not, the important thing is your attitude.

你可以为了给予的荣耀而给予，或者为了被树立给予者的形象而给予，但那对你没有好处。

You can give for the glory of giving or being put up as a giver, that does you no good.

或者你可以保持你刚才所说的态度，实际上不捐钱，这样你所做的贡献会更大。

Or you can have the attitude of what you just said and actually give no cash, and you're doing far more good.

所以，重要的是态度。

So, it's the attitude, that's important.

爱是所有问题的答案。

Love is the answer to all problems.

无论问题是什么，如果你将爱运用到极致并取得成功，那个问题就会立即消失。

No matter what the problem is, if you will just apply love to the fullest extent possible and succeed, that problem will drop away immediately.

不用生气，只要知道一切都很好，一切都好，无论问题有多难，只要感受到爱，你就会看到问题自行解决。

Just don't get aggravated, just know that everything is fine, everything is all right, and just feel love, and you'll see that problem resolve itself, no matter how difficult the problem it is.

当出现问题时，如果我们能爱得更多，问题就会消失。

When there are problems, if we would love more, they would disappear.

当爱完整时，问题会立刻化解。

When the love is complete, the problem dissolves immediately.

爱是沟通。

Love is communication.

沟通与爱是相辅相成的。

Communication and love go together.

沟通是传达一种想法，我说弗兰克：“啦啦啦啦啦.....”你说：“噢是啊，啦啦啦啦啦。”

Communication is getting across an idea, I say: "Frank la-la-la-la-la." you say: "Oh yeah, la-la-la-la-la."

这是我向弗兰克传达了一个想法，并确认了它，这就是沟通，我们都在同一个东西上看法一致。

That is an idea for me to Frank, and the acknowledgment of it, that's communication, we both see eye to eye on the same thing.

(注：这里英文表述“我们都眼对眼看到了同样的东西”意思是“我们都在同一个东西上看法一致”。)

学生 1: 好了好了, 这很重要, 你刚才说什么? 我们看法一致?

Student 1: Now, now, this is very important, what did you just say? We both see eye to eye?

学生 2: 好吧, 我们别再提这个眼睛了。

Student 2: All right, let's forget about this eye.

学生 1: 是吗?

Student 1: Right?

莱斯特: 是的。

Lester: Yeah.

莱斯特: 嗯, “眼对眼” 是一种习语表达, 我不是指肉眼。

Lester: Well, that eye to eye meant... it's an expression, I didn't mean a physical eye.

(学生说的听不清)

莱斯特: 你在自己的生活中能够很容易地验证这一点。

Lester: You can easily test this out in your own life.

如果你增加与一个人的沟通，就会增加你们俩之间的爱。

That if you increase communication with an individual, you increase the love between the two of you.

只是练习沟通，对他们说一些东西，让他们通过重复来确认他们明白了你的意思，就这样一直继续下去，你们俩之间的爱就会不断升温。

Just practicing communication, say something to them, have them acknowledged that they got it by repeating it, and go on and on that way, and the love between the two of you will keep going up and up.

增加沟通能增加爱。

Increasing communication increases love.

反之亦然，增加爱也能促进沟通。

And the other way around, increasing love increases communication.

你已经注意到了，你越爱，就越能够与人沟通。

You've noticed that the more you love, the more you're able to communicate with people.

学生：我能问个问题吗，鲍勃？

Student: Can I ask something, Bob?

莱斯特：这是一件非常有趣的事情，可以很容易验证。

Lester: It's a very interesting thing that can be tested very easily.

与此刻的你在一起，只是增加沟通，你就会看到爱。（笑）

Just increase communication and you'll see love, do with someone who is again you at the moment.

学生：你说得对，因为你知道为什么吗？因为就像保罗之前所说，如果有人似乎在做一些看似对你不利的事，你们之间缺乏沟通。如果你打开沟通渠道，达成共识，这个人所做的任何事你都不再感到陌生，因为你对他的认知提升到了这样一个水平，以至于你们之间能够完全理解彼此，对吧，泰德？

Student 1: You betcha, you because you know why? because as Paul said before, if someone appears to be doing something that appears to be against you, there is a lack of communication between eye and eye, and if you open up that channel of communication, that you see eye to eye, and there is no longer anything that this man is doing that is foreign to you, because your awareness of him is raised to such a degree that there is perfect understanding between eye and eye, isn't that right, Ted?

学生 2：我没有留意左边的人摇头没有。（笑）

Student 2: I didn't see whether the leftist shook his head or not.

莱斯特：还有一件事，随着爱的增加，世界的真相也会增强。

Lester: Another thing happens, as love increases, reality in the world increases also.

我们越有能力去爱，就越能看清事物发生的真相。

The more we're capable of loving, the more we'll see things exactly the way they happen.

现在，如果你练习增加在这个世界上的真相，你的爱也会随之增加，就像你练习增加沟通，你的爱也随之增加一样。

Now, if you practice increasing your reality in the world, your love will go up too, just the same way that if you practice increasing communication, your love will go up.

或者反过来说，我们爱得越多，就越能看清世界中事物的本质。

Or the converse, the more we love, the more we see things the way they are in the world.

如果我们都是很有爱的人，每次发生意外时，我们都对它的看法都会一致。

If we were all very loving people, every time there would be an accident, we'd all see it alike.

再深入一点，哈利，如果你拥有完整的爱，就永远都不会有意外。

That's further up, Harry, if you have the love complete, there never would be an accident.

学生：你不会有匮乏的观念。

Student: You wouldn't have concepts of lack.

莱斯特：就是这样。

Lester: Here it is.

爱是交流。

Love is communing.

爱是沟通。

Love is communication.

给予支持，希望对方得到他们想要的，这就是爱。

Lending support, wanting for the other one what the other one wants, that is love.

一个人能给予另一个人的最大帮助，就是帮助对方获得对真理的理解。

The greatest help or giving one may give to another is to help the other to get the understanding of Truth.

这样，一个人就给了另一个人幸福的秘诀。

In this way, one gives the other the formula for happiness.

爱是宇宙的凝聚力。

Love is the cohesive force of the universe.

爱是具有吸引力、整合力和建设性的，因此影响着它所触及的一切事物。

Love is attracting, integrating, and constructive, and so affects everything and anything that is applied to.

议会无法书写世界，但足够多的、能感受到爱的人可以。

Parliaments cannot write the world, but enough individuals feeling love can.

我认为这在我们这个时代是个有趣的观点，

I think that's an interesting point for our present times.

你无法通过立法来纠正世界，议会永远无法理顺这个世界，

You cannot legislate a correct world, parliaments will never straighten this world out,

只有当个人、当这个世界上的大多数人都持有爱的态度时，这个世界才会成为一个宜居的好地方，才会是和谐的。

only when the individuals, when the majority people in this world have an attitude of love, will the world be a nice place to live in, will it be harmonious.

几乎所有人都把小我的认同误认为是爱。

Almost all people mistake ego approval for love.

因为它不是爱，它无法令人满足。

Because it is not love, it is not satisfying.

因此，人们会不断地需要并索求它，而这只会产生挫败感。

Consequently, one continuously needs and demands it, and this produces only frustration.

天哪，下一个太难了，我打算直接读一下然后跳过吧。

Boy, the next one is a hard one, I'm gonna just read it and skip over it.

爱不是一种情绪。

Love is not an emotion.

或者也许我不应该跳过它.....

Or maybe I shouldn't skip over it...

当我说爱不是一种情绪时，情绪是流动的能量，它是一种强烈、活跃且扰人的东西。

When I say love is not an emotion, emotion is energy in motion, it's an intense, active, disturbing thing.

一种情绪是.....爱的情绪是最平和的感受，

An emotion is... The emotion of love is the most peaceful of feeling.

从这个意义上说，我的意思是，爱并不是一种情绪。

and in that sense, I mean that love is not an emotion.

人们彼此需要，并以为这就是爱，当一个人爱的时候，不会对对方有所依赖或有所束缚。

People need each other and think it is love, there's no hanging onto or fencing in of the other one when one loves.

人类的爱不想与他人分享自己的爱，而是想要自己的个人满足。

Human love does not want to share its love with others, but rather wants its own personal satisfaction.

真正的爱想要分享它的爱，分享得越多，就越快乐。

Real love wants to share its love, and the more it is shared, the more joyous it is.

在爱中不存在渴望。

There is no longing for in love.

因为渴望是分离，而爱是合一，它不允许分离。

Because longing is separation, love being oneness, it does not allow separation.

真正的爱无法通过婚姻获得，它必须在婚前就已经存在，或者在婚姻中发展出来。

True love cannot be gotten through marriage, it must be there before marriage, or developed during marriage.

爱不能只给一个人而不给另一个人。

Love cannot be applied to one and not to another.

爱一个人而恨另一个人是不可能的。

It is impossible to love one and hate another.

当我们爱一个人胜过另一个人时，是因为那个人在为我们做一些事，这就是人类的爱。

When we love one more than another, that one is doing something for us, that is human love.

当一个人因为别人对他好而爱他们时，这也是人类的爱。

When one loves people, because they are nice to him, that too is human love.

真正的爱是无条件的。

True love is unconditional.

真正的爱，一个人甚至会爱那些反对他的人。

And true love, one loves even those who oppose him.

看看下一句话，这是对我们“爱”这个主题上所处立场的真正考验。

See the next sentence is a real test of where we stand on the subject love.

我们应该平等地爱每一个人，这是检验自己成长的一个重要标准。

We should love everyone equally, this is a tremendous yardstick for checking yourself on growth.

以平等的心态对待一切存在。

Equal-mindedness toward all being.

平等地爱每一个人实际上是最高的状态。

Loving everyone equally is actually the top state.

学生：爱的秘诀难道不正是意识到“你拥有一切，他也拥有一切”，因此不存在分离吗？

Student: Isn't the secretive love really a realization that you have all and he has all, therefore there's no separation?

莱斯特：是的。

Lester: Yeah.

学生：因为如果说，他有我所没有的东西，那就是问题所在。就像坐在一

堆沙子上，你有一堆沙子，我也有一堆沙子，我在上面做了个小记号，然后你说“我想要你的河”，我说“好吧，你有一堆沙子，只需在上面做个标记，你就有了一条河”，你说“我想要你的河，它就像一堆沙子”。

Student: Because if you say, he's got something I haven't got, that's where difficulty comes in, it's like sitting on a pile of sand, you have a pile of sand, I have a pile of sand, I put a little mark on it, and you say "I want your river", and I say "Well, you've got a pile of sand, and you just have to make a mark on it, you have a river", and you say "I want your river, it's like a pile of sand".

莱斯特：是的。

Lester: Yep.

学生：这只是个叫“河”的词而已，我拥有一切，你也拥有一切，没有什么好计较的，对吗？

Student: It's just a word, river, I have all and you have all, and there's no fuss, is there?

莱斯特：没错，当你看到真相时，每个人拥有的都是一样多的，它是无限的。

Lester: That's right, when you see the Truth, everyone has exactly the same amount, it's infinite.

学生 1：所以如果你想要我所拥有的东西，那只是因为你没有意识到自己已

经坐在一堆沙子上了，那么你也可以拥有沙子，因为你正坐在上面，就这么简单。所以我说“你已经有这些沙子了”，你说“我想要我的”，或者你可以拥有我的沙子，因为它是无限的沙子，我不在乎。所以，如果我说“我无法拥有”，嗯，那就很困难了，我说“好吧，我又没坐在无限的沙子上”。

Student 1: So if you want what I've got, it's simply because you don't see you're already sitting on a pile of sand, then you can have the sand too, because you're sitting on it. That's simple, so I say "you've got the sand", you say "I want mine, or you can have mine", because it's infinite sand, I don't care, so if I say "I can't have", well, that's a difficult, I say "Well, I'm not sitting on the infinite sand".

莱斯特：这是把真相变成不真实的，变成了谎言。

Lester: It's making an untrue, maybe a lie out of the Truth.

学生 1：所以，爱实际上是在指出，当你坐在一堆沙子上时，就像我坐在一堆沙子上一样，拿起这堆沙子，这就是我们通过思考所产生的所有想法。但我们说“不，我们不是，我们得到了某个东西，这很好，我有某个东西而你没有”，这难道不是我们遇到困难的根源吗？

Student 1: So love is really pointing out, when you're sitting on a pile of sand, like I'm sitting on a pile of sand, take the sand, and this is all the thoughts, we get them through our thinking, but we say "no, we don't, we've got something, this is great, I have something and you don't have something", isn't that all the cause of our difficulty?

莱斯特：它唤醒了我们拥有一切的事实。

Lester: It's awakening to the fact that we have everything.

学生 1：而且在我们爱之前，这是首要的，不是吗？

Student 1: And this comes first, doesn't it before we love?

莱斯特：你为什么要从两方面来做这件事？

Lester: Why do you work at it from both sides?

学生 1：好吧，我无法爱某个东西，如果哈利拥有我所没有的东西，如果我没有，我怎么能爱哈利呢？我想要它，只有当我拥有并且他也有的时候，如果他有的，他就不必从我这里拿走任何东西，所以我们彼此相爱，因为我们都拥有它，我们不会为空气而争吵。

Student 1: Well, I can't love something, if Harry's got something that I haven't got, how can I love Harry if I don't? I want it, It's only if I have it and he has it, and if he has it, and he doesn't have to take anything from me, So we both love each other because we both have, we don't fight over the air.

学生 2：好吧，如果你对哈利说“哈利，我爱你，因为你拥有一些属于我们的东西”，对吗？

Student 2: Well, if you say to Harry "Harry, I love you because you've got something there that belongs to us", isn't that right?

学生 1：因为我们一起欣赏并对那个东西感觉很好，或者对拥有同样的无限能力而感到满意，不是吗？在我们所拥有的能力中没有分离。

Student 1: Because together we admire and feel good towards that thing, or towards that same infinite capacity that have, isn't that right? There's no separation in our capacity to have.

学生 2：这和我遗产一样，那么还有什么好争的？

Student 2: This is the same as my inheritance. So what's the fight?

学生 1：完全没有。所以我们所能做的就是享受同样的东西，只有享受，仅此而已。

Student 1: There's none. So all we can do is enjoy the same thing. There's nothing but enjoyment.

学生 3：莱斯特说的就是这个，当你看到每个人都拥有它时，你就无法否认它。

Student 3: That's what Lester said, when you can see that everyone has it, you can't deny it.

学生 2：无论他们是白痴还是自命不凡，他们都拥有相同的东西。没错，这是一个让我们与众不同的概念，这是对的。

Student 2: Whether they're morons or pretentious, they all have the same. That's right. It's a concept that made us otherwise. That's right.

学生 4：我觉得哈利正在独自冥想。

Student 4: I think that Harry's doing meditation on his own.

莱斯特：当启示开始来临时，它们就来了，别阻止它们，让它们继续降临。

Lester: When the revelations start coming, they come, just don't stop them, let them keep coming.

学生：当你坐在那里，突然间你像这样把手指放在头上，你说“哦，我发现了一些东西”。

Student: When you're sitting there, and all of a sudden you put your finger in your head like this, and you say, oh, I've got something there.

莱斯特：不过它一直都在那里，这就是奇怪的地方。

Lester: It's been there all the time, though, that's the odd part of it.

学生：只要意识到它就行。

Student: Just realize it.

莱斯特：我们所做的就是睁开眼睛去看一直都存在于那里的东西。

Lester: All we do is open our eyes to something that's been there all the time.

学生：但它通常和你想象的完全不一样。

Student: But it's usually something exactly different than what you thought it was.

莱斯特：是的，这个概念是错误的。

Lester: Yeah, the concept was wrong.

对，你放下了错误的概念，接着它就在那里了。

Yeah, and you let go of the wrong concept, then there it is.

学生：当然，我以为你会说真相就在这个念头的背后。

Student: Sure, I thought you'd say the truth was right behind the thought.

莱斯特：停止这个念头，停止所有的思考。

Lester: Stop the thought, stop all thinking.

得到爱是不可能的，一个人只有去爱，才能感受到爱。

It is impossible to get love, only by loving can one feel love.

一个人越是寻求爱，就越是不爱，这有点发人深省。

The more one looks for love, the more one doesn't love, it's kind of indicting.

人应该努力去爱，而不是被爱，被爱只会带来短暂的快乐和小我的膨胀。

One should strive to love, never to be loved, to be loved brings temporary happiness, ego inflation.

当一个人全心全意地去爱时，就不会有不被爱的信念。

When one loves fully, one can have no concept of not being loved.

当一个人全心全意地去爱时，就不会有不被爱的信念，我认为这是一个很好的一点。

When one loves fully, one can have no concept of not being loved, I think that's a good one.

学生：这是肯尼的想法，又回到了存在本质的这个问题上，不是吗？你知道，如果我们体验到了我们的存在，我们就不会感受到任何欲望或.....你不在乎

别人怎么想，真的，我的意思是，你知道，从物质层面来说，因为.....

Student: That's Kenny's idea, what comes back to this thing of Beingness, doesn't it? You know, if we experience our Beingness, we can't feel any desire or... You don't care what the other guy thinks, really, I mean, you know, physically speaking, because...

莱斯特：因为当我应该改变我们时，它却没有改变我们。

Lester: Because it doesn't change us when I ought to.

学生：你是它，我是我所是。

Student: You're it, I am what I am.

莱斯特：当对敌人感受到爱时，这会让敌人无力，无力再伤害我们。

Lester: When love is felt for the enemy, it makes the enemy impotent, powerless to hurt us.

如果敌人执意要伤害我们，他只会伤害他自己。

If the enemy persists in trying to hurt us, he will only hurt himself.

一个人不会增加他的爱，只是摆脱他的恨而已。

One does not increase his love, one merely gets rid of one's hate.

这就是你之前提到的，对吗？

That's what you brought up before, right?

我们无法增加我们的爱。

We can't increase our love.

因为爱是我们的自然状态。

Because that's our natural state.

在这些非爱的观念背后，始终都是我们所是的无限的爱。

Behind these concepts of non-love is always the infinite love that we are.

你无法增加它，你所能做的就是剥去这些恨的概念，这样我们这个极致的爱的存在就不会被掩藏。

You can't increase it, all you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden.

实际上，我们并非在不断地增加我们的爱，我们只是在不断地消除以往我们所持有的那些限制性的、恨的概念。

Actually, we don't keep increasing our love, we just keep doing away with the limited concepts of hate that we've had before.

而我所说的恨，是指一切非爱的东西。

And by hate, I mean, anything that's not love.

恐惧、嫉妒、妒忌、冷漠，所有的这些态度都是不同程度的恨，

Fear, envy, jealousy, apathy, all those attitudes are different degrees of hate,

至少在我使用它的方式上，它们是这样的。

at least the way I use it, they are.

所以我们真的没有增加我们的爱，而是消除了我们恨的态度。

And so we really don't increase our love, we undo our attitudes of hate.

学生：那么，我们的罪是什么？

Student: What are our sins, then?

莱斯特：是我们的恨的态度、限制性想法的态度。

Lester: Our attitudes of hate, our attitudes of our thoughts of limitation.

所有罪中最严重的罪，堕落是指小我感——我是一个与一切相分离的个体。

The greatest sin of all sins, the downfall is the ego sense , I am an

individual separate from the all.

这才是人类真正的堕落。

That's the real fall into mankind.

(学生说的听不清)

莱斯特：哦不，我们所做的一切都在亵渎上帝。

Lester: Oh no, everything we do prostitutes God.

实际上，不仅是亵渎这件事，几乎所有的事情都是如此。

Practically, not only prostitution, almost everything does.

学生：再次向你展示多小的罪是无意义的罪，罪，把它倒过来，把它倒过来发音，这是什么意思？Snis，有谁听说过Snis？这是什么意思？

Student: Again to show you how little sins are the meaningness of sin, spell it backwards, pronounce it backwards, What does it mean? Snis. Who ever heard of Snis? What does it mean?

莱斯特：哦，那是复数，你知道，“邪恶” (evil) 倒过来拼就是“活的” (live) ，所以你得小心那些倒退的东西。

Lester: Oh, that's plural, you know, evil spell backwards is live, so you

gotta be careful of that backwards stuff.

学生 1：那边有人在挠你痒痒吗？

Student 1: Is someone tickling you over there?

学生 2：哦，她感受到了我的爱，吉姆。

Student 2: Oh, she's feeling my love, Jim.

学生 3：她感受到了她自己的爱，只有你能感受到你的爱。

Student 3: She's feeling herself, only you can feel your love.

学生 2：你可以按你的方式来，我会按我的方式来。

Student 2: You can have it your way, I'll have mine my way.

学生 4：那是他的概念，一个小存在。

Student 4: That's his concept, a little be.

学生 3：你知道，当你刚才提到学校里没有任何关于喜悦、幸福或平和的课程时，我在想，最接近这些课程的大概就是性教育和社会福利了。

Student 3: You know, while you were mentioning that they don't have any courses on joy or happiness or peace, they were taught in the

college, and in the college I thought, well, the one that comes the closest is sex education and welfare.

学生 4：你又在开玩笑。

Student 4: And you're being facetious again.

学生 3：我觉得威尔·罗杰斯也有过类似的东西，我读过他的传记，他在传记中说“我从未遇到过一个我无法爱的人”，对吗？

Student 3: I think Will Rogers had this thing, I read his biography, and in his biography he made a statement, I have never met a man or a person I couldn't never to love, right?

莱斯特：是的，还有另一种说法“他从未遇到过一个陌生人”，但这是个概念，这就是他对人们的感受，体现在了他的哲学和幽默中，他拥有爱。

Lester: Yeah, there's another way of saying it, that he never met a stranger, but that is the concept, and that was his feeling about people, it shows in his philosophies and his humor, he had love.

学生：这就是为什么他离开了这个圈子，很快就有别的地方需要他。

Student: That's why he left this circle, and he was needed somewhere else pretty quickly.

莱斯特：就像这里需要他一样？

Lester: Like he was needed here?

学生：好吧，我们现在就需要他，我记得在舞台上见过他，扮演那个角色，干巴巴的，白人。

Student: Well, we could use him right now, I remember seeing him on stage. With that role, dry, white.

另一个学生：我对“陌生人”这个词的理解并非总是那个意思。

Another student: My interpretation word stranger is a term that I don't always mean.

莱斯特：我认为“名字”这个词过去曾表示“性质”，“名字”和“性质”是同一个词。

Lester: I think the word name used to mean nature, name and nature, the same word.

因为人们过去是根据他们的工作性质来命名的，对吗？

Because people were named by the nature of their work, right?

我忘了我要用他的话来表达的重点了，你刚说了什么？

I lost the point I'm going to bring out with what he said, what did you

say?

学生：陌生人是一个我不知道名字的朋友。

Student: A stranger is a friend whose name I do not know.

莱斯特：哦，我想暗示的是，我不知道他的本质。

Lester: Oh, whose nature I do not know is what I wanted to imply.

他的本质就是我的存在，他就是我，他就是我。

His nature is my Beingness, He is me. He is me.

听起来像是蹩脚的英语，不是吗？

Sounds like bad English, doesn't it?

他是我。

He is me.

学生：然而，这就是你现在所说的“遍及”，对吗？

Student: This is the popularization, though, that you're speaking about now, right?

莱斯特：有一天，你环顾四周，无论看向哪里，看到的都是自己。

Lester: Someday you look around and you'll just see yourself every way you look.

你会毫无疑问地有一种感觉：你就是我。

And you have a feeling you are me without a question.

毋庸置疑，你就是我。

Without a doubt, you are me.

学生：我正在拼凑碎片，但我还没看到那个“一”。

Student: I'm playing with pieces together, but I haven't seen that one yet.

莱斯特：你可以的，无论谁使用“我”这个词，都是同一个我。

Lester: You could, that word "I" is the exact same I, no matter who uses it.

学生：所以，它是一切，你看，我、我，更常见一点，我就是你，我、我，大写的我。

Student: So, it's the all, see, I, I, a little more often. I is the you, I, I, capital I.

莱斯特：当你达到最高状态时，你会有一个意识，

Lester: When you get the top state, you have a consciousness,

在最高状态中始终存在着一个不变的“我”、“我”、“我”，

there's a constant I, I, I goes on in the top state,

这就是你所看到、听到、感觉到、想到、知道的一切，

that's all you see, hear, feel, think, know,

只有“我”、“我”、“我”、“我”，这是你的存在，

just I, I, I, I, which is your Beingness,

这是永不改变的存在，

it's Beingness that never changes,

存在始终存在。

Beingness always is.

学生 1：成为是存在的对立面吗？

Student 1: Is is ah becoming the opposite of being?

学生 2：那么，在你存在之前，你不必先成为吗？

Student 2: Well, don't you have to become before you be?

莱斯特：（笑）不。

Lester: No.

学生 2：在你成为之前，你必须先存在。

Student 2: You have to be before you become.

莱斯特：“成为”是一种表象。

Lester: The becoming is an apparenacy.

你是，我是我所是，它是一种存在。

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

学生：嗯，我不知道，我，我想我视觉化想象的是，呃，你就是你，呃，你知道，你是，你是存在，但是，但在你能成为之前，你必须脱掉这些外套、夹克、或者之类的东西，我想这是在编码.....

Student: Well, I don't know, I, I guess what I visualized this is, uh, you're you, uh, you know, you're, you're being, but, but before you could be, you have to take off these coats, or jacket, or whatever, I think it was

coding in...

莱斯特：眼罩、眼罩。

Lester: Blinders, blinders.

学生：是的，好吧，眼罩，但那不是成为吗？

Student: Yeah, all right, blinders, but isn't that the becoming?

莱斯特：那是表面上的成为，是的。

Lester: It's the apparent becoming, yes.

但你本来就是，那你怎么会成为呢？

But you are, so how can you become?

“你在成为”只是一种表象。

It's only an apparency that you are becoming.

学生：或者在我看来，你还没有到达那里，所以你必须.....

Student: Or it seems like to me, you're not there yet, so you have to...

莱斯特：看起来是这样，你是对的。

Lester: It seems that way, you're right.

因此，看起来你正在成为，但那只是一种表面现象，并非事实。

So therefore, it seems as though you're becoming, but that's a seemingness, that's not the truth.

事实是，此时此刻，你本来就是了。

The truth is you are, here and now.

学生：嗯，我.....我想.....我.....我想我能明白这一点，我的意思是，对我来说，你说的.....呃，我还不太理解，我想是因为我在西科维纳，我只是还没到那里。

Student: Well, I, I guess, I, I guess I can see that. I mean, it's, to me what you're saying, and it, uh, I can't quite understand it, I guess, is that I'm in West Covina, I just haven't got there yet.

莱斯特：不，你现在就在那儿。

Lester: No, you are there now.

但你却有这种愚蠢的限制性观念，认为你只是在这里，认为你只是那具身体，认为你只有通过那具身体才能到某个地方，这不是真的。

But you've got this silly, limited concept that you're only here, that

you're only that body, and only through that body can you be somewhere, that's not true.

如果你能看到真相，在你和我交谈的时候，你会看到家里此刻正在发生的一切。

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

学生：你最好相信这一点，我的意思是，我现在听到了混乱的声音，证明他绝对在那里，但我们看到他在这里了，不是吗？但他可以随时都能回去，原来他真的在那里，这可以给你的午休时间一些话题。

Student: You'd better believe it, I mean, I hear the turmoil right now, proves it that he is out there present, absolutely, but we see him here, don't we? But he, he can be back there any time he wants, so he is there, really, this will give you something to talk about at lunch break.

莱斯特：但这些事情我们无法说服自己，可以这么说，这些事情我们必须自己去领悟，我们必须通过自己的心灵之眼去理解它。

Lester: but these are things that we cannot talk ourselves into, these are things we have to realize on our own, we have to see it through our own mind's eye, so to speak.

否则，那就只是一些文字而已。

Otherwise, it's just words.

一个不认为自己无所不在的人会说：“这太荒谬了，我就在这儿呢！”

Someone who doesn't think he's omnipresent says: "That's ridiculous, I'm right here!"

所以，在我们领悟到这一点之前，它对我们来说实际上没有任何意义。

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

但我说，试着去领悟它。

But I say, try to realize it.

然后，你会发现你现在是、过去是、将来也永远都会是无所不在的。

And boy, what meaning it will take on you find out you are, always have been, always will be omnipresent.

学生 1：保罗，你为什么要这样对自己说呢？这会让你心情愉快。

Student 1: Why do you tell this to yourself, Paul? It'll put you down to a happy spot.

学生 2：我就是不知道，我想我并不太在意别人怎么看我或我的团队，我喜欢他们本来的样子，如果他们因为他们自己的原因而不喜欢我，那是他们的

问题。

Student 2: I just don't know. I guess I don't particularly care what other people think of me or my team. I like them for what they are. If they don't like me for what they are, that's their problem.

莱斯特：这是一个很好的机会，这是一个成长的好机会。

Lester: It's a good chance, it's a good opportunity to grow.

当人们在议论你、反对你时，这给了你一个实践真正的爱的机会，也给了你一个实践真正的平和的机会。

And people are saying things about you, opposing you, it gives you a chance to practice the real love, it gives you a chance to practice the real peace.

因为他们只是用嘴巴发出声音，你没有理由为此感觉不好。

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

反对是件非常有益的事情，它能促进成长。

Opposition is a very healthy thing, it provokes growth.

所以，爱是全世界都在歌颂、书写、拍成电影、却鲜为人知的东西。

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

电影里总是把爱描绘成一个男性和一个女性互相赢得对方。

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

真正的爱是赢得整个宇宙，不仅仅是一个人，而是宇宙中每一个个体。

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

学生 1：还不错，我的意思是，到目前为止，他是个热情的恋人。

Student 1: Not bad, I mean, he's an ardent lover, well, all over that far.

(学生说的听不清)

学生 3：这是下一组。

Student 3: This is the next group.

莱斯特：在实际操作的最后，我省略了，用爱来衡量一切，这是一个绝妙的窍门。

Lester: And in the practical end of it, I left out, square all with love, this is

an excellent gimmick.

白天的时候，如果我们试着把一切都融入爱，无论我们在做什么，都会取得飞速且巨大的进步。

During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress.

用爱来化解一切：我是用爱去做这件事的吗？

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

不管它是什么事，试着用爱去做，这是另一个诀窍。

No matter what it is, try to do it with love, that's another gimmick.

这两者对日常成长都非常有益，对发生在你身上的一切负起全责。

Both of those are excellent for daily growth, take full responsibility for whatever happened to you.

无论发生了什么，问问自己：我做了什么导致了这件事？

No matter what it is, say, what did I do to cause this?

你会养成对发生在自己身上的事揪出根源的习惯，

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

你将向自己证明你才是主人，一切都是由你造成的。

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

既然你是主人，你就能消除、或促成你想要发生的一切。

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

但“负起全责”和“用爱化解一切”是两种绝佳的成长方式，我们在每天与人交往的中都能使用。

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

学生：磁带还剩两分钟就录完了。

Student: Another two minutes to go, boy, the tape is out.

学生 1：你想在里面放一束价值三美分的花吗？去把那边的弗兰克接过来，也许他有话要说。

Student 1: Would you like to place a bouquet of three cents worth in it?
Pick up Frank over there, maybe he has something to say.

学生 2: 我以为我会睡着, 威士忌里漂浮着那么多宝石。

Student 2: I thought I'd fall asleep with all those gems floating in the whiskey.

学生三: 好吧, 别怪他, 他是爱尔兰人, 哈斯科尔?

Student 3: Well, don't blame him. He's the Irishman, Haskell?

学生二: 好吧, 等等, 那是你自己的想法, 不是他的。

Student 2: Well, now, wait a minute, that's your own concept, that's not his.

学生 3: 老牧师。

Student 3: Old pastor.

学生 2: 弗兰克, 我们再说清楚些, 你到底是什么意思?

Student 2: Let's have a little clearer communication here, Frank, what is your meaning?

学生 4: 你明白沟通有多重要了吗?

Student 4: Do you see how that communication bit really is important?

学生 2: 每个人.....我不在乎我是否理解他在说什么, 好吧, 那是你的概念, 我是说, 那是你的概念, 好吧, 我们现在有好几个人.....

Student 2: Everybody... I don't care if I don't understand what he's talking about, well, that's your concept, I mean, that's your concept, well, we're having several now.

学生 1: 我想这个房间里有我们三个人, 而不只是一个人。

Student 1: I think there are three of us in this room instead of just one.

学生 2: 我想知道, 根据你自己的经验来看, 你是在什么时候、采取了哪些步骤呢? 在你走向将一切都视作自己、将自己视为一切的过程中, 你是如何.....你取得了怎样的突破?

Student 2: I, I, I, I, I, I. I was wondering, in your own experience, when did you, what were the steps? How did, what breakthrough did you get as you were leading up to seeing all, as yourself as all?

学生 1: 他从一个敞开的电梯井掉了下去, 头朝下着地。

Student 1: He fell through an open elevator shaft on his head.

莱斯特: (笑) 那对你没有任何帮助, 哈利。

Lester: That wouldn't help you any, Harry.

对你有帮助的是你去做到它，采取这些步骤。

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

学生：对我来说没有捷径，我拥有的第一个东西.....

Student: There ain't no shortcut for me, The first thing that I had.

莱斯特：有一条捷径，知道“你是谁”。

Lester: There is a shortcut, knowing "Who you are".

一个全能、全知的存在要花多长时间才能知道他是全能和全知的？

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

他拥有所有的力量、所有的知识。

He's got all power, all knowledge.

他要多久才能意识到自己拥有了这一切？

And how long should it take him to realize that he has it, that he's got it?

一秒钟就可以完成。

Could be done in a second.

【关于睡眠与觉醒】 01.关于睡眠与觉醒 第一部分 【On Sleep and Awakening】 01.On Sleep and Awakening Part 1

我可以告诉你如何消除这一切，或许这会给你一些启发。

I could show you how you could uncreate it, maybe that will give you some insight.

当你看着它的时候，睡着了，它在哪里？

While you're looking at it go to sleep, where is it?

对你而言，你睡着了，再也不醒来，这个东西就消失了。

As far as you're concerned, you go to sleep, you never wake up again, the thing is gone.

你发现摩天大楼就在你的意识里，在你的心智中。

And you see that the skyscraper is in your consciousness, in your mind.

因为，你睡着了，你放开了你的心智，这个世界就消失了，对吗？

Because you go to sleep, you let go of your mind, the world is gone, right?

当你入睡时，你放下了这个世界，对你而言，它消失了。

When you go to sleep, you let go of the world, it disappears for you.

当然，关于创造有很多共识。

Of course, there's a lot of common agreement on creation.

我们认为，那座摩天大楼是我们共同创造的。

We all created that skyscraper, we think.

但对你来说，当我们早上醒来时，我们在意识中重建了这整个世界，而这就是世界所在的地方。

But for you, when we awaken in the morning, we recreate this whole world in our consciousness and that's where it is.

但你必须亲身体验才能知道这一点。

But you must experience this to know it.

你只需专注去做，总有一天，突然间整个故事展开了，然后你就明白了，这被称作“开悟”或“启示”。

You just work on it, someday, suddenly the whole story unfolds, and then you see it. that's called a realization or a revelation.

因为时间是一个心理概念，可能几百万年过去了，这种事情实际上在印度、西藏发生过。

Because time is a mental concept, million years could pass, this thing actually happens in India, in Tibet.

这些瑜伽修行者会练习进入出神状态，在这种状态下，身体机能暂停，这种状态是假死状态，而且身体不会腐烂。

These yogis will practice going into the trance, in which the body functions are suspended, the status is suspended animation, and the body does not decay.

他们中有些人已经被埋葬了，当用锋利的工具挖掘坟墓和遗迹，他们碰到了这些人的身体时，他们复活了，而这些人已经“死”了几百年，据我所知甚至几千年，他们并没有死，而是处于这种出神状态。

Some have been buried, and I'm digging up graves and places with sharp instruments, they have hit these bodies and have come to life, these men have been dead for hundreds, and I have read thousands of years, not dead, but in this state of trance.

当他们醒来时，对他们来说，仅仅过去了一个晚上。

As they wake up, now to them, just one evening went by.

身体将保持这种假死状态，直到他们回到身体里并再次与之合体，这种状态可以持续数百万年。

Body will remain in that state of suspended animation until they return to it and become it again, it would last for millions of years that way.

我们所是的这个无限存在是全能的。

This infinite being that we are is omnipotent.

如果我们能暂时落入真我之中，在那种状态下迅速就能恢复活力。

If we can drop into our real Self for just a moment, it takes no time to rejuvenate in that state.

这是我们所说的熟睡状态，这种状态中没有梦，是完全彻底的放手，只需片刻就能恢复精力。

It's the state of sleep that we call sound sleep, where there's no dreaming, it's a complete and total let go, just for a moment.

许多人通过所谓的小睡来做到这一点，他们睡上 10 到 15 分钟，会感觉好

像已经睡了 8 个小时，他们也能立即做到这一点。

Many people do it for through what they call catnaps, they'll sleep 10-15 minutes and see as though they've slept 8 hours, they could do it immediately too.

只是完全、彻底地放下这个世界和那个梦境世界，也就是那个睡梦中的世界，你必须同时放下这两者。

Just a complete total let go of this world and of the dream world, of the sleep dream world, you have to let go of both of them.

因为梦境世界和这个世界一样，都会让你疲惫不堪。

Because that can tire you out just as much as this one.

一次暂时完全地放下它们二者，会让整个身体恢复活力。

A complete let go of both of those for just a moment will rejuvenate the entire body.

学生：换句话说，我们仰望发电站一会儿，就能看到上帝的物质和生命，那里才是真正的一切。

Student: In other words, we look up the power station for a moment and get a shot of God's substance and life out there where it really is all.

莱斯特：是的，那里有着无限的能量。

Lester: Yeah, it's unlimited energy there.

我认为当你能做到这一点时，你可以更进一步。

I think when you can do that, you can go one step further.

因为你知道能量在那里，你不必放手进入熟睡状态获取它，你可以在清醒状态下获取它，这样你就永远不需要睡觉，永远不会感到疲倦，你会永远充满活力。

Since you know the energy is there, you don't have to let go to take it, you can take it while conscious, then you'll never need to sleep, you'll never get tired, you'll always be full of energy.

学生：这就是为什么我读到过一些人，它们三四十年都没睡过觉，有些人在自己浑然不知的情况下不知不觉接上了能量。

Student: And that's why some of these people that I have read about that haven't slept for 30 or 40 years, some are rather better hooked up without their knowing it.

莱斯特：我知道我进入了那种不睡觉的状态，我忘了自己保持在这种状态中多久了，但当这些事情发生时，我倾向于像其他人一样，我开始睡一个小时，然后是两个小时，后来能睡到五六个小时。

Lester: I know I fell into that state of no sleep, I forget how long I remained in it, but when these things come to one, the tendency is to want to be like others, and I started sleeping one hour and two hours, I got up to 5, 6.

我不知道我现在睡多久，因为睡眠时间不固定，有时我仍然不会困。

I don't know how much I sleep now, because it varies, sometimes I still sometimes won't get sleepy.

天亮的时候，我说“好吧，该睡觉休息了”，然后我去睡觉，我可能会9点起床；其他时候我可能半夜睡觉，7点或8点起床。

When daylight comes up, I say “well it's time to go to bed rest”, and I'll go to bed, I might get up 9 o'clock; Other times I might go to bed midnight and get up at 7 or 8.

但当这些发生的时候，你可以24小时不停地工作，这非常方便。

But when that comes, you can go around the clock, and it comes in very handy.

我在纽约创办了《朗·约翰秀》，这是一档通宵节目，我负责安排所有的节目素材，所以我需要白天收集节目单，晚上还要参与节目制作，我就这样一直工作着，我记得第一个月我只睡了一个晚上，我想第二个月我睡了两晚，算是有了一些休息时间。

I started that Long John show in New York, it was an all night show, and I was arranging all the program material, so I needed the day to gather the programs, I was with the show at night, so I went on and on, the first month I remember I slept one evening, I think the second month I slept two evenings, I had some time off.

但人们过去常常看着我说：“你怎么能熬夜一整晚还不累？”

but people used to look at me and say: “How do you stay up all night and not get tired?”

我总是精力充沛，他们以为我有时会在白天睡觉，他们不明白我怎么能熬通宵还一直保持清醒。

I was always full of energy, they thought I was sleeping during a daytime sometime, they couldn't understand how I could stay up all night and stay awake.

但我们通过睡觉所获取的能量是随时可用的。

But the energy that we pick up by going to sleep is available all the time.

如果我们直接获取能量，就不再需要睡觉了。

If we just take it directly, we need no sleep.

睡觉不过是对这个世界的一种逃避。

Sleep is just an escape from this world.

这个世界对我们来说太过残酷，为了能在第二天爬起来继续战斗，我们不得不暂时在睡眠中“死去”。

The world's too rough for us, and we have to die to it in order to stand up the next day keep fighting it.

这也是无身体状态下生活的乐趣，也就是脱离身体的生活。

It's also the pleasure of bodily less living, living without the body.

每个人都喜欢睡觉却恐惧死亡。

Everyone likes sleep and fears death.

它们唯一的区别只是时间长短而已。

The only difference is the length of time.

【关于睡眠与觉醒】 02.关于睡眠与觉醒 第二部分 【On Sleep and Awakening】 02.On Sleep and Awakening Part 2

宇宙是在我们进入所谓的清醒状态时被创造出来的。

The universe is created on our entering the so-called waking state.

当我们脱离所谓的清醒状态，宇宙就不再存在了，只有我们的存在。

We step out of the so-called waking state, there's no more universe, there's only our Beingness.

我们存在于宇宙之外。

We exist without the universe.

睡眠是一件值得深入研究的趣事，它具有启示性。

Sleep is an interesting thing to dig into, it's revelatory.

当你处于深度睡眠且没有做梦的时候，这个宇宙在哪里？

When you're in deep sleep and you're not dreaming, where is this universe?

它并不与你同在。

It's not with you.

而深度睡眠、无梦的睡眠，是最美好的状态之一。

And that's one of the nicest states to be in deep sleep, dreamless sleep.

当你回到清醒状态时，你会说：“哇，感觉真好，我睡得太好了！”

When you come back to the waking state, you say: “Gee, I feel good, I slept so well!”

学生：那个存在在哪里？

Student: Where was that being?

莱斯特：是啊，那么那个时候，那个存在在哪里？

Lester: Yeah, now where was that being then?

当你进入深度睡眠时，你没有意识到这个外部世界，也没有意识到任何的梦境世界，在那一刻，你只是存在。

When you were in deep sleep, you were not conscious of this external world, you were not conscious of any dream world, you were just being at that time.

实际上，在深度睡眠中，你处于无限真我的状态，你没有被所有的限制所束

缚。

You were actually in the state of your infinite Self in deep sleep, you're not plugged with all the limitations.

现在，你所要做的就是在清醒状态下意识到无限存在。

Now, all you have to do is make that conscious in that state.

瞧，我们有.....由于清醒状态让我们认为无限存在是无意识的，但事实并非如此。

See, we have... Because of the waking state made that we think that's being unconscious and it isn't.

所以，现在，在清醒状态下，我们必须醒来。

So, now in the waking state we have to awaken.

然后当你入睡时，你就会知道你所处的状态是你的无限存在。

And then when you go to sleep you know that is your infinite Beingness the state you're in.

因为在清醒状态下，你处于那种无限“存在状态”，而且你会将这种状态延续到睡眠中。

Because in the waking state, you're in that infinite Beingness, and you

carry it right through into sleep.

瞧，正是清醒状态在说睡眠状态是一片虚无。

See, it's the waking state that says that the sleeping state is a nothingness.

当你在深度睡眠中告诉我你是一片虚无，那么我可以接受。

Tell me you're a nothingness when you're in deep sleep, then I could accept it.

但是在清醒状态下，你却说自己在深度睡眠中是一片虚无。

But in the waking state, you say you're a nothingness in deep sleep.

因为你认为清醒状态才是真实的，其他的一切都是不真实的。

Because you say the waking state is the state everything else is not real.

要看到这种“无觉知”就是这种清醒状态。

See the unawareness is this waking state.

所以在清醒状态下，你必须消除你现在称作“觉知”的这种无觉知状态。

So, in the waking state, you have to undo the unawareness which you are

calling awareness now.

(学生说的听不清)

莱斯特：你明白这一点了？

You see it?

我们现在所说的“觉知”是错觉、是梦境幻觉，消除那种状态，然后就会有全然的觉知。

What we call awareness now is the delusion, the dream illusion, undo that, and then there's total awareness.

完全放下心智，剩下的就是你的无限存在，无所不知、无所不能、无所不在。

Let go of the mind completely, and what's left over is your infinite Beingness, all-knowing, all-powerful, everywhere present.

只是释放心智，然后你就进入了自己的真我之中。

Just let go of the mind and you're in your real Self.

当我们从清醒状态到梦境状态再到无梦状态时，我们经历了存在的三种基本状态。

We move through the three basic states of Beingness when we go from

waking state to dream state to dreamless state.

当我们做梦时，我们带着我们的星光梦境身体进入了星光界。

When we dream, we're in the astral realm with our astral dream body.

当我们处于无梦的睡眠状态中时，我们是我们本质的存在，我们处于真我之中。

When we're in the dreamless sleep state, we're our essential Beingness, we're in the real Self.

但你是处于一种特殊的状态中，而不是与之相反的状态，因为你已经说过了。

But you're in a sort of a niche state instead of the opposite, because you've so said it.

而你解除它的方法，是在这个清醒状态下意识到你无限的存在，然后它就会是永久的。

And the way you undo it is by coming aware in this waking state of your infinite Beingness, and then it's permanent.

在你消除这个幻象之前，你会不断地从深度睡眠状态中醒来，并回到这个被创造出来的幻象中。

You will always awaken from that deep sleep state and come back to

this created delusion until you undo this delusion.

现在，如果你能一直处于那种深度睡眠的状态，如果你能做到的话，你就会意识到自己的无限。

Now, if you could remain in that deep sleep state all the time, if you could, you would become aware of your infinity.

但你做不到这一点，所以谈论它是愚蠢的。

But you can't do this, so it's silly to talk about it.

你必须在清醒状态下做到这一点。

You have to do it in the waking state.

睡觉对我们人类来说并不自然。

Sleep for our human is not natural.

睡觉只是一种逃避。

Sleep is just an escape.

我们建立了外面这个糟糕的外部世界，而我们无法承受它，所以我们离开它。

We set up this awful external world out here and we can't take it, so we

drop away from it.

那些开悟的人不需要睡觉，但他们中的大多数人还是会睡，以免显得怪异。

But people who are realized don't have to sleep, most of them do, so as not to be freaks.

他们像其他人一样生活，但他们并不需要睡觉。

They live life like other people do, but they don't have to sleep.

当你处于和谐中时，你永远都不会感到疲惫。

When you're in harmony, you never get tired.

如果你处于和谐之中，你永远都不会想要睡觉。

You would never want to sleep if you were in harmony.

而且你的生活越和谐，你所需要的睡眠就越少。

And the more harmonious your life, the less you need sleep.

不要指望心智能给你答案，它做不到。

Don't expect the mind to give you the answer, it cannot.

因为存在是一种心智的消除，它就在心智的背后。

Because the Beingness is a elimination of the mind, it's just behind the mind, this all Beingness.

但心智无法给出答案。

But the mind cannot give the answer.

因为它是小我的一部分，是我们限制性的一部分。

Because it is part of the ego, it is part of our limitation.

但某种程度上，你必须用心智来消除心智。

But you have to work with the mind to subdue the mind, sort of.

随着心智变得越来越安静，念头会不断消散。

As the mind gets quieter, the thoughts keep dropping away.

当足够多的念头消散时，真我就很明显了，它就显而易见了，你会说：“哇，我一直都是这个存在”。

When enough thoughts drop away, the Self is obvious, it's Self-obvious and you say: "Wow, I've been that all the time."

然后整个梦境转变了，你把这一切都看作是一场梦，然后你把它看作是一场从未发生过的梦，这是个天大的笑话。

And then this whole dream turns, you see this whole thing as a dream, then you see it as a dream that never was, it's a big joke.

(学生说的听不清)

莱斯特：在清醒状态下，是的。

Lester: In the waking state, yes.

你只需提出“我是谁”的这个问题，让心智安静下来，直到你看到自己的真我，那个真正的你，祂会接管一切并带你走完全程。

You just pose the question "who am I", get the mind quiet until you see the Self of you, the real you, so It takes over and carries you all the way.

当真我出现时，你对此无能为力。

And there's nothing you can do about it when the Self comes in.

因为，你、那个小小的小我被淹没了。

Because you, the little ego is overwhelmed.

真我呈现在你面前，你把自己的真我展现给自己，这就是启示。

The Self presents itself to you, you present your real Self to you, this is the revelation.

心智无法给你启示。

And the mind cannot give it.

但心智可以引导你朝着获得启示的方向前进。

But the mind can steer you in the direction of getting it.

学生：我们所感受到的和得到的这些领悟并不是心智的领悟。

Student: These realizations that we feel and that we get are not realizations of the mind.

莱斯特：不是，这是一种体验。

Lester: No, it's an experience.

你看到了一些东西，然后你试图在体验后把它转化为语言。

And you see something, and then you try to translate it into language after the experience.

学生：心智试图欺骗我们，让我们认为它会给我们这种领悟，但实际上它并不会。

Student: The mind tries to delude us into thinking that it would get the mind to give us this realization. It actually didn't.

莱斯特：是的，因为你很难想象自己没有心智。

Lester: Yeah, because it's hard for you to imagine yourself without a mind.

然而，在深度睡眠中，你的心智在哪里？

And yet in deep sleep, where was your mind?

它死了。

It was dead.

学生：莱斯特，这件事真的能更容易吗？是什么让它们变困难的？

Student: Lester, is this thing really easier? And what makes them hard?

莱斯特：啊哈~（全场笑）

Lester: Uh-huh~

学生：这是我听过的更具活力的说法。

Student: That was a more dynamic statement I've heard.

莱斯特：你现在是不受限制的，你现在就是无限的。

Lester: You right now are unlimited, you're infinite right now.

学生：但我不这么认为，我们不会允许自己.....

Student: But I don't think so, we don't allow ourselves...

莱斯特：你认为你是受限的，你自己让事情变得艰难。

Lester: You think you are limited, you make it hard for yourself.

你的自然状态是无限的，无限的喜悦。

Your natural state is unlimitedness, infinite joy.

你可以创造宇宙，也可以让它们消失。

You can create universes and uncreate them.

你拥有所有的力量、所有的一切。

You've got all power, all everything.

然而你却如此努力地让自己做一具身体。

And you're working so hard to keep yourself one body.

瞧，随着你的领悟提升，你会成为那个身体以及宇宙中所有其他的身体，你不再把自己限制在一个小小的身体里。

See, as your realizations go up, you'll be that body and every other body in the universe, you won't limit yourself to one little body.

但你说得对，我们把事情变困难了，并且紧紧抓着这个困难不放。

But you're right, we make it hard, and we hold on to that hardness.

学生：你为此付出了很多努力。

Student: You work hard for it.

莱斯特：总有一天你会醒悟过来，当我们所有人说“我”的时候，其实都是同一个“我”。

Lester: And someday you'll wake up to the fact that when we all say "I", it's the exact same "I".

这就像看着倒映在水面的月亮，它看起来像一千个月亮，但实际上都是同一个。

It's like looking at the moon reflected off a water surface, it looks like a thousand moon, it's all one.

我们在让它偏折，把它反射成千万个“我”，而它们都是同一个“我”。

We're deflecting it, reflecting it into a thousand millions of Is, it's all the one same I.

它就好像一把梳子的齿在说“你和我是分离的”，但其实它们是同一把梳子。

It's like a comb of the teeth saying you're separate from mine, it's all the same comb.

说“我们是分离的”，这是个谎言，我们并不是。

It's a lie to say that we are separate, we're not.

但现在你是无限的，此时此地，每个人都是无限的。

But right now you're infinite, everyone is infinite here and now.

现在，无限只是纯粹的存在，不是某种东西，而只是存在本身，并且存在永远不会改变，始终如此。

Now that infinity is just pure Beingness, not being something, but just Beingness itself and Beingness never changes, it always is.

它只是存在，它不是“我”和“某种东西”，它只是“我”，仅仅是“我”。

It's only Beingness, it is not I and something, it just I and only I.

但我们的这部分只是纯粹的“我”，不掺杂任何东西，这就是我们的无限存在。

But this part of us that is just the pure I, unalloyed with anything is our infinite Beingness.

然后我们非常愚蠢，好吧，我会说：“我，这个无限存在是一个受限的身体、困扰的心智，吧啦吧啦没完没了……”

And then we, very silly, well, I'd say: "I, the infinite being am a limited body, mind of troubles, and da da da da da da..."

但是这个“我”，当你说我是无限的，你实际上无法限制它。

But this I, when you say I is unlimited, and you can't limit it actually.

所以，“它是有限的”全是一种错觉。

So, it's all a delusion that it's limited.

当你意识到这个事实时，你会明白这一点，但你从来都是不受限的。

And when you awaken to that fact, you see it, but you never were limited.

你知道，我唯一做的事，就像一个戴着项链的女人，她忘了项链，突然间找不到自己的项链，她到处找，焦虑地想：“哦，我的项链在哪儿？我把它弄

丢了。”我走过去说：“在这儿呢，就在你的脖子上。”她说：“哦，现在我找到了，非常感谢你。”

You know, the only thing I do, it's like the woman wearing a necklace, she forgets it, suddenly she can't find her necklace, she's looking all over for it, she goes into an anxiety of: "Oh where's my necklace? I've lost it." I come along and say: "There it is, right around your neck." She says: "Oh now, I found it, thank you very much."

你从一开始就没有丢过项链。

You never lost her necklace in the first place.

你从未失去过你的真我。

You never lost your real Self.

【关于睡眠与觉醒】03.放下欲望【On Sleep and Awakening】 03.Letting Go of Desire

莱斯特：我要问你一个问题，如果你不是心智，那你是什么？

Lester: I'll ask you a question, if you're not the mind, what are you?

学生：只是存在？

Student: Just be?

莱斯特：我就是我，你只能这么说，所以“我是”。

Lester: I am I, that's all you can say, so I am.

但不要把小我变成你之外的其他存在。

But don't make the ego other than you.

因为小我，那个无限的你试图通过一个叫做“小我、身体、世界”的受限媒介成为无限。

Because the ego, the infinite you, trying to be infinite through a limited medium called the ego, body, world.

所以它永远都是你，而你表现得要么像个小我，要么只是你的真我。

So it's always you, you behave as an ego or just remains your Self.

你明白这个要点了，当你说“小我对我做了些什么”时，这是不负责任的，小我做不到。

You get the point, it's no responsibility when you say ego is doing something to me, the ego can't.

小我就像一个刹车，它束缚你、压榨你。

The ego is just like a brake, it clams down on you, squeezes you.

因为它在剥夺你的自由。

Because it squeezing your freedom.

但这其实是你自己通过认同身体、心智而做到的。

But it's you doing it by identifying yourself with a body, mind.

**你没有完全觉醒只是因为你说“你不是”，“保持着这一点直到我完全开悟”
意味着我不相信我是，对吗？**

You're not fully realized only because you say you're not, keep it until
I'm fully realized means I don't believe that I am, right?

放下这些，你就是了。

And let go of that, you are.

总而言之，你必须持续清除潜意识。

And overall you've got to continue to wipe out the subconscious.

(学生说的听不清)

莱斯特：现在你可以用我们的无欲状态来检查外部环境。

Lester: Now the external mediums you can check it with our desirelessness.

当你不再有欲望时，也就不再有想法了。

When you have no more desire, you have no more thoughts.

这简单吗？

Is that simple?

正是人为创造的匮乏，才创造了填补匮乏的欲望。

It's only the artificial creation of a lack that creates a desire to fulfill the lack.

本课程的第一条警句是：放下所有的欲望等同于放下所有的想法。

The first aphorism in the present session, letting go of all the desire is of tantamount to letting go of all thought.

之后，你就凭直觉行事了。

After which you work intuitively.

但既然你知道你不是心智，那就放下它，你会发现你不会消失，反而会得到所有的喜悦，只要你愿意，这份喜悦就是无限的。

But now that you know you're not the mind, you let go of it and you'll discover you won't disappear, but you'll just get all the joy there is, which is infinite if you want it.

所以，保持动能，走完全程。

So, keep the momentum going and go all the way.

你可以检验你的无欲。

You can test your desirelessness.

当没有任何人或任何事能打扰你时，你就是无欲的，你不渴望任何认同，也不渴望任何东西。

When no one and no thing can disturb you, you're desireless, you desire no approval, you desire no thing.

因此，没有任何人或任何事能再打扰你了。

so therefore, no one and nothing can disturb you anymore.

所以，归根结底就是摆脱欲望，到达一个没有任何人或任何事能打扰你的状态，然后你就得到它了。

So, it boils down to getting rid of desire, getting to a place where no one, no thing can disturb you, then you get it.

好吗？还有其他问题吗？

Okay? Any other any other questions?

永远不要停止这种势头，永远、永远、永远都不要停下，要重新建立它太难了。

Never stop the momentum, never, never, never, it's so difficult to reestablish it.

到目前为止，每个人都停下了。

Everyone so far has stopped it.

如果有人没停下，那这个人已经走完全程在那里了。

If anyone didn't, that one would have been there all the way.

因为这个速率会呈几何级数不断上升。

Because the rate keeps increasing geometrically.

【关于睡眠与觉醒】04.幸福与关系【On Sleep and Awakening】04.Happiness and Relationships

我会试着给你保持持续幸福的关键，这样你就不会一蹶不振。

I would try to give you the key to maintaining a constant happiness, so that you don't nose dive.

我知道有几个人一直处于低谷，而且还没有上来，我想这也是我没到这里来的原因之一。

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

你看，当你情绪低落，觉得一切都糟透了，而且心急如焚的时候，我很难和你轻松地沟通。

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

而且，如果我来到这儿，你得到了帮助并摆脱了困境，你会说是我做到的，这就会发展出一种依赖关系，这并不好。

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

你是无限的，你能做任何你想做的事，你能拥有、成为或者做任何你想要或渴望的。

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

当这种困扰持续足够长的时间，你会厌烦它，无论如何你都会放手，然后你就做到了。

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

你看，当这是你自己做到的时候，感觉会好非常多，而且你不再需要依靠别人了。

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

但我感觉当时这个群体想知道的是如何保持这种幸福，为什么我们不能一直拥有它呢？

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

我们本该如此。

We should.

所以，我想试着让你们明白，或者说给你们理解的关键，这将有助于你们培养持久的幸福。

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

好了，这就是关键，当你理解或知道幸福是什么时，你就能越来越多地建立幸福，直到永远幸福。

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

但关键在于，要明白幸福究竟是什么。

But the key is knowing what is this thing happiness.

当你知道幸福是什么时，你会去它所在的地方寻找它，而不是去它所不在的地方寻找它。

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

在幸福所不在的地方寻找它，会让你痛苦不堪；

Looking for happiness where it isn't is what gives you misery;

在幸福所不在的地方寻找它，会让你一蹶不振。

Looking for happiness where it isn't is what causes you to nosedive.

目前为止，关于我所说的这些，还有什么疑问吗？

Is there any question on that, what I've said so far?

关键在于知道幸福是什么，这样你才能直奔它而去。

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

不了解幸福是什么，就很难永久地建立幸福。

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

那么，什么是幸福呢？

Well, what is happiness?

对大多数人而言，他们称幸福为享乐，而它实际上是对痛苦的逃避。

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

如今，大多数人所谓的幸福，不过是从痛苦中逃离出来，逃避、娱乐。

What most people call happiness today is their getting away from their pain, escape, entertainment.

他们无法忍受自己以及自己的想法，他们不得不去看电影、去夜总会、去拜访某人，只是为了让自己动起来，这样他们就不用独自面对自己的念头了。

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

当他们的思想从自己的想法中抽离出来时，他们感觉好多了，然后就称之为幸福。

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

所有的娱乐实际都是这样的。

All entertainment is actually that.

虽然当你获得自由时，你可以比以前更多地享受娱乐，但你不再需要它了，因为你是快乐本身。

Although when you become free, you can enjoy entertainment far more

than before, but you need none of it, because you're happy.

现在我要谈论的幸福不是逃避痛苦的那种幸福，而是做你的真我所带来的喜悦。

Now the happiness I'm going to talk about is not the escape from misery kind of happiness, it's the joy that results from being your real Self.

我们越是做真实的自己，我们就越感到快乐。

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

这种快乐并不是通过我们所关联的事物或人来实现的，而是通过满足对想要得到这个人或事物的渴望或想法来实现的。

Now this joy is accomplished not by the thing or the person out there whom we associate with the joy, but it is accomplished by satisfying the desire for or the thoughts wanting to acquire this person or thing.

我们平息这些想法，心智越平静，真我就越闪耀光芒。

We quiet those thoughts, and the quieter the mind is, the more the Self can shine forth.

但这是你必须在自己的内心明白的，你的心智越平静，你就越喜悦、越幸福。

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

这是一个很好的尝试，去体验它，直到你看到它。

It's good to play with this, experiment with it until you see it.

但无论那种喜悦是什么，它总会让心智安静下来，然后你会感觉到幸福。

But whatever that joy was, it always resulted in quieting of the mind, and then you feel happy.

接着，你开始放下对人和事物的贪恋，

Then you begin to let go of attaching that happiness to people and things,

你开始明白，那份喜悦只是你自己的真我在更多地显现出来。

you begin to see that the joy is only your very own Self coming out more.

但是，当你明白这种幸福是什么时，你便不会去幸福所不在的地方寻找它，

But then when you see what this happiness is, you're not going to look for it where it isn't,

而且你会抵达一个不需要任何人或任何事物就能快乐的境界，你只是一直幸福着。

and you reach the place where you need no one and no thing to be happy, you just are happy all the time.

对此有什么疑问吗？

Is there any question on that?

我想，从智性层面来说，每个人都能明白这一点，不管你是否用自己的心灵之眼看到它，你都应该首先在智性层面理解它，然后去实践、去验证。

I guess intellectually it's seen by everyone, whether you see it through your own minds eye or not, you should have it at first intellectually, then experiment with it, test it out.

你会发现确实如此，每当你感到快乐时，你的心智都是放松自在的。

And you'll discover that this is so, that every time you feel happy, your mind is at ease.

而你归因于外在的人或事物，其实是你内在正发生的变化，是你的心智安静下来了，这样你的真我才能更加闪耀。

And that what you attributed to the person or thing outside of you was

something going on within you, the quieting of your mind, so that your real Self could shine forth more.

当你明白这一点时，你便不会再陷入困境。

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

因为当你不开心时，你会知道该去哪里重建幸福。

Because the moment you become unhappy, you will know just where to go to re-establish the happiness.

学生：那么，快乐是在自己之内吗？

Student: That would be within yourself, then?

莱斯特：是的，但首先要认识到幸福不在于人或事物，而在于念头的平息，平息对人或事物的渴望，这会让你更多地只是存在。

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

当你的心智专注于外部事物时，你就没在“存在”了，而是被卷入了外部事物中。

When your mind is on things out there, you're not being, you're

involved with externals.

但我认为，关键在于明白这一点：你的幸福在于让你的心智安静下来，通过满足欲望来平息对事物的念头。

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

当你真正在自己的内心明白这一点时，你就能直接做到了，你可以不用得到那个人或那个事物就能放下那些想法，你立刻就是幸福的。

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

总而言之，你朝着真正存在于你之内的幸福前进，而非在外部寻找它。

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

这样，你就建立了一种持续的幸福状态。

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

我再次强调，每个人都必须自己领悟到这一点。

Again, I say each one has to realize this for himself or herself.

但当他或她真正领悟到这一点时，幸福就能被永久地建立起来。

But when he or she does, then happiness can be made permanent.

因为那时你会在幸福所在的地方寻找它，而不再去幸福所不在的地方苦苦追寻。

Because then you look for happiness where it is, and you stop looking for it where it isn't.

幸福并不存在于人或事物中。

There is no happiness in people or things.

幸福是我们的本性，幸福是我们的存在本身。

Happiness is our basic nature, happiness is our very Beingness.

当我们只是存在时，我们是无限幸福的。

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

当我们只是存在，而不是别的什么东西时，我们是无限幸福的。

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

要明白你的无限存在是永恒的，它永不改变，要明白这整个世界都无法触及你，它只是个虚构、是一场梦。

It's knowing your infinite Beingness that is eternal, it never changes, and that this whole world cannot touch you, it's just a fiction, a dream.

你没有任何贪恋和厌恶地行走于生活中，那么没有任何人或任何事能够打扰到你，你便拥有了这份永恒的无限平和与喜悦。

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

一个完全觉醒的人与一个尚未觉醒的人之间，唯一的区别在于他们对待一切的态度。

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

学生：对。

Student: Right.

莱斯特：一个尚未觉醒的人认同一个单一受限的身体和心智，

Lester: An unrealized person identifies with a single limited body, mind,

一个觉醒的人认同一切、每一个存在、每一个原子。

A realized person identifies with everything, every being, every atom.

你的本性是喜悦，你不是从所发生的一切中获得它的，你的本性就是无限的喜悦，这是你的自然状态。

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

只要你不把它寄托在某个人或某个事物上，它就一直都在那里。

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

但如果你说，除非我做了些什么，否则就无法拥有快乐，那么你就限制了自己的快乐。

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

自然状态是无限的快乐，这才是真正的自然状态。

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

自然状态是成为无限。

The natural state is being infinite.

而我们把所有的这些限制、需求、贪恋、厌恶的想法都叠加到了这种状态之上，这些想法便遮蔽了本就自然存在的无限喜悦。

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

【莱斯特谈意愿力量】1.莱斯特谈意愿力量

【Lester on Will Power】1.Lester on Will Power

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磁带旁白：以下是一段录制于莱斯特·利文森在 20 世纪 50 年代的录音，他正在谈论意愿力量和显化，这是一份罕见的录音，我们很幸运能拥有它，我们已竭尽全力提升了质量，然而，其中传递的信息非常有力，我建议你多听几遍。

The following is a recording of Lester Levenson, made in the 50's, he's speaking about will power and demonstration, it's a rare recording and we're lucky to have it, we've done our very best to enhance the quality, however the message is very very powerful, I recommend that you listen to it many many times.

莱斯特正在谈论意愿。

Lester is speaking on will.

莱斯特：现在说回正题，当你强烈地渴望某样事物时，你会让它发生，对吧？

Lester: Now related, when you desire something very strongly, you'll make it happen, right?

当我让它发生时，我是在表达意愿。

When I make it happen, I am expressing will.

你看，大多数人需要进入“行动状态”，他们感到冷漠，所以他们必须表达自己的意愿。

See, most people need to get up to the action state, they feel apathetic, so they must express their will.

如果你能够表达自己的意愿，那么你就不必.....

If you're able to express your will, then you don't need to...

你放手，让上帝来做。

You let go and let God.

就像你不得不运用努力，首先要消除努力，这样你才能达到毫不费力的状态。

Like you have to use effort, at first to undo the effort, so you can reach the effortless state.

你必须运用意愿来消除意愿。

You have to use will to undo the will.

这听起来很矛盾。

It sounds so contradictory.

练习使用意愿。

Practicing using will.

作为一个无限存在，我们拥有无限的意愿。

And being an infinite being, we have infinite will.

理论上，“存在”可以在瞬间完全觉醒，他或她将表达出那种意愿。

And being theoretically can get full realization in an instant, he or she will express that will.

无论是否意识到这一点，每个人一直都在控制着物质。

Aware of it or not, everyone is controlling matter all the time.

无论一个人是否想成为一个显化者，他都是。

Whether the one wants to be a demonstrator or not, he is.

一直不做一个创造者是不可能的，每个人每天都在创造，只是我们没有意识到这一点。

It is impossible to not be a creator all the time. everyone is creating every day, we're not aware of it.

因为我们根本不去看它。

Because we just don't look at it.

每一个念头、每一个单一的念头都会在物质世界中显化，除非我们扭转它，否则没有一个念头是不可能不显化的。

Every thought, every single thought materializes in the physical world, it's impossible to have a thought that will not materialize except that we reverse it.

如果我们说相反的东西，在我们产生一个具有同等力量的念头之后，就刚好能抵消它。

If we say the opposite, right after we have a thought with equal strength, we just neutralize it.

但任何没有被扭转或抵消的念头，即便没有立即显化，也会在未来显化。

But any thought not reversed or neutralized will materialize in the future if not immediately.

所以，我们一直在努力去做到的这种显化，其实我们一直都在做，却没有意识到我们正在做这件事。

So, this thing of demonstration that we're all trying so hard to do, we're doing all the time, unaware of the fact that we are doing it.

我们所需要做的一切就是，有意识地引导它，我们称之为“显化”。

All we need to do is to consciously direct it and that we call demonstration.

每个人在生活中所拥有的一切都是一种显化。

Everything that everyone has in life is a demonstration.

如果你之前没有想过它，它就不可能进入你的经历中。

It couldn't come into your experience had you not have a thought of it at some time prior.

如果你想知道你思想的总和是什么，它完全是由你周围的环境决定的。

If you want to know what your some total thinkingness is, it's exactly determined by what's around you.

你所拥有的东西就是你的显化。

What you have, that's your demonstration.

如果你喜欢它，你可以继续保持它。

If you like it, you may hold it.

如果你不喜欢它，开始改变你的思想，

If you don't, start changing your thinking,

把它集中在你真正想要的方向上，直到这些念头占据主导地位，

concentrate it in the direction that you really want until those thoughts become predominant,

然后，无论这些想法是什么，它们都会在这个世界中物质化出来。

and whatever those thoughts are will materialize in the world.

当你开始有意识地显化小的事物时，你可能会意识到，它们小的唯一原因是：你不敢想大的。

And when you begin to demonstrate consciously small things, you may then realize that the only reason why they're small is because you don't dare to think big.

显化一分钱的法则或原理也同样适用于显化十亿美元。

That the exact same rule or principle applies to demonstrating a penny that applies to demonstrating a billion dollars.

心智决定大小。

The mind sets the size.

任何能显化 1 美元的人，也能显化 100 万美元，商人们。

Anyone who can demonstrate \$1 can demonstrate a million dollars, businessmen.

请注意你显化 1 美元钞票的方式，下次在后面直接加上六个零，把意识放在 100 万美元而不是 1 美元钞票上。

Become aware of the way you are demonstrating the \$1 bill, and just put six zeros after it next time, take on the consciousness of the million rather than the \$1 bill.

这与我所说的有关，当你明白这一点时，精神与物质之间没有区别。

This relates to what I have been saying that there is no difference between the spiritual and the material when you see it.

物质只是我们心智的向外投射，投射到我们称之为宇宙、世界以及许多的物体上。

The material being just a out projecting of our minds into what we call the universe, and the world, and many bodies.

而当我们领悟到这一点时，它只不过是我們心智的向外投射，

And when we see that, it's just an out projecting of our mind,

它只是我们在外部创造的一幅画面，

it's just a picture out there that we have created,

我们可以很容易地立即改变它。

we can very easily change it instantly.

所以，重申一遍，每个人在他或她思考的每一个时刻，都在显化、都在创造。

So, to repeat, everyone is demonstrating, creating every moment that he or she is thinking.

你没得选，只要你有心智且还在思考，你就是一个创造者。

You have no choice, you are a creator, so long as you have a mind and think.

为了超越创造，我们必须超越心智。

To get beyond creation, we must go beyond the mind.

心智背后是全知的领域，在那里无需创造，那儿存在着比创造更高的状态。

And just behind the mind is the realm of all knowingness, where there's no need for creation, there's a higher state than creation.

它是一种本然的状态、一种存在的状态，有时也被称为“觉知”、“存在”、“意识”。

It's a state of isness, of Beingness, sometimes called awareness, Beingness, consciousness.

那种状态就在心智的背后，它超越了创造。

that's just behind the mind, that's beyond creation.

心智很难想象超越创造是什么样的状态。

The mind finds it very difficult to imagine what what it's like beyond creation.

因为心智主要在于创造，它是宇宙的创造工具，也是宇宙中、世界上所发生的一切的创造工具。

Because the mind is involved primarily in creation, in creating, it's the creating instrument of the universe and everything that happens in the world, in the universe.

所以，如果你拿这个被称作“心智”的东西，也就是拿着只是个创造工具的心智，试图想象超越创造的状态是什么样的，这是不可能的。

So, if you take this thing called mind which is only a creator and try to imagine what it is like beyond creation, it's impossible.

心智永远无法知晓上帝。

The mind will never know God.

因为你必须超越心智才能了解上帝，才能了解我们所是的这个无限存在，才能了解超越创造的状态。

Because you have to go just above the mind to know God, to know the infinite being that we are, to know what it's like beyond creation.

最终的状态是超越创造。

The final state is beyond creation.

终极状态是不变的状态。

The ultimate state is the changeless state.

在创造中，一切都在不断变化。

In creation, everything is constantly changing.

因此，终极真理并不存在于创造中。

Therefore, in creation, the ultimate truth is not there.

**所以，为了显化我们想要的东西，我们需要意识到，我们所需要做的就是：
只专注于自己想要的，仅此而已。**

So, to demonstrate what one wants, one needs to become aware of the fact that all we need to do is to think only of the things we want and that is all.

只要真的这样做了，就会得到我们想要的东西。

That we would get if we would do just that.

只想着你想要的，你就会一直得到你想要的。

Only think of the things you want and that's what you'll be getting all the time.

因为心智只有创造性。

Because the mind is only creative.

很美妙而且很简单，不是吗？

Nice and easy, isn't it?

同样，对你创造的所有那些你不喜欢的东西负起责任，只是说：“噢，看看我做了什么！”

Also take credit for all the things you create that you don't like, just say: "well look what I did!"

因为当你意识到，你创造出了自己不喜欢的东西时，你依然处于一个创造者的位置上。

Because when you become aware that you've created things you don't like, you're still in a position of creator.

如果你不喜欢它，你所需要做的就是把它倒过来，这样你就会喜欢它了。

If you don't like it, all you have to do is turn it upside down and you'll like it.

而且，关于显化，你不需要了解任何关于上帝的事情，你不需要了解所有的这些事情，但如果你能够专注在自己的思想上，你就能创造奇迹。

And on demonstration, you don't have to know anything about God, you don't have to know anything about all that, but if you're capable concentrating your thinking, you can perform miracles.

这就是为什么当地人能够创造奇迹的原因。

And that's why natives are able to do miracles.

现在，在他们跑过这些滚烫的岩石而不会被烫到脚的时候，他们拥有自己能做到的信念，并且完全专注于此，他们专注地做，以确保自己能够做到。

Now, when they run over these hot rock without burning their feet, they have a conviction that they can do it, and they're totally concentrated on it, they work themselves up to it to make sure that they have it.

好吧，如果这些当地人也同样坚信自己能够造出黄金，他们就能够物质化黄金。

All right, if these natives were just as convinced, they could produce gold, they would be able to materialize gold.

所以，我给出的是最高的方法，现在我要让它变得实用些。

So, I'm taking the highest way and I'm making it practical now.

一个专注的念头会物质化任何事物。

A concentrated thought will materialize anything.

好吧，现在，我将进一步说明，任何其他事物的心理意识在它们的存在中也会很快地把某些东西带入你的体验。

Alright, now I'll come down a step, the mental consciousness of any other thing in its isness will also very quickly bring something into your experience.

如果我的心里想着我有一辆凯迪拉克，而且我正在开着它，它是我的，它现在是我的，并且我接受了这个想法，那么这辆凯迪拉克进入我的经验就是绝对的事实。

If I am having a Cadillac in my mind and I'm driving, it's mine, it's mine now and I accept this thought, it is an absolute fact that this Cadillac will come into my experience.

因为这些是自然法则、心智的自然法则。

Because these are laws of nature, natural laws of the mind.

要明白，心智只有创造性。

See the mind's only creative.

所以，一切都是通过心智被创造出来的。

So, everything created is created through the mind.

所有被创造出来且我们喜欢的事物，我们称之为好的；

Everything that's created that we like, we call good;

所有被创造出来但我们不喜欢的事物，我们称之为坏的。

Everything that's created what we don't like, we call bad.

但没有一个人不是创造者，没有一个人不是在一直创造的。

But there isn't a being who's not a creator, who isn't creating all the time.

所以，当你问“我怎样才能创造 5000 美元”的时候，你真正想问的是：我怎样才能创造更多的物质？

So, what you are really asking is how can I create more of materiality, when you're asking how can I create \$5,000?

我会说，用你一直以来在较小规模上使用的创造过程，并敢于想更大的数量，仅此而已。

I say by using your process of creation that you have been using on a smaller scale, and just dare to think bigger larger amounts, that's all.

每个人都在创造，但他们在创造时坚信自己只能创造极小的量，仅仅足以维持生计，或者只能勉强维持半份生计，或者只是刚好够勉强生存下去，那它就会是这样的。

Everyone creates, but they create with a conviction that they can only create a tiny amount just make a living, or just make a half living, or just enough to survive by and so it is.

所以，对你想要的任何东西的意识，在它的存在中，在对它的接纳中，会让它成为现实。

So, the consciousness of anything you want in the isness of it, in the acceptance of it makes it so.

要相信你已经得到它了，这就是《圣经》所说的方式。

Believe that you have already received it, is the way the Bible puts it.

好吧，现在，其他学派给出的方法比我一直以来给出的还要低。

All right, now the ways that the other schools give are lower than those ways that I've been giving.

你知道，心理视觉化，并且我要重复它，我还有十几个步骤要走等等，但这只是对我所说的内容的延伸，并且还削弱了威力。

You know mentally picturing, and I'm repeating it, I have a dozen steps

to take and so forth and so on, but it's just a stretching out of what I said and weakening of it.

任何你想要的东西，把它保持在自己的心智中，就好像它是你的了一样。

Anything you want, hold it in your mind as though it's yours narrow.

如果你只是这样做，它就一定会实现。

And if you do just that, it has to be.

而且我说，如果你只做这件事，就别被相反的情况搞得慌张。

And I say if you do just that, don't get flustered to the contrary.

任何怀疑、任何相反的想法，都只会撤销它。

Any doubt, any thought of the contrary, just undoes it.

所以，摆脱疑虑是有必要的。

So, it's necessary to rid oneself of doubts.

正如我曾经说过的，如果每个人都坚信为了谋生，他们不得不每个小时都准时地敲自己的脑袋两次，那么事实就会是这样的，每小时人们都会这样做，每个人都会谋生。

As I once said, if everyone had the absolute conviction that in order to make a living, they had to tack themselves on the head twice every hour on the hour, it would be so, every hour and hour people would do this, everyone would have a living.

学生：嘿，这比努力工作谋生容易。

Student: Hey, that's easier than working for it.

莱斯特：那是你的信念，如果你认为你必须计划并付诸行动，你就会这样做；

Lester: That's your conviction, if you think you have to plan and act, you do;

如果你认为你必须每天去上班，你就会这样做。

If you think you have to go to work every day, you do.

所以我尽量不降到其他学派的水平。

So, I'm trying not to get down as far as the other schools go.

因为其他学派在一个较低的层面，我们不需要那个，我们需要吗？

Because the other schools are at a lower level, and we don't need that, do we?

学生：不需要。

Student: No.

莱斯特：杰瑞提出了一个很有意思的观点，它很少被提起。

Lester: Jerry brought up a point which is interesting, it's very seldom brought up.

你如何显化智慧？你如何显化智慧与灵性理解？

How do you demonstrate wisdom? How do you demonstrate wisdom spirituality understanding?

同样的方式，保持你的心智仅仅专注于此，说“我就是我”，并坚持这一点，仅仅是做你之所是。

Same way, keep your mind on it only, and say "I am that I am", and hold it and just be what you are.

但如果你够聪明，你会先寻求神的国，然后我们谈论的所有其他东西就都会涌入。

But if you are smart, you'll first seek the kingdom of God, and then all the other things we talk about things will fall in.

首先，显化智慧就是显化一切的公式。

Demonstrating wisdom first is demonstrating the formula to everything.

所以，只要你想显化的是能够给你一切的东西——智慧，那么你用同样的方式来做，也就是保持你对它的意识。

So, as long you're demonstrating demonstrate that which will give you everything, wisdom, and the way you do it the same way, you hold the consciousness of it.

今天是我们最后的一个星期一，我将于 10 月 1 日前往亚利桑那州，所以也许有必要对这个主题做个总结，进行一次全面的介绍，除非有人有其他想法，所以我会试着做一个回顾、预览和总结。

Today is the last Monday we'll have, I'm leaving October 1 for Arizona, so maybe a summary, an overall presentation of the subject might be in order, unless someone has another idea, so I'll try to give a review, preview, conclusion.

我们每个人在这个世界上寻找的东西都是完全一样的，

The thing that every one of us is looking for in this world is exactly the same thing,

每个人、就连动物们也在寻找，

every being, even the animals are looking for,

那么，我们都在寻找的究竟是什么？

and what is it that we're all looking for?

没有悲伤的幸福，一种持续的、没有掺杂任何悲伤的幸福，这就是目标。

Happiness with no sorrow, a continuous happiness with no taint whatsoever of sorrow, and this being the goal.

为什么这是目标？

Why is this the goal?

这是目标的原因，是因为无限的快乐是我们最基本的天性，在我们用限制束缚它之前，这是真正的自然状态。

The reason why this is the goal is because unlimited happiness is our very basic nature, this is the real natural state before we encumber it with limitations.

那么，为什么我们大多数人没有这种持续的、没有悲伤的幸福呢？

Now, why is it that most of us don't have this continuous happiness with no sorrow?

只有一个原因，作为有着无限幸福的无限存在，我们首先通过说“我是一个

个体” 远离了这种喜悦、这种幸福；

There is only one reason, being this infinite being with infinite happiness, we do away with this joy, this happiness by saying first “I am an individual”;

然后说 “我有一个心智” ；

Then “I have a mind”;

然后用这个只有想法的心智, 我们开始积累限制性想法——我有一个有着各种各样困扰的、受限的心智、身体。

then with this mind which is nothing but thoughts we start accumulating thoughts of limitation, I have a limited mind body with all sorts of troubles.

以这种方式, 我们将我们的无限存在限制到了极致。

In this manner, we take our unlimited Beingness and we limit it to the extreme.

现在, 生活在这个地球上唯一真正的目的是学会或忆起我们最初没有限制的自然状态。

Now, the only real purpose of being here on this earth is to learn or to remember our original natural state of no limitations.

一旦我们被引导着看到这是我们的自然状态,那么我们会继续放下所有的这些限制。

Once we are led to seeing that this is our natural state, then we proceed to let go of all the limitations.

首要的、排第一的限制是“我是一个与一切相分离的个体” ,

The prime number one limitation is I am an individual separate from the all,

消除它,你就消除了所有的麻烦、所有的限制、所有的疾病和所有的贫穷。

eliminate that, and you eliminate all trouble, all limitation, all sickness, all poverty.

相反的说法是“放手,让上帝来”,不是我在运作,而是天父通过我在运作。

Saying that on the opposite side is saying let go and let God, it is not I, but the father will work it through me.

我们必须放下小我,这是让我们的自然存在只是存在,然后一切都会完美地步入正轨。

We must let go of the ego sense, and just allow our natural being just to be, and then everything falls perfectly into line.

现在，这一切都非常、非常简单。

Now, this is all very very simple.

如果你想要复杂，就永远都看不到简单。

If you want complexity, you will never see simplicity.

但必须先接受这一点，一旦这被接受为总体方法，我们会发现实现它并不容易。

But this must first be accepted, once this is accepted as the overall way, we do not find it easy to accomplish it.

由于过去几千年来形成的习惯，我们觉得这并不容易。

We don't find it easy because of past habits that have been established over thousands and thousands of years.

出于一些愚蠢的原因，我们喜欢过去这些带来麻烦的习惯，所以我们持续着它们，我们用一种“我们拒绝去看”的方式在做，我们称之为“无意识行为”，“无意识的”或“潜意识的”。

And for some silly reason, we like these past habits of trouble, and so we continue them, we do it in a manner that we refuse to look at, we call it unconscious behavior, unconscious or subconscious.

我们继续、继续、继续，不断地重复所有这些自动化的限制性行为，并称之为“无意识”。

And we go on and on and on, repeating all this behavior of limitation automatically, calling it unconscious.

现在，无意识仅仅是我们拒绝去看的那部分心智而已。

Now, the unconscious mind is only that part of the mind we refuse to look at.

当我们的渴望足够强烈时，我们就会挖出这种无意识习惯，并开始释放它。

When our desire is strong enough, we will dig up this unconscious habit and begin to let go of it.

我们并没有成长为自然的存在，那个“存在”在此时此地就是完美的。

There is no growing into the natural being that we are, that being is perfect here and now.

我们只是放下那些相反的概念，比如我们有麻烦、我们有限制。

There is only letting go of concepts to the contrary that we have troubles, we have limitations.

任何说“我有麻烦”的人，其实麻烦只存在于他们的心智中，那是它唯一所在的地方。

Anyone who says I have trouble is just in their mind, that's the only place where it is.

因为你无法在除了自己心智之外的任何地方看到任何东西，无论你看什么、听到什么、感受到什么，都是通过你的心智，那是一切事物所在的地方。

Because you can't see anything anywhere else but in your mind, whatever you look at, whatever you hear, whatever you sense is through your mind, that's where everything is.

改变你的心智，外面的一切都会改变。

Change your mind, and everything out there changes.

改变你的思想，然后你就为自己改变了世界。

Change your thinkingness, and you change the world for you.

所以方法、道路很简单，但由于过去的习惯，消除它的方式并不容易，我们需要非常强烈的渴望来开始放下这些过去的错误习惯。

So the way, the path is simple. the method of undoing it is not easy because of past habits, we need a very strong desire to begin to let go of these wrong habits from the past.

没有渴望，就没有成长。

Without the desire, there is no growth.

这个渴望必须比让这个世界变得真实的渴望更加强烈，而不是让它成为我们想象中的虚构。

This desire must be stronger than the desire to make this world real, rather than it's a fiction of our imagination.

当你看到真相时，它真的只是一个虚构，原来这是一场从未存在过的梦。

It really is a fiction when you see the truth, it turns out to be a dream that never was.

但首先，你会把它看作是一场梦，然后你发现这个梦从未存在过，就像在夜间梦境中发生的那样。

But first you'll see as a dream, then you'll see that this dream never was, exactly as happens in a night dream.

当我们在夜间梦境中时，我们有一个身体，那里还有其他的身体、有行动、有互动、有好也有坏，只要我们停留在那个夜间梦境中，那里的一切对我们来说就是真实的。

While we're in the night dream, we have a body, there are other bodies,

there's action, interaction, there's good and there's bad. and so long as we remain in that night dream, everything there is real to us.

当我们从夜间梦境中醒来，我们会说：“天哪，这只是个梦，它从未发生过。”

When we awaken from the night dream, we say: “My gosh, it was just a dream, it never happened”.

就像我们从这个所谓清醒状态的梦中醒来一样，我们会明白那只不过是我们想象的虚构，它只是一场梦，然后我们完全放手、彻底放下了它，接着我们称自己完全觉醒了。

And exactly the same way we awaken from this dream called the waking state, we see that it was only a fiction of our imagination, it was only a dream, and we let go of it, lock, stock and barrel. then we call ourselves fully realized.

实际上，我们一直都处于完全觉醒的状态，我们是完全开悟的存在，却声称“我们不是”。

Actually we are fully realized all the time, we are fully realized being saying that we are not.

所以我们所做的就是放下“我们所不是的”，剩下的就是“我们所是”的完全觉醒的存在。

So, all we do is let go of we are not, what's left over is the fully realized

being that we are.

到目前为止，对我所说的还有什么疑问吗？

Are there any questions on what I've said so far?

至少在智性上，每个人都理解了这一点。

Everyone understands this at least intellectually.

好吧，如果你在智性上理解了这一点，却无法运用它，那是因为你没有真诚地、真实地审视自己，没有怀着深切的渴望去看清自己。

All right. if you understand it intellectually and you are not able to use it, it's because you're not looking at yourself honestly, truthfully with deep desire to see yourself.

在这个过程中，你把所有不想看的东西都设置成了潜意识心智。

In the process of which you have set up as the unconscious mind all the things you don't want to look at.

然而，没有必要去挖掘潜意识心智。

However, it's not necessary to dig into this unconscious mind.

事实上，试着让心智安静会更好。

In fact, it's much better to try to quiet the mind.

当我们能够让心智彻底安静下来时，剩下的就是无限的真我。

When we are able to get the mind totally quiet, what's left over is the infinite Self.

每一个想法都是有限制的。

Every thought is a thing of limitation.

因此，当我们安静心智时，我们所是的这个无限存在对我们来说就变得显而易见了，我们看到了它，我们认识到自己从来都不是那个心智、那个身体。

Therefore, when we quiet the mind, this infinite being that we are becomes self obvious to us, we see it, we recognize that we never were that mind, that body.

从那一刻起，心智和身体就不再对我们产生影响了，它只是按照自己的方式继续下去，它在生活中就像在一个朦胧的梦中一样漂浮着，对我们没有任何影响。

And from that moment on, the mind and body has no influence upon us, it just goes its way, it just keeps floating through life in sort of a hazy dream that has no effect upon us.

所以，在所有的**方法中，最好的方法就是让心智安静下来，寻找你所是的那个存在，提出“我是谁”的这个问题。**

So the very best method of all method is to quiet the mind to seek the being that you are, to pose the question "who am I?".

如果有其他想法出现，问问这些想法是谁的，答案是“我的”，那么，我是谁？你就又回到正轨了。

And if other thoughts come in, ask to whom are these thoughts, and the answer is to me, well who am I and you're back on the track.

“我是谁”是每个人都会回答的最后一个问题。

"Who am I?" is the final question that everyone answers.

那么，为什么不从最后一个问题开始呢？

So, why not begin with the final question?

如果能做到的话，一切都很美妙，一切都很奇妙。

If you can, all good, all wonderful.

但我们当中能够使用这种方法的人极少，仅仅是保持“我是谁”并拒绝所有其他想法的涌入。

But there are very few of us who are capable of using this method of just

holding on to who am I, and rejecting all other thoughts that come in.

【莱斯特谈意愿力量】2.莱斯特谈意愿力量

【Lester on Will Power】2.Lester on Will Power

2

磁带旁白：以下是莱斯特·利文森与多位毕业生交谈这个主题的一段罕见录音，我们在致力于释放，这是一盘旧磁带，但其中传达的信息非常非常重要，我知道你会喜欢它的，而且它会帮助你理解我们正在做的事情。

The following is a rare recording of Lester Levenson speaking to various graduates about the subject, and we're working on releasing, it's an old tape, however the message is very very important, I know you'll enjoy it, and it'll help you understand what we're doing.

莱斯特：成长有两种方式，一种是我称之为消极的方式，消除消极面，进入心智，看到问题的根源——问题源于过去某个时刻的某个想法或多个想法。

There are two ways of growing, one is the one I call the negative way, eliminating the negative, going into the mind, seeing the cause of the problem, which originates in a thought some time in a past or many thoughts.

当我们看到这个想法，当我们把它带入意识中时，我们自然会放下它，我们会看到抓着它是多么愚蠢，并纠正那个行为。

And when we see this thought, and when we bring it up into the consciousness, we naturally let go of it, we see how silly it is to hold it, and correct that behavior.

然而，更好的方式是让心智安静下来，看看你是谁、是什么。

However, the better way is to quiet the mind, and to see who and what you are.

因此，实际上只有两种方式，消除消极面，或者放入积极面“我就是我，我就是祂”。

So there's really only two ways, eliminating the negative, or putting in the positive “I am that I am, I am He”.

对此还有什么疑问吗？

Any questions on that?

好了，现在我从我刚才说的地方开始。

All right, now I'll take up a step below where I was talking.

这个所谓的幻象叫“世界”，世界只是我们创造的一个幻象，

This so called apparency called the world, the world is only an illusion that we created,

有一天你会发现你创造了整个宇宙。

some day you'll discover that you created this entire universe.

创造的方式，首先是创造一个我们所说的“心智”，

The method of creating is by first creating what we call a mind,

我们创造了自己的心智，它只不过是所有想法的集合。

we create our mind with which is nothing but a composite of all our thoughts.

而想法创造了物质世界。

And thoughts create the material world.

我们每个人身上发生的每一件小事都是由我们的思想创造出来的。

Every little thing that happens to each and every one of us is created in our thinking.

我们设置了一个叫做“时间”的东西，它让我们看清事物变得愈发困难。

We set up a thing called time which makes it even more difficult to see things.

因为我们现在思考的东西可能好几年后才会发生。

Because we think now and things might happen years later.

但唯一的创造工具就是心智，你的心智。

But the only creator there is, is the mind, your mind.

上帝是一个创造者吗？

Is God a creator?

是的，因为“你是”，你就是那。

Yes, because you are, THOU ART THAT.

你设置了一个心智，然后心智在创造。

You set up a mind and a mind creates.

发现一切正在发生的事情都是由我们的思想导致的，这是好事。

It is good to discover that everything happening is caused by our thinking,

我们所经历的一切都是由自己的想法创造出来的，这是迈向认识到我们是创

造者的一块垫脚石。

everything that happens to us is created in our own thought, it's a stepping stone toward realizing that we are the creators.

首先你发现你创造了你的麻烦，

First you discover that you created your trouble,

然后你发现你可以创造美好的事物，

then you discover that you can create good things,

接着你发现你可以创造任何你想要的东西，

then you discover that you can create anything you desire,

在发现没有什么是你不能创造的之后，你仍然不快乐。

after you discovered that there is nothing that you cannot create, you are still unhappy.

原因在于你已经将自己与“一”分离了。

The reason being that you have separated yourself from the One.

所以当你试图控制心智时，你已经控制了物质。

So then you try to control the mind, you have already gained control over matter.

你可以通过以下方式控制心智：

You control the mind in ways like:

如果你有疼痛，你不会感觉到它；

If you have pain, you don't feel it;

如果外面很冷，你会感觉温暖；

If it's cold outside, you feel warm;

如果天气炎热，你会感到舒适；

If it's hot, you feel comfortable;

这些都可以在心理上完成，这是在获得心理控制的范围内。

These can be done mentally, this is in the line of getting mental control.

当心智真正被控制时，你就会消除心智。

When the mind is really controlled, then you'll eliminate the mind.

当心智被消除时，除了你所是的无限真我外，什么也不会剩下。

When the mind is eliminated, there's nothing left over but the infinite Self that you are.

因此，我们从成为物质的主宰开始，然后我们成为心智的主宰，最后我们成为大师。

So we start by becoming masters over matter, then we become masters over mind, then we become masters.

对此还有什么疑问吗？

Are there any questions on that?

是的，我刚才描述了主要内容，我实际上并没有解释，我阐述了四条主要路径，我现在无法详细展开说，这将需要很多很多次的课程，但一旦我指定了路径，你就可以更进一步。

Yes, I just before delineated the major, I didn't actually delineate, I stated the four major path which I can't go into now that would take many many many many sessions, but once I name the path you may go into it further.

所以如果还有任何问题存在，那只是因为你在抓着它们，

So if there are any problems that remain, they only remain because you

are holding on to them,

当你释放它们的时候，它们就会消失。

the moment that you let go of them, they are gone.

如果你告诉我那对你来说不是这样的，那不是事实，事实是你仍然在抓着它，还告诉我它不起作用。

If you tell me that isn't so for you, that isn't truth, the truth is you're still holding on to it, telling me that it doesn't work.

现在，试图摆脱一个问题就是在抓着它，任何我们试图摆脱的东西，都会保留在心智中，从而使那个问题持续存在。

Now trying to get rid of a problem is holding onto it, anything we try to get rid of we are holding in mind and therefore sustaining that problem.

所以解决问题的唯一方式就是释放它，看到没有问题，只看到你想要的。

So the only way to correct a problem is to let go of it, see not the problem, see only what you want.

如果你从这一刻起看到了你想要什么，那么你会得到你想要的一切。

If you were only from this moment on see what you want, that is all that you would get what you want.

但是你非常强烈地在心智里抓着你不想要的东西，你努力消除你不想要的东西，这反而是在维持着它们。

But you hold in mind the things you do not want very strongly, you struggle to eliminate the things you don't want, thereby sustaining them.

所以，有必要消除消极面，放入积极面。

So it's necessary to eliminate the negative, put in the positive.

如果我们想要一种积极、幸福的生活，我可以更再往下降点，但我觉得我不会这么做，你可以在任何形而上学的流派中找到下面这些步骤，如何详细论证等等。

If we want a positive happy life, I could go a step below this, but I don't think I will. the steps below is you can get in any school of metaphysics, how to demonstrate in detail so forth and so on.

如何拥有幸福、富足的生活呢？

How to have a happy prosperous life?

对于我刚才所说的，还有什么问题吗？

Are there any questions on what I have just said?

学生：那么欲望呢？我们应该拥有哪种欲望？我们应该想要哪种欲望？

Student: What about desires? What kind of desire should we have and what kind should we want?

莱斯特：你应该只有一个欲望，一个对完全解脱、完全开悟的渴望。

You should have only one desire, a desire for complete liberation, complete realization.

任何其他渴望都会让你陷入麻烦，我们应该试着释放所有的欲望。

Any other desire will keep you in trouble, we should try to let go of all desires.

我们不应该试图满足任何欲望。

We should not try to fulfill any desires.

每当我们满足一个欲望时，我们便强化了欲望，而不是削弱它，我相信这对我们所有人来说都是显而易见的，我们永远无法满足欲望，我们越试图满足它们，我们就越想要更多。

Every time we fulfill a desire, we strengthen that desire rather than weaken it, which I believe is obvious to all of us, that we never satiate desires, the more we try to satisfy them, the more we want them.

所以最好不要满足欲望，通过这样做，让心智安静下来。

So it's better to not satisfied desires, and by doing so, the mind gets quieter.

当心智安静时，我们更有机会看到真相，当我们看到真相时，我们就能烧焦欲望。

When the mind is quieter, we have a better chance to see the truth, when we see the truth, we scorch the desire.

这是更好的方法，实际上也是摆脱欲望的唯一、真正有效的方法。

And this is the better way, actually the only really effectual way of getting rid of desire.

当你看到了真相，欲望就被烧焦了。

When you see the truth, desires are scorched.

因为欲望是试图通过某种间接的方式、通过某个人、通过某件事来成为你自己的真我。

Because the desire is trying to be your own real Self through some indirect means, through some person, through something.

当你看到这一点时，你就会释放这些愚蠢的欲望。

When you see this, you let go of these silly desires.

因为为什么要通过一种间接的方式来挣扎着成为你自己呢？间接的方式无法让你成为你之所是。

Because why struggle through an indirect means to be that what you are, the indirect means cannot uh make you what you are.

所以这是徒劳的，而且极其令人沮丧，因此我们有了这个令人沮丧的世界，他们都在试图满足欲望，这是绝不可能做到的，他们一生又一生地重复着，直到我们认识到欲望是我们的敌人。

So it's fruitless and extremely frustrating, therefore we have this frustrated world, they are all trying to satisfy desires, it's absolutely impossible to do it, they go on and on lifetime in lifetime out, until we recognize that desires are our enemy.

欲望是对匮乏的承认。

Desire is an admission of lack.

如果我是无限的，那么我什么也不渴望，我是一切。

If I am the infinite one, I desire nothing, I am the all.

我们必须回归到那个状态，像在那个状态下的人那样行事，我们能做的最伟大的行为就是像一个完全开悟的存在那样生活。

We must get back to that state by behaving as one would in that state, the greatest behavior, the greatest ritual that we can perform is living as a fully realized being would live.

试着达到无欲的状态，试着达到这种着迷的状态——没有贪恋，没有厌恶；

Try to attain the desirelessness state, try to attain the state of this passion, no attachments, no aversions;

试着达到一个平静的状态，对每件事、每个人都抱有平等的心态。

Try to attain a state of equanimity, a feeling of equal mindedness toward everything, everyone.

如果我们喜欢仪式的话，这些都是很棒的仪式，这样做会推动我们朝着那个方向发展。

these are terrific rituals if we like rituals, acting this way will push us toward being that way

通过消除外在的影响，有助于我们消除根源。

By eliminating the effects out there, we help to eliminate the cause.

我想我会对所有内容进行总体总结，因为我们是一个混合的小组，我会尽量简短地向你们讲述整个事情，然后让你们提问，这样我就可以直接引领你们。

I think I'll take an overall summary of everything, because we have a mixed group, try to give you the whole story in short, then ask you to ask questions, so that I can be direct with you

我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

从万事万物中解脱出来，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做、或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，很少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the Inness of us, the isness of us, the amness of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not “I am something”, “I am a body”,

而只是存在，仅仅存在。

but just the amness and that alone.

当我们看到这一点时，我们就会明白，我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

然后我们在我们所是的这个无限存在上，叠加了我们称之为“想法”的概念，即“我是这个身体，我的名字是某某”，名字和形式无处不在，并认为这是真实的。

And that we superimposed upon this unlimited being that we are mental concept which we call thoughts that “I am this body, and my name is such and such”, and the name and form is everywhere, and that is the real.

我们创造了整个宇宙，却忘记了是我们创造了它，并说它是真实的，而且与我相分离。

We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me.

它实际上只是我们心智中的一幅画面。

And all it really is is a picture in our mind.

你唯一能看到这个世界的地方就是在你的心智中。

The only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界便永远不再出现，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做“心智”的东西，它只不过是我们所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲自看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的。

So by now we have millions, if not billions, of thoughts of limitation that we accept as being real.

所以我们要做的就是消除这些念头，消除心智，

So, what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯粹的“存在状态”，在这个状态中，我们拥有这种深邃的、极致深刻的、平和的终极状态，

Everyone, all live is seeking to return to that state of just pure Beingness,

and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成了的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than 1 second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you you're free of it.

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say “I am through with this”, it's dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在几个星期也太长了，

Okay, all right now it's weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotion come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在。

what remains over after the mind is let go of is the infinite being that you are here and now.

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

You will have removed the total covering over the infinite being that

you are.

我认为利用欲望的一种更简单的方式是利用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在，只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel if he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两个东西会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心能做到任何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内就把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做并养成习惯，它只需要几个月、最多几年的时间，你就会彻底自由。

and if you'll do it and make a habit of it, it will only take months, the most a few years to become totally free.

【掌控并超越身体】01.掌控并超越身体 第一部分 【Mastering the Body and Beyond】

01.Mastering the Body and Beyond Part 1

莱斯特：这是自我毁灭。

Lester: It s self-destructive.

学生：为什么？

Student: Why?

莱斯特：我们喜欢做伤害自己的事。

Lester: We like to do things that will hurt us.

现在，每个人都应该自己找到这个问题的答案：为什么我要做这件伤害自己

的事情？我本应是个有智慧的人，我应该做我想要的健康的事，但我仍继续着这个习惯，为什么？

Now, the answer to that should be gotten by each individual: Why do I do this thing that is hurting me? I'm supposed to be an intelligent being, I'm supposed to do that which is healthy health I want, and yet I continue this habit, why?

学生：我不是这个身体……（中间听不清），这么说你的身体抽烟。

Student: I am not the body... Then your body smoke.

莱斯特：如果你认为你不是身体，你就不会抽烟。

Lester: If you if you thought you were not the body, you would not smoke.

你觉得你需要吸烟来为你做些什么。

You think you need that smoking to do something for you.

好吧，你认为你需要抽烟来让自己快乐，给你带来一定程度的愉悦。

Well, you think you need that to make you happy, to give you a certain amount of pleasure.

所以，你就是那个满足身体愉悦的身体，我想先把这一点说清楚。

So, you are that body satisfying the pleasures of it, see I want to clear that up first.

但如果你在享受快乐，为什么不选择那些对身体有益的东西呢？

But if you're taking pleasure, why not take those that are good for the body?

比如新鲜的空气。

Fresh air.

但我建议你好好思考一下这些事情。

But what I'm suggesting is that you think on these things.

如果你看到了答案，你会停止抽烟，就像这样（莱斯特打了个响指）。

If you see the answer, you'll stop smoking just like that.

而且如果你想放下它，释放它也不会有什么问题。

And be no problem to let go of it, if you want to let go of it.

(学生说的听不清)

莱斯特：是啊，嗯，情况类似，酒是一种毒药。

Yeah, well, it's a similar thing, we alcohol is a poison.

汤姆要是喝够量，他就活不下去了。

Tom would take enough of it and he won't have to live.

我认为一夸脱（注：美制一夸脱≈946ml）纯酒一次性喝下去就能要了任何人的命。

I think a quart of pure alcohol would kill anyone drunk at one time.

学生：多年来我一直是个好飞行员。

Student: I've been a good pilot for many years.

莱斯特：兴奋剂会让你感觉好些，但它们是有害的。

Lester: Stimulants make you feel better, but they're bad.

因为它有一种不负责任的成分——“我没有做，是兴奋剂做的”。

Because it has an element of no responsibility “I am not doing it, the stimulant does it”.

我们要做的是在不用这些东西的情况下获得快乐，然后一直快乐着。

The thing to do is to get happy without these things, and then be happy all the time.

学生：换句话说，不使用这种东西，走路时都能永远散发光芒。

Student: In other words, walk around with a perpetual glow without using the stuff.

莱斯特：对，只要知道你是谁，就能做到这一点。

Lester: Right, just know who you are and that'll do it.

学生：是的，我只是想知道，南希，试着做“知道你是谁”的最佳时间是什么时候？是晚上、吃午饭的时候、在床上还是白天？

Student: Yeah, I'm just wondering, Nancy, what's the best time to try to know who you are, is it at night when you eat lunch, in bed, or during the day?

莱斯特：每时每刻，时时刻刻。

Lester: All the time, all the time.

但如果你能走到一旁并安静下来，尽可能地保持安静是有好处的。

But it's good to get quiet as much as possible if you can get off to the side and get quiet.

尽你所能地做，做得越多，你就越成功。

Do it as much as you can, the more you do it, the more you succeed.

但最致命的既不是酒，也不是烟，而是我们的思想。

But the deadliest of all things it's not alcohol, it's not smoking, it's our thinking.

从一个人嘴里说出来的，比吃进嘴里的更重要。

It's more important what comes out of a man's mouth and what goes into it.

学生：事实上你不知道他们在谈论的祈祷，其实并不存在未被回应的祈祷，一切都会得到回应。

Student: The truth is you don't know they talk about actually there isn't any such thing as an unanswered prayer, everything is answered.

莱斯特：对，每个念头都会显化。

Lester: Right, every thought materializes.

学生：当想法显化时，它与未回应的祈祷并不完全相同。

Student: When the thought materializes, it doesn't have the exact same

shape of the unanswered.

莱斯特：不，确切地说，它与那个想法的形态一致，但可能还有其他的想法会对它进行调整。

Lester: No, exactly in the shape of the thought, but this in other thoughts that might.

学生：这背后的机制是什么？

Student: What's the mechanism behind this?

莱斯特：背后是什么呢？

Lester: Behind what?

学生：好吧，我们是根源。

Student: Well, we're the cause.

莱斯特：思想是一切事情发生的原因。

Lester: Thinking is the cause of everything that happens.

嗯，恩典是你的真我。

Well, Grace is your Self.

恩典是你始终在试图接管的真我。

Grace is your very own Self which is always trying to take over.

你总是试图回归到你所是的这个无限存在，这就是恩典。

You're always trying to return to this infinite being that you are, that's the grace.

真正的恩典始终在那里，你自己的存在一直都在那里，这就是真正的恩典。

The real Grace is the Self always there, your own infinite Beingness is always there, and that's the real grace.

但我提出的观点应该让你有所领悟，大概地接受这一点很好。

But that point that I made should be seen by you, it's good to accept it generally.

但当你明白这一点时，你就会照你所说的去做，你不会做任何你不想发生在自己身上的事。

But when you see it, then you will do just as you said, you will not do anything that you do not want done unto you.

因为你知道你所给出去的，最终都会回到自己身上。

Because you know you will get it back again.

如果你想要爱，那就给出爱。

And if you want love, you're just going to give love.

学生：莱斯特，让我这么说吧，你付出的每一份痛苦，都是你带给自己的，好吧，把它当作一种直接的行动来接受，当你给出爱的时候，当你倾注爱的时候，说“我就是那”，“你就是那”，当你给出任何的其他东西，无论给出的是什么，都是你给自己的，因为只是你自己得到它。

Student: Let me put it this way Lester, every pain that you put out, you're putting out to yourself, well, accept that as a direct action, and when you give out love, when you pour love out, say that I am that, that you are that, when you give anything else, whatever it is, this is what you give to yourself, because you're only getting it to yourself.

莱斯特：是的，这是从一个稍微高点的层面来看的，但“以眼还眼”是在当今大多数人的水平上的，这就是《圣经》里那句话的含义，它不是说你会被带上法庭，法官会下令让你以眼还眼之类的。

Lester: Yes, that's from a little higher point, but eye for an eye is at the level of most people today, that's what the Bible means by that statement, it doesn't mean that you're going to be taken to court and the judge is going to order an eye out or something like that.

所以，从现在开始，你得做个好孩子。

So, you've got to be a good boy from now on.

学生：只要我用自己的标准做好的事，就不会这样。

Student: As long as I use my set of standards for good, not really.

莱斯特：所以回到刚才那个要点，为了成为无限的存在，我们必须没有任何欲望。

Lester: So to come back to that point just before that. that in order to be infinite beings, we must have no desires.

因为任何欲望都会限制我们自己的行为。

Because any desires are limiting action upon ourselves.

如果我们认为自己需要某个事物，我们会认为自己是受限的。

If we think we need something, we think of ourselves as being limited.

如果你拥有一切，如果你是一切，怎么还会想要某个事物呢？

If you have everything, if you are everything, how could you want something?

你知道自己什么都不需要，而且你在一生中始终都知道自己什么都不需要。

You know you don't need anything, and you go through life knowing all the time that you need nothing.

你的态度不一样了。

Your attitude is different

(学生说的听不清)

莱斯特：那一直是你的感受。

That's your feeling all the time.

而且一旦身体有需求，它会立即得到满足，你不需要再去考虑它，它会立即得到解决。

And should there be a need of the bodies, it's immediately fulfilled, you don't have to think about it, it's taken care of immediately.

学生：我通常都会这样，但这次的作用有点晚了，这样我也没再考虑过。

Student: I usually have but it's a bit of a late action, so I haven't have quite thinking Ryan again.

莱斯特：好的，现在进一步来说这一点。

Lester: All right, now to carry this point further.

我们应该对这个身体没有需求，如果我们是无限的存在，为什么我们还需要一个身体？

We should have no need for this body, if we are infinite beings, why need we a body?

现在，降生到一个身体中的事实表明，我们对自己的无限一无所知。

Now, the fact that being born into a body is a fact that we are ignorant of our limitlessness.

因为我们接受了一个限制，也就是身体，这适用于除大师之外的所有身体。

Because we take on a limitation, the body, this goes for all bodies except those of masters.

大师能够有意识地创造一个身体或进入一个身体，并且不受身体的限制。

A master can consciously create a body or come into a body and not be limited by it.

(学生说的听不清)

莱斯特：什么？

Lester: What?

(学生说的听不清)

莱斯特：好吧，这没关系。

Lester: Well, it doesn't matter.

(学生说的听不清)

莱斯特：所以，我们降生到身体中的这个事实表明，我们对自己的无限真我一无所知。

So, the fact that we are born into a body shows that we are ignorant of our infinite Self.

就其本身而言，这实际上是一种控诉，对吧？

It's an indictment, right? In its own defacto situation.

然而，既然我们知道自己是无限的存在，就不必再接受这个事实了，我们不该接受它，而是应该按照自己的方式生活，这样我们就不会认同这个被称作身体的极其受限、制造垃圾、制造头痛的载体，这个身体切断了快乐。

However, now that we know that we are limitless beings, we don't have to accept that fact any more, and we shouldn't accept it. and we should

live our way of life, so that we are not identifying with this extremely limited garbage-producing, headache-producing vehicle called the body, which cuts off pleasures.

因为我们会把快乐与身体联系在一起，而这些快乐只是自己真我的体验。

Because we attach pleasures to it, while the pleasures are nothing but the experiencing of our real Self.

所以，我们的生活方式应该是不做那具身体。

So, our way of life should be to be not the body.

在日常工作中，我们在精神上会稍作抽离，让身体几乎自动地完成它的动作。

In everyday work, we sort of mentally sit back, allow the body to go through its motions, almost automatically.

始终要明白，我就是我，我们是真我，我们是无限的，我们不只是我们所操控的那个身体，我们是所有的身体。

All the time knowing that I am that I am, that we are the Self, that we are limitless, that we are not only that body which we are puppeting, but we are all bodies.

换句话说就是，做见证者。

Saying that in another way is saying be the witness.

像看一个三环马戏团那样看待这个世界，而你置身其外，身处在这个世界中，却并不属于这里。

Look at the world as you would a three-ring circus with you outside of it, be in the world but not of it.

放手，让上帝接管。

Let go and let god.

所有这些说法的意思都一样，不要认同你的身体，在精神上退后一步，知道你是谁、你是什么，让生活自发地进行。

All these statements mean the same thing. do not identify with the body. mentally stand back, knowing who and what you are, and let life go its way.

当我们做到这一点时，一切都会变得容易，如果我们完全做到的话，实际上一切都会毫不费力。

When we do that, everything becomes easy, actually effortless, if we do it fully.

从那一刻起，我们便不再有烦恼，我们能够认同自己是无限的真我。

From that moment on, we have no more troubles, we can as being identified with our infinite Self.

无论身体发生什么，都不会让我们激动，也不会打扰到我们，即使身体受伤，也不会很严峻。

And whatever should happen to the body doesn't thrill us, doesn't disturb us, even if the body hurts, it is not severe.

因为它很遥远。

Because it is distant.

如果身体受伤了，你会知道这一点，但那不会是剧痛，而只是一种隐隐约约的痛，就像远处传来的钝痛。

If the body hurt, you would know it, but instead of being an excruciating pain, it would be just a dull, like a dull pain in the distance.

此外，身体也不会失去行动能力。

Also, the body would not be incapacitated.

当我们认同身体时，我们会说：“哦，好疼，我无法正常活动了，我扭伤了脚踝，走不了路了。”

When we identify with the body, we say “oh it hurts, I cannot function, I

sprain my ankle, I cannot walk.

不认同身体，那么即便脚踝扭伤了，身体也能像脚踝完好时那样正常行走。

Don't identify with the body, and that body will walk with that sprained ankle just as well as a perfect ankle.

学生：我有一天验证了这一点。

Student: I proved that one day.

莱斯特：这让我想起了战争中的一段经历，当时，有个人看到另一个人失去了一条腿，脚踝都被打断了，但他还继续往前走。

Lester: Reminds me of an experience in the war where one fellow saw another fellow lose his leg, and he kept walking without the ankle down was shot off, another fellow told me about it.

我想我可以告诉你，是另一个人告诉我这件事的，他说：“我们当时正全速奔跑，我旁边那个人的头被打掉了，但他跟我一起继续跑。”他说：“他跑了五六十英尺，然后倒下了。”

Another one I guess I can tell you, he said: "We were running at top speed and the fellow alongside me had his head shot off, and he kept running with me." He said: "He ran about 50, 60 feet and then fell over."

这是因为那个人虽然没了脑袋，却不肯接受这件事，他当时可能一门心思专注于逃跑之类的事，跑了六十英尺才意识到自己的脑袋没了。

This is because the fellow lost his head, this wouldn't accepted, he was probably so concerned with running away or something, it took him 60 feet of running before he realized his head was off.

学生：他称之为奇兵。

Student: He called a peculiar draft.

莱斯特：离开身体向来都是一个决定。

Lester: It's always a decision to leave the body.

我想他的决定会是：“哦，这跑得太荒唐了，没了脑袋还想操控身体，离开那个身体吧。”接着，他认同了星光体。

I think his decision would be: "Oh this is ridiculous running, trying to run a body without a head, let's go of that body." Then he identifies with the astral body.

但别做那具身体，这个世界是一场梦、一场美丽的梦。

But being not the body, and the world is a dream, a beautiful dream.

(学生说的听不清)

莱斯特：我想让鲍勃听到这些事情。

Lester: I wanted Bob to hear these things.

(学生说的听不清)

莱斯特：我们刚刚听到了两起脚踝扭伤的事件，扭伤后他几乎站不住了，但他打不到出租车，于是他走了多远？拖着扭伤的脚踝，走了五英里才回到家。

Lester: We just heard two incidents where an ankle was sprained, and he could hardly stand on it, but he couldn't find a taxi, so he walked how far? Five miles home on a sprained ankle.

两年前的二月份，就在我去纽约之前，我当时正在砍一棵非常大的枯死棉白杨，我的左脚站在蓄水池边上，右脚踩在离地面大概那么高的树桩上，与地面垂直向下的是一堵土墙，我的左脚踩在墙上，右脚踩在树桩上，我正在砍这棵高大的杨树，它大概有 30 英尺高，也许还要更高。

Two February's ago, just before I went to New York, I was cutting down a very large dead cottonwood tree, and I had my left foot on the bank of the tank, my right foot on a stump about that high off the ground, the ground went straight down, it was a wall of dirt, and my left foot on a wall and my right foot on the stump, I was cutting this tall cottonwood tree down, it was probably about 30 foot high, maybe more.

有那么一瞬间，我以为它开始向我倒过来，所以我抬起脚准备躲开它，但它并没有过来。然后我又迈出一步，眼睛还望着那个方向，结果一脚踩空了，我肯定是摔下去了大概四五英尺，就这只脚，像那样向后折了过去，嗯，它很快就肿了起来，我一瘸一拐地走开，我说：“好吧，我该怎么办呢？随它去吧。”

And for a moment, I thought it was starting to move toward me, so I lifted up my foot ready to get out of its way, but it didn't come. and I went to step again with my step again with my eyes up that way and I missed, I must have fallen about 4 or 5 foot down, on this foot, bent back like that, well immediately it blew up all purple, and I limped away, and I said "Well, what am I going to do? Let it be."

我现在通常的做法是，如果身体出了什么状况，随它去，我不会是那个身体。

My usual way now is if anything happens to the body, I let it be, and I'll be not the body.

我朝房子走去，虽然我的脚踝肿了，真的肿了起来并且还变青了，但我的步伐很正常。

And I walked to the house, I was walking normally even though that was all blown up, really swelled up and turned blue.

我说：“哎呀，我过几天就要去纽约了，现在该怎么办呢？”然后内在说：

“既然如此，随它去吧。”

and I said: “Gee, I'm leaving for New York in a few days, what do I do now?” And inter just says: “Well, in that case, let it go”.

就这样，我让它离开了，肿胀等症状就立刻消退了，脚踝恢复得像新的一样。

Just like that, I let it go, and instantly the swelling and everything went down, it was good as new.

但如果我不是要去纽约，我会带着扭伤的脚踝正常活动，直到它自行痊愈。

But if I weren't going to New York, I would have walked around with that ankle until it healed itself.

这是一个不去认同身体的好机会，我现在欣然接受这些事情。

It's a good opportunity not to identify with the body, I welcome these things now.

我们一开始就说，降生于一个身体中是无知的标志，是对“我们是无限存在”这个事实无知的标志。

We started off by saying being born into a body is a sign of ignorance, of the fact that we are limitless being.

除非成为大师，祂们能够进入一个身体，却不受身体限制。

Except in being masters, they can come into a body and not be limited by it.

但当我们出生到一个身体中时，这是极端受限的标志。

But when we are born into a body, it's a sign of extreme limitation.

因此，我们必须明白，我们不是这些身体；

Therefore, we must get to know that we are not these bodies;

或者换个说法，我们不受身体的限制，并且我们认同所有的身体，每一个身体都是我们的身体。

Or saying in another way, that we are not limited by the body, and we identify with all bodies, every body is our body.

那么，当我们做到这一点的时候，我们站在幕后，让身体自行运作。

Then, when we do that, we are standing off in the background, letting the body go its way.

当我们做到这一点的时候，身体不会给我们带来任何问题。

And when we do that, the body cannot give us any problems.

因为我们不是身体。

Because we are not the body.

如果有一阵剧痛，那也只是远处的一种隐痛。

If there's a sharp pain, it turns out to be a sort of a dull pain in the distance.

就像我之前说的，如果我们不认同那具身体，就像我扭伤脚踝时所做的那样，就算我们的腿断了，我们也能带着断腿继续行走。

And as I said before, even if we have a broken leg, we could keep right on walking with that broken leg, if we do not identify with the body as I did with the sprained ankle.

一开始我能感觉到疼痛，然后我不认同它，我就可以正常走路，而且这里有点轻微的疼痛，我知道这里有点疼，但它并不困扰我，这种疼痛有点遥远，很微弱。

At first I feel it, it's very painful, then I don't identify with it, I can walk normally, there's a slight pain down here, I know there's a pain here, but it doesn't bother me, sort of in a distance, it's weak.

我过去的两三年里，我很多次都是这样做的。

I've done this on many instances in the past two or three years I started this.

一开始，我想大概是九年前的事了，要是这个身体出了什么状况，我会立刻纠正它。

At first, I guess it must have been 9 years or so, if something happened to this body, I would instantly correct it.

很多次我都把它伤得很重，我记得有一次，我摔倒了，大拇指直接向后弯折了，我只是把我的手指……我把我的手……我先把它放到正确的位置，然后只是说了句：“好，它好了”。

Many times I hurt it badly, one of the things I can remember, I fell and there was thumb one right back here, and I just put my finger, I put my hand, I first put it in right place, and I just said: “Okay, it was okay”.

那次我把四根手指放进了沸腾的油里，当时我在酒店的一个房间里，我不想让一滴油溅到他们的地毯上，要是我知道自己在做什么，我早就被酒店赶出去了。

That time I put four fingers into boiling grease, I was in a hotel room, I didn't want to splatter any grease on their carpet, I'd have been kicked out of the hotel if I knew what I was cooking.

所以，趁教授不在，我极轻地、很容易地把它（提到了某种食物，没听清）放了进去，这样油就不会溅出来。

At the absence of my professor, I put that in very quietly, very easily so it

wouldn't splash.

但我当时正在想着别的事情，我的四根手指就放在那下面，等我意识到发生了什么的时候，我已经把手指伸进滚烫的油里了，我大叫了一声，我觉得酒店里的每个人一定都听到了，然后我说：“莱斯特。”我说：“好了。”我说：“搞定了。”就这么简单！手指没有变红，只是沾满了油，没有发红，也不疼。

But I was thinking about something else and my four fingers were under it, and I had them right in that boiling fat before I realized what happened, and I let out a yell, I thought everyone in the hotel must have heard me. and I said: "Lester." And I said: "Okay." And I said: "Finished." Just like that. It wasn't red, it was just grease, but no redness, no pain.

我跟他说过无数次，我伤到身体，然后会立刻纠正它。

I told him numerous times that I would damage the body and instantly straighten it out.

好吧，你知道，它只是一个念头。

Well, you know, it's just a thought.

是你的心智决定了身体的状况，这些事情很容易做到。

It's your mind that determines the body, these things are very easy to do.

但两三年前，我意识到，拥有一具生病的身体却不认同它，这是一种更高的状态。

But as of 2, 3 years ago, I realized it's a higher state to have a sick body and not identify with it.

这就是为什么有些大师会这样做，他们一生都带着虚弱或生病的身体，但始终保持着平和与宁静，他们乐于接受这一点。

And that's why certain masters do that, They'll go through life with a weak or sick body all the time, maintaining Their peace and equanimity, and They welcome it

因为这是一个不断提醒自己不是那具身体的机会。

Because it's an opportunity to be constantly reminded that they are not the body.

所以，我们的生活方式应该始终试着发展这一点，不要做那具身体。

So, our way of life should be trying to develop this all the time, be not the body.

当我们身处这个世界中时，让身体去完成它的工作、去照顾家庭、去完成我们所做的一切事情，然而我们不应该认同它。

When we're in the world, let the body go through its work, through its taking care of the family, through all the things that we do. and we should not identify with it.

就像我之前说的，我之所以重复大部分的这个内容，是因为我觉得哈里和鲍勃都没明白。

As I said before, I'm repeating most of this, because both Harry and Bob I think missed it.

换句话说就是，“不要成为身体，放手、让上帝做见证”、“身处于这个世界，但并不属于它”。

Another way of saying what I'm saying is “be not the body, let go, let God be the witness”, “Be in the world but not of it”.

所有这些表述的意思就是我现在所说的：不要认同身体，认同你的真我。

All these statements mean what I'm saying now, do not identify with the body, identify with your real Self.

我就是我，我是一个无限自由的存在，不受亵渎，不可触碰。

I am that I am, I am an unlimited free being, untainted, untouchable.

现在，我们在日常生活中越是尽力地保持这种状态，就越能成功地做到它；

Now, the more we try to maintain this in our everyday life, the more we succeed at it;

我们越成功地做到它，就越能够做到它；

The more we succeed at it, the more we can do it;

我们越尽力尝试，就越成功，这会一直持续下去.....

The more we try, the more we succeed, it goes on...

直到有一天，我们完全释放了“我是这个身体”的概念，那时我们就是大师。

Until someday we are we have fully let go of the concepts that I am this body, then we're masters.

当我们离开这个星球时，我们会有意识地离开，并且不会再回到这个地狱了。

When we leave this planet, we will do it consciously and not come back to this hell.

在所有存在的阶段中，这是最大的地狱，我们再也不会经历比现在更艰难的生活了，这可能是我们所处的最死寂的状态，这种物质状态是最粗陋的。

This is the greatest hell there is, in all phases of Beingness, we will never be in a more difficult life than we are right now, this is the deadest state possible to be in, this physical state is the grossest.

如果我们没有走完全程, 当我们离开这个身体时, 我们会进入一个难以描述、更接近终极的、天堂般的领域。

And if we don't go all the way, when we exit this body, we go into realms that are so heavenly, they cannot be described and are closer to the ultimate.

**但我们应该尽力从这种状态直接走完全程, 我们被赋予了做到这一点的能
力, 而不是从星光界出发, 他们无法走完全程, 他们必须来到这里才能走完
全程。**

But we should try to go all the way from this state to us, it is given to do that, not to being from the astral realm, they cannot go all the way, they have to come here to go all the way.

但我们有可能一路走完全程直接回归绝对真理的状态。

But we have the possibility of going all the way back right to the absolute.

**现在, 走完全程的方法是最简单的, 不要做小我, 不要做一个与整体相分离
的个体。**

Now, the method of going all the way is simplest. be not an ego, be not an individual separate from the whole.

正是小我意识，也就是“我是一个与一切相分离的个体”的感觉，创造了心智，心智又创造了身体。

It's the ego sense, the sense of I am an individual separate from the all that creates the mind which creates the bodies.

我们三个主要的身体：物质身体、星光体和因果体。

There are three major bodies we have: the physical, the astral, the causal.

因果体处于观念领域，在因果界中，念头一出现就会即刻被满足。

The causal is in a realm of ideation, ideas, ideas are instantly fulfilled on their presentation in the realm of the causal.

星光体与因果体非常相似，只是它不受任何阻碍，无论你想什么都会如此，就像我们在夜间所拥有的梦境生活那样，那时梦是有意义的。

The astral is very similar to this except it's unobstructed, whatever you think is, it's like the dream life that we have in the night time when the dreams make sense.

但是，做一个与一切相分离的个体的感觉，是限制的开始。

But the sense of being an individual separate from the all is the start of limitation.

如果我们是一切，我们就是无限的。

If we are the all, we are unlimited.

当我们说“我与一切分离”时，限制就开始了。

The moment we say I am separate from the all that starts limitation.

为了分离，我们必须有分离的想法，

In order to be separate, we have to have thoughts of separation,

而想法构成了心智，

and thoughts constitute the mind,

心智创造了三具身体。

and the mind creates the three bodies.

这是一件极其重要却在我们的领域中鲜为人知的事情。

Now, this is a tremendous thing and so little known in our realm,

从这个领域，我们可以直接去往绝对真理的状态，我们不必花数千年甚至数百万年来做到这件事，我们此生就能做到。

that from this realm we can go straight to the absolute, we don't have to spend millenniums or even millions of years doing it, we can do it this lifetime.

但我们必须明白我所说的内容，并试着建立“我不是身体，我是那个无限的真我”。

But we must know what I'm saying and attempt to establish that I am not the body, I am that infinite Self.

现在，你一直都是，我们一直都是这个无限的存在。

Now, you always have been, we always have been this infinite being.

当我们说“我”时，是不附加任何东西的“我”，只是“我”这个词，是那个“我”，是那个你感觉到的、没有任何限制的存在。

It's the I when we say I without anything attached to it, just the word I, that I, that you feel as you are Beingness has no limitations.

直到你说“我是一个身体”，或者“我和别的什么东西”时，这就立即产生了二元性、限制以及由此构建的一切。

Until you say “I am a body” or “I and something else”, that immediately sets up duality, limitations and all the thing that builds up with it.

“我”这个词是最接近“上帝”的词。

This word “I” is the closest word for God.

总有一天你会发现，“上帝”这个词就是“我”这个词，那个“我”是无限的，直到我们说“我是一个受限的心智或身体”。

You will discover some day, that the word God is the word I, that I is infinite, until we say “I am a limited mind or body”.

所以，一种极佳的生活方式就是明白这一点，并尝试建立“我不是这个身体”的意识。

So, an excellent way of life is to know this and to attempt to establish the consciousness of I am not the body.

身体只是一个木偶，让它按照它自己的方式运作，它做什么无所谓，只是让它自行运作。

The body is just a puppet, and allow the body to go its way, it doesn't matter what it does, just let it go its way.

这样一来，工作就会变得有点自动进行，你会脱离它，因此事情会比以前进行得好得多。

And then work becomes sort of automatic. you become detached from it, and therefore it goes on far better than it ever did before.

当我们让身体去完成工作时，它会完成得更好。

When we allow the body to go through the work, it will do the work far better.

因为我们正在摆脱那个“受限的我”的这个自我概念。

Because we are getting the ego concept of I, the limited I out of the way.

我们练习得越多，就越能建立起这种意识。

And the more we practice that, the more we establish it.

到目前为止，我们大多数人都在努力让生活变得更好，这很好。

Until now most of us have been trying to make life better which is excellent.

但一个美好的生活是个受限的生活。

But a good life is a limited life.

如果你现在的生活一切都很美好，那你就像被金链子束缚着，而在此之前你是被生锈的铁链束缚着。

If everything were good in your life now, it's like living with golden chains around you wherein before you had rusty iron chains binding

you.

你被金链子绑着，但你仍然是被束缚的。

You become bound with golden chains, but you're still bound.

尽管生活越来越好会让你感到快乐，但你也会到达某个阶段，你会说：“天哪，我太痛苦了，我是不是退步了？”

As happy as you'll get with life getting better as it has been getting better, you'll reach points where you'll say: "Oh my gosh, I'm so miserable, did I slip?"

不，你没有退步，你所获得的一切都还在，但你仍然在认同自己是一个受限的存在、一个小我、一个身体，并觉得这个世界是真实的。

No, you didn't slip. everything you've gained you still have, but you're still identifying with being a limited being, being an ego, being a body, with this world being real.

摆脱这个世界困境的唯一方法就是——明白你不是那具身体。

The only way out of difficulties with the world is knowing you are not the body.

【掌控并超越身体】 02.掌控并超越身体 第二 部分 【Mastering the Body and Beyond】 02.Mastering the Body and Beyond Part 2

如果你将来会遇到麻烦，要记住，那是因为你正在认同小我。

Now, if you're going to have troubles in the future, if you are, remember that you're identifying with the ego.

即便你的生活比现在好上一千倍，如果你从这个世界、从生活中、从生存中拿取快乐，而不是只从你所是的存在中直接获取快乐，你依然会感到不满意。

You could have your life 1,000 times better than it is now, and you'll be dissatisfied if you're taking your pleasures from the world, from life, from living rather than just being what you are which is taking it directly.

必须直接获取我们的喜悦，而不是将其归因于我们自己之外的事物。

Our pleasures must be taken directly, not attributed to things outside of ourselves.

这样，喜悦才会持续，才不会被悲伤玷污，这才是自然的状态。

Then joy is constant and never tainted by sorrow, and that's the natural state.

我想我今晚要强调的是，不要做那个身体，继续像你一直以来做的那样，让生活更加幸福。

I think what I'm stressing tonight is be not the body, continue to make life happier as you have been doing.

但现在强调不要做身体，你会更幸福，你会达到一种无法承载的状态，你会感觉自己快要从这份喜悦中炸裂了，由于不习惯这份新发现的喜悦，有时很难承受住。

But emphasize now being not the body and you will be even happier, you will reach states where you just can't contain it, you feel as though you're going to burst from the joy, not being used to this newfound joy, sometimes it's hard to contain.

我记得自己走了好几天试图消解它，我获得了这些领悟，那种感觉强烈到几乎让我喘不过气来，我的内在一直洋溢着全新的喜悦。

I remember walking for days trying to walk it off, I get these realizations and I get so it was hard to breathe almost, I was so full of new joy coming in all the time.

我会不停地走啊走啊，直到自己适应这份喜悦。

I'd keep walking and walking and walking until I got used to it.

然后我学会了如何将这一切抛入背景中，让它融入那份我早已超越一切理解

的美好平静中。

Then I learned how to put it all in the background and let it resolve into that beautiful peace that I've passed of all understanding.

平静比喜悦更令人舒适。

Peace is a more comfortable state than joy.

但如果你能想象的话，那种平静比喜悦更令人愉悦。

But it's a peace that's more joyous than joy if you can imagine that.

现在，达到这种状态的关键在于，每次都要明白，你在生活中所获得的喜悦只是通过满足自己的念头、需求或欲望来让你做自己。

Now the key to getting to this state is to discover each time that the joys that you get in life just allow you to be yourself by the squelching of thoughts, of need or desire by satisfying them.

你满足了一个欲望，念头安静了下来，然后你感觉更好。

You satisfy a desire, the thoughts quiet and you feel better.

不要把那份喜悦归因于你所拥有的外在事物或与你在一起的人。

Don't attribute that joy to the thing out there that you've got or the person out there that you're with.

那份喜悦不过是你自己的真我。

That joy is nothing but your very own Self.

继续坚持，你会让它更多地显现在你面前。

Pushing through more, you are allowing it to be seen more by you.

所以，目标应该是认识到，所有的喜悦或多或少都只是真我本身，我们却错误地把它归因于自己之外的事物。

So, the object should be to recognize that all joy is nothing but the Self more or less, that we wrongly attributed it to something outside of ourselves.

这就是关于没有悲伤的持续喜悦的关键。

Now this is the key to constant joy with no sorrow.

对此还有什么问题吗？

Are there any questions on this?

这是一个非常深刻的.....一旦你看到了它，那是一件了不起的事情，在这里，悲伤和痛苦会永远消失，你揭开了快乐的面纱。

This is a very deep... It's a tremendous thing once you see it, here sorrow

and miseries are gone forever, you lift the cover off the joy.

你会看到每一个欲望都是一个限制，它限制并遮蔽了真我。

You see every desire is a thing of limitation which limits the Self and covers it up.

我们剥去这些遮蔽物，让真我存在，这就是我们所说的快乐。

We peel off these covers, and we allow the Self to be and that's what we call joy.

(学生说的听不清)

莱斯特：不，这取决于你看待它的方式。

Lester: No, it depends on the way you look at it.

把它看作一场梦，那个身体，你不是那个身体，让它自行运作，它只是一个木偶。

Look upon it as a dream, that the body, you are not the body, let it go its way, it's a puppet if anything.

不要纠结“小我”和“你”，只有“一”，只有一个真我，没有高我和低我之分，只有你。

Don't get ego and you, there's only One, there's only one Self, there's not a higher self and a lower self, there's only you.

认同你的无限存在，或者认同你的限制性存在。

Identifying with your limitless being or identifying with your limited being.

所以，你可以直接拥有喜悦，或者如果你愿意的话，你可以间接地拿取那份直接的喜悦。

So, you have the joy directly, or if you choose you can take that direct joy indirectly.

然而，当你间接地获取它时，你仍然明白它是直接的，你略微觉察到了这一点，坚持下去，充分地觉察它。

And yet when you're taking it indirectly, you still know it's direct, you're seeing a bit of this, hold it, see it fully.

我之前说过一些东西，我想你没听过，我们是非常幸运的存在，我们出生在了我们所诞生的这个地方——地球。

I said something before, I don't think you've heard that we are very fortunate beings, and that we are born into the place that we are born this earth.

因为由于这里的困难程度，这让我们能够一路走向绝对真理，而其他领域做不到这件事。

Because this allows us to go all the way to the absolute, other realms don't allow it because of the difficulty here.

如果我们能够认识到我们不是那个小我，我们就能走完全程。

If we can see that we are not the ego, we can go all the way.

因为小我是一种分离感——“我是一个与一切相分离的个体”。

Because the ego is a sense of separation, I am an individual separate from the all.

那个分离感引发了念头，这不止一个想法，而这些想法不过就是心智。

And in that sense start thoughts going, there's more than one thoughts are nothing but the mind.

心智创造了三个身体，而身体及其相关的一切都是麻烦。

The mind creates the three bodies. and the body and everything related to are all the trouble.

所以，当我们明白自己不是小我，我们没有与一切相分离时，我们就能走完

全程直达绝对存在，也就是顶端状态。

So that when we know we are not an ego, we are not separate from the all, we can go all the way to the absolute being, the top state.

很少有.....相对而言, 在我们的宇宙中, 很少有生命能有幸来到这样的地方, 并理解我所说的这些,

There are few... Relatively speaking, few beings in our universe, who are fortunate enough to come to a place like this and to know what I'm saying that,

这能带来我们此生最大的成长,

this allows the greatest of growth that in this lifetime,

我们能够走完全程回家，回到我们出发的地方。

we can go all the way back home to where we started from.

然而，我知道，要让我们所有的兄弟姐妹，也就是其中 99%的人明白我所说的，需要花数百万年的时间。

And yet I know it's going to take millions of years for all our sisters and brothers for 99 percent of them to realize what I'm saying and take the millions of years.

但我们此生就能做到。

But we can do it this lifetime.

因为我们已经被指出了方法，既然知道了方法，我们就能去做。

Because we have been shown the way, and knowing the way, we we may take it.

在未来的数百万年里，即使生活变得好得多，他们仍将像现在这样继续承受痛苦。

Now for millions of years, they are going to suffer the way they are suffering now, even when life gets much better and it will.

痛苦是相对的。

Pain is relative.

如果你出生在一个和谐的社会，哪怕是，对我们来说不算是痛苦的最轻微的痛苦，对他们来说都会是极难忍受的。

If you're born into a harmonious society, the slightest of pain which to us wouldn't even be pain now will be excruciating to them.

痛苦的概念始终是相对的。

It's always relative this concept of pain.

所以，即便你进入了一个与我们现在所处状态相对美好的天堂，那仍然是痛苦的。

So that even though you go into a relative heaven compared to what we're in now, it will still be painful.

那么，为什么要与其他人共度这数百万年呢？

So why spend these millions of years with the rest of them?

为什么不在此生成为我们所是的自己呢？

Why not be what we are here and now this lifetime?

最接近、最准确地描述上帝的词是“我”。

And the closest and most correct word for God is I.

当你说“我”的时候，就是它了，别给它附加任何东西，那就是无限的存在，或者无限的觉知，那个“我”，而且只有一个“我”。

You say I, that's it, just don't put anything more to it, that's infinite Beingness, or infinite awareness, that I, and there's only one I.

要么认同无限的存在，要么认同有限的存在，或者像我们现在做的那样，从一个状态转换到另一个状态。

That either identifies with its unlimited Beingness, or identifies with a limited Beingness. or shifts from one to the other as we are doing.

所以，我们的生活方式应该是：无论我们在做什么，都不要成为那具身体。

So our way of life should be no matter what we're doing, be not the body.

让身体自行运作，它会比以前做得更好。

Let the body go its way, it'll do the work far better than it did before.

因为小我感现在消失了。

Because the ego sense is now out of the way.

追溯所有的快乐和愉悦，只不过是让心智安静了下来，这样我们才能做自己的真我。

And to trace back all joys and pleasures to being nothing but quieting the mind, so we can be our Self.

不要把快乐归因于外部，因为它不存在于外部，那是个可怕的陷阱。

Don't attribute the joy to the externals, because it's not there, that's an awful trap.

通过这样做，我们会发现，一切都在我们之内，我们是一切，我们所有的欲望都会消失。

By doing this, we will see that everything is in ours, we are everything and all our desires will drop away.

所有欲望的瞬间满足，是对“我们所是”的一种认知。

And the instantaneous fulfillment of all desires is a recognition of who we are.

所有欲望的同时满足，是对“我们所是”的认知。

The simultaneous fulfillment of all desires that recognition of who we are.

因为如果我们是无限的，我们不需要任何东西，也不想要任何东西。

Because if we're infinite, we need nothing, want nothing.

现在，在生活中，如果你达到了那种状态，你便不再有欲望、不再有想要了，而身体所需的一切都会立即得到满足。

Now, in life, if you reach that state, you have no more desires, no more wants, yet everything the body needs is provided immediately for it.

我们对身体是如此地不贪恋，即便它倒下了，我们也不会在意。

And we are so non-attached to the body, that if it fell over, we couldn't care this.

身体在与不在，对我们来说完全没有区别。

It makes absolutely no difference to us whether the body is there or whether it is not there.

我们既不抱怨这种生活，也不想离开它。

We do not complain about this life nor do we want to leave it.

那么，接下来发生的是，你会像个大师那样度过一生，

Then what happens is you go through life as a master,

当你最初设定的放下身体的时刻来临时，你会有意识地放下它，你只是摆脱了这个躯壳。

and when the time you originally set for the letting go of the body comes about, you let go of it but consciously, you just kick the frame.

在你这么做之前，你知道这只是一场梦，就像任何夜间的梦那样，你从未被这个身体限制过，你从来都只是那全在的无限存在。

And before you do that, you know that it's just a dream of like any night dream, that you never were limited by this body, that you never were

anything but the infinite Beingness, that is omnipresent.

学生：我们之前不知道这一点，因为我们在这里。

Student: We didn't know it before, because we're here.

莱斯特：对，因为我们在这里，这表明我们认为自己是个有限的身体。

Lester: Right. because we are here, it's an indication that we consider ourselves a limited body.

学生：或者一开始就是大师。

Student: Or a master in the beginning.

莱斯特：（笑）好吧，我们没得选择。

Lester: Well, we didn't have the choice.

大师是意识，当耶稣进入一个身体，即便祂还是婴儿时，也从未失去过祂的全知。

A master is conscious, as Jesus comes into a body, even as a baby, He never for a moment loses His omniscience.

你只有成为一位大师，才能理解大师在婴儿时期的感受。

You'd have to be a master to understand what a master is feeling when he's a baby.

但在耶稣进入那个身体之前，祂知晓自己的无限存在，并且一刻也没有失去过对此的觉知。

But before Jesus came into that body, He knew his infinite Beingness and never lost consciousness of it for a moment.

那些像耶稣一样回来的人，仅仅是出于怜悯。

Those who come back like Jesus do so only out of compassion.

学生：对始终完美的事物的怜悯。

Student: Compassion for what were always perfect.

莱斯特：我就知道会这么说，怜悯是给那些需要个人的、外在的神来敬拜的人，直到他们意识到自己不需要外在的神。

Lester: I knew that was going to come out, compassion for those who need a personal, external God to worship until they realize that they don't need an external god.

外在的神指引我们向内，直到我们看到外在的神不过就是我们自己，而我们的真我就是我们所是的那个无限存在，即“我”这个字。

The God out there directs us inward. until we see that the god out there is nothing but our very own Self, and that our Self is the infinite Beingness that we are, the word I.

一旦你到了这里，就又回来了。

Once you here the here, you put your back again.

实际上，从来没有耶稣，也没有上帝。

Now, in reality, there never was a Jesus, a God.

最终，你会明白这一点，除了“我”，从来不存在任何东西，只有我，全部、唯一，“唯一”这个词的拼写是 a-l-o-n-e，所以“唯一”这个词是全部的“一”。

In the end, you'll see this, that there never was anything but I, all, alone and alone is spelt a-l-o-n-e, so the word alone is all one.

从来就只有“我”、全部、唯一，“我”、全部的“一”。

There never was anything but I, all, alone, I, all one.

从来不存在任何外在的东西。

There never was anything external.

那是一种幻觉。

It was an illusion.

然而，崇拜一位外在的神对我们非常有帮助。

However, it is very helpful to us to worship an external god.

当我们完全了解了外在的神时，我们会完全了解内在的神，也就是那个我们所是的神。

When we know fully the external God, then we will know fully the internal God, the God that we are.

这是一块垫脚石。

It's a stepping stone.

我们爬梯子，每次爬到新的一级阶梯，就会忘记之前那些阶梯。

We climb a ladder and each time we get up to another rung, we forget about the rungs below.

当我们爬到顶端时，会把梯子踢开。

And when we get to the top, we kick the ladder away.

但任何的辅助都是有益的。

But any aid is a good thing.

所有宗教在某种程度上都有所帮助，它们都指向上帝，无论是指向了一分、百分之一还是百分之百，它始终在朝着正确的方向。

All religions are aids to a degree, they're all pointing toward God, whether it's one degree, one percent or 100%, it's still in the right direction.

因此，所有的宗教都是好的。

Therefore, all religion is good.

学生：为什么佛陀会祝福那些葬礼？

Student: Why does a Buddha celebrate to funerals.

莱斯特：他们祝福他。

Lester: They celebrate him.

因为他们知道离开的人会离开一个相对的地狱，进入一个相对的天堂。

Because they know that the one who left is going into a relative heaven, leaving a relative hell.

为什么宇航员在失重状态下会感觉这么好呢？

Why do the astronauts feel so good when they're weightless?

那是从沉重事物中的一种释放，失重是一种奇妙的体验。

It's a release from this heavy thing, weightlessness is a wonderful experience.

我记得有一位宇航员曾被问到他所经历过的最棒的体验是什么，他想了想然后回答说：“失重”。

I remember one of the astronauts being asked what was the greatest experience he ever had, he thought and he said: "Weightlessness".

这就是为什么那些进行长距离潜水、高空跳伞的男孩们不喜欢拉绳索，失重、从身体中解脱出来是一种极其美妙的体验。

That's why the boys who do the long distance diving, skydiving, they don't like to pull this string, it's such a tremendous experience being weightless, free of the body.

所以，只要明白我们不是身体，我们就能从身体中解脱出来，我们并不需要跳伞或俯冲。

So, we can be free of the body just by knowing we are not the body, we don't have to skydive or nosedive.

(学生说的听不清)

莱斯特：无论我们是否自欺欺人，我们过去一直存在，未来也将一直存在。

Lester: And always have been and always will be whether we dilute ourselves or not.

我们不应该过多地关注身体，给它所需的一切，然后不再关注它。

We shouldn't pay too much attention to the body, give it what it needs, and no more attention.

这对女性来说很困难，她们一直被训练得非常关注身体。

This is a hard one for the women. they've been trained to pay so much attention to it.

你可以不带贪恋地去做这件事，你可以打扮它，让它变漂亮，但不必贪恋你所做的事情。

You can do it without attachment, you can dress it up, make it beautiful without attachment to what you're doing.

但过度关注身体并不好，这是几千年来我们养成的最糟糕的习惯，“我们是身体”，这不是一个容易打破的习惯。

But too much attention to the body isn't good, this is the worst habit we've gotten into over the millenniums that we are this body, it's not an easy habit to break.

这就是为什么我说，给予它应有的关注，但也仅此而已，然后开始摆脱它的限制。

That's why I say, give it just as due attention, no more, and start freeing yourself from its limitations.

有人对我所说的有什么异议吗？有人有不同的看法吗？

Any objection to what I've been saying? Anyone's mind?

我觉得你以前肯定会反对，但能够接受这一点，已经是一个巨大的进步了。

I think you would have objected to this some time back, but this is a tremendous step forward to be able to accept this.

(学生说的听不清)

莱斯特：当这个世界上的大师环顾四周时，祂看到了这个身体，也会看到所有的那些身体，但祂知道祂是每一个身体，这就是区别。

When a master in this world looks around, He sees this body, and He sees all those bodies, but He knows that he is every body, that's the

difference.

祂把每一个身体都视作自己最亲近的人。

He sees every body as much His body as the one closest to Him.

然而，祂绝对不会因为身体而感受到任何的限制。

And yet He feels absolutely no limitation because of the body.

祂只需闭上眼睛，就能遨游在无限之中。

All He has to do is close His eyes and He's off into infinity.

然而，当祂睁开双眼时，祂看到的仍然是无限，祂把每个人都视作完美、无限的存在。

And yet when He opens his eyes, He still sees that infinity, He sees everyone as points of perfection, of infinity.

【莱斯特谈抑郁】 1.莱斯特谈抑郁 【Lester on Depression】 1. Lester on Depression

回归对我们是谁、是什么的正确认知，只需要放下那些限制。

Returning to the right remembrance of who and what we are requires

only letting go of the limitations.

现在，所有限制都源于小我感。

Now, every limitation starts from the sense of egoity.

小我感是一种“我与一切相分离”的感觉。

The sense of ego is a sense that I am separate from the all.

当我说“我与一切相分离”的那一刻，就创造了某种程度的匮乏，

And the moment I say I am separate from the all, that creates a certain amount of lack,

这会把我从无限中拉出来，让我置身于一种情境中，在那里，除了“我”之外还有别的东西，还有我所需要的东西。

it takes me out of the infinity and puts me in a situation where there's something other than I, something I need.

因此，为了回归我们真正所是、一直是且永远都是的无限存在，我们需要放下小我感，我们需要放下小我。

So, to return to this infinite being that we really are, always was and always will be, we need to let go of the sense of egoity, we need to let go of the ego.

不存在成长到完美这回事。

There is no growing into the perfection.

因为完美永远是完美的。

Because the perfection is always perfect.

我们无法成长到觉醒，每个人在此时此地都是完全觉醒的。

We cannot grow into realization, each and everyone is fully realized here and now.

所谓的成长，其实是放下与之相反的概念，其实是放下小我。

What appears as growth is the letting go of the concepts to the contrary, is the letting go of the ego.

所以，释放小我是唯一的方法，也是重新忆起“我们是谁、是什么”的最快方法。

So, letting go of ego is the only way, the fastest way to return to the right remembrance of who and what we are.

我给出的第一条箴言是：你所看到的世界，也是你。

The first byword I gave was: as you see the world, so are you.

这可以用来获得圆满的证悟。

This can be used to gain full realization.

如果我们持续审视所看到的一切，

If we keep looking at everything we see,

并明白我们所看到的一切仅仅存在于我们自己的心智之中，

and looking to see that what we are seeing is just right in our own mind,

那是我们唯一能看到任何事物的地方，

it's the only place we can see anything,

我们在外面所看到的一切其实是我们自己的心智。

that what we're seeing out there is our own mind.

当我们明白这一点时，我们便在朝着正确的方向前进。

And when we see that, we move in the right direction.

我认为第二句箴言是：所有的幸福都源于真我，所有的痛苦都源于小我。

I believe the second thing was: all happiness has its source in the Self,

with a capital S, all misery has its source in the ego.

因此，在这个世界上，每当我们感到幸福时，如果我们追溯它的源头，就会发现我们所感受到并称之为幸福的，正是我们自己的存在。

So, that in the world, whenever we feel happy, if we will trace the source of it, we will find it's just our very own Beingness that we are feeling and calling happiness.

如果我们追溯痛苦的源头，我们总会发现一种小我的挫败感。

If we trace the source of the misery, we will always find an ego frustration.

通过运用这一点，我们能够获得圆满的证悟，并且可以每一天、整天都使用它。

By using that, we can gain full realization, and that can be used also every day, all day.

追溯幸福的源头，我们会发现它就是我们自己的真我；

Trace the source of happiness, we discover that it is our very own Self.

追寻痛苦的源头，我们会发现它不过是小我的挫败感。

Trace the source of misery, we discover it's just an ego frustration.

第三条是：

Then the third one was:

想你想要的，那就是你所能得到的一切；

Think what you want, and that is all you will get;

或者只想你想要的，那你得到的就只会是你想要的。

Or think only what you want, and that is only what you will get.

通过每天、整天地使用这一点，我们也能越来越接近开悟，并最终获得开悟。

By using this every day, all day, we can also move closer and closer to realization and eventually attain it.

现在我们来了解一下最新的情况。

So that brings us up to date now.

【莱斯特谈抑郁】 2.莱斯特谈抑郁 【Lester on Depression】 2. Lester on Depression

今晚我要提出的内容是：不要让你的幸福依赖于事物。

Tonight, I'm going to offer this: let not your happiness depend upon things.

任何时候，我们把幸福归因于某个事物时，都是在盲目地将幸福归因于它。

Any time we attribute any happiness to a thing, we are blindly attributing the happiness to it.

真正的幸福并非源于事物。

The actual happiness does not come from the thing.

真正的幸福只源于念头的平息，当念头安静下来，我们便能感受到我自己更多的真我，然后我们会更幸福。

It comes only from quieting of the thoughts, which when quieted, we more feel our very own Self, and we are happier.

发现这一点，并运用它，不要让你的幸福依赖于事物。

Discover this for yourself, use it, and let not your happiness depend upon things.

现在，这引出了另一个名为“欲望”的根源。

Now, this leads into another route called desire.

欲望可以说是我们的头号公敌。

Desire could be called our public enemy number one.

正是欲望让我们陷入了所有的麻烦和痛苦之中。

It is only desire that leads us into all our troubles, all our miseries.

没有什么喜悦能比无欲的状态更棒的了。

There is no joy so great as the state of desirelessness.

如果你曾经体验过哪怕一次这种状态，你就会一直力争放下欲望。

If you will ever taste that state but once, you will always strive to let go of desire.

没有什么能像无欲的状态那样令人如此愉悦、如此自由。

There is nothing so joyful, nothing so freeing as the desirelessness state.

这实际上是一种表象，正是对这个世界的渴望让我们留在了这个世界中。

It is only desire for this, what is really an appearance, this world, that keeps us in this world.

当我们放下所有欲望时，我们便从所有的限制中解脱了出来，也从这个世界

中解脱了出来。

When we have let go of every last desire, we free ourselves from all the limitations, we free ourselves from this world.

所以，不要把你的幸福归结于事物。

So let not your happiness be attributed to things.

当你感到幸福时，沉浸在那份幸福中，你会发现它并不存在于事物中，而正存在于你之内。

When you feel happy, dwell in that happiness, and you'll see it's not in the thing, it's right in you.

由此引出的一个推论就是：不要让你的幸福依赖于他人。

Now a corollary to that would be let not your happiness depend upon people.

当我们说他人让我们快乐时，其实跟说事物让我们快乐是一样的。

When we say people make us happy, it is the same as saying things make us happy.

某个特定的人满足了一个欲望，而这个欲望一开始就让我们不快乐，

A particular person satisfies a desire, which desire made us unhappy in

the first place.

当欲望得到满足时，心智是安静的，内在的真我就会绽放光芒、尽情展现，甚至更加强烈。

And when the desire is satisfied, the mind is quiet, and the inner real Self just beams and expresses and is more so.

每当我们让自己的心智安静下来，我们就能更多地显现出内在的真我。

We just reflect the inner Self more so, whenever we quiet our mind.

所以，那是两个强有力的要点，我们可以用来获得觉醒。

So, those are two powerful things that we could use to gain realization.

不要让我们的幸福依赖于事物或人。

Let not our happiness depend upon things nor people.

当我们看到这一点，我们正在这样做时，我们应该试着放手，我们应该试着去看到幸福的根源。

When we see that, we are doing that, we should try to let go of it. we should try to see the source of the happiness.

通过审视它，我们会明白，幸福不在事物中，也不在他人身上。

By examining it, we will learn that the happiness is not in the thing, is not in the person.

幸福在我们之内，幸福是我们的自然状态，我们放下了“声称自己缺少某个事物，因此必须渴望它”。

That the happiness is in us, that the happiness is our natural state which we let go of claiming we lack something and therefore must desire it

现在，除非你做到这一点，否则你永远都不会明白。

Now, this will never be known until you do it.

但我说，如果你愿意尝试，如果你愿意做到它，你会发现一种超乎你想象的幸福。

But I say if you will try it, if you will do it, you will discover a happiness beyond anything you ever dreamed of.

努力达到无欲的状态，努力放下对事物和人的所有贪恋和厌恶，达到平静的状态。

Strive for the desirelessness state, strive to let go of all attachments and aversions to things and to people, reach the state of equanimity.

现在对此有什么问题吗？

Are there any questions on this now?

学生：是的，我有一个问题，我发现我对一个我认识的年轻女孩产生了一丝厌恶，她有灵性追求，然而我对自己的感受很惊讶，我不喜欢她，我有那种感觉，你会怎么看？

Student: Yes, I have one, I find a slight aversion arising in my mind towards a young girl I know, spiritual aspiring, and I I'm surprised at my feeling, I don't like her, I get that feeling, how would you be see that?

莱斯特：我会审视自己，看看自己身上是否有不喜欢她的那种特质，我会在她身上寻找那种特质。

Lester: And I would look in me to see just that quality that I don't like in her, I'd look for that quality in her.

学生：一定是这样的。

Student: It has to be.

莱斯特：除非它存在于你之内，否则你不可能在另一个人的身上看到它，你就是无法在另一个人身上看到它。

Lester: You couldn't see it in another one, unless it existed in you, you just couldn't see it in another one.

一开始这相当令人震惊，但如果你深入探究，你会发现确实如此。

This is quite shocking at first. but if you go into it, you'll discover that, it's so.

这是第一点，你所看到的这个世界，也是你。

And this was number one, as you see the world, so are you.

我们在别人身上看到的，其实也存在于我们自己身上。

What we see in others exist in ourselves.

所以你要努力，试试看。

So you make the effort, you try.

学生：你会如何发掘自己之内的这些特质呢？

Student: How would you approach finding out in yourself.

莱斯特：你把注意力转向内，嗯，我不喜欢她，因为她话太多了。

Lester: You take the attention and you turn it in this way, well, I don't like her, because she talks too much.

学生：她根本不说话。

Student: She doesn't talk at all.

莱斯特：那我会说“那我说话吗？”

Lester: Well, then I'd say: "Well, do I talk?"

学生：我甚至都不打招呼，她也不打招呼。

Student: I don't even say hi, she doesn't say hi.

莱斯特：嗯，不管怎样，方法就是向内探寻，并停留在这个特质上，直到你在自己的内在看到了这个特质。

Lester: Well, anyway, the method is to go within, and stick with it, until you see this quality within you.

当你看到它时，你会自动地放下它，这样你在她身上就不会再看到它了，它不会再困扰你。

When you see it, you automatically let go of it. then you won't see it in her, it won't bother you.

学生：我知道它一定是内在的，自从这门课开始以来，在那件事出现的时候，我就意识到了这一点，我知道它一定是内在的，因为她没有给我任何我能看到的可以察觉到的东西，所以我也不太明白，但当那种感觉出现时，你只需要持续地将注意力转向内。

Student: I know that it has to be within, since this class has been going on, I realized that when that arose, and I knew that it had to be, because she doesn't give me anything to hang on that I can see, and so I don't know, but you just keep turning the focus within when the feeling arises

【莱斯特谈抑郁】 3.莱斯特谈抑郁 【Lester on Depression】 3. Lester on Depression

我在回顾中还有一点没有提到，那就是：如果我们希望获得证悟，如果我们想要彻底的解脱，这条道路必须成为一个全职的主题。

There's one thing I didn't say in the review, and that is: if we hope to get realization, if we want full liberation, this path must be a full-time subject.

它不能是每周一次，也不能早晚各一次，

It cannot be once a week or once in the morning and once at night,

它必须是每天、全天候的。

it must be every day, all day.

这是能够做到的，也应该做到。

And it can be so, and it should be so.

这就是为什么我给要出这些任何人每一天、一整天都能使用的方法。

And that's why I give out these methods that could be used by anyone every day, all day.

所有的这些方法都是发现并放下我们小我倾向的不同方式。

And all these methods are different ways of discovering and letting go of our ego tendencies.

当我们开始做时，我们当中有些人认为我们所需要做的就是这样做几天或几周，所有的小我就应该消失了。

And when we start, some of us think that all we need to do is do this for a few days or a few weeks, and that all the ego should be gone.

但我们很快就会发现，实际上，几百年甚至几千年来积累了极其大量的小我，小我不会轻易或迅速地消亡。

But we soon discover that there's an awful lot of ego that has been stored up over the centuries or millenniums actually, that the ego does not die easily nor quickly.

所以，如果你发现小我没有很快消失，不要灰心。

So, do not become discouraged if you see that the ego doesn't drop

away quickly.

另外，我要提醒你，当你放下小我时，会有更多的小我浮现出来等待被丢弃、被放下。

Also, let me warn you that, as you let go of ego, greater amounts of it come up for dumping, for letting go.

我们释放得越多，就越有能力面对它。

The more we let go of it, the more we are capable of facing it.

因此，我们会无意识地向自己展现更多的小我。

And therefore, unconsciously, unconsciously we present more ego to ourselves.

所以有时候在一开始，小我似乎变得更强大了，

So, sometimes at the beginning, it seems as though the ego is getting stronger,

但它并没有变强，

it's not getting stronger,

它一直都在那里，

it was always there,

否则现在就不会浮现出来了。

otherwise it couldn't come up now.

但因为我们在成长，所以我们能够面对更多的小我。

But because we are growing, we can face more of it.

而且这个过程必须持续下去，直到不再有任何的小我。

And this process must be kept up until there is no more ego.

在没有小我的那个地方，我们会找到上帝，在那里，我们能找到自己的真我。

And that place where there is no more ego, there we find God, there we find our very own Self.

我再重申一遍，为了做到这一点，它必须是一项全职的工作。

And I repeat, in order to do this, it must be a full-time occupation.

而且无论我们在做什么工作，这件事都能持续下去，

and it can go on no matter what work we are doing,

在背景中，在心智背后，我们能始终继续着这个主题，不断探寻“我是谁，我是什么”，并且总会使用这样或那样的方法去探寻。

in the background, we can always have this subject sort of in the back of our mind, always seeking “who am I, what am I”, always using some method or other.

如果我们不使用这种方法，会发生什么呢？

What happens if we don't use this method?

我们会跟着错觉走，我们会跟着小我的游戏走，并不断强化它。

We are going along with the delusion, we are going along with the ego play and strengthening it.

任何没有在成长的人都在走向相反的方向。

Anyone who is not growing is going the other way.

在一天当中，只要我们不专注于这个主题，我们就在走向相反的方向。

Any time during the day that we are not on this subject, we are going the other way.

如果我们每天花 3、4 个小时在这个主题上，却花 20 个小时在小我上，我们就无法实现觉醒。

And we cannot make the goal if we spend 3-4 hours a day on the subject and 20 hours a day on the ego.

我们在 3、4 个小时里获得的，远不及我们在那 20 个小时里失去的。

What we gain in the 3-4 hours, we more than lose in the 20 hours.

所以，如果我们想要觉醒，并且今生每个人都能做到，我们必须全职地做这件事。

So, if we want realization, and there isn't anyone who cannot get it this lifetime, we must make it full-time.

当我们这样做时，随着时间的推移，它会变得越来越容易。

When we do, it becomes easier as time goes on.

我们养成了寻找并放下小我的习惯，这会变成一种乐趣。

We develop the habit of looking for and letting go of the ego, it gets to be a joy.

因为每当我们放下一点小我时，我们会更快乐一些，我们的世界变得更加美好，痛苦会减少。

Because every time, every time we let go of a bit of ego, we are a bit happier, our world becomes a much nicer place, our miseries get less.

而且在低谷期，这种变化更加明显，我们的低谷不像过去那么低了。

And it's more noticeable during the low points, that our bottoms just don't go down as far as they used to before.

如果你想检验自己的成长，那就在你的低谷检验它。

And if you want to check your growth, check it on your low points.

总有一天，那个低谷会上升至幸福的领域。

And some day that low point is up in the realm of happiness.

所以，当你下行时，你向下走向幸福；

So, when you go down, you go down to happiness;

而当你向上移动时，你会移动进入所谓的狂喜之中，

And when you move up, you move up into the so-called ecstasies,

那时，你就完成了最困难的部分，渡过难关了。

Then, you're what I call over the hump.

当你走到那一步时，不需要有人告诉你该走这条道路，

No one has to tell you to follow this path when you get that far,

你毫无疑问地知道这就是正确的方向，

you know without question that this is the way,

这就是你一直在追寻的幸福，这就是每个人都在追寻的东西。

this is the happiness that you had always been seeking, this is everything that everyone is seeking.

但我们中的有些人、他们中的有些人，却在错误的方向上寻找它。

But some of us, some of them are seeking it in the wrong direction.

但既然我们已经找到了正确的方向，就绝不会放弃它。

But now that we have found the right direction, we never let go of it.

所以，每当我们放下了一点小我，就放下了一点不开心，

So, every time we let go of a bit of ego, we let go of a bit of unhappiness,

一点一点，每一天，一整天，

and bit by bit, every day, all day

持续这个过程，

continuing this process,

你会发现效果相当显著。

you will discover relatively rapid results.

释放小我是达成所有这一切的方法。

And letting go of ego is the way to all this.

【顶端状态和超越欲望】 01.顶端状态 第一部分 【The Top State and Beyond Desire】 01.The Top State Part 1

我想，对于本系列的最后一场演讲，或许总结一下我们经历过的内容、要去的地方以及最终的目标，也许是个不错的主意。

I thought maybe a summary of what we've been through, where we're going, and what there is at the end might be a good idea for the last talk of this series.

我真的不知道我们是如何开始的，从什么时候开始的，但我喜欢这样看待这件事：每个人都在追寻圆满、完整且没有一丝悲伤的幸福。

I really don't know how we started, at what point, but the way I like to look at it is that everyone is seeking happiness, full and complete with no taint of sorrow.

这种幸福是我们最基本的自然天性，我称之为大写 S 的“我” (Self)。

That that happiness is our very own basic natural nature, which I call the Self with a capital S.

正因为这是我们基本的自然天性，所以每个人都在追求幸福。

And because it's our basic natural nature is the reason why everyone is seeking happiness.

最终，我们会发现，大写 H 的“幸福” (Happiness) 和大写 G 的“上帝” (God)，其实是同一个东西。

And in the end, we see that Happiness with a capital H, God with a capital G, turns out to be the same thing.

我们所有人都会犯的错误的是，我们在人和事物中寻找这种幸福。

The mistake we all make is that we look for this happiness in people and in things.

然而幸福并不存在于人或事物中。

And it is not in people or things.

我们所感受到的幸福或愉悦，是消除了痛苦、消除了对某个事物的渴望。

The happiness or the pleasure that we feel is the eliminating of the pain, of the desire for something.

这种渴望是我们起初假设出来的一种匮乏。

This desire is an original lack, which we assumed.

作为无限的存在，我们从未有过任何匮乏，我们假设了这种匮乏，并创造了对它的渴望。

Being infinite beings, we never had any lack, we assume this lack, we create a desire for it.

当渴望得到满足时，我们的念头就停息了。

When the desire is fulfilled, our thoughts stop.

当我们的心智静止下来时，我们的本性，也就是真我，便会闪耀光芒。

And when our mind is still, our basic nature, the Self shines forth.

我一直在说的那些小事，以及尽力去达成的那些目标，都是为了让你自己明白这一点。

The little things I've been saying and trying to accomplish have been trying to get you to see this yourself.

在你自己能够亲自验证它之前，不要接受我或者其他任何人所说的任何话。

Nothing should be accepted that I say or that anyone else says, until you can prove it out for yourself.

这门科学的独特之处在于，它本身就是一门科学，

The uniqueness of this science, which is a science,

总有一天你会发现，它是所有科学中的科学，

someday you'll see it's the science of all sciences,

它是一门主观科学，我们必须从内在去探寻它，

this is a subjective science, we have to seek it within,

我们无法把它摆到面前的桌子上检验它，我们只能在自己的内在、在自己的存在中来检验它。

we can't put it out on the table in front of us and examine it, we can only examine it within our own mind, within our own being.

而且，智力并不能帮助我们了解它。

Also, the intellect does not avail it to us.

智力可以引领我们朝着正确的方向探寻它，

The intellect can get us in the right direction to find it,

而这个正确的方向就是平息心智、体验这个真理、体验这个真知。

and the right direction is by stilling the mind and by experiencing this Truth, this Knowledge.

所以，只有通过体验，我们才能了解它。

So, only by experience can we get to know this.

在日常生活中不做“做者”是有好处的，不做执行者，只做见证者。

It is good in our daily life to be not the doer, be not the agent, just be the witness.

不是我，而是天父通过我在运作。

It is not I but the Father who work at through me.

在这个群体中，有几个人已经具备了这样的态度，这是我们应该努力追求的主要生活准则。

Attitude, which several in this group already have is the main conduct of life that we should strive for.

我们在生活中越能成为见证者，就越不贪恋这具身体，就越能成为自己的真我。

The more we become the witness in life, the more we become non-attached to the body, the more we become our real Self.

所以，我有两点建议：

So, there's two things I'm suggesting:

第一个是，探寻“我是谁”；

One is the quest "Who am I";

第二个是，在生活中，不要做“做者”，而要成为见证者，让事物发生，允许它存在。

And the second is in life itself, be not the doer, be the witness, let things happen, allow it to be.

因为这是我们处于最终顶端状态中的样子。

Because that's the way we are in the final top state.

生活中最好的行为，就是顶端状态所特有的行为。

And the best behavior in life is that which is characteristic of the top state.

我相信你们也知道很多其他的品质，比如谦逊等等，还有善良、仁慈、诚实，所有的这些品质都是有所帮助的。

There are many other things which I'm sure you're aware of, of humbleness and so forth, goodness, kindness, honesty, all these things help.

但最大的助益是，不要做“做者”，要成为见证者。

But the greatest aid is be not the doer, be the witness.

好了，现在，当我们的“真我”呈现在我们面前时，这是一种非凡的体验，一种难以把控的体验，我们感觉自己仿佛要炸裂开来。

All right, now, when the Self of us presents itself to us, it's a tremendous experience, it's a very difficult one to contain, we feel as though were going to burst.

因为我们认识到了自己的全能、全知、全在。

Because we recognize our omnipotence, omniscience, and omnipresence.

但仅仅体验一次并不能让我们建立起那种状态。

But just seeing it once doesn't establish us in that state.

然而，一旦体验过它，在你重建那种状态之前，你绝对不会放弃。

However, once experiencing it, you'll never let go until you reestablish it.

所以你会不断尝试，我们也应该持续尝试，重新回到那种状态。

So, you'll continue to try, and we should continue to try to get back into that state.

下一次，这种状态会持续得久一点，

The next time, it will last a bit longer,

第三次，会持续更久，

third time still longer,

直到最终，我们全天 24 小时都处于这种状态中。

until finally, we are in it 24 hours a day.

当我们达到这种顶端状态时，我们不是行尸走肉，而是无所不知、无所不在，一切都无需我们干预便能完美有序。

When we attain this top state, we are not zombies, but we are all-knowing, everywhere present, everything falling perfectly into line without us.

我们在这个世界上的行动就像其他人一样，

We move in the world just like anyone else moves,

但不同的是：我们看待这个世界的方式与其他人截然不同。

but the difference is we see the world entirely different from the way everyone else sees it.

我们把我们的身体看作自己的身体，

We see our body as our body,

也把其他的每一个身体都看作自己的身体，

and we see every other body equally as our body,

把每一个动物都看作是我们自己，看待一切的方式都是如此。

we see every animal as we, everything.

因为把我们把一切都看作是贯穿宇宙的那个独一无二的“一”，这被称作“上帝”或“真我”。

Now that seeing everything as I gives us that singular oneness throughout the universe, which is called God or the Self.

我们看着自己的身体在生活中运转，几乎就像一个机器人，我们有点儿任由它自行运作。

We see our own body moving through life almost like an automaton, we sort of let it go its way.

由于我们不是那具身体，所以发生在那具身体上的任何事情都不会影响到我们，即便它被碾碎、分解，对我们来说也并不意味着什么。

And since we are not that body, nothing that happens to that body can affect us, even if were crushed, disintegrated, it wouldn't mean a thing to us.

因为我们完全明白自己不是那具身体，我们知晓自己的永恒存在。

Because we are fully knowing that we are not that body, we know our eternal Beingness.

因此，达到顶端状态的人很难与其他人区分开来。

So, one who has attained the top state is difficult to distinguish from

anyone else.

祂会经历和常人一样的人生过程，无论祂以前在做什么，祂可能会继续做下去。

He'll go through the same procedures of life, whatever He was doing before, He might continue to do.

但祂对生活的看法截然不同，

But His outlook on life is entirely different,

祂完全没有小我，

He's completely egoless,

祂不关心自己的身体，

He has no concern for His own body.

祂对别人比对自己更感兴趣，祂对全人类都感兴趣，

He is interested more in others than He is in himself, He is interested in all humanity,

无论祂做什么都绝对没有任何的小我动机，

whatever He does has absolutely no ego motivation,

在那些不完全理解的人眼中，祂的身体会继续正常地度过其生命周期，祂通常会像大多数人的身体那样，通过所谓的死亡和棺材离开人世。

His body will continue to live its normal span in the eyes of those who are not fully understanding, and He usually goes out the same way most bodies go out via so-called death and coffin.

但最初与那具身体相连的“一”却看不到任何的死亡，

but the One who was originally connected with that body never sees any of this death,

祂把整个世界视作一场心理创造的幻象，就像我们在夜梦中创造场景、城市和世界一样。

He sees this entire world as an illusion that was created mentally, just as we create scene, cities and worlds in our night dreams.

当我们醒来时，我们意识到根本不存在这样的东西。

And when we awaken, we realized there never was such a thing.

同样地，当我们从这种清醒状态中觉醒时，我们会发现这一切都是一场梦，从未真实存在过。

In the same way, when we awakened from this waking state, we see that the whole thing was a dream and never really was.

唯一真实存在的是那无限、完美无缺、全知、全能、全在的绝对实相。

That the only thing that ever was, was the absolute reality, infinite, all-perfect, all-knowing, all-powerful, omnipresent.

【顶端状态和超越欲望】 02.顶端状态 第二部分 【The Top State and Beyond Desire】 02.The Top State Part 2

莱斯特：关于这一点还有什么问题吗？

Lester: Any questions on this?

学生：不要做行动者，你难道不做计划吗？你难道不做常规的事情，或者坐以待毙吗？

Student: Not be the doer, don't you plan, don't you do everything normally, or sit back?

莱斯特：不，正确的做法是不去计划。

Lester: No, the right way is not to plan.

因为一切都是完美的，让它发生，你会凭直觉得到指引，而不是在这里做计划。

Because everything's perfect, let it happen. you will be guided intuitively, instead of planning up here.

在恰当的时刻，每时每刻，你都会完美地做出最正确的事。

At the right moment, from moment to moment, you will do the exactly right thing perfectly.

学生：有一种情况是，有人可能会在还没有真正体悟到的时候就采取那种态度，比如，他说：“我就等着，等我采取行动的时候我再起床。”与此同时，他的钱却在不断花出去。

Student: There is a situation where somebody might take a position of that kind when he hasn't really felt it, and, for example, say: "I'll just wait, I'll stay in bed until I'm moved." In the meantime, his money's been paid.

莱斯特：所以，他就必须采取行动。

Lester: So, he'll have to move.

如果我们假定自己在那里，而实际并不是，我们很快会意识到自己并不在那里。

If we assume that we are there and we are not, we are soon awakened to

the fact that we are not there.

鲍勃，我现在要说的是顶端状态、完美的状态，在这种状态下，每时每刻，一切都处于绝对的和谐之中。

Bob, I'm putting out the top state now, the perfect state, where everything is in absolute harmony every moment.

那么，除了此时此刻，你无需思考。

Then, you never think, except this very moment.

在这一刻，你从内在明白什么才是自己该做的正确的事。

And at this very moment, you know from within just what is the right thing for you to do.

所以，你每时每刻都会被直觉指引，一切都完美有序。

So, you're guided intuitively each and every moment, and everything falls perfectly into line.

好吧，现在，如果你还没达到那种状态，当然，你必须思考、必须去计划。

All right, now, if you're not there, of course, you have to think, you have to plan.

但这就是我们要努力达成的目标,我所说的就是这个目标,这是最高的状态。

But this is the goal to strive for, the one that I'm speaking about, this is the top state.

你在那里,无需计划,你能瞬间物质化一座黄金宫殿。

You're there, you don't have to plan, you can instantly materialize a palace of gold.

学生:那么,在实践中,一开始可能是两者的结合,事情进展得很顺利,但有时会遇到难关,这时你就得规划,制定计划,然后再处理其他事情,我想这就是自我评估的实践过程。

Student: Well, in practice, then, probably in the beginning, a combination of the two, where things go very easily and then sometimes you have a hump in which you plan, you plan it out, and then other things, I suppose that would be the practice of self-assessment.

莱斯特:用你现在可以利用的东西。

Lester: Use that which is available to you now.

如果我们处于一个思考的层次,当然,我们必须思考。

If we are in a thinking realm, of course, we have to think.

但要为达到这个最高层次而奋斗, 为它而奋斗, 我们迟早都会达到最高状态。

But strive for this top realm, and striving for it, we will sooner or later attain it.

学生：太好了，这难道就是凭想法去做和凭真知去做的区别吗？

Student: Great, would that be the difference between doing by thought or doing by Knowing?

莱斯特：当然，是的。

Lester: Definitely, yes.

在最高状态，你通过真知来做，你只是时时刻刻知道，只是感觉我知道，感觉就是这样，不需要思考，我就是知道。

In the top state, you do by Knowing, you just know from moment to moment, just feels like I know it, that's just the way it feels, there's no thinking to it, I know it.

你所用的“真知”这个词是关键。

The word "Know", as you use it, is the key.

你知道当你说“我知道它”时，那个词给人的感觉是怎样的吗？

You know how that word feels when you say "I know it"?

毋庸置疑，一丝一毫的怀疑都没有，而且事情就这样发生了。

There's no doubt, not one iota of doubt there, and it happens.

这是关键，这是真知的领域。

That's the key, that's the realm of Knowingness.

一直这样做，持续为之努力，直到目标达成。

Make that all the time, keep working for until it comes.

我们实现这个目标的速度取决于对它的渴望程度。

The quickness in which we attain this is determined by the intensity of the desire for it.

我们越渴望这个顶端状态，它来得就越快。

The more we desire this top state, the sooner it comes.

每个人最终都能达成。

Everyone makes it eventually.

我坚信，如今地球上的大多数人可能需要两百万年，甚至更久，

I'm convinced the majority of people on earth today will probably take 2 million years, even more,

但我们当中任何一个有意识地寻求出路的人，都能在今生做到。

but any one of us who are consciously seeking the way out, can do it this lifetime.

所谓的神的恩典也始终存在。

The so-called grace of God is always there also.

所有那些在我们之前达到顶端级别的人，他们的完美意识在散发给我们，我们拥有巨大的恩典，实际上，我们一直在被推动着前行。

All those who have made the top grade before us, with their consciousness of perfection being radiated to us, we have tremendous grace, being actually pushed our way all the time.

然而，他们无权把自己强加给我们，我们必须敞开心扉才能接收到它。

However, they have no right to impose themselves, we have to open ourselves to it in order to receive it.

鉴于当今的形势，我们需要这种恩典。

We need this grace because of the state of affairs today.

人类的状态相对较低。

Man is relatively low.

我们坚信自己是一个受限的身体，并且由于长期的习惯，我们试图抓着它不放。

We are very strongly convinced that we are a limited body, and by long habit, we are trying to hold on to it.

因此，放下这个身体并不容易，

So, it is not easy to let go of this body,

也正因如此，我们需要那些伟大的“一们”的恩典，

and because of that. we need the grace of the great Ones,

在我们眼中，他们已经离世，

who in our eyes have passed on,

但在他们眼中，他们仍然在这里。

but in their eyes, they are still here.

当我们意识到祂们仍然在这里时，我们就能够像我们之间彼此交谈那样看到祂们并与祂们交流。

When we recognize that they are still here, we can see them and talk to them the way we talk to each other.

或者，如果我们部分地接纳祂们，我们能以梦境或异象的方式与祂们交谈，或者以一种仿佛祂们是透明的方式看待他们，看穿他们。

Or if we accept them partially, we can talk to them in sort of a dream, or a vision, or see them in a way in which they are transparent, you can see through them.

但我们与祂们相遇的方式取决于我们对祂们的接纳程度。

But the way we meet with them is determined by our acceptance of Them.

如果我们中的任何一个人相信我们可以在这里的一家餐厅和耶稣一起喝杯咖啡，就像你相信自己可以和我一起做的那样，如果你有那么高的接纳度，那么你就能做到。

If any one of us believed that we could go down to a restaurant here and have a cup of coffee with Jesus, the way you believe you could do it with me, if you had that much acceptance, then you could do it.

现在我们中的有些人知道祂曾多次进入这个房间，祂所给出的迹象与我们的

接纳程度相称。

Now some of us know that He came into this room several times. He gave a sign proportionate to our degree of acceptance.

如果祂突然出现在房间里，对我们大多数人来说太难接受了，所以祂不会这么做。

If He were to suddenly appear in the room, it would be too much for most of us to accept, therefore, He doesn't.

但祂来到我们身边的方式取决于我们对祂的接受程度。

But the way He comes to us is determined by our acceptance of him.

祂在这里给了一些征兆，祂向在这里的人显现了一些迹象，我觉得他们甚至都没有意识到祂显了个迹象。

He gave signs here, He gave signs to some people here, and I don't think they even recognize that he gave a sign.

但并非所有的迹象都像我拍你的肩膀那样，比如说，我走过去碰一下你，不是那种方式。

But all the signs were not say, like me touching you on the shoulder, if I came over and touched you, wasn't that way.

但那只是因为你无法接受这种事会发生在祂身上。

But that's only because you can't accept that that could happen with Him.

我现在想说的要点是，我们应该对大师们的帮助敞开心扉。

The point I'm trying to make now is that we should open ourselves to the help of the great masters.

耶稣希望看到我们每个人都了解到自己的完美。

Jesus wants to see each and every one of us know our perfection.

祂无法将这一点强加给我们，但祂的手始终是伸出来的。

He can't force it upon us, but His hand is always extended.

记住这一点是很好的，这样我们就能更多地敞开自己以接受帮助。

It's good to keep this in mind, then we open ourselves more to the help.

学生：我们如何请求获得这种帮助？

Student: How do we request to receive this help?

莱斯特：我们必须接受耶稣和我们一样是活着的，能够像我们相遇一样与你

相遇，这样它才会发生。

Lester: We have to be accepting of Jesus as being alive, just as much as we are, capable of meeting with you the way we meet with you, then it can happen.

我们必须对这种帮助敞开心扉，这种帮助始终在传递给我们。

We have to be open to the help, the help is always being sent to us.

学生：有什么话要对我们说吗，杰瑞？

Student: Are there words to say to us, Jerry?

莱斯特：是的，但我无法把它们给你，这取决于你自己。

Lester: Yes, but I can't give them to you, that's up to you.

我给了你一个普遍原则，接纳祂本来的样子，不要期望祂不像基督那样。

I give you the general principal, acceptance of Him the way He is, don't expect Him to be not Christly.

因为祂不会那样。

Because He won't be that.

然而，祂能以一个非常谦逊的人的形象出现，祂无所不在，随时可以出现在任何人面前并与他们交谈。

However, He can appear as a very humble human being in form, being omnipresent, at any moment he can appear to anyone and speak with them.

学生：祂会像基督一样，不会乔装打扮，祂会是门口的乞丐吗？

Student: He will be as Christ, it won't be in disguise, will he be a beggar at the door?

莱斯特：不会。

Lester: No.

学生：我不这么认为。

Student: I don't think so.

莱斯特：唯一的伪装是我们给祂戴上的，祂绝不会伪装自己，祂想被认作是基督。

Lester: The only disguise is the one that we put on him, He will never disguise himself, He wants to be recognized as Christ.

当我使用“基督”这个词时，我指的是主基督，那不是祂的名字，祂的名字

是耶稣。

And when I use the word Christ, I mean the principal Christ, that's not his name, his name is Jesus.

基督，耶稣这个人拥有基督意识。

The Christ, the man Jesus had the Christ consciousness.

我们必须从祂的意识中接纳他，那是一种极度的谦卑、简单，没有好莱坞式的浮华。

We have to accept him in his consciousness, which is extreme humility, simplicity, no Hollywood glamour.

学生：一种神圣的谦卑？

Student: A divine humility?

莱斯特：是的，最伟大的谦卑在于臣服，不是我，而是“你”，不是我，而是天父通过我来运作。

Lester: Yes, the greatest humility is through surrender, not I, but thou, it is not I, the Father who work through me.

我所做的一切都是神的工作，不是我在做，这就是小我的臣服，小我就是个体意识。

Everything I do is God's work, I am not doing it, it's surrender of the ego, the ego being the sense of individuality.

你必须作为一个个体去臣服于你的真我。

You've got to surrender your Self as an individual.

从你现在的立场来看，其他人不应该让你操心。

From where you stand now, the other person should not concern you.

我们唯一应该关心的是我们做什么。

The only thing that should concern us is what we do.

你对我的态度是什么并不重要，你可以用你全身的每一个细胞来恨我，

It matters not what your attitude is toward me, you could hate me with every cell in your body,

但我对你的态度极为重要，

but it's an extreme importance of what my attitude is toward you,

你为什么恨我，

why you're hating me,

我应该全心全意地爱你，

I should love you fully and completely,

那时你就会明白所有问题的答案了。

then you'll understand the answer to all questions.

你看，当你分离，然后问这里发生了什么时，这是不适用的。

See, when you separate and then ask what's up here, it just doesn't fit.

但当我们去爱、并且只有爱的时候，我们是在调用宇宙中最强大的力量，没有任何人或任何事能够伤害我们。

But when we love and only love, we are using the most formidable power in the universe, no one and no thing can harm us.

如果我们只是爱而没有任何的恨，我们就永远不会受到伤害，永远不会不开心。

We can never ever be hurt, unhappy, if we would only just love without any hate.

当你在爱的时候，永远不会受到伤害。

Never be hurt when you love.

现在，这意味着爱是圆满且完整的，这是神圣的爱，这是没有一丝恨的爱。

Now, this is in the sense that the love is full, complete, it's divine love, it's just love with no, not one bit of hate in it.

“转过另一边的脸”、“放下过去”、“爱你的敌人”，这就是它展现的那种爱。

“Turning the other cheek”, “giving the past to max”, “loving your enemy”, that's the kind of love it takes.

在我们扭曲这件事之前，这是我们所有人本来的样子。

And that's the way we all are, naturally, before we distorted this thing.

学生：爱是理解。

Student: Love is understanding.

莱斯特：当你在爱的时候，你会完全理解对方。

Lester: When you love, you understand the other one fully.

要是我认同另一个人，成为另一个人，这就是理解。

It's understanding if I identifying with the other one, being the other one.

再进一步讲，就是希望对方能拥有他想要的东西，爱另一个人原本的样子。

Coming down a step, it's wanting the other one to have what the other one wants, loving the other one the way the other one is.

(学生说的听不清)

莱斯特：实际上，我们只有一个敌人，那就是我们自己。

Lester: In reality, we have only one enemy, that's ourselves.

没有人能对我们做任何事，也没有人能为我们做任何事。

No one can do anything to us, no one can do anything for us.

总有一天你会明白这一点，我们的意识决定了发生在我们身上的一切。

Someday you'll see this there, we in our consciousness determine everything that happens to us.

学生：是我们对自己的看法伤害了我们自己。

Student: It's our idea of ourselves that is in the way.

莱斯特：是的，可以变得更好。

Lester: Which could be made better, yes.

学生：当你说“理解”时，你是指在逻辑层面理解驱动他们的因素，还是指毫不质疑他们的行事缘由是好是坏，或者只是全然接纳他们本来的样子呢？

Student: When you say understanding, do you mean understanding in a logical sense, of understanding the things that move them? or do you mean understanding in an acceptance of them, without without question of the reasons they're doing things, as good or bad, or just acceptance of whatever they are in an entirety?

莱斯特：是的，这是全然的接纳。

Lester: Yeah, it's acceptance in an entirety.

但真正的理解需要了解宇宙和世界的本质。

But the real understanding requires knowledge of what the universe and the world is.

当我们看到有人做错事时，我们要明白这是一位被误导的神，

When we see someone doing wrong, we have to know that this is a god being misguided,

当他做错事的时候，他是在错误的地方寻找神。

he is looking for God in the wrong place when he is doing wrong.

我讲明白了吗？

Am I making sense?

学生：是的。

Student: Yes.

莱斯特：这就是理解。

Lester: That's the understanding.

学生：在他看来，这是幸福的方式。

Student: Which in his mind would be happiness the way.

莱斯特：他正在以自己所理解的方式寻找幸福。

Lester: He's looking for happiness the way he sees it.

即便是像希特勒这样的人，在他自己看来也是在做正确的事。

Even a Hitler, in his mind is doing right.

因此不应该被憎恨，而应该被爱，希望他成为自己真正的本性。

And therefore should not be hated, but should be loved, wanting him to be what his real basic nature is.

现在，这并不意味着要认同他的计划，确实不是。

Now, this doesn't mean approving of his program, it doesn't.

但无论我们是否认同他的计划，“爱与恨”跟“认同一个计划”是两码事。

But whether we approve or not of this program, loving and hating are two different things than approving of a program.

所以，我们得爱每一个人，把他们视作被误导的存在，原谅他们，因为他们不知道自己在做什么，他们就像是被误导的孩子。

So, we love everyone, see them as misguided beings, forgiven for their know not what they do, they're like children misguided.

【顶端状态和超越欲望】03.超越欲望【The Top State and Beyond Desire】 03.Beyond Desire

我在试着纠正你，让你没法提问题。

I'm trying to fix you so you can't ask a question

通过问你一个问题：“是你吗？”你得回答：“是。”我说：“很好。”

By asking you a question, are you? you've got to answer: "Yes." I say:
"Good."

就是这样，这就是真我，只是存在。

That's it, that's the Self, only be.

这是真我，这意味着，不再做一个身体，这就是全部，没别的了，完全彻底地结束了。

And that's the Self, which means stop being a body, that's all there is to it, nothing else, total, complete, finished, period.

有什么问题吗？

Any questions?

我想用它录音，但没什么问题可问。

I want to record with it, but no questions.

这很难理解吗？

Is that hard to understand?

当你只是存在时，这就对了。

When you only are, that's it.

那么你的工作是什么？

So what's your job?

别做一具身体，认同你的存在，你说“你是”，认同这一点，放下对身体的认同，这就是它的全部了。

Stop being a body, identify with your Beingness. you say "You are", identify with that, and let go of identifying with the body, that's all there is to it.

帮助世界进步没有什么灵性可言。

There's no spirituality in helping the world to progress.

因为你所做的只是让世界变成一个美好、坚实的玛雅幻象。

Because what you're helping is to make the world a good, solid Maya illusion.

你取得的进步越多，就越是身体上的痛苦上升到精神上的痛苦。

And the more progress you have, the more you move up from physical pain into mental pain.

当通过智慧达到无欲的状态时，它的力量会瓦解剩下的那两个载体，即星光体和因果体。

When desirelessness is attained through wisdom, its power disintegrates the two remaining vessels, the astral, and the causal.

这就是我们在这里所能做到的，通过变得无欲来消除所有的这三个“容器”。

That's what we can do here, eliminate all three containers by becoming desireless.

当通过智慧达到无欲的状态时，它的力量会瓦解剩下那两个身体，也就是星光体和因果体。

When desirelessness is attained through wisdom, its power disintegrates the two remaining bodies, astral and causal.

但你越往高处走，就会变得越敏感，你的感受会越深刻、越强烈。

But the higher you go, the more sensitized you become, the deeper and more intense are your feelings.

令人遗憾的是，当我们身处此地时，我们并没有意识到在这个物质世界里，你能够消除所有的其他世界。

And the shame of it all is that when we're here, we don't realize that in this physical realm, you can eliminate all other realms.

只有一种方法可以变得无欲，也就是相当于变得没有小我。

And there's only one way to become desireless, which is equal to becoming egoless.

但我相信“无欲”这个词比“小我”更能涵盖所有事物。

But I believe the word desireless is a better cover-all word than ego.

那么，量子欲望与共轭欲望只会带来痛苦和短暂的快乐，而这种快乐仅仅是对人为制造的大量痛苦的暂时解脱。

So, quantum and conjugate desires, they bring only agony, momentary pleasure, which is only relief from the lack, artificially created with lots and lots of pain.

人们似乎不知道的一点是，与最高状态相比，他们一直在承受着多么强烈的痛苦。

It's one thing people don't seem to know is how intensely they're suffering all the time, compared to the top state.

哇哦，所有的那些潜意识想法是一种真正沉重的负担，让人痛苦不堪。

And wow, all the subconscious thoughts are a real heavy burden, agonizing.

所以，我想让你接受这样的观点：你仍然认为如此美好的这个世界，它其实只是地狱罢了。

So, I'm trying to sell you the idea that this world that you still think is so wonderful, it's nothing but hell.

通过消除它，你有机会消除未来大量的地狱。

And by undoing it, you have an opportunity to undo a tremendous amount of future hell.

你没有完全觉醒的唯一原因是你.....我刚才说什么来着？

The only reason why you're not getting full realization is is that you're... what did I say?

学生：紧抓着物质。

Student: Holding on to the physical.

莱斯特：你之所以执着，是因为你在紧抓着物质，紧抓着做一具身体。

Lester: Why you're holding is that you're holding on to the physical, you're holding on to being a body.

身体是你满足欲望的载体。

Body being the vehicle through which you can satisfy desires.

好吧，我想，为了满足更多的欲望，身体本身就是一种欲望。

Well, I guess the body itself is a desire in order to satisfy more desires.

有什么问题吗？

Any questions?

如果你消除了欲望，你就自由了，你会把好与坏、快乐与悲伤看成是一样的，

If you undo desires, then you're free, you see good and bad, joy and sorrow as the same,

而且你完全可以自由地沉溺于其中之一、或两者兼有、或者都不沉溺。

and you're really free to indulge in either or both or none.

所以，目标是变得无欲。

So, the object is to become desireless.

然后你编造一个欲望，它既不会伤害你，也不会对你有所帮助。

And then you make up a desire, it doesn't hurt you, and it doesn't help you.

或者，如果你编造一个悲伤，它既不会伤害你，也不会帮你获得幸福。

Or if you make up a sorrow, that too doesn't hurt you, nor help you in your happiness.

所以，一旦你摆脱了做一个身体的概念，那么你在世界上所做的一切都是出于选择，而它再也无法影响你了。

So, once you get free of the concept of being a body, then whatever you do in the world is done by choice, and it can't touch you anymore.

我想，这就是大师们令人难以理解的地方。

This is the part, I guess that makes it difficult to understand the masters.

你们都和他们相处过，我们都见过大师吧？

You've been around them, have we all seen masters.

他们见过很多大师，他们吃饭、睡觉、生病，对吧？

They've seen a lot of them, they eat, they sleep, they get sick, right?

但你真的无法理解，对吧？

But you really couldn't understand that, could you?

为什么大师会生病？

Why should a master be sick?

学生：嗯，有一次教宗病了，祂真的……你知道，祂的身体表现出极大的痛苦，我待在祂的房间里，祂坐起来说：“身体是……”我忘了祂具体说了什么，祂说：“错误总是如出一辙。”祂说：“别为这具身体担心。”

Student: Well, one time Papa was sick, and He was really... His body was you know showing much pain, I stayed in His room, and He sat up and said: "the body is..." I forget what He said, He said: "Wrongness is always the same." He said: "Don't worry about this body."

莱斯特：是的，但是你看到了什么呢？

Lester: Yeah, but what did you see?

你看到的是那个身体。

You saw the body.

(学生说的没听清)

莱斯特：这就是为什么很难理解大师，我们希望祂们在做一具身体时，要表现得像没有身体一样，这太荒谬了。

Lester: That's why it's hard to understand masters, we want them to behave like non-bodies while being a body, it's ridiculous.

他们的行为实际上是不同的，他们不认同身体。

They are actually behaving differently, they're not identifying with the body.

这就是为什么薄迦梵会呻吟叹息，祂的弟子们以为祂真的在受苦，但祂从来不这么认为。

That's why Bhagavan would moan and groan, and His disciples thought He was really suffering, but He never thought so.

因为祂看把呻吟叹息和笑声幸福都看作是虚幻的假象。

Because He saw the moaning and groaning like the laughter and happiness as a flimsy mock-up.

学生：现在，当你来到这里感觉不舒服时，你不会得到任何的同情，因为你善待自己，而且你.....

Student: Now, when you come here and you're not feeling well, you don't get any sympathy, because you treat yourself good and you...

莱斯特：好吧，我干嘛跟你说这些呢？

Lester: Well, why dot I tell you about it?

学生：因为我们或许是同一个存在。

Student: Because we're probably one being.

莱斯特：这样你就会明白这没什么不同，

Lester: So that you'll know it makes no difference,

就像教宗一直想告诉你的那样，拉姆·达斯始终如一，但是身体来来去去、受伤、感觉好。

like Papa was trying to tell you, Ram Dass is always the same, but bodies come, go, hurt, feel good.

但如果你不认同自己是一具身体，如果你只认同存在，那么一切始终是完美的。

But if you don't identify with being a body, if you identify only with Beingness, that's always all perfect.

学生：身体、心智，心智也一样。

Student: Body, mind, same with the mind.

莱斯特：心智是一个微妙的身体。

Lester: The mind is a subtle body.

更好的做法是，让心智成为身体的创造者。

Better, let the mind be the creator of the body.

但你确实必须消除心智。

But you do have to eliminate mind

因为心智是物质的成因。

Because mind is the cause of matter.

心智本身是一种限制。

A mind itself is a limitation.

我们现在变得智性化了。

We're getting intellectual now.

所以我再次问你，你为什么不放弃这种痛苦、这个世界、这个身体呢？

So I asked you again, why don't you give up this misery, this world, this body?

有答案吗？

Any answers?

学生：嗯，我记得你上次说过，潜意识里我觉得我的快乐确实存在于这个世界，只是它藏得非常非常深。

Student: Well, I think that you said last time subconsciously I feel that my joy really is in the world, and it's just very, very deep.

莱斯特：好吧，这是谁的潜意识？

Lester: Okay, whose subconscious is it?

学生：我的。

Student: Mine.

莱斯特：这给了你一个开启某样东西的关键吗？

Lester: Does that give you a key to something?

但很有可能你是部分地、大块大块地消除心智，而当你大块大块地消除它时，这会花上几个星期的时间。

But the chances are you undo the mind in parts, in large chunks, that takes weeks when you do it in large chunks.

学生：还有坚韧。

Student: And fortitude.

莱斯特：渴望去做这件事，

Lester: Desire to do it,

想要去做这件事，

wanting to do it,

接着，那种想要消失了，

and then that want disappears,

然后，便不再有欲望，你甚至不再渴望“存在”。

and there are no more desires, you don't even desire to be.

你无法渴望“存在”。

You can't desire to be.

因为再也没有选择了，只有“存在”。

Because there's no choice anymore, there's only Beingness.

【莱斯特谈幸福与关系】01.幸福与关系【Lester on Happiness and Relationships】 01. Happiness and Relationships

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

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

我知道当时有几个人沉下去了还没上来，我想这是我没有来的原因之一。

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

你看，当你处于低谷的时候，你会觉得“一切都很糟糕”，你抓狂了，我很难和你交流，

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

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

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

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

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

而当这种困扰持续得足够久，你会受够它，不管怎样你都会放手，然后你就去做了，

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

看，当你这样做到这件事的时候，情况会好得多得多，你不需要依靠别人。

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

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

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

我们本应如此。

We should.

所以我想我会尝试给你们一些理解或理解的关键，这将有助于你们获得持久的幸福。

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

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

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

但关键是要知道什么是幸福。

But the key is knowing what is this thing happiness.

当你知道它是什么，你就会在它所在的地方寻找，而不是在它所不在的地方寻找它。

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

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

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

关键在于知道幸福是什么，这样你就可以直奔它而去。

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

没有意识到幸福是什么，就很难永久地建立幸福。

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

所以当你明白真正的幸福是什么时，哪怕当你变得痛苦时，你也会朝着那个方向前进。

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

那么什么是幸福呢？

Well, what is happiness?

对大多数人来说，他们称之为享乐的东西实际上是逃避痛苦。

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

大多数人所说的幸福，其实就是远离他们的痛苦。

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

逃避、娱乐，他们无法忍受和自己待在一起、无法面对自己的想法，他们必须跑去看电影、去夜总会、拜访某人，只是为做点什么，这样他们就不用独自面对他们自己的想法了。

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

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

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

当你获得自由时，你可以享受比以前更多的娱乐，但你不需要它了，因为你本身就很幸福。

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

现在我要讲的幸福不是逃避痛苦的那种幸福，

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

它是做真实的自己所带来的幸福。

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

我们越是做真实的自己，我们就越能感到幸福。

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

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

Now, this joy is accomplished not by the thing or the person out there whom we associate with the joy, but it is accomplished by satisfying the desire for or the thoughts wanting to acquire this person or thing, we quiet those thoughts, and the quieter the mind is, the more the Self can shine for.

但你必须在自己的内在看到这一点：你的心智越安静，你就越愉悦，就越幸福。

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

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

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

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

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

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

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

对此还有什么问题吗？

Is there any question on that?

我想在理性层面，每个人都看到了，不管你是否通过你自己的心灵之眼看到了它，你应该首先在理性层面理解它，然后用它进行实践、验证。

I guess intellectually it's seen by everyone, whether you see it through your own mind's eye or not, you should have it at first intellectually, then experiment with it, test it out

然后你会发现确实如此，每次你感到快乐时，你的心就会很轻松，你以为源自外在人事物的东西，其实是在你的内在发生的事情，你的心智安静了，你真正的自己才能更加闪耀。

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

当你明白这一点时，你就不会再陷入困境了。

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

因为当你不开心的时候，你会知道去哪里重建幸福。

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

学生：答案就在你自己之内，然后呢？

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

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

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

当你的心神都在外面的事物上时，你就脱离存在了，你陷入了外部世界。

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

但我认为关键在于领悟到这一点：你的幸福是通过满足欲望带来的心智安静，它平息了对事物的念头。

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

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

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

and immediately you're happy.

但总的来说，你迈向幸福的地方不在外面，它真的在你之内，

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

这样你就建立了一种幸福的状态，这种状态是持续的。

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

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

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

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

Because then you look for happiness where it is, and you stop looking for it where it isn't, there is no happiness in people or things, happiness is our basic nature, happiness is our very Beingness.

当我们只是存在的时候，我们是无限快乐的；

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

当我们只是存在而不是别的什么时，我们是无限快乐的。

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

了解你的无限存在，那是永恒的，它永不改变。

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

整个世界都无法触及你，世界只是一个幻象、一个梦。

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

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

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

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

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

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

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

你的本性就是快乐，你不需要从外境所发生的一切中去得到它，你的基本天性是无限的快乐，这是你的本然状态，

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

只要你不把它依附于某人或某物，它便始终存在。

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

但如果你说“除非我做点什么，否则你不会有快乐”，你就限制了你的快乐。

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

本然状态是无限的喜悦，这才是真正的本然状态。

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

本然状态是无限的存在，

The natural state is being infinite,

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

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

【莱斯特谈幸福与关系】02.幸福与关系【Lester on Happiness and Relationships】02. Happiness and Relationships

我想，对于本系列的最后一场演讲，或许总结一下我们经历过的内容、要去的地方以及最终的目标，或许是个不错的主意。

I thought maybe a summary of what we've been through, where we're going, and what there is at the end might be a good idea for the last talk of this series.

我真的不知道我们是如何开始的，从什么时候开始的，但我喜欢这样看待这件事情：每个人都在追寻圆满、完整且没有一丝悲伤的幸福。

I really don't know how we started, at what point, but the way I like to look at it is that everyone is seeking happiness, full and complete with no taint of sorrow.

这种幸福是我们最基本的自然天性，我称之为大写 S 的“我” (Self) 。

That that happiness is our very own basic natural nature, which I call the Self with a capital S.

正因为这是我们基本的自然天性，所以每个人都在追求幸福。

And because it's our basic natural nature is the reason why everyone is seeking happiness.

最终，我们会发现，大写 H 的“幸福” (Happiness) 和大写 G 的“上帝” (God) ，其实是同一个东西。

And in the end, we see that Happiness with a capital H, God with a capital G, turns out to be the same thing.

我们所有人都会犯的错误的是，我们在人和事物中寻找这种幸福。

The mistake we all make is that we look for this happiness in people and in things.

然而幸福并不存在于人或者事物之中。

And it is not in people or things.

我们所感受到的幸福或愉悦，是消除了痛苦、消除了对某个事物的渴望。

The happiness or the pleasure that we feel is the eliminating of the pain, of the desire for something.

这种渴望是我们起初假设出来的一种匮乏。

This desire is an original lack, which we assumed.

作为无限的存在，我们从未有过任何匮乏，我们假设了这种匮乏，并创造了对它的渴望。

Being infinite beings, we never had any lack, we assume this lack, we create a desire for it.

当渴望得到满足时，我们的念头就停息了，

When the desire is fulfilled, our thoughts stop,

当我们的心智静止下来时，我们的本性，也就是真我，便会闪耀光芒。

and when our mind is still, our basic nature, the Self shines forth.

我一直在说的那些小事，以及尽力去达成的那些目标，都是为了让你自己明白这一点。

The little things I've been saying and trying to accomplish have been trying to get you to see this yourself.

在你自己能够亲自验证它之前，不要接受我或者其他任何人所说的任何话。

Nothing should be accepted that I say or that anyone else says, until you can prove it out for yourself.

这门科学的独特之处在于，它本身就是一门科学，

The uniqueness of this science, which is a science,

总有一天你会发现，它是所有科学中的科学，

someday you'll see it's the science of all sciences,

它是一门主观科学，我们必须从内在去探寻它，

this is a subjective science, we have to seek it within,

我们无法把它摆到面前的桌子上检验它，我们只能在自己的内在、在自己的存在中来检验它。

we can't put it out on the table in front of us and examine it. we can only examine it within our own mind, within our own being.

而且，智力并不能帮助我们了解它。

Also, the intellect does not avail it to us.

智力可以引领我们朝着正确的方向探寻它，

The intellect can get us in the right direction to find it,

而这个正确的方向就是平息心智、体验这个真理、体验这个真知。

and the right direction is by stilling the mind and by experiencing this Truth, this Knowledge.

所以，只有通过体验，我们才能了解它。

So, only by experience can we get to know this.

在日常生活中，不要做“做者”，不要做执行者，只是做见证者。

It is good in our daily life to be not the doer, be not the agent, just be the witness.

不是我，而是天父通过我在运作。

It is not I but the Father who work at through me.

在这个群体中，有几个人已经具备了这样的态度，这是我们应该努力追求的主要生活准则。

Attitude, which several in this group already have is the main conduct of life that we should strive for.

我们在生活中越能成为见证者，就越不贪恋这具身体，就越能成为我们的真我。

The more we become the witness in life, the more we become non-attached to the body, the more we become our real Self.

所以，我有两点建议：

So, there's two things I'm suggesting:

第一个是，探寻“我是谁”；

One is the quest, who am I

第二个是，在生活中，不要做“做者”，而要成为见证者，让事物发生，允许它存在。

And the second is in life itself, be not the doer, be the witness, let things happen, allow it to be.

因为这就是我们处于最终顶端状态时的样子。

Because that's the way we are in the final top state.

生活中最好的行为，就是顶端状态所特有的行为。

And the best behavior in life is that which is characteristic of the top state.

我相信你们也知道很多其他的品质，比如谦逊等等，还有善良、仁慈、诚实，所有的这些品质都是有所帮助的。

There are many other things which I'm sure you're aware of, of humbleness and so forth, goodness, kindness, honesty, all these things help.

但最大的助益是，不要做“做者”，要成为见证者。

But the greatest aid is be not the doer, be the witness.

好了，现在，当我们的“真我”呈现在我们面前时，这是一种非凡的体验，一种难以把控的体验，我们感觉自己仿佛要炸裂开来。

All right, now, when the Self of us presents itself to us, it's a tremendous experience, it's a very difficult one to contain, we feel as though were going to burst.

因为我们认识到了自己的全能、全知、全在。

Because we recognize our omnipotence, omniscience, and omnipresence.

但仅仅体验一次并不能让我们建立起那种状态。

But just seeing it once doesn't establish us in that state.

然而，一旦体验过它，在你重建那种状态之前，你绝不会放弃。

However, once experiencing it, you'll never let go until you reestablish it.

所以你会不断尝试，我们也应该持续尝试，重新回到那种状态。

So, you'll continue to try, and we should continue to try to get back into that state.

下一次，这种状态会持续得久一点，

The next time, it will last a bit longer,

第三次，会持续得更久，

third time still longer,

直到最终，我们全天 24 小时都处于这种状态中。

until finally, we are in it 24 hours a day.

当我们达到这种顶端状态时，我们不是行尸走肉，而是无所不知、无所不在，一切都无需我们干预便能完美有序。

When we attain this top state, we are not zombies. but we are all-knowing, everywhere present, everything falling perfectly into line

without us.

我们在这个世界上的行动就像其他人一样，

We move in the world just like anyone else moves,

但不同的是：我们看待这个世界的方式与其他人截然不同。

but the difference is we see the world entirely different from the way everyone else sees it.

我们把我们的身体看作自己的身体，

We see our body as our body,

也把其他的每一个身体都看作自己的身体，

and we see every other body equally as our body,

把每一个动物都看作是我们自己，看待一切的方式都是如此。

we see every animal as we, everything.

因为把我们的一切都看作是贯穿宇宙的那个独一无二的“一”，这被称作“上帝”或“真我”。

Now that seeing everything as I gives us that singular oneness

throughout the universe, which is called God or the Self.

我们看着自己的身体在生活中运转，几乎就像一个机器人，我们有点儿任由它自行运作。

We see our own body moving through life almost like an automaton, we sort of let it go its way.

由于我们不是那具身体，所以发生在那具身体上的任何事情都不会影响到我们，即便它被碾碎、分解，对我们来说也毫无意义。

And since we are not that body, nothing that happens to that body can affect us, even if were crushed, disintegrated, it wouldn't mean a thing to us.

因为我们完全明白自己不是那具身体，我们知晓自己的永恒存在。

Because we are fully knowing that we are not that body, we know our eternal Beingness.

因此，达到顶端状态的人很难与其他人区分开来。

So, one who has attained the top state is difficult to distinguish from anyone else.

祂会经历和常人一样的人生过程，无论祂以前在做什么，祂可能会继续做下

去。

He'll go through the same procedures of life, whatever He was doing before, He might continue to do.

但祂对生活的看法截然不同，

But His outlook on life is entirely different,

祂完全没有小我，

He's completely egoless,

祂不关心自己的身体，

He has no concern for His own body.

祂对别人比对自己更感兴趣， 祂对全人类都感兴趣，

He is interested more in others than He is in himself, He is interested in all humanity,

无论祂做什么都绝对没有小我动机，

whatever He does has absolutely no ego motivation,

在那些不完全理解的人眼中， 祂的身体会继续正常地度过其生命周期， 祂通

常会像大多数人的身体那样，通过所谓的死亡和棺材离开人世，

His body will continue to live its normal span in the eyes of those who are not fully understanding, and He usually goes out the same way most bodies go out via so-called death and coffin,

但最初与那具身体相连的“一”却看不到任何的死亡，

but the One who was originally connected with that body never sees any of this death,

祂把整个世界视作一场心理创造的幻象，就像我们在夜梦中创造场景、城市和世界一样，

He sees this entire world as an illusion that was created mentally, just as we create scene, cities and worlds in our night dreams,

当我们醒来时，我们意识到根本就不存在这样的事物。

and when we awaken, we realized there never was such a thing.

同样地，当我们从这种清醒状态中觉醒时，我们会发现这一切都是一场梦，从未真实存在过。

In the same way, when we awakened from this waking state, we see that the whole thing was a dream and never really was.

唯一真实存在的是那无限、完美无缺、全知、全能、全在的绝对实相。

That the only thing that ever was, was the absolute reality, infinite, all-perfect, all-knowing, all-powerful, omnipresent.

莱斯特：关于这一点还有什么问题吗？

Lester: Any questions on this?

学生：不要做行动者，你难道不做计划吗？你难道不做常规的事情，或者坐以待毙吗？

Student: Not be the doer, don't you plan, don't you do everything normally, or sit back?

莱斯特：不，正确的做法是不去计划。

Lester: No, the right way is not to plan.

因为一切都是完美的，让它发生，你会凭直觉得到指引，而不是在这里做计划。

Because everything's perfect, let it happen, you will be guided intuitively, instead of planning up here.

在恰当的时刻，每时每刻，你都会完美地做出最正确的事情。

At the right moment, from moment to moment, you will do the exactly

right thing perfectly.

学生：有一种情况是，有人可能会在还没有真正体悟到的时候就采取那种态度，比如，他说：“我就等着，等我采取行动的时候我再起床。”与此同时，他的钱却在不断花出去。

Student: There is a situation where somebody might take a position of that kind when he hasn't really felt it, and, for example, say: "I'll just wait, I'll stay in bed until I'm moved." in the meantime, his money's been paid.

莱斯特：所以，他就必须采取行动。

Lester: So, he'll have to move.

如果我们假定自己在那里，而实际并不是，我们很快就会意识到自己并不在那里。

If we assume that we are there and we are not, we are soon awakened to the fact that we are not there.

鲍勃，我现在要说的是顶端状态、完美的状态，在这种状态下，每时每刻，一切都处于绝对的和谐之中。

Bob, I'm putting out the top state now, the perfect state, where everything is in absolute harmony every moment.

那么，除了此时此刻，你无需思考。

Then, you never think, except this very moment.

在这一刻，你从内在明白什么才是自己该做的正确的事。

And at this very moment, you know from within just what is the right thing for you to do.

所以，你每时每刻都会被直觉指引，一切都完美有序。

So, you're guided intuitively each and every moment, and everything falls perfectly into line.

好吧，现在，如果你还没达到那种状态，当然，你必须思考、必须去计划。

All right, now, if you're not there, of course, you have to think, you have to plan.

但这就是我们要努力达成的目标，我所说的就是这个目标，这是最高的状态。

But this is the goal to strive for, the one that I'm speaking about, this is the top state.

你在那里，无需计划，就能瞬间物质化一座黄金宫殿。

You're there, you don't have to plan, you can instantly materialize a palace of gold.

学生：那么，在实践中，一开始可能是两者的结合，事情进展得很顺利，但有时会遇到难关，这时你就得规划，制定计划，然后再处理其他事情，我想这就是自我评估的实践过程。

Student: Well, in practice, then, probably in the beginning, a combination of the two, where things go very easily and then sometimes you have a hump in which you plan, you plan it out, and then other things, I suppose that would be the practice of self-assessment.

莱斯特：使用现在对你来说有用的东西。

Lester: Use that which is available to you now.

如果我们处于一个思考的层次，当然，我们必须思考。

If we are in a thinking realm, of course, we have to think.

但为达到这个最高层次而奋斗，为它而奋斗，我们迟早都会达到最高状态。

But strive for this top realm, and striving for it, we will sooner or later attain it.

学生：太好了，这难道就是凭想法去做和凭真知去做的区别吗？

Student: Great, would that be the difference between doing by thought or doing by Knowing?

莱斯特：当然，是的。

Lester: Definitely, yes.

在最高状态，你通过全知来做，你只是时时刻刻知道，只是感觉我知道，感觉就是这样，不需要思考，我就是知道。

In the top state, you do by Knowing, you just know from moment to moment, just feels like I know it, that's just the way it feels, there's no thinking to it, I know it.

你所用的“知道”这个词是关键。

The word know, as you use it, is the key.

你知道当你说“我知道”时，那个词给人的感觉是怎样的吗？

You know how that word feels when you say "I know it"?

毫无疑问，一丝一毫的怀疑都没有，而且事情就这样发生了。

There's no doubt, not one iota of doubt there, and it happens.

这是关键，这是全知的领域。

That's the key, that's the realm of Knowingness.

一直这样做，持续为之努力，直到目标达成。

Make that all the time, keep working for until it comes.

我们实现这个目标的速度取决于对它的渴望程度。

The quickness in which we attain this is determined by the intensity of the desire for it.

我们越渴望这个顶端状态，它来得就越快。

The more we desire this top state, the sooner it comes.

每个人最终都能达成。

Everyone makes it eventually.

我坚信，如今地球上的大多数人可能需要两百万年，甚至更久，

I'm convinced the majority of people on earth today will probably take 2 million years, even more,

但我们当中任何一个有意识地寻求出路的人，都能在今生做到。

but any one of us who are consciously seeking the way out, can do it this lifetime.

所谓的神的恩典也始终存在。

The so-called grace of God is always there also.

所有那些在我们之前达到顶端级别的人，他们的完美意识在散发给我们，我们便拥有了巨大的恩典，实际上，我们一直在被推动着前行。

All those who have made the top grade before us, with their consciousness of perfection being radiated to us, we have tremendous grace, being actually pushed our way all the time.

然而，他们无权把自己强加于我们，我们必须敞开心扉才能接收到它。

However, they have no right to impose themselves, we have to open ourselves to it in order to receive it.

鉴于当今的形势，我们需要这种恩典。

We need this grace because of the state of affairs today.

人类的状态相对较低。

Man is relatively low.

我们坚信自己是一个受限的身体，而且由于长期的习惯，我们试图抓住它不放。

We are very strongly convinced that we are a limited body, and by long habit, we are trying to hold on to it.

因此，放下这个身体并不容易，

So, it is not easy to let go of this body,

也正因如此，我们需要那些伟大的“一们”的恩典，

and because of that. we need the grace of the great Ones,

在我们眼中，他们已经离世，

who in our eyes have passed on,

但在他们眼中，他们仍然在这里。

but in their eyes, they are still here.

当我们意识到他们仍然在这里时，我们就能够像我们之间彼此交谈那样看到他们并与他们交流。

When we recognize that they are still here, we can see them and talk to them the way we talk to each other.

或者，如果我们部分地接纳他们，我们能以梦境或异象的方式与他们交谈，或者以一种仿佛他们是透明的方式看待他们，看穿他们。

Or if we accept them partially, we can talk to them in sort of a dream, or a vision, or see them in a way in which they are transparent, you can see through them.

但我们与祂们相遇的方式取决于我们对他们的接纳程度。

But the way we meet with them is determined by our acceptance of them.

如果我们中的任何一个人相信我们可以在这里的一家餐厅和耶稣一起喝杯咖啡，就像你相信自己可以和我一起做的那样，如果你有那么高的接纳度，那么你就能做到。

If any one of us believed that we could go down to a restaurant here and have a cup of coffee with Jesus, the way you believe you could do it with me, if you had that much acceptance, then you could do it.

现在我们中的有些人知道祂曾多次来到这个房间，祂所给出的迹象与我们的接纳程度相称。

Now some of us know that He came into this room several times. He gave a sign proportionate to our degree of acceptance.

如果祂突然出现在房间里，对我们大多数人来说都太难接受了，所以祂不会这么做。

If He were to suddenly appear in the room, it would be too much for

most of us to accept, therefore, He doesn't.

但祂来到我们身边的方式取决于我们对祂的接受程度。

But the way He comes to us is determined by our acceptance of him.

祂在这里给了一些征兆，祂向在这里的人显示了一些迹象，我觉得他们甚至都没有意识到祂显了个迹象。

He gave signs here, He gave signs to some people here, and I don't think they even recognize that he gave a sign.

但并非所有的迹象都像我拍你的肩膀那样，比如说，我走过去碰一下你，不是那种方式。

But all the signs were not say, like me touching you on the shoulder, if I came over and touched you, wasn't that way.

但那只是因为你无法接受这种事会发生在祂身上。

But that's only because you can't accept that that could happen with Him.

我现在想说的要点是，我们应该对大师们的帮助敞开心扉。

The point I'm trying to make now is that we should open ourselves to the help of the great masters.

耶稣希望看到我们每个人都了解到自己的完美。

Jesus wants to see each and every one of us know our perfection.

祂无法将这一点强加给我们，但祂的手始终是伸出来的。

He can't force it upon us, but His hand is always extended.

记住这一点是很好的，这样我们就能更多地敞开自己以接受帮助。

It's good to keep this in mind, then we open ourselves more to the help.

学生：我们如何请求获得这种帮助？

Student: How do we request to receive this help?

莱斯特：我们必须接受耶稣和我们一样是活着的，能够像我们一样与你相遇，这样它才会发生。

Lester: We have to be accepting of Jesus as being alive, just as much as we are, capable of meeting with you the way we meet with you, then it can happen.

我们必须对这种帮助敞开心扉，这种帮助始终在发送给我们。

We have to be open to the help, the help is always being sent to us.

学生：有什么话要对我们说吗，杰瑞？

Student: Are there words to say to us, Jerry?

莱斯特：是的，但我无法把它们给你，这取决于你自己。

Lester: Yes, but I can't give them to you, that's up to you.

我给了你一个普遍原则，接纳祂本来的样子，不要期望祂不像基督那样。

I give you the general principal, acceptance of him the way he is, don't expect Him to be not Christly.

因为祂不会那样。

Because He won't be that.

然而，祂能以一个非常谦逊的人的形象出现，祂无所不在，随时可以出现在任何人面前并与他们交谈。

However, He can appear as a very humble human being in form, being omnipresent, at any moment he can appear to anyone and speak with them.

学生：他会像基督一样，不会乔装打扮，他会是门口的乞丐吗？

Student: He will be as Christ, it won't be in disguise, will he be a beggar

at the door?

莱斯特：不会。

Lester: No.

学生：我不这么认为。

Student: I don't think so.

莱斯特：唯一的伪装是我们给他戴上的，他绝不会伪装自己，他想被认作是基督。

Lester: The only disguise is the one that we put on him, He will never disguise himself, He wants to be recognized as Christ.

当我使用“基督”这个词时，我指的是主基督，那不是他的名字，他的名字是耶稣。

And when I use the word Christ, I mean the principal Christ, that's not his name, his name is Jesus.

基督，耶稣这个人拥有基督意识。

The Christ, The man Jesus had the Christ consciousness.

我们必须在他的意识中接纳他，那是一种极度的谦卑、简单，没有好莱坞式

的浮华。

We have to accept him in his consciousness, which is extreme humility, simplicity, no Hollywood glamour.

学生：一种神圣的谦卑？

Student: A divine humility?

莱斯特：是的，最大的谦卑在于臣服，不是“我”，而是“你”，不是我，而是天父通过我来运作。

Lester: Yes, the greatest humility is through surrender, not I, but thou, it is not I, the Father who work through me.

我所做的一切都是神的工作，不是我自己在做，

Everything I do is God's work, I am not doing it.

这就是小我的臣服，小我就是个体意识，

It's surrender of the ego, the ego being the sense of individuality.

你必须作为一个个体去臣服于你的真我。

You've got to surrender your Self as an individual.

从你现在的立场来看，其他人不应该让你操心。

From where you stand now, the other person should not concern you.

我们唯一应该关心的是我们做什么。

The only thing that should concern us is what we do.

你对我的态度是什么并不重要，你可以用你全身的每一个细胞来恨我，

It matters not what your attitude is toward me, you could hate me with every cell in your body,

但我对你的态度极为重要，

but it's an extreme importance of what my attitude is toward you,

你为什么恨我，

why you're hating me,

我应该全心全意地爱你，

I should love you fully and completely,

那时你就会明白所有问题的答案了。

then you'll understand the answer to all questions.

你看，当你分离开来，然后问这里发生了什么时，这是不合适的。

See, when you separate and then ask what's up here, it just doesn't fit.

但当我们去爱、并且只有爱的时候，我们是在调用宇宙中最强大的力量，没有任何人或任何事能够伤害我们。

But when we love and only love, we are using the most formidable power in the universe, no one and no thing can harm us.

如果我们只是爱而没有任何的恨，我们就永远不会受到伤害，永远不会不开心。

We can never ever be hurt, unhappy, if we would only just love without any hate.

当你在爱的时候，永远不会受到伤害。

Never be hurt when you love.

现在，这意味着爱是圆满且完整的，这是神圣的爱，这是没有一丝恨的爱。

Now, this is in the sense that the love is full, complete, it's divine love, it's just love with no, not one bit of hate in it.

“转过另一边的脸”、“放下过去”、“爱你的敌人”，这就是它展现的那

种爱。

“Turning the other cheek”, “Giving the past to match”, “Loving your enemy”, that's the kind of love it takes.

在我们扭曲这件事之前，这就是我们所有人本来的样子。

and that's the way we all are, naturally, before we distorted this thing.

学生：爱是理解。

Student: Love is understanding.

莱斯特：当你在爱的时候，你会完全理解对方。

Lester: When you love, you understand the other one fully.

要是我认同另一个人，成为另一个人，这就是理解。

It's understanding if I identifying with the other one, being the other one.

再更进一步说，就是希望对方能拥有他想要的东西，爱另一个人原本的样子。

Coming down a step, it's wanting the other one to have what the other one wants, loving the other one the way the other one is.

(学生说的听不清)

莱斯特：实际上，我们只有一个敌人，那就是我们自己。

Lester: In reality, we have only one enemy, that's ourselves.

没有人能对我们做任何事，也没有人能为我们做任何事。

No one can do anything to us, no one can do anything for us.

总有一天你会明白这一点，我们的意识决定了发生在我们身上的一切。

Someday you'll see this there, we in our consciousness determine everything that happens to us.

学生：是我们对自己的看法伤害了我们自己。

Student: It's our idea of ourselves that is in the way.

莱斯特：是的，可以变得更好。

Lester: Which could be made better, yes.

学生：当你说“理解”时，你是指在逻辑层面理解驱动它们的因素，还是指毫不质疑他们行事缘由是好是坏，或者只是全然接纳它们本来的样子呢？

Student: When you say understanding, do you mean understanding in a

logical sense, of understanding the things that move them? or do you mean understanding in an acceptance of them, without without question of the reasons they're doing things, as good or bad, or just acceptance of whatever they are in an entirety?

莱斯特：是的，这是全然的接纳。

Lester: Yeah, it's acceptance in an entirety.

但真正的理解需要了解宇宙和世界的本质。

But the real understanding requires knowledge of what the universe and the world is.

当我们看到有人做错事时，我们要明白这是一位被误导的神，

When we see someone doing wrong, we have to know that this is a god being misguided,

当他做错事的时候，他是在错误的地方寻找神。

he is looking for God in the wrong place when he is doing wrong.

我讲明白了吗？

Am I making sense?

学生：是的。

Student: Yes.

莱斯特：这就是理解。

Lester: That's the understanding.

学生：在他看来，这是幸福的方式。

Student: Which in his mind would be happiness the way.

莱斯特：他正在以自己所理解的方式寻找幸福。

Lester: He's looking for happiness the way he sees it.

即便是像希特勒这样的人，在他自己看来也是在做正确的事。

Even a Hitler, in his mind is doing right.

因此不应该被憎恨，而应该被爱，希望他成为自己真正的本性。

And therefore should not be hated, but should be loved, wanting him to be what his real basic nature is.

现在，这并不意味着要认同他的计划，确实不是。

Now, this doesn't mean approving of his program, it doesn't.

但无论我们是否认同他的计划，“爱和恨”与“认同一个计划”是两码事。

But whether we approve or not of this program, loving and hating are two different things than approving of a program.

所以，我们得爱每一个人，把他们视作被误导的存在，原谅他们。

So, we love everyone, see them as misguided beings.

因为他们不知道自己在做什么，他们就像是被误导的孩子。

Forgiven for their know not what they do, they're like children misguided.

【莱斯特-用我自己的话说】1.莱斯特-用我自己的话说 1【Lester- In My Own Words】1.Lester-In My Own Words 1

磁带旁白：以下是莱斯特·利文森的一段罕见录音，他在与多位毕业生谈论这个主题，我们致力于释放，这是一段旧录音，但其中的信息非常非常重要，我知道你会喜欢它的，它会帮助你理解我们正在做的事情。

The following is a rare recording of Lester Levenson, speaking to various graduates about the subject, we're working on releasing, it's an old tape, however the message is very very important, I know you will enjoy it,

and it will help you understand what we are doing.

莱斯特：谢谢大家，向你们每一个人致以问候与爱。我想今晚我才是收到最大惊喜的人。直到八点差十分，我才知道我要上场讲话，当时我被告知我要作为“惊喜”出场。

Lester: Thank you, greeting and love to each and every one of you, I think the biggest surprise tonight was to me, I didn't know I was going to talk until about 10 minutes before 8 this evening when I was told I was going to be the surprise.

于是我开始思考我该说些什么呢？谈谈你们，或是说说我自己？

So I began thinking, you know, what am I going to talk about, talk about you? Or talk about me?

然后我意识到，这又有什么分别呢？

And I realized, what's the difference?

我们都在同一条叫做“生活”的船上，

we are all in the very same boat called life,

在我看来，我们都在做着和我曾经所做的一模一样的事情。

we're all doing, in my eyes the exact same thing that I did.

我们都在寻找至善、寻找最高的善、寻找终极之处、寻找最大的幸福，我们一直为此追寻，为之挣扎，为之奋斗，到处找了又找，找了又找，想知道它究竟在哪里。

We are all looking for the Summum bonus, the highest good, the ultimate place, the greatest happiness, and we're about it all the time, struggling for it, struggling for it, looking for it, looking for it, wondering where is it.

早在 1952 年我就宣称我找到了这个地方，

Well, back in 1952 I claimed I found the place,

它就在我所在的地方，它就在你所在的地方，

it's right where I am, it's right where you are,

所有那些日复一日、年复一年的寻找，真是浪费时间。

and all this looking for it everywhere, every day, year in and year out is such a waste of time.

为什么？

Why?

它就在你所在的地方。

It's right where you are.

我们都在这个叫做地球的教室里，试图发现一些终极的东西，

We're all here in this classroom called earth, trying to discover something the ultimate,

我们总是在它所不在的外界寻找它，

and we're all looking for it externally where it isn't,

如果我们只是把方向转回到我们自己身上，我们就会发现，它就在我所在的地方，就在你所在的地方，就在你自己的存在中。

if we will only turn our direction back upon ourselves, we will discover it's right here, where I am, where you are, right in your very own Beingness.

我说：“是你吗？”

I say: "Are you?"

你说：“是。”

You say: "Yes."

我说：“就是这样。”

I say: "That's it."

除了存在，你什么也不要做，你会处于至善和幸福的终极状态中。

Do nothing else but that, and you'll be in the ultimate good and the ultimate state of happiness.

但你为什么不这么做呢？

But why don't you do it?

你太习惯于在那里、在这里、在他身上、在她身上、在这份工作中寻找它，但它从来都不在那里。

You're so habituated into looking for it over there, over here, in him, in her, in this job and it never is there.

所以我们都在经历同样的旅程，试图发现这一切是怎么回事、我的幸福在哪里。

So we are all going through the same trip of trying to discover what is this all about, where is my happiness?

当我们不再去外界追逐它，而是转向内在，我们会发现所有这些难受的、消极的、糟糕的感受都只是一种感觉，

And when we stop chasing after it out there, and we turn inward, we discover that all these hard, negative, terrible feelings are only a feeling,

可以通过释放它们来摆脱这些感受,

and that it is possible to get rid of these feelings by releasing them,

所有的这些感受都是潜意识的程序,

and all these feelings are subconscious programs,

每一个都是为了生存而设定的,

every bit of them put in as pro-survival,

他们所说的“战斗或逃跑”不仅仅只是恐惧,也是为了生存。

it's not only fear that they say as fight or flight that is survival.

我们所有的感受都被自动设定为维持我们生存下去的程序,

All our feelings have been programmed in to automatically keep us surviving,

它们让我们一直在向外看,努力生存,让我们的心智在潜意识里一天 24 小时都保持着活跃,

they keep us all the time looking out there, trying to survive, keep our minds active subconsciously 24 hours a day,

因此，我们从来没有一刻停止思考，去发现我们是什么。

so never for even one moment do we stop thinking and discover what we are.

如果你能有片刻在停止思考，你就会经历最奇妙的体验，

if you could just stop your thinking for one moment, you will go through the most tremendous experience there is,

在你的存在中，你就是整个宇宙的全部。

that you are the totality of this universe in your Beingness.

当你的心智安静下来时，你会自然地看到——我是这个宇宙中最了不起的存在，我是完整的、圆满的、完美的，我过去是、现在是、将来也永远是。

That when your mind goes quiet, you automatically see, I am the most terrific being there is in this universe, I am whole, complete, perfect, I always was, I am now, and I always will be.

那么，是什么阻碍我们处于那最愉悦的状态呢？

So, what is it that keeps us from being in our most delectable state there

is?

简单地说，就是那些被称为“感受”的累积的程序。

Simply the accumulated programs called feelings.

所有这些负面感受让我们不断地为生存而挣扎，让我们持续地将目光从我们所是的这个了不起的存在上移开。

All these negative feelings have us constantly struggling to survive, have us constantly looking away from this tremendous thing that we are.

我们所要做的就是让那个心智安静下来，

And all we need to do is to quiet that mind,

然后我们所是的这个了不起的、充满爱的存在，对我们自己来说就变得显而易见。

and we become Self-obvious to ourselves of this tremendous loving being that we are.

我们该怎么做呢？

How do we do it?

我说这很简单，

I say it's simple,

它就是圣多纳释放法，

it's the Sedona Method,

它恰好是到达这个存在的至高状态最快、最有效的方法，

it happens to be the fastest, the most effective way there is to achieve this high state of being,

在那里，我们完全控制着我们的宇宙；

where we are in total control of our universe,

在那里，每时每刻都是美妙的；

where every moment is a wonderful, wonderful moment,

在那里，不可能不快乐。

where it is impossible to be unhappy.

当这些负面情绪被释放时，那便是我们的自然状态。

And I say that's our natural state when these negative feelings are released.

总有一天你会这么做的，你们在同一条船上，你在挣扎，你在做一切的事来获得那种幸福，

Some day you're going to do it, you're in the same boat, you're struggling, you're doing everything to achieve that happiness,

但总有一天你会得到它的，

but someday you'll get it,

因为在你到达那里之前，你永远都不会停下来。

because you will never stop until you get there.

但如果你想更快地做到这一点，试试我们的方法，

But if you want to do it faster, try our way,

我向你保证，你会非常惊喜的。

I promise you, you'll be very pleasantly surprised.

你所寻找的一切都在你所在的地方，

Everything you're looking for is right where you are,

你所需要做的就是摘下眼罩，

all you need to do is to take off the blinders,

你的视野非常模糊，你在透过所有这些潜意识程序来看，

your vision is very blurred, you're looking through all these
subconscious programs,

当你释放它们时，你的视野会变得清晰起来，你会发现你是最伟大的，你是完整的、圆满的，你是永恒的，你所有对死亡的恐惧都消失了。

when you release them, your vision becomes clear, you discover you are
the greatest, you're whole, complete, you're eternal, all your fear of
dying disappears.

之后的生活会变得无比惬意，当你让这些消极感受都上浮并离开，就没有挣扎了，不再有任何挣扎。

And life is so comfortable after that, and there's no struggle, no struggle
whatsoever when you get these negative feelings up and out.

所以我强烈建议你们使用这个方法（圣多纳释放法），它是一个工具。

So I urge you to take this method, it's a tool.

在一周之内，你会有一个很大的变化，变得更好。

In one week's time, there will be a big change in you for the better.

从那以后，你会持续变得越来越好、越来越轻松、越来越快乐。

And from there on, you will continue to get better and better and better,
lighter and lighter, happier and happier.

这个被称作“爱”的东西是你的本质，

And this thing called love is your basic nature,

宇宙中所有的爱都存在于你的本质之中，

all the love there is in the universe is right in your basic nature,

你会发现，你的幸福等同于你爱的能力，

and you'll discover that happiness, your happiness equates to your
capacity to love,

相反，你所有的痛苦都等同于你对被爱的需要。

and conversely, all your misery equates to your need to be loved.

只是去爱、爱、爱，你就会非常幸福、健康和富足。

Just love, love, love, and you'll be so happy and healthy and prosperous.

但是再强调一遍，你需要消除那些非爱的感受。

But again, you need to lift out these non-love feelings.

所以我再次建议你尝试我们的方法，我保证你会非常满意。

So again, I urge you to try our way, I promise you, you'll be very satisfied.

试试吧，你会喜欢的。

Try it, if you'll like it.

非常感谢你们的到来。

Thank you so much for coming.

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

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

在我发现我现在所知道的、那之前的岁月，我曾经是极度害羞的。

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

我对“世界是什么”感觉困惑，从未真正感到自己属于其中，

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

我总想做一个好人、一个好男孩、一个好少年、一个好青年，

always wanting to be a good person, a good boy, a good youth, a good young man,

我试着做应该做的事，做正确的事，

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

我接受了良好的教育，成为了我所在领域的佼佼者。

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

我天生就对科学感兴趣，尤其是对世界和人类本质的科学。

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

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

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

我曾经换工作的频率非常高，从职位到工作类型都有换，

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

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

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

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

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

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

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

world.

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

And all these projects were rather short-lived, because whenever I got to a point of success, I lost interest, and because I lost interest, my project would drop away from me.

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

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

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

And as the years went by, I became heavy with depression, with sickness, and by 1952, I had been through constant ailments like being jaundiced three or so times a year, constantly within a large liver, kidney stones,

spleen trouble, hyper and hypoacidity, ulcers that perforated, and formed lesions, and then I had at least 10 years of migraine headache, and then toward the 1952, I had had two coronary thromboses, and after the second one, I was told I wouldn't live much longer, that I might die any day, that I shouldn't even take the effort to go up a step unless I absolutely had to.

而且在那段时间里，我的心理负担越来越重，身体状况也越来越差，

Also during that period, I was getting heavier psychologically and sicker physiologically,

所以我一直在寻求.....我经常和专家在一起，医学专家，我做了四年的精神分析，每周四次，在弗洛伊德的一位同事 Kilian Bloom Bouam 的指导下，这是 40 年代初，他有一个办公室，我想是东 96 街，经过 4 年的精神分析，我被放弃了，有些人无法被帮助，这对我来说是一个相当大的打击。

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

然而我从未说过死。

However, I never said die.

在第二次心脏病发作之后，我非常害怕死亡，

And after the second heart attack, after three days of cogitating with intense fear, a stir, I was extremely fearful of dying,

但我意识到了，我对自己说：“你还在呼吸，莱斯特，你还有机会。”

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

于是我坐下来，开始全天候地思考。

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

我一直被认为是一个非常聪明的男孩，我总是获得荣誉，在发放奖学金不多的年代，我获得了罗格斯大学的四年奖学金。

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

但当我第二次心脏病发作后被告知我活不了时，我对自己说：“莱斯特，你真是愚蠢，愚蠢，愚蠢！活了差不多四十三年，快活到头了，

却没有幸福没有健康，因此你所积累的这一切知识都是无用的。”

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

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

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

当我掌握了所有这些知识之后，当我走到生命的尽头时，我才意识到，人类所积累的知识是没有用的。

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

所以我决定从头开始，忘记所有这些知识，从零开始，看看自己能找到什么。

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

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

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

我开始问自己：“我想从生活中得到什么？”

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

答案是幸福。

And the answer was happiness.

然后我问：“幸福是什么？”

And I said :“What is that?”

“哦，那是得到所有人的认同。”

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

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

And that was a shock to me, because I realized I was getting large

amounts of approval from my family, from my friends, from most people that I knew, and here I was miserable.

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

Investigating further, I went into the moments when I was feeling happiest, and I discovered something which to me was startling at the time, that it was: When I was loving, that I was happiest.

这种幸福等同于我去爱的能力，而不是被爱的能力。

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

这是一个起点，

That was a starting point,

我开始纠正我所有的想法和感觉，从想要被爱的方向到爱的方向。

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

在这个过程中，我发现了另一件令我震惊的重要事情。

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

shocked me.

我发现我想改变整个世界，这就是我患溃疡的原因——或者说是主要原因之一。

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

当我意识到我是多么想改变这个世界的时候，我看到它是如何让我成为这个世界的奴隶的。

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

我做出了扭转这种情况的决定。

I made a decision to reverse that.

然后我开始释放我所有想要、需要控制这个世界的欲望。

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

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

And in the process of following out these two directions, of actually

unloading all these subconscious concepts and pressures in those directions,

我发现自己变得更快乐、更自由、更轻松，总体上感觉更好。

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

当我看到这个方向是好的，我做了一个决定：如果一块馅饼的味道这么好，我想吃整个馅饼。

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

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

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

这个决定让我，正如我所宣称的——在短短三个月的时间里得到了生命本身的答案。

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

我相信如果我能做到，任何人都可以做到，只要他们有强烈的想要。

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

在那三个月里，我身体上的所有疾病都得到了治愈，所有的痛苦都消失了，我最终处于一个一直快乐而没有悲伤的状态。

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

并不是说世界停止了对我的推动，它仍在继续，而是我处于一个几乎可以立即解决问题的状态。

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

清除所有负面的恐惧，所有负面的“我不能”，

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

我会专注于每个问题的答案，并很快得到答案。

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

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

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

在这个过程中发生的一件事是我对他人的认同。

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

我看到我们都是相关的，我们都是相互联系的，我们的心智是相互联系的。

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

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

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

当那些大量的被压抑的能量得以释放时，这点对我们来说就变得很明

显了。

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

一旦我们对其他人产生认同感，我们自然就会希望其他人也能发现我们所发现的，

and once we identify with everyone else, it's just natural that we want everyone else to discover what we have discovered,

生命本应是美好的、本应是一直快乐没有悲伤的，本应是拥有完美的健康的。

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

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

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

【莱斯特-用我自己的话说】2.莱斯特-用我自己的话说 2【Lester- In My Own Words】 2.Lester-In My Own Words 2

我们所有人都在寻找的，我们称为幸福的东西，

What we are all looking for are what we call happiness,

我觉得更确切的说法是想要自由，

I think it's much better stated as wanting freedom,

摆脱一切的自由，更重要的是在一切事物中自由，

freedom from everything and more so freedom in everything,

它不是脱离世界的自由，

it's not freedom from the world,

而是在这个世界中自由，

it's freedom in the world,

自由地做或不做任何事。

freedom to do or not to do on anything and everything.

但是我们在寻找的这种自由与我们想象的截然不同，很少有人真正为它全力以赴。

But this freedom we're looking for is so much other than what we think it is, that very few of us really go all out for it.

我们在寻找的这种完全的自由，并不在一个物理身体的受限状态中，

This freedom which is total that we're looking for is not in a confined state of being a physical body,

它是纯粹的状态，只是存在，它是我们的“我”、我们的存在、我们的本质，

It's the state of pure and only being, it's the I-ness of us, the existence of us, the essence of us,

但它不是“我是某个东西”、“我是一个身体”，

but it is not “I am something”, “I am a body”,

而只是存在，仅仅存在。

but just the existence and that alone.

当我们看到这一点时，我们就会明白，我们是无限的存在。

When we see that, then we see and know that we are infinite beings.

然后我们在我们所是的这个无限存在上，叠加了我们称之为“想法”的概念，即“我是这个身体，我的名字是某某”，名字和形式无处不在，还认为这是真实的。

And that we superimposed upon this unlimited being that we are mental concept which we call thoughts that “I am this body, and my name is such and such”, and the name and form is everywhere, and that is the real.

我们创造了整个宇宙，却忘记了是我们创造了它，还说它是真实的，而且与我相分离，

We concocted this whole universe and have forgotten that we have done it and we say it is real and it is separate from me,

它实际上只是我们心智中的一幅画面，

and all it really is is a picture in our mind,

你唯一能看到这个世界的地方就是在你的心智中。

the only place where you see this world is in your mind.

当你的心智沉睡，世界便不在了。

Put your mind to sleep, there's no more world.

不要从这个睡眠中醒来，世界就永远不再出现了，但你还存在。

Don't wake up from this sleep, and there's never a world again, but you are.

因此，在我们所是的这个无限本质或无限存在上，我们叠加了一个叫做心智的东西，它只不过是我们所有念头的总和。

So on this infinite being or infinite Beingness that we are, we superimpose a thing called mind, which is nothing but the total collection of our thoughts.

每一个念头都是一个限制，

And every thought is a limitation,

检视它，亲眼看着它，

examine it, see it for yourself,

每一个念头都必然是限制性的。

every thought must be limited.

因此，到目前为止，我们有数百万甚至数十亿个限制性念头，而我们却认为它们是真实的，

So by now we have millions, if not billions, of thoughts of limitation that we accept as being real,

所以我们要做的就是消除这些念头，消除心智，

so what we have to do is undo the thoughts, undo the mind,

进入心智背后的那个领域，那个领域是存在，它是无限的。

go into that realm just behind the mind which is Beingness, which is infinite.

每个人、所有的生命都在寻求回归到那个纯然的“存在状态”，在这种状态下，我们拥有这种深邃的、极为深远的平静的终极状态，

Everyone, all live is seeking to return to that state of just pure Beingness, and that is a state in which we have this ultimate state of deep, very profound peace,

它是美妙的、波澜不惊的平静，比其他任何东西都更美好。

it's a delicious, imperturbable peace, which is nicer than anything else ever.

那么，我们怎样达到这个状态、这个自由的终极状态呢？

All right, so how do we get to this state, this ultimate state of freedom?

我所知道的、对你们在座的每一个人来说最实用的、非常有效的方法，能让你们在今生获得自由，甚至可以在几个月内就完成了的方法，不是摆脱数十亿的想法，而是摆脱这些想法最终形成的东西。

The most practical method that I can see, that you people, everyone here could use that is very effective and that will get you freedom this lifetime and could do it in a matter of months is not ridding yourself of thoughts of which there are billions, but of ridding yourself of the things that the thoughts culminate in.

这些来自过去的数百万、数十亿个想法最终形成了倾向、小倾向，它们可能有数百个，

These millions and billions of thoughts from the past culminate in tendencies, little tendencies, of which there's probably hundreds of them,

如果你丢弃了一个倾向，你就丢弃了数百万个想法，

and if you drop one tendency, you're dropping millions of thoughts,

你可以看到你的倾向一直都在那里，生气的倾向、反应的倾向、想要这个的倾向，倾向.....

your tendencies you can see they're always there, tendency to get angry, tendency to react, tendency to want this, tendency...

你知道的，它们总在最上面，你可以看到它们，

You know, they're sitting on top all the time, you can see them,

你要做的就是：当你看到它的时候，丢弃它。

the thing you need to do is to drop it, as you see it.

现在，当你这么做的时候，丢弃是很容易的，

Now, the dropping is easy when you do it,

只需不到一秒钟就能丢弃一个潜藏着数百万个想法的倾向，

it takes less than 1 second to drop a tendency with millions of thoughts underneath it,

在座的大多数人都做到过，

most of you most of you here have done it,

你知道，当你做的时候，它很容易；

you know when you do it, it's easy;

如果你不做，它是不可能的，你年复一年地在挣扎.....

And if you don't do it, it's impossible, you struggle with it year in and year out...

你丢弃它，只需要不到一秒钟。

You drop it, it takes less than a second.

所以我们需要逐渐形成一种方式，当这些小倾向出现时，丢弃它们，不是等到将来，也不是把它带回家去解决，而是当它出现的时候就丢弃它。

So what's required is to develop this method of dropping these little tendencies that come up, when they come up, not in the future, not to

go home with it and work on it, but to drop it when it comes up.

如果你这样做，你会一直这样做下去，

If you do this, you'll be doing it all the time,

它会花你几个月的时间，然后你就完全自由了。

it'll take you months, and you'll be totally free.

无论你在哪里，无论你在工作还是没有在工作，这件事都得去做，

It's got to be done wherever you are, whether you're working or not working,

每次你与人见面，这些倾向就会出现，

every time you meet people, these tendencies come up,

你可以对他们做出反应，并反复陷入情绪中，

you can react to them and get into that emotional play up and back,

或者你可以看着它，然后丢弃它。

or you can look at it and drop it.

如果你陷入与人们的情绪反应，你会越陷越深。

You get into that emotional reactive play with people, and you'll get deeper and deeper into it.

当它出现的时候，你丢弃它，你就摆脱了它。

You drop it as it comes up, and you you're free of it.

好了，现在我给你一个更快的方法，

All right, now I'll give you a faster way,

你不想花几个月的时间，你想在几周内完成，

you don't want to take months, you want to do in weeks,

这些倾向最终都会形成我们所说的情绪，

these tendencies all culminate into what we call emotions,

只有大约 8 种基本情绪，

there's only about 8 basic emotion,

当你的情绪出现时，你把它们抹去，决心丢弃它们，说“我已经受够了”，它就被丢弃了。

when your emotions come up, but you wear them out, drop them with determination say "I am through with this", it's dumped.

每个情绪下面都有数百种倾向，

Under each emotion are these hundreds of tendencies,

所以，如果你丢弃情绪，你就丢弃了那些倾向以及它下面数以百万计的想法。

so if you drop the emotions, you drop the tendencies and all the millions and billions of thoughts underneath them.

好吧，现在几个星期也太长了，

Okay, all right now it's weeks is too long,

所有的情绪都只来自一个东西，那就是欲望，

all the emotion come out of one thing only and that is desire,

如果你丢弃欲望，你就完全自由了，

if you would drop desire, you'd be totally free,

在它下面的所有情绪、所有倾向和所有想法都会消失，

all the emotions would be gone, all the tendencies and all the thoughts underneath it,

在心智被释放后，剩下的就是当下你所是的无限存在，

what remains over after the mind is let go of is the infinite being that you are here and now,

你需要清除无限存在上覆盖的所有东西，你将移除覆盖在你所是的无限存在上的全部遮蔽物。

you will have removed the total covering over the infinite being that you are.

我认为利用欲望的一种更简单的方式是使用贪恋和厌恶，

A way to use desire that would be easier I think is to use attachments and aversion,

当我们渴望抓住某样东西时，那是一种贪恋；

when we desire something to hold on to, that's an attachment;

当我们渴望远离某样东西时，那是一种厌恶；

When we desire something that we want to hold away from us, that's an aversion;

所以，所有的贪恋、所有的欲望、所有的贪恋和所有的厌恶都是欲望，我们渴望它靠近我们或者远离我们。

So all attachments and all desires, all attachments and all aversions are desire, we desire it to us or away from us.

现在只要他或她下定决心，任何人都有可能彻底丢弃欲望、卡住和阻碍。

Now it's really possible for anyone to drop desire, lock, stuck and barrel if he or she so determines.

唯一阻止我们这样做的是：首先是不想做；其次是说“我做不到”。

The only thing that prevents us from doing that is first not wanting to and second saying "I can't".

就这两件事会阻止我们——不想和相信你不能。

Those two things will prevent us, not wanting to and believing that you can't.

而你之所以能做到这一点，是因为无限的力量对你们每个人来说都是可用的，如果你使用它，它会以一种决心的形式表现出来，彻底的决心会做到任何事。

And the reason why you can do it is because infinite power is available to every one of you, if you use it, and it comes out in a form of determination, full determinational will do anything.

我知道你不会在一天之内把欲望消除，你们大多数人也不会一下子消除情绪，

I know you're not going to knock desire out in one day, most of you won't knock out the emotions,

你们会尝试，但你们每个人都能消除倾向，消除那些出现的小倾向。

you'll try, but every one of you can knock out the tendencies, the little tendencies that come up.

如果你愿意这样做，并养成习惯，它只需要几个月、最多几年的时间，你就会完全自由。

and if you'll do it and make a habit of it, it will only take months, the

most a few years to become totally free.

但这必须是每天都要做的事情,

But it must be a daily thing,

它不能是“哦, 我有这种倾向, 我明天、下周或下个月再去做” ,

it can't be “Oh, I have this tendency, I'll work on it tomorrow or next week or next month”,

现在你必须当场就做,

now, you gotta do it right there and then,

因为它只需要不到一秒钟的时间,

because it only takes less than a second,

然后下一秒你就可以丢弃另外一个,

and then the next second you can take another one,

下一秒又是另一个.....

and the next second another one...

因此, 不是两三个月做一次, 你可以在四秒钟内完成一整年的工作, 而不是

花一年的时间。

So, instead of doing it once every two or three months, you can get a whole year's work accomplished in four seconds instead of a year.

所以我在强调的是每天做这件事的价值。

So, I'm emphasizing the value of getting into doing it every day.

当它出现的时候你去做，

then you do it as it happens,

然后你一个月内就能完成普通人许多世才能完成的事情。

and then you're doing in one month what the average person does in many lifetimes.

你在以一种你能很快获得自由的方式做这件事，

And you're doing it in a way in which you can get your freedom very very soon,

它应该是几个月，

it should be months,

但如果你进展慢，你可以在几年内做到，

but you could do it in a few years if you're slow,

我的意思是，我不是在开玩笑，你可以在几个月内完成。

I mean this I'm not kidding, you can do it in months.

我怎么知道的？

How do I know that?

像我这样对这条道路一无所知的人，我在三个月内就做到了我现在所说的这些，

A guy like me who knew nothing about the path, I did in three months what I'm talking about,

如果我知道方向的话，不会超过一个月，

had I known the direction, it would not have been more than one month,

因为这就是我最后一个月发生的事，

because that's when it really happened with the last month,

我知道这是可以做到的，

I know it can be done,

你所需要的只是你自己，以及对自由的渴望和决心。

and all you need is you and the desire for it, the determination.

现在，这条道路很容易，

now, the path is easy,

它并不难，

it is not difficult,

如果你觉得这很难，那是因为你看向相反的方向，说“这不可能做到”，

if you think it's difficult, it's because you're looking in the opposite direction and saying "It can't be done",

这就是为什么我要强调“要么简单，要么不可能”。

and that's why I'm emphasizing "It's easy or impossible".

事情就是这样，要么简单，要么不可能。

and that's just the way it is, either easy or impossible.

如果你做，就很容易；

if you do it, it's easy;

如果你不做，它就不可能。

if you don't, it's impossible.

我一直在强调处理倾向，我看到每个人都能做到，每个人，

I've been emphasizing working on tendencies of late, and I see everyone can do it, everyone,

那些和我一起实践的人中，谁还没有丢弃过一个倾向？

There isn't anyone who's been working with me who hasn't dropped a tendency?

你能丢弃 1 个，你就能丢弃 2 个，

You can drop one, you can drop two,

你能丢弃 2 个，你就能丢弃 4 个，

you can drop two, you can drop four,

你能丢弃 4 个，你就能丢弃 8 个.....

you can drop four, you can drop eight...

直到它们全部离开。

until they're all gone.

现在你丢弃得越多,你就会变得越自由,这让你能使用更多的力量丢弃更大、更难的倾向。

now the more you drop, the freer you become, which allows you more power to use and dropping bigger and more difficult tendencies.

所以现在就丢弃一些东西,

So, just drop something now,

先丢弃一个,你就能成功。

drop one thing, you'll succeed.

当你丢弃一个,你就能丢弃 2 个、你可以丢弃 4 个、然后无限个.....

When you drop one, you can drop two, you drop two, you can drop four and infinitum...

但重要的是每天都这样做。

but the important thing is to do it every day.

我们应该完全接纳一切，

we should be totally accepting of everything,

如果我们没有，我们就是在做出反应。

if we're not, we are reacting.

所以随着时间的流逝，我们必须接纳一切，坏老板、坏人、炎热的天气、寒冷的天气、好吃的食物、难吃的食物.....

So as the day goes by, we have to accept everything, bad bosses, bad people, hot weather, cold weather, good food, bad food...

完全接纳这个宇宙就是完全的自由，这意味着接纳它本来的样子，让它是它所是的样子，除了你自己，不想改变任何东西。

Total acceptance of this universe is total freedom, that means accepting it the way it is, letting it be the way it is, not wanting to change anything but yourself.

完全接纳意味着你没有欲望，你既不希望它这样，也不希望它那样。

Total acceptance means you have no desires, you don't want it to be this way, you don't want it to be that way.

我想最容易看到的事情之一就是你对人们的反应，

I guess one of the biggest and easiest things to see is your reaction to people,

当你和人们在一起时，这种情况总在发生，

that's going on all the time when you are with people,

放下你所有的反应行为，并获得自由。

drop all your reactive behavior and be free.

丢弃 1 种东西，你就是完全自由的——丢弃欲望，

Drop one thing, you're totally free, drop desire,

丢弃 8 种东西，你就完全自由了——丢弃你的 8 种情绪，

drop eight things and you're totally free, drop your eight emotions,

第一，接受你能丢弃它们；

No.1, No. 1, accept that you can drop them;

第二，下定决心丢弃它们，

No.2, be determined that you will drop them,

然后你会发现这很容易。

then you'll find it's easy.

真正的爱是成为另一个人。

The real love is being the other one.

你了解某个人吗？

You want to understand someone?

成为那个人。

Be that person.

如果你能体会到他们所经历的一切，你就能理解那个人。

Will you understand that one if you can experience what they're experiencing.

同一性是真正的神圣之爱，

Identity is the real divine love,

成为另一个人，与另一个人合一，

being the other person, oneness with the other person,

所以真正的爱与世人所认为的爱相去甚远。

so the real love is so far from what the world considers as love.

记住，如果你是一个完整的无限存在，你不需要别人，

And remember, if you are a whole infinite being, you need no other,

你自己就是完整的、圆满的、无限的。

you're complete, total, infinite by yourself.

只要我们认为我们需要别人，我们就是受限的。

So long as we think we need another, we are limited.

所以，不要需要别人，成为别人，

So, don't need the other one, be the other one,

通过认识到你是什么，你认识到你是每个人。

by recognizing what you are, you recognize that you are everyone.

通过把你的方向转向你自己，发现你真正是什么，你会发现你真的是每一个人。

By turning your direction back on yourself and discovering what you really are, you discover that you are really every being.

这就是通往它的道路，

And that's the way to it,

我只能指出如何到达那里的方向，

I can only point the direction on how to get there,

我不能为你做这件事。

I can't do it for you.

但你可以体验它，

But you can experience it,

我确定你过去在某种程度上已经体验过它了，我知道你有过，

and I'm sure you've experienced it to a degree in the past, I know you have,

然后你对这个世界的整个画面就会发生改变，

then your whole picture of this world changes,

接着你会看到完美。

then you see the perfection.

当你看到真相时，你看到的只有美好的完美，

When you see a right, you see nothing but beautiful perfection,

这就是真正的真实画面。

and then this is the true true picture.

当我们看到不完美时，我们的认知是有缺陷的。

When we see imperfection, our sight is defective.

在现实中，一切都是绝对完美的。

in the reality, everything is absolutely perfect.

这就是为什么他们说“上帝是完美的、上帝是一切”，

That's why they say “God is perfect, God is all”,

如果上帝是一切，上帝是完美的，那也包括我们。

and if God is all, and God is perfect, that includes us.

如果我们看到不完美，我们的认知是有缺陷的，

If we see an imperfection, our sight is defective,

如果我们看到不完美，那是不完美在我们之内。

the imperfection is in us if we see it.

在看似不完美的地方看到完美，

See the perfection where the seeming imperfection seems to be,

这种不完美只是一种表象、是表面上的。

the imperfection is a seemingness and seeming.

不要把我看作是这样~（学生笑）

Don't see me as it~

在你看到完美之后，你就自由了。

After you see the perfection, you're free.

【莱斯特谈悲伤】01 - 莱斯特谈悲伤 1【Lester on Sadness】 01 - Lester on Sadness 1

幸福是我们的基本天性。

Happiness is our basic nature.

我们用想法、匮乏的想法、想要的想法遮蔽了那个基本天性。

We decloud that basic nature with thoughts, thoughts of lack, thoughts of want.

当我们想要某样东西时，我们的心智变得活跃并试图获得它，然后我们会感到不开心。

When we want something, our mind becomes active in trying to acquire that, and we are unhappy.

因为我们缺少一些我们认为自己必须拥有的东西。

Because we lack something that we say we must have.

因此，我们通过欲望创造了不开心。

So, we create unhappiness through desire.

所有的不开心都始于欲望。

All unhappiness starts with desire.

这个宇宙中所有的麻烦都始于欲望。

All trouble in this universe starts with desire.

因为从本质上来说，我们是完美、圆满、完整、健全的，在我们人为地造出需求之前，我们什么都不需要。

Because basically we are perfect, full, complete, whole, we need nothing, until we artificially create needs.

然后开始不开心，想着如何才能满足那种需求呢？

And then become unhappy, thinking how can we fulfill that need?

好了，现在，在那种人为的不开心产生之后，我们把消除这种不开心称作“幸福”。

All right, now, after that artificial unhappiness is set into motion, we call happiness undoing the unhappiness.

这就是如今人们所认为的幸福。

That's what people consider happiness today.

幸福就是消除人为制造的不快乐。

Happiness is undoing the artificially created unhappiness.

于是，我们满足了这些欲望的念头，暂时平息了思想。

So, we satisfy these thoughts of desire, and momentarily momentarily we still the thinking.

当我们平息思想时，我们自然无限的真我一直在那里，而那种感觉我们称之为“幸福”。

And when we still the thinking, our natural infinite Self is there all the time and feeling that we call that happiness.

幸福不过是感受你真正无限的真我，仅此而已。

Happiness is nothing but feeling your real infinite Self, that's all it is.

念头会让你远离它。

Thoughts take you away from it.

你消除那些念头，就会回归到它，那叫做“幸福”。

You undo the thoughts, you drop back to it, that's called happiness.

我知道，对于那些之前没有听过这些话的人来说，很难理解我刚才所说的内容。

I know it was difficult for some who have not heard this before to get what I just said.

快乐是我们的本性。

Happiness is our basic nature.

如果我们不去扰乱它，我们会一直无限地快乐下去。

If we don't upset it, we are infinitely happy all the time.

我们已经扰乱了它，我们制造了不快乐。

We have already upset it, we have created unhappiness.

所以如今我们把消除不快乐称为“快乐”，这满足了欲望，暂时让心智平息了下来。

So that today we call happiness the undoing of the unhappiness which is fulfilling desires which momentarily still the mind.

当心智静止时，我们处于自然的状态，我们说自己是快乐的。

And when the mind is still, we're in our natural state, and we say we are happy.

我要跟你讲一个有点难以理解的东西——自由意志。

I'll hit you on something that's kind of hard free will.

生活中根本不存在自由意志。

There is no such thing in life.

因为生活早已被完全设定好了，就像一台电脑一样，一切都已经被编程了。

Because life is already fully set up a computer, it's all set programmed.

我们今天所说的生活是一套完整的程序。

What we call life today is a complete programming.

学生：对不起，我一直在讲，如果一切已经被编程好了，那我们做什么和我们尝试做什么，又有什么区别呢？

Student: Excuse me, I keep going right then and now, what difference does it do what we do what we try if it's already programmed anytime?

莱斯特：除了获得终极自由以外，没有任何区别。

Lester: No difference except this.

那儿存在自由意志。

There is a free will.

学生：你刚才说不存在这种东西。

Student: You just said there was no such thing.

莱斯特：我说的是生活中，在我们的生存中，根本不存在自由意志。

Lester: I said there's no such thing in life, in our livingness.

学生：好吧，但那正是我们最关心的。

Student: All right, but that's what we're most concerned with.

莱斯特：好吧，如果你关心这个，那就没有自由意志可言。

Lester: Well, if you're concerned with that, there is no free will.

学生：我们难道不是首先关心我们的生活、我们周围的生活、我们周围的规则、我们所生活的世界、我们正在过的生活吗？

Student: Aren't we first concerned with what our life and the life around us, the rule around us, the world we living, the life we are living?

莱斯特：如果你想那样的话，也可以。

Lester: If you want to be, yes.

学生：哦，还有什么呢？

Student: Oh, what else is there.

莱斯特：有一种无限的存在，无论是不是有意识地在关注，这才是我们真正关心的，我们称之为“幸福”。

Lester: There's a unlimited Beingness which is what we're really concerned with, if not consciously, unconsciously, we call it happiness.

(学生说的听不清)

莱斯特：瞧，你在假定某种观点，还想让我同意你的观点。

Lester: See, you're assuming something and you want me to go along with you that.

在这个世界上，每个人都在寻找幸福。

Everyone is looking for happiness in this world.

在这个世界上不可能找得到完整的幸福。

It's impossible to find complete happiness in this world.

在现实生活中，没有人能够在这个世界上找到圆满的幸福。

No one can ever find complete happiness in this world, in livingness.

因为它并不存在于那里。

Because it isn't there.

而你现在却假设它在那里。

See now you're assuming that it is there.

我说：“不，它不在那里。”

I say: "No, it isn't."

我说：“你所追寻的幸福超越了这个限制性的世界。”

I say: "The the happiness that you're seeking is beyond the world of limitation."

生活和生存都在限制性的领域当中。

That life and liviness is all in the realm of limitation.

除非你是完全没有限制的，否则你永远不会全然地幸福。

You will never be happy fully until you are completely unlimited.

我现在讲明白了吗？

Am I making some sense now?

所以你要找的是完全没有限制的存在，

So what you want to find is your complete unlimited Beingness,

而那不在生活和生存中，

and that's not in life and livingness,

它超越了那些东西。

it's beyond that.

对于全然的幸福，全然的幸福不可能存在于生活之中。

For total happiness, total happiness is impossible in the livingness of life.

然而，在任何时候、任何人都可以是全然幸福的，只要他愿意明白幸福是什么。

However, at any at any moment any anyone can be completely happy, if he will see what the happiness is.

幸福不在于做一个受限的身体，

That is not in being a limited body,

而在于做我们所是的这个无限真我，

but in being the unlimited Self that we are,

那才是圆满的幸福。

that is the happiness complete.

【莱斯特谈悲伤】02 - 莱斯特谈悲伤 2【Lester on Sadness】 02 - Lester on Sadness 2

我们不可能作为一个受限的身体而获得全然的幸福，这永远行不通。

We cannot be a limited body and be fully happy, it will never work out.

只有当你发现自己是无限的，你才会彻底地幸福。

You'll only be completely happy when you discover that you are unlimited.

我们都在追寻这种自由，这种解脱。

We're all looking for this freedom, this liberation.

学生：它并不存在于我们现在所说的那些事物中，比如，我要是有一条新裙子，我就会很开心，或者如果我去参加舞会，我就会很开心，这些都是稍纵即逝的东西，这没什么，因为两分钟后我们在那里了，然而我们并不开心，所以快乐不在事物里，而在我们内在的觉醒中，我知道我还不够……

Student: It's not in things that we say them now, if I have a new dress, I'll be happy, or if I go to the dance, I'll be happy, this is a fleeting thing, there is nothing that, because two minutes from now we're there, and we're unhappy, so it isn't in having a thing, but it's in it's in the realization within ourselves, I'm not going far enough I know...

莱斯特：我们是一切，什么都不需要。

Lester: That we are the all and need nothing.

学生：如果我们今晚觉醒了，我们还会满足于留在这里度过余生、养育孩子吗？还是会就这样过完这一生？又或者孤注一掷呢？

Student: If we got tonight, would we be satisfied to stay here and finish off the rest of our life, and raise our kids, or would we finish out this life, would we see it all in on one of these?

莱斯特：要是你做了什么？

Lester: If you did what?

学生：如果我们今晚就完全自立的话。

Student: If we became completely self-reliant tonight completely.

莱斯特：是的。

Lester: Yes.

学生：我们会愿意留在这里度过我们生命的自然阶段吗？

Student: Would we be content to stay here and finish out the physical span of our life?

莱斯特：一开始，你会对一切都感到完全满足。

Lester: At first, you would be fully satisfied in everything.

学生：你在看谁呢？

Student: Who are you looking at?

莱斯特：而且你会做和你完全证悟之前一样的事情，你会做同样的事情。

Lester: And... you would do the same thing that you would have done before you became fully realized, you would do the same thing.

区别在于你对待一切事物的态度。

The difference would be your attitude toward everything.

你会无比地快乐、无忧无虑、毫无恐惧，你会做同样的事情，觉醒者与未觉醒者之间的差别基本上就在于此。

You would be extremely happy, unconcerned, no fear, and you would carry out just the same, the difference between a realized individual and a non-realized individual is basically this.

未觉醒的人说：“我就是这个身体，受制于这个身体所遭受的一切。”

An unrealized individual says: "I am this body, subject to everything that this body is subject to."

一个真正觉醒的人说：“我是这个身体，是那个身体，是所有的身体，我是一切，因此不受任何事物的束缚。”

A real realized individual says: "I am this body, that body, all bodies, I am everything, therefore subject to nothing."

学生：嗯，我知道这个方法，但我不知道.....

Student: Well, I know that method yet, but I don't...

莱斯特：对于证悟者来说，身体在我之内。

Lester: The body to a realized person, the body is in me.

对于未证悟者来说，他在身体之中。

To an unrealized person, he is in the body.

学生：再说一遍。

Student: Say that again.

莱斯特：一个觉醒的人会感觉到身体在祂之内，一个未觉醒的人则感觉他在身体之内。

Lester: A realized person will feel that the body is in Him, an unrealized person feels that he is in the body.

但为了回答你的第一个问题，你仍会照旧生活，

But to answer your first question, you would carry through just the same,

你对一切事物的态度会有所不同，

your attitude toward everything would be different,

你会一直沉浸在幸福中，并做着同样的事情。

you be just drunk with happiness all the time and do the same things.

学生：从那时起，带着这种状态，会有意识地坚持下去，会有意识地只关注美好的事物，我们的生活就会在接纳中变得美好。

Student: Carrying that through since then consciously, be aware of only good, our life would in acceptance be good.

莱斯特：你看到一切都是完美的。

Lester: You see everything is perfect.

学生 1：这并不意味着你的身体会消失，或者你会匆匆忙忙赶往另一个世界，你在这里度过你的一生，一个完全觉醒的人，但在一种满足感中，你会，但这并不意味着你会离开你的身体，然后匆匆离开，去和上帝见面。（学生笑）

Student 1: That doesn't mean that your body evaporates, are you scurry and hurry to another world, you live out your span here, a fully realized person, but in a sense of fulfillment, you will, but that doesn't mean that you're going to leave your body and rush off, and have a conference with God.

(中间学生讲的听不清)

学生 2：把你的身体停在路边，乞求上帝。

Student 2: Just park your body at the curb and beg God.

学生 3：好吧，我想那时你会满足于在这里，那么，我原以为你会……

Student 3: Well, I would think you'd be content here, then, I would think you'd...

莱斯特：嗯，你说得对吗？

Lester: Well, are you right ?

用你想要的方式去思考，但实际上这是错误的。

In the thinking the way you want to think, but incorrect in what it would actually be.

当你说“我会这样想”时，那是你的权利。

When you say "I would think this way", that's your right.

但我不这么想。

I don't think that way.

我说过，你是全然满足的。

I said, you're fully satisfied.

觉醒是一种对所有欲望的满足。

Realization is a fulfillment of all desire.

但是你看，当你说“嗯，我觉得它会是这样的”，我必须承认你有权按照你想要的方式去思考。

But see, when you say, well, I think it would be this way, I have to grant you your right to think the way you want.

这个世界不会消失，只是在你眼中变得截然不同了。

The world doesn't disappear, it just looks very different to you.

学生：你提到了无所不在，这很新颖。

Student: You spoke of omnipresence, that's pretty new.

莱斯特：无所不在，你醒来后意识到，在这一刻，你无处不在，遍及无限，

Lester: Omnipresence, you wake up to the fact that you are everywhere present this moment throughout infinity,

存在于那个身体里，存在于这个身体里，存在于所有的身体里，存在于宇宙各处的身体里，

in that body, in this body, in all bodies, in bodies throughout the universe,

存在于宇宙中的每一个原子里。

That you are present in every atom in this universe.

你必须看到这一点。

You have to see it.

绝对真理是：始终存在着一种无限的、独一无二的一体性。

The absolute Truth is, there is an infinite, singular oneness throughout.

在这条所谓的道路上，我们最终领悟到的是：

The final thing we see on this so-called path is:

从来没有别的任何东西，只有“我”存在。

There never was anything, but I, all alone.

这是我们最终看到的，从来就只有我，别的什么都没有。

That's the final thing we see, there never was anything but I, all alone.

看似有很多东西，那只是个表象，并不是真的。

That appeared as many, it was an appearance, it wasn't real.

就像在平静的湖面上只有一轮月亮，搅动湖面，你会看到成千上万个月亮。

Just like the moon on a placid lake is one, disturb the lake and you'll see thousands of moons.

这成千上万的景象不过是众多的幻象而已。

The thousands is the illusion of many.

实际上，这背后只有一个存在。

Actually, there's only one behind it.

所以，我们最终会明白，除了我之外，从来就没有别的东西，只有“我”。

So, the final thing we see is that there never was anything but I, all alone.

整个宇宙都是我创造的，而且这只是一个幻象。

This whole universe was created by me, and was an illusion.

宇宙背后的实相才是真实的。

That the reality behind that universe was real.

除了我之外，从来不存在任何东西。

That there never was anything but I.

【莱斯特谈悲伤】03- 莱斯特谈悲伤 3【Lester on Sadness】 03 - Lester on Sadness 3

宇宙的样子，已证悟的人与未证悟的人所看到的并不相同。

The universe doesn't look to a realized being the way it does to an unrealized being.

已证悟的人看到的是贯穿始终的宇宙一体性，祂称之为祂自己的真我。

A realized being sees a universal oneness throughout, which he calls his very own Self.

或者，如果你想用“上帝”这个词，那么，除了上帝之外什么都没有，只有上帝是唯一的本质。

Or, if you want to you know use the word God, there's nothing but God, there's that one substance only God.

但更确切地说，除了“我”之外，从没有过任何事物，只有“我”存在。

But to make it intimate, there never was anything but I, all alone.

“我”这个词是对上帝的首个表述，它意味着“我”不与其他任何事物相联

系。

The word "I" is the first word for God. it means I with nothing else connected.

当我们说“我是某种事物”时，那是一种限制。

The moment we say "I am something", that's a limitation.

或者说，“我”和“某种东西”，这是二元性。

Or, "I" and "something", that's duality.

所以，我们最终会发现，“我”这个词就是我们一直在寻找的这个上帝。

So, the word "I", we discover in the end to be this God we have been seeking.

只有“我”、“我”、“我”、“我”，只有“我”是上帝。

Just I, I, I, I, only I is God.

如果我们能只成为“我”，我们就会成为我们所是上帝。

If we could be only I, we would be the God that we are.

但我们试图成为某种东西，从而强加了限制。

But we try to be something and impose limitation.

学生：知道万物都源自于同一个源头，源于真理。

Student: Knowing knowing that all things come from one source, from the Truth.

莱斯特：源于无限。

Lester: From infinity.

学生：源于无限，没错，从“我是”来看，一切都在那里，我们就是我们看待世界的目的。

Student: From infinity, all right, from the I am, that all things are there, that we are the purpose through which we look at the world.

莱斯特：限制.....限制。

Lester: The limit... The limitation.

学生：我试图在自己心里找出这个限制，为什么洛克菲勒和卡内基能赚这么多钱，而另一方面，那些觉得自己只是存在的原住民，归根结底还是思维和合理解释的问题，这就像一种合理化，所有的供给都在这里，经过我们的心智过滤，我们得到的正是我们能够证明的东西，就像药一样.....

Student: The limitation I was trying to find out, in my own mind, why

there's the Rockefeller and Carnegie who can make all this money, and then there's the other end, the natives who feel they just exist, it boils down to, again, the mind, the justification, it's like a rationalization, all supplies here, filtering through our mind, we get just exactly what we can justify, it was like a drug...

莱斯特：心理画面会显化出来，

Lester: What the mental image is comes out there,

洛克菲勒家族拥有数百万乃至数十亿美元的心理画面，

the Rockefellers have mental images of millions and billions,

我们大多数人拥有的不过是几百美元的心理画面。

most of us have it of hundreds of dollars.

学生：这就是为什么在现实中，如果是这样的话，那么我们在这里所做的工作，就像是无力的爆发，事实上，对于我们可能仅仅通过心理活动就能得到的东西来说，这是一个非常无力的合理化，好吧，对我们来说，身体却为了某些被心理活动限制了的东西而努力。

Student: And this is why that in reality, then if this being so, then the work that we do out here, this like weakly erupt, this this is a very weak rationalization for what in truth we get maybe by just a mental activity, right, body work for something that the mental activity is limiting to us

yeah.

莱斯特：是的，这个世界是一块地毯，我们在不停地拍打它。

Lester: Right, this world is a rug and we're beating it.

有些人认为我们拍打得越用力，从那块地毯里抖落出来的东西越多。

And some of us think the harder we beat it, the more we'll get out of that rug.

有些人觉得我们不必拍打它，它会自己掉出来。

Some think we don't have to beat it and it'll come out.

洛克菲勒家族觉得不必拍打得那么用力。

The Rockefellers don't think they have to beat it so hard.

学生：然后就回到了……我记得鲍勃说“好吧，不工作你怎么生活？”好吧，如果我们能够拓展自己的心智，拓展这个我们获取美好事物的通道，那么事实上，如果我们能够在自己的心智中证明这一点，我们实际上可以不工作就拥有事物。

Student: And then this then gets back, I remember Bob saying "Well, how do you do without working?" Well, then if we can expand our mind, this orifice through which we get the goodies, then in truth, if we can

justify it in our own mind, we can actually have a thing without working.

莱斯特：没错，无论什么，对，只要心智完全坚信，它会立即实现。

Lester: Right, whatever, yes, whatever the mind is absolutely convinced of is immediately.

你可以用绝对信念物质化黄金，你能做到这一点。

You can materialize gold with the absolute conviction that you can.

(学生说的听不清)

莱斯特：完全、彻底的信念。

Lester: Complete, complete conviction.

(学生说的听不清)

莱斯特：就像在梦里所做得那样，记住那些梦，在生活中也应该是这样的。

Lester: Exactly as it does in dreams. remember the dreams, that's the way it should be in this life, too.

学生：当然，这是她在谈论她的愿望。

Student: Of course, this is a she's talking about her wishing.

莱斯特：它不是，因为你认为它不是。

Lester: It isn't, because you think it isn't.

你看，在梦里，如果你梦到自己必须去工作赚钱来买外套，那在梦里，它就会是那样的方式。

See, in a dream, if you dreamt, I have to go to work to get some money to buy a coat, it would be that way in a dream.

但在一个梦境世界中，你不给自己设那么多的限制，你想要一件外套？它就穿在你身上了。

But in a dream world, you don't limit yourself so much, you want a coat? It's on you.

在生活中也能做同样的事情。

That same thing could be done in this life, too

学生 1：几周前，我们在讨论人们如何在自身之外的事物、职业或人中寻求幸福，这让我联想到一头驮着沉重负担的小驴子，它不肯往前走，字典里说驴是坚毅、有耐心的家养小动物，好吧，不是大牲畜，而是家养小动物。

Student 1: A couple weeks ago, we were discussing how people are

seeking happiness in things, vocation, or people, outside of themselves, and the picture has brought to mind of a little ass carrying a heavy load, and he wouldn't go, the dictionary says that they are determined, patient little beasts for domestic use, well, not beasts, but little animals for domestic use.

所以我脑海中浮出了一个画面，一头小毛驴背上绑着一根鱼竿，绑在篮子的后面，鱼竿上系着一根绳子，绳子前面挂着一根胡萝卜，所以小驴子为了拿到胡萝卜，驮着沉重的负担一路前行，但胡萝卜却总是让它够不着。

So the picture came to mind of a fishing pole strapped across a basket back, with a string on it, and a carrot right in front of it, so the little ass pulls his heavy load to get the carrot, and it keeps eluding him.

于是我们在胡萝卜上写了“幸福”两个字，每当你以事物的形式寻求幸福时，你就像那只试图抓住胡萝卜的小驴子一样傻。

So on the carrot, we painted happiness. And whenever you seek happiness in the form of things, when you're as silly as a little ass trying to catch a carrot.

学生 2：尤其是当那胡萝卜被绑在你背上，在你面前时。

Student 2: Especially when it's strapped on your back in front of you.

学生 1：它们一直在移动，还一直跟着你，你走得更快了，而它却总是遥不

可及。

Student 1: Everything is moving out and it keeps going with you, the faster you go, and faster it's always out of reach.

学生 3: 要活到这份上可不容易。

Student 3: It's not easy to live up to that point.

学生 4: 嗯, 我觉得我们一开始都.....

Student 4: Well, I think we all start as...

学生 1: 你得慢慢地一步一步往上爬, 这就像.....

Student 1: That ass climb up the steps slowly, it's just like...

莱斯特: 哈利, 你这么想是对的。

Lester: Harry, you're right if you think so.

学生 1: 嗯, 这就像一个人一开始有一辆小汽车, 那是他当时唯一负担得起的, 后来他有了凯迪拉克, 现在他得到了凯迪拉克, 他不想要了, 他想要这辆小汽车。

Student 1: Well, it's like the guy that started out with a little car, it's all he could afford, then to get the Cadillac, now he get the Cadillac, he doesn't want it anymore, he wants the little car.

莱斯特：但洛克菲勒首先想的是凯迪拉克。

Lester: But Rockefeller thinks Cadillac first.

你不必一步一步往上走，从顶端开始。

You don't have to go up step by step, start at the top.

一旦你知道怎么做到它，如果你敢的话，就从最上面开始。

Once you know how to do it, start at the top, if you dare.

如果你能创造一美分，你所使用的方法就能创造一百万美元。

If you can create one penny, the method you use can create one million dollars.

方法是一样的。

the same method.

这取决于你，所以要想大的。

it's up to you. so think big

【莱斯特谈疼痛是什么】01.莱斯特谈疼痛是什么【Lester on Pain What is it】01. Lester on Pain What is it

学生：他想要最有效的方法来处理疼痛，当然，我意识到一个人如果达到极致的成熟，便不会有疼痛，但比方说，我们处于不得不面对疼痛的状态。

Student: He wants the most effective way to handle pain, of course, I realize the ultimate maturity of an individual would be such that he wouldn't have pain, but let's say that we're in a state where we have to.

莱斯特：尽你所能地找到最好的方法，你就可以应对它。

Lester: The best way you possibly can, you can take it.

如果我从根本上来谈，如果你唯一能解决它的办法，如果你解决疼痛的唯一方式只是通过物质手段，那就是阿司匹林和药物。

If I take it from the bottom up... If the only way you can do it through, if the only means you want to deal with through is the material, it's aspirin and drugs.

但如果你能从心理上应对它，你可以通过很多方式来化解。

If you're able to handle it mentally, you can offset it in many ways.

一个简单的方法就是去感受它。

One simple way is to feel it.

学生：我不知道，我的妻子曾跟我说你提到过这个，我也深入研究过它，但有一点我不太明白。

Student: I don't know, my wife had mentioned you had said that, and I had delved into it, and there was one something I didn't really understand.

莱斯特：好吧，这就涉及到什么是疼痛了。

Lester: Well, this goes into what is pain.

疼痛是身体某个部位发出的一个警报，提示那里有危险。

Pain is an alarm in a certain part of the body that there's a danger there.

如果我们在心理层面识别出了这个警报——疼痛，它就会消失。

And if we mentally recognize the alarm, the pain, it turns off.

但由于长期以来我们习惯性地逃避疼痛，

But because of a long time habit of trying to run away from pain,

所以在心理上，我们会试图逃离疼痛来摆脱它，

we mentally try to flee from the pain to get away from it,

进而，这个警报会一直持续，疼痛也就一直在。

and the alarm stays on, and the pain stays on.

你观察一下动物，它们不会像我们这样受苦，

You watch animals, they don't suffer the way we do.

它们身体的某个部位受伤时，它们会去感受它，然后疼痛就消失了。

something hurts, and they'll feel it, and the pain goes.

我们也可以做完全相同的事情。

We can do the very same thing.

换一种说法，可能就像是直面疼痛，或者.....

Another way of putting it might be like face the pain, or...

学生：连接到之前的开悟.....

Student: Wired up form a realization

莱斯特：不，这与开悟无关。

Lester: No, this has nothing to do with realization.

这是一个非常切实可行、实用的方法。

This is a very down-to-earth, practical method of.

学生：我的意思是，你正在体会疼痛。

Student: I mean, you're realizing pain.

莱斯特：你在让它成为真实的吗？

Lester: You're making it real?

学生：是的.....

Student: Yeah...

莱斯特：当你试图逃避疼痛的时候，反而让它变得更真实了。

Lester: You're making it more real when you're trying to run away from it.

学生：好吧.....

Student: Well...

莱斯特：这就像你拼命想逃离一只大熊时，它却在后面追着你。

Lester: It's like a big bear chasing you when you're trying to run from it.

我们大多数人都没意识到这个要点。

Most of us don't see this point.

当我们有疼痛时，总是试图逃避它，不想正视它，于是这个警报就一直在响。

That when we have pain, we're always trying to get away from it, we don't want to recognize it, and therefore the alarm stays on.

现在，对大多数人来说，面对疼痛很困难。

Now, it's difficult for most people to face the pain.

因为习惯，他们在心理上习惯了逃避疼痛。

Because by habit they're used to running away from it mentally.

所以，我建议他们让疼痛加剧。

So, I suggest to them that they make it hurt more.

如果我的手指疼，要是我想让它更疼，实际上我做不到。

If I had a pain in my finger, if I wanted to make it hurt more, I really couldn't.

但我会做的是，我会深入其中去感受它，然后当你感受到它的那一刻，它便消失了。

But what I'd do is I would go into it and feel it, and the moment you feel it, it disappears.

试试看。

Just try it.

现在，这是一个非常简单且实用的缓解疼痛的方法。

Now, that's a very simple practical way to alleviate pain.

更高层次的方法是：不做这具身体。

Coming up higher, be not the body.

如果你有能力做到这一点，说“我不是这具身体”，

If you're capable of doing that, saying "I am not the body",

那么原本在身体里剧烈的疼痛就会变成一种遥远而微弱的疼痛，

what was a severe pain becomes a very dull pain in a distance way down there in that body,

并且你可以表现得好像那里没有疼痛一样，

and you can function as though there's no pain there,

它不再困扰你了。

it doesn't bother you anymore.

可以这么说，你让身体自行运作。

You let the body go its way, so to speak.

所以，当你不把自己等同于这具身体时，你就能摆脱疼痛。

So, by being not the body, you step away from pain.

如果你能做到“不是这具身体”，那么医生给你的身体做手术时，你也不会感觉到疼，这是一种极端的情况。

If you can be not the body, you can let a doctor operate on your body and you wouldn't feel it, that's to the extreme.

更高层次的方法是：只看到完美。

Higher way is to see only the perfection.

在有完美的地方，没有疼痛，没有任何的痛苦。

Where there's perfection, there is no pain, there just isn't any.

所以，我们可以从不同的层面应对疼痛。

So, there's various levels at which we can approach pain.

但是试试那个“感受疼痛”的方法，一旦你掌握了，你会发现这是一个简单易行的方法。

But try that feel-the-pain method, you'll see it's a simple, easy way once you catch on to it.

然后，如果身体有受损的部位，仅仅通过感受疼痛，它会很快愈合，当天、一夜之间，甚至愈合得非常迅速。

And then if there's a damaged part of the body, it heals very quickly, the same day overnight or very rapidly, just by feeling the pain.

因为当你感受疼痛时，你是在识别警报，然后身体机能会到达疼痛的部位并立即开始修复它。

Because when you feel the pain, you are recognizing the alarm, and the body mechanics go to that point and start immediately repairing it.

【莱斯特谈疼痛是什么】02.莱斯特谈疼痛是什么【Lester on Pain What is it】02. Lester on Pain What is it

注：

- 看这部分引导的时候，别急着看后面的部分，我在文中标记了学员实际感受所花的时间，你可以花自己所需的时间跟着他们一起做；
- 当然，这是早期课程，如果你已经掌握了原始圣多纳释放法，用释放流程直接释放导致疼痛的情绪感受/欲望，效果会更好。

莱斯特：现在你感觉到了疼痛，我想我可以给你演示一下，你现在疼吗？哪里疼？

Lester: You have pain now, I could show you, I think you have pain?
What hurts?

能指给我看是脑袋的哪个部位吗？

Can you show me just what part of the head?

(学生说的听不清)

莱斯特：好的，感受它，你能感受它吗？

Okay, well, feel it, can you feel it?

学生：能。

Student: Yeah.

莱斯特：好，现在让它更疼些。

Lester: All right, now, make it hurt more

(9 秒后)

更疼了吗？

Does it hurt more?

发生了什么？疼痛还在那吗？

What's happened? Is it still there?

学生：它变轻了。

Student: It's lighter.

莱斯特：让它更疼些。

Lester: Make it hurt more.

(12 秒后)

莱斯特：现在感觉怎么样？

Lester: How is it now?

(11 秒后)

莱斯特：不一样，你选了最难处理的部位，头痛是最难定位的，

Lester: Not the same, you're taking the most difficult spot, the headache is the hardest thing to localize

但这会对头痛有效果。

but it'll work on a headache.

要尝试的话，在身体疼痛非常敏感的部位更容易做，比如手指或某个肢体上。

To try it out, it's easier on a very painful part of the body, a finger or some limb.

试试看。

Try it out.

当你能在这些部位操作之后，再在头部操作会是更容易的。

And when you can apply it there, it'll be easier for you to apply it to the head.

而且，当你独自一人时做这件事，比和很多人在一起时更容易。

And also when you're by yourself, it's more ease... It's easier to do it than when you're in company with a lot of people.

但我向你保证，如果你感受这个疼痛，它会消失。

But I'll guarantee you that if you feel the pain, it'll go away.

学生：你确实识别出了那里发出的警报。

Student: You're really recognizing the alarm that's set up there.

莱斯特：你让身体的机能开始运作来消除它。

Lester: you permit the body mechanics to go to work to undo it.

学生：还有其他人能帮忙的方法吗？

Student: Is there any way anyone else can help?

莱斯特：医生，医生可以给你.....

Lester: Doctor, a doctor could give you...

学生：是的，但我的意思是如果一个人不去看医生的话，另一个家庭成员或者其他人知道.....

Student: Yes, but I mean, as far as someone who is not going to the doctor, say another member of the family or someone else would it be? Just knowing...

莱斯特：医生会给你开一些能让你暂时忘却疼痛的药。

Lester: It's giving you something that will take your mind off the pain.

现在，如果他生活中发生了一件非常重要的事情，比头疼更重要的事，他会暂时完全忘记头疼，他就不会头痛了。

Right now, if something very important in his life happened right now, more important than the headache, he'd forget about it entirely for the moment, he wouldn't have it.

所以，如果家里有人来把你从疼痛上拉开，或者做了类似的事情，你就会忘掉疼痛，在你忘记它的那一刻，它消失了。

So, if someone in the family comes and pulls you away from it, or does something like that, you can forget it, the moment you forget it, it's

gone.

你可以把注意力放到新出现的事物上来忘记疼痛。

You forget it by putting your mind on to the new thing that's coming into your mind.

学生：好吧，我想以她的情况来说，她头疼，她知道，除了那样做之外，她只会觉得他是完美的吗？

Student: Well, I'll say in her case, she knows that aside from doing that, would she just think of him as being perfect?

莱斯特：哦，怎样……我们帮助他人的方式是了解他们自己的完美。

Lester: Oh, how... the way we help another one is to know their perfection.

我们对他们的完美了解到什么程度，就能在多大程度上支持他们往正确的方向前行。

And to the degree we know of their perfect, to that degree we support them in the right direction.

不过，他们必须接受这一点才行，我们只能支持他们。

Yet, they must take it, we can only support them.

学生：所以如果他们不配合，那么他们实际上是在设置障碍。

Student: So if they don't go along, then actually they're putting up a barrier.

莱斯特：如果他们不配合，那是上帝赋予他们的自由意志。

Lester: If they don't go along, that's their God-given free will.

学生：疼痛只存在于心智里。

Student: Just the pain is in the mind.

莱斯特：是的，我们唯一能感受到疼痛的地方是在心智中。

Lester: Yes, the only place we feel pain is in the mind.

我们以为疼痛来自身体，但其实不是。

We think we feel at the body, but we don't.

身体什么都感觉不到，身体处于惰性状态，身体只是物质而已。

The body doesn't feel anything, the body's inert, the body's just matter.

我们所感受到的疼痛存在于我们的心智之中，它完全是心理上的。

The pain we feel is in our mind, it's all mental.

(学生说的听不清)

莱斯特：那非常困难。

Lester: That's very difficult.

但事实并非如此，你会惊讶地发现，孩子们比我们成年人更容易接受这些想法。

And yet it isn't, you'd be surprised how children can accept these ideas much more easily than we grown-ups can.

因为他们还没有像我们那样被彻底地往错误的方向灌输了思想。

Because they haven't been so thoroughly indoctrinated in the wrong direction as we have been.

我们越年轻，就越容易接受这些观念。

The younger we are, the more easily we accept these ideas.

所以，你要做的就是，把这些教给他们，平等地对待他们，就好像他们能理解这些似的与他们交谈。

So, the way you do it is by teaching it to them, treating them as an equal

and talking to them as though they can understand this.

你会惊讶于他们理解得有多快。

You'd be surprised how they will pick it up.

学生：其实很多母亲在转移孩子的注意力时都会这样做，如果孩子在跑步时摔倒了或者发生了其他状况，这时她们会下意识地立即转移他们的注意力，让他们去想点别的事情或做点别的事，这样他们就会忘记摔倒的事了。

Student: Well, actually many mothers are doing this and diverting children, if they have a run and they bump themselves or something, why are they immediately if it seems automatic to divert them to get them thinking of something else or doing something else? and forget about the bump.

莱斯特：你会发现，孩子们和玩伴在一起时，有时会重重地摔一跤，他们差点要哭出来了，看了看周围，然后就把这事给忘了，又跑出去接着玩了，而如果妈妈在身边，你会看到他们的反应有时就截然不同。

Lester: You can see it in children sometimes they get a terrible knock, I don't know what their playmates... They're ready to cry and they look, and then they forget about it, and they go off playing, whereas if the mother's around, sometimes you get a much different reaction.

所以，你看，孩子们是如何能在这一刻感到疼痛而下一刻就放下它的。

So, you see how children can have pain one moment, let go of it the next moment.

学生：身上的皮疹也是一样的？你会不会痛？

Student: Would you cast pain and a rash over the body is the same?

莱斯特：不，皮疹不一定会疼。

Lester: No, rashes are not necessarily painful.

全身起皮疹是由于轻微的精神刺激导致的，这种刺激会反映在皮肤上。

A rash over the body is due to a mental irritation that is superficial, and it comes out on a skin.

而深层次的精神刺激会影响到内脏器官。

Mental irritations that are deep come out on the inner organs.

学生：所以我们不必太担心皮肤上的这些问题。

Student: So we wouldn't worry about this much on the skin.

莱斯特：是的，因为器官比皮肤重要得多。

Lester: Right, because the organs are much more vital than the skin.

它只是一种刺激反应，它是潜意识和意识层面的某种冲突。

It's just an irritation, it's a conflict between something unconscious and something conscious.

因为其中一半是潜意识层面的，我们觉察不到它，这种冲突就会持续存在，这非常让人烦恼、恼火。

And because half of it is unconscious, we can't see it, and that conflict goes on, it's very annoying, irritating.

而且如果我们压抑这种冲突，它就会以皮疹的形式出现在皮肤上。

And if we hold it, it'll come out in a rash on the skin.

这就是医生对此无能为力的原因，最优秀的皮肤专家会告诉你这一点。

This is why doctors can't do anything about it, the best of skin specialists will tell you this.

他们试用这种药膏、试用那种药膏，迟早会有某种药膏看似起了作用，

They try this salve and they try that salve, and sooner or later, something seems to work,

但通常起作用的，其实是时间。

generally, it's time that does it.

【莱斯特谈疼痛是什么】03.莱斯特谈疼痛是什么【Lester on Pain What is it】03. Lester on Pain What is it

学生：但是就自我疗愈而言，开始做这样的一些事情时，自我肯定真的有帮助吗？

Student: But in beginning something like this as far as the healing of oneself, does affirmation actually help in?

莱斯特：是的，自我肯定是有益的。

Lester: Yes, affirmation is good.

因为你在植入一种能显化积极面的想法。

Because you're putting in a thought that will demonstrate the positive.

你越进行自我肯定，就会越多地接受它，就越能有助于消除相反面。

And the more you affirm, the more you'll accept it, the more you will help undo the opposite.

如果直接肯定很难，那么从否定开始也是不错的。

If it's hard to affirm, it's even good to start with a denial.

先否定现状，然后肯定你想要的。

Deny what is, and then affirm what you want.

学生：呃，我不想要那个，哦，我确实想要那个。

Student: Uh, I don't want that, hmm, I do want that.

莱斯特：所以就只能“呃”、“哦”。(学生笑)

Lester: Just ugh and ooh.

学生 1：它会让我永远地记住它。

Student 1: It will make me remember it forever.

学生 2：要是你说意识心智不理解心智。

Student 2: If you said the conscious mind does not understand the mind.

莱斯特：心智，要明白，心智只以图像的形式来思考，它不会思考“不”这样的词。

Lester: The mind, see, the mind thinks only in pictures, it doesn't think in words of "not".

无论你在心智中持有任何画面，你都会创造它。

Whatever picture you hold in mind, you create.

如果我不想要香蕉，而我的心智中正抓着香蕉不放，那么我会得到香蕉。

If I don't want bananas, I'm holding bananas in mind, and I'll get it.

学生：否定是如何运作的？

Student: How does the denial work?

莱斯特：为了帮助你更好地肯定“我不是身体，我是无限的真我”。

Lester: To help you of a better affirm "I am not the body, I am the infinite Self".

因为人们深陷于消极面之中，这种消极面对他们来说是如此地真实，通过否定，会给他们一股额外的推动力，促使他们转向积极面。

Because people are steeped in the negativity and it's so real to them, by denying it, it gives them an added push toward the affirmative.

但否定之后，他们应该始终跟进肯定。

But they should always be followed up by the affirmative.

仅仅一味地否定只会让人一直陷在消极里。

Only denying were would be holding on to it.

这就是为什么恐惧是一个如此糟糕的东西，我们把自己所害怕的东西持有在心智中，从而创造了它们。

This is why fear is such a bad thing, we hold in mind that which we fear and thereby create it.

无论你害怕什么，你都会让它降临到自己身上。

Whatever you fear, you'll bring upon yourself.

因为心智只是创造工具。

Because the mind's only the creator.

我们所持有在心智里的东西，我们都会创造出来。

What we hold in mind, we create.

心智以图像的方式进行思考，人们却认为心智是以文字的形式思考的。

The mind thinks in pictures, people think it thinks in words.

但每当你说“房子”时，你看不到“房子”这两个字，而是会浮现出一个房子或一个人的画面，是一个“人”的画面，而不是“人”这个字。

But whenever you say house, you don't see H-O-U-S-E, you have a picture of a house or a man, it's a picture of a man, it's not the letters M-A-N.

这就是为什么人们能够与不会说自己母语的人进行心灵感应交谈的原因。

And this is why people are able to talk telepathically to people who don't speak their own language.

如果我们能用心灵感应交流，而你只懂希腊语，我只懂英语，你会用希腊语跟我交流，我则能接收你所传达的所有画面，我会用英语跟你交谈，然后你也能接收到我所传达的所有画面.....

If we could speak telepathically, and you knew only Greek, and I knew only English, you would talk to me in Greek, and I'd be picking up all your pictures, I would talk to you in English, and you would pick up all my pictures...

我们可以用那种方式交流。

And we could converse that way.

它很简单，它很简单，每个人都会用。

It is simple, it's simple, and everyone uses it.

但是，因为我们已经否定了能用心灵感应交流的想法，所以我们觉得自己做不到。

But because we have talked ourselves out of the idea that we can talk telepathically, we think we can't.

但我们确实在无意识地读着彼此，我们始终在解读着对方，

But we do read each other unconsciously, we're always reading each other,

这是一种天然的能力，所有生物都具备这种能力，

it's a natural ability, all beings have it,

所有动物都有这种能力，它们使用得比我们更为频繁。

all animals have it, they use it much more than we do.

动物能感知你的想法和感受，

Anima I knows your thinking and your feeling,

婴儿也能，

babies know it,

只有受过教育的成年人不会，

only educated adults don't,

你被教育得远离了它。

you're educated out of it.

但我们是无限的存在，这是绝对真理。

But that is the absolute absolute Truth that we are infinite beings.

当我们看到自己内在的无限时，我们会明白每个人都是我，不再有任何的分离。

And when we see the infinity within ourselves, we see that everyone is me, there is no more separation.

但在你领悟到这一点之前，这没有任何意义。

But until you see it, it doesn't make sense.

然而，这里的任何人只要让心智足够地安静，就能瞥见它，你会看到它的。

And yet, anyone here could get glimpses of it by getting the mind quiet

enough, you'll see it.

而且你会发现，你就是我。

And you'll see that you are me.

学生：你说瞥见吗？通常也就只能瞥见而已，不是这样吗？

Student: These, um, do you say glimpses? usually that's all they are, isn't it?

莱斯特：不全是。

Lester: Not all.

学生：嗯，我的意思是它们大多数，大多数。

Student: Well, I mean most of them, most of them.

莱斯特：大部分情况是这样开始的，是那种方式。

Lester: It starts off with a... That way.

当我们坚持这条道路时，这些瞥见的时刻会越来越长，直到它们每时每刻都被完全建立起来。

And as we stick to the path, these glimpses get longer and longer until

they become fully established all the time.

这是终极目标，永远不要忘记上帝，永远不要忘记我们是谁。

And that's the ultimate goal, never forgetting God, never, never forgetting who we are.

学生：确实有时候，我们只能瞥见一眼，因为我们害怕更进一步。

Student: Indeed sometimes that we only get glimpses, because we're afraid to go any further than the glance.

莱斯特：不是。

Lester: No,

因为小我又接管了，仍然残留了大量的小我。

Because the ego takes over again. there's still a lot of ego left.

然后，当我们作为一个小我表达的那一刻，我们必须放下我们所看到的一切，才能成为一个限制性的、一个受限的存在。

And then the moment we express as an ego, we have to let go of what we saw in order to be an ego, to be a limit... A limited being.

因此，当我们再次选择成为限制性存在的那一刻，我们便看不到我们所是的

无限存在了。

So, the moment we choose again to be a limited being, we don't see the limitless being that we are.

然而，你并未失去任何东西。

Yet you... You haven't lost anything.

因为最初为了瞥见真我，你得释放相当多的小我。

Because to get the glimpse in the first place, you had to let go of quite a lot of ego.

学生：似乎每当我感觉到无意识的状态时，我都会处于一种非睡眠的状态，既不是无意识的，也不是完全有意识的，介于这两者之间的某种状态，而一旦我达到这种有意识的状态，我就处于一个不同的阶段了。

Student: It seems like whenever I've gotten a glimpse of feeling the state of being unconscious, not being asleep, not being exactly conscious either, some state in between, and as soon as I've reached this conscious state, I'm in a different period.

莱斯特：是的，这种有意识的状态是一种无知的状态。

Lester: Yeah, this conscious state is a state of ignorance.

在睡眠和清醒之间有一种状态，当我们从睡眠状态中醒来，但还未完全认同那个清醒的世界时，我们就是我们所是的真我。

And there's a state between sleep and waking where as we come out of the sleep state and before we identify with the waking world with the real self that we are.

如果你能停留在那个状态中，你就是你所是的上帝。

You could stay there, you would be the God that you are.

学生：在我意识到发生了什么之前，我有过一些这样的领悟，而我从来不知道它们是什么，但那充满了喜悦。

Student: Well, before I ever realized what was going on, I had a few of those glimpses, but I never knew what they were, but there was complete joy.

莱斯特：你可以使用它们。

Lester: You can use them.

学生：什么？

Student: Pardon?

莱斯特：你可以用它们来更多地建立它。

Lester: You can use them to establish it more and more.

如果你注意一下那种状态，就会发现你并没有在思考，你没有思考。

You're not thinking in that state if you'll take a look at it, you're not thinking.

学生：只是一片彻底的宁静。

Student: Just a complete quietness.

莱斯特：你只是存在着。

Lester: You just being.

正是在存在中，我们是上帝，并且我们只能是上帝。

And it is in Beingness that we are God, and we can only be God.

在那之前，我们说我们必须去认识上帝。

Before that happens, we say we have to get to know God.

当我们认识了上帝，会发现我们就是上帝，那是我们纯粹、简单、完全的存在。

When we get to know God, we discover that we are God, and that it was

our pure, simple, unadulterated Beingness.

不是一具身体，而只是存在。

Not being a body, but just being.

它仅仅是纯粹的存在。

It's just pure Beingness.

学生：你几乎觉察不到你的身体。

Student: You're almost not aware of your body.

莱斯特：是的，你没有意识到自己的限制。

Lester: Right, you're not aware of your limitations.

学生：认识你的身体是什么。

Student: Of what recognizing your body is.

莱斯特：一个极端的限制，这是一个极端的限制。

Lester: An extreme limitation, it's an extreme limitation.

学生：还有一个问题，人应该在多大程度上跟从潜意识？

Student: One more question, how much of the unconscious mind should one follow?

莱斯特： 跟从？

Lester: Follow?

学生： 是的。

Student: Yeah.

莱斯特： 一点也不跟。

Lester: None.

学生： 一点也不跟？

Student: None?

莱斯特： 一切都应该是有意识的。

Lester: Everything should be conscious.

潜意识心智是我们自己的自动机器。

The unconscious mind is the automaton that we are.

有人说蓝色，我们就朝这个方向移动；

Someone says blue, we move this way;

说红色，我们又往那个方向移动；

Red, we move that way;

或者说了我们不喜欢的話，我们会感觉不好；

Or says the word we don't like, we feel bad;

说了我们喜欢的話，我们会感觉很好。

Says the word we like, we feel good.

这些都是潜意识在运作。

That's all the unconscious operating in.

当我们跟随潜意识时，我们就像木偶一样。

We're like puppets when we follow the unconscious.

学生：那些是习惯模式？

Student: Those habit patterns?

莱斯特：是的，所有的习惯模式都是潜意识心智。

Lester: Yes, all habit patterns are the unconscious mind.

除非他或她意识到没有任何限制，否则没有人能获得圆满的幸福。

No one can be fully happy until he or she realizes that there are no limitation.

超越这具身体就没有限制。

Up this body is no limitation.

【莱斯特谈压力】01-莱斯特谈压力 1 【Lester on Stress】01 - Lester on Stress 1

如果你不喜欢外面的世界，那就改变你自己。

If you don't like the world out there, change yourself.

你改变自己，世界就会改变。

You change yourself and the world changes.

我喜欢我们今天拥有的这一点，因为我认为任何人都能相对轻松地使用它。

I like the one we have today, because I think it's one that anyone can use

without too much difficulty.

改变你的意识，对大多数人来说不容易。

Change your consciousness is not easy for most people.

只想你想要的，对大多数人来说不容易。

Think only what you want is not easy for most people.

我觉得我们今天要讲的这个方法是目前为止最简单的，也是每个人每天都能使用的方法。

I think the one we're on today is the easiest one so far, and it's one that everyone can use every day.

如果我们从今天开始做，我们就在通往自由的道路上迈出了坚实的一步。

And if we start today, we are starting with a definite step on the road to freedom.

学生：我是从整理自己的家开始的，我总是从某个特定的房间开始，然后依次收拾到其他房间，然后我决定了，你知道，我要反着来，所以我从最后一个房间开始做到第一个房间，然后完成了第一个房间，我不用做其他的事情，就已经完工了，这真的是一种很棒的感觉。这就跟洗澡是一样的，你可以坐下来，在自己的意识中去做，一切都取决于那强大的力量，它就这么完成了。

Student: I started with how I set my house. I always started with one particular room and progressed to these other rooms, and I decided, you know, I was going the other way, so I went from the last one to the first one, and I got to the first one, instead of having all these other things to do, I was done, and it was quite a feeling, really. And you're in the same thing as taking a bath, and you can just sit and do it in your consciousness. It's all up to the powerful, so it's done.

莱斯特：这难道不会让你有一种更自由的感觉吗？

Lester: Doesn't it also give you a feeling of more freedom?

的确如此，这会给你一种掌控感，你不再是个机器人，而是有决断力的。

It does, it gives you also a feeling of mastership, instead of being an automaton, you are determining.

学生：你做事的地方决定了最大的积极效率，有时反过来做反而会变得更低效，而且.....

Student: Where you do things is determined for the greatest positive efficiency, and sometimes reversing it makes more inefficient and...

莱斯特：那太好了。

Lester: That's wonderful.

我们为什么要高效？

Why should we be efficient?

那只是一种束缚。

That's only a bondage.

要明白，高效和低效都是束缚。

See, being efficient and being inefficient are both bondage.

做你所是的，那么你就是自由的。

Be what you are, and you're free.

这两者都是习惯，要么高效，要么低效，你会发现它们都是习惯。

Both of them are habits, efficient or inefficient, and you see that they're both habits.

有些人喜欢高效，有些人则不是，这两者同样都是自身思维习惯的牺牲品。

Certain people like efficiency, some people don't, both are equally victim to their habit of thought.

(学生说的听不清)

莱斯特：有些人也会患上胃溃疡。

Lester: Some get ulcers, too.

学生：但反思一下你.....

Student: But reflect you...

莱斯特：更好的习惯不过是更美妙的束缚。

Lester: A better habit is a nicer bondage.

(学生说的听不清)

莱斯特：让它自由，自由地冥想，超越习惯。

Lester: Make it free, meditate with freedom of, get above the habit.

如果你把冥想当成一种习惯来做，你的进步会非常缓慢。

If you're doing it as a habit, your progress will be very slow.

如果你带着想要冥想的意愿去做，不是因为这是一种习惯，而是一种冥想的选择，你会走得更远。

If you meditate on a decision to meditate with a wish to meditate, not because it's a habit, but a choice to meditate, you'll go far deeper.

如果冥想仅仅是一种习惯，你就会被它束缚。

If meditation is just a habit, you're bound by it.

学生：但我们必须在世界中有份工作，而工作又要求效率，那么我们就有问题了，如果某份工作有其特定的工作方式，而我必须按那种方式去做。

Student: But it seems like in a world where we have to hold a job, and the job required efficiency, well, then we have a problem, if a job has a job a certain way, and have to do it that way.

莱斯特：是的，好吧，在这种情况下，不要养成相反的习惯，你可以培养其他的习惯。

Lester: Yeah, well, in that case, don't practice the opposite. there's other habits you could work on.

我敢说你有成千上万个习惯，如今我们超过 90%的人被自己的习惯所驱动。

I dare say you have thousands and thousands of habits, that today we are over 90% propelled by our habits.

所以你不必采用一种对你不利的习惯，你可以从很多很多的其他习惯开始，

但是你.....

So you don't have to take one particular habit that would work to your disadvantage, there are many, many others you could start with, but you...

学生：不要连累其他人。

Student: That don't involve other people or other people.

莱斯特：没错，我只是想说，或者如果你想练习低效，那就自己做，你不一定非得选那一个。

Lester: Right, I'm just going to say, or if you want to practice being not efficient, do it on your own, you don't necessarily have to choose that one.

但玛丽亚把它提出来了，好像那才是人应该追求的东西。

But Maria brought it out as though that was a thing one should be.

然而，除了自由，我们不应该追求任何东西。

And we shouldn't be anything but free.

学生：嗯，我认为像别人一样，这与其他人无关，我认为有一个地方他们肯定可以改变.....

Student: Well, I think like someone else, which has nothing to do with other people and I think there are one place where certainly they could change...

【莱斯特谈压力】 02-莱斯特谈压力 2 【Lester on Stress】 02 - Lester on Stress 2

你看，自由是一种做或不做的选择。

You see, freedom is a choice to do or not to do.

重要的不是我们做什么，而是我们是否有做或者不做的选择。

It's not what we do, it's whether we have the choice to do it or not to do it.

当你有选择时，你的呼吸是自由的；

You are free of breath when you have a choice;

但如果你有不呼吸的选择的话，也许你会呼吸一辈子，然而呼吸是自由的。

But you may breathe all your lifetime and be free of breath if you have a choice not to.

我们做什么并不重要，重要的是我们在这一点上是自由的。

It's not important what we do, it's important that we are free on that point.

如果我们想低效做事，我们有这样做的自由吗？

Do we have the freedom to be inefficient if we want to be?

还是我们不得不被迫追求效率？

Or do we by compulsion have to be efficient?

要明白，这种被迫不是自由。

See, the compulsion is the unfreedom.

因此，自由就是选择在此刻做、或者不做你所选择的事情。

So, freedom is the choice to do or not to do as you choose at the moment.

学生：回到工作的话题，让我感到困扰的似乎是你一天中的大部分时间都在工作上，这就是我的问题所在，我感觉不到自由，所以我会倾向于抵触它，但我知道这是不对的。

Student: The thing that seems to bother me in getting back to the job situation is that you're on the job most of the day, there's where my problem lies, I don't feel free, so then I tend to fight it, and I know this is

wrong.

莱斯特：嗯，你在工作中感觉不自由，原因不在于工作本身，而是因为你没有自由。

Lester: Well, the reason why you don't feel free on the job is not because of the job, it's because you're not free.

明白了吗？

Does that make sense?

学生：嗯，是的，我的意思是，这是一种普遍现象。

Student: Well, yes, I mean, it's a general thing.

莱斯特：但是潜意识里存在成千上万种不自由的情况，这让你产生了那种普遍的不自由感，而你把这种不自由的感觉归咎在工作上。

Lester: But there are a thousand, there are thousands of unfreedoms in the subconscious, which give you that general feeling of unfreedom, which you attach to the job.

无论你做什么，无论你从事什么工作，你都会有那种感觉。

You'll feel that way no matter what you do, no matter what job you have.

如果你出去什么都不做，你也会感到不自由。

And if you go out and do nothing, you'll feel unfree you see.

因为问题不在于工作本身，而在于潜意识心智里的东西，在那里我们感觉不到自由。

Because it's not the job, it's what's down in the unconscious mind, we don't feel free there.

学生：所以，如果老板让你做某件不合理的事情，首先它确实不合理，这可能是你的态度，但比方说它真的不合理，你要么就不做.....

Student: So if the boss tells you to do something unreasonable, first it's unreasonable, that might be your attitude, but let's say it really was unreasonable, either you don't do it...

莱斯特：你是理性的奴隶吗？看到了吗？

Lester: Are you a slave to reasonable, see?

学生：是的。

Student: Yeah.

莱斯特：你明白这一点了吗？

Lester: Did you see that point?

那么，为什么你不能做一件不合理的事情呢？

Well, why can't you do a thing that's unreasonable?

学生：嗯，你可能在想你也许会丢掉工作。

Student: Well, you're probably thinking you might lose your job.

莱斯特：哦，如果老板让你做一件不合理的事，你不会丢掉工作，是他让你做的，你只是在执行他的命令，对吧？

Lester: Oh, if the boss asked you to do something that's unreasonable, you wouldn't lose your job, he's asking you to do it, you're carrying out his order, right?

所以我说，你不想做不合理的事情，是因为你认为自己应该始终做合理的事情。

So, I say, well, the fact that you don't want to do something unreasonable is because you think you should always do that which is reasonable.

如果你有这种感觉，我会说这是一种束缚，这是一种强迫。

If you feel that way, I say that's a bondage, that's a compulsion.

你必须做合理的事情，男人会这么做，女人则不会。

You must do that which is reasonable, and men do that, women don't.

女人更多地凭感觉行事，她们不会因为某件事合理就去工作，也不会因为某事合理而去做，她们做是因为她们觉得自己应该做。

Women work more on feelings, they don't have to work because it's reasonable, they don't have to do something because it's reasonable, they do it because they feel they should do it.

学生：为什么她们不一样？

Student: Why are they different?

莱斯特：这是一个非常非常大的问题。

Lester: That's a big, big question.

学生：你听到那句话了吗？你刚才没听到，他说，为什么他们不一样？

Student: Did you see that thing? You didn't hear it back there. He says, why are they different?

莱斯特：好吧，我来回答他，我们生来就有两种特质，男人具有理性特质，女人具有感性、情感丰富的特质。

Lester: Well, I'll answer it for him, and that we were created in two natures, the logical nature that man has and the feeling, emotional nature that female has.

我们必须超越这两种特质。

And we have to transcend both.

男人必须变得更像女性，女人必须变得更像男性，然后超越这一切。

Men have to become more like women, and women more like men, and then transcending the whole thing.

学生：所以，如果你对这件事没有感受，不管老板是否让你做某事，你都没有感觉，好吧，他说去做吧，老板，为什么你不去做呢？如果你没有贪恋.....

Student: So if you have no feeling about this, whether the boss wants you to do something, and you have no feeling, okay, he says, do it, boss, why don't you do it? And if you have no attachment.

莱斯特：如果你是自由的，老板让你做什么都没关系。

Lester: If you're free, it doesn't matter what the boss tells you to do.

学生：如果你是自由的，就没有人会不合理，是吗？

Student: If you're free, nobody's unreasonable, is that it?

莱斯特：对（笑），如果你是自由的，就没有人会不合理。

Lester: Right, if you're free, no one's unreasonable.

学生：这有点像我最近才开始看到的结论，我想确认一下，好像我总是
不必要的时候与之抗争。

Student: That's kind of the conclusion I just recently started seeing, I wanted to confirm, seems like I was always fighting it when that wasn't necessary.

莱斯特：到那时，你总能让老板按照你的方式来。

Lester: Then you can always let the boss have your way.

学生：因为我觉得老板在针对我，我自己就是那个跟自己较劲的老板，不是
吗？我是在以老板的身份与自己对抗，没错。

Student: Because I feel the boss is fighting me. I myself am the boss fighting myself, aren't I? I'm fighting myself with the boss, that is right.

莱斯特：对，不管老板多难缠，如果我们内心对他没有抵触，那么他就不会
那样对我们。

Lester: Right, no matter how ornery a boss is, if we have actually no fight in our heart toward him, well, he won't be that way for us.

通过转向内，我们开始发现我们所是的这个伟大的存在，

By turning inward, we begin to discover this great being that we are.

然后，当我们发现这一点并向外看时，我们看不到任何区别。

And then when we discover that and we look outward, we see no difference.

内外之间没有任何区别。

There is no difference between in and out.

当我们发现真理时，精神和物质之间没有区别。

When we discover the Truth, there is no difference between the spiritual and the material.

当我们发现绝对真理时，一切都是“一”，都是一样的，所有差异都被彻底消除了。

When we discover the absolute Truth, it is all one and the same, there is a total elimination of all differences.

最高状态是无差别、无差异化的状态。

The top state is a state of non-difference, no differentiation.

但我再次重申，我再重复一遍，我们能做的最重要的事情就是，每天做一些事让自己变得更自由、让自己放下一点小我。

But again, I repeat, the prime thing we could do is daily do something toward becoming freer, toward letting go of a bit of ego.

当小我不再升起的地方，便是无限真我的所在之处。

Where the ego rises not, there is the infinite Self.

任何时候，当你处于小我不再升起的状态，你所是的无限、无界、全知、全能、全在的存在就会显现。

Any time you're in a state where the ego rises not, what's there is the infinite, limitless, omniscient, omnipotent, omnipresent being that you are.

但在日常生活中，我们必须开始放下这个小我。

But daily, we must begin to let go of this ego.

每天，我们都应该摒弃习惯。

Daily, we should let go of habits.

每天，我们必须变得越来越自由，直到我们看到自己就是这个无限存在的那

一刻。

Daily, we must become freer and freer, until we get to the point where we see these things that we are this infinite being.

然后，我们一次性放下了这一切。

And then in one lump sum, we drop the whole thing.

起初，我们需要一点一点地削减，一点一点地消除，直到我们足够清晰地认识到我们是谁、我们是什么，这样我们才能运用自己的意愿摆脱所有的限制。

At first, it's a chipping away, doing away with bit by bit, until we get a clear enough sight of who and what we are, so that we use our will to drop the whole thing of limitations.

从那一刻起，我们就永远自由了。

And from that point on, we are eternally free.

我们从解决这些事物开始，有时这被称为“解决业力”。

We start off by working out these things, sometimes it's called working out karma.

但实际上，解决业力是不可能的，解决掉这些事物是不可能的。

But actually, it's impossible to work out karma, it's impossible to work

out things.

我们只能越来越自由，直到我们明白自己不受业力的束缚，

We can only get freer and free until we see that we are not subject to karma,

我们超越了业力，

that we are above karma,

我们超越了习惯，

that we are above habits,

我们超越了想法和心智。

that we are above thought and mind.

当我们的视野足够清晰时，我们会完全丢弃心智，

And when our sight is that clear enough, we drop the mind completely,

或者我们摒弃那些习惯，或者摆脱这些业力，

or we drop the habits or the karma,

我们彻底地脱离了它，并永远自由。

we disassociate from it completely and are eternally free.

【莱斯特谈压力】03-莱斯特谈压力 3 【Lester on Stress】03 - Lester on Stress 3

我想还有另一个非常重要的点要补充，那就是因为我们正处在一个极其艰难的时代，我们需要超凡的努力才能走完全程。

I guess there's another most important point that should be added, that because we are in a very, very difficult era, that we need a superhuman effort to go all the way.

而为了实现这种超凡的努力，我们需要一位非凡的引领者，被称为“古鲁”或“萨古鲁”。

And that in order to accomplish this superhuman effort, we need a superhuman guide called a guru or Sadhguru.

我们需要一位完全证悟的人来帮助和支持我们，让我们摆脱这种妄想。

We need a fully realized being to give us the assist and support in getting ourselves out of this delusion.

如果我们想在今生解脱，那么拥有一位完全证悟的导师是至关重要的。

If we want to make it this lifetime, it is the most important to have a teacher who is fully realized.

这位导师不必在一具物理身体里，也不必受限于物质身体。

Now, this teacher need not be in a physical body, this teacher need not be limited by a physical body.

如果我们看向一位像基督这样完全觉醒的大师，或任何伟大的印度导师，只要我们遵循他们的指引，他们中的任何一位都能引领我们走完全程。

And if we look to a fully realized master like Christ, or any of the great Indian teachers, any one of them can take us all the way if we will take their direction.

在此基础上更进一步，这些被称为古鲁的圆满证悟者的一项重要教义，都是在向我们表明——所有古鲁中的古鲁就是内在的真我。

Going a step further than that, one of the prime teachings of these fully realized beings called gurus, is to show us that the guru of all gurus is the inner self.

正是我们的“我”，才是真正的导师，这不断激励我们追寻这个无限的真我。

That it is the very I of us, that is the teacher, that keeps us seeking this infinite Self.

世间没有一个生命不是在追寻这个无限真我的。

That there isn't a being in existence who is not seeking this infinite Self.

但他们通过这个世界上的幸福来寻求它，而不是通过内在的幸福来寻求它。

But they seek it through happiness in the world, rather than seeking it through happiness by going within.

但因为所有上师中的上师就在我们之内，它促使我们不断追寻着终极幸福。

But because this guru of all gurus is right within us, it keeps us searching after the ultimate happiness.

但当我们意识到这条道路时，我们会更加直接，我们明白这种幸福不在外面，而正在我们之内。

But when we become aware of the path, we are much more direct, we learn that this happiness is not out there, but it's right within us.

所以，尽管我们使用这些辅助，而且它们非常有用，但我们应该紧紧抓住所有帮助中最伟大的助力——上师。

So that although we use these aids and they're very useful. we should hold on to the greatest of all aids, the guru.

好了，如果没有其他问题，我想我们应该像往常一样进行 15 到 20 分钟的冥想。

Well, if there are no more questions, I think we ought to have our usual 15-20 minute meditation.

学生：我可以继续问一个问题吗？

Student: May I continue to ask one more question?

莱斯特：当然可以。

Lester: Sure.

学生：比如，如果我想要一个家，有两种方法。第一种方法，你提到，什么都不想，只想着那个家，住在一个家里。我想，在我想要的理想家之前，你会先住在一个家里，以我想要的形式存在。还有一种方法，我不太清楚，那就是我的家真的让我意识到我绝对舒服，意识到无论在哪里都是我的家，我是全知……我是全在的，这是我努力想出来的词，因此，无论我身在哪里，我都绝对感到舒适。

Student: If, for example, I wanted to hold, there's two ways. One, you mentioned, to think of nothing but that home, living the home. I suppose you would live in a home before the ideal home that I want to be, in a form that I want to be. And then there's another method that I'm a little vague about, and that is, my home was really in awareness that I'm absolutely comfortable, awareness that wherever I am is my

home, that I'm omniscient. I'm omnipresent, is the word that I'm trying to think of. Therefore, wherever I am, I'm absolutely comfortable.

莱斯特：对，当我们看到实相时，无论我们在哪里，我们都是在家里，我们是全在的。

Lester: Right, when we see the Truth, we are at home wherever we are, we're omnipresent.

学生：这两者之间并没有特别冲突，接受理想是永远待在家里，不是吗？那么，这难道不是一条通往家的捷径吗？在某种程度上，这很重要。

Student: These two weren't particularly conflict accepting the ideal would be to always be at home, isn't that right? And then it wouldn't that be really a shortcut to getting the home, it matters, in a way.

莱斯特：那你就永远拥有它了。

Lester: You've got it forever then.

如果你总是在家里，你就永远拥有了家。

If you're always at home, you've got your home forever.

无论身在何处，你都是在家，你都感觉舒适自在、感到无比安逸。

Wherever you are, you're at home, and you're comfortable, that you're

in perfect comfort.

如果你需要一个特定的地方，你就会受到限制。

If you need a particular place, you're limited.

如果宇宙是你的家，你便不受限制。

If the universe is your home, you're not limited.

无论我们在哪里坐下，都应该感觉像在家里一样自在。

Anywhere where we happen to sit down, we should feel perfectly at home

学生：好吧，如果他们感觉到我需要一个家，我会拒绝这个想法，好吧，我得有一个受限的家。我会说，受限于什么？我是谁、我是什么？我是否被限制在这个特定的地方，我必须面对它，不是吗？在我的意识中获得自由？事实是，因为我是全在的，我的真实存在仅仅是我的想法、我的意识、我的觉知，我的感受，停留在那里，这是一个更好的找到它的方法。

Student: Well, then the thought that I need a home would be one that I would reject if they sensed, well, I have to have a limited home. I'd say, limited to what? Who am I, and what am I? Am I confined to this particular place, and I have to face it then, don't I? And get my freedom within my own consciousness? The fact is, since I'm omnipresent, and my real being is merely my thought, my consciousness, my awareness,

my feelings, and stay there, this is a better way to find it.

莱斯特：是的，如果呼吸是一种坏习惯，那么食物也是，需要一个栖身之所就更是如此了。

Lester: Yes, now, if breath is a bad habit, and food also is, needing a house over you is even more so.

当你自由的时候，你不必住在山洞里，你可以在宇宙中的任何地方生活。

When you're free, you don't have to live in a cave, you can live anywhere in the universe.

学生：在学会摆脱小习惯之前就试图摆脱呼吸的人肯定很荒谬，我的意思是，你得先迈出第一步。

Student: Certainly, the person who would try to get rid of breath before he learned to get rid of small habits would be quite a ridiculous person, I mean, you've got to take the beginning step.

莱斯特：是，也不是。

Lester: Yes and no.

如果你这么认为的话，是的；

If you think so, yes;

如果你认为自己可以从顶端开始，那你就可以这么做。

If you think you can start at the top, you can.

因为你现在就是无限的。

Because you're infinite right now.